

CANYON RANCH.

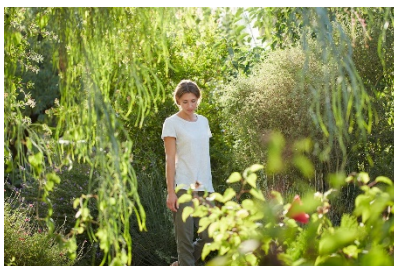
FOUR BENEFITS OF MINDFULNESS PRACTICE BY CANYON RANCH®

DIRECTOR OF LIFE MANAGEMENT JEFFREY ROSSMAN, PHD

Modern life can be hectic and distracting, and it is easy to feel stressed, worried and exhausted. Mindfulness, the simple practice of nonjudgmentally paying attention to the present moment, provides a powerful antidote to this fragmenting state of overstimulation. Thousands of scientific studies have documented the positive effects of this practice on emotional stability, mental clarity and physical health. Jeffrey Rossman, PhD, Director of Life Management at Canyon Ranch in Lenox, offers four ways a daily mindfulness practice can help you reach your wellness goals:



1. **Reduce Stress.** A mindfulness practice reduces stress, enabling all systems in the body to function optimally. Many people find their mindfulness practice helps them sleep better and stay healthier.



2. **Improve Focus.** Because mindfulness involves paying attention to present moment experience, the capacity to focus attention improves. People are less easily distracted and perform better at tasks requiring concentration.



3. **Increase Happiness.** People who practice mindfulness become more accepting of themselves and others, and as a result experience greater happiness and peace of mind.



4. **Deeper Relationships.** As people become more present and less judgmental, their relationships with others improve. They are more attentive and patient in their interactions, connecting to others with greater empathy and compassion.

Join us at Canyon Ranch in Lenox for *Cultivating Mindfulness in a Busy World*, June 29 – July 2, 2017. The serene Berkshire Hills is the perfect place to quiet your mind and absorb the beauty around you. The nonjudgmental approach of mindfulness allows you to see everything, including yourself, with greater kindness and acceptance. It's about appreciating each moment as it is, rather than comparing it to what we think it should be. With the guidance of Canyon Ranch experts, learn how you can cultivate mindfulness throughout your life. In featured activities such as yoga, tai chi, meditation, mindful walking and hiking, you'll experience first-hand the benefits of mindfulness. You may also gain personal insights through private consultations with Ranch experts in life management, spirituality, fitness and other specialties. Take home skills to embark on the rewarding path of mindfulness – moment by moment. To make your reservation, call 800-742-9000 and request to be added to *Cultivating Mindfulness in a Busy World*.

About Canyon Ranch®

Canyon Ranch® has been a pioneer and an industry-leading proponent of the wellness lifestyle for nearly 40 years, operating the world's most celebrated collection of life-enhancement properties. Canyon Ranch has wellness destinations in Tucson, Ariz., Lenox, Massachusetts. In addition, Canyon Ranch operates a SpaClub® day spa at The Venetian® & The Palazzo® hotels in Las Vegas, Nev., Canyon Ranch SpaClub at Sea® facilities onboard Cunard's Queen Mary 2® luxury ocean liner, Oceania® and Regent Seven Seas Cruises®, and on Celebrity Cruises®. Canyon Ranch is a 13-time winner of Travel + Leisure's Best Spa Award and an 11-time recipient of the Condé Nast Traveler Best Destination Spa Award.