



**THE  
INSPIRATION  
SERIES:  
TEAMBUILDING +  
GROUP ACTIVITIES**

*Crystal*  
SPRINGS  
RESORT



# INSPIRING TEAMBUILDING WITH AN ECOFRIENDLY TWIST

We are proud to introduce The Inspiration Series: Teambuilding Collection at the Northeast's largest solar powered resort. Nestled in the heart of the Garden State's picturesque northwest and just one hour from New York City, Crystal Springs Resort offers a new way to enhance your off-site meeting with a curated collection of group activities inspired by:



SUSTAINABILITY



LOCAL AGRICULTURE



CULINARY EXCELLENCE



WELLNESS



NATURE



CHARITY



# SOLAR FARM EDUCATION

Learn about the Resort's 25-acre solar farm comprised of 19,000 individual solar panels. Our expert will discuss various aspects of sustainable energy including the history and current state of the solar industry, environmental and economic benefits, plus the science of how solar power works.



# HIKE ON THE APPALACHIAN TRAIL

Stretching more than 2,190 miles across 14 different states, the Appalachian Trail is a marked hiking trail in the Eastern United States extending between Springer Mountain in Georgia and Mount Katahdin in Maine. Located approximately five miles from the Resort, our guided hike on this iconic trail offers the option of an easy hike through Pochuck Valley or a strenuous hike up the Stairway to Heaven to the the scenic Pinwheel Vista.



# SUSTAINABLE FARM TOUR

Tour nearby Vernon Valley Farm, where young, modern farmers Kirk and Christina Stephens utilize nature's synergies to run their fully sustainable farm. Guests will enjoy a hay wagon ride tour of the farm, interact with various farm animals and harvest fresh fruit or vegetables in season. Vernon Valley Farm is situated on 270 acres, with exquisite mountain and valley views.



# BEE HIVE BOX BUILD

Teams will work with a local beekeeper to build a bee box with supplied materials. The beekeeper will share fun facts about how a bee colony develops, how honey is made, as well as how bees are critical to local agriculture and the food chain. The completed bee boxes will be donated to a local farm and become the new home of a bee colony. As a thank you for supporting the local bee population, your group will receive souvenir jars of sweet honey from your sponsored hive at a future date.



# FORAGE WITH THE BOTANICAL HIKER

Join our Certified Herbalist & Naturalist for a nature hike to discover the edible and medicinal plants which can be found not only throughout the region, but in your very own backyard! She will share helpful hints for proper identification, as well as easy & efficient methods for harvesting and preparing these plants at home. Available as an indoor seminar during the off season.



# GROW YOUR OWN MUSHROOMS

Learn all about mushrooms, such as the ins & outs of how they are cultivated, during an interactive workshop with resort Forager. You will prepare your very own oyster mushroom kit that yields delicious results.



# FOOD PRESERVATION

This series will follow the rhythms of mother nature and offers seminars based on the seasonality of available ingredients. Go behind the scenes to learn about methods used in our own kitchen to preserve foods and reduce waste. Then, enjoy a hands-on demonstration of how to preserve nature's bounty and take home a sampling of the fruits of your labor.



# COOKING WITH PLANT BASED PROTEIN

For those looking to reduce their intake of animal proteins, plant-based proteins can provide amazing health benefits. Join our Nutritionist for an interactive cooking demonstration and a discussion of these benefits, sharing useful tips and recipes, plus flavorful samples. Add new meals to your diet that not only taste delicious, but are healthy for you!



# CRAFTING YOGHURT

Learn how to make delicious, healthy yoghurt with seasoned a chef and slow food enthusiast. This class will guide you through each step of the fermentation process offering modifications to suit your personal kitchen space and tastes. Broaden your knowledge about the health benefits of yoghurt and how it is used in different cuisines around the world. Each participant will get to enjoy a yoghurt creation. Topics covered are suited to both plant-based & dairy-based diets.



# WINE EDUCATOR SERIES





This series of wine programs will delight both the novice & the astute wine lover, plus all levels in between. All offerings are hosted by our Resort wine sommelier.

## WINE TASTING

Join us for an entertaining wine tasting featuring wines from our *Wine Spectator* Grand Award-winning cellar. Take a tour of the wine cellar, taste sommelier chosen wine and enjoy an informative Q + A session.

## WINE EDUCATION

Wine Lovers! Don't miss this informative and entertaining 2 hour wine education class, featuring wines from our world famous Wine Cellar. Taste six different wines while learning about top grape varietals, wine regions, styles of wine and the basics of pairing wines with food.

## BLIND WINE COMPETITION

Test your knowledge of wine with an entertaining blind wine tasting lead. Guests will be broken up into groups and sample a white and a red wine. Participants will have 15 minutes to guess the continent, country, region, grape and the year of each wine.



# COCKTAIL + MOCKTAIL MIXOLOGY

Learn tips & tricks of the trade from our expert mixologist, including techniques and tools to make a tasty beverage. Discover how different flavorings, garnishes and secret ingredients are used to make your favorite libations. Taste the final unique creations made with locally foraged and produced botanicals from one of the country's only foraged bar programs.



# AN AFTERNOON IN THE ORCHARD

Take a good old-fashioned hay ride up Glenwood Mountain to the Pochuck Orchard, home to hundreds of peach, pear and apple trees of multiple varieties. Participants can each pick a basket of fruit and have the option of enjoying a packed picnic in the middle of the orchard with a stunning view of the Pochuck Valley below.



# THE APPALACHIAN ANIMAL EXPERIENCE



Visit a local farm to meet cows, horses, goats, donkeys, ducks, geese and more. Learn from a local farmer about the animals and leave with the ultimate souvenir to memorialize your event . . . an unforgettable photo of your team with all their newfound farm friends.



# PLEIN AIR PAINTING

Behold the beauty of nature through painting . . . and what better classroom than our stunning grounds. Join our in-house artist for an introduction to Plein Air Painting, which means 'in the open air'. This outdoor class is designed for beginners, and provides a guided process of painting a scene.



# STARGAZING

Discover the wonders of the universe with Franklin Astronomy Club founder Zach Lichtmann. View amazing celestial targets with a high-powered telescope while hunting for orbiting satellites soaring overhead. An informed, casual discussion allows time for astronomy questions to be explored. This event requires a clear sky, an indoor presentation is available in inclement weather.



# COMPOSITION PHOTOGRAPHY CLASS

Get inspired by your surroundings while learning techniques from one of our Resort photographers in this landscape composition class. Guests are encouraged to bring their DSLR camera if available, but can use a smartphone camera as well.



# SOUND BOWL EXPERIENCE

A fun and educational presentation on the science of why sound and vibration affect us physically, mentally and energetically. Participants will experience a meditative crystal sound bath and mini-sessions of Vibrational Sound Therapy through the use of Himalayan singing bowls.



# ESSENTIAL OILS WORKSHOP

Wondering about the world of essential oils? In this workshop, you will learn all about the essences of plants, how to use them safely & properly, along with the benefits they can provide as a complement to your current health regime. Participants will create their own essential oil rollerball.





THE  
YOGA +  
MEDITATION  
SERIES





## INTRO TO MEDITATION

Meditation awakens us to the joy of mindfulness in the present moment. This introduction to the practice involves conscious breathing, mental imagery, awareness of body and mind, as well as the relaxation of muscle and body.

## MINDFUL MEDITATION

Let our certified instructors guide you to explore the practice of mindfulness by sensing and feeling in every moment. Learn how to engage in the world around you by utilizing breathing methods, guided imagery and sensory exploration to reduce stress and anxiety.

## MORNING YOGA

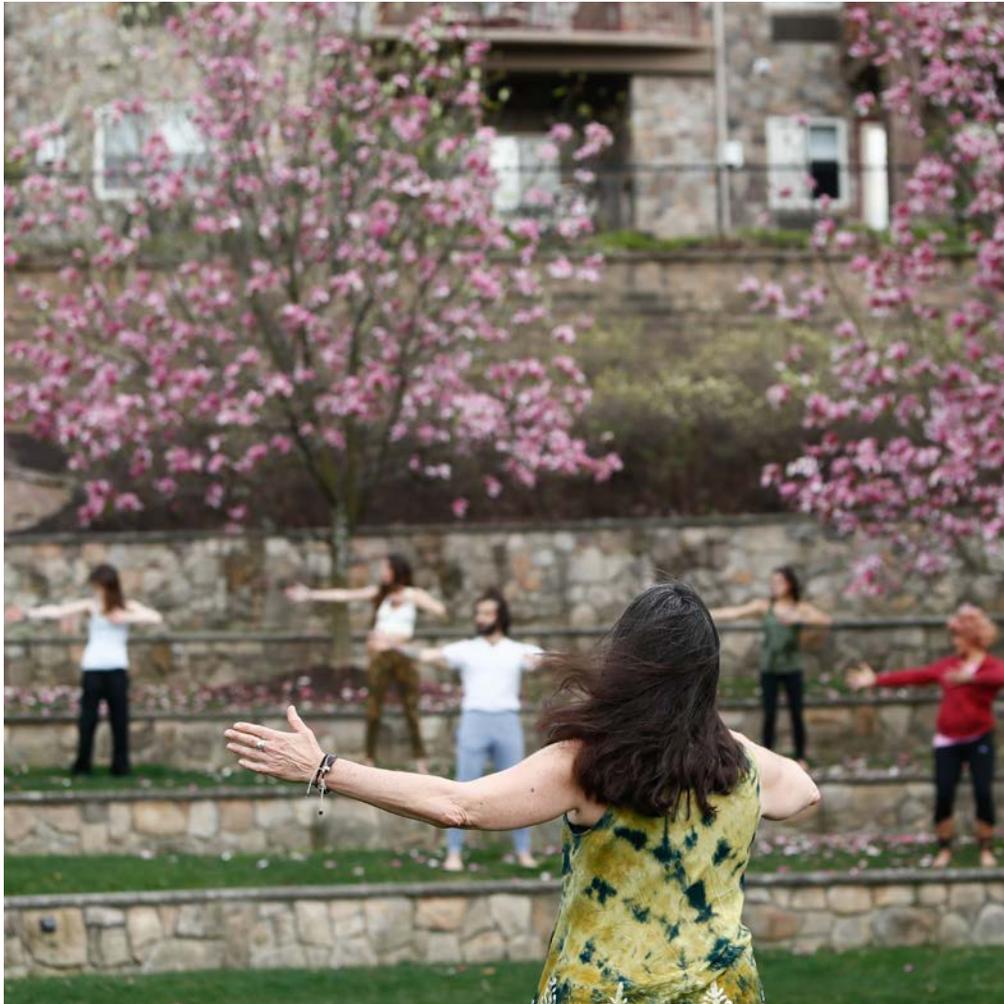
Stretch, strengthen, bring energy to the body and rejuvenate the nervous system.

## YIN YOGA

Suitable for beginner or advanced yogi, come explore the postures of yin yoga. The class offers a relaxing setting with long held postures that focuses on releasing tension and encouraging stillness.

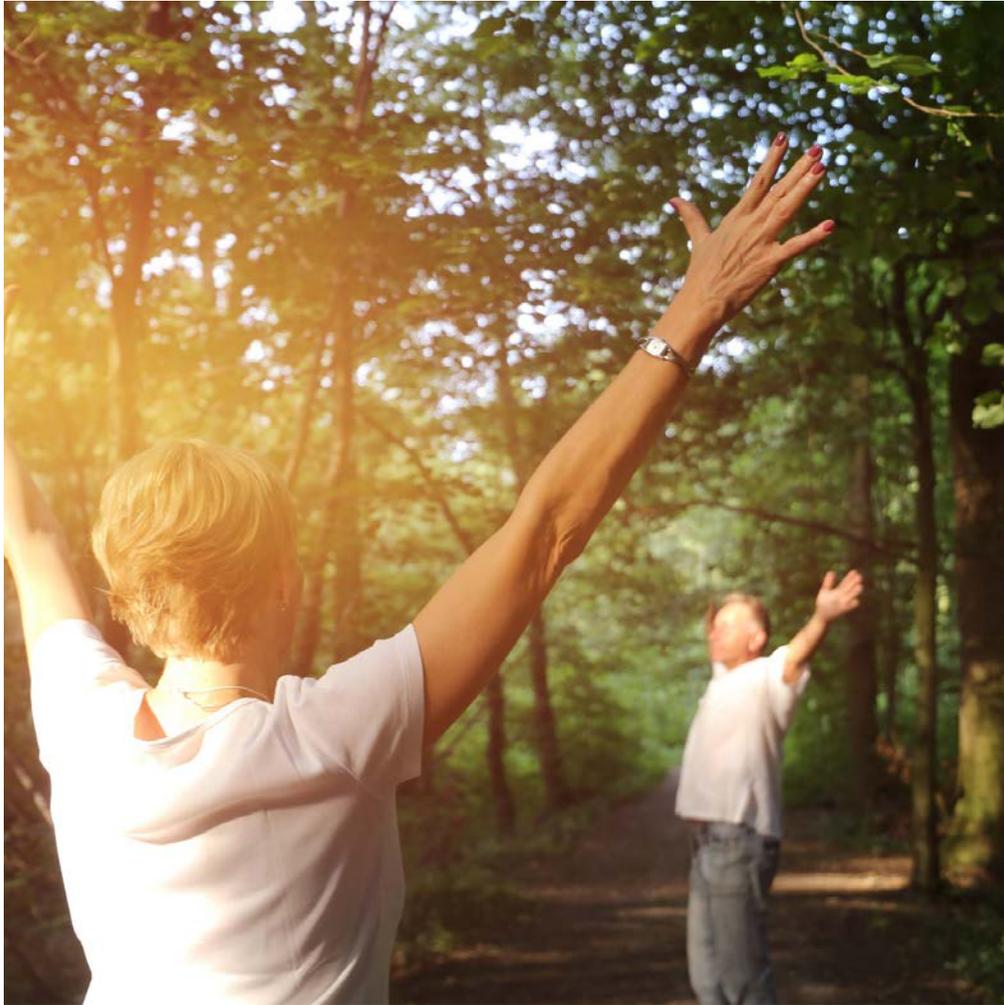
## PIYO

A blend of yoga and pilates that is accessible to every 'body', emphasizing on strength, flexibility, mobility, breath, balance and mindfulness. Engage in proper physical alignment while incorporating awareness of the mind-body connection.



# QI-GONG

Our Yogini will facilitate the art of energy cultivation in the body with Qi-Gong Flow... a meditative & contemplative exercise that consists of mindful movements, regulated breathing and attention to control in the body. Moving bound energy with proper form revitalizes and regenerates the body and brain. Explore and experience a new habit training in a fun and richly rewarding class environment.



# FOREST BATHING

Enjoy a guided walk with our resort naturalist while practicing sensory awareness such as scent, sight, sound, breath, to quiet the mind and deepen connection with the inner self and the natural world. The walk culminates in a 10-minute guided meditation with a focus on connecting with the earth.



# BREATHWORK CIRCLE

Still the fluctuations of the mind with our breathwork practitioner. This powerful meditation experience expands upon the pranayama breathing technique to facilitate a release of stuck energy, stress, trauma, anxiety and whatever else is hiding in the energetic body. The Breathwork Circle will incorporate traditional sound healing tools and offers a space for positive affirmation as you move through the energy of the body and discover your true self.



# GOAT YOGA

Take part in a goat yoga session followed by a mix and mingle with the animals. There is a calming and therapeutic effect about being in nature with the goats, which brings participants more joy and less stress.



# RESCUE DOG YOGA AND MEET + GREET

Take a yoga class with rescue puppies or partake in a mix and mingle with the playful canines. This session includes an informative talk with a representative from a local dog rescue, with a discussion of the importance of supporting animal shelters and rescue organizations, as well as the process for adopting a rescued puppy or grown dog.



The teambuilding and group activities contained here are only a portion of the group activities offered by the Resort.

For further information on our programming call 844.334.8010 or visit:

<https://crystalgolfresort.com/teambuilding>

IRON CHEF COMPETITION

CHARITY BIKE BUILD

BLIND WINE TASTING GAME

SKI CHAIR BUILD

MIXOLOGY COMPETITION

HANDS OF GRATITUDE

ARCHERY TAG COMPETITION

CORPORATE Pictionary

FARMING WITH GPS

CANVAS CONNECT

CUPCAKE CHALLENGE

SWING N' SIP + 3-HOLE SCRAMBLE

GEO-TREKKING

FOOTGOLF

ADVENTURE QUEST

WATER WARS

PUTTING COURSE COMPETITION

CROQUET COMPETITION

GLOW GOLF

FARM TO TABLE TEAMBUILDING

CUSTOM OBSTACLE COURSE

MURDER MYSTERY

TEAM EVENTure

SLALOM SLED TEAM RACE

BASECAMP

SNOWSHOE RACE

SPORT CHALLENGES

WINTER OLYMPICS

SCAVENGER HUNT

SEARCH + RESCUE

MINUTE MAYHEM

... AND MORE!



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