



# START STRONG

BEGIN WITH A HEALTHY MEAL & LIGHT ACTIVITY TO BOOST THE ENERGY & FOCUS OF YOUR ATTENDEES.



## FLEX POWER

STRETCH CLASS | GRAINS & FRUITS

## SMOOTH MOVES

FUN RUN/WALK | MUFFINS & SMOOTHIES

## YOGA & YOGURT

YOGA SESSION | GRANOLA & YOGURT

### 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
- White Egg Frittata with Tomato, Spinach and Feta Cheese
- Seasonal Local Whole Fruits
- Spa Water—Seasonal Fruit/Herb
- Bottled Electrolyte Water
- Fresh-Brewed Fair Trade Coffee & Tea

**\$53 PER PERSON**

### ACTIVITY

\*A one- or two-mile, \*instructor led morning fun run or power walk around the property and town.

### MENU

- Chef's Choice: Whole-Grain & Nut Muffins—Carrot, Raisin & Bran
- Chef's Choice: Veggie/Fruit Smoothies—Kale, Banana & Date
- Scottish Smoked Salmon and Avocado Toast, Sour Dough
- Seasonal Local Whole Fruits
- Spa Water—Seasonal Fruit/Herb
- Bottled Electrolyte Water
- Fresh-Brewed Fair Trade Coffee & Tea

**\$59 PER PERSON**

### 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
- Spinach Tortilla, White Egg Scramble, Queso Fresco, Grilled Corn, Tomato and Salsa
- Spa Water—Seasonal Fruit/Herb
- Bottled Electrolyte Water
- Fresh-Brewed Fair Trade Coffee & Tea

**\$55 PER PERSON**

Please Note: 25 person minimum required. \*Instructors are not included in price. Your Event Manager may provide referrals upon request. PRICES ARE EXCLUSIVE OF 24% COMBINED GRATUITY/SERVICE CHARGE AND CURRENT SALES TAX.

