

RETREAT SCHEDULE  
JUNE 5 – JUNE 9, 2025



This schedule belongs to:

---

**FEATURED RETREAT: EAT WITH INTENTION**

*Mindful Eating with Mary Richards*

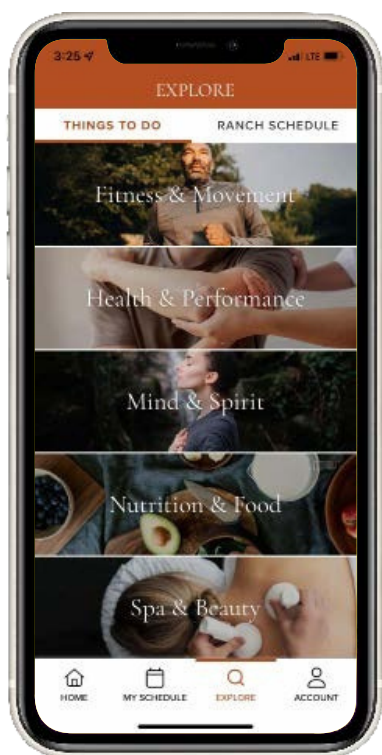
Transform the way you nourish yourself with an intentional approach to eating. Led by guest expert and nutritionist Mary Richards, this immersive experience blends mindfulness, nutrition, and practical meal planning to help you develop a deeper awareness of your food choices and how they impact your well-being.



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

**Noon AREA EXCURSIONS INTRODUCTION** – Speak with one of our outdoor specialists to book the best private area excursion for you.  
30 min | The Lobby

**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 an-property walk through beautiful winding trails with intermittent yoga posture breaks. Learn to use fresh air and open thoughts in your practice.  
45 min | The Bell | Limit 12

**2 pm HALF-MILE NATURAL HISTORY WALK** – This slow-paced walk meanders through diverse habitats from redwood and Douglas fir trees to a grassy hilltop and oak woodland.  
Level 1 | 0.5 miles | 90% mixed canopy 10% UV exposure  
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.  
45 min | The Bell | 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 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

**4 pm 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

**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 RESTORATIVE YOGA** – Experience deep relaxation for healing and rejuvenation. Bolsters and props are used in gentle, supported poses.  
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 and lift yourself to a stronger upper body with a variety of grips, suspension training exercises, and resistance moves.  
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.  
4 hrs | Level 3 | 4 miles | +/- 843 ft | The Bell | Limit 10

**9 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

**10 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.  
45 min | Level 1 | 90% mixed canopy 10% UV exposure | 1 mile | + 250 ft | The Bell | Limit 20

**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

**11 am FITNESS IN THE REDWOODS** – Descend into the lush redwood grove in the sloping forest near Canyon Ranch for a mild cardio challenge course. Hike the Creekside stairs, carry sandbags around the Buddha Circle, and walk the switchbacks through a madrone grove.  
45 min | The Bell | Limit 10

## 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

**Noon MINDFUL EATING WORKSHOP** – In this enlightening workshop you will learn to cultivate awareness around food, focusing on the sensory experience taste, texture, aroma, and presentation transforming every meal into a moment of enjoyment.  
2 hrs | The Hearth

**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 10

**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.  
Level 2 | 2.5 miles | +/- 430 ft | 10% canopy 90% open  
2 hrs | The Bell | Limit 20

**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 BREATHE** – Learn proper breathing techniques for relaxation and stress reduction.  
30 min | The Labyrinth | Limit 12

**3 pm SCULPT YOGA** – A dynamic fusion of yoga and strength training, Sculpt Yoga incorporates light weights and resistance exercises to build strength, improve endurance, and enhance flexibility. Expect a high-energy class that will leave you feeling toned and empowered.  
45 min | The Training Zone | 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

**4 pm UNCORK THE SEASON** – Join us on the first Friday of each month for a selection of curated wine or craft beer tastings! Meet our leadership team & learn about all the special opportunities offered during your stay, as you enjoy chef prepared canapes & great conversation.  
1 hr | The Hideaway Patio | Limit 20

**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.  
Level 1 | 90% covered 10% open | 1 mile | +/-250 ft  
1 hr | The Bell | Limit 7

**5 pm GENTLE FLOW YOGA** – Slowly warm the body to bend, twist and hold yoga poses that will support the evening ahead.  
45 min | The Loft | Limit 20

## EVENING

**5:30 pm DINNER** – Final Seating at 8 pm. The Hearth

**6 pm SEATED MEDITATION & BREATH** – Slowly warm the body to bend, twist and hold yoga poses that will support the evening ahead.  
45 min | The Loft | Limit 20

**8:30 pm YOGA NIDRA** – Yoga Nidra is the yoga of aware sleep-the zone between wakefulness and sleep. This is a pre-sleep deeply relaxing practice that aims to quiet your mind and let go of the day. We kindly ask for NO LATE ENTRIES.  
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: SUNNY JIM** – Head out amongst the grasslands and chaparral to oak lined ridges with views reaching out towards the ocean.  
Level 3 | 3.75 miles | +/- 743 ft | 30% canopy 70% open  
3 hrs | The Bell | Limit 10

**9 am NUTRITIONAL EDUCATION SEMINAR** – In this seminar, you will learn key topics, including macronutrients carbohydrates, proteins, and fats and their respective roles in bodily functions and energy levels.  
1 hr | The Loft | Limit 30

**10 am - 5 pm BLENDED BALANCE: THORNE WELLNESS BAR** – Whether you're post-session, between treatments, or just looking to nourish your day, elevate your wellness routine with a refreshing stop at our patio bar for complimentary tastings of Thorne's top-performing protein shakes and daily greens.  
The Hideaway Patio

**10 am TINY TERRARIUM WORKSHOP** – Make your own miniature garden in this hands-on terrarium workshop. Learn all there is to know about caring for your creation and hear an in-depth explanation of the incredible inner workings of this tiny plant kingdom.  
1 hr | The Hearth | Limit 10

**10 am OUTDOOR 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 Labyrinth | 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 EPIC WATER BLAST** – Elevate your heartrate and challenge your muscles during this cardiovascular workout using a variety of aqua fitness tools.  
45 min | The Pool | Limit 8

## AFTERNOON

**Noon LUNCH** – Final Seating at 2 pm. The Hearth

**Noon METAPHYSICAL INTRODUCTION** – Speak with one of our metaphysical practitioners to book the best private session for you.  
30 min | The Lobby

**2 pm HIKE: COHO VISTA RIDGELINE** – This unique and secluded preserve contains a collection of ancient old growth redwood and beautiful westward vistas. Hit all the highlights of our local ridgeline while avoiding too much of a climb.  
2.5 hrs | Level 2 | 2.75 miles | +/- 476 ft | 60% canopy 40% open | The Bell | Limit 10

**2 pm AQUA SOUND BATH** – Immerse your senses in this unique offering. Drift in our salt water pool while soaking in the soothing sounds of our Aqua sound bath. NO LATE ENTRIES  
45 min | The Pool | Limit 10

**3 pm TASTE EXPLORATION EXPERIENCE OF THE SEASONAL MENU** – Join us for an unforgettable Taste Exploration Experience, where your taste buds will embark on a delightful journey, as we focus on texture, flavor, and aroma in each bite!  
1 hr | The Hearth | Limit 20

**3 pm CHAIR YOGA** – This class uses chairs and incorporates balancing and other standing poses. Ideal if you don't want to sit on the floor, or would like to try chair yoga for breaks at work.  
45 min | The Training Zone | Limit 10

**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 HEART OPENING YOGA & MEDITATION** – A non-flow practice featuring poses that open the heart chakra. You'll have time to truly experience each pose, incorporating breath and mantra.  
45 min | The Training Zone | Limit 20

**5 pm VINYASA FLOW** – Stretch, balance and flow through challenging, intermediate-level postures that connect movement and breath.  
45 min | The Training Zone | Limit 20

**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 Loft | Limit 20

## EVENING

**5:30 pm DINNER** – Final Seating at 8 pm. The Hearth

**8:30 pm CANDLE-LIT YIN YOGA** – Release deeply held tension in this quiet, contemplative class which takes a Taoist approach to yoga asana using long holds and props.  
45 min | The Loft | Limit 20

## MORNING

**7 am SUNDAY BRUNCH** – Final Seating at 2:00 pm.  
The Hearth

**7 am RISE & STRETCH** – Ease into the day with stretches and dynamic movement to wake your body, plus breath work to improve circulation and focus.  
30 min | The Training Zone | Limit 12

**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.  
Level 3 | 3.75 miles | + 857 ft | 75% canopy 25% open | 3.5 hrs | 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 MEAL PLANNING AND GOAL SETTING** – In this workshop, you'll dive into the art of creating balanced meal plans that fit your lifestyle, preferences, and nutritional needs. Discover how to craft meals that delight your taste buds while fueling your body with essential nutrients.  
1 hr | The Loft | Limit 30

**11 am 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

**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



AFTERNOON

**2 pm HIKE: COASTAL TRAIL** – Set out alongside winding marsh canals and coastal lagoons as we meander our way to walk along the sandy shore.  
3 hrs | Level 2 | 2.5 miles | +/- 30 ft | 100% open  
The Bell | Limit 10

**3 pm CHAKRA FLOW YOGA** – In this movement session, we will flow from the first chakra at your tail bone through to your seventh chakra at the crown of your head. Tap into the vibration, the pulses and discover how each energy center acts as a stimulant to your body and mind.  
45 min | The Garden | Limit 14

**3 pm BOTANICAL TEA MAKING** – Go on a hands-on foraging experience as you pick the wild herbs and edible plants 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 SCULPT YOGA** – A dynamic fusion of yoga and strength training, Sculpt Yoga incorporates light weights and resistance exercises to build strength, improve endurance, and enhance flexibility. Expect a high-energy class that will leave you feeling toned and empowered.  
45 min | The Training Zone | Limit 12

**5 pm FULL-BODY BALANCE FLOW** – Focusing on strength and mobility, this class integrates six regions spanning the entire body to achieve full balance and flow.  
45 min | The Training Zone | Limit 14

EVENING

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

**8 pm ACTIVATING BREATHWORK** – Learn specific breathing techniques for increased energy, vitality, and clarity of mind.  
30 min | The Loft | Limit 20

**8:30pm BEDTIME MEDITATION** – Learn techniques to reduce stress, increase mindfulness, and calm your mind into a night of restful sleep.  
30 min | The Loft | 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

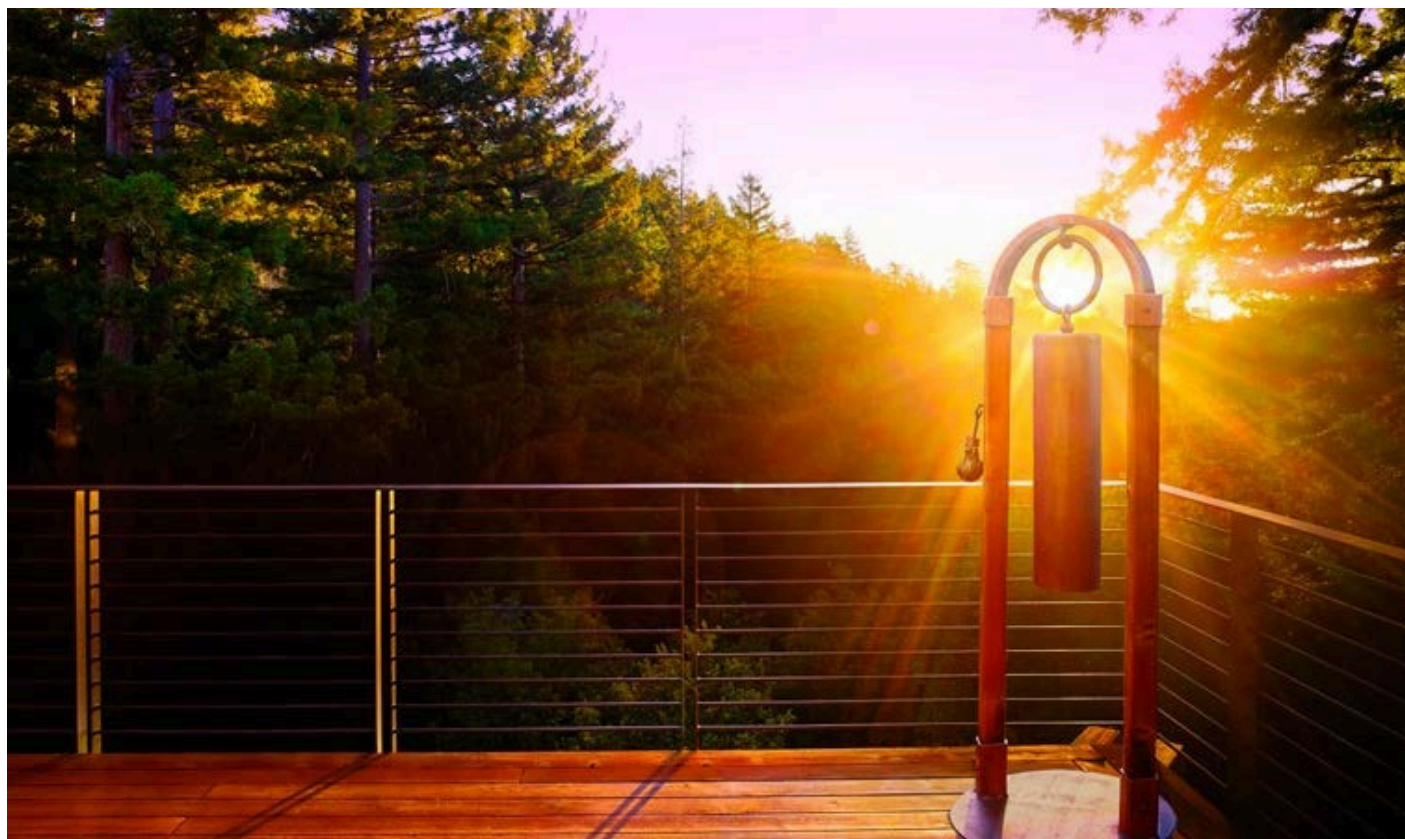
**7:30 am SHIN RIN YOKU: ART OF FOREST BATHING** – Bathe-in the forest with all your senses and you'll notice things you hadn't before. The birds sing louder, the scents are stronger, and the texture of the tree bark is softer. The art of forest bathing can carry into daily tasks, making life more pleasurable.  
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 | +/- 740 ft | 75% canopy 25% open | 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

*\*\*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/](https://canyonranch.com/woodside/services/)



# SPIRITUAL GUIDANCE

## SPIRITUAL GUIDANCE

Through conversation, intuitive tools and guidance, a spiritual wellness provider will help you explore your spiritual path and find new ways to integrate spirituality into your daily life. No matter your faith, experience or belief, you can deepen your personal spiritual practice during a Ranch retreat.

**45 minutes | \$245**

## CULTIVATING A LIFE OF PURPOSE

During this personalized, holistic review of your life, you will strengthen your self-awareness, develop a broader vision of what is important to you, enrich your personal and professional relationships, and cultivate a deeper overall contentment with life. Your practitioner will guide you in designing an individual mission and routine to take home.

**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**

## LOSS, GRIEF & REMEMBRANCE

Provides spiritual support for grieving individuals, couples and families. The provider and guest dialogue about loss from a spiritual perspective, discuss spiritual tools for when grief overwhelms, and creates a ritual practice of remembrance to honor what has been lost and changed.

**45 minutes | \$245**

## BODY-SPIRIT CONNECTION

Come home to your body with healing intention and self-love. Through centering, awareness, and daily rituals, learn to befriend your body, connect with body wisdom, and step into alignment with spirit. You may focus this integrative therapy on body image, physical changes, weight, illness, injury, gender, sexuality, menopause, or aging.

**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**

# SPIRITUAL GUIDANCE

## 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 handle life's challenges can impact your lifespan, health, and well-being. Discover evidence-based spiritual practices linked to longevity and learn how to integrate them into your life. This service helps you feel more present, build lasting relationships, age gracefully with loved ones, and enhance your overall well-being.

**45 minutes | \$245**

## SPIRITUALITY & PERFORMANCE

When you feel stressed, bored, lonely, or restless, tapping into your inner resources can bring more balance and flow to your life. This service, suited for any challenge, helps you anchor your awareness in trust, bravery, kindness, and curiosity. These core values help you experience more restoration and flow, boosting your efficiency, effectiveness, and enjoyment in life.

**45 minutes | \$245**

# SPA

## 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 | \$300**

**50 minutes | \$222**

### CANYON RANCH DEEP TISSUE MASSAGE

Specialized, concentrated techniques reach deep muscle layers and address specific areas of pain and discomfort. The result is an intensely therapeutic modality that can be used to mitigate chronic pain and help muscle and sports-related injuries.

**80 minutes | \$330**

**50 minutes | \$246**

### 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 | \$312**

### 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 | \$312**

### 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 | \$312**

### 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 capsicum 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 | \$205**

### 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 | \$360**

**50 minutes | \$270**

### 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 | \$222**

### PRENATAL MASSAGE

Our Prenatal Massage is adapted for ultimate comfort. Ultra-rich moisturizing products are used to nourish and soothe your skin so you can get in touch with your body and your baby.

**80 minutes | \$300**

**50 minutes | \$222**

### 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 | \$312**

### 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 | \$300**

**50 minutes | \$222**

# SPA

## SKINCARE

### ENVIRON FACIAL

Combining the power of Environ's skincare technology and powerhouse ingredient formulations, this facial treatment delivers essential vitamins to restore the skin's health, radiance and resilience. Tailored for your specific skin concerns including deep cleansing, age-defying, brightening, or sensitive skin.

**50 minutes | \$276**

### ENVIRON AGE-DEFYING FACIAL

This powerful, age-defying facial using Environ® vitamins A, C, E and peptide serums, promote the formation of collagen and elastin, encourages stem cell activity, and enhances skin's respiration and circulation. This treatment helps to dramatically improve the appearance of fine lines, wrinkles, lax skin, uneven tone and texture. Your skin will appear visibly more radiant, tighter and smoother. Customized to your skin's needs: deep cleansing, age-defying, brightening or sensitive skin. Note: Contraindications include: Botox or fillers within two weeks, epilepsy, metal pins or plates, pacemaker, tinnitus.

**80 minutes | \$390**

### VENN COLLAGEN FACIAL

This super-effective treatment features VENN® products supercharged with collagen-activating peptides, antioxidants, phyto-retinol and microbiome-focused and pre-, pro-, and post-biotic actives to boost elasticity and firmness, reduce the appearance of fine lines and wrinkles, even skin tone, and plump.

**50 minutes | \$264**

### VENN X THERAFACE FACIAL

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

**80 minutes | \$390**

### FACIAL ENHANCEMENT ADD-ONS

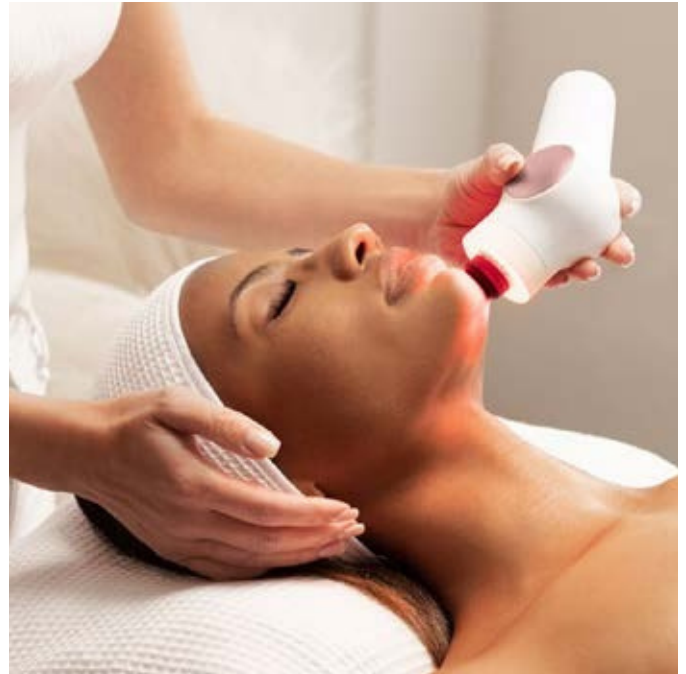
Eye Treatment | Lip Treatment | Neck and Décolleté | Peel

**\$48 each**

Oxygen Infusion Boost

Topical oxygen infusions deliver a mixture of vitamins, nutrients, antioxidants, minerals, peptides, and high-pressure medical grade pure oxygen all of which are infused deep into the layers of the skin. This revolutionary skin care treatment system leaves the skin healthy, rejuvenated, and beautiful.

**\$90 each**



# 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.

*Available Fridays from 3pm to 5pm  
and Saturdays or Sundays from 9am to 12pm*

**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 Tai Chi, 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

The Bod Pod® is used in scientific journal studies to accurately measure body fat percentage and fat free mass, which is a key predictor of your metabolism, health, vitality and performance. Learn if you have the right fat free mass to meet your goals. After two 40-second measurements in the Bod Pod, your fitness expert will interpret your results and calculate your ideal body weight for health, fitness or performance. For accurate results: No heavy meals or vigorous exercise 60 minutes prior to testing. Bring minimal clothing to wear during Bod Pod testing (women, bathing suit or sports bra and tight-fitting shorts or capri leggings; men, tight-fitting bathing suit – no board shorts – or tight-fitting underwear).

**25 minutes | \$95**

## COMPREHENSIVE EXERCISE ASSESSMENT

Determine your aerobic fitness level and learn how many calories you burn when you work out. This is recommended if you want to change your body composition, learn the most effective way to burn body fat, increase stamina and fitness, or improve sports performance.

Part I (45 minutes) – A Fitness Instructor administers a submaximal exercise test to estimate VO2 max. Testing is done while you exercise indoors on cardiovascular equipment such as a treadmill or stationary bike.

Part II (45 minutes) – Your Fitness Instructor will explain your results and design an exercise program to maximize your workouts and enhance your training program.

**Two-Part Session 45 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.

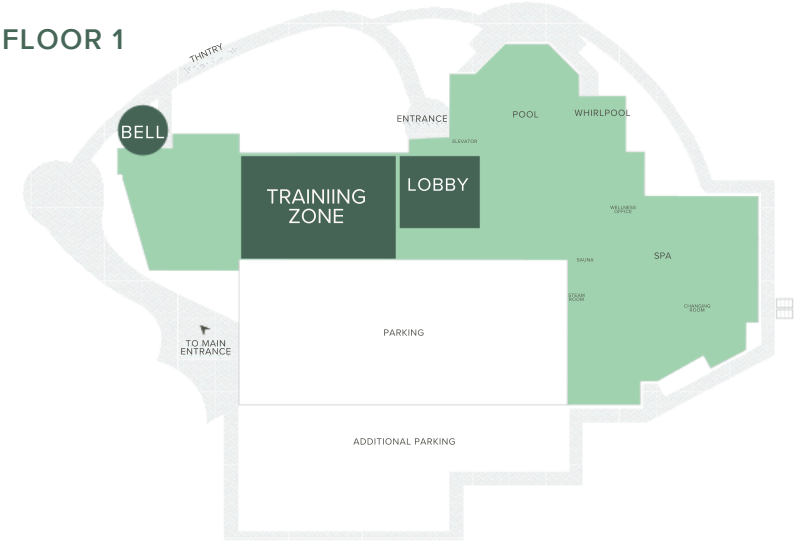
**1-3 people | 1 hour | \$135**

**\$75 per additional hour**

**4-12 people | 1 hour | \$250**

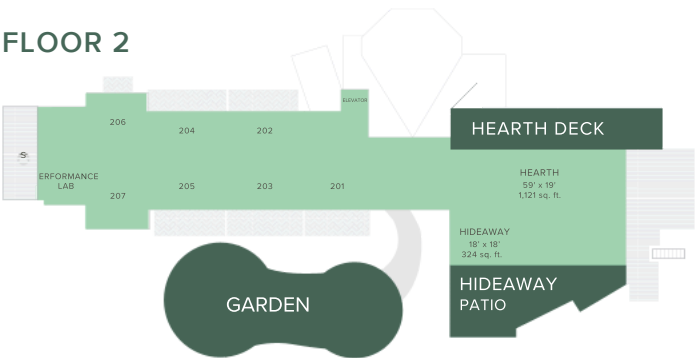
**\$75 per additional hour**

FLOOR 1



CANYON RANCH®  
WOODSIDE

FLOOR 2



FLOOR 3

