

MONTHLY ACTIVITIES

JUNE 2017

Calendar of Local Events



TUESDAY EVENING FARMERS MARKET

Every Tuesday evening

Centrally located in the Town Square, Tuesday evenings, from 5:30 pm to 8:30 pm, May through October. The weekly events doubles as an unofficial weekly town picnic. Food, crafts, nonprofit booths, local produce, seasonal flowers, and live music.

sonomaplazamarket.org



NASCAR 350 AT SONOMA RACEWAY

June 23-25, 2017

The Toyota/Save Mart 350 race plus auctions, air-show, contests, and more. Add a visit to Sonoma Plaza using the free shuttle bus.

sonomaraceway.com/tickets/toyota_save_mart_350



MABEL CHONG JEWELRY TRUNK SHOW

June 30, 1pm-5:00pm, Spa Boutique

San Francisco jewelry designer, Mabel Chong turns pearl and metal, semi-precious stones and diamonds into minuetts of beauty and elegance.



GLOBAL WELLNESS DAY

One day can change your whole life

June 10, 8:00am-3:00pm

- Private Guided Yoga
- Private Guided Hike
- Zumba
- Water Yoga
- Intuitive Immune System Healing with Chakra balancing workshop
- Sounds Healing Workshop

Global Wellness Day activities are available on a space available basis.

Priority reservations for registered resort guests.

Non-hotel guests are invited to participate at a cost of \$20.00 per person.

Limited day spa usage passes available for \$49.00 per person.

***Call Spa Reservations to sign up for one or all of our Global Wellness Day events – 877-289-7354*

Spa Treatments of the Month

June 2017



HONEY MAGNOLIA KUR

90 Minutes, \$199

Honey and magnolia blossom infused bath with a hydrating sweet cream body wrap. Complete with a relaxing honey-magnolia oil massage leaving you replenished and restored.

COCONUT CREAM CUSTOM CLEANSE FACIAL

90 Minutes, \$199

Anti-aging facial transforms the skin as it firms, hydrates, and tones. Skin-renewing vitamin E, coconut water hydration, relaxing facial massage and a stimulating yogurt mask. Can be customized to address sensitive skin conditions.

COCONUT CREAM PEDICURE

60 Minutes, \$89

Silky Coconut cream milk bath to rejuvenate your lower legs and feet with a Shea butter and coconut water exfoliation.

FATHER'S DAY PACKAGE

60 minute relaxation massage, 45 minute Manicure OR Pedicure, \$199

Fitness Workshops

June 2017



June 11th, Sunday, 2pm-4pm

YOGA FOR HEALTH AND WELL BEING

June 14th, Wednesday, 2pm -4pm

ROLL, RESTORE, REPOSE

2pm-3:20pm in the studio

3:30pm-4pm in the Watsu pool

June 25th, Sunday, 11am-1pm

BREATH, BACK AND ABS

WORKSHOP DESCRIPTIONS

BREATH, BACK AND ABS

A fun way to explore the relationship between the abdominals, respiratory diaphragm, chest and back.

ROLL, RESTORE AND REPOSE

Explore the magic of self-care through the use of balls, foam rollers and water yoga to relieve pain, speed up recovery from injury, increase your range of movement, enhance your sleep and release stress.

YOGA FOR HEALTH & WELL-BEING

Join us for Gentle Yoga, Healing Music, Deep Relaxation and Self-Healing Practices from Acupressure and Reflexology.

Food & Drink

June 2017

SPLASH AFTER DARK

June 28, Wednesday

In partnership with Alice @ 97.3 radio we'll kick off Wine Country's hottest summer pool party series, Splash After Dark, on Wednesday, June 28, 2017, 7:00pm at the resort's Main Pool. #SonomaSplash.

Splash events are the perfect way to celebrate summer, Wine Country style. Guests will enjoy inspired cocktails and the Bay Area's best, DJ. Cash Bar, 21 and better.



38° NORTH

NEW ON THE MENU

Barrel Aged Mission Manhattan

Made with local Hooker's House Bourbon, Dubonnet and Maraschino Liqueur.

Our mixologists add a few dashes of our hand-crafted husk cherry bitters and age for a minimum of two months. Cheers!