



SILVERADO  
RESORT

# THE SPA

NAPA VALLEY

## Group Spa/Fitness Packages

Bring your team together at Silverado Resort with spa-inspired activities that blend relaxation and wellness. From soothing treatments to energizing experiences, we'll help you create a corporate retreat that rejuvenates and inspires.

### Corporate/Group Fitness Options

#### OUTDOOR SUNRISE OR SUNSET YOGA

Start your morning with a moment of yoga amid the vast greenery of the resort's own 1,200 acres. Your attendees will greet the day with an invigorating yoga flow class to energize the body and awaken the mind. Taught by one of our expert yoga instructors, we offer a variety of yoga classes including Hatha, Hatha Flow, Power Yoga, Vinyasa Flow and Mindful Vinyasa.

### Fitness, Mind/Body Classes

#### MINDFUL MEDITATION

Break up a day of meetings with a moment of silence and reflection. Led by mindfulness teachers, speakers and coaches, our guided meditation class allows attendees to clear their mind and refocus, utilizing techniques that translate beyond the boardroom into personal life situations. This group setting is designed to teach one-pointed, non-dualistic meditation. All levels of meditators are welcome. No experience necessary.

#### PRIVATE BACK-TO-NATURE HIKING EXCURSION

Designed for groups of 2-6, this private tour guides guests on a refreshing hike through peaceful, shaded redwood and pine forests near vineyards high atop Howell Mountain. The journey offers a serene, immersive connection to nature in one of Napa Valley's most scenic and elevated settings. The tour is approximately 6.25 hours (including transportation time) and the hike is a moderate challenge 5 mile hike with a few steep hills. Following the hike, guests may enhance their experience with an optional picnic lunch and private outdoor wine tasting at a secluded, family-owned winery. Wine tasting and lunch are available as add-ons, with pricing provided at the time of booking.

## Additional Fitness Class Options

### FITNESS

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- Personal Training
- Boxing
- Bootcamp
- TRX
- Weight Training/HIIT
- Pickleball/Tennis
- Salsa/Zumba Dance

### MIND & BODY

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- Yoga
- Meditation
- Pilates
- Sound Healing
- Barre
- Chakra Balancing
- Tai Chi

### PRICES BEGIN AT

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- 1-2 people, \$250
- 3-5 people, \$350
- 6-10 people, \$450
- 11-20 people, \$600
- \$30 for each additional person
- 20% service fee is applied to all private sessions

## Custom Well-being Programs

### BOOST BREAK

Reward your team with a variety of thoughtful enhancements that can be added to any experience or à la carte:

- Spa treatment for each attendee (See our extensive spa menu)
- Customize-your-own product gift bag
- Customized programming to match your meeting theme
- Recharge your team with our 15 or 30-minute Boost Break featuring stretches designed to increase blood flow, release tense muscles and decrease anxiety.

### TEAM BUILDING

Combining physical and mental tasks, a range of activities range from Olympic-style games like tug-o-war and obstacle courses to strategic games that get each team thinking together as a unit.

### SPA ON THE GO

Enrich your meeting experience with spa therapy, proven to increase productivity, mental clarity and concentration. This option allows our world-class spa to come to you with your choice of one or all five à la carte treatments:

- Chair Massage: neck, back and shoulder massage to relax attendees
- Hand Reflexology: simple hand massage to calm and improve circulation
- Shoulder and Scalp Massages
- Aromatherapy Blend Bar
- Hand Masques: exfoliation, massage, and lotion treatment

## Other Important Details to Note

- Prices on all programs are available upon request.
- Services to be booked with at least 14 days advance notice.
- Billing: Spa group services to be routed to the master bill.

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Ready to design your group spa package? Contact our spa and start planning!

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