



## GROUP ACTIVITY GUIDE

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## 1. DYNAMIC DEVELOPMENT

### Team Challenges

PHYSICAL LEVEL – CUSTOM

GROUP SIZE – 6-100

DURATION – 1-3 HOURS

PRICE – \$45 PER PERSON

Navigate through a series of 15-45 minute challenges/games that focus on everything from leadership skills to improving verbal and non-verbal communication. Select the below components to create a customized experience that is just right for your group:

tone – fun, competitive, serious, light-hearted, or other

focus – communication, relationships, problem solving, or other

physical challenge – low, medium or high

### Last Man Standing

PHYSICAL LEVEL – MEDIUM

GROUP SIZE – 6-100

DURATION – 2 HOURS

PRICE – \$45 PER PERSON

This competitive team building activity brings your group together in “tribal” unity working to complete complex tasks and earn tribal tokens. Engineered to focus on competitive drive, these exercises highlight your team’s ingenuity, creativity and resourcefulness.

### Lego Teambuilding

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-60

DURATION – 1-3 HOURS

PRICE – \$45 PER PERSON

Challenge your group’s creative side by taking on a project that requires planning, leading, organizing and follow-through. Teams compete to successfully assemble a prescribed structure using Legos. We add twists to test observation, communication and cooperation.

### Improv Workshop

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-120

DURATION – 1-4 HOURS

PRICE – \$75 PER PERSON

Experience an active, lively and hilarious learning environment that your team will love. Bill Murray called improv “the most important group work since the pyramids.” He was right. Our team of local improv instructors incorporates kinetic teaching methods for a workshop focused on saying “Yes”, listening skills and being present in the moment.

### Low Ropes Course

PHYSICAL LEVEL – MEDIUM

GROUP SIZE – 10-30

DURATION – 1-3 HOURS

PRICE – \$45 PER PERSON

A Low Ropes Course is a challenging outdoor personal development and team building activity that consists of cables, ropes and obstacles strung 12–18 inches above the ground, between trees or poles. Teams will be faced with tests of physical strength, stamina, agility, balance, and flexibility; while facing fears.

*Closed-toe shoes required and weight limit is 250 lbs.*



## 2. ADVENTURE PACKED

### Prickly Pear Challenge Course

PHYSICAL LEVEL – MEDIUM

GROUP SIZE – 6-35

DURATION – 1-3 HOURS

PRICE – \$45 PER PERSON

Try your hand, and foot, at navigating the space above the trees on our state-of-the-art high ropes challenge course. Its linear progression culminates with a fantastic 250-foot long zip line flight, soaring over the treetops.

*Closed-toe shoes required and weight limit is 250 lbs.*

### Giant Swing

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-25

DURATION – 1-2 HOURS

PRICE – \$35 PER PERSON

There's just something about a swing that makes everyone feel like a kid again. Now, you can play on an adult version of this old favorite. Strap in and hold on as you're hoisted 35 feet in the air. Pull the cord and off you go.

*Closed-toe shoes required and weight limit is 250 lbs.*

### Geocaching

PHYSICAL LEVEL – MEDIUM

GROUP SIZE – 6-120

DURATION – 1-2 HOURS

PRICE – \$45 PER PERSON

Participate in a real-world outdoor treasure hunt. Try to locate hidden containers, called "caches", using GPS-enabled devices while exploring our beautiful grounds. Often described as a game of "high-tech hide-and-seek," geocaching involves data analysis and problem solving.

### Dodge Ball

PHYSICAL LEVEL – MEDIUM

GROUP SIZE – 10-50

DURATION – 1 HOUR

PRICE – \$35 PER PERSON

Harness your group's competitive drive in a fast-paced, high-spirited game of dodgeball. Group members build teamwork, communication and strategy skills as they challenge themselves to dig deep physically and mentally to make sure their team comes out on top.

### Hatchet Throwing

PHYSICAL LEVEL – HIGH

GROUP SIZE – 6-12

DURATION – 1 HOUR

PRICE – \$45 PER PERSON

Learn the fundamentals and techniques that create the foundation of hatchet throwing while connecting your mental and physical performance. Develop techniques to increase focus, patience, flexibility, concentration, and attention and understand why hatchet throwing can continually develop these simple concepts to heighten all aspects of their lives.

### Guided Hike

PHYSICAL LEVEL – MEDIUM

GROUP SIZE – 6-35

DURATION – 1 HOUR

PRICE – \$25 PER PERSON

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





## Archery

PHYSICAL LEVEL – MEDIUM

GROUP SIZE – 6-16

DURATION – 1 HOUR

PRICE – \$45 PER PERSON

Boost your mental attention and synchronize your breathing in pursuit of the target while learning the fundamentals of archery. Explore techniques to develop your focus, patience, flexibility, concentration and attention.

## Power Pole

PHYSICAL LEVEL – HIGH

GROUP SIZE – 6-15

DURATION – 1-2 HOURS

PRICE – \$45 PER PERSON

Want your group to take a leap of faith? Strapped in a harness, participants will scale a telephone pole, then leap for a buoy, testing both their bravery and verve for adventure. Participants are safely and slowly lowered to the ground by an instructor.

*Closed-toe shoes required and weight limit is 250 lbs.*

## Hunger Games

PHYSICAL LEVEL – MEDIUM

GROUP SIZE – 50-120

DURATION – 2-4 HOURS

PRICE – \$100 PER PERSON

Allow your group members to challenge themselves both physically and mentally. Teams will have to harness each other's individual creativity, physical ability, communication, patience and, most importantly, their willingness to be a part of a unified team. Pick 3 adventure packed activities to create your own realm and find who in your group is the true victor!

*Activities to choose from: Giant Swing, Geocaching, Archery, Chocolate River, Roping and Hatchet Throwing*

## Bike Pump Course

PHYSICAL LEVEL – MEDIUM

GROUP SIZE – 2-15

DURATION – 1-2 HOURS

PRICE – \$55 PER PERSON

Built for all skill levels, from limited experience to advanced bike riders, the track boasts something for everyone. Challenge yourself to get all the way around the track without having to pedal or take it to the next level by riding high and fast into the berms. No matter your skill level, you will get a full body workout while you hone your ability to focus and break out of your shell.

*Closed-toe shoes are required.*

## Bike Group Dynamics

PHYSICAL LEVEL – MEDIUM

GROUP SIZE – 6-30

DURATION – 2-3 HOURS

PRICE – \$75 PER PERSON

Strengthen both your individual and group communication skills while having a blast on the bike pump track. After establishing a basic comfort level on the track, your instructor will lead you through a series of games and initiatives that inspire open and free communication. Then put your new communication skills to the test on the track.

*Closed-toe shoes are required.*



### 3. CULINARY TASTES & SIPS

#### Iron Chef

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-100

DURATION – 1-3 HOURS

PRICE – PER PERSON PRICING: \$45 APPETIZERS, \$25 DESSERTS, PLUS \$175 CHEF FACILITATION FEE

Help increase communication and team spirit with this exciting event which focuses on the collaborative process and team building through culinary creativity. Each group receives ingredients, tools and time to create a culinary masterpiece. Team will be judged based on imagination, artistry and taste.

#### Hands-on Cooking

PHYSICAL LEVEL LOW

GROUP SIZE – 6-100

DURATION – 1-3 HOURS

PRICE – PER PERSON PRICING: \$45 APPETIZERS, \$25 DESSERTS, PLUS \$175 CHEF FACILITATION FEE

Help your team work together to learn culinary skills and techniques in our personalized hands-on cooking classes. Our gourmet culinary team will delight you with ways to prepare, cook and present delicious recipes.

#### Chili Cook Off

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-100

DURATION – 1-2 HOURS

PRICE – \$45 PER PERSON, PLUS \$175 CHEF FACILITATION FEE, \$10 PER PERSON TO MAKE IT A MEAL INCLUDING CORNBREAD, SALAD, TEA & WATER

#### Beer Tasting

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-40

DURATION – 1 HOUR

PRICE – \$50 PER PERSON, PLUS \$175 BARTENDER FACILITATION FEE

Sample and compare several different styles of beer ranging from a selection of locally bottled Austin brews to ales from around the world. Learn about the beer making process and the ingredients that go into each individual style while delving into the history of hops. The beers vary greatly in characteristics, offering something for every palate.

#### Wine Tasting

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-40

DURATION – 1 HOUR

PRICE – \$50 PER PERSON, PLUS \$175 BARTENDER FACILITATION FEE

Pony up your palate and taste 5 unique wines. Discover the magic of wine by being able to properly evaluate bottles and understand wine's history and origins. Try your hand at a little blind tasting to sharpen the senses and create a little competition amongst your cohorts. Your team will learn to appreciate wine quality, evaluating and analyzing the various flavors, aromas and textures of grapes.



## Scotch Tasting

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-40

DURATION – 1 HOUR

PRICE – \$50 PER PERSON,

PLUS \$175 BARTENDER FACILITATION FEE

Ever wondered what the difference is between Whisky and Whiskey? Scotch and Bourbon? Single Malt and Blended? Come travel to the land of Gaels & Grouse, taking an hour out of your busy day to understand what makes Scottish Whisky so special. While exploring the various regions producing this lovely libation we will delve into the language and the lore behind this beverage that has defined a nation. Each guest will have a chance to sip through the vast differences of each of the 5 appellations defining some of the most prominent single malt scotches.

## Tequila Tasting

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-40

DURATION – 1 HOUR

PRICE – \$50 PER PERSON,

PLUS \$175 BARTENDER FACILITATION FEE

Take an hour and relax into the wonderful world of this Agave distilled spirit. Each guest will encounter some fun facts about the history of tequila, the manufacturing process and of course tasting notes on all of the different variations of tequila from each of the five appellations of origin.

## Art of the Cocktail

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-70

DURATION – 1 HOUR

PRICE – \$45 PER PERSON,

PLUS \$175 BARTENDER FACILITATION FEE

Combine juices, purees, fruits and spices to create the perfect cocktail. Your team will learn the quintessential basics of cocktail creation. Teams will create a unique cocktail using the same *mise en place* (set up of ingredients), name and marketing plan; then enter it into a tasting contest with the winning concoction featured on the Travaasa Cocktail Menu for the evening.

## Pub Quiz

PHYSICAL LEVEL – LOW

GROUP SIZE – 20-100

DURATION – 1.5 HOURS

PRICE – \$45 PER PERSON

This activity brings your group together in a fun and competitive yet relaxed atmosphere. Hang out and have a drink (drink not included) while trying to answer challenging questions. The team that answers the most questions correctly will be crowned the champions and win a prize. We will customize each quiz to the individual groups (music, sports, pop culture, movies, etc.).





## 4. TEXAS CULTURE

### Texas Two Step & Line Dance

PHYSICAL LEVEL – MEDIUM

GROUP SIZE – 6-120

DURATION – 1-2 HOURS

PRICE – \$25 PER PERSON

Show off a whole new skill to friends when you go home. Learn to dance the Texas Two-Step, Line Dance, as well as other country-style dances. Coordination and dance skills not required.

### Texas Trio

PHYSICAL LEVEL – MEDIUM

GROUP SIZE – 6-20

DURATION – 1-2 HOURS

PRICE – \$75 PER PERSON

Compete for Texas pride through a series of activities.

Teams race for time on the mechanical bull, then see who has the roping talent to rope the steer's head and lastly try their hand at line dancing.

### Samba Dance

PHYSICAL LEVEL – MEDIUM

GROUP SIZE – 6-20

DURATION – 1 HOUR

PRICE – \$25 PER PERSON

Samba is a lively, rhythmical dance of Brazilian origin in 4/4 time danced with Samba music. The Samba music rhythm has been danced in Brazil since its inception in the late 19th century. There are actually a set of dances, rather than a single dance, that define the Samba dancing scene in Brazil; thus, no one dance can be claimed with certainty as the “original” Samba style.

### Texas Hold ‘Em

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-30

DURATION – 1-4 HOURS

PRICE – \$45 PER PERSON FOR FIRST HOUR, EACH

ADDITIONAL HOUR IS \$100 PER DEALER PER HOUR

Sit down and take a gamble with our Hold 'Em experts as they teach the finer points of how to play the game and win. Also known as the Cadillac of Poker, this game surged in popularity and replaced Seven-Card Stud as the most common game in U.S. casinos. Feeling lucky? Ante up.

*Groups of 15 or more require an additional dealer.*

### Roping

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-20

DURATION – 1 HOUR

PRICE – \$25 PER PERSON

Master the rope with a demonstration by one of our cowboys, then get the group members together to try their hands at some real Texas roping using a practice steer head. Once the skill is mastered, use care when practicing at home.

### Mechanical Bull

PHYSICAL LEVEL – MEDIUM

GROUP SIZE – 6-20

DURATION – 1 HOUR

PRICE – \$25 PER PERSON

Riding the bull increases core strength and improves flexibility because it continually keeps you off-balance. Form does count so don't forget to raise one arm up in the air! Countdown to see who makes it 8 seconds.





## Trail Ride

PHYSICAL LEVEL – LOW

GROUP SIZE – 3-6

DURATION – 1 HOUR

PRICE – \$75 PER PERSON

Hit the happy trails and improve your horsemanship or develop deeper horse and rider relationships. Have your team join us at The Travaasa Farm for a brief lesson and trail ride.

*Closed-toe shoes required and weight limit is 250 lbs.*

## Stargazing

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-30

DURATION – 1-3 HOURS

PRICE – \$75 PER PERSON

Chill out with a computer-guided telescope, laser pointers and a knowledgeable astronomer to show you and your colleagues the treasures of the night sky. Make it a night and go over the moon with cocktails (for an additional fee).

## Equine Encounter

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-15

DURATION – 2-3 HOURS

PRICE – \$45 PER PERSON

Learn how non-verbal communication, state of mind and presence affect your ability to lead and project your intentions. Guided by our equine team, you will complete exercises that lead to greater self-awareness, enhanced intuition, and increased leadership skills. No previous horse experience is needed.

*Closed-toe shoes required and weight limit is 250 lbs.*

## Harmonica Lessons

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-20

DURATION – 1 HOUR

PRICE – \$35 PER PERSON

Have fun learning the basics of how to play a harmonica. Everyone gets their own harmonica to take home and practice with after the class.

## 5. SOCIAL RESPONSIBILITY

### Find and Be Kind

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-70

DURATION – 2 HOURS

PRICE – \$55 PER PERSON

Groups are divided into teams and sent off on a scavenger hunt where they use a GPS Navigation System to earn points. Points are exchanged for large puzzle pieces. When the puzzle is put together a giant check is formed. Choose the amount you want your organization to donate to the charity of your choice!

### Eye Spy Supplies

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-70

DURATION – 2 HOURS

PRICE – \$75 PER PERSON

Groups are divided into teams and sent on a geocaching journey using a GPS Navigation System to find items. At the end of the event, teams must pull their points together to “purchase” school supplies and backpacks, which are donated to a local charity.



## 6. THE FARM

### Edible Farm Tour

PHYSICAL LEVEL – MEDIUM

GROUP SIZE – 6-50

DURATION – 1-2 HOURS

PRICE – \$25 PER PERSON

Join the Travaasa farmers for an educational tour that delves into anything from permaculture design, integrated pest management and seed saving to personal garden care, large food systems, biodiversity and sustainable, organic farming practices. Meet the chickens that provide our farm-to-table restaurant with fresh eggs and then wander the farm, tasting fresh crops straight from the field.

### Herbal Medicine & Tincture Introduction

PHYSICAL LEVEL – MEDIUM

GROUP SIZE – 6-10

DURATION – 1.5 HOURS

PRICE – \$75 PER PERSON PLUS

Guests meet with Travaasa's herbalist for an interactive introduction to herbal medicine starting with a serving of medicinal tea and Materia Medica as well as an introduction to Central Texas herbs and their medicinal properties. This class features different herbs to match the season. Guests will engage with formulas crafted from our apothecary. The class will assemble a tincture together, then select a tincture to take home.

### Chicken Keeper Class

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-15

DURATION – 1 HOUR

PRICE – \$25 PER PERSON PLUS

The class will cover the life cycle and needs of a chicken; how to raise, handle and care for a backyard flock; and how to setup a small coop and keep hens safe from predators while providing them access to a pasture. This class is fun and hands on. You will have an opportunity to collect eggs in the chicken coop and learn how to catch and hold a hen if you so choose.





## 7. FITNESS & WELLNESS

### Yoga

PHYSICAL LEVEL – LOW/MEDIUM

GROUP SIZE – 6-50

DURATION – 1 HOUR

PRICE – \$25 PER PERSON

Awaken your body and mind with a flowing yoga practice that accommodates all levels. The class will allow those who are newer to take their time while letting seasoned practitioners pick up the intensity. Our instructor will focus on how to incorporate yoga postures into the busy workday to enhance concentration and alertness.

### Bhava: Mantra & Movement

PHYSICAL LEVEL – LOW/MEDIUM

GROUP SIZE – 6-50

DURATION – 1 HOUR

PRICE – \$25 PER PERSON

Connect with the world beyond yourself. “Bhava” loosely translates into “an expansion of feeling and sentiment in the heart through song and chant.” Bhava can transform you as it calls for the surrender of your ego and sense of self. Have your group join us for a unique experience that will alter the way they think about yoga.

### More Energy

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-50

DURATION – 1 HOUR

PRICE – \$25 PER PERSON

Discover ways to increase energy and maybe even lose weight. Participants can learn what they may be doing to drain their energy and how to manage energy for greater success. Great for group members who complain about flagging energy.

### Serenity Stretch

PHYSICAL LEVEL – LOW/MEDIUM

GROUP SIZE – 6-50

DURATION – 1 HOUR

PRICE – \$25 PER PERSON

Break up your meeting with soothing music, stretching muscles and relaxing meditation. Learn how to stretch properly. Understand why stretching is so vital to balance, flexibility and strength, and how it helps decrease the risk of injury and improve posture.

### Breathe for Energy Balance

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-50

DURATION – 1 HOUR

PRICE – \$25 PER PERSON

This workshop works with the breath, following its movements through the body. Restorative sequencing moves us slowly into a deep somatic experience to release stress, anxiety and bring a calmer, more relaxed state. This is a great exercise for those who find difficulty or challenges in leaving the stress of everyday life behind.

### Meditation Workshop

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-50

DURATION – 1 HOUR

PRICE – \$25 PER PERSON

Take a moment to breathe, check in and bring awareness to yourself. A wonderful beginning, break, or end to the day, this class helps to prepare the mind and integrate experiences so that they are more meaningful. Do a little maintenance on your soul with some much needed quiet time all to yourself. Namaste.





## Foam Rolling

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-50

DURATION – 1 HOUR

PRICE – \$25 PER PERSON

Get your group on a roll. During this fun class your group members will learn how to give themselves massages with foam rollers and Lacrosse balls to help break up scar tissue, release muscle tension and rehabilitate injuries. This is a great option for an active break.

## Belly Dancing

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-50

DURATION – 1 HOUR

PRICE – \$25 PER PERSON

Get your hips moving while learning the art and history of the belly dance. In addition to increasing your heart rate and core strengthening, you will also improve your posture.

## Power Half Hour

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-50

DURATION – 30 MIN

PRICE – \$15 PER PERSON

In the midst of presentations or brainstorming, keep your team full of energy with these 30 minute break activities that can be done in your meeting space. Classes available include yoga, breath work, active classes and Meditation!

## ADDITIONAL

PHYSICAL LEVEL – VARIES

GROUP SIZE – 6-50

DURATION – 1 HOUR

PRICE – \$25 PER PERSON

Choose from one of the following fitness classes to get your blood pumping and energy flowing:

- Barre Pilates
- Boost Your Cardio
- Boot Camp
- Bosu Ball
- Core-Elation
- Footcare
- Kettle Bells
- Postural Makeover
- Zumba



## 8. GET CRAFTY

### Release Your Inner Artist

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-25

DURATION – 1-2 HOURS

PRICE – \$55 PER PERSON

In this experience, guests are invited to a fun and stress free, guided painting experience. The class will replicate a featured painting, and will leave with a one-of-a-kind creation of their own. A glass of featured wine will be served during the experience.

### Block Printing

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-30

DURATION – 1-2 HOURS

PRICE – \$40 PER PERSON

Learn to carve your own designs into rubber blocks, complete an individual project with ink prints and take home your block to continue printing on cards, stationery, bags, scarves and more. No experience necessary and all materials are included. Liven up your crafting session by adding cocktails or Mimosas for an additional fee!

### Lavender Sachets

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-30

DURATION – 1 HOUR

PRICE – \$40 PER PERSON

Lavender has been used for hundreds of years to treat restlessness and tension as the scent increases brain waves associated with relaxation. So simple and fun to make, these lavender sachets will fill your home with a refreshing scent. Make fragrant lavender sachets for a variety of uses, then take these skills home and create beautiful gifts for friends and family.

### Vision Board

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-30

DURATION – 1 HOUR

PRICE – \$40 PER PERSON

Help your team members create a collaborative vision for the future. During this hands-on workshop, your team creates and shares dreams, goals and visions by making collages while listening to soft, soothing music.

### Flower Arranging

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-30

DURATION – 1 HOUR

PRICE – \$40 PER PERSON

Learn the tips and techniques that florists use to make a unique fresh flower bouquet. Discover how to design elements to expand your own creative vision as you make your personal arrangement. Each person will be provided with an array of fresh flowers to choose from as well as a mason jar vase for taking home.