

INTRODUCTORY PACKAGE	CORE SENSEI PACKAGE	STRUCTURED PROGRAMS	
Discover Sensei Experience	Guided Wellness Experience	Rest and Reset Program	Optimal Wellbeing Program
<i>package inclusions</i>			
PRE-ARRIVAL			
• Design itinerary up to 30 days before arrival	• Design itinerary up to 60 days before arrival	• Design itinerary up to 60 days before arrival • WHOOP 4.0 wearable	• Design itinerary up to 60 days before arrival • WHOOP 4.0 wearable
GUIDE SESSIONS & ASSESSMENTS			
• Optional 30-minute Body Composition analysis or Functional Movement Screen	• My Intention session - Assess <i>body composition, functional movement screen, blood pressure and set goals</i> • Optional My Plan session - <i>Power actionable steps upon your return home</i>	• My Intention session - Assess <i>body composition, functional movement screen, blood pressure and set goals</i> • My Recovery session - Assess <i>heart rate variability</i> • My Plan session	• My Intention session - Assess <i>body composition, functional movement screen, blood pressure and set goals</i> • My Performance session - Assess <i>vertical jump, sit to stand, gait analysis, grip strength and Vo2 max</i> • My Plan session
1:1 PRIVATE SESSIONS			
• N/A	• Daily 1:1 (not on arrival or departure days)	• Three private sessions including a Sleep 1:1, Sensory Eating 1:1 & Mindful Movement 1:1	• Three private sessions including mindset, nutrition and fitness
SPA OR WELLNESS SERVICES			
• \$450 in nightly Wellness Credit per person	• \$150 nightly Spa Credit to use toward Sensei services • 20% off additional wellness services	• Two 90-minute spa treatments	• \$500 Wellness Credit to use toward spa treatments, island excursions and additional wellness consultations • 90-minute Thermal Body Mapping experience or featured massage
ISLAND ACTIVITIES			
• Wellness Credit applicable to select island golf and tennis activities	• N/A	• Access to the "Reframing Resistance" course at Lāna'i Adventure Park	• Wellness Credit applicable to select island golf and tennis activities
POST STAY			
• N/A	• N/A	• Two post-stay calls with your Guide	• Two post-stay calls with your Guide

ALWAYS INCLUDED

- Early access to daily rotating wellbeing classes
- Ongoing access to MyJourney, your Sensei portal to reference personal data reports
- Semi-private round-trip air transfers from Honolulu and transport to/from hotel
- Transport to Four Seasons Resort Lāna'i for beach access and dining

ADDITIONAL PACKAGES

- Golf Optimal Wellbeing Program
- Tennis Optimal Wellbeing Program
- Sabbatical Experience