

Canyon Ranch Pathways



Transition Purposefully

Working Through Change with Clarity

Major transitions and life milestones can be overwhelming, and call for new perspectives and tools for adapting and thriving. Canyon Ranch experts can help you approach and work through change with purpose and support. You'll emerge from these periods with a stronger, more meaningful and rewarding direction than ever. Transition Purposefully helps you:

- Face daunting challenges and embrace changes
- Find a deeper, self-aware sense of purpose
- Transition powerfully with rites of passage
- Seek moments that expand your horizons
- Explore the healing power of sound
- Enjoy the options, amenities and natural settings of Canyon Ranch

Personalize Your Plan

Select from 3-, 5-, or 7-night programs, with planned experiences and personal options that maximize the value of your stay by including 5, 8, or 10 services respectively. You may add more services, upgrade your room type, or extend your stay and receive a service allowance for each additional night.

See next page for included services.

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Before you arrive, you will review and finalize your included experience options with a Program Advisor. Plan to meet again upon arrival to complement your schedule with activities, talks and experiences available while you're here.

	3 NIGHTS	5 NIGHTS	7 NIGHTS
# OF SERVICES TOTAL	5	8	10
CORE PROGRAM			
Cultivating a Life of Purpose	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Life Management		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Life's Transitions and Change	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Meditation or Private Mind-Body	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Rite of Passage	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
CHOICE OPTIONS – # INCLUDED	1	3	5
80-minute Deep Tissue Massage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
80-minute Kypris Signature Facial	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Acuphoria		<input type="checkbox"/>	<input type="checkbox"/>
Acutonics		<input type="checkbox"/>	<input type="checkbox"/>
Chakra Balancing		<input type="checkbox"/>	<input type="checkbox"/>
Haircut & Blow Dry			<input type="checkbox"/>
Healthy Eating Consultation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hypnotherapy			<input type="checkbox"/>
Metaphysical			<input type="checkbox"/>
Outdoor Adventure (hike, archery, etc.)		<input type="checkbox"/>	<input type="checkbox"/>
Personal Training			<input type="checkbox"/>
Private Creative Expression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Private Pilates	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Private Yoga	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

We recommend booking your pathway services and experiences at least 72 hours before your arrival for best availability. All services/experiences highlighted in this pathway are subject to change without notice. Services/activities unique to your destination may be recommended in place of listed options. Services/activities substituted will always be an equal value.

