

SHOU
SUGI
BAN

HOUSE

WELLNESS
ACTIVITIES

SUMMER
2020

SHOU SUGI BAN HOUSE

Wellness Activities

Wellness is an integral part of the Shou Sugi Ban House experience. This menu has been crafted to provide our guests with a sense of grounding and connection to nature through a variety of enriching experiences.

We invite you to explore possibilities to harmonize your mind, body and spirit. For those seeking a comprehensive experience at our destination retreat, we encourage you to connect with our Guest Services team, who can work with you to develop a personalized program.

Wellness Activities

Nutrition

Juicing and Blending Workshop / Nutrition Consultation
Comprehensive Nutrition Consultation

Sacred Traditions

Radical Self-Care

TEA TRADITIONS

Shou Sugi Ban House Tea Meditation / Tea Tasting

Movement

YOGA, BREATHWORK & MEDITATION

Hatha Yoga / Deep Release Custom Yoga

Clarity of Being / Breathwork Journey / Qigong

Custom Meditation / Hypnotherapy for Sleep

FITNESS

Functional Movement / Strength and Balance

Shou Sugi Ban House Signature Workout

Aquatic Fitness / Prenatal and Postpartum Fitness

Tennis Lesson

PERSONAL TRAINING ADD-ONS

Postural Analysis / Supported Stretching

Myofascial Release

Excursions

Beach Excursion / SSBH Picnic Boat Excursion

Private Driver/Guide

Nutrition

JUICING AND BLENDING WORKSHOP

60 mins · \$225 | \$50 additional guest

Discover the healing powers of juicing, superfoods and smoothies. Develop an understanding of how they can be used for optimizing hydration, cleansing the body of toxins and restoring balance. Led by our resident nutritionist, you will navigate the world of turning fruits, vegetables and superfoods into blends that you can best integrate into your daily life.

NUTRITION CONSULTATION

60 mins · \$225

During this hour-long consultation, our resident nutritionist will explore all facets of your life including diet, stress, physical activity, past and familial medical history, and current health concerns. Together you will work to uncover the root cause of current dysfunction and develop a personalized plan to help you reach your health goals.

COMPREHENSIVE NUTRITION CONSULTATION

90 mins · \$350

A one-on-one nutrition consultation with our resident nutritionist both during and after your stay includes three elements: a nutrition-focused physical exam, an exit consultation and a follow-up consultation. Gain a deeper understanding of your body's inner workings and receive recommendations of appropriate nutrition and lifestyle changes you can make during and after your retreat.

Sacred Traditions

RADICAL SELF-CARE

60 mins · \$225 | \$50 additional guest

A workshop dedicated to self-care. Practical tools, group sharing and meditation will enable you to reclaim your mind and body. We will explore the four pillars of self-care and exactly how they apply to each individual. Discuss the ways we hinder our own well-being and introduce intelligent methods to bring yourself back into a state of balance.

Tea Traditions

SHOU SUGI BAN HOUSE TEA MEDITATION

30 mins · \$100 | \$50 additional guest

A modern tea experience which encourages our guests to foster mindfulness as a daily practice. This multi-sensory ritual focuses on the present moment of reconnecting with yourself and those around you.

TEA TASTING

30 mins · \$100 | \$50 additional guest

Sample a selection of herbal, green and matcha teas. Discuss the process of tea making, tradition and health benefits with our resident expert.

Movement

Yoga, Breathwork & Meditation

HATHA YOGA

30 | 60 | 90 mins · \$100 | \$200 | \$300
\$50 additional guest

A foundational class touching on all aspects of a well-rounded yoga practice. Pranayama, meditation, chanting and yoga postures challenge and restore your body to its optimal state. Highly customized to the individual's needs.

DEEP RELEASE

60 | 90 mins · \$200 | \$300 | \$50 additional guest

A hands-on restorative yoga practice focused on parasympathetic activation and inviting full-body relaxation. Props, essential oils, crystal bowls and physical adjustments are incorporated into this therapeutic experience. Suitable for all levels.

CUSTOM YOGA

30 | 60 | 90 mins · \$100 | \$200 | \$300
\$50 - \$75 additional guest

Designed to meet the individual's or group's specific needs. Come prepared with questions and the desire to learn. These sessions can touch on many aspects of yoga from philosophy, alignment, pranayama (breathwork) and meditation. These sessions can also be utilized to create a custom practice which can be integrated into a home practice.

CLARITY OF BEING

60 | 90 mins · \$200 | \$300 | \$50 - \$75 additional guest

Dynamic yogic exercises optimize circulation, welcome relaxation and work with your body's natural ability to heal itself. We begin with an anatomical meditation, flow into movement, breathwork and conclude with a vocal healing savasana. The entire class is accompanied by the sounds of live singing bowls, gongs and hand drums.

BREATHWORK JOURNEY

60 mins · \$200 | \$50 additional guest

Use your own body and breath for deep cleansing, shaking loose and releasing negative emotions, stagnant energy and physical blocks that are often inaccessible to our logical minds. A deep catharsis of body, mind and spirit that will leave you lighter, clearer and refreshed.

QIGONG

60 mins · \$250

Explore the study of cultivating vital life force. This centuries-old practice coordinates body postures, movement, breathing and meditation to improve health and heighten one's spirituality to self.

CUSTOM MEDITATION

30 mins · \$100 | \$50 additional guest

A simple seated meditation led by one of our resident instructors. Suitable for all levels, it may be customized to the needs and intentions of the individual.

HYPNOTHERAPY FOR SLEEP

120 mins · \$500

Reset your natural circadian rhythms by allowing your body and mind to be guided into a state of deep relaxation.

Fitness

FUNCTIONAL MOVEMENT

60 mins · \$200 | \$50 additional guest

This class aims to make you more connected to your body and its movements. Create awareness around form, asymmetries in the body, and weaknesses or tightness.

STRENGTH AND BALANCE

60 mins · \$200 | \$50 additional guest

A fast-paced class incorporates deep core stabilizing and strengthening exercises for a complete and full-body workout. Weights, bands and kettlebells are incorporated to improve overall strength and stability.

SHOU SUGI BAN HOUSE SIGNATURE WORKOUT

60 mins · \$200 | \$50 additional guest

A fitness methodology based on the core principles of traditional strength and conditioning, gymnastics and High Intensity Interval Training (HIIT) programs.

AQUATIC FITNESS

60 mins · \$225 | \$50 additional guest

Performed in our heated pool, this exercise minimizes stress on the joints while working to strengthen and tone your body.

PRENATAL AND POSTPARTUM FITNESS

60 mins · \$200 | \$50 additional guest

Designed for expectant or new mothers, enjoy a customized workout aimed at increasing the strength, flexibility and endurance of important muscles used most often by mothers.

TENNIS LESSON

30 | 60 | 90 mins · \$125 | \$200 | \$300
\$50 additional guest

Suitable for beginners and experts alike, engage in drills or match play with our resident tennis instructor on the property's hard court.

Personal Training Add-Ons

POSTURAL ANALYSIS

30 mins · \$100

Investigate your body's movements and static posture to develop a conditioning plan aimed at realigning your body's distribution.

SUPPORTED STRETCHING

30 mins · \$100

Increase flexibility, improve range of motion and shorten recovery time with the personalized assistance of your instructor.

MYOFASCIAL RELEASE

30 mins · \$100

Release tension, flush your system and fuel your muscles more efficiently through a guided series of foam-rolling exercises.

Excursions

BEACH CHAIR SETUP

Starting at \$150 for two guests

Shou Sugi Ban House will create the perfect sand setup for the day with an umbrella, chairs, snacks and beverages. Includes transfers to/from the beach and Shou Sugi Ban House.

SSBH PICNIC BOAT EXCURSION

Half-day (4 hrs) | Full-day (8 hrs) · \$2,300 | \$4,000

Explore the Peconic Bay with your captain, stopping along bucolic harbors such as Sag Harbor, Shelter Island, and the North Fork. Swim, sightsee, or head ashore for lunch at a local favorite. Includes transfers to/from dock and Shou Sugi Ban House.

PRIVATE DRIVER/GUIDE

Starting at \$250

Embark on a customized driving tour of the area with our local driver/guide and take in beautiful landscapes, historical sites and more. This activity can be customized to suit your specific interests, as well as modified for the seasons and various weather conditions.