



Wellness + Wine

AT VISTA COLLINA AND MERITAGE RESORT & SPA

AUGUST 16-18, 2019

Schedule of Events

FRIDAY, AUGUST 16

(\$125 per person; includes access to all Friday events)

5-6 PM

Full Moon Sound Bath in an underground Wine Cave

A sound bath meditation will be performed in our beautiful underground wine cave. This unforgettable experience will bring you to your highest form of meditation with the powerful vibrations brought on by the crystal bowls sounds and vibrations. One shall experience waves of peace, heightened awareness and relaxation of one's mind, body and spirit.

6-9 PM

Estate Cave Wine Dinner

Enjoy this intimate and well-balanced three-course tasting menu by Executive Chef Vincent Lesage. Each course of the welcome dinner will be paired with acclaimed Napa Valley wines.

9 PM

Full Moon Ceremony

Celebrate the August full moon in Aquarius. Set your intentions for realizing your visions for the rest of 2019. Explore your heart connection to Earth and her elements. Experience a guided meditation designed to open your heart, ground your spirit and free your old negative emotions. Celebrate the fullness of summer with love and gratitude and magic on the stunning Vineyard Deck.

SATURDAY, AUGUST 17

(\$105 per person; includes access to all Saturday events)

8-9 AM

Yoga in the Vineyards

Join us for a relaxing 60-minute Gentle Yoga Flow. You'll be soaking in the warm sun, breathing in the fresh air and grounding within the breathtaking setting of our Vineyard Deck.

9-10 AM

Breakfast

Start your morning with a nourishing breakfast featuring Chef Vincent Lesage's signature house made Acai Bowls topped with Purely Elizabeth granola.

10:30-11:30 AM **Holistic CBD Education**

Join Erin Willis, nutritionist, cannabis educator, and founder of Mother Indica, a cannabis-centric motherhood and nutrition blog, for an in-depth conversation surrounding the endocannabinoid system, whole-plant cannabis, cannabidiol (known as CBD), and the future of hemp culture and cuisine. We will also dive into the magic of terpenes and how becoming more aware of these plant compounds may enhance your overall experience of both hemp and wine.

12:30 PM

Vista Collina Food Truck Lunch

Enjoy a midday break on our Fountain Courtyard featuring healthy food truck fare by Vista Collina's own Food Truck. A perfect time to sip a glass of rose.

SATURDAY, AUGUST 17 *continued*

OPTIONAL Enhance your afternoon with a luxurious spa treatment. As a Wellness + Wine guest, we invite you to enjoy a 10% discount on spa treatments of your choice at Spa Terra, voted Napa Valley's Best Day Spa. Based on treatment availability; advanced reservations recommended.

4-5 PM **Reflection in Motion**

Tai Chi class lead by Professor Tim Gaskell owner of My Tai Chi Course. The origin of Tai Chi dates back 700 years. This Ancient Chinese modality was designed for battle to enhance balance and focus.

5 PM **Happy Hour Meditation + Mysteriama**

Together we'll end the day with a glass of Mysteriama red by Trinitas Cellars. The 45 minute mediation will be guided by Hannah, owner of WITHIN meditation studio located in San Francisco.

SUNDAY AUGUST 18

(\$45 per person; includes access to all Sunday events)

8:30 AM **Barre + Bubbly**

Fitness class with Pure Barre Napa Valley to start the day.

9:30 AM **Healthy Cooking Demonstration**

Vista Collina is pleased to welcome Kerstin Florian for a Gua Shu Lesson, paired with wholesome smoothies featuring Vital Proteins collagen. This relaxing and educational morning takes place at Vista Collina's new Food & Wine Center and exhibition kitchen.

11 AM - 2 PM **Artisan Market on the Village Lawn**

Focusing on Napa Valley artisans and purveyors of top culinary essentials, The Village's Artisan Market is your opportunity to meet local artisans, sample specialties and take a piece of Napa Valley home. Enjoy live music by locals, purchase a picnic style lunch curated by Executive Chef Vincent Lesage or wine taste at The Village – all for the perfect leisurely afternoon in Wine Country.

Frequently Asked Questions

Where are events located?

Events take place at both Vista Collina Resort and Meritage Resort, which are located side by side to each other. The event schedule lists the specific location of each class.

Where do I park?

Complimentary self-parking is offered along Bordeaux Way or at Meritage Resort.

Do I need to be a resort guest?

No, events are open to all!

Is there a discounted rate if I want to stay over?

Yes, please [CLICK HERE](#) to enjoy exclusive savings for this special event. With your room, you'll also enjoy a complimentary gift bag filled with wellness treats to take home.

How do tickets work?

Tickets are sold by day and include access to all events listed on that day. Each day requires a new ticket.

What if I only want to attend one event on one day?

It would still require a full day's ticket, but you are welcome to attend as many (or few) events as you wish on that day.

How do I purchase tickets?

All tickets must be purchased in advance on [EVENTBRITE VIA THIS LINK](#).

Can you accommodate dietary restrictions?

Yes! During the ticket purchase process, please note this in Eventbrite.