



OPTIONAL ACTIVITIES

THURSDAY, JANUARY 26

All Around Ojai Jeep Tour

1:30 – 5:30 PM

Discover why this has long been a haven for artists, musicians, nature lovers, health enthusiasts and spiritual seekers. Inspiration is everywhere—especially in the beautiful scenery— and what better way to experience it than in an open-air Jeep! Travel along quiet country roads, past local landmarks and endless orange, olive and avocado groves.

Estimated travel time: Jeeps depart directly from hotel.

Recommended attire: Casual or athletic clothes recommended. Hat, sunglasses and sunscreen also recommended.



Ojai Valley Bike Tour

1:30 - 4:00 PM



Spend the afternoon exploring Ojai's abundant citrus farms and unique history as you make your way through this beautiful valley on a bike. Learn how the Italian Mafia shaped the history of olive oil in Ojai as you bike past original stonewalls built by railroad workers and enjoy the charm of historic farm homes.

Estimated travel time: Bikes depart directly from hotel.

Recommended attire: Athletic clothes recommended. Hat, sunglasses and sunscreen also recommended.

Pinot & Picasso

2:00 – 3:30 PM

Enjoy a relaxing afternoon sipping pinot and creating a work of art you can take home. No experience is necessary; just a thirst for creativity and the passion for a good time!

Estimated travel time: This activity will take place on property.

Recommended attire: Casual clothes are recommended.



THURSDAY, JANUARY 26 (continued)

Horseshack Riding

1:30 - 3:00 PM & 2:30 - 4:00 PM

Saddle up for a guided scenic ride through the River Valley Trail. Enjoy breathtaking views of the Topatopa mountain range and picturesque, wide-open trails of the Ventura River.

Estimated travel time: 10 minutes

Recommended attire: Closed toe shoes, jeans, a hat, and sunscreen.

**Note - The horses are able to accommodate weights under 230 pounds.*



Yoga

2:00 - 3:30 PM

WELLNESS WORLDWIDE



Reconnect to yourself during this deep and slow, all levels yoga flow. Following the class, enjoy a restorative Antioxidant Pomegranate-Orange Juice Elixir.

Estimated travel time: This activity will take place on property.

Recommended attire: Athletic clothes recommended. Yoga mats will be provided.

FRIDAY, JANUARY 27

Wine Tasting at Old Creek Winery

1:30 - 4:30 PM

Southern California offers some of the best vineyards in the country and Ojai Valley is home to some of these amazing wineries. This tour will visit Old Creek Winery, where attendees are invited to a delicious wine tasting and to explore the grounds where Sauvignon Blanc, Pinot Gris, Viognier and Albariño are grown.

Estimated travel time: 15 minutes

Recommended attire: Casual clothes are recommended.



Friday Optional Dinner at Deer Lodge

6:30 - 10:00 PM



After enjoying your optional activities, join us for one final dinner at the historic Deer Lodge. The evening will include a BBQ buffet dinner and enjoyable conversation with new and old friends. Please note, this is the only dinner during the seminar that requires a separate registration.

Estimated travel time: 10 minutes

Recommended attire: Casual clothes are recommended. A sweater or jacket is recommended as temperatures will decrease in the evening and a portion of the space is outdoors.