

# BRICOLEUR

## VINEYARDS™

### MEETING ENHANCEMENTS

Set your intention for a successful team retreat with our mindful meeting practices, each designed to increase creativity and productivity as well as reduce anxiety and stress. Drawing from integrative modalities such as Yoga, breathing exercises, meditation, aromatherapy and sound therapy, your team will experience a deeper sense of self and corporate camaraderie during and after their time with us.



### CALM, CENTER & FOCUS

Start your morning meeting with some gentle stretching, a centering breath practice, concluding with aromatherapy using our estate lavender. This 30-minute practice takes place in our pavilion, overlooking our vineyards and the Mayacamas ridge, and is the perfect start to your morning.

Duration: 30 minutes

Cost: \$35 per person

Minumum: 10 participants

## MOVEMENT AND MINDFULNESS

Untangle your mind and body with an all-levels yoga practice before your all day meetings. This experience can be 45-60 minutes in duration and can be taken on a cork yoga mat or in a chair which we provide. This is a perfect practice for participants who have never taken yoga or are working with mobility challenges.

Duration: 45-60 minutes

Cost: \$40 per person

Minumum: 10 participants

## ZEN THEN ZIN

Conclude your day of meetings by stretching out your body and coming back into your breath with a relaxing and fun all-levels yoga class in our estate pavilion. After Savasana, re-engage with your senses with a glass of our wines and watch the sun set over our estate.

Duration: 45-60 minutes

Cost: \$55 per person

Minimum: 10 participants

## GUIDED AND GROUNDED

Taking rest before activity has shown that we can be more productive and efficient in our work. This guided meditation experience around our meditation pond can turn down the chatter in the mind, allow for perspective and enliven your creative side.

Duration: 30 minutes

Cost: \$35 per person

Minumum: 10 participants

## SOUND AND GROUND

Rest and recharge with sound therapy using ancient Tibetan crystal bowls. Sound therapy helps settle the physiology, reduce anxiety and put you into a deep state of relaxation and meditation. This experience is typically offered at the conclusion of your day, so you can focus on yourself.

Duration: 60 minutes

Cost: \$65 per person

Minimum: 10 participants

