

Programs



TWO BUNCH PALMS

Two Bunch Palms offers a variety of free programs throughout your stay. We highly encourage our guests to explore our classes and learn to define what wellness means for themselves.

Schedules for classes change weekly. All of our classes can be reserved as private classes for your group. Please contact The Spa for pricing.



MINDFULNESS & MEDITATION

Meditation to Slow Down

Feeling too busy in life? Discover how slowing down with mindfulness practices can help you improve in both your work and personal life.

Becoming Extraordinary

Don't wait for permission to be your most extraordinary self. Take a powerful guided meditation class to help you find your answers on how to get more from your life.

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.

Water Meditation

Let us show you the benefits of meditating in water. Come sit in our sacred waters and be held as you meditate, calm and rejuvenate your body and mind.

Harmonic Vibrations Sound Bath

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

Nature Walk

Explore Two Bunch Palms' rich history, healing waters, animals, plants and more. For comfort please consider: Closed toe shoes, sun screen, hat, bottle of water and a camera.



ART & DISCOVERY

Paint Your Possibilities

Discover how to clear your path to the freedom of enjoying each moment. Visualize and explore imagined environments that you can access and awaken your inquisitiveness and playfulness.

Follow Your Drum to Your Mind, Body & Soul

Discover more of yourself by connecting to the power of the drum. This fun experience brings you inner balance, harmony, peace and rhythm. No musical experience required.

Revealing Your Strengths

Ever wonder where your power really lies? Visualize an expanded reality through your curiosity to reveal and understand an inner resilience that will allow you to shine.

Art of Health and Wellness

Turn what you believe about yourself upside down. Find vitality and freedom from fear through personal compassion, forgiveness and art.

Art of Creating Abundance

Would you like to learn how to open the door to the riches of life? Use art to visualize the release of attachment and need. Step into creating openness and be ready to give and to receive bounty.

Art of Transformation

Ever wanted others to see you differently? Use art to visualize a transformed relationship with yourself, with others, with your occupation and cultivate the confidence to be your best self.



THE SELF

Discover Your Power Animal

Take a journey with our shaman to discover the power of the sacred animals who will guide you to see your life through their eyes. Find answers that may have been hidden before.

Awaken from Your Thoughts

Has your mind ever been too active? Explore different teaching of the masters on how to quiet the mind to find peace inside you and outside your world.

Shaman Blessing Honoring Your Dreams

Experience a sacred ceremony of beauty, sweetness and intentions in honoring your journey by knowing how your call to spirit can heal relationships, your direction in life and your health.

Shaman Journey to Clear and Realign

Experience a guided journey with drums and rattles for you to clear your past, bring balance to your life and soar into your sacred destiny by learning from the wisdom of the animals.

Loving Life & The Four Agreements

Learn from the book, *The Four Agreements*, that reveals the source of self-limiting beliefs that rob you of joy and create needless suffering. Discover practical tools to your personal freedom.

Balance Your Chakras to Your Destiny

Learn how your energy field plays a key role in all your success. See how your chakras are in or out of balance and how you can rebalance and align your health, relationships and finances.



THE SELF

Messages from the Angels

Want to communicate with 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.

Languages of Love

Have you ever had a hard time communicating with someone? Discover the “art” of communication through body language and explore your lovability with yourself and others.

Exploring Our Relationships

Discover the beauty of relationships through the Flower Essence deck and how to find love both inside and out.

Feng Shui

Is the love chapter of your life not quite perfect? The best way to attract love is to adjust your environment or it can actually drive Cupid from your door. Learn simple tips for finding your perfect mate or increase the passion with your partner.



THE PAST & THE FUTURE

Past Life Regression

Have you ever wondered why you have a fear of heights? Thought you have been somewhere before, when you haven't? Unlock issues, problems, phobias and ailments that originate from prior lifetimes. By regressing to these lifetimes, you can understand what is needed to release your past.

The Power of Forgiveness

Have you ever thought of something from the past that still affects you? Get ready for the healing power of forgiveness in this special meditation.

Intention Saging

Have you ever felt weighed down? Be cleansed and cleared of what you want to let go of in order to bring more into your life through this healing ritual.

Creating a New Book of Life

Have you ever wanted to have something different in your life? Hear how to tap into information that has been unavailable before and how it can aid in your creating your life.

Design Your New Year

Want your best year ever? Discover the blue print for your most successful year ever by exploring the power of your subconscious through hypnosis.



YOGA & BODY WORK

Gentle Yoga Stretch / Hatha Yoga

This is the place to unwind the body, mind and soul. Come open your tight area through breath. Strengthen your muscles and quiet your mind. Ideal for beginners.

Therapeutic Yoga

Do you have any tight areas in your body? Lie down and focus on releasing tension on your neck, shoulders, hips, back and hamstrings. Ideal for beginners.

Gentle Water Yoga

What else can you do in our healing waters? Enjoy the warmth of the water while you improve your balance and increase your natural range of motion. Ideal for beginners.

Gentle Vinyasa Flow

Experience a gentle flow with just the right amount of stretching and breathing. Move your body and build a little heat to keep your body warm through the practice.

Body Pilates

Looking for more strength and physical balance? Experience a total body conditioning exercise method combining strength and flexibility while focusing on the core.

Healing Power of Sacred Chanting

Ever want a powerful healing? Experience the power of ancient Kundalini yoga chanting in community to bring in your creative wisdom, access the divine teacher within, eliminate fear and fulfill your desires.



PRIVATE SESSIONS

Please contact The Spa to book a private session. Please note that all privates are subject to the availability of the instructors.

Shaman Clearing and Journey Session

The Shaman begins with a short conversation on what your intentions are. She will then clear your thoughts, emotions, chakras and energy field of past pain. Once that is cleared off of you, she will take you on a journey to find answers to your past, others and yourself to understand why you are here and what your lessons are so that you can align with your sacred destiny.

1 guest, 60 min. \$245 or 2 guests, 90 min. \$450

Shaman Session Mythic Path to Your Destiny

This session includes a Shaman Clearing and Journey. Additionally, the shaman will take you through a process to get your mind on board with the healing you experienced so that you can accept and continue accessing the answers you received in your session.

1 guest, 90 min. \$295 or 2 guests, 120 min. \$540

Angel Reading

Through the Angel Cards, allow the angels to help you find your soul's purpose through your Akashic Record – the book of life. Let them show you the answers of where you are in your life and where you may be heading to connect with your highest self.

1 guest, 60 min. \$200 or 2 guests, 90 min. \$320



PRIVATE SESSIONS

Mindful Meditation

Create your own personalized mindfulness and meditation practice so you can have more peace and purpose in your life. In this private, you will uncover strategies unique to your life so that you can enjoy the benefits of less stress and anxiety. At the end of the session, you will go home with your own mindfulness practice that can continue to evolve and grow as you do, whether you are a beginner or have been meditating for years.

1 guest, 60 min. \$150 or 2 guests, 90 min. \$260

Spiritual Counseling

Be guided through obstacles that you may or may not be aware of that are blocking your goals. By asking the right questions, you will awaken to your own insights to accomplish these goals. Together we will be able to set up realistic goals and provide you a simple meditation that quiets the mind and opens you to your desires.

1 guest, 60 min. \$150 or 2 guests, 90 min. \$260

Hypnotherapy

Sometimes our minds need a little help. This private focuses on your needs, goals and therapeutic process. Hypnosis can help with a myriad of issues; including but not limited to: weight reduction, pain management, releasing old outdated beliefs and habits, personal growth, stress reduction, grief, success coaching, stop smoking, release anxiety, improving self esteem and past life regression.

1 guest, 60 min. \$200 or 2 guests for 90 min. \$320



PRIVATE SESSIONS

Feng Shui

Explore the details of how to recreate each room of your home to bring in more fun, love and passion. By simply redesigning and rearranging, your home can flow with all the prosperities love has to offer you.

1 guest, 60 min. \$150 or 2 guests, 90 min. \$260

TWO BUNCH PALMS

67425 Two Bunch Palms Trail
Desert Hot Springs CA 92240
T 760.676.5000
W twobunchpalms.com