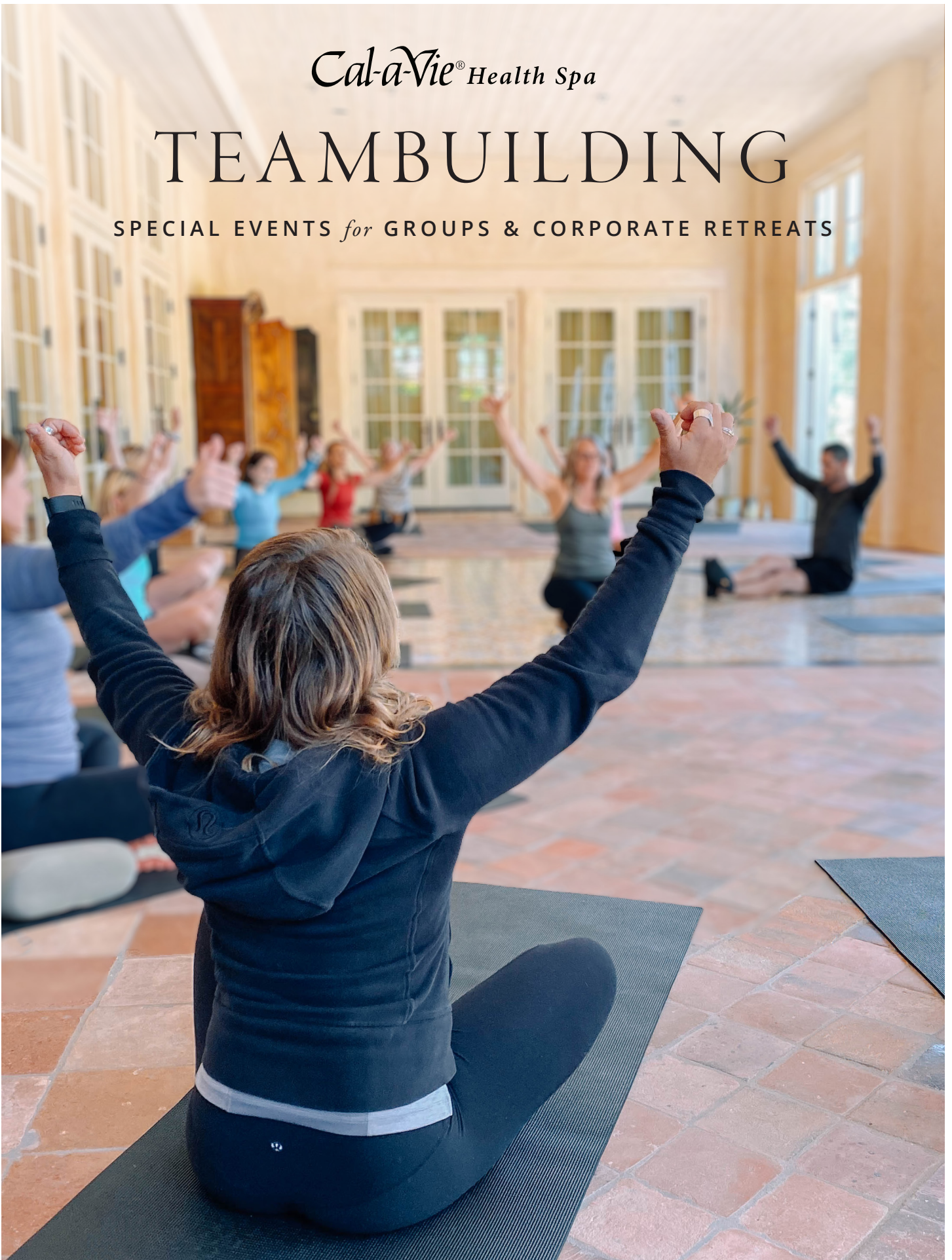


*Cal-a-Vie*® Health Spa

# TEAMBUILDING

SPECIAL EVENTS *for* GROUPS & CORPORATE RETREATS





# *Fitness*



Groups have the ability to create customized classes and tournaments in addition to Cal-a-Vie Health Spa's already robust daily fitness program.

## *Options Include:*

PICKLEBALL TOURNAMENT

CUSTOM-CREATED CAL-A-VIE BOOT CAMP

SAND VOLLEYBALL OR WATER VOLLEYBALL

ROUND ROBIN TENNIS TOURNAMENT

DANCE CLASS – LEARN HIP/HOP, COUNTRY WESTERN LINE DANCING,  
ZUMBA, LATIN OR BROADWAY

HIKES AND THE INFAMOUS 200 STEPS CHALLENGE

TEAM BUILDING GAMES (EX: TUG A WAR IN SAND, LIFE SIZE TIC TAC TOE)



# *Mind & Body*



Your group can experience R&R in a new and refreshing way at Cal-a-Vie. Our restorative Mind and Body classes are designed to inspire and equip you with new meditation practices for balance throughout the mind and body.

## *Options Include:*

### **AYURVEDA YOGA**

Yoga and Ayurveda are inseparable sisters originating as part of a greater system of Vedic knowledge. Both yoga and Ayurveda advocate for the regular practice of pranayama and meditation, incorporating the use of herbs, body purification procedures and the chanting of mantras for physical and mental health.

### **TEA CEREMONY**

This interactive ceremony focuses on sharing stories of why matcha was originally spread by Japanese Monks. You will learn about the connection to a meditative state of mind and the history of the tea ceremony while actually making the tea and, of course, sipping it!

### **MEDITATION WITH ESSENTIAL OILS**

The usage of aromatherapy will enhance your mind and body by providing ultimate relaxation and brain clarity.

### **SOUND HEALING MEDITATION**

The universal sound of crystal bowls work with your vibration to restore balance to the chakra system. It is a beautiful and powerful practice utilizing the sound of crystal bowls and the calmness of breathwork to create a greater sense of balance in your body and mind.

### **EVENING LABYRINTH MEDITATION**

Enjoy this enlightening meditative experience of walking through our beautiful and magical labyrinth after dinner guided by one of meditation experts.



# *Nutrition Lectures*



Cal-a-Vie Health Spa has a knowledgeable team of registered dietitians available to share detailed information and advice on nutrition topics ranging from fad diets to brain health.

## *Options Include:*

### **MAKING THE MOST OF YOUR STAY**

Find out tips and tricks on how to maximize your Cal-a-Vie experience. Learn about what new services are being offered that you can take advantage of while you are here.

### **CONQUERING CRAVINGS**

This class defines a craving and empowers you with the tools to succeed. Practicing mindfulness will help you become more self-aware to predict triggers and barriers and combat them with nutrition and lifestyle strategies.

### **SLEEP IS YOUR SUPERPOWER**

Learn the science of sleep and how to optimize rest for maximum health benefit.

### **BEAUTY AND NUTRITION**

Learn how to recognize nutrient deficiencies and hormone imbalances with the appearance of our skin, hair, and nails. Learn strategies to combat these issues with diet and the right nutrition choices.





# *Nutrition Lectures*

## TRANSFORMING YOUR BRAIN THROUGH FITNESS AND FOOD

In this session, you will learn how your fitness and food choices can positively impact and even transform your brain!

## CHOCOLATE CLASS

Learn about the health benefits of this superfood and how to choose high quality versions that you can incorporate into your every day. Tasting included.

## DETOX WITH SMOOTHIES

Smoothie making is an art at Cal-a-Vie. This class will teach you the right way to make a smoothie that tastes good and helps you detox without a calorie overload!

## SLEEP IS YOUR SUPERPOWER

Learn the science of sleep and how to optimize rest for maximum health benefit.

## MOOSHU TURKEY WRAPS

Learn how to make these nutrient dense, protein packed wraps for a nourishing snack or meal. Tasting and recipes included.

## MATCHA COCONUT CHIA PARFAITS

Learn about the amazing nutritional benefits of matcha and chia seeds with a step-by-step demonstration on how to make these delicious parfaits. Tasting and recipes included.



Matcha Coconut Parfait



# *Post Dinner Experiences\**



Groups can enjoy tasting events up at the Parish House patio with sweeping views of the countryside.

After a delicious gourmet meal prepared by our Executive Chef, your group can choose from a range of evening activities to enjoy while the night is still young.

## *Options Include:*

SOMMELIER – CHATEAU CAL-A-VIE WINE, CHAMPAGNE, OR TEQUILA TASTING

DR. COREY INJECTABLE / IV PROGRAM

PIANO PLAYER IN THE GREAT ROOM (70'S OR 80'S NIGHT)

KARAOKE IN THE GREAT ROOM

CHAPEL CONCERT (BROADWAY TUNES, OPERA SINGER OR STRING QUARTET)

GAME NIGHT – BINGO / BOARD GAMES

CASINO NIGHT

FINE ART PAINTING CLASS WITH JAMES CORWIN


CUSTOM TEAM BUILDING WITH *FUN IS FIRST*

\*Additional cost, outside vendor





# *Other Cal-a-Vie Activities*



Cal-a-Vie is equipped with a hilltop star gazing observatory and state-of-the art Takahashi telescope.

From cooking classes to stargazing, the team at Cal-a-Vie can provide a wide range of engaging activities your entire group will enjoy.

## *Options Include:*

COOKING CLASS WITH OUR EXECUTIVE CHEF

IRON CHEF STYLE COOKING CHALLENGE

GAMES: HORSESHOES, CORNHOLE, LADDER BALL, OR SHUFFLEBOARD

STARGAZING AT THE HAVENS OBSERVATORY

PAJAMA PARTY WITH MOVIE & POPCORN

FASHION SHOW



# *Golf*



## VISTA VALLEY GOLF – 18 HOLE CHAMPIONSHIP GOLF COURSE

There's no better way to enjoy the perfect temperature and rolling hills of Southern California than a round of golf on our sister property's beautiful course. Vista Valley Country Club is situated just next door to Cal-a-Vie Health Spa offering your group the chance to play on a beautiful course while enjoying Cal-a-Vie amenities.

## *Options Include:*

GOLF TEE TIMES

GOLF CLINICS

GOLF LESSONS

DEMOS WITH CALLAWAY, TITLEIST, COBRA

CLUB FITTINGS

TPI CERTIFICATION

DRIVING RANGE PRACTICE FACILITIES





## *Guest Presenters\**



Guest presenters can provide an enriching new experience, giving your group valuable knowledge they will take with them after their retreat.

### *Our Presenter List:*

**LAURIE ITKIN - THE OPTIONS LADY:**

[Click here to visit Laurie's website](#)

**DR. MEHRAD NAZARI - "ENLIGHTENED LIVING"**

[Click here to visit Dr. Nazari's website](#)

**DR. TRISH SMITH - SPORTS THERAPIST & WIM HOF CERTIFIED INSTRUCTOR**

[Click here to visit Dr. Smith's website](#)

**DR. NICOLE WALLACE:**

Chiropractor specializing in Neuro Emotional Technique, Chiropractic Kinesiology, Erchonia Low Level Laser, and Brain Health Assessment & Balancing.

[Click here to view Dr. Wallace's website](#)

\*Additional cost, outside vendor



# *Teen Groups*



Young adults can also enjoy group activities at Cal-a-Vie Health Spa. Our team can organize anything from scavenger hunts to dance classes.

## *Options Include:*

MINI MAKEOVERS

POOL PARTY, BBQ, AND FASHION SHOW

JEWELRY MAKING

MAGICIAN

SCAVENGER HUNT

ADD COLOR TO YOUR LIFE

Temporary hair colors and hair crystals

INTERACTIVE COOKING CLASS

HIP HOP DANCE CLASS

T-SHIRT ART

AIRBRUSH MAKEUP





# TEAMBUILDING

AT CAL-A-VIE HEALTH SPA

For more information about group events or corporate retreats, please contact Group Sales:

[groupsales@cal-a-vie.com](mailto:groupsales@cal-a-vie.com) | 760.945.2466 | [cal-a-vie.com/group-events](https://cal-a-vie.com/group-events)

