



Prickly Pear Challenge Course

TEAM SIZE: 6-30 LENGTH: 2-4 HOURS

Expand your self-confidence on our state-of-the-art challenge course designed by Outward Bound Professional. Begin at the Cob Web, progress over Raider Bridge, through the Flying V, to navigate Double Trouble. The linear progression of the course culminates with a fantastic zip-line dismount.

Equine Experience

TEAM SIZE: 6-15 LENGTH: 2 HOURS

Learn how non-verbal communication, internal mind state and focus affect your ability to lead and project your intentions. Guided by our equine team, you will complete exercises that lead to greater self-awareness and confidence. No previous horse experience is needed for this workshop.

Initiative Games & Team Problem Solving

TEAM SIZE: 6-50 LENGTH: 2-4 HOURS

Build group cohesiveness, trust and self-awareness through customized activities and initiatives designed to challenge your team, mentally, physically and socially. Our trained facilitators tailor the challenges to meet your organizational objectives in a fun supportive environment.

Team Survivor Challenge

TEAM SIZE: 6-50 LENGTH: 2-4 HOURS

This activity brings your group together to create a kind of "tribal" unity as they work to complete complex tasks and win idols. The tasks are mentally and physically challenging, utilizing each tribe member's strengths. Individual fitness is not necessary, but rather ingenuity, creativity and resourcefulness.

Lego Teambuilding

TEAM SIZE: 6-30 LENGTH: 2 HOURS

Challenge the group's creative side by taking on a project that requires planning, leading, organizing, and follow-through. Team building through LEGOs is an engrossing activity that everyone can enjoy.

Geocaching Scavenger Hunt

TEAM SIZE: 6-70 LENGTH: 2 HOURS

Geocaching is often described as a game of "high-tech hide and seek". Aspects of the game include data analysis, problem solving, orienteering, and benchmarking as the teams work to solve clues eventually leading to hidden containers called "geocaches". The winning team receives certificates and prizes.

Improvisational Humor Workshop

TEAM SIZE: 6-100 LENGTH: 2 HOURS

Bill Murray called improv, "the most important group work since the pyramids." Our team of local improv instructors incorporate audio, visual and kinetic teaching methods to create an active lively and hilarious learning environment that your team will be talking about for months.



Discover Your Personality

TEAM SIZE: 6-30 LENGTH: 4 HOURS + INDIVIDUAL COACHING AVAILABLE.

The DiSC personality assessment tool is used by many Fortune 500 companies to help with leadership development, enhance communication, improve team outcomes, and increase the bottom line. The workshop includes an on-line assessment, individual reports as well as a group presentation to help interpret and use the information garnered by the assessment. Optional 1:1 coaching can be available for an additional fee.

Texas Two-Step

TEAM SIZE: 6-30 LENGTH: 1 HOUR

In this traditional partner dance the leader determines the movements and patterns of the pair as they move around the dance floor. Dating back hundreds of years in both Mexican and European dance history, this tradition has stood the test of time. It consists of three steps: a quick step, a quick step, and then a slow step. Does this sound like your work?

Harmonica Workshop

TEAM SIZE: 6-10 LENGTH: 1 HOUR

Even the musically challenged can begin enjoying the benefits of creating music almost immediately with just a few basic techniques. No music reading is required beyond a tune in your head as the harmonica's sound is not unlike the natural act of humming or whistling. Participants receive complimentary harmonicas and everyone will be able to play a group song by the end of this workshop.

Archery

TEAM SIZE: 6-20 LENGTH: 2 HOURS

Learn the fundamentals of archery while boosting your mental attention and connecting your breath to physical performance. Experience techniques to develop your focus, patience, flexibility, concentration, and attention skills and understand why great archers continually develop these simple concepts to heighten all aspects of their lives.

Culinary Demo

TEAM SIZE: 6-40 LENGTH: 1 HOUR

Travaasa's recipes feature healthy, regional, fresh foods. Our culinary team will demonstrate some of our featured recipes to show you how to prepare your choice of:

- Chocolate Date Tart
- Farm Fresh Lettuce Wraps
- Flourless Chocolate Cake with Chipotle
- Lone Star Scallop
- Masa Crusted Shrimp with Texas Peach and Cucumber Salsa

Hands-On Cooking

TEAM SIZE: 6-30 LENGTH: 1.5 HOURS

Our hands-on cooking classes will teach you skills and techniques while showcasing Travaasa house recipes. Let our gourmet culinary team delight you, on property, with ways to prepare, cook and present the cuisine you savor.

Wine Tasting Class

TEAM SIZE: 6-10 LENGTH: 1.5 HOURS

Wine appreciation can sound daunting and complicated – this class is designed to demystify. Learn how to evaluate bottles, gain an understanding of wine's history and origins, and move on to learning the skill of wine appreciation by analyzing the various flavors, aromas and textures of grapes with experts in the know. Water and appropriate snacks are provided as well.

Chili Cook-off

TEAM SIZE: 6-10 LENGTH: 4 HOURS

We give your teams the basic ingredients and equipment; they compete to make the best chili! Teaching employees to work as a team through a culinary experience can reinforce basic skills of negotiation, flexibility, adaptability and even a bit of persuasion – all while having fun!

The Art of the Cocktail

TEAM SIZE: 6-10 LENGTH: 1.5 HOURS

Find out how to best combine juices, purees, fruits, spices, herbs and wonderful fresh ingredients to create the perfect cocktail. Embark on a tasting journey learning about the quintessential basics as well as new cocktail trends of today.



Juicing 2.0

TEAM SIZE: 6-10 LENGTH: 1.5 HOURS

An interactive class that nourishes the mind and body. Participants learn nutrition tips, try samples and create recipes of their own. No cooking experience is needed and recipes are all quick, healthy and made with five ingredients or less!

Sketch & Draw

TEAM SIZE: 6-30 LENGTH: 1 HOUR

Boost your team's right brain with this pressure-free hands-on workshop. Our facilitators' stimulate creativity and focus the mind. Best of all? No experience or talent is needed to create something amazing to bring home to as a reminder of the day.

More Energy, Less Weight

TEAM SIZE: 6-30 LENGTH: 1 HOUR

If your group members complain about flagging energy, it may be attributed to poor diet. This lecture can help participants discover ways to increase energy, and may even help them lose weight. While most of the class is nutrition-based, each participant can discover what they may be doing to drain their energy and how to manage energy for greater success.

Hike

TEAM SIZE: 6-70 LENGTH: 1 HOUR

Give your group a chance to stretch their legs as they explore our rich and extensive trail system. During this guided tour, you'll learn about local flora, fauna and the history and ecology of the area. Hikes are open to all and accommodate a wide range of interests and abilities.

Yoga

TEAM SIZE: 6-30 LENGTH: 1 HOUR

Wake up your body and mind with this flowing yoga practice that accommodates all levels of participants. This is a low-to-moderate-intensity class, geared toward everyone with an interest in yoga, and will allow those who are newer to take their time, while letting seasoned practitioners pick up the intensity.

Pilates

TEAM SIZE: 6-20 LENGTH: 1 HOUR

Pilates is designed to transform the way your body looks, feels and performs, building strength without excess bulk. For those who are desk-bound it is important to keep the core of the body strong and flexible. This basic all-level Pilates class on the mat teaches awareness, good posture and easy, graceful movement, while improving flexibility and agility.

Stress Solutions

TEAM SIZE: 6-30 LENGTH: 1 HOUR

If your group members complain about being "all stressed out", Travaasa can help. A feeling of dis-stress can affect productivity, relationships and even health. This workshop explores the concept of stress and gives participants easy, practical methods of detoxifying the effects of our hectic, information filled, high pressured, modern lifestyle.

Breathwork for Energy Balance

TEAM SIZE: 6-30 LENGTH: 1 HOUR

Who knew that focusing on something we do unconsciously every second of every day could do so much more for us? This workshop works with the breath, following its movements through the body. Restorative sequencing moves us slowly into a deep somatic experience to release us from stress and anxiety and bring a calmer, more relaxed state (great for type-A personalities who have trouble relaxing).

Serenity Stretch

TEAM SIZE: 6-30 LENGTH: 1 HOUR

Soothing music...stretching muscles...relaxing meditation... ahhh what a treat! Let us help your group take a break from the busy day. Our instructor will help your team learn how to stretch properly and why stretching is so important to balance flexibility with strength, decrease the risk of injury and improve posture.



Mind Mapping

TEAM SIZE: 6-30 LENGTH: 1 HOUR

A mind map is a diagram used to represent words, ideas, tasks, or other items linked to and arranged around a central key word or idea. Created by individuals and groups, mind maps are used to generate, visualize, structure, and classify ideas, and as an aid to studying and organizing information, solving problems, making decisions, and writing. Our facilitator will teach your group the fundamentals of mind mapping and help them create several maps.

Meditation Workshop

TEAM SIZE: 6-30 LENGTH: 1 HOUR

As a wonderful beginning, break or end of the day, this meditation class helps to prepare the mind and integrate experiences so that they are more meaningful. During this class, we help demystify the ancient practice of meditation—bringing awareness to our moment-to-moment experiences.