



Ventana Big Sur, An Alila Resort

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# VENTANA

BIG SUR

AN ALILA RESORT

ALILA  
EXPERIENCE  
PROGRAM







## AN INVITATION TO INSPIRATION

“Activity” at Ventana is not merely about staying busy or filling your days with diversions. It’s about discovery, self-reflection and a deep awareness of your place in the world—each of which represent different things to different people. For some, the agenda might include nothing other than sitting on a mountaintop and staring at the ocean. For others, those looking for something more, Ventana offers myriad ways to connect with yourself and everything around you.

Begin each day with a morning yoga class or a guided hike around the property. Join us for one of the workshops and activities offered through our Alila Experience Program—from mediation experiences to culinary adventures with Ventana’s executive chef. Get a workout in our fitness room or go for a swim, and follow it with a Japanese hot bath. Take a day to venture out and explore Big Sur. Ease into the evening with our daily wine-and-cheese reception. It’s all up to you—and it’s all designed for you.





DISCOVERY



## COASTAL CUISINE WITH CHEF PAUL

Cook a seasonal feast with ingredients harvested from our organic garden as you learn about Central Coast cuisine. This demonstration and lunch with Ventana Big Sur Executive Chef Paul Corsentino is an experience, an adventure, a conversation that ultimately leads to an opportunity to create and inspire. You'll share your creations with others, too, as you enjoy a family-style meal paired with wine around our communal table and celebrate a special afternoon.

DURATION: 3 hours

PRICE: \$255 per person / \$400 per couple

## SIP LIKE A SOMMELIER

Learn about wine—and the special stories of this rich and fertile region—with Thomas McKay, Ventana Big Sur's resident wine expert. We'll focus on the Santa Lucia Highlands (SLH), a neighbor to us and one of the state's premier winemaking districts, featuring exceptional (and highly rated) pinot noirs and chardonnays. Paired with delicacies from the delicious coastal cuisine of Executive Chef Paul Corsentino, this truly is a food and wine experience to remember.

DURATION: 1.5 hours

PRICE: \$125 per person



## THE BIG SUR GAL- LERIES TOUR

Join Big Sur Guides and Hiking on a tour of area galleries—a rare opportunity to see the art of Big Sur and meet some of the artists as well. Discover treasures at the Hawthorne Gallery, the Coast Gallery, The Big Sur Arts Initiative Gallery, The Phoenix Shop at Nepenthe and The Heartbeat Gallery, before finishing with a Champagne toast at Ventana's Glass House Gallery. There will be surprises along the way, including a picnic lunch on the Big Sur River.

DURATION: 2-3 hours

PRICE: \$225





## FLORA AND FAUNA OF BIG SUR

Join our naturalist and Big Sur resident Jamie for a hike of your choosing, an outdoor adventure that inspires your spirit. Climb up to the ridge, stroll along one of our beautiful beaches or meander through the majestic redwood forest—whatever you choose, local flora and fauna await at every turn. See brush rabbits. Bats. Even humpback whales and dolphins. And don't forget to look up for raptors and condors!

DURATION: 2 hours

PRICE: \$100 per person / \$180 per couple





## FALCONRY

Join Master Falconer Antonio Balestreri for an exciting introduction to hawks and falcons, where you'll learn about the role of raptors in the Big Sur environment, see a flight demonstration, have a meet-and-greet with the birds, enjoy photo opportunities and more. Private and group experiences include a "hawk walk," a short hike where you'll be accompanied by a special flying guest, and even a special engagement package where a hawk will fly the proposal to your intended recipient!

DURATION: 90 minutes

PRICE: \$200 per person

# ORGANIC GARDEN TOUR

(AVAILABLE BEGINNING SPRING 2018)

Join our gardener at the Organic Garden on Sunday mornings to harvest the week's bounty! You'll learn about soil, planting and growing practices—and get some tips and tricks to use in your own garden, too.

DURATION: 1 hour





A scenic landscape of rolling hills and mountains at sunset or sunrise. The foreground is dominated by dark green, dense foliage. The middle ground shows a steep, light-colored hillside with scattered trees. The background features more distant, hazy mountains under a warm, golden sky. The word "WELLNESS" is overlaid in white, uppercase, sans-serif font in the upper center of the image.

WELLNESS



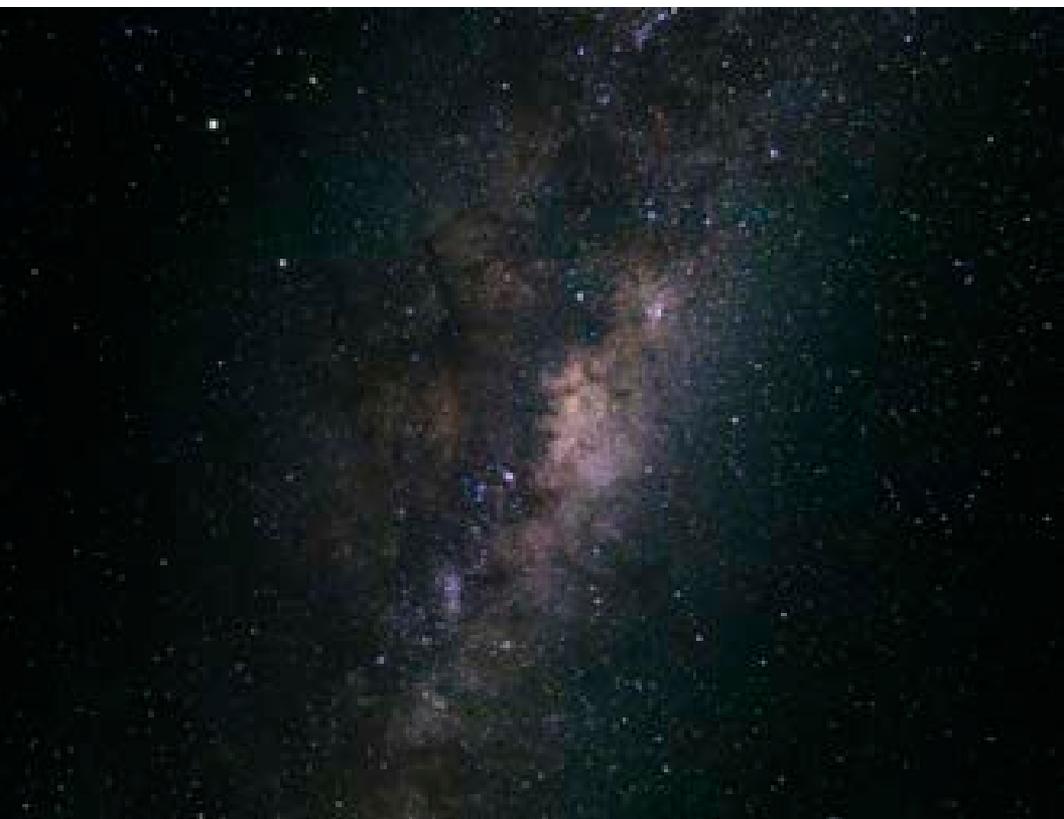
## MOVEMENT — YOGA, TAI CHI, QI GONG

Create a new beginning, or enhance your current body program, with a private yoga, tai chi, qi gong or meditation class. Available in a group or an individual format.

DURATION: 50/80 minutes

PRICE: \$155/\$235 per person

*Rates shown are for one to two people;  
please inquire for group information.*





## ASTROLOGY READINGS

Since ancient times, astrology readings have explored one's birth chart to define the essential stages of life's journey. Readings bring clarity to areas of conflict, emphasizing one's strengths and providing tools for managing life in new and creative ways.

DURATION: 90 minutes

PRICE: \$295 per person or \$350 per couple

## ESSENCE PORTRAITS

Watch your inner landscape unfold in brilliant colors while discovering your spirit guides, animal spirits and soul mates as Sofanya paints your essence through your unique color patterns. View a portfolio of previous work in the spa relaxation area.

DURATION: 90 minutes

PRICE: \$295 per person or \$350 per couple





## CIRCLE OF LIFE MEDITATION EXPERIENCE

Join our Meditation Facilitator and Big Sur resident Krystle Dawn on this inspiring journey for the spirit, body and mind. You'll experience nature's wisdom and the deep power of inner and outer peace as you gather for a centering practice and guided walking meditation. The Circle of Life is a natural ring of 100-year-old redwoods, a place that awakens awareness and revitalizes your connection with yourself and your surroundings. (The trail is a mild to moderate 10-minute walk. Please bring water and wear supportive hiking shoes.)

DURATION: 1 hour

PRICE: \$175



# HIKING IN BIG SUR



## ROBINSON JEFFERS WALK

If the contrast between forest and sea excites you, this walk is for you. We will first make our way up through a twisting canyon with cascading waterfalls around every corner, surrounded by centuries-old redwoods. Eventually, we'll arrive at a secret waterfall that few people have seen—and that you'll never forget. Finally, our journey leads to the ocean, where we will have a picnic lunch on a jetty away from shore. Here, you might see the daily otter or harbor seal, not to mention the gray or humpback whales that often drop by for a visit.

DURATION: 3 hours

PRICE: \$175





## WILD FORAGING HIKE

This seasonal hiking excursion in the wet months of autumn/winter takes us to the forest in search of some of the most sought-after wild foods—mushrooms. You'll learn how to look for wild mushrooms with a specialist guide who will teach you how to identify edible and nonedible varieties, along with medicinal plants such as Redwood Sorrel, California Sagebrush and Bay Laurel. A picnic lunch is included.

DURATION: 3 hours

PRICE: \$225 per person



## THE JACK KEROUAC EXPERIENCE

This driving tour by Big Sur Guides and Hiking is a photographer's dream come true! Traverse the Old Coast Road—the original coastal highway stretching from Andrew Molera State Park to Bixby Bridge—in your own car, following your guide along a well-maintained dirt road offering vistas of the Ventana Wilderness. We'll picnic along the Little Sur River, saying hello along the way to old-growth redwoods and a variety of wildlife.

DURATION: 2 hours

PRICE: \$225

## SPIRITUAL HIKING EXCURSION AND HERMITAGE TOUR

This excursion focuses on the intense spirituality one can experience here in Big Sur. You will learn about forest bathing and the powerful connections that nature can provide. Your spirit will soar as you take in the breathtaking beauty of the untamed Pacific Ocean, rugged coastline and rock formations. The experience culminates in a picnic lunch and tour of the New Camaldoli Hermitage property, which features unsurpassed ocean views and a serene chapel where you can pause to pray, reflect or simply admire the peaceful setting.

DURATION: 4 hours

PRICE: \$250 per person



## BIG SUR DISCOVERY TOUR

This tour, designed for people or families who want a behind-the-scenes look at the Big Sur community, features a montage of our favorite places. Ride with us to the most beautiful beaches, unforgettable waterfalls and secret vistas of the amazing coastline—as well as spectacular redwood forests, where we will forage for edibles. All the while, we'll engage in conversation about history, folklore, flora and fauna.

This adventure offers an option to enjoy lunch on the terrace at Ventana Big Sur's signature restaurant, The Sur House. Cost of the restaurant lunch is not included.

DURATION: 2.5-3 hours/4 hours

PRICE: \$125/\$175 (for hiker's lunch, +\$35/person)





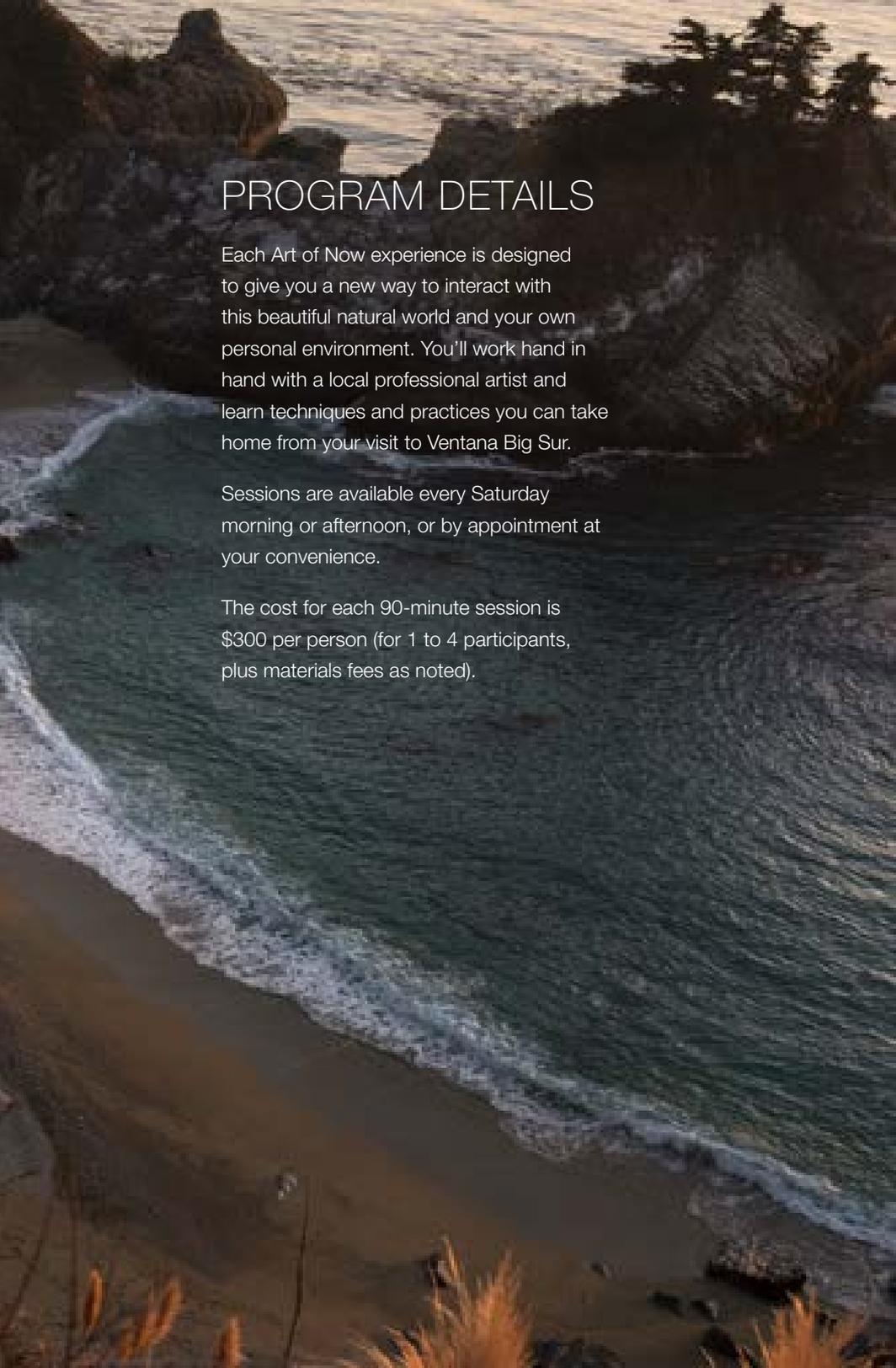
# THE GLASS HOUSE ART PROGRAM

## THE ART OF NOW

Interpreting your environment through art is not solely for professional artists: There are profound benefits for every person in crafting beautiful work with your hands.

At Ventana Big Sur, you can engage in hands-on art creation with an area native and artist—an experience inviting you to stop, center your attention and experience the world in a personal and immediate way. These practices will not only help you develop creative skills, they also will show you that taking time to observe and record is an invaluable way to enrich your life with a sense of peace and presence.

Whatever your artistic experience and abilities, you'll find these 90-minute Art of Now sessions inspiring and fruitful.



## PROGRAM DETAILS

Each Art of Now experience is designed to give you a new way to interact with this beautiful natural world and your own personal environment. You'll work hand in hand with a local professional artist and learn techniques and practices you can take home from your visit to Ventana Big Sur.

Sessions are available every Saturday morning or afternoon, or by appointment at your convenience.

The cost for each 90-minute session is \$300 per person (for 1 to 4 participants, plus materials fees as noted).



## COLORPLAY WITH WATERCOLOR PAINTS AND TORN PAPER

The saturated hues of a brilliant sunset. The verdant green on green on green of a wooded hillside. The juxtaposition of light and shadow. This is your inspiration.

Working with color is a perfect nonverbal way to respond to your environment and enter a creative flow. Media will include watercolor and torn paper collage. You'll create a series of observed and abstracted motifs that respond to Big Sur's natural environment, while learning time-honored techniques in the expression of color and design.

MATERIALS FEE: \$50

SESSION FEE: \$300

## SKETCHING WITH LINE AND WASH

Stop, look, respond. Experience the moment and your environment by sitting, observing and recording using simple sketch techniques. You will discover the satisfaction of bringing an image to life—and begin to appreciate your own abilities, no matter your skill level.

We'll provide pen, pencil, ink-wash brush and a sketchbook. Through demonstration and instruction you'll develop the skills you need to populate your pages with imagery that is personal and satisfying.

This session can be the basis of a lifelong practice that is truly life-enhancing.

MATERIALS FEE: \$20

SESSION FEE: \$300





## IPHONE PHOTO TECHNIQUES

There it is, in your pocket already—a camera that can help you record the moment and memorialize your environment.

While everyone takes photos with their phone, most don't take the time to learn the strengths and limitations of the camera, so they never access its full potential.

Spend some time with a local photographer exploring the diverse and beautiful environment of the Ventana Big Sur property. Bring your smartphone and learn to use it well.

You'll have a great time and learn techniques that will enhance every photo you ever take.

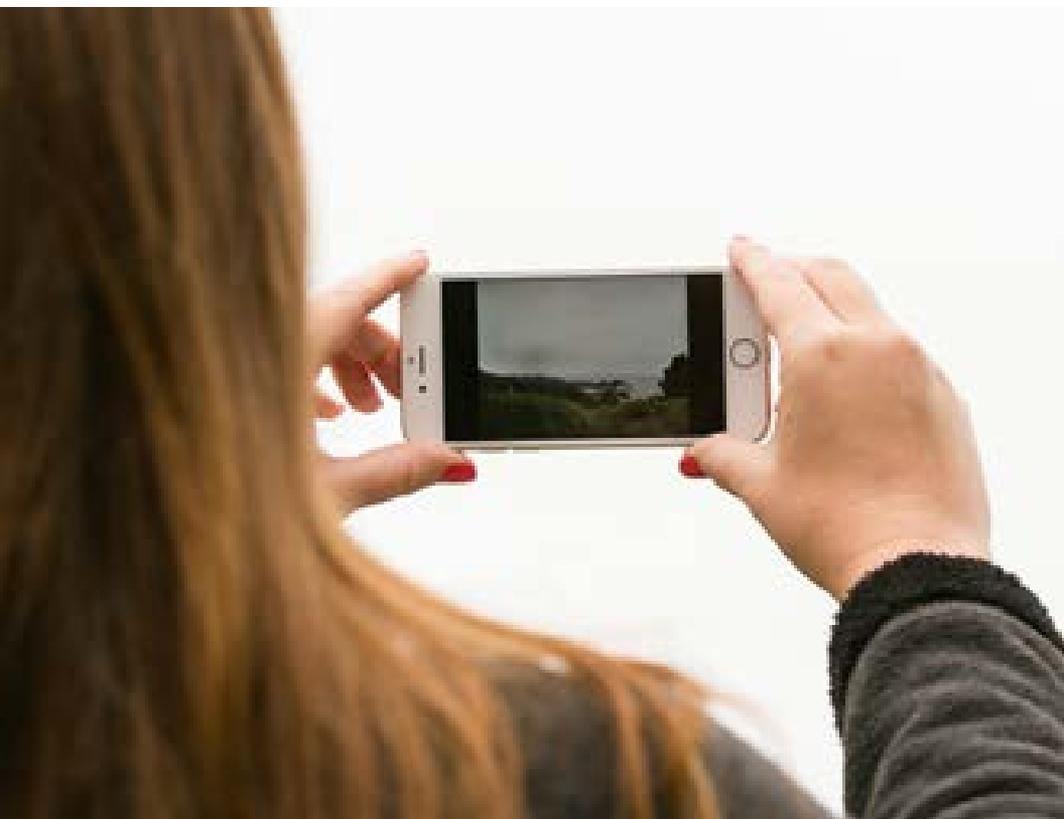
SESSION FEE: \$300

## PHOTOGRAPHIC EXPRESSION IN A NATURAL ENVIRONMENT

Whether you use a smartphone or a Hasselblad, whether you like digital or film, basic photographic techniques will enhance your enjoyment of photography and give you skills to improve your future work.

Join a local photographer to explore the incomparable environment of Ventana Big Sur and record the beautiful light of California's Central Coast. A loaner camera is available if you like.

SESSION FEE: \$300



## WRITING AS A CONTEMPLATIVE PRACTICE

Pen point to paper, set a timer. “I remember ...”—now, begin. Is it really that simple? Can you begin to write with this little effort? You’ll find the answer is “yes.” In fact, only you can write your story.

There is no mystery to writing—we learned how in second grade. There is, however, real magic in the process of using inspirational prompts, examples from poetry and literature along with timed writing sessions to encourage your words to flow and to connect to your authentic self.

During this session, you’ll work with an award-winning Big Sur writer as you reflect on your natural environment, record your personal experiences and explore the joys of writing as a contemplative practice.

SESSION FEE: \$300



