
Mindful Meetings

In addition to modern indoor and verdant outdoor meeting spaces across our six-acre property, we've designed the following mindful offerings to support freedom from stress, sensory awakening, physical renewal, personal connection

and, of course, productivity. Any or all of these offerings, in addition to a mindful food and beverage menu, can be added to your event for up to 30 participants.



Kombucha Workshop

Learn the art and science of making kombucha, the fermented tea elixir much touted since its inception in ancient China for its ability to detoxify, improve digestion, and increase energy and mental acuity. Revive, a local, family-owned craft kombucha brewery, will lead an informative and interactive session. Each participant will take home their own SCOBY, and a kombucha recipe to inspire their home brewing.

Mindful Yoga

Led by dancer, actress and decade long yoga instructor, Andrea Bogart, this vinyasa yoga session threads together mindfulness, philosophy and humor, well rounded with some sweat and grace. The perfect foundation for a day of collaborative meetings or team building exercises. Weather permitting, this yoga experience will be held on the West Lawn.

Tea Tasting & Ceremony

Steep yourself in the soothing aromas, flavors and rituals of single estate, organic, whole leaf tea. With this hands-on tea tutorial led by founder of Sonoma steepery, UppercaseTea, you'll learn to identify the aroma, taste, properties and benefits of six tea types. Then enjoy a refreshingly civilized tea ceremony which blends modern day convenience, English refinement and Eastern Zen. The perfect way to refresh and energize your group before resuming a productive afternoon session.

Team Building & Meeting Facilitation

Boost your meeting brain power with groundbreaking tools and strategies led by mindful meeting coach Anne Marie Sebastiani. With team building activities such as vision board workshops to awaken your imagination and intuition, as well as goal setting and time management skills, groups can create an action plan for success. Anne Marie also offers "earthing" meditation for power lunches and breakouts, offering clients a purposeful pause for regrouping outdoors in our garden setting. Her five principles for time abundance training teaches CEO's and administrative staff alike how to be powerful, effective leaders and tap into the right brain/left brain connection. Break away from the traditional flip charts and PowerPoint presentations to find the perfect work/life balance with this passionate meeting leader.

Enhancements



Mindful Meeting Menu

With an eye towards health and wellness, mindful eating practices and minimizing waste, Chef Cole has developed a locally sourced, whole foods-based menu offering a balanced break from the meeting grind.

In Room Amenities

Relax your body and stabilize your mood after a long day of planning, goal setting and group collaboration. Anxiety and stress is lifted once this artisanal CBD bath bomb from Onyx & Rose hits your soaking tub or outdoor steaming shower. Enjoy the benefits of spa relaxation in your own room as a way to wind down.

B12 Breakouts

Vitamin injections administered on-site to those seeking wellness, life vitality, or the treatment of individual health needs. BShot menu includes energy, mood, or slim boosters with various vitamin add-ons. Shots developed by local ND, Dr. Danielle Schwaderer, who created the vitamin boost program in partnership with Sprouts Health Markets in 10 California locations. Work this powerhouse nutrient resource into your work or travel schedule for an energetic and relaxing stay.
