



Resident-Driven Programs

Fifteen acres of open space surrounded by gently sloping hills, vineyards and woodlands provide the perfect backdrop for programs based on physical, spiritual and emotional growth. As with all aspects of life at Enso Village, these programs will be developed and organized by its community members.

Events and activities. Excursions and seminars. Performances, clubs and classes. Discussion forums and guest lectures. From your home at Enso Village, the world is yours to discover and explore.

The following types of clubs and programs are anticipated at Enso Village.

Education and Entertainment:

- Weekly Dharma talks
- Concerts and performances
- Cultural events and outings
- Lifelong learning classes
- Current events discussion groups

Special Interest Groups:

- Dharma study
- Pottery, painting and woodworking
- Contemplative living volunteer
- Horticulture and gardening
- Writing and poetry
- Travel

Fitness, Health and Wellness:

- Hiking, walking and biking groups
- Strength training
- Tai Chi
- Yoga
- Support
- Daily meditation
- Mindfulness classes
- Aquatic classes
- Vitalize 360 coaching

Enso VillageSM

A KENDAL[®] AFFILIATE

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Per Health and Safety Code section 1772.2, Kendal at Sonoma has filed an application for a Provisional Certificate of Authority and a permit to accept deposits has been issued.