

Mind-Body-Spirit

YOGA

ASHTANG 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.

SHOULDER FLEXIBILITY & STRENGTH YOGA

Maintain shoulder balance, flexibility and stability. (All Levels)

VINYASA FLOW YOGA

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

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 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.



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.

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

For those wishing to meditate and refine their practice.



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”.

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.

CHAKRA BALANCING WITH ESSENTIAL OILS

Learn the basics of the 7 chakras and explore the healing power of essential oil. You will also learn how to balance your chakra with essential oil to improve mood and confidence.

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.

FENG SHUI 101 “THE ART OF ORGANIZING YOUR PERSONAL SPACE”

Learn how to enhance and improve energy flow through your environment to maximize the positive potential for your life. Feng Shui looks beyond the superficial and is about creating awareness beyond what you see on the surface. The intent is to create an environment that supports and nurtures you.



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.

