



# Private & Group Offerings

## Private Class Offerings

\$135.00 for 1 hour, for 1 person

\$115 per person for 1 hour, for 2 people

\$95 per person for 1 hour, for 3 people

\$80 per person for 1 hour, for 4 people

For Group bookings please contact the spa (877) 289-7354

### Goddess Dance & Play shop

Express your inner beauty through movement, meditation and dance.

### Guided Meditation

Your group will learn the tools to apply to daily life for mindful living. This guided meditation will leave your group re-freshed in a place of peace, feeling assured and in a state of surrender and relaxation.

### Hatha Yoga

Tailored to group ability and level; here we practice what you would commonly expect in a western world yoga setting: Asana (physical postures), Pranayama (breathing practices and techniques) Vinyasa flow, breath to movement connection. The 1.5 and 2 hour practice allows for ample Savasana (systematic relaxation preparation for meditation) and guided Meditation.

### Hikes

We would be delighted to arrange a private customized tour, including (but not limited to) a touring and tasting experience, a meditative walk or a picnic hike.

### Introduction to Yoga

This course provides a basic foundation to yoga fundamentals and is great preparation for joining beginning level yoga classes. Common western postures and Salutations A and B are taught in detail, with safety modifications and “growing into” methodology emphasized. All course material is provided so you may experience the poses and workshop without note-taking, or you may choose to add your own notes. Short break included.

### Intuitive Meditative Workshops

Rev. Monet Brooks, Spiritual & Meditation Teacher, a highly skilled and respected Clairvoyant/Medium, Medical Intuitive, Reiki Master, NLP Practitioner, Certified Massage Therapist, with medical background as a Certified Respiratory Therapist, Tribal Dance Instructor, Crystal and Sound Healer. Monet is an Ordained Priestess, Facilitator of rites of passage ceremonies, groups, woman circles & weddings.

### Negative Block Releasing Restorative Yoga

Enjoy a short, super gentle physical practice prep to relax into propped restorative poses while enjoying the sounds of Tibetan singing bowls and chanting monks. Guided meditative breathing and energy balancing techniques are part of this self-healing experience. (This class can accommodate 5 participants according to our prop resources) **All levels appropriate, must be able to come up and down from floor unassisted.**

### Pilates for Good Posture

Learn key Pilates exercises that you can do on your own to improve your postural alignment while building core strength, flexibility and balance. A person who has good posture projects a sense of power, youthfulness and self-confidence. Poor posture is also an energy zapper. If your spine is incorrectly balanced, your muscles have to work harder to keep your body upright all day. Pilates workouts can help you achieve good posture because postural awareness is built into every exercise.

### Raja Yoga

Tailored to group ability level; this yoga practice incorporates ancient traditions of a complete practice: Asana (physical postures) Pranayama (breath practice and techniques) Mantra (ancient Sanskrit Chant, take-away handout provided- Gayatri Mantra (Mother of all Mantras) or other upon request) and finally the physical practice leads to Meditation. Raja Yoga is the Royal Yoga from which all yoga stems. The two hour class allows for enough time to include a short break & Yoga Nidra.

### Restorative Yoga/ Yoga Nidra

Through the Practice of Yoga Nidra you will learn to remain aware and alert in the alpha predominate state between wakefulness and sleep. This is the doorway to the universal mind. Barrier separating waking, dream and deep sleep are lifted, unifying consciousness. The result is integrated and relaxed personality.

### Stress Management

Stress is an everyday fact of life. Some stress is necessary to remain vital, eager and alert to the challenges and dangers in our environments. Too much stress, however, can lead to health and energy problems. Focusing on body awareness, we explore the ability of the body to calm the mind, and the mind to calm the body.

### Stress Breaks

Life without the challenges which induce stress would be no life at all. Yet for the people living in sophisticated, industrial cultures, the amount of stress has become excessive and harmful. Great for intense work meetings and conferences, book a stress break in between your meeting sessions.

### Turf-n-Surf Yoga

Warming up is "Turf" Yoga in our beautiful studio: enjoy a short hour of Yoga tailored to your group. The physical practice is influenced by ancient Raja royal yoga tradition. Mindfulness practice is incorporated into the physical practice. Pranayama breath work facilitates the energetics of the practice as well as meditation prep. A short change to bathing suit break reconvenes in our mineral and magnesium-rich Watsu pool where we "Surf" with our signature Aqua-Chi Yoga. Here the meditative and mindfulness themes continue as we practice surrender and release of attachment floating in geothermal warmed minerals.

### TRX

TRX is a form of suspension training that uses body weight exercises that leverage gravity to develop strength, balance, flexibility, and core stability simultaneously.

### Water-Yoga

Enjoy the combination of Ai Chi (a water adapted Tai Chi) and Water Yoga in our thermal mineral pool.

### YINitate

"YINitate" is Susi's signature meditative Yin Yoga practice. Susi will lead you into traditional and modern Yin asana (yoga posture) whilst guiding meditative and holistic healing practices during the stillness of long Yin Yoga holds. Energy balancing is not only a welcome side effect, it is often included as a practice (Jin Shin Jyutsu). This meditative multi-tasking class leaves you within the essence of connecting mind, body and spirit.