

| INTRODUCTORY PACKAGE                                                               | CORE SENSEI OFFERING PACKAGE                                                                                                | STRUCTURED PROGRAMS                                                                                                                                                                            |                                                                                                                                                                                                                                                  |
|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Discover Sensei Experience                                                         | Guided Wellness Experience                                                                                                  | Rest and Reset Program                                                                                                                                                                         | Optimal Wellbeing Program                                                                                                                                                                                                                        |
| package inclusions                                                                 |                                                                                                                             |                                                                                                                                                                                                |                                                                                                                                                                                                                                                  |
| PRE-ARRIVAL                                                                        |                                                                                                                             |                                                                                                                                                                                                |                                                                                                                                                                                                                                                  |
| • Design your Itinerary with a Pre Arrival Specialist prior to arrival             | • Design your Itinerary with a Pre Arrival Specialist prior to arrival                                                      | • Design your Itinerary with a Pre Arrival Specialist prior to arrival<br>• WHOOP wearable                                                                                                     | • Design your Itinerary with a Pre Arrival Specialist prior to arrival<br>• WHOOP wearable                                                                                                                                                       |
| GUIDE SESSIONS & ASSESSMENTS                                                       |                                                                                                                             |                                                                                                                                                                                                |                                                                                                                                                                                                                                                  |
| • N/A                                                                              | • My Intention session<br>- Assess body composition, functional movement screen, blood pressure and set goals               | • My Intention session<br>- Assess body composition, functional movement screen, blood pressure and set goals<br>• My Recovery session<br>- Assess heart rate variability<br>• My Plan session | • My Intention session<br>- Assess body composition, functional movement screen, blood pressure and set goals<br>• My Performance session<br>- Assess vertical jump, sit to stand, gait analysis, grip strength and Vo2 max<br>• 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<br>• 20% off additional wellness services booked during your stay. | • Two 90-minute spa treatments                                                                                                                                                                 | • \$500 Wellness Credit to use toward spa treatments, island excursions and additional wellness consultations<br>• 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 Lānaʻi 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                                                                    |                                                                                                                             |                                                                                                                                                                                                |                                                                                                                                                                                                                                                  |
| Priority Access to book 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 Lānaʻi for beach access and dining                |                                                                                                                             |                                                                                                                                                                                                |                                                                                                                                                                                                                                                  |

| STRUCTURED PROGRAMS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | EXTENDED STAY                                                                                                                                                                                                                                                                                      |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Golf Optimal Wellbeing Program                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Tennis Optimal Wellbeing Program                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Sabbatical Experience                                                                                                                                                                                                                                                                              |
| package inclusions                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                    |
| PRE-ARRIVAL                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                    |
| <ul style="list-style-type: none"><li>• Design your Itinerary with a Pre Arrival Specialist prior to arrival</li><li>• WHOOP wearable</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <ul style="list-style-type: none"><li>• Design your Itinerary with a Pre Arrival Specialist prior to arrival</li><li>• WHOOP wearable</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <ul style="list-style-type: none"><li>• Design your Itinerary with a Pre Arrival Specialist prior to arrival</li></ul>                                                                                                                                                                             |
| GUIDE SESSIONS & ASSESSMENTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                    |
| <ul style="list-style-type: none"><li>• My Intention session<ul style="list-style-type: none"><li>• Assess <i>body composition, functional movement screen and blood pressure</i></li></ul></li><li>• My Performance session<ul style="list-style-type: none"><li>• Assess <i>vertical jump, sit to stand, gate analysis, grip strength and Vo2 max</i></li></ul></li><li>• My Plan session</li><li>• Six hours of one-on-one instruction<ul style="list-style-type: none"><li>• One on course assessment (2 hours)</li><li>• One Private lesson at practice facility (2 hours)</li><li>• One 9-hole on-course lesson (2 hours)</li></ul></li></ul> | <ul style="list-style-type: none"><li>• My Intention session<ul style="list-style-type: none"><li>• Assess <i>body composition, functional movement screen and blood pressure</i></li></ul></li><li>• My Performance session<ul style="list-style-type: none"><li>• Assess <i>vertical jump, sit to stand, gate analysis, grip strength and Vo2 max</i></li></ul></li><li>• My Plan session</li><li>• Four hours of one-on-one instruction with Tennis Pro<ul style="list-style-type: none"><li>• Two Private Lessons Including Video Gait Analysis (90 min each)</li><li>• One Tennis Footwork Workshop (60 min)</li><li>• One Guided Match Play (60 min)</li></ul></li></ul> | <ul style="list-style-type: none"><li>• My Intention session<ul style="list-style-type: none"><li>- Assess <i>body composition, functional movement screen, blood pressure</i></li></ul></li><li>• Sensei Guide paired with you and weekly 30-minute check-ins</li><li>• My Plan Session</li></ul> |
| 1:1 PRIVATE SESSIONS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                    |
| <ul style="list-style-type: none"><li>• Two private sessions including mindset, nutrition and fitness</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <ul style="list-style-type: none"><li>• One private or semi-private session of your choice each week</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <ul style="list-style-type: none"><li>• Two private sessions including mindset, nutrition, and fitness</li></ul>                                                                                                                                                                                   |
| SPA OR WELLNESS SERVICES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                    |
| <ul style="list-style-type: none"><li>• Two massages or featured spa treatments (Thermal Body Mapping Experience is recommended to compliment your data collection)</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <ul style="list-style-type: none"><li>• Two massages or featured spa treatments (Thermal Body Mapping Experience is recommended to compliment your data collection)</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <ul style="list-style-type: none"><li>• \$6,000 in Wellness Credits (\$1,500 weekly) to use toward wellness consultations spa services, golf course or tennis court fees</li></ul>                                                                                                                 |
| ISLAND ACTIVITIES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                    |
| <ul style="list-style-type: none"><li>• N/A</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <ul style="list-style-type: none"><li>• N/A</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <ul style="list-style-type: none"><li>• N/A</li></ul>                                                                                                                                                                                                                                              |
| POST STAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                    |
| <ul style="list-style-type: none"><li>• Two post-stay calls with your Guide</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <ul style="list-style-type: none"><li>• Two post-stay calls with your Guide</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <ul style="list-style-type: none"><li>• Two post-stay calls with your Guide</li></ul>                                                                                                                                                                                                              |
| ADDITIONAL PERKS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                    |
| <ul style="list-style-type: none"><li>• Unlimited use of the driving range</li><li>• One solo round at the Jack Nicklaus-designed Manele Golf Course</li><li>• Option to replay the course on instruction and play days</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                   | <ul style="list-style-type: none"><li>• N/A</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <ul style="list-style-type: none"><li>• N/A</li></ul>                                                                                                                                                                                                                                              |

**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