

CIVANA

WELLNESS RESORT & SPA



OUR WELLNESS INTENTION? TO HONOR *yours.*

**THE UNIQUE WELLNESS EXPERIENCES OF
CIVANA AWAIT.**

Nestled in the Sonoran Desert, CIVANA offers inspiring human connections, curated personal growth and discovery experiences, access to renowned wellness guides and healers, relaxing accommodations, delicious food and drinks, ample time to relax and recharge, optional adventures, and a surprise or two.



NONSTANDARD STANDARDS

100+ weekly classes, complimentary Wi-Fi, morning & evening grounding rituals, in-room coffee and tea, insulated CIVANA water bottle, wellness equipment at your fingertips, and much more.

AWARDS & RECOGNITION



RETREATS & CORPORATE WELLNESS

A retreat at CIVANA is unique and unforgettable. We infuse our wellness approach into every aspect of your group's stay, from customized team-building activities and lectures to serene strategy sessions and one-on-one meetings with our on-site wellness guides. Enjoy one of our many breathtaking spaces to host your retreat. We are committed to providing paths of change, growth, and discovery. All in a succulent-studded desert setting that fosters creative thinking, calm communication, and optimism.



ROOM TO ROAM & RELAX

Our rooms and suites offer airy accommodations tucked among 20+ acres of succulent-studded Sonoran Desert. Clean lines, natural materials, and spacious layouts ranging from 350 to 1,250 square feet, all with an outdoor balcony or patio.



WELLNESS EXPLORATION

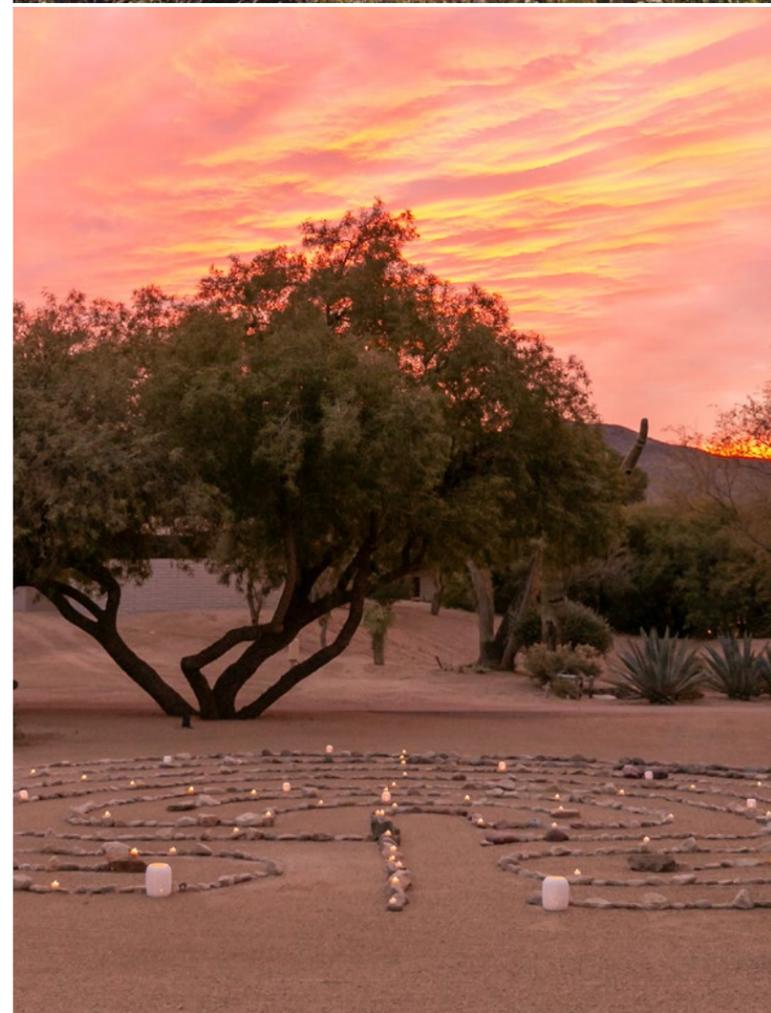
Fueled by curiosity, fortified by intuition, and guided by science, our team is driven to help you transform. CIVANA offers extensive wellness classes and experiences each day that draw on varied disciplines and techniques. Whether you are looking to tap into mindfulness by learning meditation or explore the outdoors on a hike through Arizona's spiked landscape, there is a class that is right for you. We also offer private classes to meet individual needs in a more intimate setting. It's all part of our holistic approach to total wellbeing.

100+
CLASSES WEEKLY



AT ONE WITH NATURE

Having a deep connection with nature is central to our wellness philosophy. Outdoor activities are woven seamlessly into your CIVANA experience, from sunrise yoga and guided hikes, to sunset sound healing and star gazing.



CULINARY EXPERIENCES

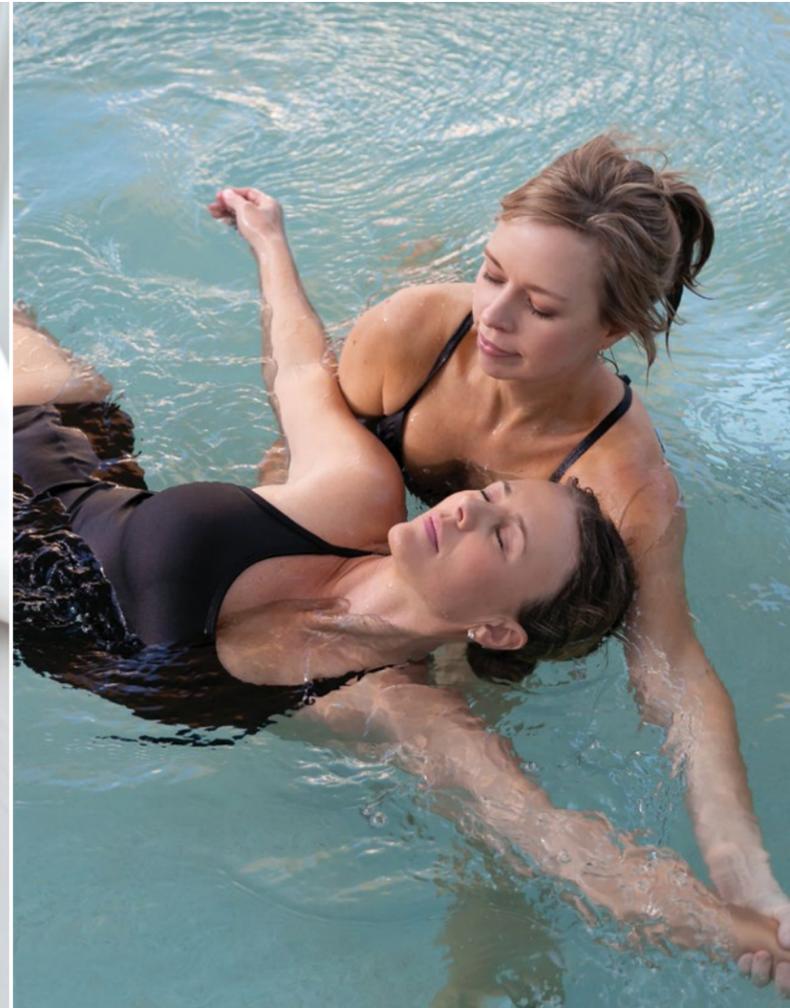
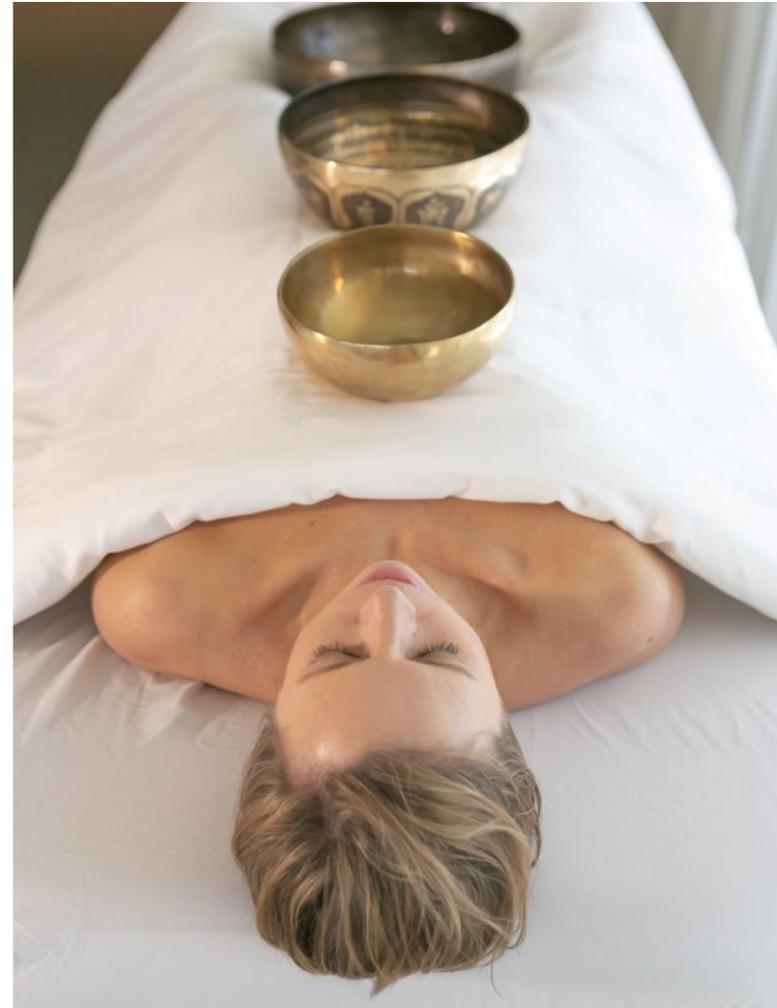
“Food is not just fuel. Food is about family, food is about community, food is about identity. And we nourish all those things when we eat well.” Michael Pollan

At CIVANA we believe in really good food that also happens to be really good for you. Our culinary experiences are designed to arm you with the tools to take healthy and delicious habits home.



SPA THERAPIES

CIVANA's truly gracious and passionate team of healers and providers offer a carefully curated menu of restorative treatments in our 22,000 square foot spa. Featuring personalized spa journeys using products from iconic, natural skin care brands, our treatments deliver a balance of inner bliss and ultimate therapeutic benefits.



IMMERSIVE HEALING

Water plays an essential role in healing the body and calming the mind. At CIVANA every spa journey begins or ends uniquely with access to our Aqua Therapy Circuit. Our circuit features 3 pools, cold deluge shower, and KLAFS Sanarium; *the first of its kind in the US*, offering humidity and heat from within.



RESORT MAP

- Quiet Zone (No Talking on Cellphones, Be Mindful)
- CIVANA Experiences
- Path to Sonoran Studio
- Path to Sonoran Studio from Lobby
- Path to Yoga Center from Lobby
- Path to Saguaro Ballrooms from Lobby

- FloWater Stations
- Parking
- Elevator
- Restrooms
- Yoga Lawn
- Rose Garden
- Carefree Lawn
- Lobby

- Terras Restaurant, Bar & Lounge
- Sunset Terrace
- Mesquite Room
- Yoga Center
- Fitness Center
- Resort Pool & Jacuzzi
- Botanical Path
- Seed & Courtyard
- Labyrinth
- The Spa & Aqua Therapy Circuit
- The Spa Pool
- The Boutique
- The Salon

- Sonoran Studio (top level)
- Pickleball Outdoor Courts
- Carefree Pool
- Executive Boardroom
- Black Mountain Casita

- CIVANA Rooms
- A Building
 - B Building
 - C Building
 - D Building

balance

MEDICINE WHEEL

Voice your intention from the center point for a magical secret to be released.

meditate

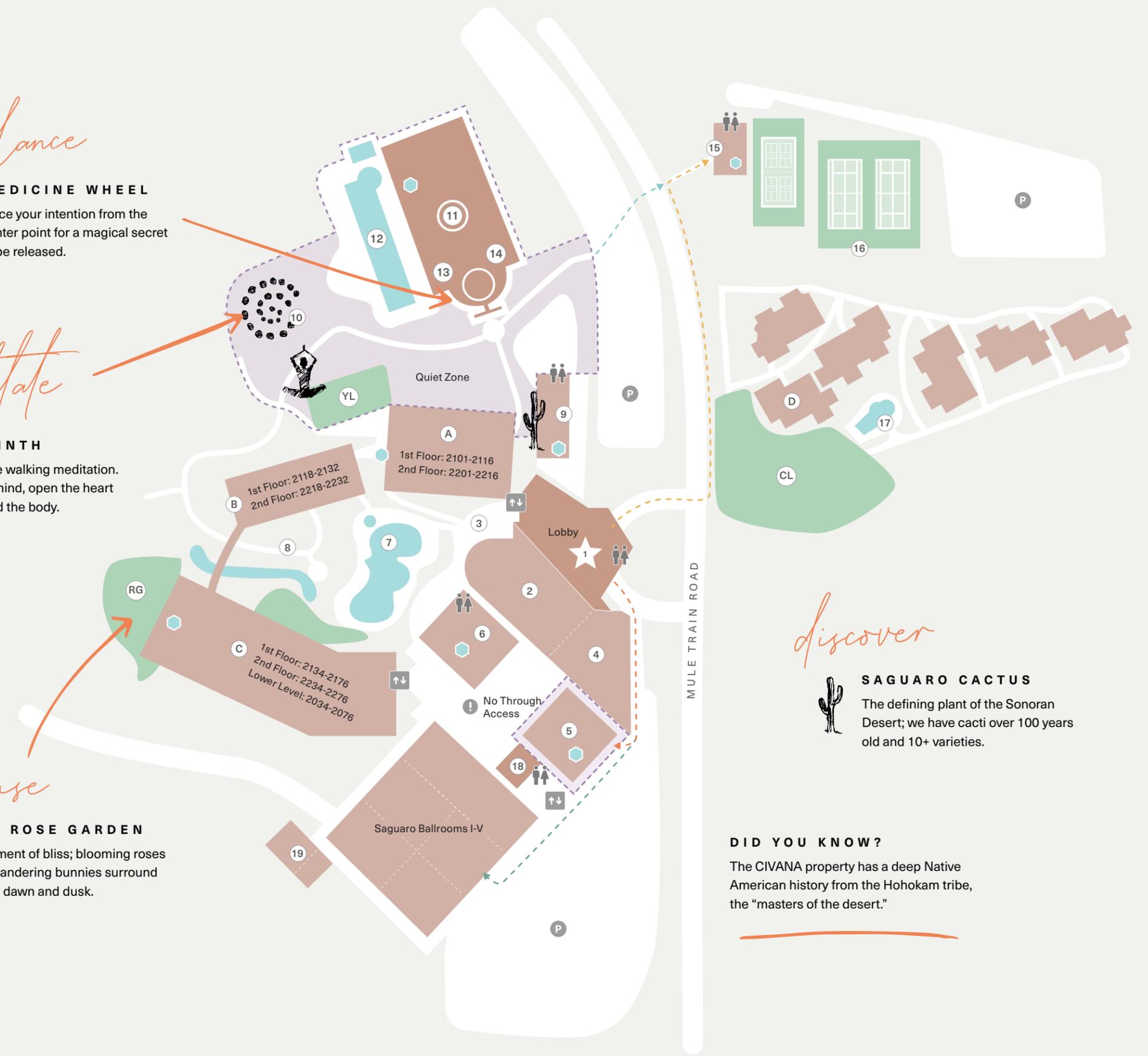
LABYRINTH

Experience walking meditation. Quiet the mind, open the heart and ground the body.

pause

THE ROSE GARDEN

A moment of bliss; blooming roses and wandering bunnies surround you at dawn and dusk.



discover



SAGUARO CACTUS

The defining plant of the Sonoran Desert; we have cacti over 100 years old and 10+ varieties.

DID YOU KNOW?

The CIVANA property has a deep Native American history from the Hohokam tribe, the "masters of the desert."



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