

A woman in a light blue, sleeveless dress stands on a stone path that leads to a waterfall in a lush, tropical garden. The garden is filled with various plants, including ferns, bromeliads, and other tropical foliage. The scene is set in a dense, green environment with a soft, natural light.

SENSEI LĀNA‘I
A FOUR SEASONS RESORT

YOUR PERSONALIZED JOURNEY
TO WELL-BEING BEGINS HERE >

Grow well, thrive and flourish at our premier wellness sanctuary nestled on the pristine Hawaiian island of Lāna‘i. Immerse yourself in programs and services designed to guide you towards healthier living practices.



FOUR SEASONS × SENSEI

We've combined legendary Four Seasons service with Sensei's innovative approach to helping people live longer, brighter lives. Sensei co-founder and author Dr. David Agus offers an evidence-led approach to well-being, the Sensei Way. Immerse yourself in programs and services designed to guide you towards healthier living practices. The result is a well-being retreat like none other – welcome to Sensei Lāna'i.

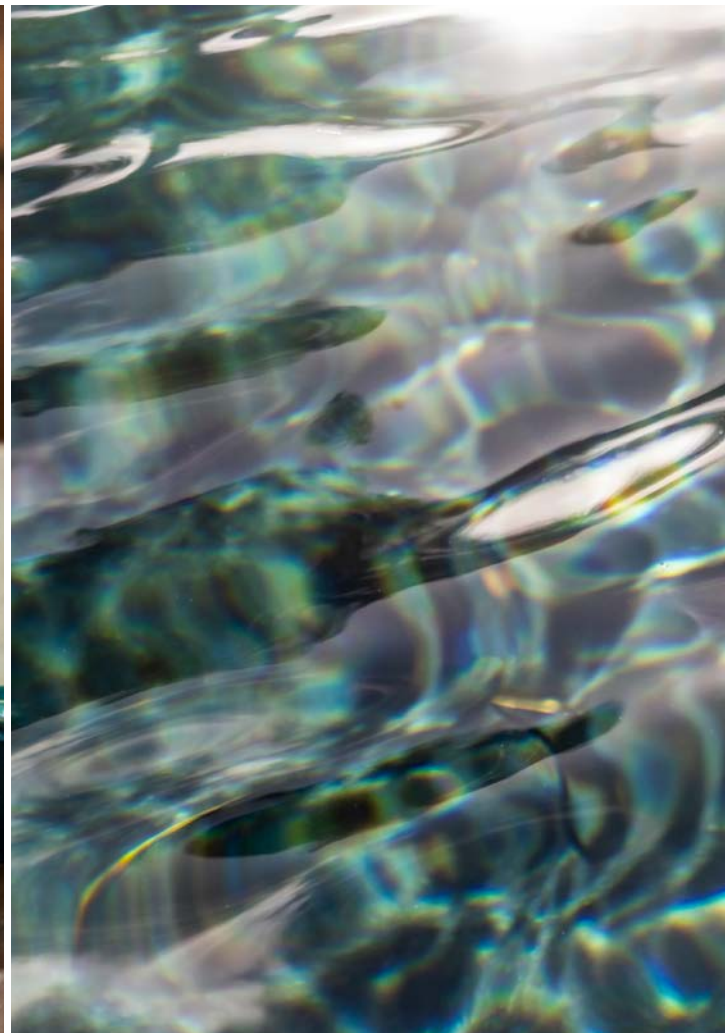
THE SENSEI WAY

Embark upon the Sensei Way, where you'll maintain a conversation with your body and mind through three synergistic paths that will equip you with beneficial, lifelong habits:

MOVE: HOW WE INTERACT WITH OUR ENVIRONMENT

NOURISH: WHAT FUELS US

REST: HOW WE RECOVER AND GROW



CUSTOMIZE YOUR WELLNESS JOURNEY

SENSEI GUIDES &
WELLNESS PRACTITIONERS

PRIVATE HALE FOR
SPA TREATMENTS

WELLNESS AMENITIES

SELECT-CHOICE EXPERIENCE

Simply book your room and sample a few activities on an à la carte basis (subject to availability upon arrival).⁺

*Three-night minimum

⁺Two-night minimum

All reservations include round-trip flights from Honolulu on Lāna'i Air



CREATE YOUR PERSONALLY TAILORED WELLNESS JOURNEY

Choose from a collection of curated experiences to more structured programs, to best align actions to your intentions. In collaboration with pre-arrival specialists and Sensei Guides, customized itineraries are crafted to meet each guest's personal goals and preferences in an inspiring and supportive environment.

GUIDED WELLNESS EXPERIENCE

Your choice of well-being sessions, consultations and priority access to complimentary classes.* A \$150 spa credit per night, additional 20% discount on wellness services and optional concluding My Plan.

DISCOVER SENSEI

Enjoy a body composition or functional movement analysis, priority class access and a daily wellness credit (\$450 or \$900) for one or two guests.⁺

OPTIMAL WELL-BEING PROGRAM

This five-night program integrates metrics, via a complimentary WHOOP wearable strap, lifestyle and a long-term wellness vision to develop a structured itinerary customized to personal goals. This program can be tailored for Rest and Reset, golf and tennis.

SENSEI SABBATICAL

Stays of 30 days or longer allow for total immersion with \$1,500 weekly credits, private sessions, daily activities and much more. Path to achieving the wellness goals most important to you – surrounded by the unique beauty of our island paradise.

CUSTOMIZE YOUR
WELLNESS JOURNEY

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EXPERTS TRAINED IN THE SENSEI WAY

Gain access to the expertise of our trained team of Sensei Guides and wellness practitioners who hold advanced degrees in their respective fields. In collaboration with our Pre-arrival specialists, develop unique itineraries structured to meet your personal goals and preferences in an inspiring and supportive environment. One-on-one sessions, journaling and feedback from Sensei practitioners combine to uncover opportunities for personal growth and fulfillment.



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FIND PEACE IN YOUR PRIVATE SPA HALE

Our 10 spa hale are luxurious, Japanese-inspired oases of calm

Our spa hale are serene havens nestled in the quiet grounds of our wellness enclave, providing the ultimate venue where you can truly let go and find peace. Each spa hale covers an expansive 1,000 square feet and features a Japanese ofuro bathtub, infrared sauna and steam, indoor and outdoor showers, oversize massage tables, private plunge pools and cozy lounging areas. Reserve a spa experience with one of our technicians and pamper yourself with cutting-edge body work and massage treatments – including our exclusive Sensei-developed thermal body mapping technology, which equips your practitioner with insightful data to provide a custom massage targeted to your needs – before enjoying some personal hale time. Two of our hales feature outdoor Watsu pools for relaxing aquatic bodywork treatments. Or create a bespoke spa ritual in your private sanctuary by booking hale time for an indulgent experience.



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If you're in an outdoorsy mood, take a dip in our outdoor pool, practice yoga in our light-filled yoga pavilion or on a lakeside yoga platform, discover our 8 heated soaking tubs scattered amid the trees and flowers of our onsen garden, or perfect your short game on our immaculately landscaped 18-hole putting course. If you're in the mood for a more low-key day, pamper yourself at our salon or explore our on-site shops.



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			
<ul style="list-style-type: none"> • Design itinerary up to 30 days before arrival 	<ul style="list-style-type: none"> • Design itinerary up to 60 days before arrival 	<ul style="list-style-type: none"> • Design itinerary up to 60 days before arrival • WHOOP 4.0 wearable 	<ul style="list-style-type: none"> • Design itinerary up to 60 days before arrival • WHOOP 4.0 wearable
GUIDE SESSIONS & ASSESSMENTS			
<ul style="list-style-type: none"> • Optional 30-minute Body Composition analysis or Functional Movement Screen 	<ul style="list-style-type: none"> • My Intention session <ul style="list-style-type: none"> - Assess body composition, functional movement screen, blood pressure and set goals • Optional My Plan session <ul style="list-style-type: none"> - Power actionable steps upon your return home 	<ul style="list-style-type: none"> • My Intention session <ul style="list-style-type: none"> - Assess body composition, functional movement screen, blood pressure and set goals • My Recovery session <ul style="list-style-type: none"> - Assess heart rate variability • My Plan session 	<ul style="list-style-type: none"> • My Intention session <ul style="list-style-type: none"> - Assess body composition, functional movement screen, blood pressure and set goals • My Performance session <ul style="list-style-type: none"> - Assess vertical jump, sit to stand, gait analysis, grip strength and Vo2 max • My Plan session
1:1 PRIVATE SESSIONS			
<ul style="list-style-type: none"> • N/A 	<ul style="list-style-type: none"> • Daily 1:1 (not on arrival or departure days) 	<ul style="list-style-type: none"> • Three private sessions including a Sleep 1:1, Sensory Eating 1:1 & Mindful Movement 1:1 	<ul style="list-style-type: none"> • Three private sessions including mindset, nutrition and fitness
SPA OR WELLNESS SERVICES			
<ul style="list-style-type: none"> • \$450 in nightly Wellness Credit per person 	<ul style="list-style-type: none"> • \$150 nightly Spa Credit to use toward Sensei services • 20% off additional wellness services 	<ul style="list-style-type: none"> • Two 90-minute spa treatments 	<ul style="list-style-type: none"> • \$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			
<ul style="list-style-type: none"> • Wellness Credit applicable to select island golf and tennis activities 	<ul style="list-style-type: none"> • N/A 	<ul style="list-style-type: none"> • Access to the “Reframing Resistance” course at Lāna’i Adventure Park 	<ul style="list-style-type: none"> • Wellness Credit applicable to select island golf and tennis activities
POST STAY			
<ul style="list-style-type: none"> • N/A 	<ul style="list-style-type: none"> • N/A 	<ul style="list-style-type: none"> • Two post-stay calls with your Guide 	<ul style="list-style-type: none"> • 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





EXPLORE, IMMERSE, UNWIND

Set yourself in motion and nourish your body and mind

Immerse yourself in the mystique and allure of Hawaii's last unspoiled island by creating your own island adventure under the guidance of our local experts. Our ideal location in the heart of Lāna'i offers the perfect starting point for a range of island experiences. Embark on a sunset sail, discover underwater worlds on a snorkeling excursion, hike or horseback ride across mountain trails, tee off at the picturesque Jack Nicklaus-designed Manele Golf Course, explore the island's storied places or challenge yourself on Lāna'i Adventure Park's aerial course – whatever your taste for adventure, we'll help you create the perfect trip.



3-DAY SAMPLE ITINERARY

SAMPLE WEEKLY
ACTIVITY CALENDAR

AN ITINERARY TO INSPIRE

Whether targeting a specific health goal or simply unwinding from the stresses of everyday life, you can tailor your Sensei itinerary however you like. This 3-day sample itinerary showcases our breadth of offerings:



DAY 1: ARRIVE

2:00 PM - 3:00 PM Guide session 1

4:00 PM - 6:00 PM Thermal body mapping and massage

8:00 PM Relax in our outdoor onsen garden

DAY 2

7:00 AM - 8:00 AM Morning meditation and yoga

9:00 AM - 11:00 AM Featured experience - Nourish

11:30 AM - 12:30 PM One-on-one fitness session

3:00 PM - 4:00 PM Floating Meditation

5:00 PM - 7:00 PM Sunset sail

DAY 3: DEPART

7:00 AM - 9:30 AM Koloiki Ridge hike

10:30 AM - 11:30 AM One-on-one mindset session



3-DAY SAMPLE ITINERARY

SAMPLE WEEKLY ACTIVITY CALENDAR

SENSEI LĀNA'I ACTIVITY CALENDAR*

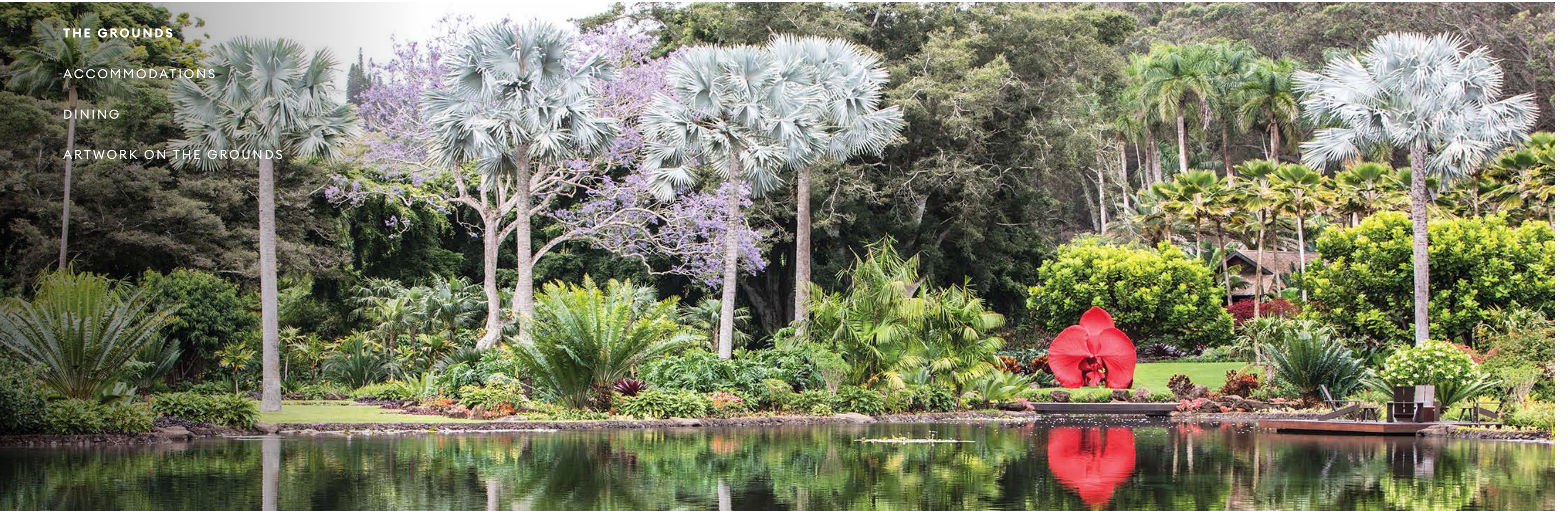
Enrich your Sensei experience with your choice of small group fitness and wellness classes and lectures as well as guided activities.

Find a sampling of these listed below:

- Hikes and Walks
- Yoga Classes
- Meditation Sessions
- Well-being Lectures
- Target Activations
- Functional Fascia
- Minimalist Resistance Training
- Advanced Vinyasa
- Getting Started with Compassion
- Gong Sound Bath
- Restorative Aerial Yoga
- Forest Bathing

* Classes may be subject to availability



[THE GROUNDS](#)[ACCOMMODATIONS](#)[DINING](#)[ARTWORK ON THE GROUNDS](#)

THE ULTIMATE WELLNESS SANCTUARY

Encompassing rolling hills, tropical greenery and unimaginable natural beauty, Sensei Lānaʻi is the very picture of serenity and tranquility. Our 24-acre sanctuary offers the ideal setting where you can commit to your personal wellness journey and calibrate and fine-tune every aspect of your well-being. Walk our grounds and discover pockets of quietude and beauty everywhere, from the private soaking tubs of our onsen garden to the serenity of our koi- and lotus-filled gazing pond.



[THE GROUNDS](#)[ACCOMMODATIONS](#)[DINING](#)[ARTWORK ON THE GROUNDS](#)

YOUR OWN LIGHT-FILLED HAVEN

Rest, recover and grow in one of our 96 rooms and suites, where harmonious, balanced interiors are perfectly complemented by the surrounding tropical gardens. Enjoy a gourmet dinner from our Nobu culinary team on your private, furnished lanai, or tuck yourself away in a cozy window nook and jot down your thoughts and experiences in your journal.

[THE GROUNDS](#)[ACCOMMODATIONS](#)[DINING](#)[ARTWORK ON THE GROUNDS](#)

NOURISH BODY AND MIND AT SENSEI BY NOBU

Savor natural, locally grown foods prepared by our Nobu culinary team

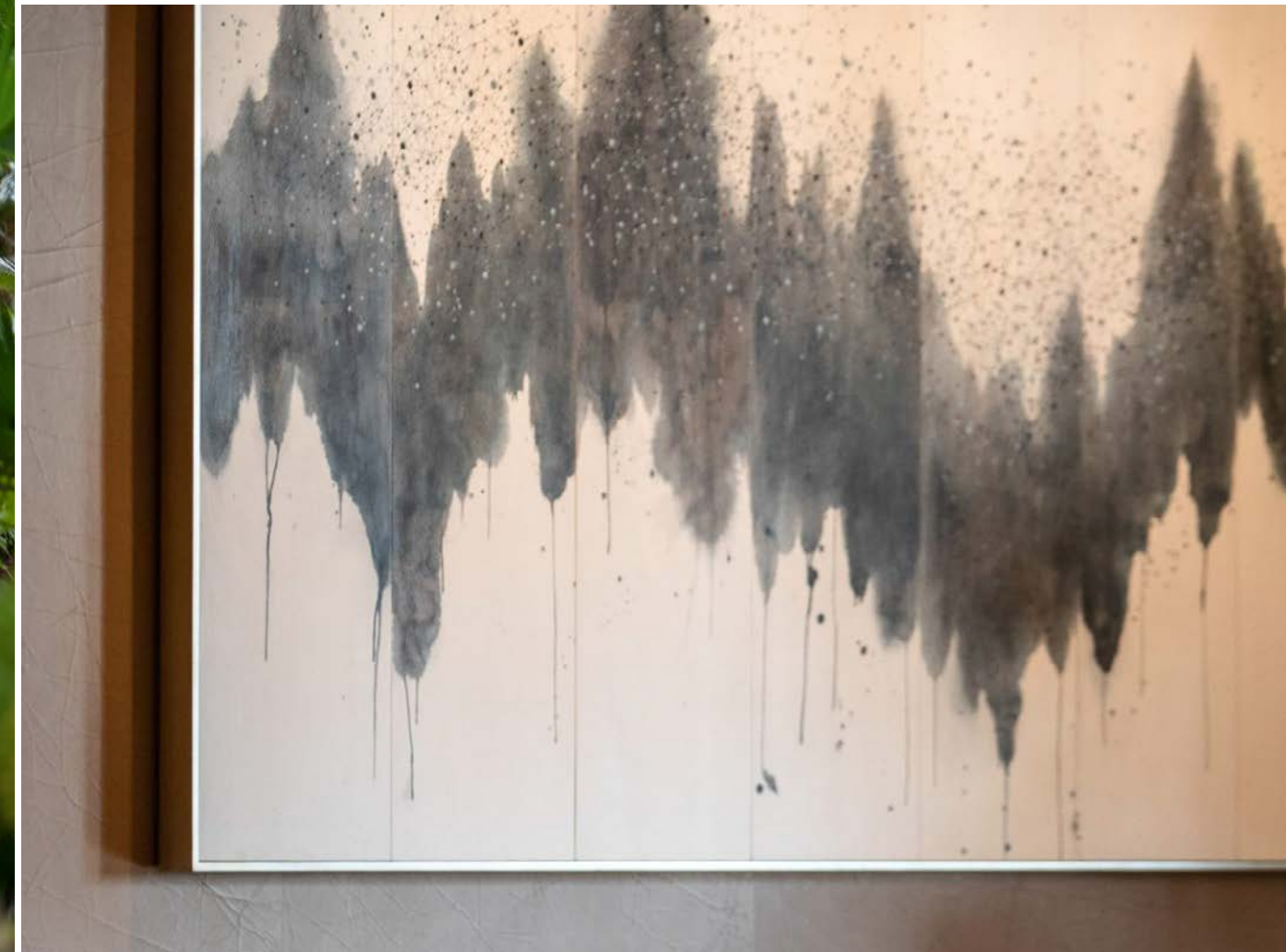
At Sensei by Nobu, refuel and recharge with delicious meals that combine flavor, optimal health benefits and locally grown ingredients – including from Sensei’s on-island sustainable farm. Sensei by Nobu restaurant is a collaboration that brings together world-renowned Japanese Chef Nobu Matsuhisa’s classics as well as menu selections that incorporate Sensei’s nutritional (Nourish) philosophy created in partnership with Sensei’s co-founder Dr. David Agus.



[THE GROUNDS](#)[ACCOMMODATIONS](#)[DINING](#)[ARTWORK ON THE GROUNDS](#)

INSPIRE CREATIVITY

Admire our curated collection of outdoor art installations by a leading roster of international sculptors, including Fernando Botero, Jaume Plensa and Marc Quinn, or discover our collection of evocative paintings in various indoor locations – all of which have been specially chosen and placed to inspire, delight and enrich your personalized Sensei experience.





WHERE YOUR ACTIONS AND INTENTIONS ALIGN

Embrace your personal journey towards greater well-being

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NEED ANYTHING?
LET'S CHAT.

