

AWAKEN

yoga & movement festival | NOV 13-17

EVENT SCHEDULE



CANYONRANCH®
TUCSON

thursday | nov 13

2 p.m.

AWAKEN Ceremony: Crystal, Sound, and Light

Start your AWAKEN journey with ceremony — a 30-minute meditation woven with crystal, sound, and spoken word. Leave with a keepsake crystal to anchor your intention throughout the festival.

3 p.m.

Qigong and Yoga

This all-levels class combines two ancient practices — Qigong and yoga — to balance the body, mind, and spirit using slow movement, breath, and meditation.

4 p.m.

Mudras and Mantras

Explore the power of mudras and mantras in this workshop. Discover hand gestures and sacred sounds to deepen your meditation practice, balance your energy, cultivate inner peace, and deepen your spiritual well-being.

5 p.m.

Sound Bath Meditation with *Kyle Lam*

Join Kyle Lam for a sound meditation to strengthen the connection between your heart and mind. Through harmonies and melodies, you'll explore the subconscious, uncovering behaviors and blockages while nurturing clarity, awareness, and transformation.

7 p.m.

Yin Yoga Deep Release with *Kristin McGee*

A slow, meditative practice using long-held floor poses to target fascia, release tension, and calm the nervous system. Ideal for winding down after an active day.



Visit our Recovery & Regeneration Spaces

Take your wellness routine to the next level with our new collection of dedicated recovery spaces. Featuring equipment from our Health & Performance experts, each space aims to improve energy, recovery, regeneration, sleep, and overall vitality.



friday | nov 14

7 a.m.

Sunrise Yoga

Energize your day with an early-morning yoga practice including inversions, arm balances, and backbends in your flow practice.

9 a.m.

Ride with Christian Nelson of GroundWRK

This rhythm-driven ride blends intensity and presence. With heavy climbs, sharp sprints, and full-body choreography set to the beat, you'll drop in, tune out, and move with purpose — ending with a deep stretch to leave you grounded, clear, and breathless.

10 a.m.

Rhythm Cycling with Priscilla Perez

Join Off Duty Rituals Founder Priscilla Perez for Rhythm Cycling, an invigorating spin class blending choreographed routines, energizing beats, and the power of community for a ride that strengthens body and uplifts spirit.

11 a.m.

Unwind Your Hips, Free Your Flow with Robin Martin

Discover safe, sustainable hip opening that blends mobility and stability. Learn techniques to release tight hip flexors, glutes, and adductors while strengthening supportive muscles for lasting hip health and ease of movement.

1 p.m.

Glute Transformation Clinic

Training your glutes is about more than just aesthetics. Learn how you can prevent injury, improve athletic performance, and enhance your general fitness by targeting the glutes.

3 p.m.

Yoga Pilates Sculpt with Kristin McGee

This dynamic power flow blends yoga, sculpting moves, and Pilates-inspired core work for a full-body workout. Build strength, improve flexibility, and elevate energy in a fun, challenging session that leaves you feeling strong and centered.

4 p.m.

AWAKEN Your Senses

Join Christian, Priscilla, and Kyle for a powerful community experience of breathwork, strength, movement, and sound—awakening energy, balance, and connection together.

7 p.m.

Healing the Heart Gong Immersion with Kyle Lam

Experience a powerful gong immersion, blending intensity and serenity to release stagnant energy. The gong's vibrations restore harmony on a cellular level. Using planetary gongs and astrology, we'll set intentions and close with a guided meditation.

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GUEST EXPERTS



Kristin McGee

PILATES & YOGA TEACHER,
FOUNDER OF KRISTIN
MCGEE MOVEMENT



Priscilla Perez

FOUNDER OF OFF DUTY
RITUALS AND RHYTHM
CYCLING INSTRUCTOR



Kyle Lam

SOUND HEALING WELLNESS
PRACTITIONER

saturday | nov 15

8 a.m.

Desert Energy: Rise and Energize with *Kristin McGee*

Awaken your body and mind with invigorating sun salutations and a gentle morning flow. Set intentions, energize your spirit, and embrace the day with clarity, grace, and balance.

9 a.m.

Ride with *Christian Nelson of GROUNDWRK*

This rhythm-driven ride blends intensity and presence. With heavy climbs, sharp sprints, and full-body choreography set to the beat, you'll drop in, tune out, and move with purpose — ending with a deep stretch to leave you grounded, clear, and breathless.

10 a.m.

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11 a.m.

Backbend Smart: Strong & Free with *Robin Martin*

Explore backbends with strength and proper alignment to protect your spine and enhance mobility. Learn techniques to support your lower back, build functional strength, and enjoy the freedom of safe, sustainable backbending.

Noon

Beginning Yogic Breathing

This rejuvenating class explores the transformative power of breath. Through the ancient practices of ujjayi pranayama and nadi shodhana, we'll harmonize your nervous system, clear energetic pathways, and cultivate inner stillness.

2 p.m.

Chakra Yoga with *Auratherapy*

A holistic practice that uses yoga poses, breathwork, and aromatherapy to align energy centers within the body.

3 p.m.

Pilates-Aerial Clinic

The playful Pilates class uses a fabric hammock suspended from the ceiling. Experience creative variations of reformer and mat exercises designed to strengthen and lengthen your entire body.

4 p.m.

Restorative Yoga

Experience deep relaxation for healing and rejuvenation. Bolsters and props are used in gentle, supported poses.

5 p.m.

Reiki Sound Bath with *Kyle Lam and Christina Hand*

Immerse in Earth's grounding energy with Reiki, crystal singing bowls, and elemental gongs. Restore balance, reconnect with stability, and feel supported by the strength of the earth beneath you.

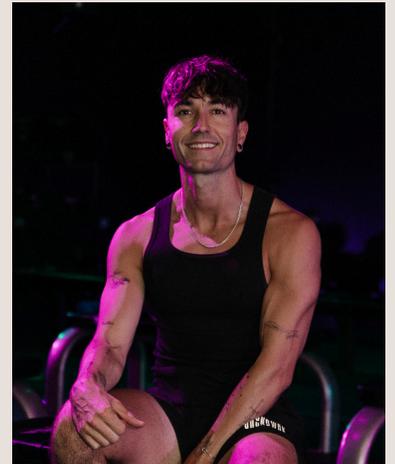
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GUEST EXPERTS



Robin Martin

INTERNATIONAL YOGA
INSTRUCTOR



Christian Nelson

SPIN & STRENGTH
COACH, CO-FOUNDER OF
GROUNDWRK PHOENIX



Christina Hand

ENERGY HEALER AND
WELLNESS GUIDE

sunday | nov 16

7 a.m.

Sunrise Yoga

Energize your day with an early-morning yoga practice including inversions, arm balances and backbends in your flow practice.

9 a.m.

Buti Movement

Primal movement, cardio dance, and conditioning are seamlessly woven throughout balanced yoga sequencing to give you an all-in-one workout that helps you transform your body and soul.

10 a.m.

Strength WRK with *Christian Nelson*

This rhythm-based strength class builds endurance, improves mobility, and fires up your core with bodyweight, bands, and light dumbbells.

1 p.m.

Arm Balance Basics with *Robin Martin*

Build strength and confidence in arm balances. Learn safe, step-by-step techniques for crow, side crow, firefly, and hurdler's pose, with warm-ups for wrists, shoulders, hips, and core to support safe, sustainable practice.

3 p.m.

Restorative Flow & Guided Meditation with *Kristin McGee*

This deeply relaxing class combines gentle movement, restorative poses, and meditation to help guests balance strength with surrender and soften into stillness.

4 p.m.

Ayurvedic Daily Routines

Dinacharya is an Ayurvedic daily routine that aligns with natural rhythms to promote balance, health, and spiritual growth. It helps prevent disease, slow aging, and enhance practices like tongue scraping and meditation for body, mind, and spirit.

5 p.m.

Reiki & Crystal Sound Bath Workshop with *Kyle Lam and Christina Hand*

Explore crystals, Reiki, and sound to awaken your healing potential. Learn crystal techniques, then relax into a guided sound bath to harmonize energy and connect with the wisdom of the mineral kingdom.

7 p.m.

Cacao Ceremony

Close out the AWAKEN experience with a heart-opening cacao ceremony. Reflect in this soulful ritual to support healing, clarity, and deep connection.

enjoy with your AWAKEN stay

Use your nightly service credit to enjoy any of our 200+ services, including the below guest-favorites:

[Ashiatsu – Barefoot Massage](#)

[AKAR Nourishing Facial](#)

[Alchemical Healing](#)

[Chakra Balancing Massage](#)

[Private Fitness Training](#)

[Private Yoga Session](#)

[Private Mind-Body Practice](#)

[Mood & Food](#)

[Acuphonia](#)

[Body-Spirit Connection](#)



monday | nov 17

8 a.m.

Yoga in the Wild

Embark on a short hike to a serene spot, where you'll connect with nature and your body through an all-levels Hatha yoga session. Surrounded by inspiring views, this experience offers the perfect blend of movement, mindfulness, and natural beauty.

11 a.m.

Pedal, Lift, Flow

This invigorating class seamlessly blends cycling, strength training, and flexibility. Transitioning smoothly from one 20-minute segment to the next, this class offers a comprehensive total body experience.

Noon

Advanced Yogic Breathing

This advanced pranayama class is for seasoned practitioners ready to explore the dynamic interplay of cleansing kapalabhati (skull-shining breath), energizing bhastrika (bellows breath), and calming bhrumari (bee breath) techniques..

Noon

Aerial Swing Yoga Clinic

Enjoy twenty minutes dedicated to the health of your feet. Learn the importance of alignment and foot strength and increase function and flexibility.

1 p.m.

Pilates Reformer Clinic: Beginner

Increase body awareness as you focus on breathing, alignment, stabilization of the upper and lower body and lengthening the spine.

2 p.m.

Chair Yoga

This class uses chairs and incorporates balancing and other standing poses, ideal if you don't want to sit on the floor or would like to try chair yoga for breaks at work.

4 p.m.

Chakra Balancing Yoga & Sound Healing

In this gentle Yin chakra balancing practice, experience the vibrational healing of crystal bowls moving through and around you.

5 p.m.

Float & Flow: An Evening Sound Meditation

Experience a transformative event with Kyle Lam's immersive soundscapes. The calming sounds promote deep relaxation, healing, and rejuvenation, leaving you feeling balanced and at peace.

included in your AWAKEN stay

A \$200 nightly service credit to enhance your wellness journey

Limited edition AWAKEN welcome gift

25+ daily classes to choose from, all led by Canyon Ranch experts and guest instructors

Special community events from outdoor group classes, aura readings, and special dinners

An all-inclusive resort experience featuring chef-crafted dining, luxury wellness amenities, daily optional resort activities, and more