

# Welcome to Your Journey

Along the serene shoreline of Grand Lake, this three-stop experience invites you to release the weight of the past year, cultivate gratitude, and set clear intentions for the year ahead.

**Move at your own pace.  
Breathe deeply.  
Let nature guide you.**

## YOUR THREE STOPS

- 1 Proposal Point – Release
- 2 Lakeside Promenade – Gratitude
- 3 The Lighthouse – Intention

# Closing Moment

Thank you for taking this mindful journey around Grand Lake. May the calm, clarity, and inspiration you found here guide you long after your walk ends.

For more wellness experiences during your stay, please visit the Front Desk or the Spa at Shangri-La.

SHANGRI-LA RESORT  
GRAND LAKE, OKLAHOMA

**Where lake-life luxury  
meets year-round well-being.**



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# Lakeside Meditation & Yoga Walk

A Self-Guided  
Reflective Journey  
Around Grand Lake



**Find your breath.  
Find your balance.  
Find your moment by the water.**

SHANGRI-LA  
RESORT + GOLF CLUB

## STOP 1

# Proposal Point

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### THEME

**Release the Weight of 2025**

**Perched above the lake, Proposal Point offers a moment of stillness to release tension, stress, and anything you wish to leave behind.**

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### GUIDED MEDITATION

1. Inhale for four counts. Hold gently.
2. Exhale for six counts.
3. Picture any heaviness dissolving into the water below, softening with each breath.

### MANTRA

“I let go of what weighs me down. I release the energy that no longer belongs to me.”

### YOGA POSE

#### **Standing Forward Fold (Uttanasana)**

Allow gravity to lengthen your spine and soften your mind. Let your fingertips reach toward the earth as you release what no longer serves you.

## STOP 2

# Lakeside Promenade

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### THEME

**Gratitude & Positive Energy**

**This calm, lakeside stretch invites reflection on the bright moments, lessons, and joys of 2025.**

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### GUIDED MEDITATION

1. Face the water. Inhale deeply.
2. On each exhale, quietly express gratitude.
3. Call to mind one positive memory or lesson with each breath.

### MANTRA

“I honor the good that carried me through. I welcome positive energy into my life.”

### YOGA POSE

#### **Crescent Lunge (Anjaneyasana)**

Rise into a gentle heart-opening lunge. Uplift your chest and allow gratitude to expand in your heart space.

## STOP 3

# The Lighthouse

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### THEME

**Intention Setting for 2026**

**Standing tall at the marina's edge, the Lighthouse symbolizes clarity and new beginnings.**

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### GUIDED MEDITATION

1. Stand grounded.
2. Inhale and imagine a bright light forming at your center.
3. Exhale and extend that light forward—toward your hopes and goals for the coming year.

### MANTRA

“I step into 2026 with clarity and purpose. My intentions guide me. I am open, grounded, and ready.”

### YOGA POSE

#### **Mountain Pose with Upward Salute**

Stand tall, feet rooted, arms rising toward the sky. Feel centered, illuminated, and aligned.