

FLAMINGO

Santa **RESORT** Rosa

*Curated
Experiences*
by
S P  K E N



MINDFULNESS

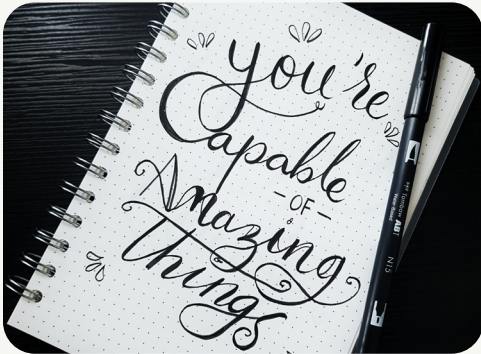
Meditation

What is Mindfulness? Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress. When we are mindful, we reduce stress, enhance performance, gain insight and awareness through observing our own mind while increasing our attention to others' wellbeing. Mindfulness meditation gives us a time in our lives when we can suspend judgement and unleash our natural curiosity about the workings of the mind.



Yoga

Yoga is a group of physical, mental and spiritual practices or disciplines which originated in ancient India. Yoga aims to control your "yoke" and still the mind recognizing a detached witness-consciousness untouched by the mind (Citta) and mundane suffering (Duhka). Yoga classes can be personalized for beginners or to one who practices this art daily. Practicing this art indoors or outdoors there are many areas around the resort available to soothe the soul.



Wine & Watercolors/Calligraphy

Channel your inner artist & enjoy some sips of wine from Sonoma county. This fun and unique experience is perfect for team building, wedding parties or time with friends. As you flow the watercolors or calligraphy letters across a page, your mind will focus only on what's at hand. Being in this moment will create a sense of calm and peace. You'll learn from a local artist about watercolors or calligraphy, how to let the brush glide, and you'll be working on your own take-away card or other project. A perfect memento of your visit.



Moving Lecture Yoga

OHM in the workplace? Yes please! Created by Yogi Kelliann, this style of yoga is focused on bringing physical and mental benefits into your workday. Each pose is designed to teach your group the ease of incorporating wellness at the beginning or end of their shift, into their breaks, or as a group before a meeting. Asana's (poses) are done either from a chair or standing [by your imaginary desk] no yoga mat required. Your focus sharpens, productivity increases, & stress reduces as you create a more balanced work environment. Plus, each participant will be given access to a digital copy of what is taught so they have reference for practice at work or at home.



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707.545.8530 | SALES@FLAMINGORESORT.COM

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CEREMONIES

Sound Journey

Time to unwind & nurture you mind, body and spirit. A Sound Journey is an experience that involves the use of sounds and vibrations to bring you into ultimate relaxation. The Provider will choose either crystal singing bowls, Tibetan singing bowls, gongs, chimes, or other melodic tools in combination to create the soundwaves. You'll begin laying on your back [with blankets for comfort] or seated; head facing the instruments with your eyes closed. You are then guided to take some breaths and bring your focus onto yourself, while listening to the sounds. The melodies will elevate & ignite your senses while creating a calm that relaxes your nervous system & body. You'll be gently awakened from your zen state of mind and ready to take the day on, lay by the pool or enter into a restful sleep.



Drum Circle

Drumming has been said to be the "heartbeat of society." A way to connect and communicate our oneness. Being noted as one of our oldest musical instruments, the drum has had a place in every ancient culture from sacred rituals, celebrations, healings, a communication tool and just for fun. Participants will be given a hand drum and then gather in a circle. You'll be guided into a rhythm that flows based on your connection, and openness to the group. The focus is on empowering each other, to be in-tune nonverbally so you may share a rhythmic spirit. When the group is in flow it's exhilarating! A drum circle is a fun, light and easy way to bring your group into the moment, get their heartbeating and have a memorable experience.



Cacao Ceremony

Cacao Ceremonies provide a safe and nourishing environment for you to connect with the spirit of Cacao, and other people in deeper ways than one can usually access when by yourself. The group will be led through a cacao blessing, where they learn about the Cacao they are drinking, and how it was prepared. With the vasodilating and cardiac stimulant properties of the Cacao base, Cacao acts as an optimal delivery mechanism for the superfoods that are carefully selected to nourish your mind and body.



Seeds of Intention

You don't need a green thumb for this activity! Your group will gather in a circle and stand with their arms to their side and palms facing out. Our Provider will start with a smudging ritual to help clear ones' energy space, followed with a guided intention setting practice to bring out one's dreams and goals. Every participant will be given 'dream seed' and will be guided of how to transmit their dream into the seed. As a group, you will then close the circle and feel an overall sense of balanced energy. Don't forget to take your dream seeds home with you so you may plant them when you feel it's the right time to manifest those intentions.



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Red String Gratitude Ceremony

How great is it that we are all here together? Surely, your group getting to be part of a unique experience that dates back to our ancestors, will create memories of a lifetime. This Toltec ceremony from Teotihuacan is just that. You'll gather in a circle of unity and be given one long red string. You are then guided to set your intentions and the weaving of the string begins led by the Provider. Now each group member will weave the circle and bind their intentions ending in a string cutting ceremony. As a token and a tool to remind you of your experience and your intention, you will receive part of the red string as a bracelet. May you find gratitude daily when you look upon it.



READINGS

Tarot

Is defined as a set of 22 playing cards bearing allegorical representations used for fortune telling. Readings are utilized to predict potential outcomes, assess influences connected to a person or their circumstance.



CELESTIAL

Astronomer Guided Stargazing

Experience an Astronomer guided adventure following the moon, planets, stars and galaxies using the latest telescopes and optical instruments. Admire shimmering dots of white lights in the night sky, explore craters on the moon and see galaxies lightyears away. This experience allows you to arrive excited and leave calm and relaxed.

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