



## GROUP ACTIVITY GUIDE

## Table of Contents

1. DYNAMIC DEVELOPMENT
2. ADVENTURE PACKED
3. CULINARY TASTES & SIPS
4. TEXAS CULTURE
5. THE FARM
6. SOCIAL RESPONSIBILITY
7. FITNESS & WELLNESS
8. GET CRAFTY



## 1. DYNAMIC DEVELOPMENT

### Team Challenges

PHYSICAL LEVEL – CUSTOM  
GROUP SIZE – 6-100  
DURATION – 1-2 HOURS\*  
PRICE – \$45 PER PERSON

Navigate through a series of 15-45 minute non-competitive challenges/games that focus on everything from leadership skills to improving verbal and non-verbal communication. Tell us about your group's tone (fun, competitive, serious, light-hearted), focus (communication, leadership, problem solving) and physical challenge capabilities and we'll create a customized experience that is perfect for your group.

*Closed-toe shoes required.*

### Last Man Standing

PHYSICAL LEVEL – CUSTOM  
GROUP SIZE – 6-100  
DURATION – 2 HOURS\*  
PRICE – \$45 PER PERSON

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

*Closed-toe shoes required.*

### Lego Teambuilding

PHYSICAL LEVEL – LOW  
GROUP SIZE – 6 MINIMUM  
DURATION – 1-2 HOURS\*  
PRICE – \$45 PER PERSON

Challenge your group's creative side by taking on a project that requires planning, leadership, organization 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 MINIMUM  
DURATION – 1-2 HOURS\*  
PRICE – \$75 PER PERSON

Experience an active, lively and hilarious learning environment that your team will love. 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 – CUSTOM  
GROUP SIZE – 10-30  
DURATION – 1-2 HOURS\*  
PRICE – \$45 PER PERSON

A trained facilitator will guide your team through challenge elements made of lumber, poles, cables and ropes. Low ropes team building requires your team to communicate, cooperate, collaborate and compromise, working together to tackle feats of physical strength and mental focus. We'll tailor the experience based on your group's tone (fun, competitive, serious, light-hearted), focus (communication, leadership, problem solving) and physical challenge capabilities.

*Closed-toe shoes required.*

### Human Foosball

PHYSICAL LEVEL – MEDIUM/HIGH  
GROUP SIZE – 12-24  
DURATION – 1-2 HOURS\*  
PRICE – \$45 PER PERSON

A twist on the old favorite table soccer game that will require your team to work together. Each group will be holding onto a piece of pipe with a rope on the inside that runs the width of the field. The pipe allows each group to only go side to side together to progress the ball forward in an attempt to score.

*\*Additional hours \$25 per person. Hours for each activity are dependent upon group size, we'll help you plan accordingly.*



## 2. ADVENTURE PACKED

### Prickly Pear Challenge Course

PHYSICAL LEVEL – MEDIUM  
GROUP SIZE – 6-30\*  
DURATION – 1-2 HOURS  
PRICE – \$45 PER PERSON

Try your hand (and foot) at navigating 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 – 6-30\*  
DURATION – 1-2 HOURS  
PRICE – \$45 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 classic 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.*

### Power Pole

PHYSICAL LEVEL – HIGH  
GROUP SIZE – 6-16\*  
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. Don't worry, we'll help you down!

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

### 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 dodge ball. Group members strengthen 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 – LOW/MEDIUM  
GROUP SIZE – 6-12\*  
DURATION – 1 HOUR  
PRICE – \$45 PER PERSON

The art of hatchet throwing requires a heightened focus. In this experience, the group will learn how to develop concentration, respond to outside elements and how harnessing these skills can sharpen both mental and physical performance in all aspects of life.

*Closed-toe shoes required.*

### Hunger Games

PHYSICAL LEVEL – LOW/MEDIUM  
GROUP SIZE – 30 MINIMUM  
DURATION – 2-4 HOURS (DEPENDENT UPON GROUP SIZE)  
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 willingness to be a part of a unified team. Pick three adventure-packed activities to create your own realm and find who in your group are the true victors!

*Activities to choose from: Giant Swing, Geocaching, Archery, Team Challenges, Lego Teambuilding, Roping and Hatchet Throwing*

*Closed-toe shoes required.*

\*For groups over the maximum number listed we recommend pairing activities to reduce wait time.  
Receive a reduced price of \$75 per person when combining two of the above listed activities individually priced at \$45 each.





## Archery

PHYSICAL LEVEL – LOW/MEDIUM  
GROUP SIZE – 6-12\*  
DURATION – 1 HOUR  
PRICE – \$45 PER PERSON

Boost your mental attention and synchronize your breathing – all while keeping your eye focused on the prize. This activity will teach the fundamentals of archery while exploring techniques that develop focus, patience, flexibility and attention.

*Closed-toe shoes required.*

## Geocaching

PHYSICAL LEVEL – MEDIUM  
GROUP SIZE – 6 MINIMUM  
DURATION – 1-2 HOURS  
PRICE – \$45 PER PERSON

Participate in the ultimate outdoor treasure hunt. Try to locate hidden capsules, called “caches”, using GPS-enabled devices while exploring our beautiful hiking trails. Often described as a game of “high-tech hide-and-seek,” geocaching involves data analysis and problem solving.

*Closed-toe shoes required.*

## Guided Hike

PHYSICAL LEVEL – MEDIUM  
GROUP SIZE – 6 MINIMUM  
DURATION – 1 HOUR  
PRICE – \$25 PER PERSON

Give your group members a chance to stretch their legs as they explore our rich trail system. This peaceful guided hike provides an up-close appreciation of the Balcones Canyonlands Preserve.

*Closed-toe shoes required.*

## Ecology Hike

PHYSICAL LEVEL – MEDIUM  
GROUP SIZE – 6 MINIMUM  
DURATION – 1.5 HOURS  
PRICE – \$30 PER PERSON

Give your group members a chance to stretch their legs as they explore our rich trail system with a local ecologist. Your group will learn about the various flora and fauna found within the Balcones Canyonlands Preserve, as well as facts about the ecology and history of the area.

*Closed-toe shoes required.*

## Bike Pump Course

PHYSICAL LEVEL – MEDIUM  
GROUP SIZE – 2-15  
DURATION – 1-2 HOURS  
PRICE – \$55 PER PERSON

Built for all skill levels, 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. Helmets provided.*

## 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.

*Closed-toe shoes required. Helmets provided.*

## Paddle Boarding

PHYSICAL LEVEL – HIGH  
GROUP SIZE – 1-7  
DURATION – 2 HOURS  
PRICE – \$100 PER PERSON

When in doubt, paddle out. Our trained and certified guide will transport you to the cool emerald green waters of Lake Travis, where you'll first receive a lesson on the fundamentals of paddleboarding. Choose to follow your guide on a tour, or paddle off on your own. Tour includes use of Delta Ranger 12'6" touring boards, carbon fiber adjustable paddle tailored to the individual's height, Inflatable waist PFD, leash, waterproof phone case, whistle and waterproof walkie talkie.

*Gear recommendations: Sunscreen, water shoes, hat and sunglasses*



### 3. CULINARY TASTES AND 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 through culinary creativity. Each group receives ingredients, tools and time to collaborate on a culinary masterpiece. Teams 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

The name says it all. We offer each team ingredients for a delicious chili recipe. The team able to communicate, collaborate and create together will be crowned winner.

#### Chef's Interactive

PHYSICAL LEVEL – LOW  
GROUP SIZE – 12-24  
DURATION – 2.5-4. HOURS  
PRICE – \$90 PER PERSON, PLUS \$175 CHEF FACILITATION FEE

Just about anything can happen in this culinary exploration. The experience is a night full of surprises, chef insight and fabulous food. Your team works directly with the Chef to design a customized three-course menu that will be prepared right in front of you! Recipes provided.

#### 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. Teams will create a unique cocktail using the same *mise en place* (set up of ingredients), then enter it into a tasting contest with the winning concoction featured on the Travaasa Cocktail Menu for the evening.



## 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 ingredients 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, world-class 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 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.

## Tequila Tasting

PHYSICAL LEVEL – LOW  
GROUP SIZE – 6-40  
DURATION – 1 HOUR  
PRICE – \$50 PER PERSON,  
PLUS \$175 BARTENDER FACILITATION FEE

Relax into the wonderful world of this Agave distilled spirit. We'll share 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.

## 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? Travel with us to the land of Gaels & Grouse, where you'll discover 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 five appellations defining some of the most prominent single malt scotches.

## Pub Quiz

PHYSICAL LEVEL – LOW  
GROUP SIZE – 20-100  
DURATION – 1.5 HOURS, ADDITIONAL TIME  
AS NEEDED FOR LARGER GROUPS  
PRICE – \$45 PER PERSON

This activity brings your group together in a fun and competitive yet relaxed atmosphere. Hang out and have a drink (drinks 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

Learn to dance the Texas Two-Step and 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 western-inspired activities. Teams race for time on the mechanical bull, then see who has the roping talent to rope the steer's head and finally try their hand at horse shoes.

### 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. The traditional movement has been danced in Brazil since its inception in the late 19th century. Samba is a combination of several dances – all high in energy and, not only exciting to watch, but to try!

### 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. 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. Ante up.

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

### 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. Form does count so don't forget to raise one arm up in the air! Countdown to see who makes it 8 seconds.

### Harmonica Lessons

PHYSICAL LEVEL – LOW  
GROUP SIZE – 6-20  
DURATION – 1 HOUR  
PRICE – \$35 PER PERSON

Have fun learning the basics of this country classic. After a lesson with our expert instructor, we'll send you on your way with your very own harmonica and the ultimate souvenir – a great party skill!





## Herd Observation and Energy Dynamics

PHYSICAL LEVEL: LOW  
GROUP SIZE: 6-50, 50+ ADDITIONAL FACILITATOR REQUIRED  
DURATION: 1- 3 HOURS  
PRICE: \$55 PER PERSON

Observing the herd dynamics of horses can bring valuable insight into how power hierarchies and non-verbal communication affect dynamics between teammates. The group will experience hands-on bonding with their selected horses by challenging themselves to apply their new “horse whispering” knowledge to guide their horse through the herd using non-verbal cues.

## Follow the Leader

PHYSICAL LEVEL: MEDIUM  
GROUP SIZE: 6-15  
DURATION: 1-3 HOURS  
PRICE: \$55 PER PERSON

Ready for an enlightening equine challenge? Our wrangler will guide your group as they try to separate three horses from the herd and move them to the other side of the arena. The group will experiment with different objects and non-verbal communication techniques in an attempt to convey their intentions. Expect hands-on horse interaction and an insightful discussion of group dynamics.

## Roping

PHYSICAL LEVEL – LOW  
GROUP SIZE – 6-20  
DURATION – 1 HOUR  
PRICE – \$25 PER PERSON

Master the lasso 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.

## Trail Ride

PHYSICAL LEVEL – LOW  
GROUP SIZE – 3-6  
DURATION – 1 HOUR  
PRICE – \$75 PER PERSON

Improve your horsemanship and develop deep horse and rider relationships. Have your team join us at the farm for a brief lesson and trail ride.

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

## 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.*

## 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. Go over the moon with cocktails (for an additional fee).



## 5. 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 permaculture design, pest management, home garden care, and sustainable, organic farming practices. Meet the hens that provide our farm-to-table restaurant with fresh eggs and then wander the farm, tasting fresh crops straight from the field.

*\*Over 15 people requires additional farm help at \$125.*

### Herbal Medicine & Tincture Introduction

PHYSICAL LEVEL – MEDIUM  
GROUP SIZE – 6-10  
DURATION – 1.5 HOURS  
PRICE – \$75 PER PERSON PLUS

Meet with Travaasa's herbalist for an interactive introduction to herbal medicine starting with a serving of medicinal tea as well as an introduction to Central Texas herbs and their medicinal properties. This class features different herbs to match the season. Engage with formulas crafted from our apothecary, assemble a tincture together, and 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 set up a small coop and keep hens safe from predators while providing them access to a pasture. This fun and hands-on class will offer an opportunity for you to collect eggs in the coop and hold a hen, too!

### Find Dining

PHYSICAL LEVEL – MEDIUM  
GROUP SIZE – 6-30\*  
DURATION – 1 - 1.5 HOURS  
PRICE – \$55

Get your hands dirty harvesting ingredients for your group's next meal! Begin with a tour of the farm, then harvest vegetables and herbs which will be incorporated into a group meal. Concludes with a farmer discussion and Q&A. A planting calendar will be provided to help bring your new knowledge to your own garden.

*\*An additional Farmers facilitation fee of \$125 will apply to groups of 16-30. Closed-toe shoes required. Meal priced separately.*

## 6. SOCIAL RESPONSIBILITY

### Find and Be Kind

PHYSICAL LEVEL – MEDIUM  
GROUP SIZE – 6 MINIMUM  
DURATION – 2 HOURS  
PRICE – \$55 PER PERSON

Groups are divided into teams and sent off on a scavenger hunt through our trail system utilizing 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 – MEDIUM  
GROUP SIZE – 6 MINIMUM  
DURATION – 1-2 HOURS  
PRICE – \$75 PER PERSON

Groups are divided into teams and sent on a geocaching journey using a GPS navigation system to find items throughout our trail system. At the end of the event, teams pool their points together to "purchase" school supplies and backpacks, which are donated to a local charity.

*Closed-toe shoes required.*



## 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 to, “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

Participants will learn what they may be doing to drain their power and how to manage energy with greater success.

### 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 and understand why the practice is so vital to balance, flexibility and strength.

### 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 intensive massages with foam rollers and Lacrosse balls to help break up scar tissue, release muscle tension and rehabilitate injuries.

### Breathe for Energy Balance

PHYSICAL LEVEL – LOW  
GROUP SIZE – 6-50  
DURATION – 1 HOUR  
PRICE – \$25 PER PERSON

This workshop focuses on the breath, following its movements through the body. Restorative sequencing moves us slowly into a deep somatic experience to release anxiety. This is a great exercise for those who find difficulty 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.

### 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 strengthening your core, 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 Classes

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, or Zumba.





## 8. GET CRAFTY

### Release Your Inner Artist

PHYSICAL LEVEL – LOW  
GROUP SIZE – 6-25  
DURATION – 1-2 HOURS  
PRICE – \$55 PER PERSON

Enjoy a fun and stress-free guided painting experience. The class will replicate a featured painting, and your group 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 HOUR  
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!

### 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 to take home.

### 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. Make fragrant lavender sachets for a variety of uses, then take your sachets and new skills home to create beautiful gifts for friends and family. Liven up your crafting session by adding cocktails or Mimosas for an additional fee!

### 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.