

The Awakened Life Retreat *with Deepak Chopra*

SUN | AUG 24

MON | AUG 25

TUE | AUG 26

WED | AUG 27

7 AM		6:00 - 8:00 a.m. Mindful Morning Breakfast <i>Canyon Ranch Grill™</i>	6:00 - 8:00 a.m. Mindful Morning Breakfast <i>Canyon Ranch Grill™</i>	6:00 - 8:00 a.m. Mindful Morning Breakfast <i>Canyon Ranch Grill™</i>	7 AM
7:30					7:30
8 AM		8:00 - 8:25 a.m. Sun Salutations <i>Outdoor Tent</i>	8:00 - 8:25 a.m. Labyrinth Walk <i>Outdoor Tent</i>	8:00 - 8:25 a.m. Morning Meditation <i>Outdoor Tent</i>	8 AM
8:30					8:30
9 AM					9 AM
9:30					9:30
10 AM	Arrive at Canyon Ranch Lenox	10:00 a.m. - Noon Awakened Life Workshop #2 <i>Rockwell</i>	10:00 a.m. - Noon Awakened Life Workshop #4 <i>Rockwell</i>		10 AM
10:30					10:30
11 AM					11 AM
11:30				11 a.m. Check-Out	11:30
12 PM	Time for Lunch <i>Canyon Ranch Grill</i> 11:30 am – 2pm				12 PM
12:30				Time for Activities and Services	12:30
1 PM		Lunch: 11:30 am – 2pm + Activities at Leisure	Lunch: 11:30 am – 2pm + Activities at Leisure		1 PM
1:30	Time for Activities, and Services for Early Arrivals				1:30
2 PM				Depart Canyon Ranch or Begin Your Extended Stay	2 PM
2:30					2:30
3 PM					3 PM
3:30		3:00 - 5:00 pm Awakened Life Workshop #3 <i>Rockwell</i>			3:30
4 PM					4 PM
4:30	4:00 - 6:00 p.m. Awakened Life Workshop #1 <i>Rockwell</i>		3:00 - 6:30 p.m. Time for services + activities		4:30
5 PM					5 PM
5:30					5:30
6 PM		Dinner: 5 pm – 8:30 pm + Activities at Leisure			6 PM
6:30					6:30
7 PM	6:30 - 8:00 p.m. Group Dinner <i>Canyon Ranch Grill™</i>		6:30 - 8:00 p.m. Savor the Soul: A Conscious Dining Journey <i>TENT</i>		7 PM
7:30					7:30
8 PM		8:00 - 9:00 p.m. Sound Healing <i>Outdoor Tent</i>	8:00 - 9:00 p.m. Conscious Connection <i>Outdoor Firepit</i>		8 PM
8:30					8:30
9 PM					9 PM

SUNDAY, AUG 24

4 - 6 P.M. **AWAKENED LIFE WORKSHOP #1**

TENT

with Deepak Chopra

6:30 - 8 P.M. GROUP DINNER

TENT

Come together as a group and enjoy a wonderful meal in good company. Connect as you unwind and nourish both body and spirit

MONDAY, AUG 25

6-8:00 A.M. MORNING MINDFUL BREAKFAST

Canyon Ranch Grill™

Enjoy a peaceful meal while exploring the practice of mindful eating. Set your own intention, savor each bite, and experience how gratitude and presence can transform your relationship with food.

8-8:30 A.M. SUN SALUTATIONS

TENT

Greet the sun in 25 minutes, linking 12 postures to stimulate heat in the body. An intermediate flow.

10:00 A.M. - NOON **AWAKENED LIFE WORKSHOP #2**

TENT

with Deepak Chopra

NOON - 2:30 P.M. LUNCH AT LEISURE

Canyon Ranch Grill™ or Culinary Rebel

3 - 5:00 P.M. **AWAKENED LIFE WORKSHOP #3**

TENT

with Deepak Chopra

5:00 - 8:00 P.M. DINNER AT LEISURE

Canyon Ranch Grill™ or Culinary Rebel

5:00 - 8:00 P.M. SERVICES & ACTIVITIES AT LEISURE

8 - 9:00 P.M. SOUND HEALING

TENT

Completely disconnect from the noise of the day and surrender to a peaceful, meditation using the vibrations of Tibetan singing bowls and unique healing qualities offered by each soothing tone. Please wear loose, comfortable clothing.

TUESDAY, AUG 26

6-8:00 A.M. MORNING MINDFUL BREAKFAST

Canyon Ranch Grill™

Enjoy a peaceful meal while exploring the practice of mindful eating. Set your own intention, savor each bite, and experience how gratitude and presence can transform your relationship with food.

8:00-8:25 A.M. GUIDED LABYRINTH WALK

TENT

Join us in a slow, guided walk along the path of the labyrinth to experience how it can be a powerful meditation tool.

10:00 A.M. - NOON **AWAKENED LIFE WORKSHOP #4**

TENT

with Deepak Chopra

NOON - 2:30 P.M. LUNCH AT LEISURE

Canyon Ranch Grill™ or Culinary Rebel

NOON - 6:30 P.M. AN AFTERNOON OF REFLECTION + PERSONAL DISCOVERY

Time for services, activities, and exploration, at leisure

6:30 - 8 P.M. **SAVOR THE SOUL: A CONSCIOUS DINING JOURNEY**

Location TBD

A multisensory, plant-forward dinner celebrating mindfulness, intention, and inner awakening

8 - 9:00 P.M. CONSCIOUS CONNECTION

Outdoor Firepit

Gather around the fire for heartfelt conversation and guided prompts that inspire presence, connection, and community. Come as you are.

WEDNESDAY, AUG 27

6-8:00 A.M. MORNING MINDFUL BREAKFAST

Canyon Ranch Grill™

Enjoy a peaceful meal while exploring the practice of mindful eating. Set your own intention, savor each bite, and experience how gratitude and presence can transform your relationship with food.

8:00-8:25 A.M. MORNING MEDITATION

TENT

Start your day with guided meditation in nature to reduce stress, calm your mind, and boost mindfulness.

8:30 A.M. - 11:00 A.M. SERVICES & ACTIVITIES, AT LEISURE

Time for Activities and Services

11:00 A.M. CHECK OUT

Depart Canyon Ranch or Begin Your Extended Stay



In addition to this experience, scan to see our complete Ranch Schedule for daily activities you can enjoy.

