

GROUP PROGRAMMING

Balance is better when created together



MIRAVAL[®]
berkshires

55 LEE RD, LENOX, MA 01240

WWW.MIRAVALRESORTS.COM/BERKSHIRES

Discover Miraval Berkshires

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GROUP PROGRAMMING GUIDE

Being together, whether for pleasure, celebration, or team building, means creating points of memory. Putting together a special adventure, lecture or activity just for your group can bond you in a very special way.

Our group experiences provide an unforgettable back drop for sharing, compassion, and connection.

Customized adventures are developed based on your intentions and goals that will help you create a life in balance.

855.464.3638 | 55 LEE RD | LENOX, MA 01240

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OUTDOOR ADVENTURE



Combine the benefits of being outdoors with our creative, cutting-edge approach to adventuring. These experiences encourage you to step outside your comfort zone.

TEAM BONDING ACTIVITIES

OFF-PROPERTY HIKE

DURATION: 50-105 minutes

GROUP SIZE: 10 people max (per van)

Enjoy a variety of off-property hikes tailored to your group's intention.

Closed-toe shoes required.

HATCHET THROWING

DURATION: 50 minutes

GROUP SIZE: 12 people max

Discover a new way to see why we miss the target with our intentions sometimes.

Throw a real hatchet and learn to combine breath, focus, and intention to hit the mark in one smooth motion.

Closed-toe shoes required.

THE WAY OF THE ARCHER

DURATION: 105 minutes

GROUP SIZE: 12 people max

Combine intention, focus, presence, stillness, and breathwork to perfect your aim and center yourself.

Closed-toe shoes required.

KAYAKING/STAND UP PADDLE BOARDING

DURATION: 105 minutes

GROUP SIZE: 15 people max Kayaking -

10 people max Stand Up Paddle Boarding

Designed for guests who have some paddling/boarding

experience, this activity begins with a review of

kayaking/paddle boarding basics. Learn advanced

kayak/boarding strokes and better boat movement skills.

Expect a moderate pace as we focus on stroke improvement

and developing a connection with the water to move your

boat with graceful effectiveness. Seasonally offered.

SUNSET PADDLING IN THE BERKSHIRES

DURATION: 105 minutes

GROUP SIZE: 10 people max

This event is an exhilarating way to experience one of the Berkshires' premier paddling destinations for breathtaking

sunsets. Introduction to basic paddle strokes and efficient

boat and board movement will allow you to enjoy your

connection to the water, nature, and the spectacular scenery.

With a mindful intention of relaxation, we will explore the

hidden gems of laurel Lake and experience nature at its

finest. Gather with new friends around the firepit to enjoy

post-paddle refreshments. Seasonally offered.

TEAM BUILDING ACTIVITIES

BLUEBIRD CLIMBING EXPERIENCE

DURATION: 105 minutes

GROUP SIZE: 20 people max

Bluebirds are some of the most unique Berkshire residents. They are bright, brilliant, colorful, and mate for life. The Bluebird Climbing Experience is designed to foster teamwork, communication, and cooperative problem solving between partners as you navigate your way into the beautiful Berkshire canopy of the Meadowview forest. Activities include a combination of the Vertical Playpen, Quantum Leap, Giant's Ladder, High Wild Woosey, flying Squirrel.

Closed-toe shoes required.

THE DAVINCI BRIDGE

DURATION: 105 minutes

GROUP SIZE: No limit

Leonardo Da Vinci designed a number of bridges that have captured the imaginations of people for hundreds of years. This bridge has an amazing design as it uses friction to hold and create a walkable bridge for participants to cross a defined area, in this case the area will be an agreed upon goal, intention or challenge the groups sees in future company endeavors. Each of the 15 bridge pieces used for construction can represent a solution to this defined problem creating an agreed upon set of solutions for the company challenge. Once pressure is applied to the top of the bridge the structure becomes stronger representing how when solutions are put in place and all are willing to commit to a common goal there is no amount of pressure that can collops the bridge or the company goal in this case it only increases strength and binds the beams/team together.

BUILD A BOAT REGADA

DURATION: 105 minutes

GROUP SIZE: No max limit

Using various natural and recycled materials and elements, build a boat with your team and test it on the water. Gather at the edge of Laurel Lake and participate in the Iron Chef of boatbuilding. This activity focuses more on the process than the outcome and explores the successes and challenges your group faced along the way. Discuss your team's growth as a byproduct of everyone's contributions. By examining who in your team was good at which piece of the process— building, idea-generating, execution, etc.) you can identify previously unrealized strengths within your colleagues or family members. Learn where you might benefit from partnering with others and how some tasks are best accomplished by a team. This session demonstrates the power of creativity, collaboration, and communal building.

FORGE A FIRE

DURATION: 90 minutes

GROUP SIZE: No limit

Gather your team or circle of friends with a ritual to create a ring of warmth and light. Learn how to light a fire without matches with a centuries-old skill that reconnects us to nature. When we are challenged to work with limited tools and unfamiliar techniques, we can become more creative and cooperative. From the flicker of kindling to a crackling fire, you can enjoy the results of your collective effort with a fireside toast .Create a circle of camaraderie and cooperation as we practice this ancient act of creation.

TEAM BUILDING ACTIVITIES

SOUL FLIGHT

DURATION: 105 minutes

GROUP SIZE: 20 people max

The Miraval Soul Flight Experience is an opportunity to challenge your perceived limits and explore concepts of situational identification. Perched atop a 50-foot tower and utilizing Eddy current technology, experience a 45- foot free-fall and a gentle glide to the forest floor on our Leap of Faith. The experience continues on the Eagle's Run zipline that offers a bird's eye view of our wetlands as you take flight at 20 mph through the canopy of the beautiful Berkshire forest. Closed-toe shoes required.



WARRIOR CHALLENGE

DURATION: 105 minutes

GROUP SIZE: 20 people max

When times are tough and communication challenges arise, friends and colleagues have to work extra hard to support each other. The stakes are higher, but the rewards can be doubly satisfying. Experience both the Red Tail Hawk and Falcon courses in one climbing session with this group challenge. Comprised of 15 unique elements at heights of 35 -50 feet into the canopy of the trees, this challenge lets you pick your course as we explore the idea of agency and how our choices influence our experiences. We add elements tailored to your group's needs to help establish boundaries, expectations, and trust. Get to know your group in an entirely different setting and circumstance by entering the unknown and facing your fears together. Skills learned in this session can guide you in personal and professional interactions and successfully steer you through unexpected or uncomfortable social or work situations.



WELLBEING



From fun to empowering, our wide range of experiences can help you to connect body and mind, slow down, get unstuck, and find balance in a fast-paced world.

CAPTURE YOUR AURA

DURATION: 50 minutes

GROUP SIZE: 15 people max

Unseen by the naked eye, your body, mind, and spirit resonate as energy and color. Learn how your unique energy field can be shown using the Aura Camera 6000 and what the colors of the aura mean. We can identify our behavior through subtle shadows, hues, and light and see what colors each person's experiences in the present moment. The excitement of seeing your aura is multiplied when done with your friends or co-workers. Understand what your colors mean and get to know what other color frequencies mean to help you understand others better in this fun and enlightening group session. Aura photos will be taken and developed as take-home 4x6 prints.

EXPLORING THE SELF

DURATION: 50 minutes

GROUP SIZE: 20 people max

We all encounter people whose behavior makes us uncomfortable in personal or professional settings. This workshop offers simple tactics to help you reframe that discomfort. When you recognize why certain people get under your skin, a constructive understanding about yourself is revealed. Use this session to add a few new tools to your communication style with colleagues, friends, or family.

DISCOVER YOUR DOSHA

DURATION: 75 minutes

GROUP SIZE: 20 people max

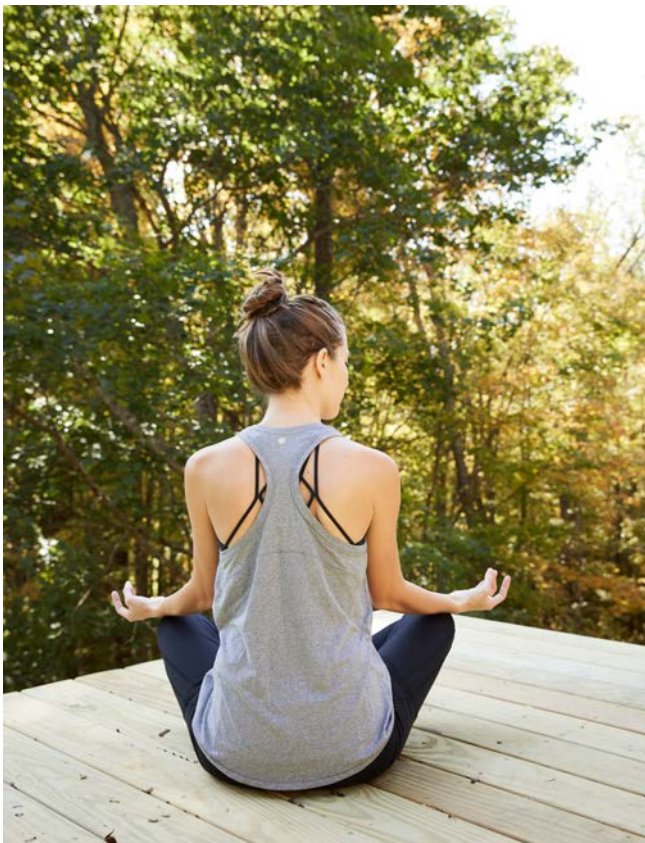
In Ayurvedic thought, everything is composed of five elements—space, air, fire, water, and earth—combined in different ratios to make up the variety surrounding us. Knowing our dosha type can guide us to make the best food, drinks, yoga, exercise, and meditation choices and adjust them throughout the year and our lives. Work with your team to identify simple habits and small, repetitive actions that cumulatively lead to big changes in everyday life. Learn how your dosha type can inform how you develop self-regulation and team building tools by identifying communication or behavior styles that build tolerance and cultivate compassion. This session can help your group learn and implement strategies for minimizing interpersonal conflicts, maximizing efficiency, and raising levels of personal fulfillment or professional growth.

THE PATH TO GRATITUDE

DURATION: 75 minutes

GROUP SIZE: 15 people max

Gratitude consistently emerges as thriving people's number-one trait. Gratitude has been shown by science to increase parts of the brain related to calm, empathy, and connection to build cohesive approaches to life and work. Some effects of gratitude include improved mental and physical health, stronger social bonds, and increased resilience.



SEE, HEAR, FEEL

DURATION: 75 minutes

GROUP SIZE: 15 people max

An Alternative Path to Mindfulness & Meditation

This unique meditation method is perfect for overactive minds, works for novices to Zen masters, and sharpens senses and attention spans while cultivating emotional balance in just 12 minutes a day. Take home a comprehensive four-week meditation program and plan that makes it easy to integrate meditation into your daily routine.

TENSION RELEASE EXERCISE

DURATION: 75 minutes

GROUP SIZE: 15 people max

Explore how our muscles can serve as storage houses for emotional memory. By communicating with our muscle systems, we can access and release stored stress. Mark Gerow gently and safely guides you through a technique of fatiguing muscles that surround the body's emotional center. As the muscles fatigue, they begin to shake, setting off a chain reaction that triggers a reset of the autonomic nervous system. This science-based, visceral approach uses your body as a gateway to release built up stress and anxiety and leave you feeling incredibly relaxed. This is an invigorating experience involving focused physical exercise to achieve tension release.



SPIRIT & SOUL



Discover your soul's journey and integrate that wisdom into your life. From sound healing to tarot readings to astrology, these sessions can offer clarity and healing.

CACAO & SOUND CEREMONY

DURATION: 75 minutes

GROUP SIZE: 8 people max

Cacao, an ancient medicinal plant from South America, opens hearts and brings communities together. Sip ceremonial grade cacao and immerse yourself in an extraordinary sound journey guided by voice, movement, and singing bowls. This uplifting ceremony lets you observe and participate in a timeless ritual of bliss. No food or caffeine for one hour before ceremony. Come hydrated and bring water bottle, journal, and pen.

GROUNDING ON THE GREAT LAWN

DURATION: 50 minutes

GROUP SIZE: No limit

Shed your shoes, glide barefoot across the lawn, and open to a higher vibration. Ease your nervous system with abdominal breathing, expand your heart's energy in outdoor space, and use your skin's earth connection to neutralize excess positive charges to ground and prompt better lymphatic drainage with gentle joint rotations. Seasonally offered.

CLEANSING CHAKRAS WITH SOUND

DURATION: 50 minutes

GROUP SIZE: 10 people max in Sound Pod

60 people max in Harvest Barn

This gentle sound immersion uses the resounding vibrations of crystal singing bowls to allow mind, body, and spirit to synthesize energy. A guided meditation into your heart chakra reveals the divine love vibration that lives inside you. Explore the healing power of sound with tones and mantras that balance your chakra energy system.

HIMALAYAN SOUND BATH

DURATION: 50 minutes

GROUP SIZE: 15 people max in Sound Pod

60 people max in Harvest Barn

This private group sound meditation is a spa treatment for the soul. Relax into a soothing, spiritual journey with the rhythmic tones and frequencies of antique Himalayan sound bowls, Koshi chimes, and voice.

ILLUMINATION RITUAL

DURATION: 50 minutes

GROUP SIZE: 10 people max

Release & Restore Join Dayla Robinson for a releasing and renewal ritual that guides you to let go of past negative energy and summon positive present and future energy. Manifest your dreams and receive a mini oracle card reading for guidance. In this space, we can invite our desires, restore hope, and illuminate our intent for the future.

TASTE & THE KAMA SUTRA:

Secrets of Sensual Health

DURATION: 50 minutes

GROUP SIZE: 20 people max

Your sense of taste can help you explore the Kama Sutra, an ancient Indian text on eroticism and emotional fulfillment that shows how sensuality promotes sexuality to support a healthy relationship's foundation. Learn to nourish bonds through courtship and sex-adjacent activities and taste aphrodisiacs, herbs, and spices that enhance blood flow, circulation, and communication.



YOGA & MEDITATION



Learn to center the mind, be present, breathe deeper and create stronger focus, as well as stretch the mind and strengthen the body. Find your breath and your flow.

AERIAL YOGA

DURATION: 50 minutes

GROUP SIZE: 15 people max in Warrior 1 & 2

Enjoy this fun yoga class in hanging aerial silks.

You will learn to utilize the silks for restorative movements, assistance, and playful poses.

CUSTOM YOGA

DURATION: 50 minutes

GROUP SIZE: 25 people max in Warrior 1 & 2

60 people max in Harvest Barn

CHOICES: Vinyasa Yoga

Slow Flow Yoga

Restorative Yoga

Yoga Nidra

Custom yoga practice tailored to your group's intention. Please choose from one of the choices above, (you can inquire about any specific descriptions).

CUSTOM MEDITATION

DURATION: 50 minutes

GROUP SIZE: 25 people max in Warrior 1 & 2

60 people max in Harvest Barn

CHOICES: Gratitude Meditation

Morning/Evening Meditation

Meditation with Music

Mindfulness at Miraval

Custom meditation practice tailored to your group's intention. Please choose from one of the choices above, (you can inquire about any specific descriptions).

FLOATING MEDITATION

DURATION: 50 minutes

GROUP SIZE: 15 people max in Warrior 1 & 2

Experience the calming benefits of induced meditation while you are gently elevated above the floor in a silk hammock and rocked to the soothing vibrations of crystal bowls. Release your mind's stress, tension, or worry while you "float" weightlessly in the air.

QIGONG

DURATION: 50 minutes

GROUP SIZE: 25 people max in Warrior 1 & 2
60 people max in Harvest Barn

Engage in the moving meditation of Qigong, an ancient Chinese healing art integrating controlled breathing, posture, and movement exercises.

SHINRIN YOKU

DURATION: 110 minutes

GROUP SIZE: 10 people per van max

Join your guide on a calming and restorative nature walk, known in Japanese tradition as “Forest Bathing”. Open your senses, hone your intuition, and experience the outdoors in a whole new way. Learn about the compounds released by trees that help to support and heal immune function. Participate in guided activities based on mindfulness practices and develop a deeper connection with nature.

YIN YANG AERIAL YOGA

DURATION: 50 minutes

GROUP SIZE: 15 people max in Warrior 1 & 2

Assisted by aerial silks to support balance, we will follow a simple sequence of postures that link comprehensive toning with longer-held gentle stretches for full-body harmony.



FITNESS



Freshen up your fitness routine with innovative classes that are fun. Build your strength and core, dive into creative cardio options, & set your body free with balance & stretching.

CARDIO DRUMMING

DURATION: 50 minutes

GROUP SIZE: 22 people max

Join us for this high energy cardio workout that combines drumming with toning exercises to give you a full body workout set to the powerful, rhythmic beat of your favorite pop songs.

PILATES MAT

DURATION: 50 minutes

GROUP SIZE: 25 people max

Engage every muscle in the body as you perform the 12 basic Pilates exercises. This class develops core strength and lengthens the spine for muscle definition and better posture.

ROLL WITH IT

DURATION: 50 minutes

GROUP SIZE: 25 people max

Using a full foam roller, you can give yourself a deep tissue massage and improve your flexibility.

HAPPY HIPS

DURATION: 50 minutes

GROUP SIZE: 25 people max

Using self-myofascial release techniques, along with hip joint opening exercises and a series of yoga-based hip stretches, we will improve the flexibility and mobility of your hips and help you walk away from this class with happy hips.

POWER CYCLE

DURATION: 50 minutes

GROUP SIZE: 15 people max

Cycle indoors in this high-intensity cardio class. An upbeat playlist helps channel your inner athlete as you pedal through intense intervals that offer unique challenges to the body and mind.

SHOULDERS SET FREE

DURATION: 50 minutes

GROUP SIZE: 25 people max

Similar to the format of our highly popular Happy Hips class, this class will increase the mobility and stability of the entire shoulder girdle using both a foam roller and a green stretch-out strap.

STRETCH & RELAX

DURATION: 50 minutes

GROUP SIZE: 25 people max

60 people max in Harvest Barn

Unwind during this 45-minute head-to-toe stretch series where we will hold stretches longer and focus on breath.

SPIN & CYCLE

DURATION: 50 minutes

GROUP SIZE: 15 people max

This indoor cycling class incorporates weights, bands, and movements to challenge your upper extremities and keep your legs moving for a full-body workout.



ANIMAL CONNECTIONS



Bond with our gentle and highly intuitive equine—and learn about yourself in the process. Unleash creativity, improve communication and overcome emotional blocks.

BIRDS ACTIVITIES

CHICKING KEEPING

DURATION: 50 minutes

GROUP SIZE: 12 people max

This class covers the life cycle and needs of a chicken. Learn how to raise, handle, and care for a backyard flock and set up a small coop to give hens safe access to a pasture. This fun and hands-on opportunity encourages you to collect eggs in the coop and bond with a hen.

THE WISDOM OF OWLS

DURATION: 50 minutes

GROUP SIZE: 12 people max

Connect with Miraval's owls and explore the world of these ancient symbols of focus and wisdom. Owls keep us company through the darkness, adapting to the seasons and hunting alone in the stillness of the night. They teach us that if we brave our "flight" through the darkness, we can emerge with rewards from our deepest selves. Learn powerful lessons about inner wisdom and the value of self-awareness by observing the owl's keen ability to conserve energy, express themselves intentionally, and focus purposely on the present moment.

RAPTORS & RESILIENCE:

Life Re-Envisioned

DURATION: 50 minutes

GROUP SIZE: 12 people max

How do we reinvent ourselves, adapt to change, or build resilience in an unpredictable world? Our birds of prey are wild birds that were injured and can no longer survive in the wild. Ambassadors of their kind share with us the lesson of resilience, inspiring us with the power of truly living in the moment. Experience a direct connection with our birds of prey and explore the gift of life re-envisioned.



EQUINE ACTIVITIES

DONKEY DISCOVERY

DURATION: 110 minutes

GROUP SIZE: 8 people max

Donkeys differ from their equine cousins in many ways, including their leadership style. Unlike horses, donkeys don't look for a leader and lean on their teammates for collaboration, support, and joint decision-making. Throughout history, artists, writers, and spiritual teachers have chosen donkeys as companions for their introspective journeys. You, too, can partner with a donkey in a mindful trek of discovery. Together we move in "donkey time" as observers and explorers and learn from these gentle teachers of patience, humility, and wisdom. Use this opportunity to learn more about how you support your team, family, or social group.

MIRAVAL EQUINE EXPERIENCE

DURATION: 110 minutes

GROUP SIZE: 12 people max

Practice living in the moment as you work with specially selected horses and our expert facilitators. Perform equestrian ground skills and get a chance to notice personal patterns that may be holding you back from achieving your goals or connecting with your social circle or co-workers. Discover new ways to support each other by practicing grooming, hoof handling, and leading with a horse. Not a riding class.

MIRAVAL EQUINE MEDITATION

DURATION: 110 minutes

GROUP SIZE: 12 people max

Explore this unique meditation experience that allows your active mind to settle inward and unite with your body. Engage with a horse while exploring mindfulness, connection, and balance.

EQUINE COLLABORATION

DURATION: 75 minutes

GROUP SIZE: 12 people max

Enter a collaborative mindset in this physically engaging equine group session that helps you explore how to succeed in accomplishing collective tasks. Work with a human partner or partners to lead a horse while holding a line or linking arms on either side of the animal. You will practice balancing leadership and cooperation skills with a nonverbal companion as you guide the horse through a series of gentle obstacles. Discover the merits of slowing down and working out solutions in a space—and with a creature—that doesn't demand a deadline or rapid response. This session offers valuable community and team-building skills focusing on collaboration, listening, and presence.

HORSE SENSE

DURATION: 75 minutes

GROUP SIZE: 12 people max

This activity invites you to spend time observing a group of horses. Step away from viewing horses as objects and embrace the opportunity to understand their world. This activity can help you explore the difference in how we interact with our own social and work groups and identify what we have in common with the equine world. Discuss how a herd of horses lives naturally, leads, and communicates. Move on to the arena and learn safe practices for interacting with a partner who is a different size, strength, and shapes than you are. This whole-body experience asks you to tap into your mental, physical, and energetic skills to interact with a living being. The activity of walking the horse introduces the concepts of communication through a direct connection, energy, body language, and leadership.

FARM & GARDEN



Explore the origins of what ends up on your plate. Meet the hens who lay our farm fresh eggs and the bees that produce our honey. Or, discover the magic of mushrooms. All at our farm.

BEEKEEPING

DURATION: 110 minutes

GROUP SIZE: 10 people max

Our introductory beekeeping workshop welcomes you to the brilliantly complex world of honeybees. Discover the intricate and dynamic system of bee communication and how they work together to survive, thrive, pollinate the plants essential to our survival, and produce honey. Apply these lessons to your own office or community to examine how you contribute to a common goal and how each person has a role to play in facing challenges and celebrating the collective achievements of your group. With inclement weather, we will replace entering the apiary with exploring a working hive and sampling honey from around the world.



DISCOVERING NATURAL DYES

DURATION: 75 minutes

GROUP SIZE: 12 people max

Walk the grounds and gather plant material that can be arranged on fabric to make your uniquely printed scarf or handkerchief. Each print is a unique reflection of our individual journey as the tones expressed by the leaves and flowers change daily—sometimes hourly.

EMBRACING TRANSITION:

Lessons from our Landscape

DURATION: 50 minutes

GROUP SIZE: 12 people max

Take a meditative walk on our grounds and examine what a landscape can teach us about resilience and adaptation. We will explore examples that help us let go of preconceived notions about appearance, pace, and utility and embrace natural cycles of growth, transition, and the healing process.

CULINARY & NUTRITION



Discover new ways to cook consciously and eat mindfully. Our offerings range from exploring emotional eating to appreciating chocolate and the joy of java.

APPRECIATING CHOCOLATE

DURATION: 75 minutes

GROUP SIZE: 12 people max

Join us for a brief history and tasting of chocolate. Learn about the effects of terroir, sample chocolates from around the world, and see first-hand how chocolate is tempered. Leave class with your own hand-dipped and decorated truffles.

COCKTAIL WITH THE CHEF

DURATION: 50 minutes

GROUP SIZE: 12 people max

Enjoy a chef-created appetizer and cocktail while you learn about our food philosophy and hear about healthy cooking tips and tricks.

CONQUER THE BLADE

DURATION: 75 minutes

GROUP SIZE: 12 people max

Chop your food like a seasoned chef. Learn about the anatomy of a knife, blade variations, and critical cutting techniques.

BLEND 'N' BALANCE SMOOTHIES

DURATION: 50 minutes

GROUP SIZE: 12 people max

Join us in The Life in Balance Culinary Kitchen for an educational smoothie experience. Learn which ingredients offer the most balanced nutrient absorption and health benefits.

CONSCIOUS COCKTAILS

DURATION: 50 minutes

GROUP SIZE: 12 people max

Miraval's dietitian and nutritionist explains the science behind making healthy wine choices for your next night out and offers tips for selecting better cocktail ingredients. Play a light-hearted trivia game as you taste-health-conscious cocktails.

EAST COAST OYSTERS & BUBBLES

DURATION: 50 minutes

GROUP SIZE: 12 people max

Few food combinations resonate with Gilded-Age excess and extravagance as oysters and champagne. Stroll back in time to the sumptuous suppers of the past, roll up your sleeves, and learn how to shuck raw east coast oysters and pair them with effervescent flutes of champagne or sparkling wine.

SENSORY WINE

DURATION: 50 minutes

GROUP SIZE: 12 people max

Nick Grimaldi puts a Miraval spin on a typical wine tasting with his unique, interactive, and sensory approach to staying present through awareness of the senses. Lean into what your tongue and nose tell you as you blindly sample diverse wines. Have fun, challenge yourself, and—most importantly—savor the present moment.

NUTRITION FOR HEALTHY SKIN

DURATION: 75 minutes

GROUP SIZE: 12 people max

Ingested nutrients are just as important to skincare as topical solutions. Encourage glowing skin by combining both components while enjoying a skin-nourishing, dietitian-created salad. Differentiate between healthy skin products and filler-laden ones to create a custom face mask made with many of your salad's ingredients.



CREATIVE EXPRESSION



Enjoy experiential sessions that bring mindfulness and presence to your creative process. Tap into your imagination and reveal your most authentic self.

THE BEAUTY OF IMPERFECTION

DURATION: 75 minutes

GROUP SIZE: 10 people max

Reassemble shards of pottery by highlighting the repairs with gold paint in this unique Kintsugi-inspired workshop. Examine your ideas about vulnerability, flaws, and wholeness through compassionate reflection. Instead of disguising or discarding cracks in art or life, we can trace imperfections with beauty and strength.

POETRY THEATER

DURATION: 50 minutes

GROUP SIZE: No Limit

Recitation of the Soul Join Brian Paul Allison for a theatrical delivery of classic and modern poetry in a tour-de-force performance that stimulates the mind and enriches the heart, awakening and delighting the muses of imagination and creativity.

YOUR SEASONAL APOTHECARY

DURATION: 75 minutes

GROUP SIZE: 12 people max

Transport your senses through seasonal aromas by making a custom aromatherapy rollerball. Use certified pure therapeutic grade oils to create nature's remedies for the body, mind, and spirit. Sample various essential oils and learn about their healing properties while formulating a take-home blend in a portable applicator.

HERBAL ALCHEMY

DURATION: 75 minutes

GROUP SIZE: 10 people max

The Art of Tincture Making Discover the extensive health benefits of specific herbs and learn to hone their natural healing abilities in a concentrated liquid extract or tincture. Our nutritionist and dietitian guides you to create an herbal remedy for stress relief and serenity. Take your tincture home to invite calm and tranquility into your daily life.

SIP & SKETCH

DURATION: 75 minutes

GROUP SIZE: 12 people max

A Gilded-Age Gathering William Cullen Bryant's Sketch Club cultivated creativity through art and literature. Notable members included Asher B. Durand, George Inness, Thomas Cole, and Samuel Morse. Visit Wyndhurst Mansion for a glass of wine and a reimagined club to unleash your pictorial and narrative vision of the Berkshires to take home with you.

*Ask your Event Planner about how larger groups are handled and how we manage concurrent activities.

For optimal availability and choice, please schedule events 60 - 90 days out.

ALL ACTIVITIES ARE SUBJECT TO AVAILABILITY AND CONFIRMATION.

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