

# CIVANA

WELLNESS RESORT & SPA

RETREAT & GROUP EXPERIENCES



# 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.



# FITNESS & MOVEMENT CLASSES

## AERIAL YOGA\*

Defy gravity and feel the exhilaration of weightlessness with this full-body yoga practice. Silk hammocks suspended from the ceiling challenge your attachment to solid ground. The litany of physical benefits from this practice is long. Explore your child-like wonder as you flip and float your way to freedom.

Benefit	Balance, strength, flexibility, spinal decompression, discovery, pure joy
Intensity	Moderate
Length	1 hour
Attire	Comfortable, close-fitting clothing that will not gather when upside down. This class is practiced barefoot.
Notes	Not encouraged for those with diabetes, sinus pressure, high or low blood pressure extremes, pregnancy, glaucoma.

## AQUAFIT\*

Introducing the natural resistance and buoyancy of water to your circuit training routine gives a breather to your joints, a jolt to your endurance, and a smile to your face. You choose the level of challenge from the step ladder of complexity provided by your instructor for each underwater exercise.

Benefit	Mobility, conditioning, low-impact cardio, pure play
Intensity	Moderate
Length	50 minutes
Attire	Swimsuit or water-resistant workout clothes required.
Notes	Seasonally available March-August. We ask that you shower prior to entering any pool of water.

## ARMS, CORE, & MORE\*

This fast-paced class leaves no time to waste. Hone in on those hard to tone places using a range of tools. Weights, bands, and your own resistance are some of the means by which you may power up your arms, shoulders, back, abs, and more.

Benefit	Muscular strength, cardiovascular conditioning, mobility, toning
Intensity	High
Length	50 minutes
Attire	Comfortable athletic attire with closed-toe athletic shoes.

## BANDS & BUNS\*

Bring your backside front of mind with this 30 minute burner. From start to finish this express class zooms in on the glutes and gets the heart pumping.

Benefit	Muscular strength, cardiovascular conditioning, mobility, toning
Intensity	High
Length	30 minutes
Attire	Comfortable athletic attire. This class is practiced barefoot.

## BARRE BOOTCAMP\*

Game face and grace – you'll bring both to this class that shakes up the ballet-inspired movements of barre with boot-camp style drills to uncover the strength you didn't know you had.

Benefit	Endurance, strength, enhanced body awareness, increased flexibility
Intensity	High
Length	50 minutes
Attire	Comfortable athletic attire. This class is practiced barefoot.

## BODYWEIGHT TRAINING

No muscles are left behind in this amped up sweat session. Push, pull, press, and repeat as you meet your personal edge using classic strength and conditioning.

Benefit	Muscular strength, bone density, cross-training, injury prevention
Intensity	Moderate
Length	50 minutes
Attire	Comfortable athletic attire with closed-toe athletic shoes if outside on the courts.

## CARDIO FLOW

An active body is a happy body. Learn to love all parts of you in this low-impact, high-energy, steady-state fitness format. Intervals and dynamic flows come together to engage the full body followed by recovery and cool down that will leave you feeling good all over.

Benefit	Aerobic fitness, cardiovascular endurance, heart health, recovery
Intensity	Moderate
Length	30 minutes
Attire	Comfortable athletic attire with closed-toe athletic shoes if outside on the courts.

## CARDIO HIIT

This fun-filled alternative to a treadmill will spike your heart rate and encourage stamina. Join your high energy instructor and lose track of time with a soundtrack to match your mood.

Benefit	Improved oxygen and blood flow, mood boosting, caloric burn, enhanced endurance
Intensity	High
Length	50 minutes
Attire	Comfortable athletic attire with closed-toe athletic shoes.

## CARDIO STRENGTH\*

Play with different tools and stations in a medium to high-intensity class designed to build muscle and rev the heart rate while challenging core strength and stability.

Benefit	Improved oxygen and blood flow, mood boosting, caloric burn, enhanced endurance
Intensity	High
Length	50 minutes
Attire	Comfortable athletic attire. Closed-toe athletic shoes required.

## CHAKRA YOGA

Connect, move, release, and heal. Explore your 7 chakras (wheels of energy) and learn energy-balancing breath and yoga poses to restore a harmonious flow with the many layers of your life.

Benefit	Energetic clearing, balance, openness, increased wellbeing
Intensity	Moderate
Length	1 hour
Attire	Comfortable athletic attire. This class is practiced barefoot.

## CRASH CORE

Fire up the core without a single sit-up. Gets down to business as you activate the lower back, obliques, and all angles of the abs.

Benefit	Core strength, stability
Intensity	High
Length	30 minutes
Attire	Comfortable athletic attire with closed-toe athletic shoes.

## DANCE IT OUT - JOYFUL JOURNEY

Leave your worries at the door. If you have a body, then this transformative experience is for you. In addition to cardiovascular benefits, dance has been shown to increase levels of the feel-good hormone serotonin and develop new neural connections in regions involved in executive function, long-term memory, and spatial recognition.

Benefit	Connection, conditioning, increased bone density, coordination, flexibility, absolute fun
Intensity	Moderate
Length	1 hour
Attire	Comfortable athletic attire. This class is practiced barefoot.

## DYNAMIC FLOW

An empowering practice that intentionally creates a connection to body and spirit through dynamic yoga movements, uniting the masculine and feminine energy within us all. Let go of expectations and inhibitions that allow your body to move and feel.

Benefit	Increased strength, balance, flexibility
Intensity	Moderate
Length	50 minutes
Attire	Comfortable athletic attire. This class is practiced barefoot.

## ECSTATIC DANCE EXPERIENCE - JOYFUL JOURNEY

Explore your edges of freedom while moving to the beat of your soul. A joy-inducing dynamic movement practice designed to open your heart, enliven your soul, and lift your spirit. No experiences necessary; just a loose grip on your sense of self.

Benefit	Stress-reduction, endorphin release, flexibility, connection
Intensity	Moderate
Length	75 minutes
Attire	Comfortable athletic attire. This class is practiced barefoot.

## FLOW YOGA

Vinyasa can be translated as arranging something in a special way. It's not just the poses themselves, but the arrangement of those poses in a continuous flow that makes this known as one of the more vigorous styles of yoga. You'll uncover strength, balance, flexibility, and even some moments of heightened heart rate in one beautiful practice.

Benefit	Increased strength, balance, flexibility
Intensity	Moderate
Length	1 hour
Attire	Comfortable athletic attire. This class is practiced barefoot.

## FOUNDATIONAL FLOW

Learn the foundations of yoga to build strength and stability in your physical and energetic body. This class offers an opportunity to focus on the alignment of individual poses while bringing direct awareness to the breath, as breath is the true foundation of yoga.

Benefit	Increased strength, balance, flexibility
Intensity	Moderate
Length	1 hour
Attire	Comfortable athletic attire. This class is practiced barefoot.

## GENTLE YOGA

If your goal is to release physical tension and stiffness while carving out time for your mental wellbeing, try this class. A mindful, slow-moving yoga pose sequence set to soothing music is just the thing to help you unwind from a long day of travel. You'll exit feeling looser, longer, and lighter.

Benefit	Increased range of motion, flexibility, circulation, stress reduction
Intensity	Low
Length	1 hour
Attire	Comfortable athletic attire. This class is practiced barefoot.

## GRATITUDE FLOW

With presence comes awareness. Recognize peace in each moment through this heart-centered yoga flow. Move into appreciation for all things as you strengthen your connection with mind, body, and soul.

Benefit	Increased range of motion, flexibility, circulation, stress reduction, mood boost
Intensity	Moderate
Length	1 hour
Attire	Comfortable athletic attire. This class is practiced barefoot.

## INNER FIRE YOGA

This Vinyasa-style yoga is designed to ignite the physical, emotional, and spiritual body. Leveraging the power of the breath, you will be invited to stimulate release, activate creativity, and let go of emotional weight.

Benefit	Increased strength, balance, flexibility, emotional clearing
Intensity	Moderate
Length	75 minutes
Attire	Comfortable athletic attire. This class is practiced barefoot.

## MAT PILATES

Strengthen and lengthen from your head to your toes. Using equal distribution of spinal force, tone primary and ancillary muscles that move or stabilize the spine and pelvis. Though slow and focused, this mat-based version of the practice is anything but easy.

Benefit	Increased core strength and functional stability, injury prevention
Intensity	Moderate
Length	50 minutes
Attire	Comfortable athletic attire. This class is practiced barefoot.

## MYOFASCIAL RELEASE \*

The fastest way to get to know parts of your body that are far too often ignored. Release toxins and restore elasticity to connective tissue from head to toe through foam rolling and trigger point therapy. It's very common in this class to discover pockets of tightness that were hiding underneath your awareness.

Benefit	Increased circulation, tension release, flexibility
Intensity	Moderate
Length	1 hour
Attire	Comfortable athletic attire. This class is practiced barefoot.
Notes	Please alert your instructor if you are pregnant, have varicose veins, diabetes, or osteoporosis.

## REBOUND - JOYFUL JOURNEY \*

Beat-based, sweat-inducing, low-impact trampoline class. Stimulate the lymphatic system, which helps flush out toxins and fight disease, improve balance and coordination, enhance motor skills, and provides a mental release that can help relieve anxiety.

Benefit	Increased bone density, endurance, enhanced immunity, joy
Intensity	high
Length	1 hour
Attire	Comfortable athletic attire. This class is practiced barefoot.

## RESTORATIVE STRETCH \*

Through repetitive movements we unlock the joints and muscle groups across the whole body in this active stretch class. Similar to how you feel when you leave a massage, your body will be more open and relaxed.

Benefit	Flexibility, relaxation, pain and tension relief
Intensity	Low
Length	50 minutes
Attire	Comfortable athletic attire. This class is practiced barefoot.

## RISE & RIDE \*

Summon up your inner power and enjoy the exhilaration of moving in sync with the music on our stationary bikes. Dig in with a series of climbs, sprints, and coasts to inject your travel-weary body with a rush of endorphins. Cardio queens and kings, unite.

Benefit	Cardiovascular endurance, increased energy and mood
Intensity	Moderate
Length	50 minutes
Attire	Comfortable athletic attire with closed-toe athletic shoes.

## SLOW FLOW

Cultivate an inner state of calm while using Asana, or yoga postures, to bring the mind and body into coherence. At the edge of your mat lies the emotional freedom you are ready to claim.

Benefit	Flexibility, relaxation, balance
Intensity	Moderate
Length	1 hour
Attire	Comfortable athletic attire. This class is practiced barefoot.

## SLOW FLOW & GONG BATH

Move to the beat of your soul as you explore inner strength, flexibility, balance, and calm through gentle movement. Integrate and close your journey with a deeply grounding gong bath.

Benefit	Strength, flexibility, balance, deep relaxation
Intensity	Low
Length	1 hour
Attire	Comfortable athletic attire. This class is practiced barefoot.

## STRETCH & BREATHE \*

As simple as it sounds. Breath by breath, stretch by stretch, evolve throughout this class into a being who feels open, flexible, present, & free.

Benefit	Flexibility, relaxation, pain and tension relief
Intensity	Low
Length	50 minutes
Attire	Comfortable athletic attire. This class is practiced barefoot.

## SUNRISE OR SUNSET CYCLE

Transition with purpose as you slide into the driver's seat by determining the intensity of your ride. Interval training aligns with the music as you journey through a series of climbs, sprints, and coasts on stationary bikes to flood your body with endorphins.

Benefit	Cardiovascular endurance, increased energy and mood
Intensity	Moderate
Length	50 minutes
Attire	Comfortable athletic attire with closed-toe athletic shoes.

### SUNRISE SOUL FLOW

Bathe in the light of your own awareness with this dynamic all-levels yoga practice designed to link the body and the breath. Utilizing yogic philosophy and Vinyasa-inspired movement techniques, you will emerge enlightened and enlivened.

Benefit	Balanced, expansive awareness, flexibility
Intensity	Moderate
Length	1 hour
Attire	Comfortable athletic attire. This class is practiced barefoot.

### TOTAL BODY BARRE \*

Muscular endurance will be maxed in this high-energy fusion of ballet, Pilates, yoga, and strength training. The movements are graceful, and the grit required to sustain the sequences is legit. A gratifying pick to minimize impact to the joints and cross-train in different planes of motion.

Benefit	Muscular endurance, cardiovascular capacity, balance
Intensity	Moderate
Length	50 minutes
Attire	Comfortable athletic attire. This class is practiced barefoot.

### TRX MIX \*

A dynamic duo of interval and suspension training come together for a total body tune-up. Developed by Navy SEAL's, TRX leverages your bodyweight against an anti-gravity suspension system. Core stability is recruited the entire time, owing to the elevated center of balance.

Benefit	Muscular strength, bone density, cross-training, core stability
Intensity	Moderate
Length	50 minutes
Attire	Comfortable athletic attire with closed-toe athletic shoes.

### VIBE & FLOW YOGA

Vinyasa is a mindful practice linking breath and movement to help you flow through each posture with intention. In this music-driven practice, you will flow along to tracks from varied genres. Weather permitting, this class is held outside, under the sun and sky, to encourage you to enjoy the scenery and explore your individual practice.

Benefit	Increased strength, balance, flexibility, mood boost
Intensity	Moderate
Length	1 hour
Attire	Comfortable athletic attire. This class is practiced barefoot.

### VINYASA YOGA

Vinyasa can be translated as arranging something in a special way. It's not just the poses themselves, but the arrangement of those poses in a continuous flow that makes it one of the more vigorous styles of yoga. You'll uncover strength, balance, flexibility, and even some moments of heightened heart rate in one beautiful practice.

Benefit	Increased strength, endurance, balance, flexibility
Intensity	Moderate
Length	1 hour
Attire	Comfortable athletic attire. This class is practiced barefoot.

### YIN YOGA

A luxurious and comforting practice to release deeply held tensions and calm the nervous system. Target the connective tissue – ligaments, joints, bones, & deep fascia networks of the body while improving energy by enhancing the flow of chi in the organs.

Benefit	Flexibility, fascia release, stress reduction
Intensity	Low
Length	1 hour
Attire	Comfortable athletic attire. This class is practiced barefoot.

### YOGA ALIGNED FOR BODY & MIND

Learn the foundations of or strengthen your understanding for Asana, or body posture. This yoga practice focuses on anatomical and energetic alignment for life on and off the mat.

Benefit	Increased strength, balance, flexibility
Intensity	Moderate
Length	1 hour
Attire	Comfortable athletic attire. This class is practiced barefoot.

### YOGA NIDRA

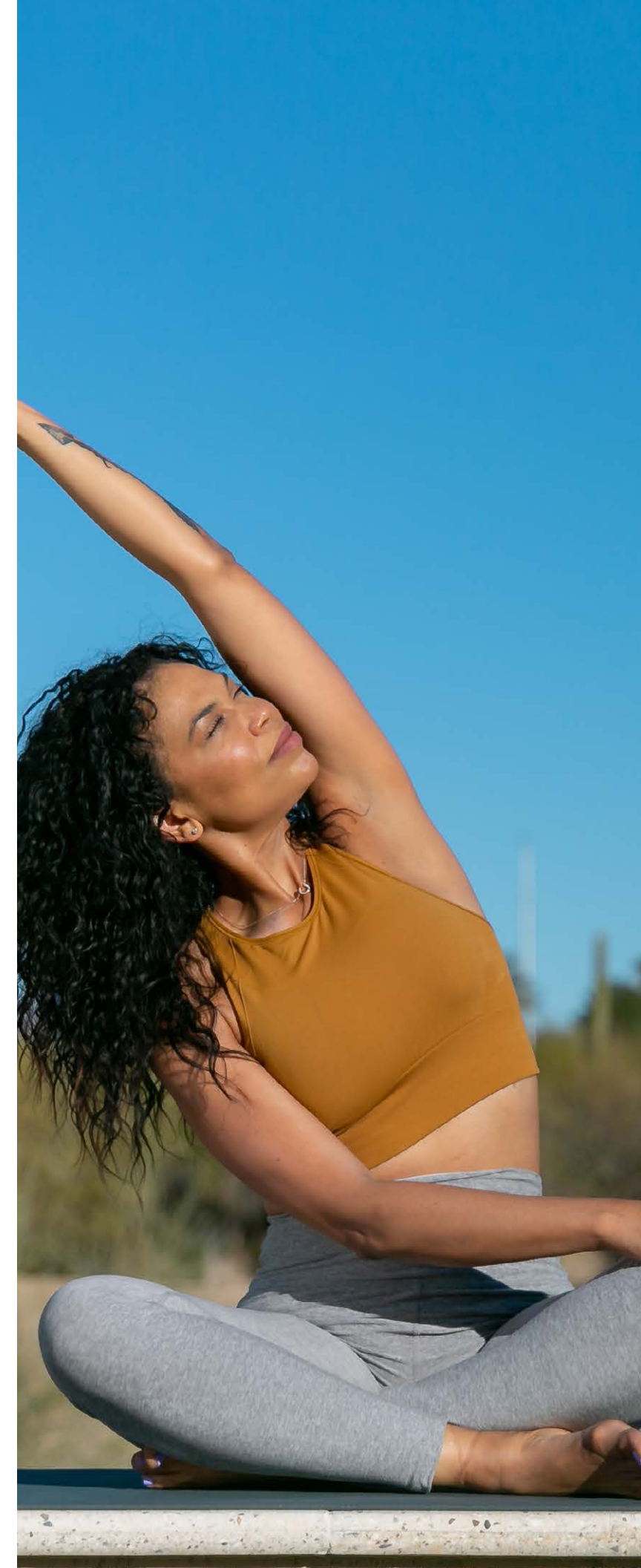
Nourish your nervous system and decrease your stress. This practice promotes deep relaxation and rest through a gentle, guided body scan and breath awareness as you lie quietly still. The term "yoga nidra" means "yogic sleep" and mimics the restorative power of a nap, although its healing powers are documented to be even more potent.

Benefit	Relaxation, mental and emotional refreshment
Intensity	Low
Length	1 hour
Attire	Comfortable athletic attire. This class is practiced barefoot.

### YOGA SCULPT

Turn up the heat and the volume. Target and tone the entire body using weights and the resistance-based benefits of yoga.

Benefit	Strength, flexibility, coordination, toning
Intensity	High
Length	1 hour
Attire	Comfortable athletic attire. This class is practiced barefoot.



Group experiences start at \$40 per person. \$150.00 set up fee for classes with 25 guests or more.

# OUTDOOR ADVENTURE

## BLACK MOUNTAIN ADVANCED HIKE \*

This short and steep 2.2 mile hike ascends a craggy slate trail. Offering a challenge even for experienced hikers with 1,200 feet of total elevation gain. Reach the summit and you will be rewarded with beautiful views of the Sonoran Desert. One of the Valley's best butt-kicking and sweat inducing climbs.

Benefit	Cardiovascular conditioning, discovery, enhanced mood
Intensity	High
Length	3 hours
Attire	Comfortable athletic attire and closed-toe athletic shoes or hiking boots, sunscreen, and sun protective gear necessary.
Notes	Experienced hikers only. Please bring your water bottle.

## BROWNS RANCH INTERMEDIATE HIKE \*

Find where you belong, among the wildflowers, stunning saguaro, vast blue skies along this 4 mile loop with up to 650 feet of elevation gain. A very well-kept trail with a bit of easy to navigate rocky terrain provide a serene experience for those looking for a moderate yet low intensity excursion. Take in the beauty all around.

Benefit	Cardiovascular conditioning, discovery, enhanced mood
Intensity	Moderate
Length	3 hours
Attire	Comfortable athletic attire and closed-toe athletic shoes, sunscreen, and sun protective gear recommended.
Notes	Please bring your water bottle.

## DESERT BATHING: A NATURE IMMERSION EXPERIENCE - JOYFUL JOURNEY \*

Have you ever tried to put words to that peaceful feeling you get when in nature? Experience the Japanese practice of shinrin-yoku, or forest bathing, adapted for the Sonoran Desert. Bridge the gap between yourself and the natural world by connecting with nature through your senses on this 2-mile nature walk. Wander and wonder as an experienced guide transports you to a beautiful wetland ecosystem and facilitates sensory exercises to help you reconnect to the natural world.

Benefit	Enhanced awareness, mood, and circulation
Intensity	Low
Length	3 hours
Attire	Comfortable athletic attire and closed-toe athletic shoes, sunscreen, and sun protective gear recommended.
Notes	Please bring your water bottle.

## DRAGONFLY INTERMEDIATE HIKE \*

Designed for the intermediate hiker, this delightful 3.9 mile loop boasts just under 500 feet of elevation gain with the chance to encounter up to 40 species of Dragonflies. Take in the seasonal desert beauty and a bit of history as you encounter petroglyphs that are said to be created by the Hohokam Tribe roughly 700 years ago.

Benefit	Cardiovascular conditioning, discovery, enhanced mood
Intensity	Moderate
Length	3 hours
Attire	Comfortable athletic attire and closed-toe athletic shoes, sunscreen, and sun protective gear recommended.
Notes	Experienced hikers only. Please bring your water bottle.

## GATEWAY SADDLE INTERMEDIATE HIKE \*

This 4.3 mile hike winds through the McDowell Sonoran Preserve on an out-and-back trail with a distinctive summit to the saddle that rises 700+ feet from the desert floor. Encounter classic Sonoran Desert plants like the saguaro, prickly pear, chollas, palo verde trees, jojoba, and more. You may see mule deer, gamble quail, jack rabbits, and hear a variety of birds. It's one of the most popular hiking destinations in the valley due to the expansive 360° views and accessibility. You'll experience elevation gain and a few ups and downs, but rewarded with unbelievable desert views from the top.

Benefit	Cardiovascular conditioning, discovery, enhanced mood
Intensity	Moderate
Length	3 hours
Attire	Comfortable athletic attire and closed-toe athletic shoes, sunscreen, and sun protective gear necessary.
Notes	Please bring your water bottle.

## GRANITE MOUNTAIN BEGINNER HIKE \*

This 3 mile loop with ~200 feet of elevation gain through the McDowell Sonoran Preserve, provides scenic views across the Verde River Valley to the breathtaking Mazatzal Mountains. You'll encounter classic Sonoran Desert plants, such as the saguaro, prickly pear, chollas, palo verde trees, jojoba, and more. You may also see mule deer and hear a variety of birds. Its namesake comes from the smooth, dramatic granite rock formations found on the sides of the trail. While not completely flat, this is a great option for the casual, intermediate hiker looking for a classic desert hike, as there's no major elevation gain.

Benefit	Cardiovascular conditioning, discovery, enhanced mood
Intensity	Low
Length	3 hours
Attire	Comfortable athletic attire and closed-toe athletic shoes, sunscreen, and sun protective gear recommended.
Notes	Please bring your water bottle.

## JEWEL OF THE CREEK BEGINNER HIKE \*

Experience the healing powers of nature on this gentle 2 mile loop. This unique part of the Sonoran Desert will have you in awe as you explore contrasting ecosystems. For anyone who wants to slow down and enjoy the beauty of the great outdoors. Take in views of giant saguaros, huge deciduous trees like the Arizona Ash, the occasional patch of uneven and rocky terrain. Depending on the season, you may be lucky enough to see the Cave Creek running.

Benefit	Cardiovascular conditioning, discovery, enhanced mood
Intensity	Low
Length	3 hours
Attire	Comfortable athletic attire and closed-toe athletic shoes, sunscreen, and sun protective gear recommended.
Notes	Please bring your water bottle.

## METATE BEGINNER HIKE \*

This hike quickly immerses you in the Sonoran Desert. Ideal for those looking to learn more about plants, animals, and cultural history. As you walk along the lush creek bed of Cave Creek you'll come across dense desert plant life, some of the largest saguaros in the Greater Phoenix Area, small patches of uneven and rocky terrain, and historical artifacts from an old dude ranch to indigenous kitchens.

Benefit	Cardiovascular conditioning, discovery, enhanced mood
Intensity	Low
Length	3 hours
Attire	Comfortable athletic attire and closed-toe athletic shoes, sunscreen, and sun protective gear recommended.
Notes	Please bring your water bottle.

## OVERTON INTERMEDIATE HIKE \*

Immerse yourself in the lush Sonoran Desert with this 3.5 mile loop at Cave Creek Regional Park. Navigating counterclockwise, you will quickly gain most of the hike's elevation by ascending several switchbacks which provide sweeping southern views. You are rewarded with great views at mountain pass where you can see for miles. After the pass, work your way around the mountain over easy to moderate terrain before slowly descending. Experience classic Sonoran Desert plants like the saguaro, prickly pear, teddy bear and buckhorn cholla, palo verde and mesquite trees, jojoba, and many more.

Benefit	Cardiovascular conditioning, discovery, enhanced mood
Intensity	Moderate
Length	3 hours
Attire	Comfortable athletic attire and closed-toe athletic shoes, sunscreen, and sun protective gear recommended.
Notes	Please bring your water bottle.

### PADDLEBOARD EXCURSION \*

Venture out to Bartlett Lake on this two hour paddling adventure. Take in the juxtaposition of calm waters and majestic scenery of Tonto National Forest from your stand up paddle board. Improve balance, reduce stress, and exercise your whole body with this low-impact, outdoor adventure inspired workout.

Benefit	Balance, coordination, core strength, relaxation, discovery
Intensity	Moderate
Length	4 hours
Attire	Comfortable athletic attire and closed-toe athletic shoes, sunscreen, and sun protective gear recommended.
Notes	Please bring your water bottle.

### QUARTZ INTERMEDIATE HIKE \*

A 3.5 mile loop at Cave Creek Regional Park with ~415 feet of elevation. Enjoy great views of the surrounding area as you hike over rolling hills through the lush Sonoran Desert. You'll encounter classic Sonoran Desert plants like the saguaro, prickly pear, teddy bear and buckhorn cholla, palo verde and mesquite trees, jojoba, and more. You may see mule deer and hear a variety of birds as well. Its namesake comes from a giant quartz monolith on the side of the trail and tiny pieces of quartz that coat sections of the trail. While not completely flat, this is a great option for the casual hiker looking for a classic desert hike, as there's no major elevation gain.

Benefit	Cardiovascular conditioning, discovery, enhanced mood
Intensity	Moderate
Length	3 hours
Attire	Comfortable athletic attire and closed-toe athletic shoes, sunscreen, and sun protective gear recommended.
Notes	Please bring your water bottle.

### PIMA DYNAMITE BEGINNER HIKE \*

Appropriate for all levels, this 2.8 mile loop trail offers scenic views with just 141 feet of elevation gain. This beginner hike is perfect for those who want to take in the great outdoors with low intensity and thoughtfully crafted nature interpretation from your outdoor adventure guide.

Benefit	Cardiovascular conditioning, discovery, enhanced mood
Intensity	Moderate
Length	3 hours
Attire	Comfortable athletic attire and closed-toe athletic shoes, sunscreen, and sun protective gear recommended.
Notes	Please bring your water bottle

### TOMS THUMB ADVANCED HIKE \*

A challenging 4 mile out-and-back trail in the McDowell Sonoran Preserve, named after Tom Kreuser, the first member of the Arizona Mountaineering Club to climb it 45 years ago. As you traverse through the Sonoran Desert and its massive granite formations, you'll enjoy breathtaking vistas of the southern McDowell Mountains and the downtown skyscrapers of Phoenix. Along the way, you'll encounter classic Sonoran Desert plants, like the saguaro, prickly pear, chollas, palo verde trees, jojoba, and more. An immensely popular hike due to its stunning views, but it's not for the faint-hearted. Prepare for strenuous switchbacks and elevation gain.

Benefit	Balance, coordination, core strength, relaxation, discovery
Intensity	High
Length	3 hours
Attire	Comfortable athletic attire and closed-toe athletic shoes, sunscreen, and sun protective gear recommended.
Notes	Only for experienced hikers. Please bring your water bottle.

### TORTUGA INTERMEDIATE HIKE \*

A challenging 3.5 mile lollipop loop with ~500 feet of elevation gain. Cross over Cave Creek and begin a steady climb over rocky terrain where you'll quickly feel like you're deep in the Sonoran Desert. Hike up, slightly down, then a final uphill push where you'll be rewarded with sweeping mountain views across a hilltop meadow. A great hike if you like to feel your legs burn and want epic views in just 3.5 miles. Seasoned hikers or those looking to push themselves will appreciate the climb and classic Sonoran Desert experience.

Benefit	Cardiovascular conditioning, discovery, enhanced mood
Intensity	Moderate
Length	3 hours
Attire	Comfortable athletic attire and closed-toe athletic shoes, sunscreen, and sun protective gear recommended.
Notes	Please bring your water bottle.



Guided Hikes are \$75.00+ per person and include transportation for groups up to 12 guests.

# PERSONAL GROWTH & DISCOVERY

## ARCHERY FOUNDATIONS\*

Explore something familiar or maybe something brand new through a completely different perspective. Recognize how to become more in tune with internal problem solving (the being) versus the external problem solving (the doing) during an action-packed sport that can sometimes feel competitive, demanding, or self-critical.

**Benefit** Enhanced awareness, connection, calm, release  
**Intensity** Moderate  
**Length** 75 minutes  
**Attire** Closed toe shoes required. Sunglasses, hat, sunscreen, and sun protective clothing recommended.

## CONSCIOUS BREATHWORK\*

Access non-ordinary realms for healing and spiritual growth. Breathwork is a means of inducing an altered state of consciousness through full and connected breathing. An energy charge is created in the body and as the energy disperses, it serves to release or to cleanse emotional, physical and mental blockages.

**Benefit** Self-awareness, connection, calm, release  
**Intensity** Moderate  
**Length** 1.5 hours  
**Attire** Comfortable athletic attire with warm layers. This class is practiced barefoot.  
**Notes** Not recommended for guests with a history of aneurysms, cardiovascular problems, high blood pressure, vision problems, osteoporosis, or any recent physical injuries or surgeries. Not recommended for those who experience severe psychiatric symptoms or seizures, or take heavy medication.

## FENG SHUI: LOVE & RELATIONSHIPS

Learn the ancient art of Feng Shui and how to apply it to your relationships with others and yourself! Discover how to use manifesting techniques, crystals and essential oils to bring you the love relationship you have been dreaming of.

**Benefit** Clarity, connection, positive personal development  
**Intensity** Low  
**Length** 1.5 hours  
**Attire** Comfortable clothing.

## GRATITUDE MEDITATION - JOYFUL JOURNEY

Enhance your access to wellbeing and contentment using all of your senses. This intentional practice provides practical tools to unlock the fullness of life.

**Benefit** Self-awareness, connection, positive personal development  
**Intensity** Low  
**Length** 50 minutes  
**Attire** Comfortable athletic attire with warm layers. This class is practiced barefoot.

## GUIDED CHAKRA MEDITATION

The ancient principles of energy healing are encapsulated within your own unique vibration patterns and how you honor them. Explore your 7 chakras (wheels of energy) and learn energy-balancing techniques to restore a harmonious flow.

**Benefit** Energetic clearing, personal discovery, emotional healing  
**Intensity** Moderate  
**Length** 1 hour  
**Attire** Comfortable athletic attire with warm layers. This class is practiced barefoot.

## GUIDED LABYRINTH WALKING MEDITATION

Take a mindful trip down to the labyrinth as your guide transports you on a journey to enliven your senses. Draw on your own awareness to live a more present, grateful, and awe-inspired life. Just like a puppy, the mind can be trained.

**Benefit** Enhanced awareness, connection, calm, release  
**Intensity** Low  
**Length** 50 minutes  
**Attire** Comfortable athletic attire. It is recommended to be barefoot.

## HUMAN DESIGN: UNDERSTANDING YOUR ENERGY TYPE

Create more ease and flow in your life. During this deep dive into the 5 energy types, you'll learn how to avoid resistance in all facets of life while uncovering the superpowers that characterize each energy type. Whether you're looking to bring more harmony to your career, parenting, or your relationships, there's something for everyone to discover.

**Benefit** Self-awareness, positive personal development, clarity  
**Intensity** Low  
**Length** 75 minutes  
**Attire** Comfortable clothing.

## INTENTION BURNING CEREMONY

This three-phase experience will invite you to release, cultivate, and invoke using sacred fire, contemplation, writing, and ceremony. Create the space for the highest and best version of you.

**Benefit** Self-awareness, connection, calm, release  
**Intensity** Low  
**Length** 1 hour  
**Attire** Comfortable athletic attire. It is recommended to be barefoot.

## INTRODUCTION TO FENG SHUI

Learn the ancient art of Feng Shui and how to apply it to your home and office! Using the principles of Feng Shui, Energy, and Manifestation tips will help you create your best life.

**Benefit** Clarity, positive personal development  
**Intensity** Low  
**Length** 1.5 hours  
**Attire** Comfortable clothing.

## I REST MEDITATION

Based on the ancient tradition of Yoga Nidra, iRest has been adapted to suit the conditions of modern life. When practiced regularly, this restorative practice enables you to meet each moment of your life with unshakable peace.

**Benefit** Relaxation, mental and emotional release, alleviation of sleep problems  
**Intensity** Low  
**Length** 1 hour  
**Attire** Comfortable athletic attire with warm layers. This class is practiced barefoot.

## JOURNALING FOR TRANSFORMATION

Utilizing meditation, visualization, and journaling, forge a new path ahead and set an intention to commit to change. Explore your truths, illuminate your shadows, and move forward with clarity. This workshop uses your CIVANA journal, so be sure to bring it with you!

**Benefit** Clarity, positive personal development  
**Intensity** Low  
**Length** 1 hour  
**Attire** Comfortable clothing with warm layers. It is recommended to be barefoot.  
**Note** Please bring CIVANA journal.

## MALA MAKING WORKSHOP\*

Malas have long been used as a tool to help focus concentration during meditation as well as a tangible reminder of peace and intention when worn or carried. In this workshop, you will get to choose from a variety of high-quality gemstones that resonate with you and your intention, learn about the energetic and healing properties with a crystal specialist, and create your own powerful and personal mala to take away with you on your journey.

**Benefit** Enhanced awareness, connection, calm, release  
**Intensity** Moderate  
**Length** 2 hours  
**Attire** Comfortable clothing.



### MINDFUL MIXOLOGY\*

CIVANA's zero deprivation approach is on full display as your chief mixologist shows how (and why) juices, shrubs, herbs and spirits come together to complete a unique and delicious craft cocktail.

**Benefit** Substituting processed for fresh  
**Intensity** Low  
**Length** 50 minutes  
**Attire** Guest's choice. For guest's safety, closed-toe shoes are recommended for any kitchen class.

### MORNING MEDITATION

Welcome a new day by cultivating clear awareness and an inner state of calm. Using practical tools and techniques, this practice creates the space to become more present with the reality of our experience.

**Benefit** Stress reduction, self-awareness, attention span  
**Intensity** Low  
**Length** 50 minutes  
**Attire** Comfortable athletic attire with warm layers. This class is practiced barefoot.

### NUMEROLOGY\*

Learn about your life, personality, destiny, and more all from your personal numbers. This workshop will show you how to calculate your life path number and understand the meaning. You'll also unlock your personal year number and explore angel numbers to manifest and live your best year yet. Learning about these numbers provides access to new opportunities and a better understanding of what is happening in your life.

**Benefit** Relaxation, stress reduction, potential improvement with insomnia, emotional release  
**Intensity** Low  
**Length** 50 minutes  
**Attire** Warm, comfortable clothing as the body cools during sound. It is recommended to be barefoot.

### SOUND HEALING FOR JOY - JOYFUL JOURNEY

Roughly 60% of the adult body is made up of water. Water is a conductor of waveform and flow; as sound vibration moves through the body, we go through cycles of healing. Brainwaves synchronize, heart rate slows, and blood pressure decreases. Soothing sounds that create the frequency of 440hz to 528hz will guide you into joy. Layer by layer, we peel back the veil of illusion that blocks our access to peace in the present moment.

**Benefit** Relaxation, stress reduction, potential improvement with insomnia, emotional release  
**Intensity** Low  
**Length** 1 hour  
**Attire** Warm, comfortable clothing as the body cools during sound. It is recommended to be barefoot.

### SUNSET SOUND HEALING

Envelop yourself in a cozy cocoon as you allow the soothing sounds of crystal singing bowls and gongs to clear and cleanse your energetic body.

**Benefit** Relaxation, stress reduction, potential improvement with insomnia, emotional release  
**Intensity** Low  
**Length** 1 hour  
**Attire** Warm, comfortable clothing as the body cools during sound. It is recommended to be barefoot.

### UNBRIDLED, AN EQUINE THERAPY EXPERIENCE

Let go and explore the freedom that comes from slowing down and learning to be present. In this ground based experience, you will explore your connection to the self and the world around you while working with specially-selected horses and compassionate facilitators who create a safe space for you both physically and emotionally. This 90 minute mindfulness class includes three distinct equine experiences focused around meditation, breathwork, and herd dynamics.

**Benefit** Connection, emotional release, self-awareness  
**Intensity** Moderate  
**Length** 2 hours  
**Attire** Comfortable athletic attire and closed-toe athletic shoes or boots, sunscreen, and sun protective gear recommended.  
**Notes** 48-hour cancellation policy. 50% of the experience fee goes to Loving Connections, a 501c3. Gratuity for the horse's hay fund is appreciated.

Group experiences start at \$40 per person. \$150.00 set up fee for classes with 25 guests or more. Mindful Mixology is \$75.00+ per person and requires a one time \$150.00 facility fee with additional set up fees required for groups of 12 or more.



# PRICING

CLASS NAME	COST PER PERSON	CAPACITY
Aerial Yoga	\$40 person	8 persons
Conscious Breathwork	\$60 per person	30 persons
Feng Shui: Love & Relationships	\$45 per person	
Introduction to Feng Shui	\$45 per person	
Mala Making Workshop	\$150 per person	20 persons
Mindful Mixology	\$75 per person	16 persons
<small>*Plus, one-time \$150.00 facility fee with additional set up fees for groups of 12 or more.</small>		
Numerology	\$50 per person	20 persons
Outdoor Adventures	\$75 per person	40 persons

\*Please note, classes for groups of 8-45 persons start at \$40 per person (space dependent). For classes with 25 persons or more, \$150.00 set up fee applies.

