

Signature Experiences

Forge a deeper connection to our destination through memorable Alila Experiences that blend fresh new perspectives with authentic Napa Valley moments. In addition to our regular scheduled of experiences open to all resort guests, many experiences may also be booked for private sessions at a day and time of your choosing (based upon availability). Please book your experiences in advance with Spa Alila at 707-963-9005 or spaalilanapa@alilahotels.com.

GUIDED BIKE TOUR

This guided cycling experience is filled with opportunities to enjoy the sights, sounds, and scents of Napa. Your guide will chart the course based on your interests.

*\$210 for private tour for 1-2 people
\$400 for private tour for 3-6 people
Advance booking required*

BOTHE HIKE & FOREST BATHING

Leave technology behind and find renewal in the shaded redwood forest of Napa Valley's Bothe State Park on this reflective guided hike. Developed in Japan in 1980, forest bathing is a form of mobile meditation with a range of benefits for your physical, mental, emotional, and social health. Transportation included.

*\$10 per person for scheduled group hike
\$210 for private hike for 1-2 people
\$400 for private hike for 3-6 people
See schedule for weekly offering. Book with Spa Alila by 6:00pm Monday*

SOUND HEALING

This experience guides you into a deep meditative state using the vibrations of crystal sound bowls. As echoing sound waves reverberate throughout your body, your brain waves align with them and whisk you away into a self-healing state—helping to relieve stress, deepen relaxation, and bring insight and clarity. Ideal before or after a spa treatment.

*Complimentary for scheduled group class
See schedule for weekly offering*

IN THE STARS ASTROLOGY READINGS

Since ancient times, this detailed analysis of the stars' alignment during your birth reveals patterns, challenges and potential opportunities in your life's journey. Readings thoroughly evaluate your sun, moon and rising signs, and can be done in tandem with another person's birth chart to uncover the deep bonds and possible conflicts in your relationship. Wine and charcuterie are served alongside this intimate experience, which takes place beside your private fire pit.

*\$395 for private reading for one person
\$450 for private reading for two people
Advance booking required*

BRUSHES & SIP

This sip-and-paint class with an experiential twist includes artful wines and an expert guide from local cooperative Nimbus Arts. Hosted in the Acacia Barn or outside depending on the season, it's the perfect way to unwind with friends or make new ones in an afternoon of creativity.

*\$100 per person for scheduled group class
\$160 per person for private group class (minimum 4 people)
See schedule for weekly offering*

SCENTS OF THE VALLEY

Join Aftel-trained perfumer, Jessica Mennella, at an interactive scent experience designed to improve wellbeing and deepen your connection to our destination. Learn about the powers of fragrant local flora such as labdanum, lavender, fir and pink peppercorn, and blend your favorites to craft a bespoke room and aura spray to take home as a reminder of your time with us.

*\$35 per person for scheduled group class
\$75 per person for private class (minimum 4 people)
See schedule for weekly offering*

AN EXPLORATION OF WINE THROUGH SCENT & TASTE

Enliven all the senses during a unique wine tasting experience that explores how scent affects the enjoyment of each sip. Gain a deeper understanding of the diverse aromatic dimensions of red and white bouquets, and the powerful connection of nose and palate. Class begins at the resort with a hands-on botanical workshop led by one of FLWR Napa Valley's Aftel-trained perfumers. Then, clear your senses during a short walk to ACME Fine Wines in downtown St. Helena, where a private fragrance-focused tasting puts your palate and newly trained nose to the test.

*Available Monday-Friday only
\$240 per person for private group class (minimum 2 people)
+\$40 for charcuterie board (serves 2-4 people)
Advance booking required*

Fitness Experiences

Our series of complimentary morning movement experiences will help you discover strength, stability or stillness. Classes are held in the Motion Studio and do not need to be booked in advance unless otherwise noted. In addition to our regular scheduled fitness experiences open to all resort guests, private sessions may also be booked at a day and time of your choosing (based upon availability) for \$210 for 1-2 people or \$400 for 3-6 people. Please book your private session with Spa Alila at 707-963-9005 or spaalilanapa@alilahotels.com.



SPECIALTY EXPERIENCE OF THE MONTH

HARVEST MOON MEDITATION, YOGA, & JOURNALING | SEPTEMBER 22 | 8:30-10:00 AM

In celebrating the beauty of the harvest moon, find what you have been cultivating within and prepare yourself to harvest what you need. As the season begins to change, allow yourself to embrace change by finding confidence within through meditation, yoga and journaling.

VINYASA YOGA

Synchronize breath with movement during a more vigorous vinyasa practice. You will learn to link conscious breathing with a mindful flow to awaken your strength, energy, & flexibility.

POWER CORE

An express class designed to quickly pump up those feel good endorphins while also preparing the body and mind to be focused, alert and move at peak performance.

SENSORY YOGA

Our senses help us navigate, serving as a connection between our brains and our environment. This soothing yoga class is designed to help you activate and link all of your senses, leading to more mindful, memorable experiences during the day ahead.

HIKE & HATHA

Meet your instructor in the Motion Studio and grab a mat before embarking on a stroll through St. Helena. Pause midway for a 30-minute hatha yoga class, practiced at a slower pace with a focus on the breath, controlled movements, and stretching. Class departs promptly at 8:30am; please arrive on time.

PILATES BARRE

This signature workout combines ballet, light weights, and pilates to lengthen the body and increase flexibility while toning muscles.

YIN YOGA & CHAKRA BALANCING

A gentle, slow practice where passive poses are held for several minutes to provide deep release. This class will also help you connect to and balance the energy of each chakra, providing the proper amount of power for your body, mind and spirit.

Weekly Schedule

Friday, August 25

9:00-10:00 AM | Vinyasa Yoga - Motion Studio

Saturday, August 26

8:45-9:15 AM | Power Core - Motion Studio

9:30-10:30 AM | Sensory Yoga - Motion Studio

10:00-11:30 AM | Scents of the Valley - Terrace Lounge \$ (Please book in advance with Spa Alila)

Sunday, August 27

8:30-9:30 AM | Hike & Hatha - Motion Studio

Monday, August 28

9:00-10:00 AM | Pilates Barre - Motion Studio

Tuesday, August 29

8:45-10:15 AM | Bothe Hike & Forest Bathing - Meet at Valet \$ (Please book in advance with Spa Alila)

Thursday, August 31

9:00-10:00 AM | Yin Yoga & Chakra Balance - Motion Studio

Weekly Schedule

Friday, September 1

8:30-9:30 AM | Vinyasa Yoga - Motion Studio

Saturday, September 2

8:30-9:00 AM | Power Core - Motion Studio

9:15-10:15 AM | Sensory Yoga - Motion Studio

10:30-11:30 AM | Scents of the Valley - Terrace Lounge \$ (Please book in advance with Spa Alila)

Sunday, September 3

8:30-9:30 AM | Hike & Hatha - Motion Studio

Monday, September 4

8:30-9:30 AM | Tai Chi - Spa Lawn

Tuesday, September 5

8:15-9:45 AM | Bothe Hike & Forest Bathing - Meet at Valet \$ (Please book in advance with Spa Alila)

Wednesday, September 6

8:30-9:30 AM | Pilates Barre - Motion Studio

5:45-6:30 PM | Sound Healing - Spa Alila (Please book in advance with Spa Alila)

Thursday, September 7

8:30-9:30 AM | Yin Yoga & Chakra Balance - Motion Studio

Weekly Schedule

Friday, September 8

8:30-9:30 AM | Vinyasa Yoga - Motion Studio

6:00-8:00 PM | Art in the Barn

Saturday, September 9

8:30-9:00 AM | Power Core - Motion Studio

9:15-10:15 AM | Sensory Yoga - Motion Studio

10:30-11:30 AM | Scents of the Valley - Terrace Lounge \$ (Please book in advance with Spa Alila)

6:00-8:00 PM | Art in the Barn

Sunday, September 10

8:30-9:30 AM | Hike & Hatha - Motion Studio

Monday, September 11

8:30-9:30 AM | Tai Chi - Spa Lawn

Tuesday, September 12

8:15-9:45 AM | Bothe Hike & Forest Bathing - Meet at Valet \$ (Please book in advance with Spa Alila)

Wednesday, September 13

8:30-9:30 AM | Pilates Barre - Motion Studio

5:45-6:30 PM | Sound Healing - Spa Alila (Please book in advance with Spa Alila)

Thursday, September 14

8:30-9:30 AM | Yin Yoga & Chakra Balance - Motion Studio

Weekly Schedule

Friday, September 15

8:30-9:30 AM | Vinyasa Yoga - Motion Studio

4:00-6:00 PM | Brushes & Sip - Under the Oak \$ (Please book in advance with Spa Alila)

Saturday, September 16

8:30-9:00 AM | Power Core - Motion Studio

9:15-10:15 AM | Sensory Yoga - Motion Studio

10:30-11:30 AM | Scents of the Valley - Spa Lawn \$ (Please book in advance with Spa Alila)

Sunday, September 17

8:30-9:30 AM | Hike & Hatha - Motion Studio

Monday, September 18

8:30-9:30 AM | Tai Chi - Spa Lawn

Tuesday, September 19

8:15-9:45 AM | Bothe Hike & Forest Bathing - Meet at Valet \$ (Please book in advance with Spa Alila)

Wednesday, September 20

8:30-9:30 AM | Pilates Barre - Motion Studio

Thursday, September 21

8:30-9:30 AM | Yin Yoga & Chakra Balance - Motion Studio

ALILA EXPERIENCES

Weekly Schedule

Friday, September 22

8:30-9:30 AM | Harvest Moon Meditation, Yoga, & Journaling - Motion Studio

Saturday, September 23

8:30-9:00 AM | Power Core - Motion Studio

9:15-10:15 AM | Sensory Yoga - Motion Studio

10:30-11:30 AM | Scents of the Valley - Terrace Lounge \$ (Please book in advance with Spa Alila)

Sunday, September 24

8:30-9:30 AM | Hike & Hatha - Motion Studio

Monday, September 25

8:30-9:30 AM | Tai Chi - Spa Lawn

Tuesday, September 26

8:15-9:45 AM | Bothe Hike & Forest Bathing - Meet at Valet \$ (Please book in advance with Spa Alila)

Wednesday, September 27

8:30-9:30 AM | Pilates Barre - Motion Studio

5:45-6:30 PM | Sound Healing - Spa Alila (Please book in advance with Spa Alila)

Thursday, September 28

8:30-9:30 AM | Yin Yoga & Chakra Balance - Motion Studio

Weekly Schedule

Friday, September 29

8:30-9:30 AM | Vinyasa Yoga - Motion Studio

4:00-6:00 PM | Brushes & Sip - Under the Oak \$ (Please book in advance with Spa Alila)

Saturday, September 30

8:30-9:00 AM | Power Core - Motion Studio

9:15-10:15 AM | Sensory Yoga - Motion Studio

10:30-11:30 AM | Scents of the Valley - Terrace Lounge \$ (Please book in advance with Spa Alila)