



and/or adaptability exercises and trust exercises.

You could even include golf as such an exercise, if thought out beforehand and properly utilized. For Corporate events and Team Building, Pala Mesa offers over two miles of hiking trails and an activity lawn for Bocce Ball or croquet. They even encourage participants to have picnics on the grass near the tennis courts.

In some cases, groups use organizational development practices to help build a more cohesive unit; for example, team members may undertake personality assessments so that they can better understand how to work with each other, other audiences and potential customers; or they may seek feedback from the team consultant to identify gaps between their current performance and their desired performance.

The grounds are uniquely suited for meditation walks; they have a yoga garden and an instructor you can engage for early morning exercises before breakfast. For example, here's a schedule that works for integrating some individual exercises with meetings and mealtimes:

Sample Schedule:

- 7am Morning Yoga at Garden Pavilion Waterfall
- 8am Breakfast at Fireside
- 10am Meeting (with snacks and drinks)
- 12pm Lunch on Aquaterrace



- 1:30pm Team building on Game Lawn
- 5pm Sunset Tai Chi
- 7pm Culinary Team Building Dinner and cocktails with CEO Chef.

A structured team building plan is a valuable tool to implement team bonding and team awareness. The plan is part of what makes the event successful and fortunately, the staff at Pala Mesa are experts at building such a plan.

The property has over 17,600 square feet of flexible indoor and outdoor meeting space available, executive board rooms, onsite catering, and state of the art audio/visual/internet equipment.

Your staff or employees or team members can choose to meet in traditional, indoor conference space, or mix it up some with meetings on the terrace, on the lawns or in private patios.

"Our guests like to feel like they



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have the run of the keting director Terry says, in many cases, they'd take lawn chairs out on the Bocce Ball courts, that's great! They might like to have a meditation walk at the waterfall, a group hike to the Monserate Adobe, a gathering at Chardonnay Suite or to transform one of the private patios into an informal club-like area to gather after the meeting and have drinks around the fire pit."

Other team building activities that Terry suggests include hot air ballooning, scavenger hunts, horseback riding tours, Jeep road rallies, and of course, wine tasting.

Sure, it's beautiful and over 100 wedding a year are booked there, but during the week, when work needs to get done, Pala Mesa Resort offers an idyllic location where teams form, colleagues bond, athletes overcome challenges and church groups affirm their faith.

For more information on team building at Pala Mesa, please see www.palamesa.com or call Terry at 800-722-4700. ☎


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Panini, a 10 oz Kobe Burger, Grilled Kiellbas and more—to entrees of Cornish Game Hen stuffed with roasted potatoe soffritto and manchego cheese and Spaghetti A La Checca—I highly recommend a visit to this establishment.

Sorrel's is open Sunday, and Tuesday through Thursday from 11am-9pm. On Friday and Saturday you can relax there anytime from 11am -10pm. Enjoying the cuisine is only part of the enticement as they host an open mic night every Wednesday from 6:3pm-10pm and live acoustic music every Thursday though Saturday from 6:30-10pm as well.

While enjoying your visit be sure to take time out to admire the many works of art on display by Adrian's cousin Sebastian Halmagean.

Finally, a visit to Sorrel's Restaurant and Bistro would not be complete with out indulging in a selection of dessert. Your choices include a Blackberry Infused Panna Cotta Drizzled with Wild



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Honey, Crème Brulee, Calzone or Honey Lemon cake.

Whether you are out to enjoy a date night or an early family dinner I recommend you try Sorrel Restaurant and Bistro. ☎