

# MINDFUL MEETINGS PROGRAM

THE  
Meritage  
RESORT AND SPA®



VISTA COLLINA

# INTRODUCING MINDFUL MEETINGS

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- Nurture a happy and healthier lifestyle with our new Mindful Meetings program.
- Offered in partnership with Bare Health, this extensive program is custom-tailored for groups to help achieve a higher level of wellbeing.
- Slow down, live in the moment and allow the natural beauty of Napa Valley to bring strength, happiness and inner peace.





# MENU OF SERVICES

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## MEDITATION

People around the globe have practiced meditation for centuries. Discover one of the most effective ways to improve concentration, acceptance and happiness through this honored tradition.



## YOGA IN THE VINEYARD

This calming gentle flow yoga class is further enhanced by expert guidance, and a spectacular Vineyard Deck setting overlooking the resort's vineyards, rolling hills and oak trees.

# MENU OF SERVICES

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## SOUND HEALING

Journey to the heart of the earth in our underground Estate Cave for a sacred sound experience unlike any other. Take in the natural beauty, revel in the stillness of the space, and allow crystal bowls, Tibetan singing bowls, chimes and tongue drums to lull you into deep relaxation and inner peace.



## JUICING, SMOOTHIES & MORNING ELIXIRS

Gather in our new Food & Wine Center for an expert food demonstration class that teaches delicious and deceptively simple recipes aimed to detoxify, cleanse and renew. Recipe cards are yours to take home.





## ABOUT BARE HEALTH

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Bare Health is a Napa wellness company that offers an array of fitness services from personal training, wellness retreats, corporate wellness, nutrition seminars and cooking classes, ergonomics and pain relief. Each fitness service begins with an extensive postural analysis assessment followed by a corrective exercise prescription and then we customize your fitness journey from there.