

# CIVANA

WELLNESS RESORT & SPA

PRIVATE GROUP EXPERIENCES



# OUR WELLNESS INTENTION? TO HONOR *yours.*

THE UNIQUE GROUP WELLNESS EXPERIENCES  
OF CIVANA AWAIT.

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



# FITNESS & MOVEMENT CLASSES

## FITNESS

### 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.

Length 30 minutes  
Cost \$45 per person

### 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.

Length 30 minutes  
Cost \$45 per person

### CRASH CORE

Learn how to fire up that core without a single sit-up. This “crash-core” gets right to business hitting lower back, obliques, and all angles of the abs.

Length 30 minutes  
Cost \$45 per person

### 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.

Length 50 minutes  
Cost \$55 per person

### ATHLETE WITHIN

Unleash your inner athlete in this strength and conditioning session designed to help you move, perform, and recover with intention. Combining mobility work, strength training, and metabolic conditioning, this class builds resilience from the inside out. No athletic background needed - just a willingness to train with focus, challenge your edge, and walk away stronger.

Length 50 minutes  
Cost \$55 per person

### MOBILITY FLOW

This dynamic recovery class targets the hips, shoulders, and thoracic spine through purposeful movement, band work, and breath. Designed to enhance joint health, improve range of motion, and release tension, it's the perfect complement to your training routine. Move better, feel better.

Length 50 minutes  
Cost \$55 per person

### STRIKE + SWEAT

Unleash your power in this high-energy, full-body boxing experience. Rooted in proper technique and purposeful movement, this 30-minute class blends boxing fundamentals with strength and conditioning to sharpen your focus, build resilience, and release stress.

Length 30 minutes  
Cost \$45 per person

### PICKLEBALL

Join us on the courts to learn why pickleball is one of the fastest-growing sports in the US. Your expert guide will not only teach you about the game mechanics, but also share the physiological, mental, and emotional benefits of play as a pathway to a happier, healthier you!

Length 60 minutes  
Cost \$55 per person

### DANCE IT OUT

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.

Length 50 minutes  
Cost \$55 per person

### ECSTATIC DANCE

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.

Length 60 minutes  
Cost \$55 per person

### 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.

Length 60 minutes  
Cost \$55 per person

# YOGA

## MORNING 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.

Length 60 minutes  
Cost \$55 per person

## VINYASA FLOW

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

Length 60 minutes  
Cost \$55 per person

## YOGA SCULPT

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

Length 60 minutes  
Cost \$55 per person

## GENTLE YOGA

If your goal is to release physical tension and stiffness while carving out time for your mental well-being, 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.

Length 60 minutes  
Cost \$55 per person

## 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. Very little movement is required, but much is to be gained.

Length 60 minutes  
Cost \$55 per person

## YIN YOGA

Slow down, get still, and go deep. Yin yoga targets the connective tissues – ligaments, joints, bones, and the deep fascia networks of the body while improving energy flow by enhancing the flow of chi in the organs.

Length 60 minutes  
Cost \$55 per person



# OUTDOOR ADVENTURE

## HIKES

\*Fixed base rate of \$400.00 flat fee covering all permits, transportation and guide services.

### JEWEL OF THE CREEK BEGINNER HIKE

Experience the healing powers of nature on this gentle 2 mile loop. This incredibly unique part of the Sonoran Desert will have you in awe as you explore contrasting ecosystems. This is a great hike for someone who just wants to slow down and enjoy the beauty of the great outdoors. Throughout this hike, you will take in views of giant saguaros and huge deciduous trees like the Arizona Ash tree. You might even get lucky enough to explore this hike when Cave Creek is running through it.

Length 3 hours  
Cost Up to 13 ppl at \$45 pp++  
14 ppl and above at \$75 pp++

### QUARTZ INTERMEDIATE HIKE

The Quartz Hike is an intermediate 3.5 mile loop at Cave Creek Regional Park. It goes through the lush Sonoran Desert over rolling hills taking you up hillsides with great views of the surrounding area. You will see all of the classic Sonoran Desert plants like the saguaro, prickly pear, teddy bear and buckhorn cholla, palo verde and mesquite trees, jojoba, and many more. You might see some mule deer and hear a variety of different birds. Its namesake comes from a giant quartz monolith that you can't miss on the side of the trail. Tiny pieces of quartz coat sections of the trail. It's not a completely flat hike but also doesn't have any major sections of elevation gain making it a great option for the casual, intermediate hiker looking for a classic desert hike.

Length 3 hours  
Cost Up to 13 ppl at \$45 pp++  
14 ppl and above at \$75 pp++

### TOM'S THUMB ADVANCED HIKE

The Tom's Thumb Hike is an Advanced 4.0 mile out and back trail in the McDowell Sonoran Preserve. Exploring through the lush Sonoran Desert and giant Granite Rock Formations you will end with beautiful views of the southern McDowell Mountains and even the downtown skyscrapers of Phoenix. The Tom's Thumb hike is one of the valley's most popular hikes, you will experience some tough switchbacks and elevation gain but will be rewarded with unbelievable desert views. Only for experienced hikers!

Length 4 hours  
Cost Up to 13 ppl at \$45 pp++  
14 ppl and above at \$75 pp++

### DESERT BATHING: A NATURE IMMERSION EXPERIENCE

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 on the Jewel of the Creek trail. 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.

Length 3 hours  
Cost Up to 13 ppl at \$45 pp++  
14 ppl and above at \$75 pp++

## ROPES COURSE

### THE SUMMIT: AN EXTENDED HIGH ROPES EXPERIENCE

Discover your potential in this journey of trust, self-discovery, and empowerment. Designed for all levels, this extended 2-hour transformational experience invites you to lean into courage and explore untapped opportunities—25ft off the ground.

Length 90-120 minutes, depending on number of guests  
Cost \$65 per person



# PERSONAL GROWTH & DISCOVERY

## MEDITATION

### MORNING BALANCE MEDITATION

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

Length 30 minutes  
Cost \$45 per person

### 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.

Length 50 minutes  
Cost \$55 per person

### 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.

Length 30 minutes  
Cost \$45 per person

### CHAKRA BALANCING MEDITATION & SOUND

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.

Length 60 minutes  
Cost \$55 per person

### SUNSET SOUND HEALING

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

Length 50 minutes  
Cost \$55 per person

## WORKSHOPS

### 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.

Length 60 minutes  
Cost \$55 per person

### CONSCIOUS BREATHWORK JOURNEY

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 blockages, both physical and emotional.

Length 90 minutes  
Cost \$65 per person

### CACAO CEREMONY & APPRECIATION CIRCLE

Experience the gentle power of a heart-opening cacao ceremony, where gratitude sets the tone for connection and reflection. Through this sacred ritual, open your heart to the present moment and deepen your sense of appreciation for yourself, others, and the journey of life.

Length 75-90 minutes  
Cost \$65 per person

### 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.

Length 75-90 minutes  
Cost \$65 per person

### INTRODUCTION TO MEDITATION

In this workshop you'll learn tips & techniques for inviting meditation into your everyday life. Explore the myths of meditation, the difference between inner world & outer world, & 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.

Length 75-90 minutes  
Cost \$65 per person

### 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. Feng Shui will help to harmonize your environment and create a peaceful, sacred space to realize your dreams. In this interactive workshop, you will use your vision and techniques from the field of manifestation to create a clear picture to harmonize all aspects of your life.

Length 75-90 minutes  
Cost \$65 per person

### **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.

Length 75-90 minutes

Cost \$65 per person

### **MINDFUL CREATIVITY - 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 healing properties and create your own powerful and personal mala to take away with you on your journey.

Length 90 minutes

Cost \$150 per person

### **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.

Length 75-90 minutes

Cost \$65 per person

### **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.

Length 75-90 minutes

Cost \$65 per person

### **MINDFUL MOMENT**

This 15-minute reset offers a gentle invitation to reconnect—with your breath, your body, and your intention. Each session is thoughtfully crafted and may include light stretching, guided breathwork, gratitude reflection, or intention setting. Designed to meet you right where you are, Mindful Moment is a simple yet powerful way to pause, recalibrate, and return to your day with clarity and calm.

Length 15 minutes

Cost \$20 per person

### **CUSTOM WORKSHOP EXPERIENCE**

This highly personalized workshop is thoughtfully designed to meet the unique needs and goals of your team or group. Whether you are seeking deeper connection, inspiration, stress relief, or practical tools for wellness and communication, this experience will be tailored to support your intentions. Through a blend of discussion, reflection, and experiential practice, your group will leave feeling more connected, empowered, and inspired.

Length 90 minutes

Cost \$150 programming fee + \$65 per person

Note Please note that this experience requires a minimum of 30-day lead time and a Discovery Call with leading Wellness Guide



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