

RETREAT SCHEDULE

OCTOBER 16 – OCTOBER 20, 2025



RESET YOUR SLEEP

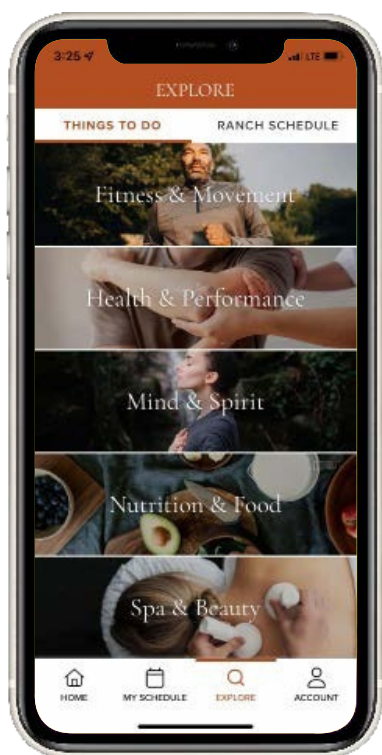
Sleep Science & Mental Vitality with Dr. Anil Rama

Unlock the future of sleep and brain health with Dr. Anil Rama. Explore cutting-edge sleep science, brain mapping, innovative therapies, and actionable strategies to boost cognitive performance, enhance restorative sleep, and optimize wellness — featuring immersive sessions, case studies, and science-backed tools you won't find in standard care.

CANYON
RANCH®

SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



Scan the QR Code to download the Official Canyon Ranch App, then register.

WHAT YOU CAN DO

- Browse Your Ranch Schedule
- Add or Cancel Services
- Explore Things To Do



HOURS & LOCATIONS

The Hearth

Coffee Available: Beginning at 6:30 am

Breakfast: 7:00 am – 9:00 am

Sunday Brunch: 7:00 am – 2:00 pm

Lunch: 12:00 pm – 2:00 pm

Dinner: 5:30 pm – 7:30 pm

*Thursday Lunch until 2:30 pm

*Friday and Saturday Dinner until 8:00 pm

Hideaway

7:00 am – 9:00 pm

Training Zone

7:00 am – 9:00 pm

The Spa

Thursday 12:00 pm – 8 pm

Friday: 10:00 am – 6 pm

Saturday: 10:00 am – 6 pm

Sunday: 10:00 am – 6 pm

Monday: *Available by request

*Spa hours are subject to change based on availability

Pool, Whirlpool, Sauna & Steam

Available daily 7:00 am – 9 pm



@CanyonRanch

#LiveCanyonRanch



WELCOME

We're delighted to welcome you to our inspiring retreat. Think of Canyon Ranch Woodside as your own healthy haven, the place for renewal, wellness, and happiness.

We applaud you for prioritizing personal growth, and encourage you to try new experiences and unique self-care rituals during your time with us. Canyon Ranch Woodside is a special place, particularly if you set an intention for your experience. If you feel inclined to share your intention with our team, we would be honored to support that purpose.

It can be tempting to participate in every wonderful activity we offer. Be sure to take time, too, for introspection. The stillness of Woodside is part of the magic. Just sipping tea on your balcony or reading a book in our fairy ring can be a superb treat. When you take time to think and simply be in nature, you may have a profound encounter with yourself.

Through our culinary program, you'll see our passion for healthy cuisine shine. Chef George Meza and his extraordinary team carefully craft every scrumptious dish with fresh ingredients, nutritional sense, and environmental responsibility. Dine on meals sourced by local farms and artisans who share our wellness and ecologically friendly philosophies. There's something delicious for all food preferences. We can't wait for you to enjoy our soul-nourishing dining experience.

Our team is thrilled to welcome you, connect with you, and support your wellness journey. You're in the perfect place for refreshing your spirit, recommitting to health, and shedding stress. Please let us know if there's anything we can do to make your retreat even better.

With warm appreciation,

James Wardell
General Manager

DECISIONS, DECISIONS ...

So, what will you do while you're here? With so many great choices, we recommend you start by talking with one of our Wellness Guides or Guest Service Advisors. They're the ultimate Ranch insiders who know about every service, activity and can't-miss event. You'll learn about exciting opportunities that fit your schedule and support your goal. And please, keep an open mind to trying new things. After all, the best thing you ever do may be the thing you haven't tried yet.

Simply select Guest Services from your in-room phone, or speak to a Wellness Guide ahead of your stay by calling (855) 277-8877

WHILE AT THE RANCH

HOW TO SIGN UP FOR ACTIVITIES

Most activities in the retreat schedule have limited space that will require you to sign up in advance to ensure your place. These capacities are indicated at the bottom of the activity in the schedule. Simply sign up in the Canyon Ranch App on your iPhone or Android or speak with one of our Guest Services advisors at the front desk. In respect of all guest schedules, classes will begin promptly at the time listed. If you do not show up for your reserved spot, then it may be given to a waitlisted guest.

DINING IN THE HEARTH

Every scrumptious dish is made with fresh ingredients, nutritional sense, and environmental responsibility. We use local produce, meats raised humanely, and beverages that respect natural resources. We encourage you to savor every bite. Please allow at least one hour to enjoy all courses of our lunch and dinner services. If you require less time, please notify your server when you place your order. Snacks are available between meal times.

CLEAN WATER FROM THE TUOLUMNE RIVER

Hetch Hetchy Valley is on the main stem of the Tuolumne River and is the major drainage system for the northern part of Yosemite. It is the primary water source for about 2.7 million residents of the San Francisco Bay Area including Woodside. The Hetch Hetchy water supply meets all federal and State criteria for watershed protection, disinfection treatment, bacteriological quality and operational standards, allowing exceptionally high quality drinking water.

PRIVACY, PLEASE

At Canyon Ranch, we respect your privacy. To help maintain that feeling of trust don't take pictures of other guests without asking permission first.

SAFETY & SECURITY

Our team is always on the job and available when you need them. Call Guest Services anytime for help and we are happy to assist you. Please note that we're required to check on you if your phone's been left off the hook or if you don't respond to a wakeup call you requested.

CUSTOM COMFORTS

Please let us know if you'd like a humidifier, additional blankets, alternative pillows, laundry bags, iron, heating pad or any additional amenities brought to your room.

GO GREEN

To conserve, please leave towels you don't need laundered on the hooks. Anything on the floor will be washed. Sheets are washed by request.

YOUR VALUABLES

You'll find a safe in your room and lockers in our spa. There's no charge, and we encourage you to use them.

WALKING IN SUNSHINE

The 1.3-mile property hike is open daily from dawn to dusk. Please wear appropriate footwear. You'll find trail maps available at the front desk.

COMMON SCENTS

We love your natural aroma. Really. And some people are allergic to fragrances. So please refrain from using perfume or cologne in public places.

CLEAR THE AIR

Smoking cigarettes or vaping is allowed only in our designated outdoor smoking area, located on the second floor of the retreat building. Smoking in your room will result in a cleaning fine of up to \$2,000, excluding any damages.

POOL TIME

The Indoor Pool, Whirlpool, Sauna & Steam are open 7 am to 9 pm daily. No lifeguards are on duty. For your safety, we close the pools when lightning is in the area.

CELL PHONES

As a courtesy to all guests, talking on phones is permitted only in your private room and patio.

Thank you for helping keep Canyon Ranch serene.

THURSDAY

TRAVEL & ARRIVAL

AFTERNOON

Noon LUNCH – Final Seating at 2:30 pm. The Hearth

1 pm AMAZING ABS & HEALTHY HIPS – Strengthen and shape key body parts that will not only enhance your physique, they'll improve your back and hip health. 45 min | The Training Zone | Limit 12

1 pm WALK IN THE WOODS YOGA – Enjoy a property walk through beautiful winding trails with intermittent yoga and breathwork breaks. Learn to use fresh air and open thoughts in your practice. 45 min | The Bell | Limit 12

2 pm EXPLORE THE REDWOODS – Immerse yourself in the majesty of our on-property trail as we wander down amongst the redwood trees and discuss our area's natural history. Level 1 | 90% mixed canopy 10% UV exposure | 1 mile +/- 250 ft | 45 min | The Bell | Limit 10

3 pm FITNESS FOUNDATIONS – Develop a well-balanced fitness routine whether you are a beginner or looking to refresh your knowledge. Focus on exercise technique and injury prevention while using fundamental exercises centered around our primal movement patterns to help kickstart your fitness journey. 45 min | The Training Zone | Limit 12

3 pm MEDITATION WITH BUDDHA – Take an intentional break down in the energy of our redwood forest to experience a Metta meditation for cultivating compassion and mindfulness. Hiking shoes are recommended. 45 min | The Labyrinth | Limit 12

4 pm GROUNDING YOUR INTENTIONS – Welcome to your retreat! Name and claim your authentic aspirations. You'll learn and work with our Canyon Ranch Whole Person Model of wellness as you connect with Self and Source. Learn about all the special opportunities offered during your stay and get your questions answered. 45 min | The Loft | Limit 30

4 pm FOAM ROLL & STRETCH – Improve your workout performance and create lasting effects by combining the effects of myofascial release and dynamic stretching. 45 min | The Training Zone | Limit 10

4 pm HIKE: WINDY HILL SUMMIT – At a point where the Santa Cruz Mountains open between the ocean and the bay; this quick hike offers expansive views of the Ocean and the SF Bay. Level 1 | 1 mile | 100% open | 1 hr | The Bell | Limit 10

5 pm DETOX FLOW YOGA – Let go of whatever no longer serves you in body, mind and spirit. This class features pranayama (yogic breathing) and yoga poses emphasizing spinal rotation and lymph drainage. 45 min | The Loft | Limit 20

EVENING

5:30 pm DINNER – Final Seating at 7:30 pm. The Hearth

8 pm YIN YOGA – Release any longstanding tension in this quiet, contemplative class, which takes a Taoist approach to yoga asana, focusing on seated, supine, and prone postures for up to five minutes. 45 min | The Loft | Limit 20



MORNING

- 7 am BREAKFAST** – Final Seating at 9:00 am. The Hearth
- 7 am TRX STRETCH** – Use the suspension straps to improve your muscle flexibility and joint mobility. 45 min | The Training Zone | Limit 7
- 8 am LIFT** – Pull, push, squat, and hinge in this engaging full-body workout while using suspension and body weight techniques. 45 min | The Training Zone | Limit 8
- 8:30 am HIKE: CASTLE ROCK AND GOAT ROCK LOOP** – Hike through redwoods and mixed evergreen forest out to an area made up diverse sandstone formations. Enjoy sweeping westward views as we navigate our way along this rocky terrain. Level 3 | 4 hrs | 4 miles | +/- 843 ft | The Bell | Limit 10
- 8:30 am EXPLORE THE REDWOODS** – Immerse yourself in the majesty of our on-property trail as we wander down amongst the redwood trees and discuss our area's natural history. Level 1 | 90% mixed canopy 10% UV exposure | 1 mile | + 250 ft | 45 min | The Bell | Limit 20
- 9 am MAT PILATES** – Experience a mind-body intervention that focuses on strength, core stability, flexibility, muscle control, posture and breathing. 45 min | The Training Zone | Limit 12
- 9:30 am HIKE: WANDER & WATERCOLOR** – Join us for a mindful hike combined with watercolor painting. After a short scenic walk, you'll receive a demo and create your own artwork inspired by nature. This class focuses on presence, creativity, and connection—no experience required! Level 1 | 90% covered 10% open | 1 mile | +/-250 ft | 1.5 hrs | The Labyrinth | Limit 6
- 10 am FUNCTIONAL FITNESS** – Be ready to move in new ways as your fitness instructor brings in jump ropes, exercise bands, calisthenics and more to challenge muscles for total-body results. 45 min | The Training Zone | Limit 12
- 11 am FITNESS FOR YOUR FEET** – Learn the importance of alignment and foot strength, and increase function and flexibility using our exercise domes. 30 min | The Training Zone | Limit 16
- 11 am AQUA AI CHI** – Bring your practice to the water with this ancient Chinese form of exercise. The graceful flowing movements integrate mind and body, control breathing, and generate internal energy and mindfulness within us. 45 min | The Pool | Limit 8
- 11 am CONTEMPLATION & HEALING** – A spiritual wellness provider explores how changing the way you “see” through contemplative spiritual practice can foster greater wholeness and inner peace. 45 min | The Loft | Limit 30

AFTERNOON

- Noon LUNCH** – Final Seating at 2 pm. The Hearth
- Noon SPIRITUAL WELLNESS INTRODUCTION** – Speak with one of our spiritual wellness providers to book the best private session for you. 30 min | The Lobby
- 1 pm MALA BRACELET MAKING** – Learn about the history and meaning of mala as you set your own intentions and design a custom bracelet in a meditative practice. 45 min | The Loft | Limit 6
- 2 pm MYSTIC TEA** – Delve into the art of divination with the traditional practice of Tasseography. Follow a journey through the history and methodology of tea leaf reading. Curate your loose leaf J'enway tea blend, sip and discover what messages await in your cup. 45 min | The Loft | Limit 10
- 2 pm HIKE: HORSESHOE LAKE LOOP** – Enjoy the majesty of the mountains as we dive down off the ridge line into the lush second growth redwood forest. Level 2 | 1.5 hrs | 2 miles | +/- 430 ft | 95% canopy 5% open | The Bell | Limit 10
- 2 pm BREATHE** – Learn proper breathing techniques for relaxation and stress reduction. 30 min | The Labyrinth | Limit 12
- 3 pm INTRODUCTION TO VIPASSANA MEDITATION** – Receive an introduction to the history, tradition and the benefits of total purification of the mind. Enhance your mindfulness during this silent meditation. 30 min | The Loft | Limit 20
- 3 pm FALL FLOW YOGA** – Gentle, grounding yoga with slow flows and deep stretches to release, restore, and find balance during the autumn season. 45 min | The Training Zone | Limit 14
- 4 pm HIKE: GUIDED SPIRIT PATH EXPERIENCE** – A new place can provide a new perspective: with a fresh focus, fresh awareness can arise. Visit some of our favorite spiritual spots along the Journey Trail for a reflective experience that will encourage looking both within and outside the self. 1 hr | Level 1 | 90% covered, 10% open | 1 mile | +/- 250 ft | The Bell | Limit 7
- 4 pm RELEASE AND RESTORE** – This class uses targeted myofascial self-massage along with props like tennis balls and foam rollers with guided stretching. You'll release tension, improve circulation, and ease tight muscles, leaving you feeling completely renewed and restored. 45 min | The Training Zone | Limit 12
- 4 pm WATERCOLOR & TEA** – Unwind with tea while exploring watercolor painting. Relax, reflect, and create a keepsake of your weekend at your own pace. 45 min | The Loft | Limit 10
- 5 pm THE SCIENCE OF SLEEP & BRAIN HEALTH** – Explore the latest research linking sleep and brain performance. Learn how evidence-based insights can improve rest, cognition, and overall vitality. 1 hr | The Loft | Limit 20

EVENING

- 5:30 pm DINNER** – Final Seating at 8 pm. The Hearth
- 8:30 pm RESTORATIVE YOGA** – Relax and recharge with gentle, supported poses using bolsters and props. 45 min | The Loft | Limit 20

MORNING

- 7 am BREAKFAST** – Final Seating at 9:00 am. The Hearth
- 7 am MORNING WARM-UP** – A warm-up routine of gentle exercises and stretches will help get your muscles and joints moving before you take on your day.
30 min | The Training Zone | Limit 10
- 8 am STRENGTH BUILDING** – This workout cycles through weighted and non-weighted strength exercises to optimize your body's energy and focused muscles, resulting in less fatigue and enhanced results. You'll feel the difference.
45 min | The Training Zone | Limit 12
- 8 am HIKE: PURISIMA CREEK POWERHIKE** – Switchbacks and ocean vistas take us down into the Old Growth redwood forest. A heart-pumping ascent brings us back up.
4.5 hrs | Level 4 | 7 miles | +/- 1798 ft | 90% canopy, 10% open | The Bell | Limit 10
- 9 am ADVANCED SLEEP AND BRAIN DIAGNOSTICS** – Discover specialized tools like brain mapping and 3D airway imaging. See how these diagnostics reveal hidden factors behind poor sleep and cognitive function.
1 hr | The Loft | Limit 20
- 10 am FOCUSED ENERGY CIRCUIT** – Activate the energy of the mind with this under-tension principal workout. Create a greater catabolic response with in the body while toning and strengthening your muscles to deal with greater metabolic demands.
45 min | The Training Zone | Limit 12
- 11 am SPIRITUAL GROUND FOR OPTIMAL PERFORMANCE** – Bring the best you can in any situation through learning the fundamentals and spiritual ground supporting optimal performance. With this ground beneath your feet you build confidence and calm through good times and hard times.
45 min | The Loft | Limit 30
- 11 am FOAM ROLL & STRECTH** – Improve your workout performance and create lasting effects by combining the effects of myofascial release and dynamic stretching.
45 min | The Training Zone | Limit 10

AFTERNOON

- Noon LUNCH** – Final Seating at 2 pm. The Hearth
- 2 pm HIKE: ANCIENT OAKS TO BOREL HILL VISTA** – Roam along a wide ocean-facing ridge amongst ancient oaks and flower fields to a vista overlooking the Ocean and SF Bay.
2 hrs | Level 2 | 2.5 miles | + 430 ft | 10% canopy 90% open | The Bell | Limit 10
- 2 pm SOUND BATH** – Immerse your body, mind, and soul in the restoring sounds of crystal bowls.
45 min | The Loft
- 3 pm HIIT IT!** – High intensity training with minimal breaks in between to increase cardiovascular output while using athletic and strength training exercises for an all-around aerobic and anaerobic workout.
45 min | The Training Zone | Limit 14
- 4 pm TUNE INTO JOY** – Bring joy into your life each and every day! Join this session and experience tuning into your whole person mind, body, heart and spirit. During our time together we learn to the cultivate your joyful whole person wellbeing.
45 min | The Loft | Limit 30
- 4 pm PILATES MOBILITY AND STRETCH** – This restorative class blends core Mat Pilates principles with mindful movement and deep stretching. You'll focus on breath, alignment, and control to improve mobility, flexibility, and posture, leaving you feeling centered and balanced.
45 min | The Training Zone | Limit 14
- 5 pm DETOX FLOW YOGA** – Let go of whatever no longer serves you in body, mind and spirit. This class features pranayama (yogic breathing) and yoga poses emphasizing spinal rotation and lymph drainage.
45 min | The Training Zone | Limit 14
- 5 pm CREATIVE EXPRESSION: DRUMMING** – Experience the spirit and magic of rhythm by playing percussion instruments in this don't-miss class. No musical training necessary. Instruments provided.
45 min | The Hideaway Patio | Limit 6
- 5 pm TRANSFORMATIVE THERAPIES BEYOND STANDARD CARE** – Explore noninvasive therapies like TMS, photobiomodulation, and myofunctional therapy. Learn practical strategies to optimize sleep, brain health, and mental clarity.
45 min | The Loft | Limit 20

EVENING

- 5:30 pm DINNER** – Final Seating at 8 pm. The Hearth
- 8:30 pm GOURD TIMES: PUMPKIN PAINTING** – Celebrate the season with a lighthearted creative session! Pick your pumpkin and let your imagination flow with paints and brushes—no carving required. A festive way to relax, express yourself, and enjoy some autumn cheer.
1 hr | The Loft | Limit 10

MORNING

- 7 am SUNDAY BRUNCH** – Final Seating at 2:00 pm.
The Hearth
- 7 am MORNING WARM-UP** – A warm-up routine of gentle exercises and stretches will help get your muscles and joints moving before you take on your day.
30 min | The Training Zone | Limit 10
- 8 am KETTLEBELL WORKOUT** – This class integrates strength movements to provide a cardiovascular-based, full-body workout. Challenge your muscle endurance and core stability, and experience kettlebells in a safe environment.
45 min | The Training Zone | Limit 12
- 9 am HIKE: HERITAGE GROVE** – Walk amongst the giants as we journey through the Heritage Grove down in the deep of the mountain's valleys.
3.5 hrs | Level 3 | 3.75 miles | +/- 857 ft | 75% canopy 25% open | The Bell | Limit 10
- 10 am POWER** – It's time to torch calories, build strength, boost endurance, move better, and increase your energy using cardio machines, multi-dimensional strength exercises and plyometric bursts.
45 min | The Training Zone | Limit 8
- 11 am EPIC WATER BLAST** – Elevate your heart rate and challenge your muscles during this cardiovascular workout using a variety of aqua fitness tools.
45 min | The Pool | Limit 8
- 11 am LABYRINTH WALK** – Learn to open or deepen a spiritual contemplation through a guided walk through our labyrinth. Hat, sunglasses, and/or sunscreen recommended.
45 min | The Bell | Limit 10
- 11 am INTEGRATING SCIENCE INTO DAILY LIFE** – Learn how to apply advanced sleep and brain insights to daily routines. Gain practical tools to enhance rest, cognitive performance, and overall wellness.
1 hr | The Loft | Limit 20

AFTERNOON

- 2 pm HIKE: COHO VISTA RIDGELINE** – This secluded preserve contains both ancient old growth redwood and beautiful westward vistas to the Ocean.
2.5 hrs | Level 2 | 2.75 miles | +/- 476 ft | 60% canopy, 40% open | The Bell | Limit 10
- 3 pm AQUA STRENGTH CIRCUIT** – A circuit-based class set in shallow water encouraging muscle fatigue while maintaining an aerobic level.
45 min | The Pool | Limit 8
- 3 pm BOTANICAL TEA MAKING** – Go on a hands-on foraging experience as you pick the wild herbs and edible plants on our own Wander Trail that go into our signature Woodside beverage. Learn tips and tricks for safe and sustainable foraging.
1 hr | The Bell | Limit 10
- 4 pm MOMENTUM FOR HOME** – What happens after your retreat? Learn how to take all that you've learned home with you, so you continue to experience the positive effects. Bring your journal.
45 min | The Loft | Limit 30
- 4 pm MAT PILATES** – Experience a mind-body intervention that focuses on strength, core stability, flexibility, muscle control, posture and breathing.
45 min | The Training Zone | Limit 12
- 5 pm NATURE MANDALA** – Experience the spirit of collaboration and varying perspectives as you use natural objects found in our redwood forest to create an impermanent Mandala. Allow your creativity and wonder to flourish as we join efforts to reformat nature in a new way.
45 min | The Bell | Limit 12

EVENING

- 5:30 pm DINNER** – Final Seating at 7:30 pm | The Hearth
- 8 pm YOGA NIDRA** – Unwind and relax with this gentle yoga practice, designed to renew and relax your body as you end your day.
45 min | The Training Zone | Limit 20

MONDAY

DEPARTURE & TRAVEL

MORNING

7 am BREAKFAST – Final Seating at 9:00 am. The Hearth

7 am MORNING WARM-UP – A warm-up routine of gentle exercises and stretches will help get your muscles and joints moving before you take on your day.
30 min | The Training Zone | Limit 10

7:30 am SHIN RIN YOKU: ART OF FOREST BATHING – Bathe-in the forest with all your senses and you'll notice things you hadn't before. The birds sing louder, the scents are stronger, and the texture of the tree bark is softer. The art of forest bathing can carry into daily tasks, making life more pleasurable.
45 min | The Bell | Limit 6

8 am MORNING CIRCUIT– Get the blood flowing with a mix of cardio, strength, agility and stability exercises. Your fitness instructor will lead you through exercises that prepare your body for a great retreat day.
45 min | The Training Zone | Limit 8

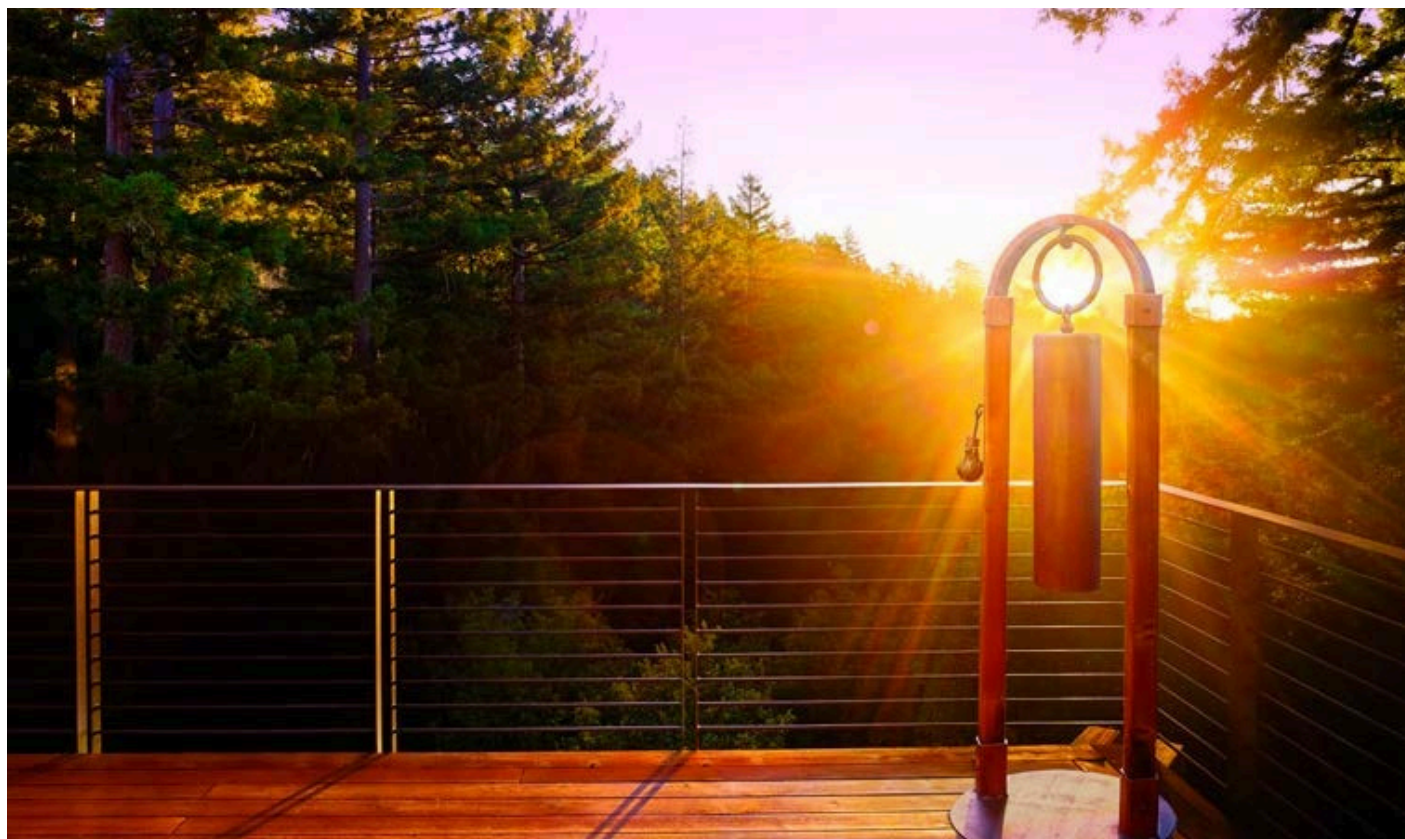
8:30 am HIKE: MANZANITA TRAIL – Immerse yourself in the evergreen forest while wandering under lush canopies leading to tunnel like trails of Manzanita chaparral.
2.5 hrs | Level 3 | 3 miles | +/- 741 ft | 25% open, 75% canopy | The Bell | Limit 10

9 am FOAM ROLL & STRETCH – Improve your workout performance and create lasting effects by combining the effects of myofascial release and dynamic stretching.
45 min | The Training Zone | Limit 10

9 am VINYASA FLOW – Stretch, balance and flow through challenging, intermediate-level postures that connect movement and breath.
45 min | The Loft | Limit 20

10 am MEDITATIVE DRAWING – Experience the centering tranquility of guided, meditative drawing. Your mind quiets as the pencils dance across the paper while creating a mindful piece of art.
45 min | The Loft | Limit 10

***Retreat Programming concludes at 12pm. Snacks are available by request at departure.*



SERVICE CATALOG

For more information or to book services, visit or contact Guest Services.



For a listing of services,
visit canyonranch.com/woodside/services/



SPIRITUAL GUIDANCE

SPIRITUAL GUIDANCE

Bring your deepest questions to a trusted spiritual guide and discover new ways to find joy, ease stress, and uncover meaning. Through rich conversation, practical tools, and meaningful practices, you'll learn to access flow, deepen daily peace, and live with greater connection. Whatever your beliefs, you'll leave with spiritual practices tailored to you.

45 minutes | \$245

CULTIVATING A LIFE OF PURPOSE

Are you living a meaningful life? In this guided life review, our experts help you reflect on your journey and envision what's next. Whether you're navigating a career shift, seeking purpose, or entering a new chapter, you'll reconnect with your core values, clarify what truly matters, and craft daily practices that bring joy, fulfillment, and alignment. Step into your next chapter and design a life well-lived.

45 minutes | \$245

RITE OF PASSAGE

This powerful session will help you create or move through a significant life change, choice, passage or transition. Through dialogue and ceremony, your Rite of Passage will help you celebrate, commemorate, release, unite or reconcile. Adaptable to virtually any event, intention or milestone, your personalized rite can involve one or more people. Some topics of focus might include a milestone birthday, a breakup, a career change, empty nesting, a life transition, new habits, new parenthood, or retirement.

45 minutes | \$245

SOUL JOURNEY

Allow yourself to be guided on an inner journey and get in touch with your spiritual nature. Develop insight and intuition that can create healing as it transports you to a higher state of consciousness, mindfulness, awareness and understanding. Your Soul Journey is designed to harmonize mind, body and soul through musical massage and the use of imagery, music and breath, creating a sacred space in which to receive emotional, mental and spiritual gifts.

45 minutes | \$245

NAVIGATING LOSS, GRIEF & REMEMBRANCE

Whether you're experiencing the loss of a loved one, an identity shift, a lack of community, a career change, a divorce, a diagnosis, or an anticipated change, grief is a natural part of being human. But you don't have to move through it alone. With a compassionate guide, gently bear witness and honor your grief. Together, you'll explore practices to help you navigate your experience and create rituals that pay tribute to what's been lost — and tenderly welcome what's yet to come.

45 minutes | \$245

EMBODIED PRESENCE

Embrace the fact that you're not separate from your body — you are your body, a living experience unfolding in every breath. In this gentle, guided journey, you'll quiet your inner critic, listen deeply to your body's wisdom, and cultivate kindness toward yourself. Whether you're seeking healing, navigating changes in your body image, sexuality, weight, or aging, or simply longing to feel at home in your own skin, this experience helps you reclaim comfort and wholeness. Through presence and compassion, you'll redefine who you are from the inside out.

45 minutes | \$245

INNER BALANCE BY HEARTMATH

Based on 26+ years of research, HeartMath® is used by hundreds of hospitals, corporations, and individuals to increase well-being and decrease stress. A spiritual wellness provider will introduce you to the Inner Balance™ sensor for Androids and iPhones, which trains you to replace emotional stress with balance and coherence. By measuring and displaying your Heart Rate Variability (HRV), HeartMath may help improve your focus, quality of sleep, and monitor your feelings of stress. Explore strategies during this therapeutic session to self-regulate the emotions that often cause stress. Then take it home to continue monitoring your results. Please bring your Android or iPhone so we can help you install the HeartMath software.

45 minutes | \$395

MINDFUL WEIGHTLIFTING

Join a sport performance and mindfulness coach for a personalized workout that integrates body and mind. Whether you're new to exercise or a seasoned athlete, you'll explore mindful movement to boost your awareness of and compassion for your body, focusing on challenges like injuries or body image. Advanced weightlifters will discover how to improve their performance through techniques for heightened awareness and flow state. Leave with tools that promote focus, strength, and a deeper connection to your body.

45 minutes | \$245

SPIRITUALITY & LONGEVITY

How you meet life's challenges shapes not only how you feel today, but how fully and vibrantly you live. In this experience, you'll explore evidence-based spiritual practices that support resilience, balance, and longevity. Learn how to weave them into your daily life — staying present, deepening relationships, aging with grace, and cultivating a lasting sense of joy and well-being.

45 minutes | \$245

POETRY CIRCLE

Gather with two or more guests beneath the redwoods for a meaningful shared experience. In this guided session, you'll read and reflect on poetry that explores themes like wonder, loss, and resilience, sparking thoughtful conversation and personal connection. Each session is tailored to your group, making it a perfect experience for couples, close friends, or new connections formed during your retreat. Let poetry be your guide to healing, insight, and deeper connection.

45 minutes | Duet session | \$200/person

45 minutes | Small Group session (3+ people) | \$190/person

MASSAGE & BODY TREATMENTS

CANYON RANCH MASSAGE

Pulling from many different modalities, our full-body massage stimulates circulation and soothes tight muscles. Your skilled therapist will adapt classic and innovative techniques to your needs and preferences.

80 minutes | \$324

50 minutes | \$246

CANYON RANCH DEEP TISSUE MASSAGE

This therapeutic treatment is ideal for those who regularly receive massage and prefer intense bodywork. Focused techniques reach deep muscle layers and target points of tension to relieve chronic pain, improve mobility, and support muscle recovery, perfect for athletes, active individuals, or anyone with persistent muscle tightness.

80 minutes | \$354

50 minutes | \$270

CANYON STONE MASSAGE

This therapeutic massage uses Basalt stones for a continuous flow of heat to relieve sore muscles and melt away tension and stress for deep relaxation.

75 minutes | \$336

CHAKRA BALANCING MASSAGE

Begin this holistic treatment with an anointment of Rose and Lotus Flower essence and the sounding of chimes to clear energy and provide focus. Ayurvedic Dosha balancing oils are applied to the body's energy centers along the spine to facilitate the opening and flow of energy in your chakras. Then an Ayurvedic Kansa wand is used to activate and balance your chakras. Semi-precious stones are placed on your chakras to further balance the body and provide peace and clarity to the mind. This special offering ends with a Kansa foot bowl treatment to ground you for the rest of your day.

80 minutes | \$336

FOREST AROMATHERAPY MASSAGE

Essential oils have a profound effect on mind and body. Your therapist will help you choose the most effective blend for your specific intentions. This spa treatment employs a variety of massage modalities including lymphatic, acupressure, reflex points and Swedish techniques.

80 minutes | \$336

HUNGARIAN SCRUB

This purifying and detoxifying treatment starts with a vigorous and effective exfoliation of the whole body. Using sea salt, Hungarian moor mud and capsi-cum peptide, the skin's texture is refined and left radiant and soft. The invigorating, firming body oil improves skin elasticity while balancing and soothing the body and senses.

50 minutes | \$270

NEW! THERAPEUTIC CBD PAIN RELIEF MASSAGE

Traditional massage with a powerful blend of broad-spectrum CBD and therapeutic plant extracts. This healing spa treatment will relax the nervous system and help provide relief from aches, pains, sore muscles, arthritis, and inflammation.

80 minutes | \$384

50 minutes | \$294

HIKER'S RETREAT

After a long trek through the Redwoods, treat your feet to an invigorating scrub to help relieve stress, followed by a deeply relaxing foot massage that provides benefits to your entire body.

50 minutes | \$246

PRENATAL MASSAGE

Our classic Canyon Ranch Massage is thoughtfully adapted to ensure complete comfort and safety for both you and your baby during this relaxing wellness experience. Your spa therapist will customize the treatment to gently support your changing body, promote relaxation, reduce tension, and enhance overall well-being throughout your pregnancy.

80 minutes | \$324

50 minutes | \$246

MUSCLE MELT FOR ROAD WARRIORS

A treatment developed in Thailand to ease aches and pains of battle-weary warriors. Warm herbal pouches are firmly pressed into muscles to ease every inch of your body. Lemongrass oil combined with other massage techniques release any lingering tension, resulting in a calmed mind and body.

80 minutes | \$336

WARM COCONUT OIL MASSAGE

A beautiful experience with warmed coconut oil is profoundly relaxing. The massage candle, rich in skin conditioning ingredients including argan oil, coconut extract, and shea butter, and infused with the essence of oud wood and vanilla, is delicately poured onto the skin and massaged with slow sweeping movements.

80 minutes | \$324

50 minutes | \$246

REIKI

Reiki promotes energy healing through methods rooted in Eastern spiritual tradition. Your massage therapist gently places his or her hands over your head, chest, abdomen, and back, producing a calming effect. You may experience decreased anxiety and fatigue, and improved circulation, concentration, and sleep quality. Please wear comfortable clothing.

50 minutes | \$246

ENVIRON VITAMIN THERAPY FACIAL

Driven by Environ's science-led philosophy and rooted in the power of vitamin A, this customizable facial is tailored to your skin's unique needs. Combining advanced formulations with targeted techniques helps restore skin health, improve texture, and boost radiance. Whether you're addressing signs of aging, dehydration, or sensitivity, this treatment delivers results through a personalized approach that reflects Environ's commitment to efficacy, integrity, and long-term skin wellness.

50 minutes | \$300

ENVIRON AGE-DEFYING FACIAL

This powerful, age-defying facial uses Environ's vitamins A, C, E, and peptide serums to promote collagen and elastin, stimulate stem cell activity, and enhance circulation. Using Environ's revolutionary DF Technology, which combines sound waves and microcurrents, active ingredients are driven deep into the skin for maximum absorption and visible results. This treatment dramatically improves the appearance of fine lines, wrinkles, uneven tone, and texture, leaving your skin radiant, tighter, and smoother.

The facial includes the Focus-CIT® (Collagen Induction Therapy) device, a take-home tool for delicate areas around the mouth and eyes.

Note: Contraindications include Botox or fillers within two weeks, epilepsy, metal pins or plates, a pacemaker, and tinnitus.

80 minutes | \$414

SEED TO SKIN FACIAL

This customized facial ritual is uniquely designed to promote undeniably hydrated, smooth, and glowing skin. Handcrafted formulas by Seed to Skin blend the power of nature's curative properties with the results-driven efficiency of advanced science. The state-of-the-art molecular delivery system penetrates deep into the skin to stimulate cellular renewal and oxygen boost. Gentle massage techniques energize the skin and promote a healthy, radiant complexion. *Not recommended for those who are pregnant or breastfeeding.

50 minutes | \$288

SEED TO SKIN GUA SHA FACIAL

Luxurious, ultimately relaxing, and completely customized treatment promotes cell regeneration and helps firm and oxygenate skin, creating a youthful glow. Targeted eye treatment will lift and smooth delicate eye areas, and stimulating facial and scalp massage techniques with Gua Sha stone will leave the skin visibly brighter, radiant, and lifted. This high-touch ritual delivers an experience as wonderfully unique as every individual is and a completely relaxed state of mind. *Not recommended for those who are pregnant or breastfeeding.

80 minutes | \$414

VENN ADVANCED COLLAGEN FACIAL

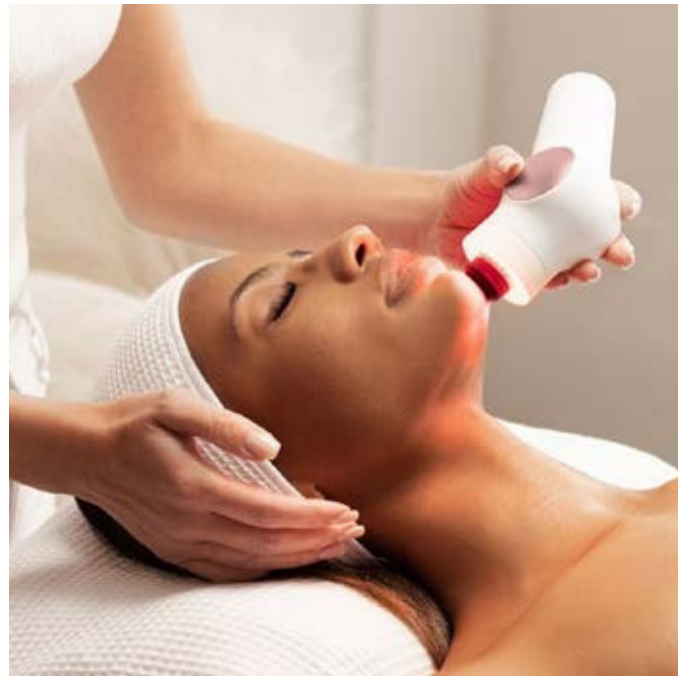
Rooted in the principles of Korean Beauty and powered by cutting-edge skincare science, this facial delivers high-performance results through a minimalist, multi-functional approach. VENN's clean formulations rich in fermented ingredients, antioxidants, and peptides work synergistically to hydrate, brighten, and visibly firm the skin. This facial blends holistic care with clinical precision, offering a luxurious experience that leaves your complexion radiant, balanced, and deeply rejuvenated.

50 minutes | \$288

VENN X THERAFACE FACIAL

This advanced VENN facial combines their supercharged, clinically proven skincare with the benefits of microcurrent technology, LED, and massage to visibly lift, strengthen and sculpt fatigued skin. This facial leaves your skin deeply hydrated and restores clarity for a more youthful, rejuvenated complexion.

80 minutes | \$414



SPA

METAPHYSICAL

ORACLE CARD READING

Seeking clarity or guidance on an important question or situation? Let the cards provide your answer. Join our skilled practitioner for an intuitive session that uncovers insights tailored to your journey. Opt for a 50-minute session if you're looking for a deeper dive into a specific inquiry or area of your life. Together, we'll illuminate the path forward, empowering you with understanding.

25 minutes | \$95

50 minutes | \$185

MYSTIC TEA READING

Unlock deeper insight with a private tea leaf reading, providing answers for specific questions or situations. Discover the art of Tasseography, learning foundational rituals and techniques as you explore symbols and patterns in tea leaves. Engage your intuition to uncover hidden solutions within the sediment, offering clarity and guidance on your path.

25 minutes | \$95



FITNESS & MOVEMENT

Besides being fun, a well-rounded program of physical activities makes you more energetic, boosts your brain power, helps you handle stress, increases your chance of longevity and good health and makes physical tasks easier. Try something new or polish an old skill at Canyon Ranch.

PRIVATE FITNESS TRAINING

Your one-of-a-kind body calls for a one-of-a-kind workout plan. Our personal trainers hold the industry's top certifications and have the experience to create a program that suits your needs, goals and preferences. From functional movement to your favorite sport, we can help you create a take home plan with activities you enjoy – so you'll keep on doing it.

Individual Session 45 minutes | \$150/person Duet Session 45 minutes | \$110/person Small Group Session (3-5 people) 45 minutes | \$95/person Private Group Class 45 minutes | \$375/class

PRIVATE MIND-BODY PRACTICE

Experience greater peace and balance through self-care practices from around the world. Connect body and mind through meditation or breathing exercises. Our expert staff helps you explore these gentle yet powerful disciplines during your fitness retreat.

Individual Session 45 minutes | \$150/person Duet Session 45 minutes | \$110/person Small Group Session (3-5 people) 45 minutes | \$95/person Private Group Class 45 minutes | \$375/class

PRIVATE YOGA PRACTICE

Find greater balance in life with this long-honored mind body practice. Get personal guidance to reap the benefits of your yoga practice. Great for beginners or for those who want to enhance their practice.

Individual Session 45 minutes | \$150/person Duet Session 45 minutes | \$110/person Small Group Session (3-5 people) 45 minutes | \$95/person Private Group Class 45 minutes | \$375/class

PERCUSSION SELF RECOVERY

Discover percussion technology device and how it can relieve muscle soreness and stiffness, improve range of motion, promote circulation to accelerate recovery.

25 minutes | \$95

BODY COMPOSITION SCREENING

In two quick 40-second sessions, the Bod Pod measures body fat and lean muscle mass, which are key indicators of health, performance, and metabolism. A Performance Scientist will explain your results and set personalized goals for muscle mass, body fat and ideal scale weight. For best results, avoid food or exercise 60 minutes before testing. Wear tight-fitting clothing such as bathing suits, sports bras, or compression shorts.

25 minutes | \$95

COMPREHENSIVE EXERCISE ASSESSMENT

Get a full snapshot of your fitness and a personalized plan to improve.

Part I (50 minutes): A Performance Scientist guides you through:

- Bod Pod body composition test
- Treadmill VO2Max test to find heart rate zones
- Bench press and grip strength test
- Force plate or sit-to-stand test for lower body power

Part II (50 minutes): Your results are compared to age-matched norms, and you'll receive a custom exercise prescription tailored to your goals. Repeat testing lets you track progress over time.

Two-Part Session 50 minutes each | \$300



AREA EXCURSIONS

Developed in partnership with our friendly neighborhood farmers, vintners, and trail guides to deeply connect you with unprecedented access to a wellness destination that is truly unmatched.

GUIDED MOUNTAIN BIKING

Explore some of the world's best mountain biking trails on high-end full-suspension bikes. Our selected outfitters offer something for every level of biking, from novice to expert. All equipment, including helmet, gloves, elbow and knee pads and pedals of choice are included. Hydration and snacks are provided. A brief survey will be provided prior to the ride to determine your skill level. Limit up to six guests—call in advance or inquire at the front desk.

Available Fridays, Saturdays, and Sundays

Also available as an individual Private Ride and/or Lesson:

Full Day | \$600/person

Half Day | \$500/person

EQUUS COACHING

Experience the powerful healing and therapeutic benefits of interacting with a horse in a controlled environment with a Certified Equus Coach® at the Ciara West Equestrian facility. Equus Coaching uses the natural and instinctual behavior of horses to uniquely show people how their own internal dialogue and unintended, subconscious actions can affect their relationships. Learn from the horse to be present, calm and reassured. Please inquire for session times. Duration includes transportation, provided by Ciara West Equestrian.

*Available Fridays and Saturdays
9am, 10:30am, or 2pm*

Individual or Duet | 90 minutes

Individual Experience | \$500/person

Duet Experience | \$450/person

WALKING VINEYARD TOUR AND WINE TASTING

A short drive from property, the award-winning Thomas Fogarty Winery is one of the Santa Cruz Mountains AVA's most innovative producers. Join knowledgeable vineyard staff on a walking tour of the estate located along Skyline Blvd, where you will visit Chardonnay and Pinot Noir vineyards used to make appellation blends and Single Vineyard bottlings. Following the walking tour, enjoy a guided tasting of six estate wines.

Fridays 1:30 pm, Saturdays or Sundays 10:30 am

2.5 hours | \$150/person

PRIVATE HIKING

Private hikes are tailored to your interest. We customize for focus, length, level, intensity, terrain, and duration. Select from wooded trails or wide-open fields with distant vistas.

1-3 people | 1 hour | \$135

\$75 per additional hour

4-12 people | 1 hour | \$250

\$75 per additional hour

Level 1 | Distance: 1.5 to 2.5 miles | vertical rise: N/A for this level | ½ to 2 ½ hours

Level 2 | Distance: 1.5 to 3.5 miles | vertical rise: 250' to 900' | 1 ½ to 3 hours

Level 3 | Distance: 2.5 to 5 miles | vertical rise: 350' to 1200' | 2 to 4 ½ hours

Level 4 | Distance: 4 to 10 miles | vertical rise 880' to 2,000' | 2 ½ to 6 hours

PRIVATE SHINRIN YOKU

Our experts teach you the basics of Shinrin-Yoku and guide you through this forest bathing experience. Bathe in the forest with all your senses and you'll notice things you hadn't before. The birds sing louder, the scents are stronger, and the texture of the tree bark is softer. The art of forest bathing can carry into daily tasks, making life more pleasurable.

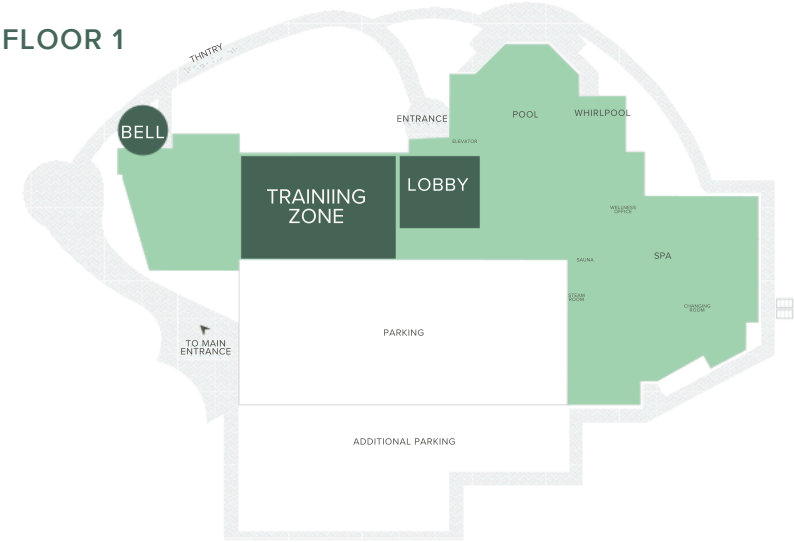
1-3 people | 1 hour | \$135

\$75 per additional hour

4-12 people | 1 hour | \$250

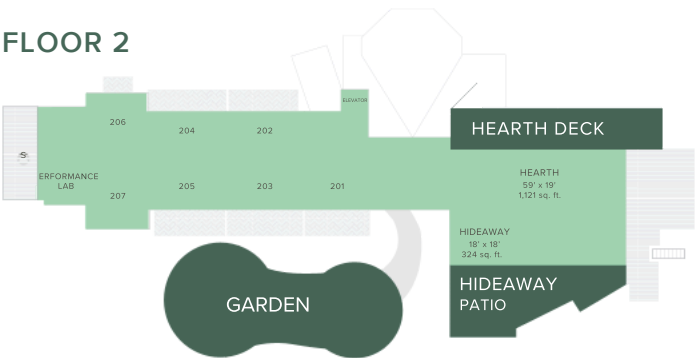
\$75 per additional hour

FLOOR 1



CANYON RANCH®
WOODSIDE

FLOOR 2



FLOOR 3

