

WHAT'S INCLUDED IN YOUR GROUP STAY

FEATURE	CANYON RANCH	OTHER LUXURY HOTELS
Exclusive group savings (<i>special rate for groups of 8+</i>)	✓	✓ <i>Special rate for groups</i>
All-inclusive meals (<i>three chef-crafted meals, snacks & beverages daily</i>)	✓	✗ <i>A la carte dining only</i>
Unlimited daily classes (<i>fitness, yoga, mindfulness workshops</i>)	✓	✗ <i>Limited or paid add-ons</i>
Full spa & amenity access (<i>pools, hydrotherapy, saunas, recovery zones</i>)	✓	✗ <i>Spa access extra/day pass fee</i>
35+ Daily resort activities across health, nutrition, mind, movement & spa	✓	✗ <i>Limited menu (fitness or spa only)</i>
Dedicated group planner curates itinerary & coordinates logistics	✓	✗ <i>Event manager (by request only)</i>
Custom group activities (<i>hikes, cooking classes, sound baths, team workshops</i>)*	✓	✗ <i>Limited recreation or off-site only</i>
Access to medical & performance experts (<i>physicians, nutritionists, exercise physiologists</i>)*	✓	✗ <i>Spa staff only</i>
Integrative diagnostics (<i>DEXA scans, glucose monitoring, VO2 testing</i>)*	✓	✗ <i>Not available</i>
Mind & spirit programming (<i>meditation, energy healing, sound therapy</i>)*	✓	✗ <i>Limited to meditation</i>
Nutrition consultations & culinary labs*	✓	✗ <i>Not available</i>
No tipping required	✓	✗ <i>Gratuities expected</i>

*Optional with additional cost

SAMPLE ITINERARY

	DAY 1	DAY 2	DAY 3	DAY 4
7 a.m.		GROUP Guided Hike	GROUP Morning Movement & Breathwork	GROUP Sunrise Pickleball Clinic
8 a.m.		GROUP Breakfast	INDIVIDUAL Breakfast	INDIVIDUAL Breakfast
9 a.m.		INDIVIDUAL VO2 Max & Metabolic Testing	GROUP Meetings / Sessions	GROUP Closing Reflection Circle
10 a.m.		INDIVIDUAL Reflexology		
11 a.m.		INDIVIDUAL Free Time		GROUP Lunch
12 p.m.		GROUP Longevity Lunch & Learn	GROUP Culinary Demonstration / Lunch	INDIVIDUAL Departure
1 p.m.		GROUP Meetings / Sessions		
2 p.m.			INDIVIDUAL Muscle Melt Massage	
3 p.m.	INDIVIDUAL Arrival & Welcome Reception			
4 p.m.		GROUP Cocktail Hour	INDIVIDUAL Free Time	
5 p.m.	INDIVIDUAL Free Time			
6 p.m.	GROUP Welcome Dinner Under the Stars	GROUP Private Poolside Dinner	INDIVIDUAL Eviron Age-Defying Facial	
7 p.m.	GROUP Intention-Setting Sound Bath		GROUP Private Dinner	