

# TEAMBUILDING EXPERIENCES

AT THE LODGE



**THE LODGE**  
AT ST. EDWARD PARK

# FOOD & BEVERAGE

## WINE TASTING - \$45 PER GUEST

Take a guided tour through the iconic wine varietals and producers of our home, Washington State. taste through six unique selections of red and white wines while learning the history of the Washington wine industry, the varietals we produce, and what makes Washington so special for growing grapes.

Upgrade Option: bring a bottle of our signature Lodge at St. Edward cab home for \$50 per bottle  
*60-minutes, Available daily from 2-5pm, 10 guest minimum, 50 guest maximum*

About Sightglass Cellars:

Fans of Woodinville Wine Cellars wines, formerly made by Sean T. Boyd, can now enjoy the wines of Sightglass Cellars, a new Washington winery owned by Sean and his wife, Kristin Jostad. Sightglass Cellars is the culmination of Sean's background, experience, and reputation as a winemaker in Washington and the reality of a vision that began far from Washington. Learn more at [sightglasscellars.com](http://sightglasscellars.com).

## COCKTAIL CREATIONS -\$35 PER GUEST

What's the secret to making a balanced drink? Learn some tips from one of our resident cocktail experts! How do acids and sugar come together to make the perfect drink? How much spirit should go into your drinks? Why do you shake a cocktail versus stirring? Then, walk through a creation of your own with fresh citrus, herbs, and a variety of spirits at your fingertips to create something truly and uniquely yours.

*45-minutes, 10 guest minimum, 20 guest maximum*

*Bigger Group? Upgrade to a Cocktail Competition! \$65 per guest*

## MARGARITA & SALSA (MAKING) - \$60 PER GUEST

Competition is the name of the game. Teams will receive a short salsa-building basics demonstration with our chef and then will get to work trying to out-spice the other teams. Next, it's on to the margaritas. The group will learn the classic recipe with our bar team's favorite twists to inspire their own creations. The winner gets bragging rights and an extra margarita, or two.

*60 – 90 minutes, 20 guest minimum*



# FOOD & BEVERAGE

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## GATHER GRAZING TABLE - \$75 PER GUEST

Help your team become the party host they've always dreamed of being. Led by the incredible culinary team at Cedar + Elm, each course will guide teams through the basics of how to build a beautiful statement reception board. Choose between Cheese & Charcuterie, Garden Harvest, or PNW Seafood.

*90-minutes, each board serves 10 guests*

*Ask us about our competition mode for groups of 10+.*

## FLATBREADS AT THE HEARTH - \$65 PER GUEST

Join one of our Cedar + Elm chefs at the hearth while you learn to build your own custom flatbread creation and fire it in the wood stone oven. Your team will learn the basics of making the perfect dough, creative sauce and topping combinations, unique substitutions, and our chef's favorite personal recipes. Toppings include an assortment of meats, cheeses and even herbs and vegetables from the Lodge gardens. Experience includes one local craft beer per guest.

*90 minutes. Available Monday-Wednesdays from 2-4pm.*

*8 guest minimum, 24 guest maximum.*

## GARDEN GATHER - \$40 PER GUEST

Gather your green thumbs and head out to the Chef's Garden with our team to harvest your own salad ingredients. This experience will cover everything from our Lodge Gardner's tips for starting your own garden at home, to care and maintenance, suggested herbs, fruits, and vegetables, to how to properly pick without damaging the plant. From there you will build your salads & savor the result of your hard work.

*45-minute experience, available June through mid-September*

*8 guest minimum, 20 guest maximum*

## CAMPFIRE S'MORES - \$25 PER GUEST

Cap off your day of meetings by huddling around a warm, bright fire to roast some s'mores. Surrounded by nature and the tranquility of the state park we are lucky to call home, you can count on this classic camping treat to bring people together.

*30 minutes, 8 guest minimum*

*Upgrade Option: Add red wine or mulled cider to the experience for \$18/person*

## HOLIDAY COOKIE DECORATING - \$20 PER GUEST

Some of the best holiday traditions are centered around food — and decorating cookies is no exception. We provide freshly baked gingerbread and sugar cookies and a variety of icing and decorations. Includes a coffee station and boxes to bring home your cookies to share with loved ones.

*Upgrade: Add red wine or mulled cider to the experience for \$15 per person*

*Available November through December*

*8 guest minimum, 20 guest maximum*

A woman with dark hair, wearing a blue and black yoga outfit, is performing a standing balance pose (Eka Pada Koundinyasana II) on a blue yoga mat outdoors. She is smiling at the camera. The background shows trees and a clear sky.

# WELLNESS

## MINDFULNESS WORKSHOP - \$60 PER GUEST

Join our incredible Spa Manager Kalei Myers as she guides you and your team through the art of Kundalini Yoga.

### What is Kundalini Yoga?

Known for its transformative benefits, the practice of Kundalini Yoga builds physical strength and stamina and enhances cognitive function, emotional fitness, and spiritual connection. Many people describe the experience as exhilarating, euphoric, and powerful.

### A gong bath, or gong meditation, is a form of sound healing designed to offer: \_\_

- relaxation
- emotional release
- pain relief

Gong baths are a type of inactive meditation, where you “bathe” in the healing vibrations of sound by lying comfortably on the ground, with a pillow and blanket.

### Pranayama (Breathwork)

Breath of fire is a signature breath technique in Kundalini Yoga. We will practice this breath work before the meditation and gong healing.

This breathwork and meditation can be practiced on its own for anywhere from 3-31 minutes.

The benefits of the breathwork are:

- Boosts the immune system
- Synchronizes biorhythms
- Strengthens the aura
- Helps promote relaxation and stress reduction

*"Surrender the mind and body. The sound of the gong will carry you beyond all fears. The pressure will release any anxiety or fear and you will feel yourself ride the sound into the Infinite self." - Kalei Myers*

60 minutes, 10 guest minimum, 50 guest maximum

# WELLNESS

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## **FOREST BATHING - \$50 PER GUEST**

Recharge by joining us on a gentle guided Forest Bathing walk. Forest Bathing is based on the Japanese practice of Shinrin-Yoku, which involves connecting with nature by “bathing in the forest atmosphere”. In forest bathing, we slow down, turn up the volume on all our senses and practice the art of “mindfulness” and “noticing”. Shinrin-Yoku is a form of relaxation found to lower blood pressure, strengthen our immune system, and reduce stress, hostility, and depression.

*90 minutes, bring your own water bottle, 10 guest minimum, 24 guest maximum*

## **HATHA FLOW YOGA - \$25 PER GUEST**

Hatha Flow is about connecting breath with movement. Students can expect to move through a series of postures that equally emphasizes flexibility and strength. My goal as an instructor is to have each of my students leave feeling empowered and relaxed!

*60 minutes, bring your own mat & water bottle, 10 guest minimum*

## **PICKLEBALL CLINIC – \$35 PER GUEST**

Fancy a foray into our state sport? Pickleball is certainly having a moment right now and we love the teambuilding inherent in gameplay. This experience includes a short Instruction with our recreation supervisor, paddles, and balls. Your group will have 60 minutes of gameplay with an added 30-minute Happy Hour. Beer, Seltzer, and nonalcoholic options are provided, and each guest will receive two drinks per person, with a la carte options available.

*90 Minutes, 16 guest Minimum*

*Dial up the fun with our costume contest. We'll even feature the winner on our social channels!*

## **EXPRESS CHAIR MASSAGE - \$100 AN HOUR, PER THERAPIST**

Standing desks, ergonomic chairs, under-the-desk treadmills...we've tried it all. But sometimes you need to bring in the experts! Melt away stress and alleviate tightness with an express chair massage by our team from Vita Nova Spa. Our seasoned therapists will customize a 10-to-15-minute seated massage for each guest's need leaving them relaxed and rejuvenated.



# OUTDOOR

## **LAWN GAMES – \$10 PER GUEST**

Choose from a variety of lawn games, featuring Cornhole, Ladder Toss, Spikeball & more

*60 minutes, weather permitting*

## **GUIDED PARK RANGER HIKE - \$20 PER GUEST (INCLUDES \$10 DONATION TO WA STATE PARKS)**

Meet Park Ranger Daryl Kline, who will provide a tour of the 326-acre old-growth forested state park and provide trail maps with recommendations for free hiking time on one of the park's 71- hiking trails. 45 minutes of tour/orientation time, followed by an hour of free hike/exploration time.

*Pending ranger availability*

## **PARK CLEANUP/WORK PARTIES - FREE!**

Get ready to get dirty and volunteer for a project assigned by Daryl Kline, our resident Park Ranger. Past projects include fence repair, invasive species removal, trash clean-up or playground restoration!

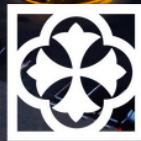
*All experiences must be booked 14 days in advance, pending availability.*

*24% service charge and 10.1% sales tax will apply.*

**Contact our sales team to learn more about adding an experience to your event at [sales@thelodgeatstedward.com](mailto:sales@thelodgeatstedward.com), and click or scan the QR code to submit an RFP for new events.**

*All experiences must be booked 14 days in advance, pending availability. 24% service charge and 10.1% sales tax will apply. Only available as an add-on to existing group bookings. Applicable guestroom and f&b minimums apply.*





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