

# Mindful Journey

*Designed Experience*  
3-NIGHT SAMPLE ITINERARY



## *Day 1*

### **Afternoon Arrival**

#### **4–5 p.m. | Spiritual Wellness Consultation**

Through conversation, intuitive tools, and guidance, a spiritual wellness provider helps you explore your spiritual path and find new ways to integrate spirituality into your daily life.

## *Day 2*

### **10–11 a.m. | Private Fitness Training**

Receive a custom workout plan tailored to your unique goals. Our certified trainers craft programs based on your goals and preferences, from dance to swimming or sports.

## *Day 3*

### **2–3 p.m. | Massage or Facial Treatment**

Awaken your senses with spa indulgence. Choose between a revitalizing 50-minute facial treatment or tension-melting 50-minute massage service, each thoughtfully curated by our experts.

## *Day 4*

### **Afternoon Departure**

CANYONRANCH.  
WOODSIDE