

HERE

THE CIVANA EXPERIENCE GUIDE



*Spaces, places
& experiences*



WELCOME TO CIVANA.

YOUR PLAYGROUND OF WELLBEING.

We'd like to extend a warm welcome to CIVANA. We started CIVANA to invite more into wellness. More people. More choices. More affirmation and celebration. More unbounded joy and exploration. We believe that wellness is a personal journey, not a prescribed destination; And that living well—healthy, happy, and whole—means honoring what makes you feel truly alive. We've intentionally designed a wellness experience that says hello to the idea that sleeping in is just as good for wellbeing as waking up at 6am for a hike. And we honored the fact that this is also a vacation so a post-meditation margarita or a great glass of wine with dinner is very much smiled upon here - it's all part of our happiness first, healthiness always approach to wellbeing.

As you'll see from this guide, you are coming to a place where choice abounds. To help you get the most out of your time with us, our on-site Guest Experience Guides are available to help you plan your perfect stay. Whether your goal is to discover new experiences, deepen existing wellness practices, or simply relax, our guides are available to you.

There are so many ways to have an inspiring journey at CIVANA and countless pathways to experience something meaningful. We hope you'll seize the opportunity to discover something new during your stay with us.

With gratitude,
Marc Skalla & Adam Ross
Founders

AWARDS & RECOGNITION



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ESSENTIALS

EXPERIENCE

Our team is available to help you throughout your wellness journey. Simply text or call 480.648.0388 or visit our on-site Guest Experience Guides at the front desk if there is anything we can do to make your stay more pleasurable.

CONSERVE

We are committed to conserving energy and preserving our natural resources. Towels not left on a rack or hook will be refreshed. Bed linens will be changed on the third day of your stay or at your request.

DINE

Our culinary offering spotlights seasonal, local, ingredients to create innovative and flavorful menus. Simple, nourishing, healthy food that is a delight to eat.

SEED Open daily, offering coffee, smoothies, and plant-forward faire for breakfast and lunch.

TERRAS Open daily, offering a modern wellness forward take on regionally inspired cuisine for breakfast, lunch, and dinner.

HYDRATE

Infinitely fillable. Endlessly yours. Continually hydrate with your complimentary insulated CIVANA water bottle. For your convenience, there are FloWater alkaline water hydration stations located throughout our property, the locations of which you can find on the resort map.

PROGRAMS

Choose from 100+ movement, personal growth, and spiritual classes each week. Whether you are looking to tap into mindfulness by learning meditation or strengthening your core with one of our many yoga offerings, there is a class that is right for you. Visit civana.com/programs to sign-up, manage, and edit your wellness classes. To book a private session, please connect with our Guest Experience team.

REST & REFLECT

As a way to honor our need for rest we provide dedicated time that supports being, rather than doing more. During our Rest + Reflect window from 12-2pm daily, we offer a pause in the majority of our classes in order to support you reconnecting with the art of being.

SHOP

Three inspiring destinations for you to enjoy throughout your stay; the Boutique located next to the Spa, Seed Cafe + Market, and our offering in the Fitness Lounge, all dedicated to unique and thoughtful products. You can also visit our online retail store at civana.com/shop.

SPA

Soak it all in. Enjoy access to our world-class Aqua Therapy Circuit and spa amenities with the purchase of any treatment at the Spa and Salon. For bookings, press "Spa" on your room phone. Reservations are required and advanced bookings are highly recommended to ensure access to your preferred healing services.

SWEAT & CONNECT

Five unique wellness spaces designed to flex with you: treadmills to TRX, yoga to cardio, barre to barbells. Programming locations can be found on the resort map.

TRANSPORTATION

Private and shared airport transfers are available to/from Sky Harbor International Airport (PHX) for a fee. To reserve, please text or call our Guest Experience team at 480.648.0388.

DISCOVERY 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 + Retail
- Resort Pool & Jacuzzi
- Botanical Path
- Seed & Courtyard
- Labyrinth
- Movement Deck
- Reflective Garden
- The Spa & Aqua Therapy Circuit
- The Spa Pool
- The Boutique
- The Salon
- Sonoran Studio (top level)
- Outdoor Courts
- Ropes Course
- Carefree Pool
- Executive Boardroom
- Black Mountain Casita
- Adobe 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."

GUIDELINES FOR YOUR STAY

GUEST EXPERIENCE GUIDES

Guest Experience Guides are available 7am-9pm to assist you with your stay. Should you need anything during your stay, simply text or call 480.648.0388 or visit our on-site Guest Experience Guides at the front desk.

CLASS SIGN-UP

Choose from a variety of movement, personal growth, and spiritual classes each week. Whether you are looking to tap into mindfulness by learning meditation or strengthening your core with one of our many yoga offerings, there is a class that is right for you. To sign-up, manage, and edit your wellness classes please visit civana.com/programs. To book a private session for a more intimate wellness experience, please connect with our Guest Experience team by simply texting or calling 480.648.0388 or visiting the front desk.

CLASS POLICIES

For your safety and as a courtesy to other guests, please arrive 5 minutes prior to your scheduled classes, as late arrivals are disruptive to the experience and will not be permitted. If you wish to cancel any class, please do so by 5pm the day prior to your class to avoid being charged in full for paid classes or a \$15 no-show fee for each complimentary class. Specialty classes have an extended cancellation period of 48 hours.

All guests need to be at least 14 years old to participate in the majority of our program offerings. Additional age restrictions may apply to specific programs.

IN COURTESY OF OTHERS

We have a few requests to help every guest enjoy a transformative and memorable experience.

- As a wellness resort, we strongly discourage the use of all smoking products and e-cigarettes and the use of these products is prohibited across the entire property. Smoking in your room is not allowed. Any violation of this policy will result in a cleaning and deodorizing charge starting at \$250.
- Please be mindful of areas throughout the property marked as "quiet zones."
- Please be mindful of where you use your cell phone throughout your stay. Talking on cell phones is permitted throughout the property, except for Quiet Zones. We request noise level be kept to a minimum and texting is preferred when possible. Please keep all mobile devices on "silent" and be mindful of others when using.
- To ensure the privacy of our guests and team members, filming and photography in guest classes and programs are not permitted. We kindly request keeping guest and team member privacy top of mind when filming or photographing.

THE DAILY SET/RESET

Casual, intentional, open-to-all—and always optional—our morning and evening ritual creates time and space to be present, together.

MORNING RITUAL

INTENTION SETTING CEREMONY

Open your heart to the possibilities of the day as you join CIVANA guests and colleagues in an intention-setting ceremony that is open to all. Chart your emotional path for the day and manifest the meaningful experiences you'd like to bring about.

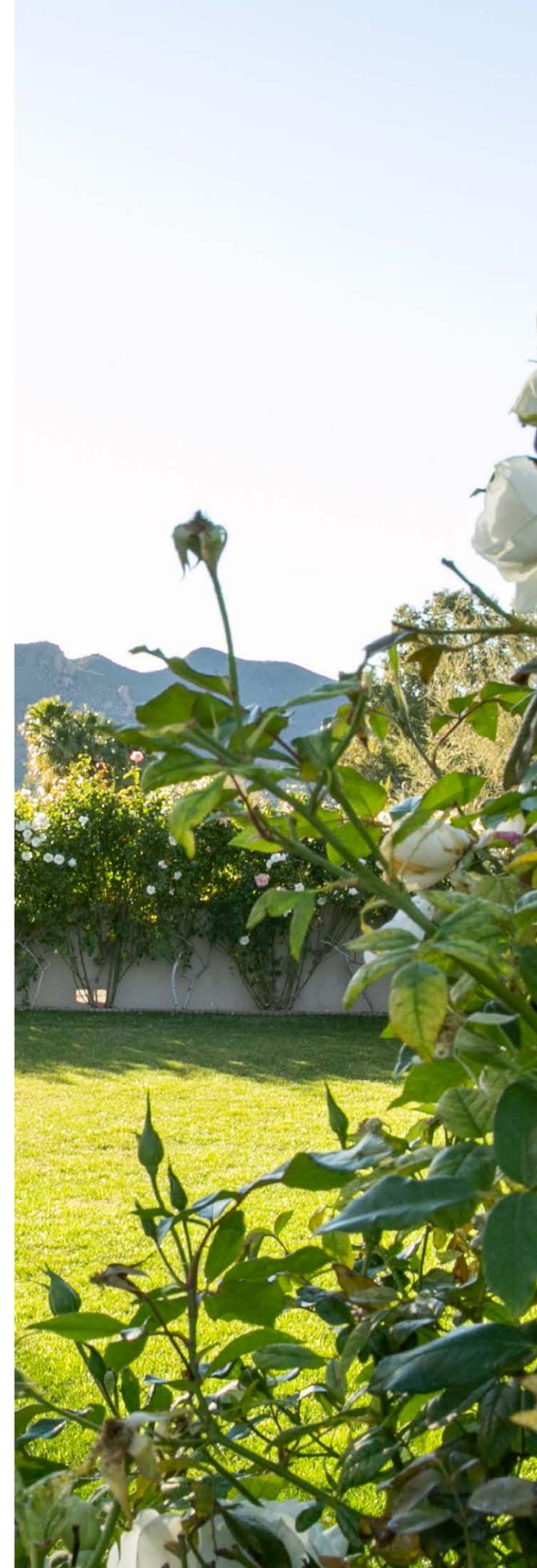
Benefit	Mindfulness, neuroplasticity
Time	8:00am
Length	15 minutes
Attire	Casual & comfortable

EVENING RITUAL

GRATITUDE CIRCLE CEREMONY

Gather to bring closure to the events of the day and to acknowledge the gifts you have witnessed and received throughout it. The more gratitude we offer, the more we seem to receive. Punctuate your day with fellow CIVANA guests and colleagues in this powerful sunset ritual.

Benefit	Mindfulness, emotional stability, medial prefrontal cortex activation
Time	5:00pm
Length	15 minutes
Attire	Casual & comfortable



OUR WELLNESS GUIDES

Fueled by curiosity, fortified by intuition, and guided by science, our team is driven to help you transform.

Every trainer, teacher, therapist, or healer you meet has one thing in common: all our lives have been our curriculum.

We guide from a space of embodied experience and believe deeply in authentic connections.

40+ WELLNESS GUIDES

170+ CERTIFICATIONS, DEGREES, & SPECIALTIES

450+ CUMULATIVE YEARS OF EXPERIENCE

1 MISSION

At CIVANA there is a fundamental belief that wellness is a personal journey, not a prescribed destination; And that living well—healthy, happy, and whole—means honoring what makes you feel truly alive. Centered around a holistic approach to wellbeing, our guided classes, excursions, and experiences focus on positive change that brings greater happiness, both physically and mentally.

PRIVATE *sessions*

MAKE YOUR STAY
MORE PERSONAL.

Gain new skills, insights, and tools to take home. Book or inquire about a private session by simply texting or calling 480.648.0388 or visiting the front desk.

To ensure your private session is accommodated to the fullest we ask for any requests to be placed at least 3 days in advance.



FITNESS, YOGA, & MOVEMENT

I move, therefore I am. -Haruki Murakami

We believe an active body is a happy body. Fitness and movement are fundamental aspects of life, affecting everything from bone density to immunity to metabolic regulation. Some days that might consist of a slow, mindful hike in nature while others require a myofascial release class after an ultra-high-intensity boot camp.

CLASS INFORMATION—

- For your safety and as a courtesy to other guests, late arrivals are not permitted in classes.
- Pace yourself and choose classes appropriate to your fitness level.
- As a courtesy, please no perfume or cologne in the Fitness Center.
- Please dress appropriately for activity.

AMENITIES—

POOLS

There are three pools on the property. Refer to your resort map on page 6. Poolside service is available at our Resort pool and Spa pool during designated hours. Our Carefree pool is generally reserved for fitness classes. Should you find this area to be vacant, you are welcome to enjoy this area using your room key to access the entrance.

PRIVATE TRAINING

We provide dedicated spaces for private training, one-on-one yoga, mind-body lessons, classes, and more. To inquire about availability, visit the front desk, or simply text or call 480.648.0388.

GET OUTSIDE

Resort bicycles are available with your stay. Explore the town of Carefree on a self-guided tour. Please see the bell desk for assistance.

STRENGTH & CARDIO TRAINING

Our Fitness Center is equipped with state-of-the-art equipment and open daily for guests 18 and older. For your safety, please feel free to ask for assistance from our Wellness Guides who supervise these areas daily. Shoes and shirts are required.

CLASSES—

AERIAL STRETCH & SAVASANA \$

This is bound to be the most graceful and luscious stretch class you've ever experienced. Glide through a full-body recovery session supported by the aerial silks. Conclude class with an extended floating savasana cocooned in a cozy hammock.

Benefit Recovery, spinal decompression, relaxation, flexibility
Intensity Low
Length 1 hour
Attire Comfortable athletic attire. This class is practiced barefoot.

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 We ask that you shower prior to entering any pool of water.

ARM BALANCE YOGA ESSENTIALS

Mix things up as you learn the many benefits of yoga arm balances and how to safely practice. No acrobatics are required in this intermediate-level experience. Improve circulation, enhance balance, energize, heat, and strengthen the body, and practice patience with a healthy amount of healing laughter along the way.

Benefit Balance, strength, discovery
Intensity Moderate
Length 50 minutes
Attire Comfortable athletic attire. This class is practiced barefoot.

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.

BODYLOVE - JOYFUL JOURNEY

Move and flow with your natural rhythm as you feel into appreciation for all of the things your body can do. Strengthen the connection between your mind and your body through restorative movement, affirmations, and breathwork.

Benefit Motivation, appreciation, enhanced self-worth, mood boost
Intensity Moderate
Length 1 hour
Attire Comfortable athletic attire. This class is practiced barefoot.
Notes Please bring CIVANA journal.

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.

DANCE LAB

Get your heart rate and spirit up in this choreographed class. Starting with a warm up and ending with a small combination, each class will get your whole body moving.

Benefit	Connection, conditioning, increased bone density, coordination, flexibility, absolute fun
Intensity	Moderate
Length	1 hour
Attire	Comfortable athletic attire with closed-toe athletic shoes.
Notes	Seasonally available. Inquire with the Guest Experience team on availability.

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.

FIND YOUR STRENGTH

Own your strength workout—from free weights to machines—with this primer on perfecting your lifting technique. Part workshop and part workout, you'll put form tips into practice, expand the range of machines you're comfortable using, and learn strength training essentials like how many reps you should be going for, when to train what, and why strength training is the new cardio.

Benefit	Increased strength, balance, flexibility
Intensity	Moderate
Length	1.5 hours
Attire	Comfortable athletic attire. Closed-toed athletic shoes required.

FUNCTION & FLOW

This class combines functional movements and postural alignment with yoga flow postures and sequences to create greater strength, flexibility, mobility, stability & balance.

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.

HIIT + PILATES FUSION

Spike your heart rate as you combine the best of core training with the mood-boosting benefits of cardio. Done in timed intervals, you'll give it everything you've got in quick, high-intensity exercises combining the movements of Pilates with traditional fitness elements.

Benefit	Increased core strength, functional stability, muscular endurance, cardiovascular capacity
Intensity	High
Length	50 minutes
Attire	Comfortable athletic attire. This class is practiced barefoot.

HIMALAYAN KRIYA FLOW

A fusion of meditation, breathwork, Kriya, mantra and flow. You will leave this class feeling transformed—physically, emotionally and mentally. Kriya yoga is designed to increase the body's ability to contain energy, which boosts the immune system, activates under-used parts of the brain and releases trapped energy from the chakras. Kriya yoga is an ancient yogic modality for holistic healing.

Benefit	Energetic clearing, increased strength, emotional healing
Intensity	Moderate
Length	75 minutes
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.

KUNDALINI YOGA

An uplifting, energizing and transformative type of yoga that uses physical postures, powerful breath work, audible chants or “mantras,” and hand gestures or “mudras” to produce full body awareness and purification.

Benefit	Increased strength, balance, flexibility, awareness
Intensity	Moderate
Length	75 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.

PRIMAL FLOW

This signature class combines breath & guided meditative yoga flow sequences with Primal & Intuitive movements to create a Kundalini awakening and powerful energetic release.

Benefit	Increased strength, balance, mobility, posture, fitness
Intensity	High
Length	50 minutes
Attire	Comfortable athletic attire. This class is practiced barefoot.

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.

RECOVERY: THE SCIENCE OF AQUA THERAPY \$

Take a deep dive into the benefits of using an Aqua Therapy Circuit to repurpose the effects of stress and improve recovery from the strain of modern living.

Benefit	Circulation, vascular elasticity, decreases inflammation, increases metabolism, promotes restful sleep
Intensity	Moderate
Length	50 minutes
Attire	Swimsuit or water-resistant workout clothes required.
Notes	We kindly ask that you shower prior to entering any pool of water and the Sanarium.

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.

RESTORATIVE YOGA

A luxurious and comforting practice of prop-supported poses held for an extended period of time, to release deeply held tensions and calm the nervous system. The aspiration of this practice is total surrender—inside and out. Little movement is required, but much is to be gained.

Benefit	Flexibility, relaxation, pain and tension relief
Intensity	Low
Length	1 hour
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, and 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.

UPLIFT & UNWIND - JOYFUL JOURNEY

This flowy yet energetic class will be sure to get your heart beating as we move through a fusion of dance influenced conditioning, feel-good functional movement, and yoga inspired alignment. Rhythmic & mindful, you'll leave feeling expansive.

Benefit	Motivation, appreciation, enhanced self-worth, mood boost
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.

WALL YOGA \$

Hang loose with this CIVANA Signature Class. By flipping your source of stability from solid ground to a vertical mount, you will trick gravity into doing your body a favor. Improve posture with a therapeutic system of straps, bars, and swings. Enhance proper and safe body alignment in your yoga practice.

Benefit Spinal traction, flexibility, improvement in yoga form
Intensity Moderate
Length 1 hour
Attire Comfortable athletic attire. This class is practiced barefoot.
Notes Not encouraged for those with diabetes, sinus pressure, high or low blood pressure extremes, pregnancy, glaucoma.

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 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.



OUTDOOR ADVENTURE

In every walk with nature one receives far more than he seeks. -John Muir

The boundless beauty and brilliant weather in the Sonoran Desert provide the perfect setting for enhancing your wellbeing in the great outdoors. Take in all that mother nature has to offer as you hike, bike, paddle, and glide through Arizona's Saguaro spiked landscape with our expert guides.

OUTDOOR INFORMATION—

- For your safety, please be mindful of selecting excursions that match your fitness level.
- Comfortable clothes and closed-toe shoes required.
- Apply sunscreen prior to departure and wear sun protective gear as necessary.
- Please bring your water bottle. Wellness Guides will have extra water if needed.

EXPERIENCES—

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 or hiking boots, 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. You'll 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 recommended.
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, like the saguaro, prickly pear, chollas, palo verde trees, jojoba, and more. You may see mule deer and hear a variety of birds as well. Its namesake comes from the smooth, dramatic granite rock formations on the sides of the trail. While not completely flat, it's 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	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. Recommended 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 through.

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.

KAYAKING EXCURSION \$

See the world from a whole new angle as you take to the water on this morning kayaking adventure. Immerse yourself in nature as you build upper body strength, reduce stress, and soak in some much needed Vitamin D.

Benefit	Increase strength, discovery, enhanced mood
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.

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.

MOUNTAIN BIKING \$

Get tuned in to your trail-state as you focus on your present actions and the natural world around you. On this beginner trail through the beautiful McDowell Sonoran Preserve, you'll boost endorphins and challenge your whole body.

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	Suitable for those with mountain biking experience who are looking for someone to lead.

OVERTON INTERMEDIATE HIKE \$

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

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.

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.

TOMS THUMB ADVANCED HIKE \$

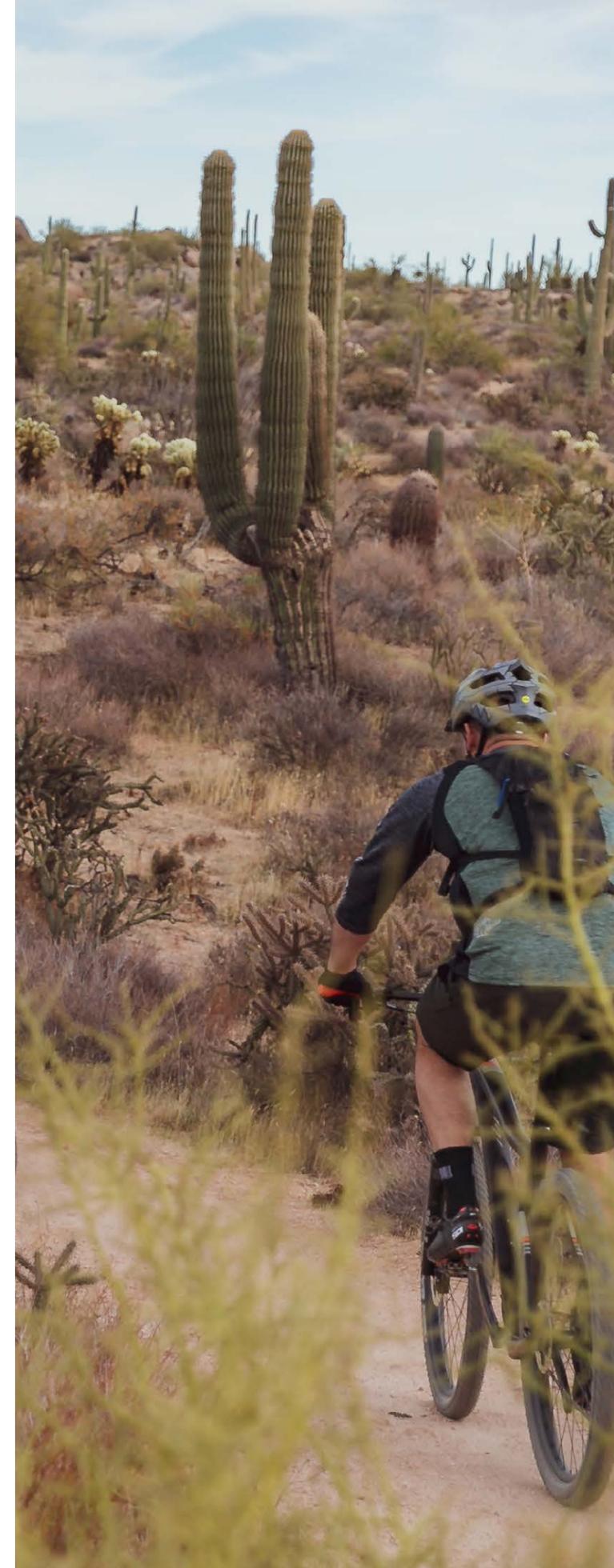
A challenging 4 mile out-and-back trail in the McDowell Sonoran Preserve, named after Tom Kreuser, the first member of the Arizona Mountaineering Club to climb it 45 years ago. As you traverse through the Sonoran Desert and its massive granite formations, you'll enjoy breathtaking vistas of the southern 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.



HIGH ROPES EXPERIENCES —

BRIDGE OF TRUST \$

Experience the power of connection during this dynamic partner challenge that highlights the importance of leaning into others for support. As you move in pairs across cables suspended 20 feet off ground, you'll navigate a wobbly v-shaped cable, discovering how trust, balance, and teamwork lead to shared success.

- Benefit** Trust, communication, balance
- Intensity** Moderate
- Length** 1 hour
- Attire** Long pants & close-toed shoes required. Sunglasses recommended.
- Notes** Not recommended for guests with medical conditions such as heart issues, recent surgeries or injuries, epilepsy, vertigo, or pregnancy, as well as those exceeding the weight limit of 265 lbs.

LEAP OF FAITH \$

This thrilling challenge invites you to climb to new heights and take the ultimate leap. Expand the boundaries of your comfort zone and relearn trust with a leap from a 15-foot pole.

- Benefit** Discovery, personal growth
- Intensity** Moderate
- Length** 1 hour
- Attire** Long pants & close-toed shoes required. Sunglasses recommended.
- Notes** Not recommended for guests with medical conditions such as heart issues, recent surgeries or injuries, epilepsy, vertigo, or pregnancy, as well as those exceeding the weight limit of 265 lbs.

PATH OF CONFIDENCE \$

Step into your strength on this solo challenge designed to help you trust yourself and embrace courage. Walking across a narrow beam suspended 20 feet in the desert sky, you'll find focus, balance, and the empowerment to move beyond fear and into self-assurance.

- Benefit** Self-discovery, balance
- Intensity** Low
- Length** 1 hour
- Attire** Long pants & close-toed shoes required. Sunglasses recommended.
- Notes** Not recommended for guests with medical conditions such as heart issues, recent surgeries or injuries, epilepsy, vertigo, or pregnancy, as well as those exceeding the weight limit of 265 lbs.

THE SUMMIT \$

Discover your potential in this journey of trust, self-discovery, and empowerment. Designed for all levels, this extended 2-hour transformational experience features 6 elements, from trust falls to a leap of faith, suspended 20 feet above the Sonoran Desert. You're invited to lean into courage and explore untapped opportunities—off the ground.

- Benefit** Self-discovery, team-building
- Intensity** Moderate
- Length** 120 minutes
- Attire** Long pants & close-toed shoes required. Sunglasses recommended.
- Notes** Not recommended for guests with medical conditions such as heart issues, recent surgeries or injuries, epilepsy, vertigo, or pregnancy, as well as those exceeding the weight limit of 265 lbs.



PERSONAL GROWTH & DISCOVERY

If you don't know where you are going, any road will get you there. -Lewis Carroll

We grow by aligning with the reality of our experiences just as they are. Our personal growth and discovery classes are committed to providing paths of change, growth, and discovery, be it an appreciation for the natural beauty around us, new experiences or relationships, or a deeper understanding of self.

CLASSES—

AUTHENTIC CONNECTION: A COUPLES WORKSHOP

Gain tools to create more connection and intimacy in your relationship. Embody the practice of speaking more truthfully and authentically about your individual needs and experience being accepted exactly as you are.

Benefit	Self-awareness, connection, positive personal development
Intensity	Moderate
Length	2 hours
Attire	Comfortable clothing. This class is practiced barefoot.
Notes	Open to all types and forms of couples from familial, friendship, professional, romantic, and beyond.

BLISSFUL SLEEP MEDITATION

Slip into savasana with this luxurious, and comforting practice to release deeply held tensions and calm the nervous system. The aspiration of this meditation is total surrender from the inside and out.

Benefit	Relaxation, mental and emotional release
Intensity	Low
Length	50 minutes
Attire	Comfortable clothing. This class is practiced barefoot.

BODY WISDOM

Integration is the name of the game in this hybrid workshop and embodiment experience. Utilizing discussion, movement, and journaling, guests find their personal pathway to inner joy, meaning, and purpose.

Benefit	Self-awareness, connection, positive personal development
Intensity	Moderate
Length	1 hour
Attire	Comfortable clothing. This class is practiced barefoot.

BREATHING FOR LIFE

In this introductory experience you will tap into self-awareness and infinite healing potential through the practice of directing the breath. As it is referred to in ancient yoga texts, pranayama is a simple and accessible pathway to reduce stress in the physical, mental, and spiritual body. In this interactive session, you will learn 5 different breathing techniques and their respective benefits.

Benefit	Self-awareness, connection, calm
Intensity	Low
Length	50 minutes
Attire	Comfortable clothing. This class is practiced barefoot.

CHAKRA BALANCING SOUND MEDITATION

Tune in and tune-up. 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) through guided meditation and sound healing to restore a harmonious flow between your inner and outer self.

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

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.

FACE YOGA

Just as we strengthen the muscles in the body through physical yoga or the gym, Face Yoga is a natural way to maintain healthy skin and tone facial muscles through a combination of facial exercises, massage, acupressure, and relaxation. The traditional techniques and the latest research give a safe and natural way to feel and look more youthful and promote overall well-being.

Benefit	Longevity, positive personal development
Intensity	Moderate
Length	1.5 hours
Attire	Comfortable clothing. This class is practiced barefoot.
Notes	Not recommended for guests who have had Botox and/or fillers within the past 30 days. This class is best experienced without makeup. Moisturizer will be provided for this class; you are welcome to bring your own.

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.

FLOATING GUIDED RELAXATION \$

Like fuzzy slippers for your soul! Cocoon yourself in a nest of tactile and auditory nourishment. Slip into a state of serenity, as you are gently rocked inside a cozy aerial hammock. Our top suggestion for those who assume they can't meditate.

Benefit	Relaxation, mental and emotional release
Intensity	Low
Length	50 minutes
Attire	Comfortable athletic attire with warm layers. This class is practiced barefoot.

FLOATING SOUND HEALING \$

Enter into this ultimate multisensory refuge and witness your worries take flight. From the moment you slip into the silky aerial hammock, you'll feel gently rocked and soothed not only by your suspension above solid ground, but also by the healing frequencies of sound waves reverberating throughout.

Benefit	Relaxation, mental and emotional release
Intensity	Low
Length	50 minutes
Attire	Comfortable athletic attire with warm layers. This class is practiced barefoot.

FUSE

Fuse what you've learned at CIVANA into your daily life before you depart. You've learned new tools. Discovered rituals that have made your days more joyful. Begun to feel the effects of a daily gratitude practice. You want to take what you've learned at CIVANA home with you but you're unsure how to sustain this new growth. This interactive workshop helps you to create a roadmap to support integration of your CIVANA experiences as you return home. Through meditation, journaling, self-inquiry, and conversation you'll acknowledge new awareness, clarify your wellness values, and celebrate growth.

Benefit	Self-awareness, positive personal development, clarity
Intensity	Low
Length	1.5 hours
Attire	Comfortable clothing. 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.

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.

HEALING THROUGH WATERS \$

Take a journey through the patterns of the mind that keep us from embodying our full potential by redefining the edge of experience with intense exposure to hot and cold waters.

Benefit	Self-awareness, positive personal development, circulation, vascular elasticity
Intensity	Moderate
Length	50 minutes
Attire	Swimsuit or water-resistant athletic clothes required.
Note	We kindly ask that you shower prior to entering any pool of water and the Sanarium.

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.

INNER INTIMACY WORKSHOP

Travel beyond the confines of limiting beliefs to discover your true and essential nature. This interactive experience explores the most profound gift you can give – a love affair with all parts of you including the dark and the light.

Benefit	Self-awareness, connection, positive personal development
Intensity	Moderate
Length	2 hours
Attire	Comfortable athletic attire with warm layers. This class is practiced barefoot.

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.

INTRO TO MEDITATION

In this workshop you'll learn tips and techniques for inviting meditation into your everyday life. Explore the myths of meditation, the difference between inner world and outer world, and how to develop a personal practice at home. This class gives you an opportunity to explore how meditation can fit into your modern lifestyle in a practical sense.

Benefit	Positive personal development
Intensity	Low
Length	75 minutes
Attire	Comfortable clothing. This class is practiced barefoot.

IREST 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 CREATIVITY - INTENTION CANDLE \$

Where attention goes, energy flows. Select meaningful oils and objects for your soy wax candle that will reappear as it burns through, reminding us of our intention and helping us manifest the changes we want to bring into our lives.

Benefit	Enhanced awareness, connection, creativity
Intensity	Low
Length	75 minutes
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

Begin your day with clarity & purpose in our Morning Meditation – a 30 minute journey of self-discovery and mindfulness. This daily class invites you to set the tone for your day with intention and awareness.

Benefit	Stress reduction, self-awareness, attention span
Intensity	Low
Length	30 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 class 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.

SLEEP SOUND JOURNEY

Embark on a journey to a restful night's sleep with this immersive experience curated to unwind the mind and invite deep relaxation through the therapeutic power of sound and meditation.

Benefit	Relaxation, stress reduction, restoration
Intensity	Low
Length	50 minutes
Attire	Comfortable clothing. This class is practiced 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.

THE 8 DESIRES WORKSHOP

Discover your highest potential through self-guided inner work. In this workshop, renowned life coach Veronica Lynn Clark introduces the 8 Desires model to catalyze profound personal growth. Gain clarity on key life areas like career, health, relationships, and more. Surface unconscious blocks through writing. Shift perspective on difficulties. Visualize desired outcomes. Cultivate continuous evolution through the simple yet powerful practice of journaling.

Benefit	Self-discovery
Intensity	Low
Length	1.5 hours
Attire	Comfortable clothing. This class is practiced barefoot.

THE MANIFESTING MINDSET

What you think about, expands. This is the central tenant of manifestation. In this immersive workshop you'll get clear on your goals, set your intention, speak those intentions to the world, and unlock actionable ways to start working towards your future you.

Benefit	Connection, clarity, positive personal development
Intensity	Low
Length	75 minutes
Attire	Comfortable clothing. This class is practiced 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.

UNFOLD YOUR FUTURE: A VISION BOARD WORKSHOP

Are you ready to manifest your dreams and craft a roadmap to success that you can carry with you wherever you go? Move through the creation of a unique, portable accordion-style vision board. This visually inspiring tool will help you focus on 10 key areas of life while serving as a constant reminder of your aspirations. Whether you want to display it at home, bring it to work, or take it on your travels, your vision board will be your steadfast companion on your journey toward manifesting your life goals.

Benefit	Self-discovery, future creation
Intensity	Low
Length	1.5 hours
Attire	Comfortable clothing.

YOGA OFF THE MAT

Through this workshop combining discussion and reflection, explore the rich philosophy and life-affirming teachings of yoga. Unpack some of the ethical living principles of yoga (yamas and niyamas) which provide a roadmap to living a more authentic, balanced, and peaceful life. You will leave with new insights, a deeper understanding of yourself, and resources for continued inquiry.

Benefit	Self-awareness, clarity, positive personal development
Intensity	Low
Length	1.5 hours
Attire	Comfortable clothing. This class is practiced barefoot.



THE SPA

Recapturing the time-honored art of healing through water in our aqua therapy thermal circuit of hot and cold pools, cool waterfall shower and beautiful sanarium offering humidity and heat from within. There are both physical and energetic benefits to 'taking the waters', an ancient tradition of healing, cleansing and rejuvenation.

AQUA THERAPY CIRCUIT—

AN IMMERSIVE HEALING EXPERIENCE

Water plays an essential role in healing the body and calming the mind. Embark on a self-guided journey through our KLAFS SANARIUM®, Tepidarium therapeutic soaking pool, and European-designed Kneipp warm/cold wading pools. Designed to be experienced as a contrast therapy circuit, moving sequentially from hot to cold.

The Aqua Therapy Circuit journey begins with the **Kneipp Walk**; two shallow pools designed for walking in an alternation of hot and cold water. Start by immersing yourself in the **Kneipp hot pool**, ranging from 102°-104°F, to create a strong feeling of relaxation. Then enter the **Kneipp cold pool** that ranges from 50°-55°F, and begin walking to invigorate the body. The alternation between the two pools creates a thermal shock that stimulates blood flow and the metabolic system, while strengthening the immune system.

For dry heat, the **Sanarium** incorporates moisture and contains five levels of steam. The humidity is typically at 45% with a temperature ranging from 140°-145°F. CIVANA is the first spa in the U.S. to feature this unique, German-made healing modality that uses radiant heat to warm you from the inside out. Please rest on a towel while in the Sanarium.

For wet heat, the **Tepidarium** warm pool circulates oxygenated water around 100°-102°F. Within the pool you'll find a relaxation bench and built-in wave loungers to relax and elevate the core body temperature.

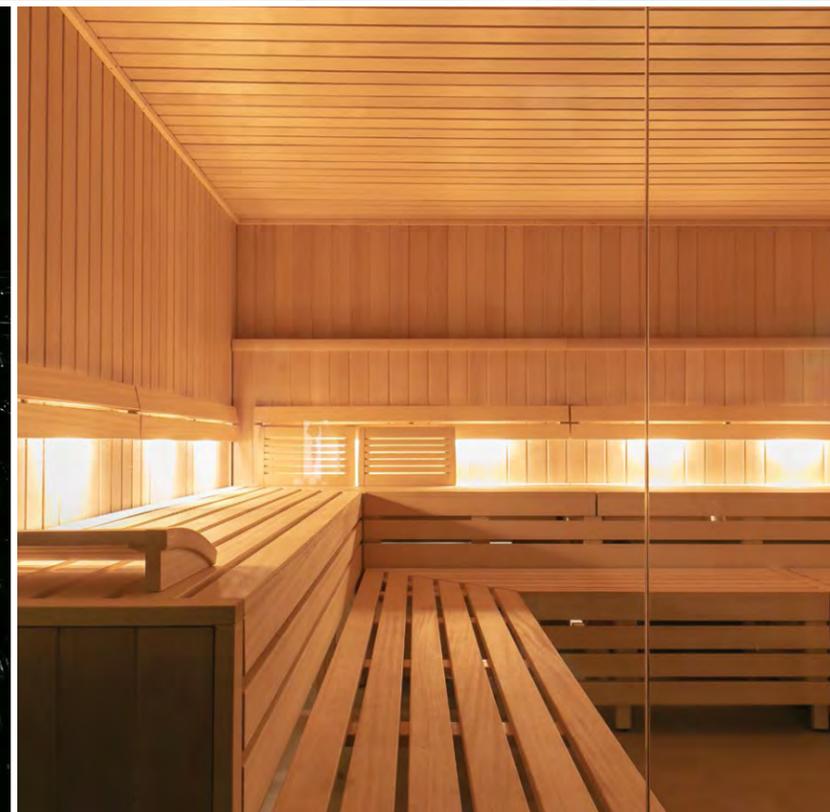
Experience a cooling contrast via our **Cold Deluge** as 59°F water fills an overhead container that is pulled to cover the body from head-to-toe.

A full circuit includes three rounds of hot and cold in the modalities of your choice. Rest and rehydrate with water to allow your heart rate to return to a resting state. Please note, a bathing suit is required as this is a co-ed area and we ask that all guests shower prior to entering any pool of water and the Sanarium.

THERAPEUTIC BENEFITS

- Aids circulation and vascular elasticity
- Promotes focus and feelings of wellbeing
- Boosts immune system
- Increases metabolism
- Promotes healthy, restful sleep

To book your treatment, call 480.648.0388



SPA & SALON

Experience the extraordinary, restorative treatments offered by a truly gracious and passionate team of healers. Dwell, linger, and heal from the moment you step through the fire pit anchored entrance.

You will emerge having experienced physical, mental, emotional, and spiritual benefits. We are committed to personalizing your unique wellbeing journey.

GET THE MOST OUT OF YOUR SPA VISIT—

MEDICINE WHEEL

As you approach the Spa, you'll walk through our medicine wheel, complete with indigenous herbs and plants featured in our treatments and offerings. The wheel is flanked with water walls that spill into grounding fountain pools. At the center of the wheel is our intention circle that features minerals and stones selected by our founding team members with specific intentions in mind. We invite you to pause in the center and offer your own intention, said to yourself or shared aloud while facing Black Mountain.

FACILITIES

To the right of the Spa entrance is our Salon, featuring unique manicure, pedicure, and specialty services, and to the left is our retail boutique. The Spa offers more than 23 treatment rooms located on two levels, men's and women's locker rooms, and an outdoor 25-meter heated saltwater pool for lap swimming and lounging. Our co-ed relaxation lounge is a grounding sanctuary and the perfect place to rest before and after your treatment; offering healthy snacks and infused waters, oversized lounge pods, and a sweeping view of Black Mountain.

Spa amenities are currently only available for guests who have a same-day spa or salon appointment.

UNWIND AND UNPLUG

We respectfully request that you speak softly throughout your spa journey, and that you refrain from phone use, turning your phone to silent. If you must communicate via mobile phone, do so via silent texting only.

UNIQUE HEALTH CONSIDERATIONS

Please notify our team during the booking process if you have any medical conditions that may need to be considered while designing your spa day.

AGE MINIMUMS FOR SPA AND SALON

The Spa and Salon are designed for adult use, age 18+.

GRATUITIES

For your convenience, a 22% service charge is added to the total treatment price (modifiable at your request).

CANCELING YOUR TREATMENT

Unless otherwise noted, cancellations must be made at least 24 hours in advance to avoid being charged a fee of 100% of the treatment price. Please arrive at least 20 minutes prior to your scheduled time, so that you can enjoy your full journey. Late arrival may shorten your treatment time.

ATTIRE FOR TREATMENTS

Your comfort is the key to relaxation. Please use your discretion for massages. Undergarments are optional. For body treatments, disposable undergarments are available upon request.

WHAT YOU'LL NEED

Bathing suits are required for the Aqua Therapy Circuit and outdoor pool area, as they are co-ed experiences. Resort guests are welcome to wear their room robes. The Spa also provides lockers, robes, and slippers. We recommend that you leave valuables in your room, as we cannot assume responsibility for lost or misplaced items.

IT'S ALL ABOUT YOU!

You know your body best. Each treatment is designed for your comfort and enjoyment. Our staff is genuinely concerned about your level of satisfaction. If there is anything you wish to change during your treatment (lighting, music, therapist pressure, warmth of the room) please do not hesitate to communicate this openly with your provider or a spa attendant.

ENJOYING FOOD AND BEVERAGE

You may choose to enjoy food and beverage at the Spa's outdoor pool. Spa servers are available throughout the day to place orders.

SEASONAL SPECIALS

In rhythm and alignment with nature, the Spa may be featuring new or seasonal services or treatments beyond what you see in this guide. Contact the Spa or our Guest Experience team for more information on our current offerings and availability.

THE GIFT OF WELLNESS

A CIVANA gift card is an ideal gift for someone special. Visit the retail boutique or the Lobby front desk to purchase.

TAKE IT HOME

Our curated spa products and wellness-inspired gifts are available for purchase in the boutique, located outside the entrance to the spa. You can also visit our online retail store at civana.com/shop.

BODY & MASSAGE WORK—

MASSAGE THERAPY

SWEDISH SOOTHING MESSAGE

Soften and soothe with light to medium pressure designed to improve circulation and wellbeing. If you need to be nurtured, slip into the solace of this traditional calming technique. Broad strokes and a fluid cadence quiet the nervous system, guiding the way to restoration and healing.

Length 60 min

DEEP MUSCLE RELIEF MESSAGE

Profound release through flowing medium to deeper pressure, this massage helps release dense muscle pain and tension. Stubborn tissues carrying the weight of the world surrender to a state of freedom and ease. For those who enjoy a stronger touch, this will help unstick what's stuck and provide relief after long hours of work, play and life.

Length 60 min

UPLIFT - AROMATHERAPY MESSAGE

A joy inducing massage: Scent has been scientifically proven to lift our mood. Incorporating grapefruit and jasmine, this joyful massage will leave you renewed and connected to your happy state of mind.

Length 60 min

UNWIND - AROMATHERAPY MESSAGE

A sleep massage: Prepare your body for a deep state of rest. Using roman chamomile and blue tansy along with slow, long and gliding strokes to activate your parasympathetic nervous system. This calming massage promotes rest and relaxation and will aid in a restorative, healing night's sleep.

Length 60 min

PRE-NATAL NURTURE MESSAGE

Providing essential relaxation and comfort for the expectant mother-to-be. A strategically-designed massage for the second and third trimesters that centers around soothing areas of tension, reducing stress, and balancing the body through all the changes. A happy, healthy mom for a happy, healthy baby.

Length 60 min

HOT STONE MASSAGE

Match those hotspots of muscular tension with the melting relief of heated river rocks. Hands and stones glide over your body to improve circulation and release tightness. Nourishing oils will deeply hydrate while detoxifying the body and soothing the spirit.

Length 60 min

SPA REFLEXOLOGY

Rooted in ancient Chinese medicine, reflexology accesses self-healing by stimulating pressure points in the feet that correlate to specific organs and energetic pathways throughout the body. Open the floodgates for vitality and restoration, all by way of the feet.

Length 60 min

REVIVE TO THRIVE

Embark on a journey toward deeper relaxation. In this treatment, you'll experience a combination of Ayurvedic techniques to relax and invigorate. We begin with a dry-glove exfoliation to jumpstart detoxification and stimulate your lymphatic system. Next, the body is covered in warm herbalized oil from scalp to toes with friction strokes that move the oil into the tissues to further dislodge toxins. Then muscle-specific strokes are used to promote relaxation. Finally, your therapist will use Marma Point Therapy to stimulate and awaken energy in the body, calm the mind, and activate healing. The result: A feeling of calm, grounded energy to help you feel renewed.

Length 60 min

BIODYNAMIC BODYWORK

Open, unwind, and heal through this highly personalized bodywork service. Utilizing a range of therapeutic methods including the ultimate in muscle recovery with the incorporation of RAD rollers, this service will activate the parasympathetic nervous system, release sore muscles, increase blood flow, and improve flexibility. No two biodynamic sessions are the same. In every session, we seek to awaken and follow the unique healing intelligence within each body.

Length 60 min

COUPLES MASSAGE

Share the experience of relaxation together. Our couples massage experiences are designed to reduce stress, relieve muscle soreness, and create a shared state of serenity. Choose from five of our signature massage therapy treatments: Swedish Soothing, Deep Muscle Relief, Uplift-Aromatherapy, Unwind-Aromatherapy, and Pre-Natal Nurture.

Length 60 min

SUNRISE MASSAGE

Begin your day in radiant alignment with this signature morning ritual. Awaken the senses and center the mind through a guided intention-setting ceremony, chakra-tuning with sound therapy, and your choice of energizing aromatherapy blends from Essence One. This full-body massage uses rhythmic, uplifting techniques to stimulate circulation and elevate energy. Your journey ends with a refreshing wellness beverage and a take-home aromatic inhaler to carry your intention forward into the day. **Only available only as the first appointment of the day at 8:15am.*

Length 75 min

SUNSET MASSAGE

Unwind into stillness with this tranquil massage, designed to calm the nervous system and prepare your body for deep rest. Begin with your choice of grounding evening aromatherapy from Essence One, followed by a gratitude-focused sound healing ritual with tuning forks. This slow, grounding full-body massage soothes tension and invites presence with each breath. The treatment concludes with a refreshing wellness beverage and a take-home aromatic inhaler for continued relaxation long after sunset. **Only available as the last appointment of the day at 6:00pm.*

Length 75 min

SACRED TIME FOR TWO

Immerse yourselves in a restorative and intimate journey, where time slows, and presence deepens. This two-hour signature couples experience begins with a glass of chilled champagne and a magnesium-infused bath soak; enriched with Midnight SuperBloom Dead Sea Salts, nourishing argan oil, and a calming jasmine essential oil. Following your soak, drift into a state of tranquility with a guided meditation and crystal singing bowl ritual. Then, surrender to a rejuvenating full-body massage, tailored to your needs, and infused with Spa Technologies' magnesium lotion to soothe muscles and restore balance. The journey concludes with a blissful shirodhara treatment and marma point therapy, leaving you with a profound sense of calm.

Length 120 min

IN-ROOM MASSAGE

This indulgent massage promotes relaxation and wellbeing in the comfort of your guestroom or suite. Our skilled therapists tailor the pressure to your individual needs, combining soothing techniques with premium oils to melt away stress and tension. Whether you seek deep muscle relief or gentle relaxation, this personalized treatment will leave you feeling rejuvenated, balanced, and at peace, all within the privacy of your guest room. Choose from one of our signature oils: unwind oil, uplift oil, CBD, or unscented oil.

Please note this service must be booked through the Spa Coordinator, please call 480.653.9083 or email Mollie.Haman@civanacarefree.com

Length 100 min

MASSAGE THERAPY ENHANCEMENTS

SOUND BOWL HEALING

Echoing sound waves reverberate throughout your body. Behind-the-scenes, your brain waves sync up with the sound waves, whisking your body away into a self-healing state.

Length No additional time

CBD JOURNEY

Unwind your mind and drift into a state of profound peace with this immersive, 3 part CBD enhancement. Begin the Journey with a CBD Tincture under the tongue while enjoying a full body massage with Arnica & ginger CBD infused body oil & muscle relief cream. Includes take home Tincture.

Length No additional time

SCALP ENHANCEMENT

Ease tension and provide nourishment to relieve a dry scalp with a beautiful blend of spearmint, bergamot mint, and patchouli. This treatment promotes a clear, calm, and refreshed mind.

Length No additional time

TUNING FORKS

Tune-in and bring your mind and body into a harmonious balance. Our chakra balancing tuning forks are designed to restore your clear inner vision, preparing you to be in the present.

Length No additional time

WATER THERAPY

WATSU™

Dip into the warm water of a private outdoor pool and prepare to be swept away. Surrender fully to intuitive guidance of the water as your therapist gently sweeps your body through a dance-like series of floating movements. Gentle stretches and twists elevate the water's naturally restorative powers, helping to ease physical and emotional tension. Bathing suits required.

Length 60 min

WELLBEING THERAPY

SPIRIT OF THE DESERT

Absorb the healing power of the desert and tap into your intention in this 2-hour transformative journey. Begin with a guided meditation to help you focus on the present, with added sound bowls to ground and connect. Vibration touches every part of our being. Not only heard through our ears but felt in every cell in our body. To remind us of our wholeness. Your massage therapist will use steam-warmed poultices filled with delicate flowers and natural herbs to form a powerful herbal elixir. Experience this ancient art of gentle warm pressure to relieve muscle tension and renewed feelings of balance. Rhythmic strokes combined with a soothing massage of nutrient rich oils are applied to promote natural rebalancing of body, mind, and spirit.

Length 120 min

CIVANA CALM

Magnesium is known as the great relaxer. Promoting a calming effect for the mind and body. Many people can experience magnesium deficiency due to prolonged stress. Wind-down, alleviate muscle pain and ease inflammation with a gentle and rhythmic exfoliation, paired with a botanical tonic magnesium to promote balance and wellbeing. Conclude this service with a mini body massage.

Length 60 min

ENERGY & EASTERN THERAPY

REIKI

Life force flows through us in energetic pathways. Reiki is a subtle modality that heals by transferring energy through the therapist's palms into stagnant areas in your body and charging them with positive energy. The power of a light or even absent touch becomes obvious when you emerge feeling light, calm, and centered.

Length 60 min

THAI MASSAGE

This age-old, dynamic bodywork is known for restoring mobility and flexibility to tight areas. Assisted stretching techniques combine with pressure on energetic points to restore overall wellbeing. Rhythmic and meditative, treatment includes stretching, joint mobility, and deep-tissue compression that coincide with energetic pathways in the body. **Please note, we ask that you wear loose fitting clothes for this treatment, as the provider will also be on the Thai table.*

Length 60 min

CRANIAL SACRAL

Light touch follows an energetic pathway along the head and down the spinal column, spiriting away energy blockages along the way. Although the experience is gentle in nature, guests report a profound impact on relieving headaches, pains in the jaw, neck, or back, and even on hyperactivity.

Length 60 min

BODY THERAPY

SONORAN RAIN DANCE

Water is the very source of life – Our bodies are composed of mostly water, and we are innately drawn to it to cleanse, purify, and rejuvenate our mind, body, and soul. This treatment is designed to help reestablish your inner calm and enhance relaxation, while simultaneously increasing circulation, boosting immunity, and restoring homeostasis.

Length 60 min

AWAKEN BODY TREATMENT

Purify and awaken your senses during this indulgent, multifaceted treatment. Deeply detoxifying clay has been used for centuries to help heal skin, soften texture, tighten, tone and minimize aches and pains. Sound therapy is woven through your journey boosting your cell's ability to heal and clear blocks in energy. After a dry brush exfoliation, warm clay is brushed onto the body. While the clay begins its tonifying process, continue to drift away with a relaxing face and scalp massage followed by a purifying facial clay mask. This luxurious full body treatment furthers its purifying and toning effects with the use of body Gua Sha and the therapeutic use of spearmint, peppermint, and lime to inspire and awaken your mind and body.

Length 120 min

MEDICINE GARDEN SCRUB

Hippocrates said, "Let food be thy medicine and medicine be thy food." Mankind has relied on the healing and nourishing benefits of herbs, plants, botanicals, and fruits for decades to restore our vitality, provide adequate nutrients, and prevent illness. CIVANA's traditional medicine wheel provides a source of inspiration and wellness throughout each of our full-body exfoliation treatments. Simply choose an intention that best meets your goals and then allow us to buff, brighten, and help restore that inner glow.

Select your intention

- Immune Boost – salt, eucalyptus, rosemary, peppermint, juniper
- Warming Relaxation – salt, ginger, melissa, basil, petitgrain
- Brightening – salt, jasmine, grapefruit, bergamot

Length 60 min

MARINE SUPERFOODS WRAP

Allow your worries to wash away with one of CIVANA's personalized body wraps. Each wrap is uniquely created; sourcing high-quality organic ingredients from land and sea to replenish, repair, and restore your mind, body, and soul. First, select an intention that best meets your desired replenishment and goal, and we'll handle the rest. Each treatment is rich in powerful antioxidants, anti-inflammatory agents, healing omegas, therapeutic essential oils, and nutrient-rich powerhouses to feed and nourish your skin. Your total body booster begins with a gentle dry brush exfoliation, followed by warming marine body wrap that envelops the body and calms the mind. A warm shower then washes over the body to deeply cleanse the skin. Ending with a warm nourishing application to leave you hydrated and refreshed.

Select your intention

- Antioxidant Boost – raw cacao, seabuckthorn, acerola cherry
- Detox – rosemary, sage, cinnamon, thyme
- Hydrating – rose, calendula, lavender, chamomile
- Brightening – matcha green tea, honey, jasmine, grapefruit

Length 60 min

BODY THERAPY ENHANCEMENTS

SOUND JOURNEY

Sound meditation is woven throughout the treatment to enhance the vibrational healing of each cell, remove blockages, enhancing our relaxation response and innate ability to heal.

Length No additional time

REFRESH & REPLENISH

Choose between a Refreshing facial exfoliant that brightens and renews your natural glow, or a Replenishing facial mask that nourishes and balances the health of your skin.

Length No additional time

SCALP ENHANCEMENT

Ease tension and provide nourishment to relieve a dry scalp with a beautiful blend of spearmint, bergamot mint, and patchouli. This treatment promotes a clear, calm, and refreshed mind.

Length No additional time

SKIN CARE—

RADIANCE RENEWAL PROBIOTIC FACIAL

Calm, soothe, and repair your skin with this living probiotic facial. This luxurious facial is a fully customized treatment to best address imbalances and restore your skin's ultimate health. Using effective performance driven actives, soothing probiotics, plants, and medicinal herbs combined with healing lymphatic techniques provides immediate results, evened skin tone, soothed, nourished skin, and brighter complexion. Treatment includes a relaxing scalp massage further promoting a sense of peace and relaxation.

Further boost your treatment experience with a customized living probiotic ampoule enhancement for an additional \$45.

Length 60 min

CIVANA SIGNATURE SPA FACIAL

Employing the wisdom of listening first, acting second, your expert esthetician will then create the blueprints to fulfill your skincare aspirations. Among the results-focused, active, organic skincare lines that will be carefully curated for your experience, you can expect to be treated to products rich in properties like antioxidants, phytonutrients, peptides, liquid oxygen, stem cells, botanicals, and more. Rolling these into a ritual just for you, your signature skincare experience awaits.

Length 60 min

ESSENTIAL MARINE OXYGEN FACIAL

Life in balance, starting with your skin. This results-driven facial is power-packed with DNA repairing enzymes, pharmaceutical grade liquid oxygen, hyaluronic acid, peptides, and Vitamin C esters. Marine-based and oxygen rich. Look forward to hydrated, balanced, smooth skin that helps erase the memory of fine lines and wrinkles.

Length 60 min

LIVING BEAUTY FACIAL

An immersive facial uniquely designed to support sustained skin longevity. Utilizing whole plant botanicals infused with active biotics our skilled therapists tailor a personalized experience that aligns with your unique skin requirements. The treatment includes two bespoke masks and a specialized Vedic Marma Point Ritual that induces a sense of relaxation and balance while imparting a visibly radiant complexion.

Length 60 min

AGE-DEFYING PROBIOTIC FACIAL

This indulgent facial treatment helps to alleviate facial muscle tension and enhance skin radiance, providing an instant sculpt and lift. Through a unique process of specialty massage techniques along with living probiotics and other cosmeceuticals your skin will be restored to its natural state. Ideal for addressing signs of aging and balancing various skin concerns. This service includes a skin specific live probiotic ampoule, specialty mask, and grounding foot massage. **Due to the stimulating effect of the massage, this facial massage is not indicated for sensitive, delicate, fragile skin or if you've had any recent cosmetic enhancement within last 90 days.*

Further boost your treatment with a foot mask enhancement for an additional \$30.

Length 60 min

SONORAN SEA FACIAL

Float into a sea of calm. This indulgent massage- focused ritual melts away facial tension. Multi-layered massage lifts and tones the face while mimicking the rhythms of the ancient sea; Responsibly sourced rose quartz, chevron amethyst, and labradorite are woven throughout the treatment—lending their energetic and chakra balancing properties. Suitable for all skin types but especially for those who suffer from tension in jaw, headaches, anxiety, and dehydrated skin.

Length 60 min

SOOTHING HYDRATION FACIAL

This gentle protocol is specifically designed to nurture, and safeguard parched or reactive skin while preserving its natural moisture barrier. With carefully selected skin-soothing plant actives, this delicate approach will leave you and your skin feeling nourished and renewed.

Length 60 min

TENSION RELEASE FACIAL

Go below the surface of the skin to engage the muscles in the face and neck in this naturally rejuvenating facial. This innovative protocol includes a release of the facial muscles and fascia to create a natural lift and provide greater symmetry. A sedentary lifestyle, prolonged stress, anxiety, physical trauma, and injury can all lead to stiffening and thickening of fascia. Releasing this chronic tissue tension can help to soften fine lines, aid in restoring vital nutrients, and increase hydration and oxygen to the tissues. This facial incorporates the use of myofascial release tools to melt away the tension in face and body.

Length 60 min

CIVANA RENEW FACIAL

Movement is the key to life. This signature treatment is designed for your inner body, your cellular body, where all the magic happens. Incorporating wellness rituals and techniques to encourage change within the tissues, increase lymphatic drainage, circulation, and elimination, while providing optimum marine and herbal nourishment to restore and renew. Lymphatic style cupping and gua sha techniques are used to release tension, create movement, enhance detoxification, and restore vitality to the skin. Sound meditation is woven throughout the treatment to improve the vibrational healing of each cell and remove blockages, while enhancing our relaxation response and innate ability to heal. This all-encompassing treatment helps to align, balance, and restore homeostasis to your mind, body, and soul.

Length 120 min

SKIN CARE ENHANCEMENTS

SOUND JOURNEY

Sound meditation is woven throughout the treatment to enhance the vibrational healing of each cell, remove blockages, enhancing our relaxation response and innate ability to heal.

Length No additional time

CBD JOURNEY

Begin your 3-part journey with a CBD tincture under the tongue while enjoying a curated facial incorporating CBD oil infused with chamomile & rose, as well as a luxurious foot treatment using CBD relief cream. Includes take home tincture.

Length No additional time

LYMPHATIC FACIAL CUPPING

Movement is life. Lift, tone and replenish with this cleansing facial enhancement. Encourage the removal of waste, re-oxygenate and nourish tissue, and promote detoxification and renewal.

Length No additional time

EYE & LIP ENHANCEMENT

Lift, smooth and brighten with this oxygenating treatment. Featuring an oxygen serum, eye & lip mask, and eye & lip cupping to plump, hydrate, reoxygenate, and soften fine lines.

Length No additional time

AGELESS HANDS TREATMENT

Soften, hydrate and nourish dry hands with this exfoliating and moisturizing hand treatment.

Length No additional time

REPLENISHING FOOT TREATMENT

A refreshing, minty, mask that detoxifies and revitalizes tired feet.

Length No additional time

GEMSTONE BALANCING

Allow the natural energies from semi-precious gemstones to balance your subtle body's energy. Your esthetician will pair your perfect stones to help melt away daily stresses and revitalize your spirit.

Length No additional time

SCALP ENHANCEMENT

Ease tension and provide nourishment to relieve a dry scalp with a beautiful blend of spearmint, bergamot mint, and patchouli. This treatment promotes a clear, calm, and refreshed mind.

Length No additional time

SALON SERVICES—

MANICURE

MINDFUL MANICURE

Featuring Farm House Fresh and Dazzle Dry.

Length 50 min

PEDICURE

MINDFUL PEDICURE

Featuring Farm House Fresh and Dazzle Dry.

Length 50 min

NAIL ENHANCEMENTS

FRENCH UPGRADE

Length No additional time

GEL POLISH REMOVAL

Length 15 min

Note Acrylic removal is not available.

PEDICURE CBD JOURNEY

Soak tired, achy feet in a beautifully aromatic CBD and Epsom bath, followed by a therapeutic foot massage incorporating the CBD targeted relief cream.

Length No additional time

MANICURE CBD JOURNEY

The healing aromas of rose and chamomile, hemp-derived CBD, chia seed, prickly pear and rosehip oil are massaged into your hands and cuticles to provide deep hydration, anti-inflammatory benefits and excellent for sun damage. Ending with the CBD targeted relief cream helping to relieve daily aches & pains.

Length No additional time

HOT & COLD STONE MASSAGE

Enjoy the relaxing and stimulating effects of a contrast hot and cold stone massage to melt away tension, soothe achy feet, and promote fluid balance and gentle detoxification. Leaving your feet and lower legs feeling lighter and more energized.

Length No additional time

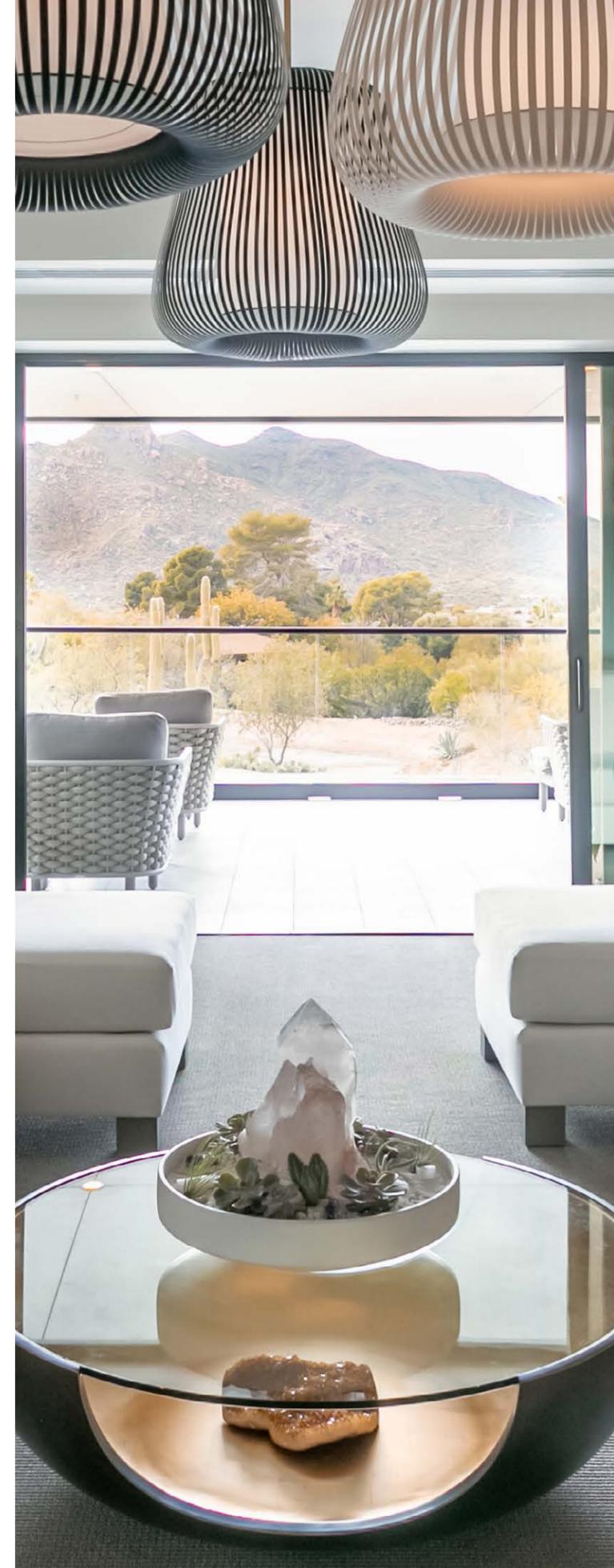
PREMIUM FOOT SOAKS

Ancient Oat Hydration - Moisturize the skin and soothe inflammation with a nourishing blend of oat, rice milk, calendula petals, sandalwood, and vanilla absolute.

Charcoal Garden Detox - Organic bamboo helps pull toxins while the aroma of basil and rose help center the mind. Soak in detoxifying coconut milk, epsom salt, fresh pressed roses, basil and lavender.

Midnight Superbloom - A "superbloom" is a rare desert botanical phenomenon that symbolizes the harmonious awakening of beauty and vitality. Enjoy a west coast blend of neroli, jasmine, rose and lavender, along with butterfly pea flower, epsom salt, coconut milk and mango seed to hydrate and soften the skin..

Length No additional time



LET YOUR FEET
TAKE YOU TO WHERE
YOUR HAPPINESS GROWS.

CIVANA
WELLNESS RESORT & SPA