Ranch Schedule

NOV. 9-15, 2026



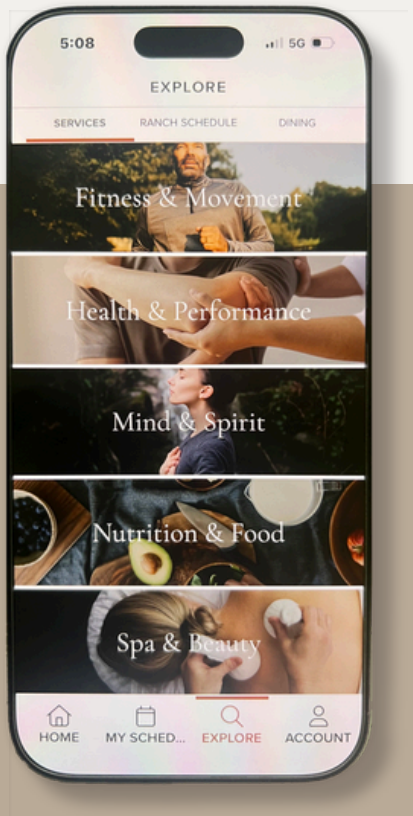
CANYON RANCH
AUSTIN

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 Fitness 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 Fitness 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 Events

Expert In Residence: Kristin McGee



Nov. 9—11

Move and reset with yoga and Pilates instructor Kristin McGee. Build core strength with Pilates, find your flow through breath-led yoga, and settle in for an intimate fireside chat inspired by Kristin's book, The Treat Yourself Philosophy, exploring personal insights on modern self-care, inner wisdom, and making self-care a meaningful daily practice. These exclusive experiences are complimentary with your stay — with plenty of time left to explore, unwind, and enjoy the Texas Hill Country your way.



Sex, Skin, and Sleep

Nov. 12—15

Over three nights, we're exploring the topics on women's minds — with honesty, curiosity, and the joy of being in it together. Hear from actress and best-selling author Sarah Shahi, sleep expert Dr. Wendy Troxel, board-certified OB/GYN Dr. Somi Javaid, and other voices in health and culture. They'll dive into the conversations that deserve more airtime — from libido and sensuality to pelvic-floor health, hot flashes, self-hypnosis, beauty sleep, and beyond. Your experience goes beyond lively expert panels, with dreamy sleep and recovery offerings, skin and glow rituals, social happenings, and plenty of time to connect.

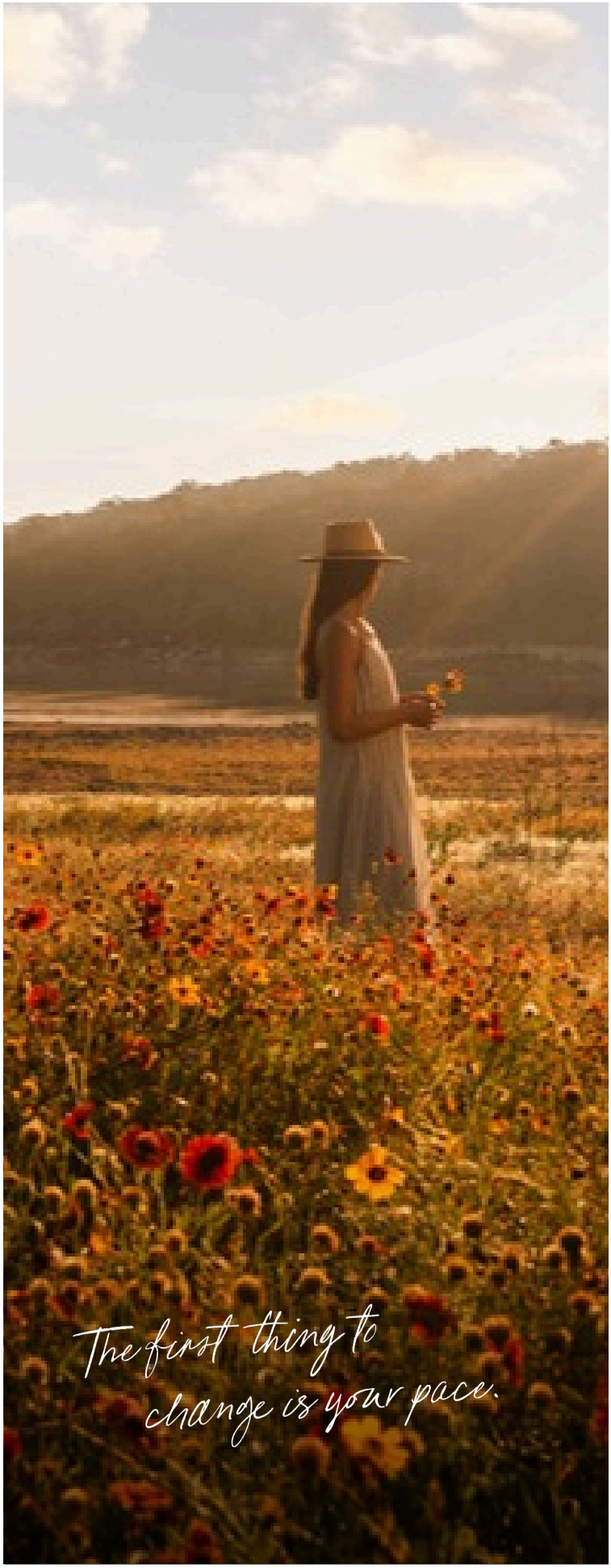
Wellness Weekend with Camila Alves McConaughey & Women of Today

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.



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



Monday, Nov. 9

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
YOGA FLOW WITH KRISTIN MCGEE
45 min • Yoga Studio • Limit 25

BOXING
45 min • Studio 1 • Limit 12

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

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

Monday, Nov. 9

ACTIVITIES WITH EXPERT IN RESIDENCE: KRISTIN MCGEE

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 • Thistle Room 2 • Limit 25

2:00 PM
RIDE THE RANCH*
1 hr 30 min • 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 10 • $90

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

Private Yoga & Pilates with Kristin McGee

1 HR | PRIVATE YOGA STUDIO | $220



Join Kristin for a personalized 60-minute yoga or Pilates session, or a blend of both. Enjoy expert guidance on form and alignment, hands-on adjustments, and a practice thoughtfully tailored to your individual goals and needs. To book this session, please use your CR app or visit an Experience Planner at the Welcome Desk in the Fitness Barn.

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



Tuesday, Nov. 10

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
PICKLEBALL INTRO CLINIC
45 min • Pickleball Court 1 • Limit 4

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 16

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

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

11:00 AM
RANCH TALK - SPORTS MEDICINE
45 min • Thistle Room 1 • Limit 25

MUSCLE CONDITIONING
45 min • Studio 2 • Limit 20

Tuesday, Nov. 10

ACTIVITIES WITH EXPERT IN RESIDENCE: KRISTIN MCGEE

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

PILATES WITH KRISTIN MCGEE
45 min • Yoga Studio • Limit 25

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

RANCH RECESS
45 min • Turf Field • 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 • Thistle Room 2 • 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

7:00 PM TREAT YOURSELF:
FIRESIDE CHAT WITH KRISTIN MCGEE
45 min • Rendezvous Porch

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

Private Yoga & Pilates with Kristin McGee

1 HR | PRIVATE YOGA STUDIO | $220



Join Kristin for a personalized 60-minute yoga or Pilates session, or a blend of both. Enjoy expert guidance on form and alignment, hands-on adjustments, and a practice thoughtfully tailored to your individual goals and needs. To book this session, please use your CR app or visit an Experience Planner at the Welcome Desk in the Fitness Barn.

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Wednesday, Nov. 11

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 • Studio 2 • 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*
1 hr 30 min • 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
RANCH TALK - NUTRITION
45 min • Thistle Room 1 • Limit 25

POWER FLOW YOGA
45 min • Yoga Studio • Limit 25

Wednesday, Nov. 11

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. 12

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 12

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

10:00 AM
PILATES REFORMER CLINIC - BEGINNER*
50 min • Pilates Studio • Limit 5 • $90

BOXING
45 min • Studio 1 • Limit 12

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. 12

1:00 PM
MUSCLE CONDITIONING
45 min • Studio 1 • Limit 16

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*
1 hr 30 min • 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

RED FLOWER AROMATHERAPY BAR
3-6 pm • Spa Lobby

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

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

SEX IN MENOPAUSE FILM SCREENING
30 min • Constellation Hall 1 • Limit 50

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

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

7:00 PM
UNFILTERED WITH SARAH SHAHI
1 hr • Constellation Hall 1 • Limit 50

8:00 PM
DREAM STATE WITH MANJIT DEVGUN
1 hr • Constellation Hall 1 • Limit 50

STARGAZING
45 min • Yoga Deck • Limit 12

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Friday, Nov. 13

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

FACE FLOW:
THE ART OF HOLISTIC SKIN LONGEVITY
45 min • Verbena Room • Limit 25

PILATES TOWER CHAIR CLINIC*
50 min • Pilates Studio • Limit 5 • $90

INTUITIVE ENERGY HEALING
WITH MANJIT DEVGUN*
9 am-5 pm • 50 min • Wellspring
• Limit 1 • $400

10:00 AM
BOXING
45 min • Studio 1 • Limit 12

LET'S TALK ABOUT SEX WITH DR. SOMI
45 min • Constellation Hall 1 • Limit 50

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

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

THE SECRET TO GLASS SKIN:
A MASTERCLASS
45 min • Verbena Room • Limit 30

SPIRIT DANCE
45 min • Yoga Studio • Limit 16

Friday, Nov. 13

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

SLEEP BETTER. LOVE BETTER. LIVE BETTER.
45 min • Constellation Hall 1 • Limit 50

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

WILD FLOWER WAGON
3 hr • Ranch House

3:00 PM
THE SYMPTOM DECODER LAB WITH DR. RITEESHA REDDY
45 min • Verbena Room • Limit 30

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 • Thistle • Limit 12

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

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

THE GLOW PROTOCOL: A MASTERCLASS
45 min • Verbena Room • Limit 30

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

6:00 PM
FLOATING SOUND MEDITATION CLINIC*
50 min • Canopy Pool • Limit 10 • $90

7:00 PM
WELLNESS MATCHMAKER
2 hr • Ranch House Living Room • Limit 30

CANDLELIGHT YOGA WITH RED FLOWER
45 min • Yoga Studio • Limit 25

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

Intuitive Energy Healing with Manjit Devgun

9 AM–5 PM | 50 MIN | WELLSPRING | $400



Explore personalized healing through hypnosis, palm reading, breathwork, and energy work with Manjit Devgun. Discover new perspectives, release tension, and deepen your connection to mind, body, and spirit. To book this session, please use your CR app or visit an Experience Planner at the Welcome Desk in the Fitness Barn.

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Saturday, Nov. 14

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
TENNIS INTRO CLINIC
45 min • Tennis Court 1 • Limit 8

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 16

FACE FLOW: THE ART OF HOLISTIC SKIN LONGEVITY
45 min • Verbena Room • Limit 30

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

GATHER & BLOOM: WILDFLOWER WORKSHOP
45 min • Thistle Room 2 • Limit 15

10:00 AM
WHY YOUR BEST SKIN STARTS IN BED
45 min • Constellation Hall 1 • Limit 50

RIDE THE RANCH*
1 hr 30 min • Trailhead Shop • Limit 12

CARDIO TENNIS CLINIC*
50 min • Tennis Court 1 • Limit 8 • $90

STRENGTH TRAINING CIRCUIT
45 min • Main Gym • Limit 12

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

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

THE PRICKLY PEAR RITUAL: A MASTERCLASS
45 min • Verbena Room • Limit 30

Saturday, Nov. 14

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

THE FUTURE OF SKIN WITH DR. KELLY STANKIEWICZ
45 min • Constellation Hall 1 • Limit 50

SPA EXPERT SESSIONS
45 min • Verbena Room • Limit 25

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

GUT FEELING: NUTRITION & GUT HEALTH
45 min • Verbena Room • Limit 30

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

METAPHYSICAL 101
45 min • Thistle • Limit 12

SPIRIT DANCE
45 min • Yoga Studio • Limit 16

4:00 PM

RETAIL: SHOP AT 4
45 min • Resort Store

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

BEYOND BEAUTY SLEEP: A MASTERCLASS
45 min • Verbena Room • Limit 30

5:00 PM

PILLOW TALK HAPPY HOUR
1 hr • Rendezvous • Limit 30

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 20

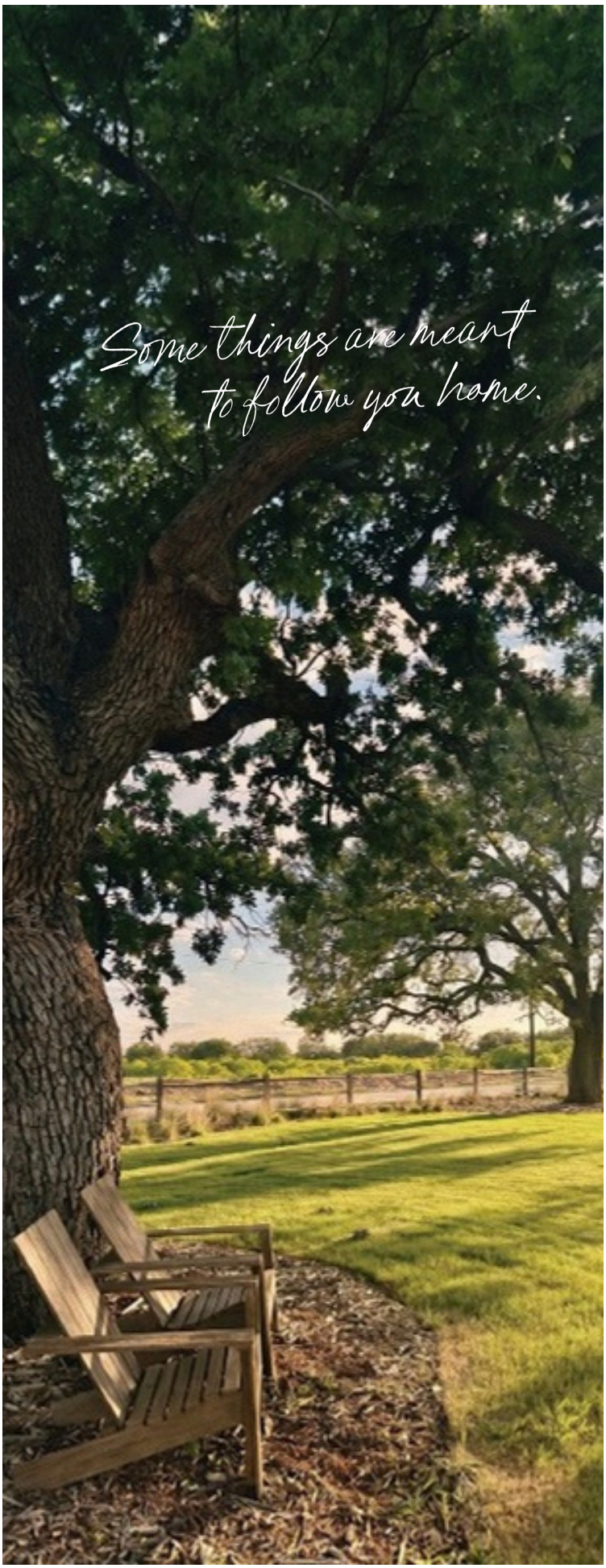
THE NIGHT SHIFT: A MASTERCLASS
45 min • Verbena Room • Limit 30

8:00 PM

YOU ASKED FOR IT: A FIRESIDE CHAT WITH DR. SOMI
45 min • Ranch House Living Room • Limit 30

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. Location subject to change based on weather.



Sunday, Nov. 15

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
PADEL INTRO CLINIC
45 min • Padel Court • Limit 8

STRETCH AND AWAKEN
25 min • Studio 2 • Limit 25

9:00 AM
PROPERTY TOUR
45 min • Ranch House

POWER
45 min • Main Gym • Limit 20

EMBODIED CONFIDENCE
WITH MANJIT DEVGUN
1 hr 30 min • Yoga Studio • Limit 50

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
PADEL SKILL CLINIC*
50 min • Padel Court • Limit 4 • $90

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

INTUITIVE ENERGY HEALING
WITH MANJIT DEVGUN*
11 am-2 pm • 50 min • Wellspring
• Limit 1 • $400

Sunday, Nov. 15

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*
1 hr 30 min • 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

PICKLEBALL TOURNAMENT
45 min • Pickleball Court 1 • Limit 20

H2O POWER
45 min • Canopy Pool • Limit 10

5:00 PM
RESTORATIVE YOGA
45 min • Yoga Studio • Limit 25

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

Intuitive Energy Healing with Manjit Devgun

11 AM–2 PM | 50 MIN | WELLSPRING | $400

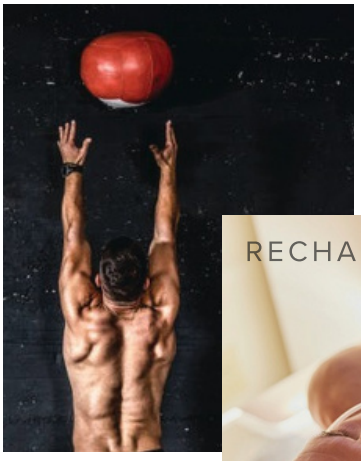


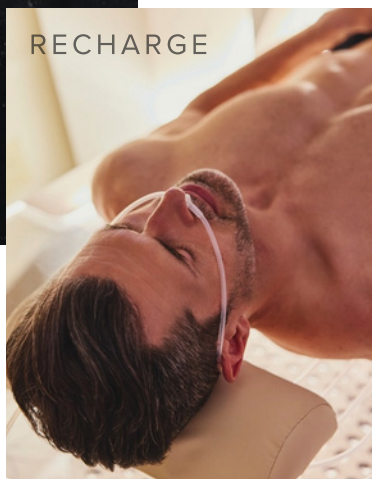
Explore personalized healing through hypnosis, palm reading, breathwork, and energy work with Manjit Devgun. Discover new perspectives, release tension, and deepen your connection to mind, body, and spirit. To book this session, please use your CR app or visit an Experience Planner at the Welcome Desk in the Fitness Barn.

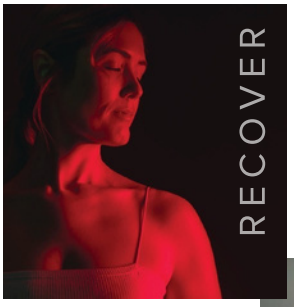
Activities marked with an asterisk (*) require ADVANCED SIGN UP. All remaning experiences are available on a FIRST COME, FIRST SERVE basis. Location subject to change based on weather.

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

LAURA GOTTESMAN, BROKER | JENNIFER WELCH, BROKER ASSOCIATE
WELCOMEHOME@CANYONRANCHAUSTIN.COM | 833.370.3323

INFORMATION BELIEVED ACCURATE, BUT NOT GUARANTEED. SUBJECT TO CHANGE. GOTTESMAN RESIDENTIAL REAL ESTATE IS LICENSED IN THE STATE OF TEXAS.

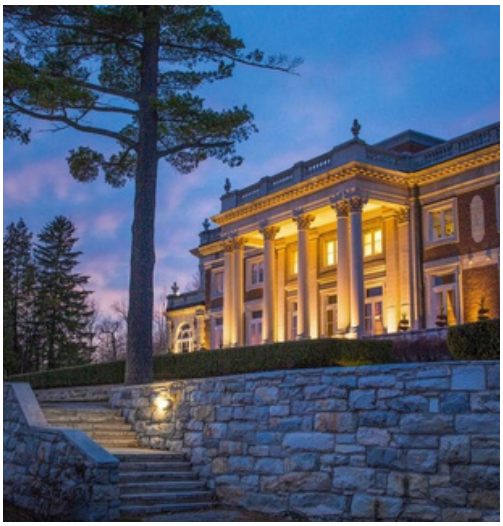
Life Changes at Canyon Ranch

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

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