Twin Oaks Guest Ranch Wellness

1. **Yoga**

   Yoga uses breathing techniques, exercise, and meditation. It helps to improve health, happiness to promote physical and emotional well-being. Yoga is an old discipline from India which helps the cessation of the modification of the mind (stopping changing the mind).

2. **Mindful Movement & Meditation**

   Enjoy In these sessions, you bring an area of your life that you are wanting to shift. Together we will create an intention to guide the session. We will work with traditional coaching techniques as well as specific mindfulness practices that are customized to your intentions, goals, and desires. You will leave this session feeling light and inspired with tangible action steps to move forward with your vision.

3. **Unlock Your Hidden Health Potential**

   I remember my jaw dropping at a conference when heard the speaker say …
   "How you do anything is how you do everything."

   How you treat your health is training ground for how you treat the rest of your life. When you consistently take action on your health, you will consistently take action for success in other areas of your life.

   Are there keys to take action … quickly and permanently? *Absolutely.*
   What you and your team will discover:

   Why people are stuck in ineffective habits and fail to start new ones.
   How creating a healthy lifestyle – with ease – increases your confidence, frees up mental space for other goals, and controls the chaos.
   The Seven Steps to stop the try-fail cycle and develop a healthy lifestyle – even when life is busy.

   Your team members will come away with their own unique action plans.

4. **Shamanic Sound Alchemy**

   Relax and enjoy an intuitively guided sound bath specifically tailored to your group. Maria will facilitate this Sound Alchemy session with an introduction to sound healing and overview of sound healing instruments. She will then lead your group into a deeply relaxed state using a mix of crystal singing bowls, drums, chimes, resonant sound plates, tuning forks, drums, rattles, and intuitively channeled vocals. Gentle Sound Alchemy Session for Deep Rest and Relaxation (60 min) (Allow 90 minutes if your group would like an intro to sound healing) Cozy up and dive right into a deeply restorative sonic cocoon. Ethereal sounds will wash through your body as your mind finds a higher perspective that allows stress to float away. This sound bath experience will wrap you in gentle comfort and renewal. (This is a great choice for an afternoon break with restful downtime or for evening before bed).

5. **Get (AUTHENTIC) Energy**

   The workshop your team needs NOW…

   What *actually* increases your creativity, energy, and productivity?
   You're about to find out.

   Your team will walk away knowing:
   - The Top 10 energy mistakes to avoid
   - Proven mind-body choices to increase productivity
     (Your team will be surprised by one not on the list)
   - How to recharge calm and creativity, for both work and home

   Don't let your team keep wasting time and money on what derails their energy.

   On the other side of this hands-on, fun, and powerful session, you and your team will think better, feel better, and get more done.

6. **Sacred Circle**

   Sacred Circles are a safe space to tap into your inner wisdom and guidance system using ancient eastern methods. We begin with Magnetic Movement to charge and amplify our energy fields. Once in this heightened and empowered state, we will move into an intention setting ritual designed to release the things that no longer serve us and call in what we desire most. These practices are designed to move you forward on your path and have you feeling empowered, embodied, and connected to your Highest Self.

   Circles include:

   ● Gentle mindful and magnetic movement

   ● Meditation & breathing techniques

- Ancient mantra
- Conscious journaling
- Practical mindful living tips
- Resources

7. **Transformational Journaling**

   Transformational Journaling is more than your day-to-day diary. It is a versatile tool for self-growth, aha moments, dreams, and ideas. In this workshop, I will teach you how to use your journal for deepening personal insights, enhancing your overall happiness, manifesting your desires, and better understanding yourself and your deepest questions.

   ***Personalized leather-bound notebook can be purchased for an additional cost**

8. **Mantra Healing**

   The word mantra is derived from two Sanskrit words—manas (mind) and tra (tool). Mantra literally means "a tool for the mind." Mantras are a powerful meditation tool and can bring you into a deep meditative state rather quickly. Chanting these sacred sounds helps to free your mind of background chatter and calm your nervous system. In these sessions, we will work with a variety of mantras from various traditions and experience the powerful effects they have on the mind and body.

9. **Fitness For Your Busy Life**

   The higher you climb in your career, the less personal time you have. The less personal time you have, the easier it is to let your fitness slide.

   Until now.

   Can you fit fitness into your busy life?
   Are there workout options that have a big ROI?
   Is it possible to enjoy exercise?

   Yes. Yes. And Yes.
   Take your team on a FUN Fitness journey to discover:
   - The principles of fitness that increase confidence, improve relationships, create life satisfaction, increase productivity, and, of course, gain health.
   - Creative ways to fit in movement to achieve your fitness goals.
   - Your Fitness Personality Evaluation. Use it to design your personal fitness plan.
   -

   You will walk away (pun intended) with fitness strategies for your lifestyle.

10. Ways to Work with your Dreams

Initiation into The Lightning Process for Dream Sharing; Practical Ways to Work with Your Dreams in Waking Life (60 Min) or Add on Sound Alchemy Session of Choice for additional 30-60 min

• Attendees are asked to come to this session with a journal of some kind

• Intro to the Lightning Dream Sharing Process along with tips and tricks for dream recall
• Learn safe, fun, and easy ways to work with your dreams in a dream sharing circle

• Bring more awareness to the richness of your inner life

• Ignite the magic that is all around you through the doorway of Dreamtime • Learn how daily life can be a living oracle

• Experience a journey back into a dream shared by someone from the group guided by gentle drumming

• Session ends with group sharing of journey experience using the framework of the Lightning Process and tips on keeping a dream journal

11. Intuitive Eating Experience – Make Peace with Food

The diet industry has a secret.

It does not care that the diet mentality impacts every area of your life.
It wants you to stay trapped in food jail – confused about fads, eating from emotion, and feeling powerless and guilty.

But …

What if your relationship with food has little to do with willpower?
What if you could find the path to freedom?

You can.

In this hands-on (and tasty) experience you will discover:

- Why diets don't work
- How to shift from fabricated rules to your body's nutrition wisdom
- The simple-to-use framework to make peace with food

Stop lowering your confidence and self-trust.
Start living healthy and free!

12. Basic Crystal and Chakras Activation

Basic Crystals and Chakras Activation (60 min) Option to add on Sound Alchemy Session for 30-60 min

• Chakra basics, what they are and why they are important for our wellbeing

• Crystal basics, learn about some of the most commonly used crystals for chakra work and why

• Learn how working with crystals and other tools like colors, mantras and toning can balance and activate stagnant energy in and around the body

• Experience a short, guided journey to meet the spirit of your chosen crystal (you can bring your favorite crystal or choose one from crystals that will be available for purchase)

• Learn to make a simple crystal and water elixir safely and easily for home use

13. Energy Clearing and Boundaries Activation

Basic Energy Clearing and Boundaries Activation for Empaths (60 min) Option to add on Sound Alchemy Session for 30-60 min

• Intro to empaths and highly sensitive people

• Learn quick and easy tools for clearing your own energy and setting clear energetic boundaries that protect your vitality and wellbeing

• Explore various modalities for energy clearing (we will explore the senses here with sound, scents, movement and more)

• Take home practical tools and tips for healthy energetic self-care

14. Sound Alchemy for Focus & Creativity

Too many ideas and no focus? Or stagnant creativity and lack of ideas? Allow healing sounds to gently carry you closer to your internal source of creativity and bring forward inspired action. No forcing or pushing required. This session helps you tune in to allow your own knowing and attunes you to your next best steps toward whatever it is you need most. (This is a great choice for morning or afternoon with a group that needs to access creativity for brainstorming and planning sessions).

15. Mindfulness Mentoring

In these sessions, you bring an area of your life that you are wanting to shift. Together we will create an intention to guide the session. We will work with traditional coaching techniques as well as specific mindfulness practices that are customized to your intentions, goals and desires. You will leave this session feeling light and inspired with tangible action steps to move forward with your vision.

16. Tapping & Relaxation Emotional Freedom

EFT Basics - Meridian Tapping for Relaxation and Emotional Freedom (60 min) Option to add on Sound Alchemy Session for 30-60 min

• Learn about the magic of “Tapping” and how it works with the blueprint of your body’s energy system

• Experience a guided session for general stress and anxiety relief • Group sharing circle before and after session

• Leave with an easy-to-use framework for guiding yourself through tapping rounds anytime you need it

17. Heart Talk & Oracle Cards Activation

Heart Talk and Oracle Cards Activation (60 min) Option to add on Sound Alchemy Session for 30-60 minutes

• An overview of intuition and oracle cards (and how they differ from Tarot)

• How to connect to your divine guidance

• Work with oracle cards in a fun and helpful way

• Explore many different types of oracle cards

• Learn how to use Heart Talk to access your authentic voice for guidance and gentle self-healing

18. Guided Meditation and Visual Journey (45 minutes)

This unique guided meditation and visualization journey is designed to melt away your worries and stresses. Our session begins with light stretching followed by a deep relaxation meditation to refresh the mind, body and spirit. Please wear comfortable clothing and be prepared to lie comfortably on a yoga mat.

Meditation has been proven to:

- Reduce anxiety
- Alleviate distress
- Promote restful sleep
- Provide a sense of confidence
- Decrease levels of burnout