

CANYON RANCH.

5 WAYS TO RENEW YOUR SPIRIT BY CANYON RANCH EXPERTS

August 2018 - Often times the stresses of a busy life can leave us feeling disconnected, and our spiritual health falls by the wayside. There are a numerous ways to bring greater harmony to your life. Canyon Ranch experts share a few to get you started.



Set an Intention Every Day

Setting goals for every day is a great way to stay on track of your health. Take goal setting to the next level by setting a spiritual intention each day to bring find purpose in the every day, and bring some soul to the little things. Whether your intention is to try something new, take five minutes to meditate, or cooking a healthy meal, it's important to take time out of your day to feed your soul and enjoy the little things.



Go On A Retreat

Taking a vacation helps us unwind and recharge our batteries. If you are struggling to connect with your spiritual self, or finding it difficult to re-connect with your soul, a retreat may be a great way to bring deeper meaning to your life. Give yourself permission to spend a few days fully immersed in your spiritual health and learn ways to connect to your soul.



Go For A Walk In Nature

Spending time outside brings you into the present. Strolling through the forest, or sinking you toes into the sand connects you viscerally to the world. Take time to fill your senses with the beauty of the world, as communing with nature can reduce stress, increase your energy and provide comfort to your body and mind.



Connect With Your Community

Whether it's taking time to re-connect with family and friends, volunteering in your community, or joining a club to meet new people, staying connected to others is vital to spiritual health. Showing up and helping others, giving of your time and support, can bring an instant sense of fulfillment to your life.



Get Creative!

Creative expression is a great tool to use to explore your spiritual health. It's tactile, personal, and intimate. Taking on a new hobby, and making time in your busy schedule to create can be immensely rewarding and relaxing and bring deeper meaning to your life. Whether it's learning to draw, making jewelry, writing some poetry, or cooking, find new ways to feed your spirit.

Join us at Canyon Ranch in Lenox this summer for our Spiritual Warrior retreat from September 6-9, 2018. Guided by wisdom, strength and inner-knowing, reap the rewards of this invigorating retreat experience. Gain insight with Canyon Ranch Medical Director, Mark Liponis, MD; Spiritual Wellness Leader, Dan Marko; and Outdoor Sports experts in archery, the High Ropes Challenge Course and hiking.

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About Canyon Ranch®

Canyon Ranch® has been a trailblazer and an industry-leading proponent of the wellness lifestyle and real estate living for nearly 40 years, operating the world's most celebrated collection of life-enhancement properties. Canyon Ranch has wellness destinations in Tucson, Arizona and Lenox, Massachusetts. In addition, Canyon Ranch operates the world's largest day spa at The Venetian® & The Palazzo® hotels in Las Vegas, Nevada and 22 Canyon Ranch at Sea® wellness facilities onboard luxury cruise ships: Cunard Cruise Line, Oceania® Cruises, Regent Seven Seas Cruises®, and on Celebrity Cruises®. Canyon Ranch is a 13-time winner of Travel + Leisure's Best Spa Award, an 11-time recipient of the Condé Nast Traveler Best Destination Spa Award, is honored by Town & Country as one of the 'Best Luxury Spas in the World' in their 2017 Spa Awards and is recognized as the 'Best Wellness Program' by Virtuoso's 'Best of the Best' 2017 awards.