

# WELLNESS OFFERINGS



SPA TERRA  
AT THE MERITAGE RESORT

# SPA TERRA WELLES

**VINEYARD YOGA HIKE** Join us for a hike through our hillside vineyards. This class is the perfect blend of endurance, strength, flexibility, and balance. Enjoy a 1.5-mile hike through the Vineyard ending at the “Crusher” Statue atop the hill (great for a photo op). Then trek down to our Vineyard Deck while taking in the panoramic views of Napa Valley. Here you will participate in a few sun salutations, stretching exercises, breathwork and meditation. A great way to start your day.



## PRICING FOR EACH OF THE WELLNESS SESSIONS IS AS FOLLOWS:

1 - 2 guests: \$150    3 - 5 guests: \$250    6 - 10 guests: \$350    11 - 20 guests: \$500

*20+ each additional guest \$20*

## *Guided Meditation and Breathing*

Meditation is the simple and direct practice of moment-to-moment mindfulness. With careful and sustained observation and proper breathing techniques, we can experience the ever-changing flow of the mind-body process to cultivate awareness and learn to accept more fully the pleasure and pain, fear and joy, sadness and happiness that are inevitable in life.

## *Crystal Sound Healing Session*

Your guide will use their voice, crystal bowls, Japanese chimes, and other gentle instruments to help restore balance to both your body and mind. These instruments operate on a mental, psychological, and energetic level to promote states of deep relaxation and holistic well-being. Many participants describe the sound healing experience as being in a trance-like state with the ability to release past trauma, cleanse unwanted emotions, and to find solutions to emotional issues. Sound healing has also been found to relieve physical ailments, muscular pain and symptoms of disease. Think of it as a tonic for your health. Come with an open mind and enjoy a novel experience. Feel free to bring anything which will make you comfortable while laying down. Consider bringing blankets, cushioning for your head and the backs of your knees, warm layers, and even eye pillows.

## *Drum Circle*

Using drums, chimes, bells, shakers, and song; rhythm tunes our minds into a theta state that connects us with Spirit, ancestors, and our highest selves. To begin, we call in the spirits of the four directions. Then, there will be talking stick ritual and Journey (like a guided meditation). After returning from your journey, you will bring back wisdom to share while receiving the medicine of the drum. To complete, you will be anointed and blessed with oils.





**PILATES** A form of low-impact exercise that aims to strengthen and stabilize your core body, which is your foundation, so that you can move efficiently while improving your posture, flexibility, and mobility.

**PILATES BARRE** This signature workout combines ballet, weights, and Pilates so you'll also lengthen your body and increase flexibility while you tone.

**LOW IMPACT HIIT CLASS** This class will increase your heart rate while minimizing the amount of stress and impact you put on your body. You will feel the intense effects of a HIIT workout with a gentler approach that is easier on the body. Burn calories, get your heart pumping, and enjoy this perfect mix of power and grace.

**CORE CONDITIONING** A vigorous class with demanding strength postures that will have you moving, breathing, and sweating! This class focuses on engaging your core strength and building your endurance and strengthens and balances the body and mind.

**BARRE AND BUBBLES** Please join us for this full body workout that will transform you physically and mentally with elements of ballet, yoga, and Pilates all in one. The class will focus on low impact, high intensity movements designed to strengthen your body as you fall in love with the way that you feel! Following your class, "unwind" with a delicious glass of bubbles complimentary to all attendees.



# YOGA OPTIONS

**FLOW YOGA** Flow Yoga honors individuals' energetic levels earlier in the morning. This class, located in our Motion Studio at Grand Reserve Resort, allows you to arrive and enjoy quiet stillness, warm up and energize the body, and leave class ready to enter the rest of your day with vitality and equanimity.

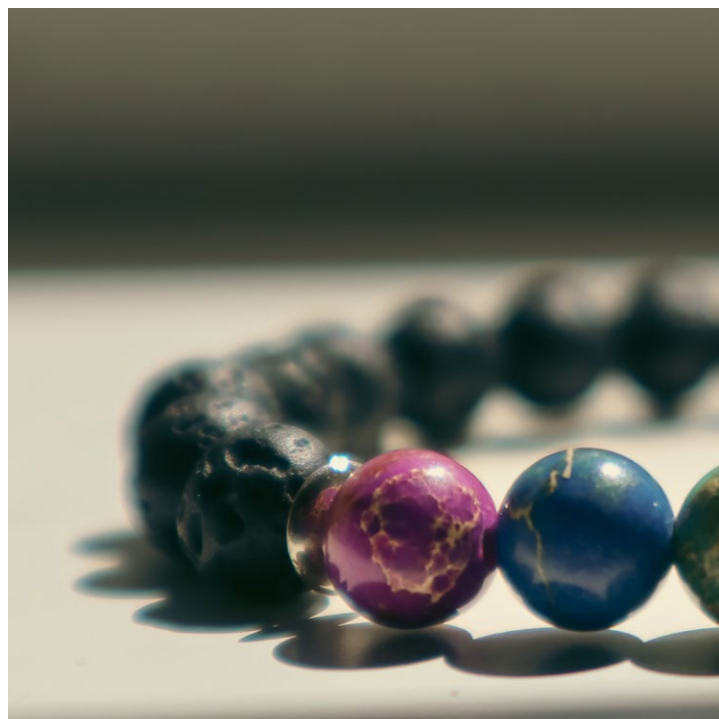
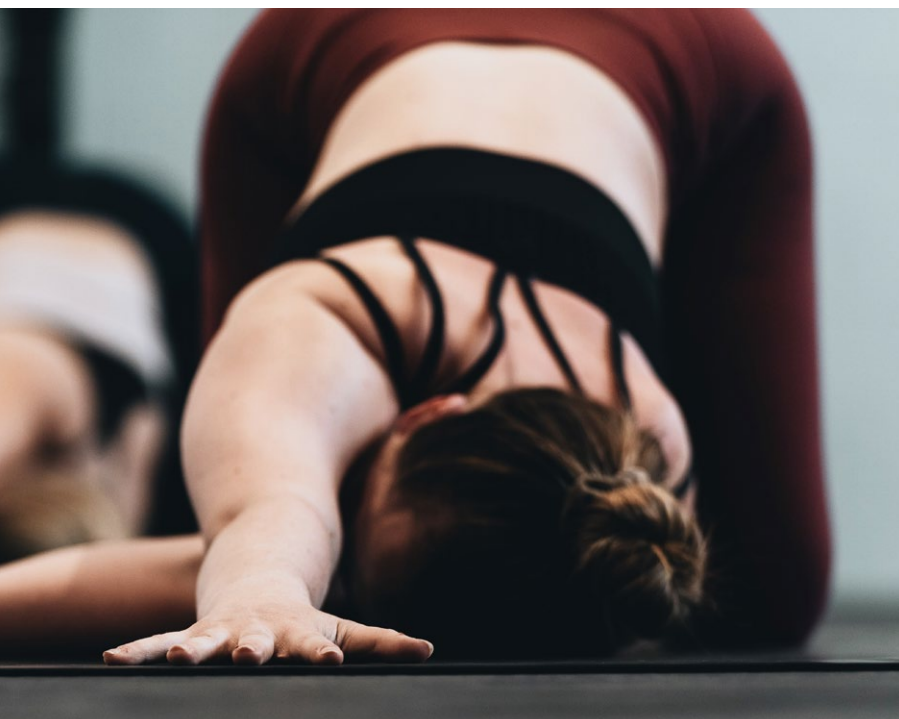
**MORNING FLOW** This class is directed toward understanding the "Self". Yoga props are used to accommodate stiffness, pain, or injury. The mind is actively engaged in making corrections to the postures so that the body learns to work more efficiently. The practice will blend strength and stretch, effort and ease, movement, and stillness.





**RESTORATIVE YOGA** This a gentle yoga class is designed to restore equanimity with deep stretches, meditation exercises, and simple breathing techniques. You will hold poses longer and develop the skills you need to maintain healthy posture, fuller breath, and a calm mind.

**VINYASA YOGA** This class links yoga poses to create fluid movement. The student adjusts to a healthy alignment and mental awareness. Learn how to access the rhythm of your breath and heartbeat in a slow, thoughtful flow intended to build strength. Learn how to move between poses, relax your body, and clear your mind.



# AROMATHERAPY OPTIONS

## CREATE YOUR OWN WELLNESS INTENTION BLEND

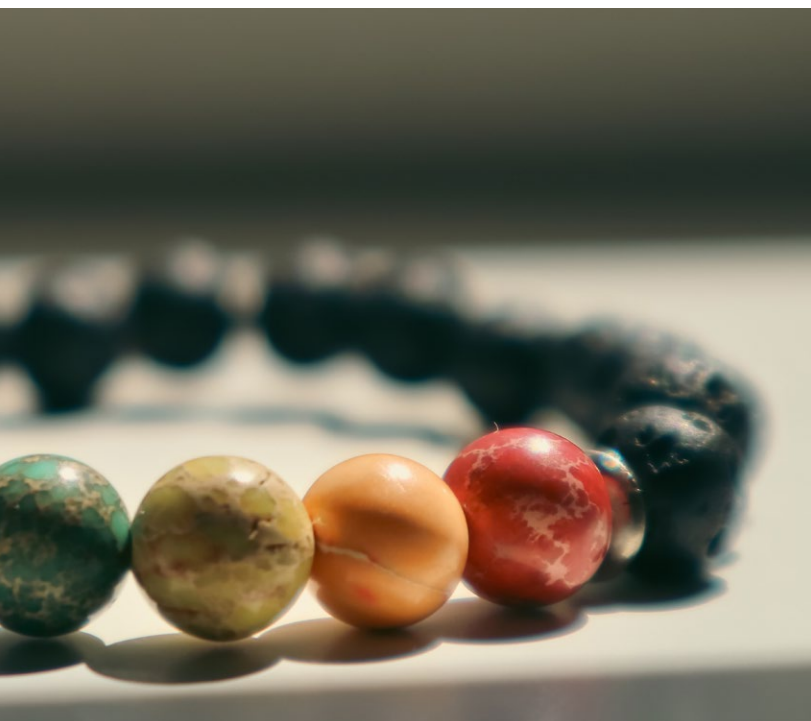
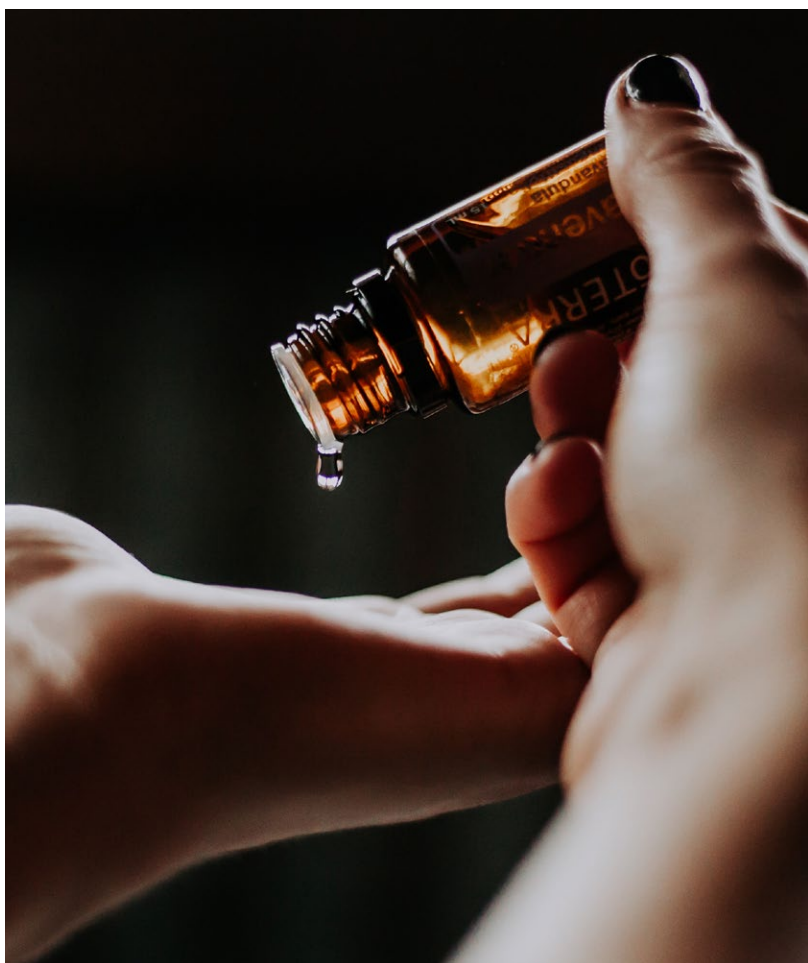
Guest is guided to blend their own recipe selected from 7 wellness intentions: BALANCE, CALM, DETOX, IMMUNE BOOST, RECOVER, RENEWAL, and REST. Using single note essential oils and a recipe guide, guests discover how much fun it is to blend their own body oil for massage, bath, or body care. Blending Experience includes a bottle of oil, infused with essential oils, custom label, organza pouch.

*\$25 per person, plus 22% service charge*

## CREATE YOUR OWN CHAKRA GEMSTONE ANOINT OIL

Guest uses a chakra guide to decide which chakra (energy center) they would like to focus on. Gemstones for each Chakra are featured in the blending, along with single note essential oils specific for the chosen chakra. The anoint oil is used on the energy center of the chosen chakra and on pulse points before sleep, meditation or after bath. Experience includes a bottle of gemstone and single note essential infused oil, label, and organza pouch.

*\$30 per person, plus 22% service charge*



## FOR BALANCE ON THE GO

### *Custom Aroma Bead Bracelet*

Guest chooses a wellness intention for their personal well-being. The essence is placed on a beaded bracelet, which is gifted to the Guest so they can enjoy the healing aromas throughout the day and beyond. A great departure gift at the end of an event. Guests enjoy walking around with it and breathing in their chosen aromatic, from organic essential oils.

*\$15 per person, plus 22% service charge*

reserve your appointments  
online at  
[meritageresort.com](http://meritageresort.com)

for assistance, please call  
707.251.3000

*We welcome guests 18 and over.*

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