

Description of Wellness Classes

Answers from the Masters – Explore the teaching of the masters on how to quiet the monkey mind to find peace inside you and outside your world. Learn how different teachings complement each other to guide you in life.

Art of Creating Abundance – Enjoy a sample of our organic wine as you explore the complex relationships you have with abundance and redefine the ways you perceive the concept of plenty.

Art – Health and Wellness – Sample our organic wine as you envision and open to a new reality of health, energy and vitality by disempowering energies that impede the process of holistic well-being.

Balancing Your Chakras to 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.

Becoming Extraordinary – Take a powerful guided meditation to meet your Inner Leader, find your answers to work and life and stop waiting for permission to be your most extraordinary self.

Body Pilates – Experience a total body conditioning exercise method combining strength and flexibility while focusing on the core

Creating a New Book of Life - Hear how to tap into information that has been unavailable before and how it can aid in your awareness of creating your life.

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.

Discovering Your Possibilities - Sample our organic wine as you are guided in meditation to bring brush to paper to discover your possibilities in life.

Follow Your Drum ♥ to Your Mind/Body/Soul – Discover more of YOU by

connecting 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. (seasonal class)

Gentle Yoga Stretch – Open the tight area through breath; strengthen your muscles and quiet your mind.

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.

Intention Saging – 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.

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.

Love Language – Learn the 5 Love Languages and why they matter in your relationship. Discover the ‘art’ of communication through body language and explore your lovability.

Loving Life & the Four Agreements/Answers from the Masters - Explore the teaching of the masters on how to quiet the monkey mind to find peace inside you and outside your world. Learn how different teachings complement each other to guide you in life.

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

Mindful Eating - Bring gratitude, self-compassion and mindfulness to your relationship with food this holiday season in this meditation-inspired class.

Nature Walk – Explore Two Bunch Palms’ rich history, healing waters, animals, and plants as you walk the Roadrunner Trail to discovery. For comfort please consider: Closed toe shoes; sun screen/hat; bottle of water; and a camera

Past Life Regression – Have you wondered why you have a fear of heights, feel like you've been somewhere before even though you haven't, PLR can unlock issues, problems, phobias, ailments etc. originate in prior lifetimes. By regressing to these lifetimes, we can understand what is needed to be done to release them.

Revealing Your Strengths – Sample our organic wine as you paint in a meditative state to discover your strengths...and so much more.

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 Art of Transformation - Create your own masterpiece of finding you by using paint, brush, paper, meditation and inspiration.

The Power of Forgiveness – Get ready for an authentically joyful holiday season through the healing power of forgiveness in this special meditation-inspired offering. Let go of what no longer serves you!

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