



MOONDANCE NAPA

AT THE MERITAGE RESORT & SPA

JUNE 25-27, 2021

SCHEDULE OF EVENTS

FRIDAY, JUNE 25 *\$125 per person; includes access to all Friday events*

- Noon - 3:00 pm** **Spa Cabana Open House**
Stop by our Spa Terra cabanas to explore and learn. Here you will enjoy information on healing products from our vendors as well as educational information to assist you in your personally wellness journey.
- 6:30 - 8:30 pm** **Mother Earth Welcome Dinner**
Enjoy this intimate and well-balanced three-course tasting menu by Executive Chef Vincent Lesage in our Vintner's Room at Vista Collina Resort. Each course of the welcome dinner will be paired with acclaimed Napa Valley wines.
- 8:30 - 9:00 pm** **Write, Read, Release**
Guests will be guided through a quick visual meditation to inspire emotions, visuals and thoughts from the past 6 months. They will participate in the exercise of writing, drawing, bullet point any visuals and emotions that arise. Each guest will place their paper in a wastebasket while saying an internal mantra "release and let go" and our Guide will finish with a final releasing meditation, words of thought, music to be played and laughter to be had.

SATURDAY, JUNE 26 *\$150 per person; includes access to all Saturday events*

- 8:00 - 9:00 am** **Yoga and Chakra Balance in the Vineyards**
Yoga hour will be held on our beautiful Vineyard Deck. A traditional all-levels welcome vinyasa flow will be performed focusing on chakra balancing in the body. Chakras are the bodies vital energy centers starting from the crown of the head to the base of tailbone (root chakra). When balancing the 8 chakras the body feels at peace and in-line with self.
- 9:00 - 10:00 am** **Breakfast**
Start your morning with a nourishing breakfast featuring Chef Vincent Lesage's signature yogurt and granola bar.
- 10:30 - 11:30 am** **Education Session: Understanding CBD**
Using natural medicine whenever possible is a great way to help alleviate the negative effects of stress on the body. CBD is naturally derived from the hemp plant usually sourced from organic farms. In this informative class you will learn about the benefits of CBD, how it works, the endocannabinoid system and how to look for products with the highest efficacy.
- 11:45 am - 12:30 pm** **Magic of Movement: Brazilian Dance Class on the Vista Collina Lawn**
Join us for a fun filled celebration of life with this energizing Brazilian Dance Class. Learn a variety of dance moves that emphasize rhythm and the expression of joy.
- 1:00 - 2:00 pm** **Wandering lunch on property or at our resort Food Truck**
Enjoy a midday break with lunch on property from our resort Food Truck, Fivetown Grocery, Crush Lounge, Olive & Hay or through in-room dining. A perfect time to sip a glass of rose.

SATURDAY, JUNE 26 *continued*

- 2:00 - 5:30 pm** **Choice of Lawn activities, booking a Spa Terra treatment, or field trip to Domaine Carneros**
All well-organized wellness retreats allow for down time. We encourage you to explore our spa amenities to get the most of your wellness stay. The Vista Collina Lawn is also open to soak up the sun and partake in fun group lawn games with new and old friends.
- 5:00 - 6:30 pm** **Celebration of Spring Concert on the Vista Collina Lawn**
Join in this festive celebration of community and well-being on our Vista Collina Lawn. Music offers the ability to provide deep healing for the body and soul as well as to evoke joy and a sense of celebration. Dance, sing and immerse yourself in beat of the music as we celebrate our time together.
- 7:00 - 9:00 pm** **Private Dinner in partnership with Trinitas Cellars**
In partnership with Trinitas Cellars, enjoy this private three-course tasting menu by Executive Chef Vincent Lesage on our exclusive Vintner's Rooftop Terrace. Each course of the private dinner will be paired with acclaimed Trinitas Cellars wines.

SUNDAY, JUNE 27 \$45 per person; includes access to all Sunday events

- 8:00 - 9:00 am** **Yoga in the Vineyards**
Join us for a relaxing 60-minute Gentle Yoga Flow. You'll be soaking in the warm sun, breathing in the fresh air and grounding within the breathtaking setting of our Vineyard Deck.
- 9:00 - 9:30 am** **Juice Bar + Mandala Making**
Nourish the body with our homemade juice bar specially created for our Moondance guests. We will also have essentials to make your very own mandala.
- 12:00 - 3:00 pm** **Artisan Market on the Vista Collina Lawn**
Focusing on Napa Valley artisans and purveyors of top culinary essentials, Vista Collina's Artisan Market is your opportunity to meet local artisans, sample specialties and take a piece of Napa Valley home. Enjoy live music by locals, purchase a picnic style lunch curated by Executive Chef Vincent Lesage or wine taste at our on-site tasting rooms – all for the perfect leisurely afternoon in Wine Country.

FREQUENTLY ASKED QUESTIONS

Where are events located?

Events take place at both Meritage Resort & Spa and Vista Collina Resort, which are located side by side to each other. The event schedule lists the specific location of each class.

Where do I park?

Complimentary self-parking is offered along Bordeaux Way or at Meritage Resort.

Do I need to be a resort guest?

No, events are open to all!

Is there a discounted rate if I want to stay over?

Yes, please [click here](#) to enjoy exclusive savings for this special event. With your room, you'll also enjoy a complimentary gift bag filled with wellness treats to take home.

How do tickets work?

Tickets are sold by day and include access to all events listed on that day. Each day requires a new ticket.

What if I only want to attend one event on one day?

It would still require a full day's ticket, but you are welcome to attend as many (or few) events as you wish on that day.

How do I purchase tickets?

All tickets must be purchased in advance on [Cellarpass via this link](#).

Can you accommodate dietary restrictions?

Yes! During the ticket purchase process, please note this in [Cellarpass](#).