

Spa Terra at Meritage Resort & Spa

WEDDING WELLNESS MENU

Recognized as one of California's finest spas, Spa Terra offers locally inspired treatments in the sanctuary of an underground Estate Cave. With services, attendees enjoy access to our luxurious amenities, including a relaxation lounge, whirlpool, and steam room.

Wedding Day Yoga

Start your morning with a moment of yoga amid the rolling hills of the resort's own 9-acre vineyard. Your party will greet the day with an invigorating yoga flow class to energize the body and awaken the mind. Classes can be held at sunset, or by candlelight in our grand Estate Cave. Taught by one of our expert yoga instructors, we offer a variety of yoga classes including Hatha, Hatha Flow, Power Yoga, Vinyasa Flow and Mindful Vinyasa.

Marriage and Meditation

Take a moment of silence and reflection. Led by mindfulness teachers, speakers and coaches, our guided meditation class allows participants to clear their mind utilizing techniques that translate into personal life situations. This group setting is designed to teach one-pointed, non-dualistic meditation. All levels of meditators are welcome. No experience necessary.

Barre & Bubbles

Designed using a combination of postures inspired by ballet, yoga and Pilates, this class focuses on isometric strength training combined with high reps of small range-of-motion movements. Enjoy a champagne reception as part of your event.

Guided Vineyard Walk Meditation

Enjoy a 60-minute guided meditation through the Vineyard hiking trail. Rooted in nature and proven by science, Spa Terra's Vineyard and Nature activities offer one-of-a-kind experiences with established psychological and physiological benefits. Journey into Nature to connect with the earth and revitalize your internal source of health, energy, and well-being.

Bridal Boot Camp

This Boot camp mixes cardio training with body-weight exercise and strength training. This high intensity class will build your inner and outer strength.





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Reservations

We look forward to creating a memorable experience for your team. For pricing and additional information, please contact:

The Meritage Resort and
Spa – Sales
Phone: 707.251.1917
Email: sales@meritageresort.com

AWARDS AND ACCOLADES

- Best American Spa, Hemispheres
- Best Spa Resort, North Bay Biz
- California's Best Spas, San Jose Mercury News
- Ahhhhhhh Spas, Chicago Tribune
- The Best, Most Relaxing Spas to Try in Napa Valley, Tripping

PROGRAMS POWERED BY DONAVAN'S WELLNESS SOLUTIONS AND SPA TERRA

For additional Well-Being options please visit our Spa Terra Website or call 707-251-3000. Pricing available upon request.