Ranch Schedule

NOV. 2-8, 2026



CANYON RANCH
AUSTIN

Shape your journey.

WITH THE
CANYON RANCH APP

USE THE APP TO:

- Browse Our Ranch Schedule
- Add or Adjust Services
- Explore Experiences
- Make Dinner Reservations



IOS APP STORE

GOOGLE PLAY

Hours & Locations

ESTELLA

Breakfast 7 a.m.–10:30 a.m. | Lunch 11:30 a.m.–2 p.m.
Dinner 5 p.m.–8:30 p.m. | Brunch Sat.–Sun., 7 a.m.–2 p.m.

Our sit-down restaurant featuring Modern Texas cuisine, elevated by Chef Val Cantú, the culinary force behind three-Michelin-starred Californios. Please make dinner reservations in advance with an Experience Planner, in the App, or at the Estella host stand. Please allow 45 minutes for breakfast and 60 minutes for lunch and dinner. If you need an expedited service, please notify your server upon being seated and we will do our best to accommodate. Smart casual attire is recommended on Friday and Saturday evenings.

Community Table at Estella
Looking to meet new people during your stay? We reserve a Community Table for each meal. Just let the host know you'd like to be seated there upon arrival.

FLYING X CAFE

Grab-and-Go | Breakfast 6–11 a.m. | Lunch & Bites 11 a.m.–5 p.m.

Begin your day with a relaxed breakfast featuring fresh, nourishing fare with a Hill Country sensibility, or stop by later for a selection of convenient grab-and-go offerings, perfect between wellness activities or wherever the day takes you. Our barista is available throughout the day to prepare freshly brewed coffee and handcrafted espresso beverages to order. With views of the lake and surrounding meadows, Flying X Café offers an easy, restorative pause throughout your day.

THE RENDEZVOUS

Thursday & Friday 4–9 p.m. | Saturday 11 a.m.–9 p.m. | Sunday Noon–9 p.m.

The Rendezvous invites guests to linger over a crafted drink or light bite with sweeping views of the pond and Longfield Look meadow. It's the social heart of the resort, a place to unwind before dinner or catch up with friends under the stars.

HEALTH & PERFORMANCE DESK

8 a.m.–5 p.m. | Wellspring Lobby Providers' hours vary.

EXPERIENCE PLANNERS

7 a.m.–4 p.m. | Welcome Desk in The Barn

CANYON RANCH SPA Daily 6:30 a.m.–9 p.m.

TRAILHEAD SHOP 8 a.m.–6 p.m.

Outfit your next adventure with premium activewear, outerwear, and performance essentials designed for life in the Texas Hill Country. Whether you're hitting the trails, heading to a fitness class, or exploring the resort, discover apparel and gear that blends style, comfort, and function.

RESORT STORE 9 a.m.–7 p.m.

Discover a thoughtfully curated collection of apparel, accessories, beauty, home, and wellness essentials inspired by the Canyon Ranch lifestyle. From everyday favorites to unique discoveries, each piece is selected to help you bring the spirit of your stay home with you.

CELL PHONE USE

While it's great to disconnect in Hill Country, for times you do need to connect we recommend using our complimentary Wi-Fi and that you enable Wi-Fi Calling, as cellular service can vary based on provider.

To maintain a tranquil environment, we kindly ask guests to refrain from taking phone calls in public areas, especially dining spaces and locker rooms. Calls are welcome in your private room and other designated areas. Thank you for helping keep Canyon Ranch serene.

Welcome.



Dear Guest,

It is my pleasure to welcome you to Canyon Ranch Austin and to the quiet beauty of the Texas Hill Country. We are honored that you have chosen to be with us and hope your stay creates space for renewal, discovery and a deeper sense of well-being.

Your experience at the Ranch is yours to shape. We invite you to explore with curiosity, whether that means discovering a new approach to well-being with one of our experts, moving through the landscape, or challenging yourself through movement and outdoor adventure. You may also find that what you need most is simply time: time to breathe, reconnect with nature and enjoy an unhurried moment beneath the wide Texas sky.

Our spa, the largest in Texas, offers thoughtful treatments, expansive spaces and moments of stillness designed to invite a deeper sense of restoration. Our team is here to guide your experience with care and intuition, always honoring the rhythm that feels right for you.

The spirit of Austin is woven throughout the Ranch. At Estella, our signature dining experience celebrates elevated Hill Country Mexican cuisine, pairing vibrant regional flavors with thoughtfully sourced ingredients and a refined, wellness-forward approach. As the day settles, we invite you to gather at Rendezvous, our social heart, for live music, meaningful conversation and the relaxed energy of the Hill Country. In the morning, begin your day with Sun Up Coffee, a simple ritual best enjoyed as the landscape comes to life around you.

More than anything, we hope you feel genuinely cared for during your stay. It is a privilege to welcome you to this new chapter of Canyon Ranch, and our entire team is committed to making your experience deeply personal, restorative and memorable.
Welcome to the Ranch. We are delighted you are here.

Meghan Earnshaw
Managing Director

So, what will you do while you're here?

DECISIONS, DECISIONS

With so many great choices, we recommend you start by talking with one of our Experience Planners. They're the ultimate Canyon Ranch insiders who know about every service, activity, and can't-miss event. They are masters at matching a persons interests with unique opportunities, so please keep an open mind about trying new things. After all, the best thing you ever do may be the thing you haven't tried yet.

Schedule Time with an Experience Planner

Visit the Welcome Desk located in The Barn

7 a.m.–4 p.m.



Ranch Favorites

EXPERIENCE THE BEST OF AUSTIN'S HILL COUNTRY SERVICES.

THE FIVE ELEMENT: COMPREHENSIVE CONSULTATION & TREATMENT

Integrative Medicine & Eastern Therapies:
110 minute | $480

This signature consultation introduces the philosophy of Chinese medicine and includes a comprehensive health history, Five Element assessment, pattern differentiation, tongue and pulse diagnosis, a lifestyle assessment, and acupuncture treatment. This all finishes with a personalized Elemental Wellness Profile.

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RESONANCE RENEWAL MASSAGE

Massage:
80 minutes | $415

IInspired by Austin's deep connection to music and the natural rhythm of the Hill Country, this restorative treatment brings therapeutic touch and sound into harmony. Deep tissue techniques release muscular tension while the vibrations of a handheld singing bowl and 128 Hz weighted tuning fork create gentle waves of resonance throughout the body. As tension gives way, the nervous system settles into a deeper state of relaxation. The result is a grounded sense of renewal, an experience that connects body, sound, and place.

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CIRCADIAN SKIN RENEWAL FACIAL

Signature Facial: 50 minute | $240

Your body operates on a natural 24-hour rhythm, and your skin follows its lead, shifting from protection during the day to repair overnight. Launching for the first time in the United States, this exclusive facial was developed in partnership with RAESO, the pioneers in Circadian Skin Science, to work in harmony with your skin's changing needs. Tailored by your esthetician based on the time of day, each treatment delivers targeted ingredients and techniques when your skin is most receptive, helping strengthen its natural defenses by day or support overnight renewal for a healthier, more radiant complexion.

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BE HERE HILL COUNTRY RITUAL

Body Treatment: 100 minute | $480

A celebration of the Texas Hill Country through the language of plants, this immersive ritual invites you to exchange the pace of modern life for the rhythm of nature. Fresh, living botanicals grown, harvested, distilled, and handcrafted by local grower and maker Be Here Farm + Nature guide every moment of the experience. Begin with a ceremonial herbal foot cleansing and a freshly prepared botanical face mask before settling into a warm mineral bath and restorative full-body massage layered with botanical infusions, floral waters, and regenerative tallow. Thoughtfully connected to the surrounding landscape, each element is designed to nourish the skin, calm the nervous system, and deepen your connection to the living world.

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PHYSICIAN INFLAMMATION CONSULT

Integrative Medicine: 50 min | $450

Inflammation is at the center of many acute and chronic conditions. Work 1:1 with a Canyon Ranch Rheumatology Physician to understand how inflammation is impacting your health. Explore strategies to reduce inflammation, improve resilience, and enhance healthspan.

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PADDLE ON THE LAKE

Outdoor Experience: 120 min | $220

Explore the beauty of Lake Travis by paddle board. Join an Outdoor Sports guide to paddle, understand local flora and fauna, and explore nature on the water. Must be able to swim.

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ASTROLOGY & ASTRONOMY

Metaphysical: 90 min | $150

Enjoy an evening of stargazing with a telescope while deepening your understanding of the ancient wisdom held in the stars.

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Featured Event

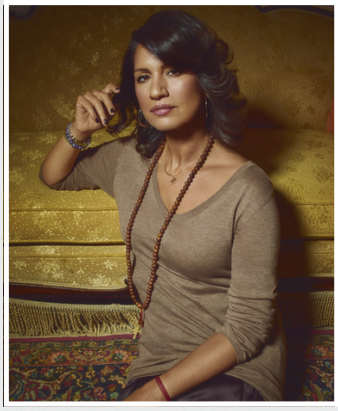
Wellness Weekend with Camila Alves McConaughey & Women of Today



Dec. 4–6

Join Camila Alves McConaughey and Women of Today for an intimate, all-inclusive luxury wellness weekend at Canyon Ranch Austin in the beautiful Texas Hill Country. Blending expert-led conversations, hands-on experiences, mindful movement, and meaningful connections, this immersive gathering offers fresh perspectives on well-being and practical tools for everyday life. Discover wellness in a whole new way, connect with like-minded women, and leave feeling inspired, renewed, and empowered.

FEATURED EXPERT



MANJIT DEVGUN
Mind Coach

A leading mind coach, Manjit combines ancient spiritual practices with modern science, using self-hypnosis, breathwork, energy healing, and mindfulness to help clients reconnect with themselves and create lasting, meaningful transformation.

VISIT OUR AUSTIN EVENTS PAGE ON CANYONRANCH.COM
FOR MORE UPCOMING EVENTS



Monday. Nov. 2

7:00 AM SUN UP COFFEE
1 hr 30 min • Rendezvous Porch

SUNRISE HILL COUNTRY WALK
45 min • Trailhead Shop • Limit 25

MORNING BARN WORKOUT
45 min • Main Gym • Limit 16

8:00 AM YOGA FOUNDATIONS
45 min • Yoga Studio • Limit 25

9:00 AM PROPERTY TOUR
45 min • Ranch House

HIIT IT
45 min • Main Gym • Limit 16

HILL COUNTRY HIKE
1 hr 30 min • Trailhead Shop • Limit 12

10:00 AM BOXING
45 min • Studio 1 • Limit 10

11:00 AM ATHLETIC YOGA
45 min • Yoga Studio • Limit 20

INTRO TO STAND UP PADDLE*
1 hr 30 min • Trailhead Shop • Limit 5

RANCH TALK - PERFORMANCE SCIENCE
45 min • Thistle Room 1 • Limit 25

Monday, Nov. 2

1:00 PM
BOTANICAL BLOOMS HIKE
45 min • Trailhead Shop • Limit 12

MUSCLE CONDITIONING
45 min • Studio 2 • Limit 20

PILATES REFORMER CLINIC - BEGINNER*
50 min • Pilates Studio • Limit 5 • $90

SPA EXPERT SESSIONS
45 min • Verbena Room • Limit 25

2:00 PM
RIDE THE RANCH*
2 hr • Trailhead Shop • Limit 12

NUTRITION MEET & GREET
45 min • Ranch House Living Room • Limit 25

RESTORATIVE YOGA
45 min • Yoga Studio • Limit 25

3:00 PM
ARCHERY IN OAK VALLEY*
1 hr 30 min • Trailhead Shop • Limit 6 • $150

GLUTE TRANSFORMATION*
50 min • Main Gym • Limit 12 • $90

4:00 PM
RETAIL: SHOP AT 4
45 min • Resort Store

FOAM ROLL AND STRETCH
45 min • Studio 2 • Limit 25

TENNIS SOCIAL PLAY
45 min • Tennis Court 1 • Limit 8

6:00 PM
FLOATING SOUND MEDITATION CLINIC*
50 min • Canopy Pool • Limit 8 • $90

8:00 PM
STARGAZING
45 min • Yoga Deck • Limit 12

Activities marked with an asterisk (*) require ADVANCED SIGN UP. All remaning experiences are available on a FIRST COME, FIRST SERVE basis.



Tuesday, Nov. 3

7:00 AM
SUN UP COFFEE
1 hr 30 min • Rendezvous Porch

SUNRISE HILL COUNTRY WALK
45 min • Trailhead Shop • Limit 25

ROCK YOUR FLOW YOGA
45 min • Yoga Studio • Limit 25

8:00 AM
SHRED
45 min • Main Gym • Limit 20

9:00 AM
PROPERTY TOUR
45 min • Ranch House

INTRO TO HYROX™ CLASS
45 min • Turf Studio • Limit 10

HIKE TO CONTRAST THERAPY*
1 hr 30 min • Trailhead Shop • Limit 4 • $150

PILATES REFORMER CLINIC - BEGINNER*
50 min • Pilates Studio • Limit 5 • $90

10:00 AM
ATHLETIC YOGA
45 min • Yoga Studio • Limit 20

11:00 AM
MUSCLE CONDITIONING
45 min • Studio 2 • Limit 20

KAYAK LAKE TRAVIS*
2 hr • Trailhead Shop • Limit 4 • $220

RANCH TALK - SPORTS MEDICINE
45 min • Thistle Room 1 • Limit 25

Tuesday, Nov. 3

12:00 PM CORE AND MORE
20 min • Studio 2 • Limit 16

1:00 PM LONG & LEAN BARRE WORKOUT
45 min • Studio 2 • Limit 16

RANCH RECESS
45 min • The Backyard • Limit 25

THE BEAUTY LAB
45 min • Spa Lobby • Limit 10

2:00 PM ASK A DOCTOR OR NURSE
45 min • Ranch House Living Room • Limit 25

CR FIT FOR LIFE
45 min • Studio 2 • Limit 16

BOGA FITMAT® YOGA CLINIC*
50 min • Canopy Pool • Limit 5 • $90

3:00 PM SAUNA BREATHWORK*
50 min • Spa Lobby • Limit 12 • $90

METAPHYSICAL 101
45 min • Verbena Room • Limit 12

4:00 PM RETAIL: SHOP AT 4
45 min • Resort Store

OPEN PADEL PLAY
45 min • Padel Court • Limit 8

GLUTE TRANSFORMATION*
50 min • Main Gym • Limit 12 • $90

5:00 PM YOGA NIDRA
45 min • Yoga Studio • Limit 20

8:00 PM NIGHT VISION GOGGLES - WILD AFTER DARK*
1 hr • Trailhead Shop • Limit 5 • $120

Activities marked with an asterisk (*) require ADVANCED SIGN UP. All remaning experiences are available on a FIRST COME, FIRST SERVE basis.



Wednesday, Nov. 4

7:00 AM
SUN UP COFFEE
1 hr 30 min • Rendezvous Porch

SUNRISE HILL COUNTRY WALK
45 min • Trailhead Shop • Limit 25

YOGA FOUNDATIONS
45 min • Yoga Studio • Limit 25

8:00 AM
STRETCH AND AWAKEN
25 min • Yoga Studio • Limit 25

MUSCLE CONDITIONING
45 min • Studio 2 • Limit 20

9:00 AM
PROPERTY TOUR
45 min • Ranch House

POWER
45 min • Main Gym • Limit 20

RIDE THE RANCH*
2 hr • Trailhead Shop • Limit 12

PILATES REFORMER JUMPBOARD CLINIC*
50 min • Pilates Studio • Limit 5 • $90

10:00 AM
STRENGTH TRAINING CIRCUIT
45 min • Main Gym • Limit 12

11:00 AM
INTRO TO KAYAKING*
1 hr 30 min • Trailhead Shop • Limit 5

RANCH TALK - NUTRITION
45 min • Thistle Room 1 • Limit 25

POWER FLOW YOGA
45 min • Yoga Studio • Limit 25

Wednesday, Nov. 4

12:00 PM MAT PILATES
45 min • Studio 2 • Limit 25

1:00 PM BOTANICAL BLOOMS HIKE
45 min • Trailhead Shop • Limit 12

TUBES AND LOOPS
45 min • Studio 2 • Limit 20

SPA EXPERT SESSIONS
45 min • Verbena Room • Limit 25

2:00 PM WORKDAY MOBILITY
45 min • Studio 2 • Limit 18

INNER JOURNEY
45 min • Ranch House Living Room • Limit 25

BOGA FITMAT® YOGA CLINIC*
50 min • Canopy Pool • Limit 5 • $90

3:00 PM HATCHET THROWING*
1 hr 30 min • Trailhead Shop • Limit 6 • $150

GLUTE TRANSFORMATION*
50 min • Main Gym • Limit 12 • $90

4:00 PM RETAIL: SHOP AT 4
45 min • Resort Store

FOAM ROLL AND STRETCH
45 min • Studio 2 • Limit 25

5:00 PM SPICEWOOD STOMP
45 min • Studio 2 • Limit 16

6:00 PM RESTORATIVE SOUND BATH*
50 min • Yoga Studio • Limit 25 • $90

8:00 PM NIGHT VISION GOGGLES - WILD AFTER DARK*
1 hr • Trailhead Shop • Limit 5 • $120

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Thursday, Nov. 5

7:00 AM	SUN UP COFFEE 1 hr 30 min • Rendezvous Porch
	SUNRISE HILL COUNTRY WALK 45 min • Trailhead Shop • Limit 25
	MORNING BARN WORKOUT 45 min • Main Gym • Limit 16
8:00 AM	SHRED 45 min • Main Gym • Limit 20
	POWER FLOW YOGA 45 min • Yoga Studio • Limit 25
9:00 AM	PROPERTY TOUR 45 min • Ranch House
	GRITLAB: STRENGTH & ENDURANCE CONDITIONING 45 min • Studio 1 • Limit 10
	HIKE TO CONTRAST THERAPY* 1 hr 30 min • Trailhead Shop • Limit 4 • $150
10:00 AM	BOXING 45 min • Studio 1 • Limit 10
	PILATES REFORMER CLINIC - BEGINNER* 50 min • Pilates Studio • Limit 5 • $90
11:00 AM	MAT PILATES 45 min • Studio 2 • Limit 25
	RANCH TALK - MEDICAL 45 min • Thistle Room 1 • Limit 25
	PADDLE BOARD ON THE LAKE* 2 hr • Trailhead Shop • Limit 4 • $220

Thursday, Nov. 5

1:00 PM
MUSCLE CONDITIONING
45 min • Studio 2 • Limit 20

BOTANICAL BLOOMS HIKE
45 min • Trailhead Shop • Limit 12

BEAUTY BAG CONFIDENTIAL
45 min • Spa Lobby • Limit 10

2:00 PM
ATHLETIC YOGA
45 min • Yoga Studio • Limit 20

RIDE THE RANCH*
2 hr • Trailhead Shop • Limit 12

MINDFUL MINGLE
45 min • Ranch House Living Room • Limit 25

3:00 PM
POWER FLOW YOGA
45 min • Yoga Studio • Limit 25

H2O POWER
45 min • Canopy Pool • Limit 10

METAPHYSICAL 101
45 min • Verbena Room • Limit 12

4:00 PM
RETAIL: SHOP AT 4
45 min • Resort Store

TENNIS SOCIAL PLAY
45 min • Tennis Court 1 • Limit 8

5:00 PM
RESTORATIVE SOUND BATH*
50 min • Yoga Studio • Limit 25 • $90

6:00 PM
YOGA NIDRA
45 min • Yoga Studio • Limit 20

8:00 PM
STARGAZING
45 min • Yoga Deck • Limit 12

Activities marked with an asterisk (*) require ADVANCED SIGN UP. All remaning experiences are available on a FIRST COME, FIRST SERVE basis.



Friday, Nov. 6

7:00 AM	SUN UP COFFEE	1 hr 30 min • Rendezvous Porch
	SUNRISE HILL COUNTRY WALK	45 min • Trailhead Shop • Limit 25
	YOGA FOUNDATIONS	45 min • Yoga Studio • Limit 25
8:00 AM	FRIDAY 5K	50 min • Trailhead Shop
	MAT PILATES	45 min • Studio 2 • Limit 25
9:00 AM	PROPERTY TOUR	45 min • Ranch House
	HILL COUNTRY HIKE	1 hr 30 min • Trailhead Shop • Limit 12
	PILATES TOWER CHAIR CLINIC*	50 min • Pilates Studio • Limit 5 • $90
10:00 AM	BOXING	45 min • Studio 1 • Limit 10
11:00 AM	SPIRIT DANCE	45 min • Yoga Studio • Limit 16
	RANCH TALK - ACUPUNCTURE	45 min • Thistle Room 1 • Limit 25
	INTRO TO KAYAKING*	1 hr 30 min • Trailhead Shop • Limit 5

Friday, Nov. 6

12:00 PM CORE AND MORE
20 min • Studio 2 • Limit 16

1:00 PM BOTANICAL BLOOMS HIKE
45 min • Trailhead Shop • Limit 12

LONG & LEAN BARRE WORKOUT
45 min • Studio 2 • Limit 16

THE BEAUTY LAB
45 min • Spa Lobby • Limit 10

2:00 PM CR FIT FOR LIFE
45 min • Studio 2 • Limit 16

TEA, TALK & ACUPUNCTURE
45 min • Ranch House Living Room
• Limit 25

BOGA FITMAT® FITNESS CLINIC*
50 min • Canopy Pool • Limit 5 • $90

3:00 PM ARCHERY IN OAK VALLEY*
1 hr 30 min • Trailhead Shop
• Limit 6 • $150

GLUTE TRANSFORMATION*
50 min • Main Gym • Limit 12 • $90

METAPHYSICAL 101
45 min • Verbena Room • Limit 12

4:00 PM RETAIL: SHOP AT 4
45 min • Resort Store

FOAM ROLL AND STRETCH
45 min • Studio 2 • Limit 25

5:00 PM MAT PILATES
45 min • Studio 2 • Limit 25

6:00 PM FLOATING SOUND MEDITATION CLINIC*
50 min • Canopy Pool • Limit 8 • $90

7:00 PM CANDLELIGHT YOGA
45 min • Yoga Studio • Limit 20

8:00 PM ASTROLOGY & ASTRONOMY*
1 hr 30 min • Trailhead Shop
• Limit 12 • $150

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Saturday, Nov. 7

7:00 AM
SUN UP COFFEE
1 hr 30 min • Rendezvous Porch

SUNRISE HILL COUNTRY WALK
45 min • Trailhead Shop • Limit 25

MORNING BARN WORKOUT
45 min • Main Gym • Limit 16

ROCK YOUR FLOW YOGA
45 min • Yoga Studio • Limit 25

8:00 AM
MAT PILATES
45 min • Studio 2 • Limit 25

9:00 AM
PROPERTY TOUR
45 min • Ranch House

INTRO TO HYROX™ CLASS
45 min • Turf Studio • Limit 10

PILATES REFORMER CLINIC - BEGINNER*
50 min • Pilates Studio • Limit 5 • $90

10:00 AM
STRENGTH TRAINING CIRCUIT
45 min • Main Gym • Limit 12

RIDE THE RANCH*
2 hr • Trailhead Shop • Limit 12

11:00 AM
ATHLETIC YOGA
45 min • Yoga Studio • Limit 20

INTRO TO STAND UP PADDLE*
1 hr 30 min • Trailhead Shop • Limit 5

RANCH TALK - MENTAL HEALTH & WELLNESS
45 min • Thistle Room 1 • Limit 25

Saturday, Nov. 7

12:00 PM PREGAME PORCH
2 hr • Rendezvous Porch

1:00 PM BOTANICAL BLOOMS HIKE
45 min • Trailhead Shop • Limit 12

TUBES AND LOOPS
45 min • Studio 2 • Limit 20

SPA EXPERT SESSIONS
45 min • Verbena Room • Limit 25

HEIRLOOM STITCHES
45 min • Thistle Room 1 • Limit 10

2:00 PM WORKDAY MOBILITY
45 min • Studio 2 • Limit 18

RIDE THE RANCH*
2 hr • Trailhead Shop • Limit 12

MOVE BETTER.
SPORTS MEDICINE POP-UP
45 min • Ranch House Living Room
• Limit 25

BOGA FITMAT® YOGA CLINIC*
50 min • Canopy Pool • Limit 5 • $90

3:00 PM SPIRIT DANCE
45 min • Yoga Studio • Limit 16

HATCHET THROWING*
1 hr 30 min • Trailhead Shop
• Limit 6 • $150

METAPHYSICAL 101
45 min • Verbena Room • Limit 12

4:00 PM RETAIL: SHOP AT 4
45 min • Resort Store

OPEN PICKLEBALL PLAY
45 min • Pickleball Court 1 • Limit 16

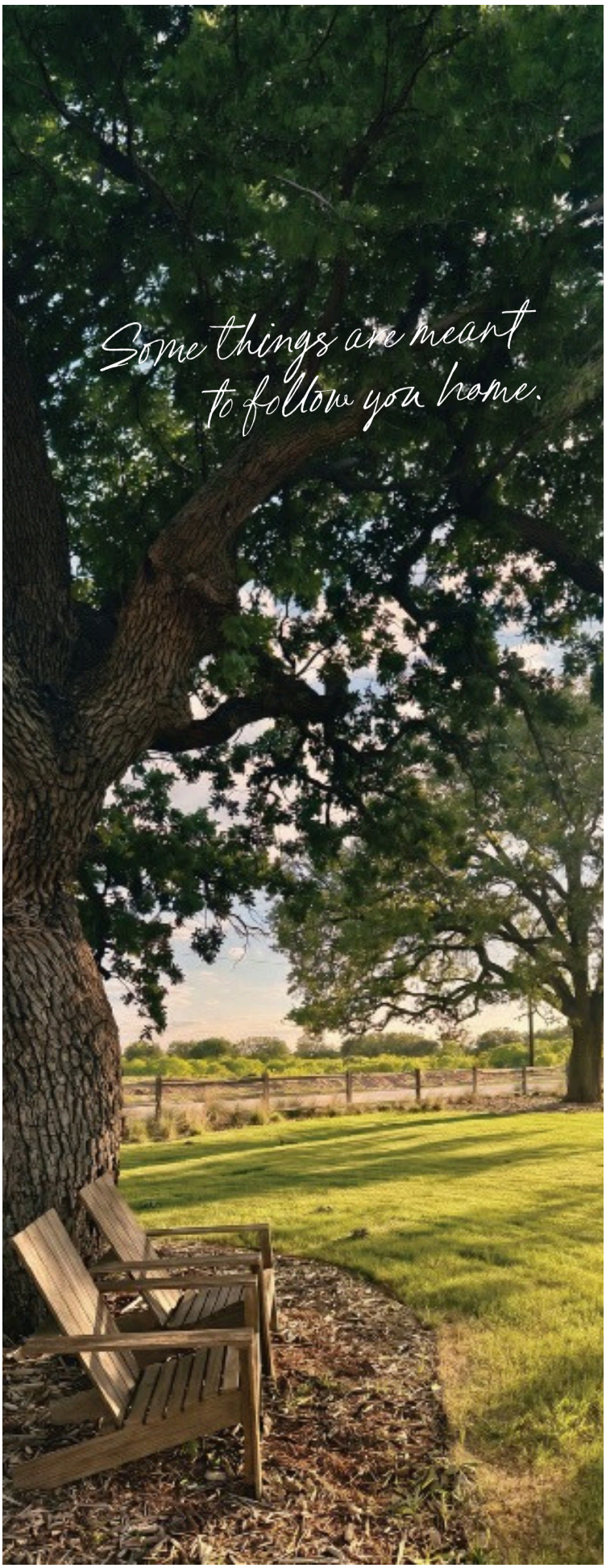
5:00 PM SAUNA BREATHWORK*
50 min • Spa Lobby • Limit 12 • $90

6:00 PM REST & RESTORE YOGA
45 min • Yoga Studio • Limit 20

7:00 PM LINE DANCING
45 min • Studio 2 • Limit 25

8:00 PM NIGHT VISION GOGGLES -
WILD AFTER DARK*
1 hr • Trailhead Shop • Limit 5 • $120

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Sunday, Nov. 8

7:00 AM SUN UP COFFEE
1 hr 30 min • Rendezvous Porch

SUNRISE HILL COUNTRY WALK
45 min • Trailhead Shop • Limit 25

YOGA FOUNDATIONS
45 min • Yoga Studio • Limit 25

8:00 AM STRETCH AND AWAKEN
25 min • Yoga Studio • Limit 25

9:00 AM PROPERTY TOUR
45 min • Ranch House

POWER
45 min • Main Gym • Limit 20

HIKE TO CONTRAST THERAPY*
1 hr 30 min • Trailhead Shop
• Limit 4 • $150

PILATES REFORMER CLINIC - BEGINNER*
50 min • Pilates Studio • Limit 5 • $90

10:00 AM STRENGTH TRAINING CIRCUIT
45 min • Main Gym • Limit 12

11:00 AM POWER FLOW YOGA
45 min • Yoga Studio • Limit 25

RANCH TALK - SPIRITUALITY
45 min • Thistle Room 1 • Limit 25

Sunday, Nov. 8

1:00 PM
BOTANICAL BLOOMS HIKE
45 min • Trailhead Shop • Limit 12

MAT PILATES
45 min • Studio 2 • Limit 25

THE BEAUTY LAB
45 min • Spa Lobby • Limit 10

2:00 PM
RIDE THE RANCH*
2 hr • Trailhead Shop • Limit 12

KNOW YOUR STRENGTH
45 min • The Barn • Limit 25

RESTORATIVE YOGA
45 min • Yoga Studio • Limit 25

3:00 PM
ARCHERY IN OAK VALLEY*
1 hr 30 min • Trailhead Shop
• Limit 6 • $150

SAUNA BREATHWORK*
50 min • Spa Lobby • Limit 12 • $90

4:00 PM
RETAIL: SHOP AT 4
45 min • Resort Store

H2O POWER
45 min • Canopy Pool • Limit 10

5:00 PM
SPICEWOOD STOMP
45 min • Studio 2 • Limit 16

6:00 PM
FOAM ROLL AND STRETCH
45 min • Studio 2 • Limit 25

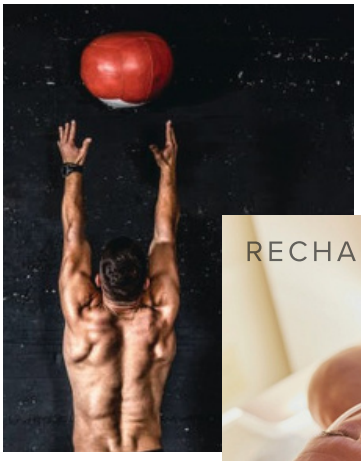
7:00 PM
YOGA NIDRA
45 min • Yoga Studio • Limit 20

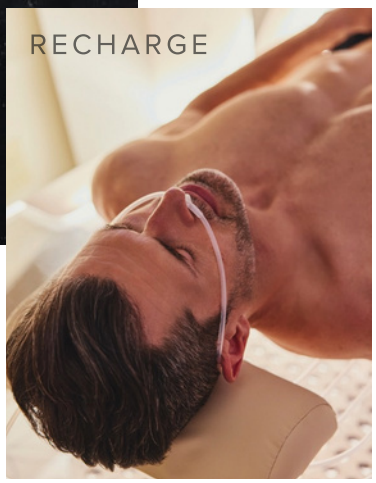
8:00 PM
STARGAZING
45 min • Yoga Deck • Limit 12

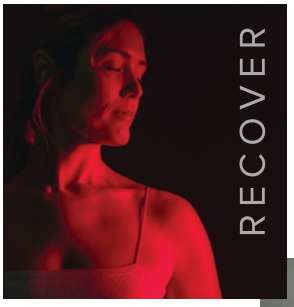
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CR VITALITY

Elevate your wellness routine with our dedicated recovery spaces designed to replenish energy, improve sleep, accelerate regeneration, and enhance overall vitality. Explore advanced tools and techniques to help you feel better, faster.









Featured Tools & Tech

NEUROSTIMULATION

Unwind with a Shiftwave zero-gravity recliner where microprocessor-controlled pulsed pressure waves work to reset the nervous system. Or explore innovative sound and vibration tech for reduced stress, improved sleep, and deep calm.

LIGHT THERAPY

Harness the whole-body benefits of red- and infrared-light therapy. Reduce pain, reverse signs of aging, ease training fatigue, and more.

HYPERICE & THERABODY®

Test out cutting-edge percussion and pneumatic compression therapy tools by Therabody® and Hyperice. Plus, try hot and cold treatments for enhanced recovery or self-myofascial release therapies for easing muscle soreness, improving mobility, and more.

reLOUNGER

This touchless eStim technology relieves neck and back pain via a harmony of game-changing bioelectrical impulses and heat. Benefit from four solutions in one amazing device.

ENJOY FOR A SIMPLE DAILY RATE | $150

Open 9 a.m.–5 p.m.

To book, please contact our Experience Planners, located in The Barn across from the Trailhead Shop.



DISCOVER THE AMMORTAL CHAMBER

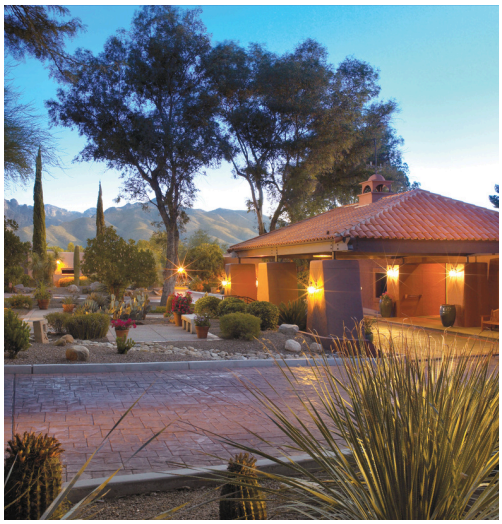
Available in 25- or 50-minute sessions as a separate add-on.

This immersive multi-therapy chamber combines red and near-infrared light, PEMF, molecular hydrogen, vibroacoustic sound, and guided breathwork to support deep relaxation and whole-body recovery.


CR
THE RANCH HOME COLLECTION
CANYON RANCH AUSTIN
STARTING AT
$3.8 MILLION
Because where you live will inspire how you live.
The top-rated wellness resort in The Americas has arrived in the Hill Country, with the largest spa in Texas and experiences for body, mind and spirit. The Ranch Home Collection — with lots and to-be-built custom home designs by Lake Flato — is available now. Innovative concierge health services exclusively for homeowners. Here, your next chapter begins. Welcome home.
CANYONRANCHAUSTIN.COM
GOTTESMAN RESIDENTIAL REAL ESTATE
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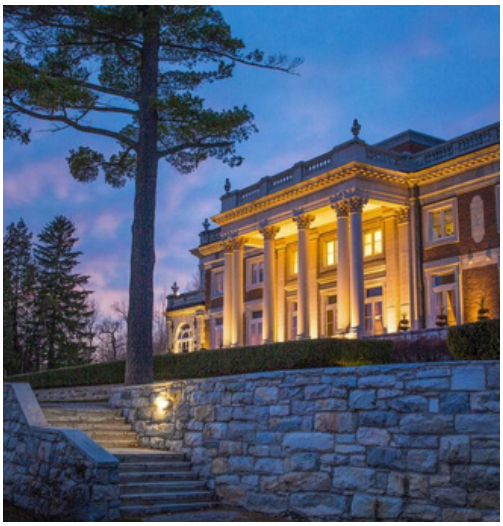
Life Changes at Canyon Ranch

WHEREVER YOU ARE ON YOUR LIFE LONG JOURNEY, FIND PERSONALIZED GUIDANCE AND PROVEN EXPERTISE TO INSPIRE YOUR WELL WAY OF LIFE.



CANYON RANCH TUCSON, ARIZONA

In the foothills of the Santa Catalina Mountains, explore 150 acres of the lush Sonoran Desert. Let the sunsets, striking canyons, and endless possibilities inspire you.



CANYON RANCH LENOX, MASSACHUSETTS

On this historic New England estate, nutrition, fitness, and spiritual wellness come together to reveal the perfect wellness pairing: serenity and adventure.



CANYON RANCH AUSTIN, TEXAS

Canyon Ranch Austin brings to life an unparalleled experience designed to nourish body, mind, and spirit – all yours to discover in the Texas Hill Country.



CANYON RANCH FORT WORTH, TEXAS

Located in the vibrant Cultural District, our urban club and spa brings over four decades of renowned expertise from Canyon Ranch to the Dallas-Fort Worth area.



CANYON RANCH IN THE VENETIAN LAS VEGAS, NEVADA

Escape the bright lights of the Las Vegas Strip and enter a sanctuary of wellness, where spa, fitness, and culinary experiences replenish you on your path to lifelong well-being.

Visit canyonranch.com to learn more about all of our locations.

Notes to Remember

CANYON RANCH AUSTIN

Membership

LOVE THE WAY YOU FEEL AT CANYON RANCH

A Canyon Ranch Membership is the ultimate healthy habit, allowing you to explore all our life-enhancing possibilities at your own pace. Your Membership helps you maintain your commitment to healthy living with regular stays at our resort over the next five years. It's an invaluable path to health and vitality — all at an incredible value.

An Ideal Plan if You Want To:

Return regularly to our world-class wellness resort.

Share the experience with anyone of your choosing.

Sustain your commitment to healthy, joyful living.

Keep up with health and fitness trends and maintain your relationships with Canyon Ranch professionals.

Enjoy a fabulous, rejuvenating getaway at least once a year.

Invest in yourself and enjoy great savings.

Your Five Year Membership Includes:

Five free Member Nights to use for overnight stays at any Canyon Ranch Resort.
(Service allowance not included.)

45 Member Nights with a 50% discount on the nightly rate; discount applied to current "Stay Your Way" rate.
(Service allowance not included.)

Member pricing on all services, activities, and select retail in connection with your stays.

Exclusive Member offers; offers will vary but may include special pricing, promotions, sneak previews of new services or programming, etc.

The option to gift your nights to friends or family.

Wait-list priority for sold-out dates, events, and experiences.

The opportunity to book services ahead of regular guests, subject to availability and property discretion.

Complimentary room upgrade upon arrival, subject to availability.

Early check-in and/or late check-out, subject to availability.

CANYON RANCH
AUSTIN

FOR MORE INFORMATION

Visit our Membership office, located next to the front desk. Or contact our Membership team at 737.356.2287 or membershipsales@canyonranch.com