

Description of Classes

Chakras and Your Destiny – Learn how your energy field plays a key role in your health and relationships and how to know if your energy is out of balance so you can rebalance and align with your destiny.

Discover Your Power Animal - Take a journey with our shaman to discover the power of the sacred animals who will guide you to know love through their eyes.

Energetic Connection to the Sacredness of TBP - Connect to the sacred energies of the true nature of TBP and yourself with our resident shaman in a ceremony that allows you to hold the highest vibrations that can bring what you may never have imagined.

Follow Your Drum to Your Mind/Body/Soul – Discover more of YOU as you connect to the power of the drum through rhythm. This fun experience brings you inner balance, harmony, peace, excitement and more so each moment of your life is a reflection of what you want. No musical experience required.

Gentle Water Yoga – Enjoy the warmth & humor while you improve your balance increase your natural range of motion and deeply relax in the healing waters.

Gentle Yoga Stretch – Gentle Warm up and Flow

Harmonic Vibrations Sound Bath – Enter into a blissful state with the harmonic vibrations of three Paiste gongs and the 7-chakra tuned crystal bowls to attune with your highest vibration.

Healing Yoga with Guided Meditation – Relax in healing poses that aid in detoxing your body. These poses focus on the chakras and bring restorative properties to your body as if you just woke up from a great nap after your guided meditation

Integrating Your TBP Experience – Learn specific tools and techniques that allows you to take home your TBP and hold this healing energy to be more effective with others, let go of multi-tasking and stop burning the candle at both ends. Enjoy a guided meditation that allows you to take home your special experience.

Intention Burning – Be cleansed and cleared of what you want to let go of in order to bring more into your life through this cleansing and healing ritual.

Loving Life & the Four Agreements & The Power of Love Now - Explore the wisdom of the masters through their readings to attract and be more of the positive energy that you are into your life.

Messages from the Angels/Angel Workshop-Exploring Relationships/Nurturing Messages from the Angels- Receive information that is needed in this incarnation to assist you with any blocked energy and reveal to you answers for your life.

Mindful Meditation – Discover the mindfulness of meditation that allows you to be in the moment to create a more peaceful and productive lifestyle.

Qigong – Experience this gentle yet powerful system of healing and energy medicine that uses gentle movement and meditation to cleanse, strengthen and circulate your life energy.

Slow Down to Get Ahead - Discover how slowing down with mindfulness practices will help you get ahead in work and life.

Mindful-Based Stress Strategies – Learn specific exercises that reduce your stress, improve your health, strengthen your relationships and create better outcomes at work.

Shaman Blessing Honoring Your Dreams – Experience a sacred ceremony of beauty, sweetness and intentions in honoring your journey and being that nurturing energy that heals relationships, direction in life and health.

Shaman Journey to Clear and Realign - Experience a guided journey with drums and rattles for you to clear the past, bring balance and soar on your sacred journey of life.

The Power of Juicing/Revitalize with Juicing – Participate in making and sampling one of our Essense Restaurant's famous juices as you bring more energy and wellness into your body.

Therapeutic Yoga – Focusing on neck, shoulders, hips, back and hamstrings. Great for beginners.

Vino & Van Gogh/ Paint, Play & Pinot - Be inspired and guided through your masterpiece of expression while sampling some of our fine wines.