Start Strong. Begin with a healthy meal & a light activity to boost energy & focus of your attendees.

**FLEX POWER**  
*Stretch Class | Grains & Fruits*  
**ACTIVITY**  
A 25-minute, instructor-led routine that focuses on posture, breathing techniques and easy stretches.  
**MENU**  
- Miniature Whole-Grain Croissants  
- Local Jams & Preserves  
- Steel-Cut Oats with Seasonal Local Fruits  
- Spinach & Feta Croissant  
- Seasonal Local Whole Fruits  
- Spa Water—Seasonal Fruit/Herb  
- Bottled Electrolyte Water  
- Fresh-Brewed Fair Trade Coffee & Tea

**SMOOTH MOVES**  
*Fun Run/Walk | Muffns & Smoothies*  
**ACTIVITY**  
A one- or two-mile, instructor-led morning fun run or power walk around the property and town.  
**MENU**  
- Chef Choice: Whole-Grain & Nut Muffins—Carrot, Raisin & Bran  
- Chef Choice: Veggie & Fruit Smoothies—Kale, Banana & Date  
- Spinach & Egg White Frittata with Tomato Relish  
- Seasonal Local Whole Fruits  
- Spa Water—Seasonal Fruit/Herb  
- Bottled Electrolyte Water  
- Fresh-Brewed Fair Trade Coffee & Tea

**YOGA & YOGURT**  
*Yoga Session | Granola & Yogurt*  
**ACTIVITY**  
A 50-minute, instructor-led yoga class that awakens and energizes the body and mind.  
**MENU**  
- Seasonal Berry Medley Salad—Watermelon, Yuzu & Mint Salad with Citrus Basil Dressing  
- Seasonal-Fruit-Infused Yogurt  
- House-Made Granola with Nuts  
- Scrambled Egg Beaters with Leeks & Wild Mushrooms  
- Spa Water—Seasonal Fruit/Herb  
- Bottled Electrolyte Water  
- Fresh-Brewed Fair Trade Coffee & Tea

Package is priced per person and subject to gratuity, service charge and applicable taxes.  
Instructors are priced separately per half hour. Contact our events manager for details.