

# Daily & Private Signature Classes

**1440**  
MULTIVERSITY

CREATING HOPE FOR LIVING WELL



SANTA CRUZ COUNTY, CALIFORNIA | 1440.ORG



## Daily Signature Classes



# All-Inclusive Experiences for Your Mindfulness & Wellbeing

The 1440 teaching staff consciously provides an array of 30- to 60-minute peaceful yet energizing classes offered for, and shared by, all guests on campus as a part of our package inclusions. There are at least two Signature Classes offered per day (morning and afternoon) along with an evening class on select days; classes are designed for both new and experienced students and are accessible for all age groups and physical conditions.

## *Mindfulness & Embodied Movement*

### **Bagua**

Learn the advanced yet adaptable movement meditation form of Bagua circle walking for more energy, better balance and a focused relaxed mind. Classes begin with simple breathing instruction and gentle healing movements, followed by exploration of the postures, footwork foundation and eight core palms of Bagua as the class progresses. This is a more active, energizing and full-body strengthening experience.

### **Connect Through Rhythm**

This dance experience combines stretching, breathing, guided movement and free movement to inspiring music. The pace builds through the class as you are led through some basic stretches based on ballet and jazz, followed by simple movement across the floor, advancing into free dance to various types of music (slow and contemplative; rhythmic and strong; fast and free).

### **EFT with the Five Elements**

Using the Emotional Freedom Technique originally developed by Dr. Roger Callahan in the 1980s, and brought to life through Nick Ortner and The Tapping Solution, this class addresses the primary emotions as interpreted through the Five Elements of Chinese Medicine (Fire, Earth, Metal, Water and Wood). Tap on key acupressure points on the body to clear stuck energy and release emotions to bring a greater state of calmness and peace for your body and mind. Leave feeling more open and clear.

### **Embodied Move and Stretch**

Find embodiment in your daily routine – get out of your head and into your body; shake off stagnant energy and simply move. In Embodied Move and Stretch, guests start with gentle movement and dance and finish with stretching and breathwork. All levels welcome.



# Daily Signature Classes: *Mindfulness & Embodied Movement*

## Low-Impact Body Weight Fitness

This slow-flow fitness class is designed to help unite mind and body. Low-Impact Body Weight Fitness focuses on a variety of exercises targeting the core, arms and legs, and movements are done in a very slow and deliberate manner to ensure proper form and engagement of target muscles. All levels welcome.

## Meditation

Meditation is the practice of quieting the mind, and it cultivates the ability to respond to life with calmness, neutrality and conscious choice. Whether you are new to this practice or have meditated for years, this class will provide contemporary instruction in the core mindfulness practice of breath meditation. Experience guided and silent meditation infused with conscious breathing to awaken your body and mind to a new day.

## Muscle Movement Meditation

The human neuromuscular system is so beautifully complex in both structure and function that we often forget our innate ability to command control over it. Participants will meditate on the mind-muscle connection through a series of muscle activating movements that are friendly to all fitness levels and ages.

## Pole Walking for Natural Fitness & Self-Healing

Learn how mindful pole walking and correct breathing can enrich your brain, body and the quality of life as you experience a holistic spiritual workout in nature. Join us for outdoor fun, fitness and fellowship — as you learn correct pole walking, you will feel more embodied in good walking posture, balance, coordination and correct breathing. A few benefits of regular pole walking practice over time will naturally increase your cardiovascular fitness, respiratory health and strengthen your front and back muscles.

## Qigong

Bounce, breathe and flow your way through this invigorating yet introspective ancient practice for self-healing and inner balance. Qigong is essentially a moving meditation which opens the energy flow in the body and brings a greater awareness of your connection to the energy within and around you. This practice will allow you to feel more grounded, open and peaceful.

## Qigong – Five Element Flow in Nature

In the ancient practice of qigong, each of the main energy systems in the body is related to one of the five elements in nature: Fire, Earth, Metal, Water and Wood. Connect to nature and your internal energy in this outdoor experience where you will walk to picturesque locations around campus to experience these elements and practice specific qigong movements for your inner energy systems. Leave feeling more grounded to the earth and more open to the flow of your own life force energy.

## Qigong Flow

Experience the essence of the ancient healing art of qigong in this integrated mind-body class. Explore healing qigong meditations that are easy to follow and learn by combining breath, intention and focused gentle movements. Gain the feeling of being revitalized, balanced and more in touch with your own body's healing power.

# Daily Signature Classes: *Mindfulness & Embodied Movement*

## Qigong Tai Chi in Nature

Learn the practice of qigong tai chi energy balancing while in nature and connect with yourself and the elements. Walk in community with other participants to Crest Deck or Redwood Amphitheater to enjoy an adaptable and profound movement meditation practice. Exploring these nourishing movement meditations of tai chi will build internal strength, deep vitality, mindfulness, inner peace and balance throughout the whole body.

## Restorative Yoga

Begin or support the process in restoring your mind, body and heart — this class is designed to melt away anxiety, stress and tension to leave you feeling holistically more whole. Participants start with gentle stretching and breathwork, then move into supported resting poses to facilitate maximum relaxation and rejuvenation. All levels welcome.

## Slow-Flow Hatha Yoga

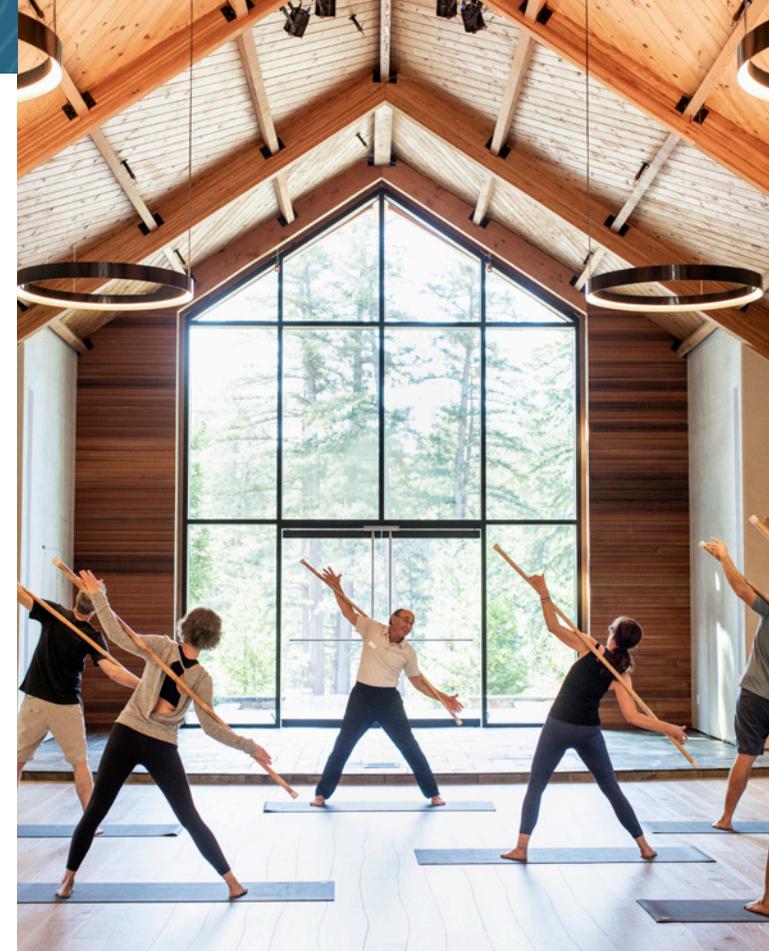
This class invites you to begin with awareness awakening, breathwork and setting a personal intention to soothe your nervous system. Progress gently through yoga poses to enhance strength, balance and flexibility in both body and mind. Conclude with a relaxing pose and brief meditation, leaving you refreshed, revitalized, and serenely present. Deeply nourishing, Slow-Flow Hatha Yoga is suitable for all skill levels and abilities.

## Slow Motion Toning With the Five Elements

Slow Motion Toning is a full-body movement class developed from the book *In Praise of Slowness*. This practice combines elements of barre, qigong and isometric toning and is designed to activate the major muscle groups of the body with slow controlled movements, including stretching and a focus on the breath. As a participant, you may break a sweat as you discover a new perspective on moving slowly and deliberately, incorporating mindfulness into the way you move your body.

## Stick Fitness

Discover Stick Fitness, an innovative and playful approach to personal health and wellbeing. Stick Fitness incorporates the use of rattan, bamboo and liquid sticks to explore new and novel stretching techniques while using natural movements to benefit posture, cardiovascular health, coordination, balance, strength and more. Learn new skills toward improved physical fitness and brain health while having a lot of fun.





# Daily Signature Classes: *Mindfulness & Embodied Movement*

## Stick Tai Chi

Move mindfully in slow, continuous and connected sequences of tai chi movements (while nasal breathing and humming, when appropriate) with the aid of a short light stick as you practice specific finger, hand and wrist skills with Stick Tai Chi hand routines. As you become familiar with Stick Tai Chi and add the traditional tai chi principles to these movements, you may feel this ancient wisdom of chi energy circulating in your body with every breath for energy flow, health and improved circulation.

## Tai Chi Flow

Learn the ancient practice of tai chi form in this movement meditation class. Explore the core flowing movements, breathing and postures that build internal strength, deep vitality and balance on all levels.

## Tao Yin Deep Stretch & Flow (Taoist Yoga)

Based on the Taoist tradition, Tao Yin Deep Stretch & Flow offers a rhythmic stretching and balance sequence. The foundation is set through four rounds of a series of stretches, lunges and gentle twists that build on one another and expand with each round. During this practice, you'll stretch and open every part of your body from head to toe. Leave feeling awake and more connected to your body and your breath.

## Yoga

Explore your edges through an inspired yoga class designed with everyone in mind. With a strong connection to the breath you will flow through sequences that keep a steady pace, bring attention to physical alignment, and leave the mind refreshed and rejuvenated.

## Yoga Breathing

Yoga breathing is a safe and natural way to quickly affect your autonomic nervous system. Most individuals are stuck on autopilot, bounced around by our environment leaving us feeling wired but tired, imbalanced and frazzled. Yoga breathing offers many of the same benefits as meditation, but it's easier to learn, can be practiced anywhere and the results are very predictable. No experience necessary, these practices are accessible to everyone.

## Your Healing Hands

Awaken healing power within your hands and learn how to access key areas of your body to promote health, wellbeing and internal balance. Participants will be able to experience the benefits of a guided acupressure massage, the relaxation of energy healing and the empowerment of meditation. Learn a hands-on approach to self-care that you can easily embody and take home with you. This class is designed for all levels.

# Daily Signature Classes: *Wonder Well in Nature*

## Food as Medicine: Garden Tours

Stop by Joanie's Garden to chat with our campus gardener. You'll have the opportunity to wander through at your leisure and ask any questions you may have. Learn about the bounty of herbs, fruits and vegetables grown on campus and how they are incorporated into the meals prepared and served at Kitchen Table. Allow yourself time to "stop and smell the roses" as you enjoy the sumptuous aromas of the season. Interact with nature's bounty while seeing Food As Medicine.

## Guided Nature Walk

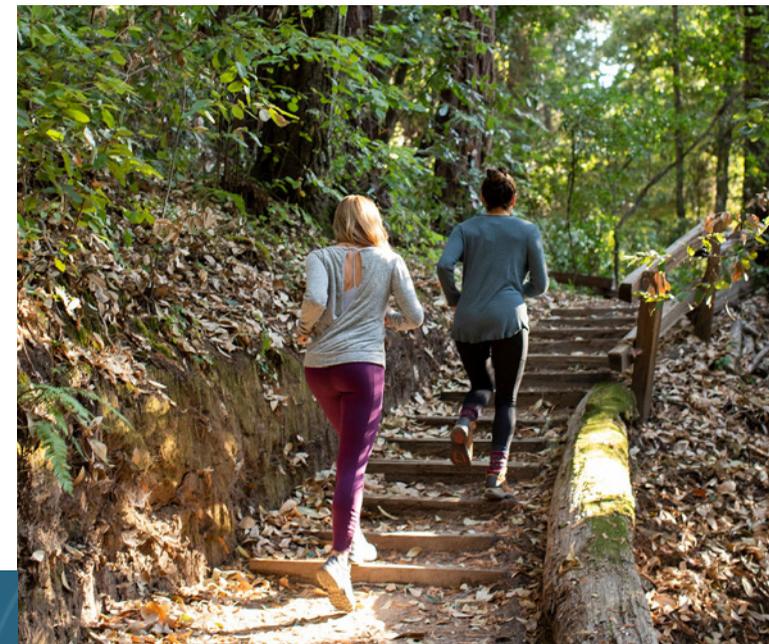
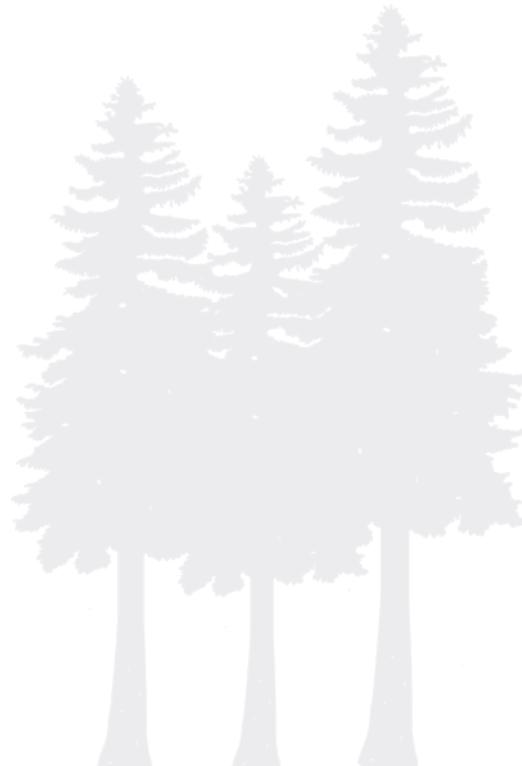
Curious minds will enjoy this guided walk down to our Cathedral and Mother Tree. A local expedition leader will highlight the practices of various wisdom cultures with an emphasis on how they connect to the natural world, as well as the ecology of the redwoods. Come away with techniques for nourishing your mind, body and spirit that only nature can provide. This experience will not be canceled due to weather, unless conditions are extreme or safety is an issue. Collectively, participants can choose to walk outdoors or stay inside for a nature talk.

## Hiking, Health & Happiness

Health and happiness can be cultivated using a variety of techniques and applied to a variety of health-related behaviors including our time spent in nature. In a fun, communal atmosphere you will learn from an experienced kinesiologist how to hike happy, free, relaxed and centered, all while maintaining efficient movement. Hike along the undulating trails of the 1440 campus much like the Ohlone Indians did thousands of years ago — this hike is friendly for all capabilities.

## Hiking as Medicine: Prescribing a Walk in the Woods

Movement and nature are a fundamental part of our biological design and when practiced in concert lead to increases in functional health that have been scientifically verified. One example would be the natural chemicals collectively known as phytoncides that are associated with improvements in the activity of our frontline immune defenders. Phytoncides are secreted by evergreen trees including the various evergreen species that envelop the 75-acre 1440 campus. Inspired by the pure mountain air and magical 1440 grounds, theory will blossom into practice during a short hike designed for all capabilities.





# Daily Signature Classes: *Creative Expression*

## Art Journaling

Come play and let your intuition lead your expression on paper. A variety of art supplies are provided along with exercises and verbal prompts to inspire an exploration of creativity. Words, drawings, collage and more combine to create insight to our everyday lives. No artistic experience required.

## Nature Impressions & Seasonal Note Cards

Gelli plates are a fun and easy way to create monoprints. Celebrating the nature that abounds at 1440, participants will take impressions of leaves and flowers and then make note cards from the bounty. Perfect for any season, come make personalized cards to connect with friends, family and yourself.

## Printmaking

Introduce yourself to the simple, elegant printmaking process. Words and images of master artists will guide our exploration of landscape as personal expression and connection to the world around us. Learn to plan and draw images or patterns, carve a relief image, and hand-print your design using simple tools. This is a great way to tap into your creativity and start experimenting with the beautiful medium of printmaking. No prior experience necessary.

## SoulCollage®

This method is deeply personal, incredibly fun and perfect for the quiet individualist as well as the one who loves community. SoulCollage® is as simple as the ingredients of cut images, scissors and glue as you create your own customized collage. This process is considered by many to be transformational and vitally expressive, even with zero art experience.

## Zentangle®

Join us for a fun and easy-to-learn way of drawing structured patterns to create beautiful images called tangles. The Zentangle® Method makes drawing accessible to everyone since tangles are non-representative, created from basic pen strokes. In this relaxed, hands-on class, you will learn to draw four different tangles on a beautiful paper tile. As you draw tangles you will likely experience increased focus, calm, creativity and wellbeing. Savor this time as you discover and enjoy all that the Zentangle® Method (and you!) can offer.





## Private Signature Classes



# Exclusive Experiences for Your Group to Explore & Reconnect

Curate a more personalized and intimate experience for your attendees through a private signature class. Tailored to the unique dynamics and needs of your group, these sessions offer a deeper, more focused environment for learning and connection, whether you are focused on teambuilding, leadership development or simply a shared journey of discovery. *All private signature classes are priced per person.*

## *Wonder Well in Nature*

### **Big Sur: Woods, Water & Wonder**

*10-person minimum*

Life is a journey of mindful steps, akin to a hike. Join our expedition leader on a saunter through the redwoods, where you'll learn how nature can be our greatest teacher. Uncover tribal navigation wisdom, insights for daily life and more. This nature walk promises to be as enlightening as it is serene. Wear comfortable walking shoes.

### **EarthFit Endurance Hike**

*10-person minimum*

If you are like most of us, work and family obligations can make it difficult to get enough time outside — even though we know the crucial benefits to being in nature. This cardio hike is for those that are ready to get their heart pumping and head clear while walking amongst the redwoods of the 75-acre 1440 campus.

### **Labyrinth Walk**

*10-person minimum*

The practice of labyrinth walking integrates the body with the mind and the mind with the spirit. Learn why labyrinths have been used worldwide as a powerful walking meditation while you slow down, feel the rhythm of your steps and breath as you explore the labyrinth. Discover a way to quiet the mind, recover balance and reduce stress as you walk, opening up to meditation, insight and self-reflection.

### **Twilight Nature Walk**

*5-person minimum / 15-person maximum*

Experience a cool evening under the stars among the redwoods as you embark on a gentle upper trail walk combined with a poetry reading. Hear insights on integrating our experiences in nature into our everyday lives. Flashlights are provided for this very special guided experience.

### **Wilderness Survival**

*10-person minimum / 20-person maximum*

This fun hands-on course is a great first step in developing wilderness self-reliance skills while simultaneously promoting team building. Our goal is to provide beginners with a practical primer so they feel confident and comfortable in the backcountry. A typical two-hour course includes survival mindset; building a natural shelter; finding and purifying water; foraging for wild foods; how to prevent and prepare for common wilderness predicaments; and more.

# Private Signature Classes: *Mindfulness & Embodied Movement*

## Candlelight Meditation

*10-person minimum*

Meditation is the practice of quieting the mind, and it cultivates the ability to respond to life with calmness, neutrality and conscious choice. Soothe the nervous system with long-held passive postures on the floor, supported by props and blankets. Additionally, you will enter into complete physical, mental and emotional relaxation with both guided and silent meditation. No experience needed.

## Candlelight Yoga

*10-person minimum*

Unwind under the soothing glow of candlelight as you restore and relax the body, mind and heart. This gentle yoga and meditation experience is designed and inspired for everyone. With a strong connection to the breath, we will flow through sequences that keep a steady pace; bring attention to physical alignment; and leave the mind refreshed and rejuvenated.

## Embodied Joy

*10-person minimum*

Improvisation creates a safe space where participants are encouraged to explore in a set of exercises designed for finding your voice, moving your body, developing conscious communication skills, letting go of inhibiting beliefs and having fun. This is your invitation to try something new and embody joy! Come and enjoy the spontaneity, smiles and chance to reconnect with others, and yourself, while on campus.

## Liquid Stick for Cardiovascular Fitness

*10-person minimum*

Training with a liquid stick revolutionizes cardiovascular workouts, offering a safe, easy and enjoyable experience. While holding the stick firmly yet relaxed, and applying a dynamic push-pull motion, you generate energy waves through your hands, arms, chest, shoulders, back and legs. This movement enhances blood flow back to the heart and increases the circulation of oxygen-rich blood to the brain and body.

## Sound Journey

*10-person minimum*

Make yourself comfortable and receive the profound benefits of this special meditative experience. The sound of crystal bowls expertly played soothes the nervous system, bypassing the intellectual mind to deeply relax the body. Sound Journey can enhance your connection to insight and optimize your body's ability to relax, restore and heal.

## Vision Board

*10-person minimum*

Identify and gain clarity on your goals and dreams. Using images as a powerful representation for what you're manifesting for your life, design a vision board to help you map out your path and stay inspired. Take home your vision board and use it as a daily motivator to bring your goals and dreams into existence.





# Daily Signature Classes: *Mindfulness & Embodied Movement*

## Essential Mind-Body Practices for Immune System Strength

*10-person minimum*

Experience an effective and essential mind-body movement practice that can help restore your vitality and strengthen your immune system. Designed for all levels, this class includes gentle stretching and flowing movements as well as guided breath and self-acupressure massage on key points to promote wellbeing.

## Stick Fitness for Yoga Lovers

*10-person minimum*

Experience a revolutionary stretching method in Stick Fitness for Yoga Lovers, which blends yoga, tai chi and soft martial arts. This method uses a long bamboo, rattan or flexible liquid stick to help you better feel spinal alignment and deepen your stretching postures. Training with various lengths of sticks, when correctly used, adds considerable support, assists in balance and allows resistance strength training with ease and fun. You will practice nasal breathing with alternate humming while stretching and mindfully moving with your stick.

## Understanding Your Mind-Body Constitution (Doshas) of Ayurveda

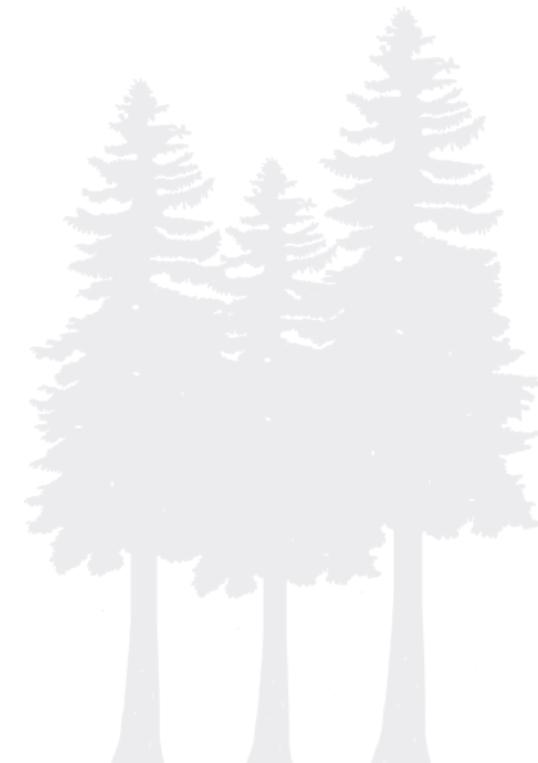
*10-person minimum*

Complete a mind-body questionnaire to discover your unique constitution. If you are imbalanced, you'll learn how to achieve harmony and peace through tailored nutrition, movement, music and your environment. Grasping your true nature is key to fostering health, harmony and balance across your mind, body, spirit and surroundings.

## Vinyasa Flow Yoga

*10-person minimum*

Breath is your guide in the movement meditation of Vinyasa Flow Yoga. This class is based on the ancient practice of Ashtanga Yoga and will focus on aligning mind, body and breath with breathing exercises, empowering postures, flowing movements and mindfulness. Vinyasa Yoga flows are energizing, revitalizing and balancing.



# Daily Signature Classes: *Nutrition & Food As Medicine*

## Beehive Dive

*6-person minimum / 20-person maximum*

Participants dress in beekeeper suits for this unique and fun learning experience with the 1440 honeybees. Learn how to open a beehive, use a smoker and techniques to safely interact with the bees as you explore their different roles and contributions in the colony. The experience ends with a tasting of wildflower honey straight from the campus beehives.

## Cacao Ceremony

*10-person minimum / 30-person maximum*

Learn about the ancient tradition of cacao, which is celebrated and honored as a sacred drink in spaces of togetherness including rituals and celebrations. More than just chocolate, the benefits of cacao vary from being a soft, sustainable energizer to a stimulator for happiness and motivation. Through breathwork, meditation, music and dance, a cacao ceremony creates a heartfelt space for group bonding, setting intentions, deepening connections, and fostering a sense of community and sharing.

## “Chopped” Mystery Basket Team Challenge

*10-person minimum / 20-person maximum*

This interactive team challenge begins with participants collecting ingredients on a scavenger hunt around campus. Once gathered, the teams will work together to create a winning dish. 1440 chefs will provide tips during the one-hour cooking time and rank each team before crowning the winners.

## Culinary Demonstrations (choose one below)

*10-person minimum / 40-person maximum*

Learn how to make foods that reduce inflammation, promote brain health and are free of the top eight allergens (dairy, soy, wheat, nuts, fish, shellfish, peanuts and eggs). This interactive session allows for Q&A and the recipe will be provided for participants to take home.

- **Healthy Juicing:** Learn about the health benefits of juicing with fresh fruits and vegetables.
- **Nutritious Smoothies:** Get ready to feel amazing and energized as you learn some new smoothie recipes.
- **Food As Medicine:** Enjoy a mouthwatering sample of a delicious, seasonal recipe.

## Foods to Revive Gut Health

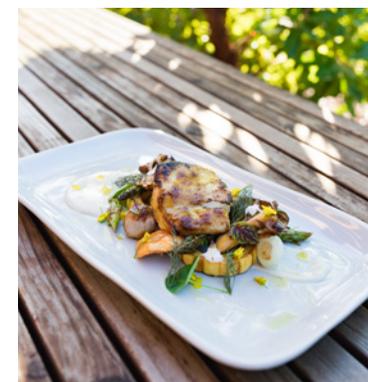
*10-person minimum / 40-person maximum*

The link between mental and gut health is becoming increasingly evident. In this class, we'll briefly discuss the importance of the gut-brain link, then learn about different foods that encourage gut health and how to implement these into your daily diet.

## Fundamentals of Feeding Self & Body

*10-person minimum / 40-person maximum*

We often talk about what we eat, but rarely about how we eat. Research has shown that your state of mind during eating can affect nutrient absorption. This class focuses on simple, pragmatic ways to increase mindfulness and presence during cooking and eating to maximize enjoyment, satiation, and nutritive value.





# Private Signature Classes: *Nutrition & Food As Medicine*

## Hands-on Cooking Experiences *(choose one below)*

*10-person minimum / 25-person maximum*

These hands-on interactive cooking classes provide participants the opportunity to learn and create new dishes to take back to their home kitchens. Led by the 1440 Culinary Team, these simple recipes will delight your senses and cater to all skill levels in a fun team environment.

- **Pizza Making:** Make a pizza from scratch from dough to toppings and finish by baking in our wood stone pizza oven.
- **Nonna's Kitchen:** Learn to make fresh pasta and sauce using timeless family recipes.
- **In the Family Kitchen:** Learn some simple baking techniques to share with your children in your family kitchen.
- **Flavors of Mexico:** Learn to make authentic tortillas, salsas and dips utilizing ingredients from the garden.

## Home Remedies

*10-person minimum / 40-person maximum*

Hippocrates said, "Let food be thy medicine and let medicine be thy food." Learn about the ways your kitchen can be your pharmacy in this inspired Food As Medicine class. Discover the medicinal benefits of food, spices, herbs and what is readily available in your household as a natural remedy for common ailments.

## Simplifying Nutrition

*10-person minimum / 40-person maximum*

In this class, we're bringing it back to the basics. Increase your practical knowledge of nutrition and live a more nourishing life as you learn how to simplify your nutrition and cooking routine, build balanced meals, and discover creative ways to incorporate whole foods into your daily diet.



# Private Signature Classes: *Creative Expression*

## The Art of Still Life & Still Life in the Kitchen

*10-person minimum*

The drawing of still life is an active and creative expression of mindfulness. Considering words and images of master artists, you will have the opportunity to intimately see and experience objects from everyday life in a display — including ordinary kitchen utensils, tools and provisions if you opt for our culinary-focused art class — which inspires the exploration of this medium. With the use of sketching tools and a variety of techniques, The Art of Still Life and Still Life in the Kitchen allow you to connect with the quiet beauty of the physical world, with an eye towards appreciation, non-judgment and curiosity. No previous experience is necessary.

## Connect Through Rhythm

*10-person minimum*

Come dance with us! This experience includes mixing and mingling; a little stretching and loosening up; and lots of movement. You'll be guided in familiar dances such as the macarena, the electric slide and line dancing, as well as introduced to new dance movements inspired by music from around the world. You'll have fun as you connect to others, play games and move your body.

## Creative Conversations

*10-person minimum*

In this collaborative group experience, you'll explore connection through conversations, art and music. Teambuilding happens through the fun intersection of storytelling and doodle-drawing. Guided by prompts from the leader, you'll have the opportunity to interact and break through social, cultural and creative walls. Incorporating music, art and a playful approach to creative expression, this time together develops confidence in personal expression and builds bonds.

## Explorations in Ink

*10-person minimum / 20-person maximum*

Tap into your creative force through the use of traditional tools such as brushes and quills, and unconventional techniques using straws and sponges, to generate images with liquid ink. The interactive quality of ink encourages your intuition to take the lead, allowing the creative and curious mind to explore.

## Illustrations From a Curious Path

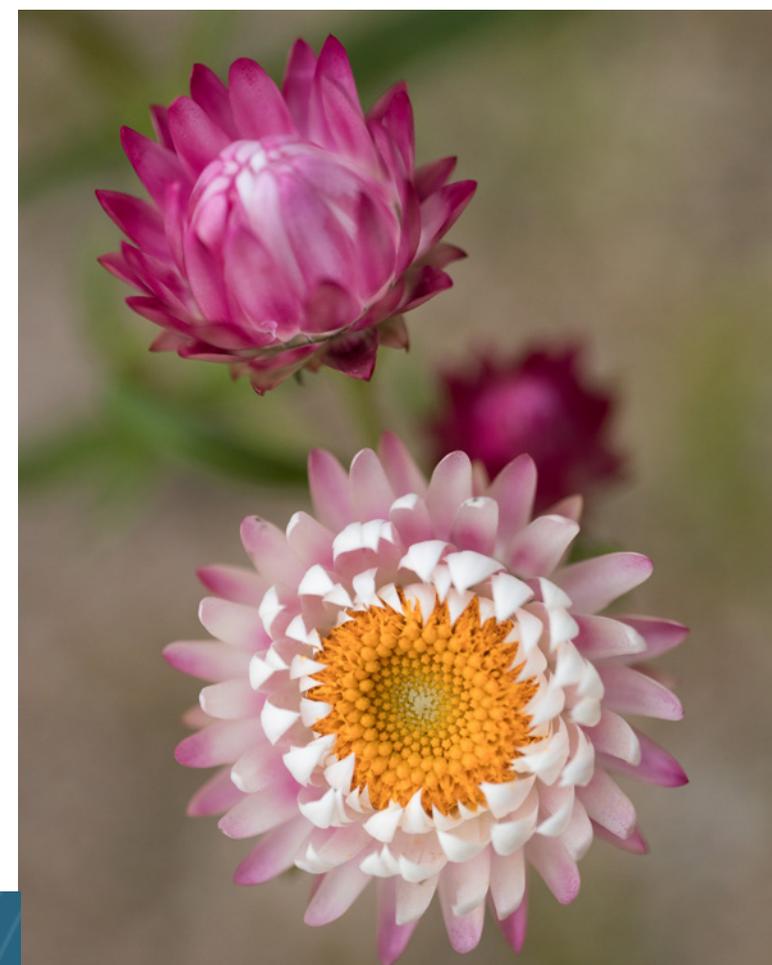
*10-person minimum*

Curiosity and intuition are two key components of creativity. Open up to the beauty that surrounds you with a walk around campus as we create sketches and texture rubbings. Through collage, we will turn our bounty of inspirations into a finished art piece.

## Mandala Art

*10-person minimum*

Relax into this mindful, contemplative art practice inspired by mandala traditions. This class — accessible to complete beginners, those with some art experience and practiced artists — will feature a simple method for tapping into insight and creativity. Through journaling, meditation, visioning, healing sound and simple drawings you will be encouraged to trust your insights and creative impulses.





# Private Signature Classes: *Creative Expression*

## Rhythm Session Drumming

*20-person minimum*

Join our community drumming jam session facilitated by our local internationally acclaimed percussionist and educator. It's fun and easy to play drums (and other rhythm instruments) which help you to relax and refresh yourself; reinforce positive affirmations; and to celebrate the blessings of life with each other. All levels of experience are welcome and all instruments are provided.

## The Secret to Understanding Yourself & Others

*10-person minimum*

When you understand yourself and those around you, acceptance follows, enriching your relationships. After taking the five-minute DISC Behavior Profile, we will break into groups and learn to easily flex our style to create instant rapport and connection.



# Learn More About Our Daily & Private Signature Classes

Thank you for considering 1440 Multiversity for your event. A portion of proceeds from each booking supports charitable work in our community and provides resources to those in need.

We look forward to hearing about how 1440 Multiversity can help your group achieve its learning objectives. Please contact the 1440 team below to receive a proposal or answers to any questions you may have.

**The Program Planning Team**  
[programming@1440.org](mailto:programming@1440.org)

