

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

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.

Harmonic Vibrations Sound Bath

Enter 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.

THE PAST & THE FUTURE

Intention Saging

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

Book of Life

Have you ever wanted to save 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.



ART & DISCOVERY

ART: Manifest Abundant Well Being

Through Visualization meditation, use the power of your creative imagination to express a wholistic wellness you wish to manifest through Art.

ART: Practicing Playfulness.

Let your inner child out to Play. Open your Spirit through visualization meditation and set it free with brush and paint.

ART: Portrait Painting.

Bring a Friend or paint a classmate – experience a closer personal connection with others as you discover the basics of portraiture.

ART: The 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.

ART: Awaken Creativity.

Let Go of Control – Clear blocks to expression as you paint across a 3- step journey to openness and creative freedom.

ART: Totem Stones.

Working with local stone, ground yourself to the energy of our Desert Vortex as you paint powerful symbols of intention.

ART: Vino Van Gogh.

Let Music, wine and visualization take you on a journey to artistic possibilities.

ART: Express Gratitude.

What would you like to Give Thanks for Today? Focus within and paint your gratitude for Self, Others and Life.



THE SELF

Vibrations to Clear & Realign with Drums.

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

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.

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.

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.

YOGA & BODY WORK

Gentle Yoga Stretch

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 / Restorative 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 (Summer Only)

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.

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.

Yin Yoga 75minutes

This class has limited Yoga Poses being used. The class is designed to give you extra time to be able to move into the Yoga Pose and keep the strength lasting longer.

Dance Meet Yoga

Using the 4 Elements we start with your beginning grounding Yoga Stretches, moving up off the floor to water, Fire, Air Movements and then back to the floor to finish off the grounding poses and relaxation.



**Want a ONE on ONE with your Instructor?
Please contact The Spa to book a private session.
All One on One Sessions are subject to the availability of the instructors.**

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