



## WELLNESS *at* JUNIPER PRESERVE

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DISCOVER WELLNESS AT CENTRAL OREGON'S HIGH DESERT DESTINATION RESORT



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Juniper Preserve is a gathering place, a hub, and a sanctuary in the mystic juniper forest of Central Oregon. Our guiding principles are centered around well-being and nature to encourage personal health and a connection with all components of life. Our setting and landscape naturally become an extension to our curated wellness offerings, which explore and celebrate the many different meanings of, and paths to, wellness.









## WELLNESS OFFERINGS

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### *Vinyasa Yoga*

Vinyasa Yoga offers a dynamic and invigorating practice in a serene natural setting. Led by experienced instructors, these classes focus on linking breath with movement, creating a fluid and meditative experience. Participants can enjoy the benefits of increased flexibility, strength, and mindfulness while immersing themselves in the tranquil surroundings of Juniper Preserve.

### *Yin Yoga*

Led by skilled instructors, Yin Yoga classes focus on long-held poses that target the deep connective tissues of the body. Participants can experience enhanced flexibility, improved relaxation, and a meditative state as they connect with their breath and find stillness.







## *Kava & Cacao Ceremony*

A Kava & cacao ceremony is a gathering where participants drink Kava and cacao to explore their healing and spiritual properties. Kava, made from the root of a sacred plant, and cacao, derived from the cacao bean, are consumed to enhance the experience. This ceremony helps individuals connect with their inner selves, release emotional blockages, and gain greater clarity. The benefits include improved emotional release, deeper self-awareness, and a heightened sense of consciousness.

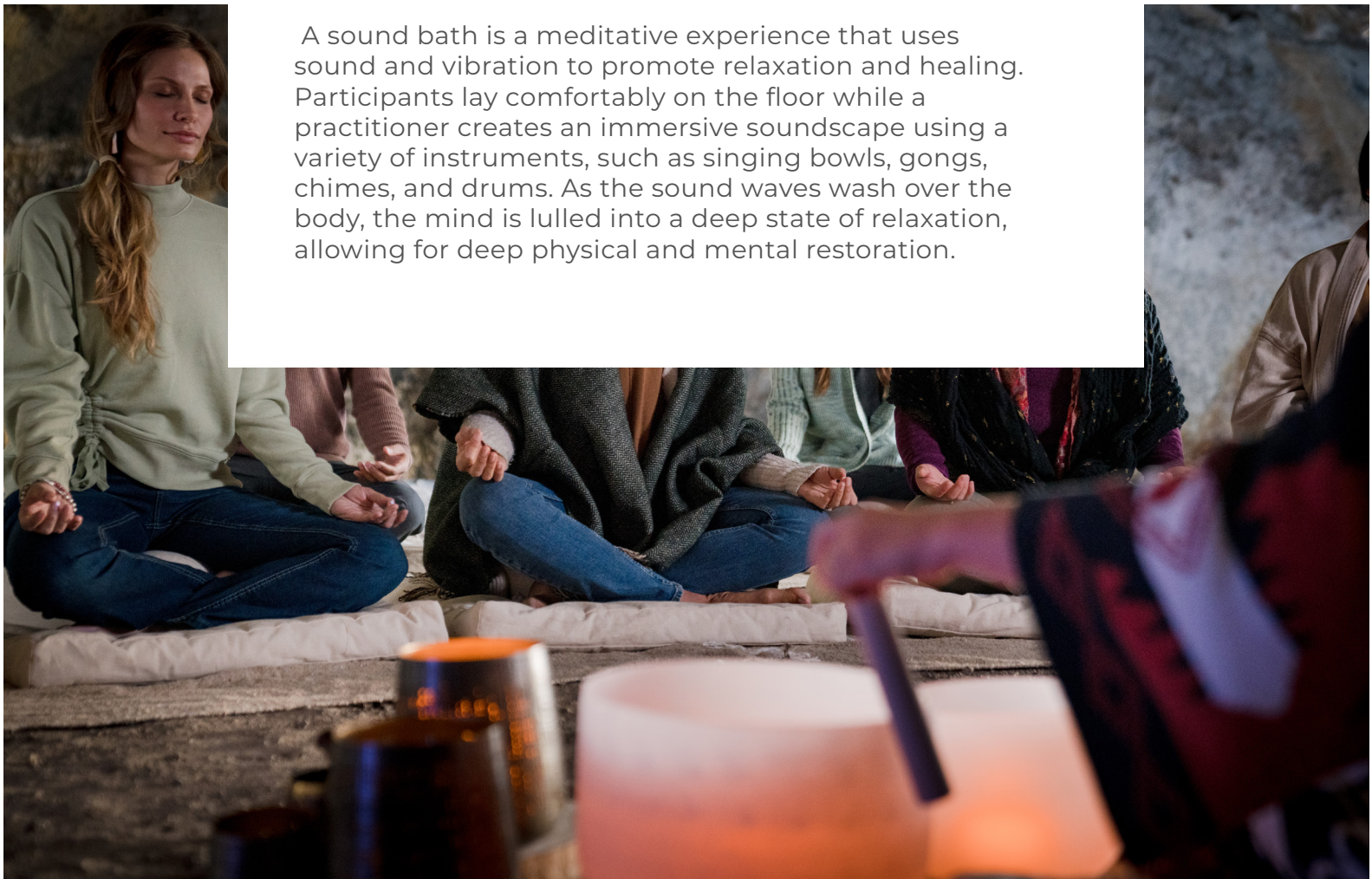






## Sound Bath

A sound bath is a meditative experience that uses sound and vibration to promote relaxation and healing. Participants lay comfortably on the floor while a practitioner creates an immersive soundscape using a variety of instruments, such as singing bowls, gongs, chimes, and drums. As the sound waves wash over the body, the mind is lulled into a deep state of relaxation, allowing for deep physical and mental restoration.





The background image is a desert landscape at sunset. In the foreground, there is a large, round, golden gong hanging from a metal stand. Next to it are several lit candles in white and blue holders. The ground is sandy and uneven. In the background, there is a tall, narrow, wooden structure that looks like a tower or a ladder leaning against a rocky cliff. The sky is a mix of orange, yellow, and blue, with some lens flare effects. The overall mood is serene and spiritual.

## *Intentional Medicine Crafting*

In this hands-on workshop, we will be crafting an herbal infused oil perfect for applying to the face and body. The skin is our largest organ and we will curate the herbs to each guest's intention for their stay and experience. This anointing oil will be specifically designed to draw upon the energy and intention of your group's gathering, making it a beautiful way to capture the magic of your celebration in a bottle.

## *Ecstatic Dance*

Ecstatic dance is a form of movement meditation that encourages freedom of expression and deep bodily exploration. Participants are invited to let go of societal norms and self-consciousness and instead allow their bodies to move authentically and intuitively to the music. It is a non-judgmental and inclusive space where individuals can tune into their emotions, release stress, and connect with themselves and others through the power of movement.



# Bend & Stretch

The stretching class provides a holistic approach to wellness, incorporating not only physical flexibility but also mental and emotional well-being. Through a combination of gentle stretches, participants are able to release tension and restore balance in both their bodies and minds. The class promotes a sense of mindfulness and self-care, offering a nurturing space for individuals to connect with their bodies, release stress, and cultivate a greater sense of overall well-being.








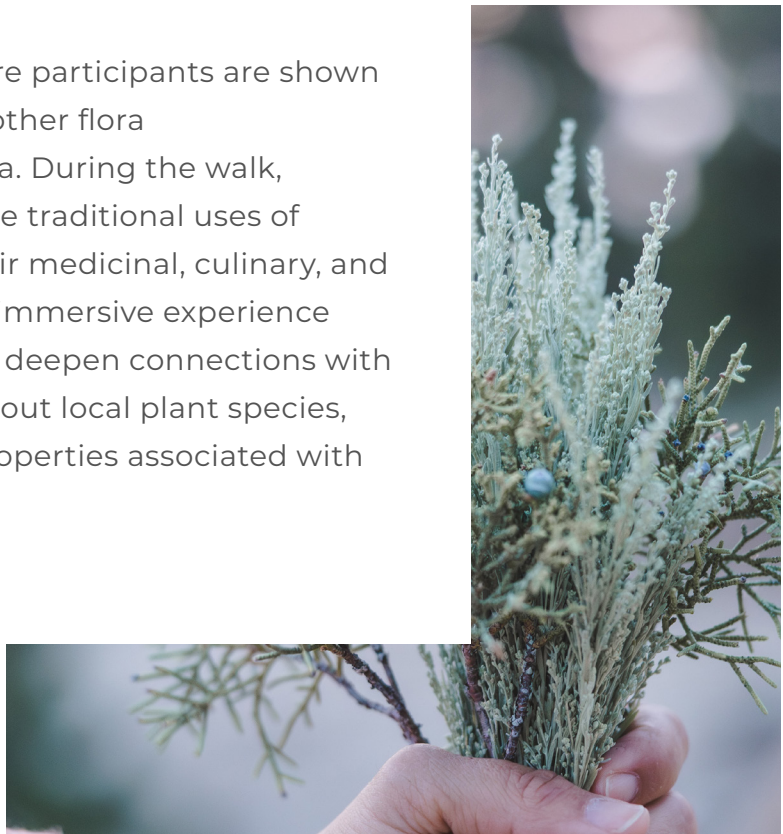
## Sage Bundle Making

A sage bundle making walk is a nature-inspired activity where participants gather wild sage or other aromatic plants during a walk. These plants are then used to create bundles by tying them together and letting them dry. The process of making sage bundles is often accompanied by mindfulness and intention-setting, allowing participants to connect with nature, cleanse their energy, and bring a sense of calm and purification into their space when the bundles are burned.

## Herbal Walk



A guided nature walk where participants are shown various plants, herbs, and other flora and fauna found in the area. During the walk, participants learn about the traditional uses of these plants, including their medicinal, culinary, and spiritual applications. This immersive experience provides an opportunity to deepen connections with nature, gain knowledge about local plant species, and explore the healing properties associated with herbal remedies.







## Mindful Movement

This practice is accessible to most physical abilities and can be used to alleviate stress, improve circulation and flexibility, and enhance mental clarity and focus. Discover the restorative benefits of mindful movement, where intentional, fluid motions help you connect deeply with your body and breath. This class promotes relaxation, flexibility, and mental clarity through gentle, purposeful movement.



A person is shown in a meditative pose within a cave-like setting. The environment is dimly lit with warm, golden light emanating from candles and glowing stones. The person is seated on a white cloth on the ground, with their hands resting on their knees. The background features rugged cave walls and more glowing elements, creating a serene and spiritual atmosphere.

## Breathwork

Breathwork is a practice that focuses on conscious control and manipulation of the breath for therapeutic purposes. By deliberately altering the rhythm, depth, and pattern of breathing, individuals can positively influence their physical, mental, and emotional states. Breathwork techniques often involve deep and intentional breathing exercises, which can help reduce stress, increase energy levels, improve focus, and promote overall well-being.

## Guided Meditation

A guided meditation is a practice where an instructor leads participants through a series of calming and focused techniques. It typically involves deep breathing, visualization, and mindfulness exercises to promote relaxation and inner peace. The guide provides verbal cues and prompts to help individuals stay present and deepen their meditation experience, making it an enjoyable and relaxing experience for both beginners and experienced practitioners.



## Intention Setting Ceremony

An intention setting ceremony is a ritual where individuals consciously set their intentions or goals for their time here on property or their futures. It involves reflecting on personal desires and aspirations, and then verbalizing or writing down these intentions. By clarifying and expressing their intentions, individuals can create a focus and sense of purpose, increasing their motivation and enhancing the likelihood of achieving their goals.

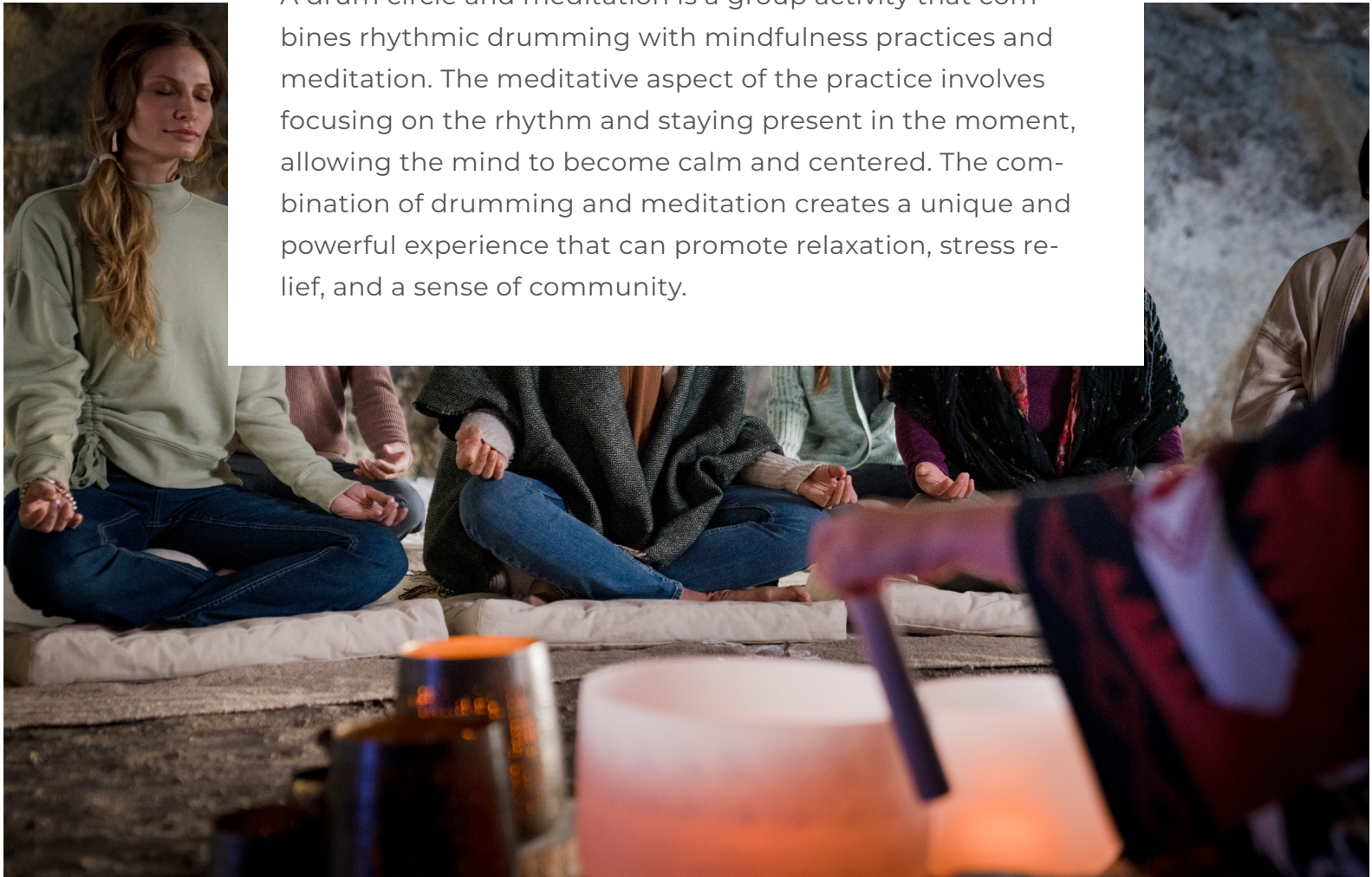






## *Drum Circle & Meditation*

A drum circle and meditation is a group activity that combines rhythmic drumming with mindfulness practices and meditation. The meditative aspect of the practice involves focusing on the rhythm and staying present in the moment, allowing the mind to become calm and centered. The combination of drumming and meditation creates a unique and powerful experience that can promote relaxation, stress relief, and a sense of community.









# VENUES *for* GROUP EXPERIENCES

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- Wellness Center
- Spirit Island
- Fireside Room
- Ghost Tree Forest
- Lava Cave
- Tipi
- Labyrinth





*thank you*

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BEND, OREGON

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