Private & Group Offerings

Private Class Offerings

$125 per hour, for 1 person
$115 per person for 2 hours, for 2 people
$105 per person for 1 hour, for 3 people
$95 per person for 1 hour, for 4 people

For group bookings please contact the spa (877) 380-7254

Goddess Dance & Spa Play

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 warmed and in a state of soilware 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) and Vinyasa flow, breath to movement connection. The 1.5 or 2 hour practices allow for simple savanawas (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 TRX

This course provides a basic foundation to yoga fundamentals in a great preparation for joining beginning level yoga classes. Common western postures and Salutations A and B are taught in depth, 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 Medicine Workshops

Rev. Monet Brown Spirituality & Medicine Teacher, is a highly skilled and respected Quantum/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 crisis of passage ceremonies, groups, woman circles & weddings.

Negativ Stress Relieving Restorative Yoga

Enjoy a short, super gentle yoga practice set to relax into propelled restorative poses while enjoying the sounds of Tibetan singing bowls and chattering monks. Guided meditative breathing and energy balancing techniques are part of this soul healing experience. This class can accommodate 5 participants according to our prop resources, levels appropriate, must be able to sit up and down from floor unsustained.

Pilates for Good Posture

Learn key Pilates exercises that can do just to your poor posture 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 incompletely 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, thought provoking) Gayatri Mantra (Mother of all Mantras) or other upon request) and finally the physical practice leads to Meditation. Raja Yoga comes from yoga which from which yoga stems. The two hour class allows for enough time to in- clude 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 questioning waking, dream and deep sleep are lifted, uniting 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 Release

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 con- ferences, this is a short break which leaves you within the essence of connecting mind, body and spirit.

Tailored to group ability level 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 or 2 hour practices allow for simple savanawas (systematic relaxation) preparation for meditation and guided meditation.

Yogaalign

This course provides a basic foundation to yoga fundamentals in a great preparation for joining beginning level yoga classes. Common western postures and Salutations A and B are taught in depth, 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.

Yoga Therapy

For Group bookings please contact the spa (877) 380-7254