

# Mind-Body-Spirit

## YOGA

### ASHTANGA YOGA

An intense physical and athletic flowing style of yoga. (High Intensity)

### AQUA YOGA

The dynamic and therapeutic qualities of water make for an invigorating and challenging, yet accessible environment for yoga practice. Aqua yoga makes exercising safer for many people with injuries. The water helps support the body, easing pressure on the joints. Water also adds resistance and builds strength as the muscles must push against the water. Water can be very nurturing, putting us more in touch with intuition and spirituality.

### CHAIR YOGA

A gentle form of yoga that is practiced sitting on a chair or standing using the chair for support. Chair yoga is a great practice for anyone interested in deepening flexibility and increasing personal body awareness. This class emphasizes the importance of breath and uses the flow of your breath to connect with gentle movements. While seated, you are able to do versions of twists, hip openers, forward folds and mild back bends.

### FLEX & FLOW YOGA

Yoga combo class of 15 minute yoga infused warmup followed by a 15 minute high energy but low impact weight training circuit and finishes with 15 minutes of a yoga cool down stretch.

### LETTING GO VINYASA YOGA

A Vinyasa Yoga class to release any toxic thoughts, worries or fears that keep you from receiving the gift of total relaxation and rejuvenation. A practice that uses the power of breath and mantras to let go of what no longer serves you or what you have outgrown.

### SLOW FLOW YOGA

This class is a combination of breath to postures and fluid movement performed at a slower pace than Vinyasa, giving you more time to explore alignment and sensation within each individual posture.

### VINYASA FLOW YOGA

A breath-synchronized yoga format. Poses will flow from one to another in conjunction with the breath.



## **YIN/YANG YOGA**

This class begins with a slow flow to warm the body and integrates Yin Yoga to passively stretch the connective tissue and give more attention to the body's fascia.

## **YIN YOGA**

Yin Yoga is a perfect complement to the dynamic and muscular (yang) styles of yoga that emphasize internal heat, and the lengthening and contracting of our muscles. Yin targets the connective tissues, such as the ligaments, bones, and even the joints of the body that normally are not exercised very much in a more active style of asana practice.

## **YOGA AT THE BARRE**

Great yoga class for beginners to intermediate that utilizes the Ballet Barre to support posture through each unique sequence.

## **YOGA FOR RELEASE**

This class incorporates gentle yoga movements, breath and meditation.

## **YOGA SCULPT**

Yoga Sculpt incorporates flowing yoga postures with light hand weights to tone your muscles and clear your mind.

## **YOGA STRENGTH**

This workshop style yoga class is great if you are already a basic yoga practitioner. Starting with a short meditation, you will identify and target what you need to strengthen that day. This class is an intimate communication of your mind and body that challenges you to master one pose at a time.

## **YOGA TUNE UP**

If you love yoga poses, corrective exercises and rolling on therapy balls, this is your one stop class. We will warm up tissue to release tension and then move through poses to strengthen and stabilize hips, spine and shoulders.

## **CHAKRA YOGA – REALIGN THROUGH MOVEMENT**

You'll realign and bring increased energy to each of the seven main Chakra centers located along the spine using yoga poses combined with imagery and sound. Chakra means "wheel" or "disk." When one or more Chakras are blocked, this manifests as congestion in the body's physical health as well as an imbalance in one's emotional and/or spiritual life. (All Levels)

## **CORE YOGA**

Combining traditional Pilates with flow yoga for a total body workout focused on core strength. You will develop core strength and stabilization through Pilates poses, and improve your flexibility, muscular strength, posture, balance and alignment through yoga poses, breathing and relaxation.



## **GENTLE YOGA**

This class focuses on relaxing the body in restful postures. Rest provides the body with an opportunity to renew and heal. Gentle Yoga is responsible for balancing the body and bringing its response system back into equilibrium.

## **HIP & SHOULDER OPENING YOGA**

A specific sequence of yoga poses used to therapeutically release tension and strengthen the muscles that support the hip joints. (All Levels)

## **RESTORATIVE YOGA**

This class uses slow, and deep breathing with gentle, and mindful movements on the floor. This will help you understand and feel the power of relaxation; and release tightness in the body.

## **MEDITATION**

Meditation is the opportunity to learn how to become quiet, intuitive, and wise in a busy world. Experience the beauty of our restored 18th century French chapel or the tranquility of the Labyrinth, while learning techniques ranging from mindfulness practices to guided visualizations. Relaxing through meditation helps elevate inner peace. Learn how to eliminate the burdens of stress and to soothe the soul. More than a mind vacation, meditation is a life tool you can use anytime, anyplace.

### **CHAKRA MEDITATION**

Guided meditation through all 7 Chakras.

### **DYNAMIC MEDITATION**

Through the process of breath work, catharsis, rhythmic movements, stillness and flowing movements, participants will feel emotional release and an increase awareness of their vital energetic self.

### **EXPLORING MEDITATION**

Great for anyone new to meditation and how to incorporate a meditative state of mind in your busy life back home. Silent walk, mindful eating, gemstone energy healing and crystal sound bowl.

### **GUIDED MEDITATION**

An instructor will facilitate with an option to end with your own meditation.

## **LABYRINTH**

Our classic seven-circuit labyrinth pattern provides a path for an introspective walking meditation. The labyrinth introduction class teaches the ancient history of the labyrinth and walking techniques. You are encouraged to experience the labyrinth independently throughout your stay and take the opportunity to "set your intentions".



## **MEDITATION NATURE WALK**

Nature walk through Cal-a-Vie's beautiful property where you will practice meditation in motion/walking.

## **MIND BODY BALANCE**

Using your Banda (yogic core) to balance in a variety of positions to challenge both mind and body.

## **PRANAYAMA**

This practice of yoga breathing helps to calm the mind, improve focus, and reduce anxiety. It also brings positivity, energy, and strength to the mind; and reduces anxiety.

# **MINDFUL ART AND CREATIVITY**

## **BOOK MARKER MAKING**

Enjoy a meditative spa walk through the beautiful gardens, and pick a seasonal flower of your choice to make a personalized book-marker to take a little bit of your Cal-a-Vie journey home with you.

## **CREATE A LAVENDER WREATH**

Have fun with Lavender. Create a beautiful lavender wreath with fresh lavender gathered from the Cal-a-Vie hills.

## **CREATE YOUR CHAKRA ENERGY BRACELET**

Learn about Chakras then create your own bracelet to enhance your energy.

## **FLOR MANDALA PRINT**

Create a radial "mandala like" print inspired by the gardens and natural surrounding areas of Cal-a-Vie. Traditional print making techniques will be taught; allowing guests to experience this ancient art method with roots in both Europe and Asia.

## **JAPANESE TEA CEREMONY**

Experience the tranquility of a hands on workshop of Sado— the way of tea. Learn about the history and benefits of Matcha tea with this 101 class.

## **JOURNEY CARD ART**

Create an artistic expression and a reminder of your personal goals with your own journey card. It will be mailed back to you in six months.



**LIVING NATURALLY WITH ESSENTIAL OILS**

Explore the many ways to use essential oils to enhance your wellbeing and environment, and create your own personal recipe to take home.

**ORIGAMI**

Learn the tradition of paper art and experience peace and calm.

**ROCK PAINTING**

Express yourself with your own artistic creation on a rock; and either leave this piece of you at the Labyrinth, or take it home with you.

**SUMIE**

An artful form of meditation using a brush, ink, and your imagination.

**ZENTANGLE**

This class is based on the Zentangle Method of pattern drawing which is an artistic form of meditation.



# GOLF

## VISTA VALLEY COUNTRY CLUB

The dress code for Vista Valley Country Club is as follows: Bermuda shorts no shorter than four inches above the back of the knee are permitted. Shirts with collars are to be worn at all times. Shirrtails must be tucked in. Ladies may wear designer blouses without collars. Spike-less golf shoes are required. No jeans.

### WEEKDAY (MONDAY-THURSDAY)

9 Holes w/cart .....	\$75
18 Holes w/cart .....	\$150

### WEEKEND(FRIDAY-SUNDAY)/ HOLIDAY

9 Holes w/cart .....	\$100
18 Holes w/cart .....	\$200
Golf Lessons .....	\$65 an hour
Driving Range .....	\$25
Club Rental 9 Holes .....	\$25
Club Rental 18 Holes .....	\$50

# TENNIS LESSONS

## KRIS KLUIS COACH

Enhance your game, learn new skills, and enjoy a great workout on Cal-a-Vie’s “red clay” court. Kris Kluis, Cal-a-Vie’s teaching professional since 1996, is a graduate of the prestigious Professional Tennis Management Program at Ferris State University Michigan. Kris has 20 years of experience teaching adults of all ability levels at various private country clubs, resorts, and spas. His goal is for you to have a lot of fun while enjoying the benefits that an on-court workout will provide!

Private Lesson .....	\$95
Semi-Private Lesson (2 guests) .....	\$65 each
Group Tennis (3 or more) .....	\$55 each

