

SAMPLE RETREAT SCHEDULE

CANYON RANCH
WOODSIDE, CA

Thursday TRAVEL & ARRIVAL

AFTERNOON

- Noon** **LUNCH** – Served until 2:30 pm. *The Hearth*
- 2 pm** **Explore the Redwoods** – Take a walk through our hilly, majestic forest and explore the community of giant redwoods that support one another and the lush ecosystem. *45 min | “The Void” Sculpture*
- 3:15 pm** **Breathe** – Learn effective breathing techniques for relaxation and stress reduction. *30 min | “The Void” Sculpture*
- 4 pm** **Orientation for New Arrivals** – Welcome to your retreat! Learn about all the special opportunities offered during your stay, get your questions answered, and enjoy our signature arrival refreshment. *The Hideaway Patio*
- 4:30 pm** **Fireside Chat: Adding a Gratitude Practice to Your Life** – Gratitude is a powerful well-being practice with health benefits, and it’s a gift to yourself and others. Learn how to live a life of gratitude and receive its blessings through simple evidence-based practices. Bring your journal. *45 min | The Loft*

EVENING

- 5:30 pm** **DINNER** – Final Seating at 7 pm. Reservations Required. *The Hearth*
- 7:30 pm** **Fireside Chat: Disconnect to Reconnect** – Disconnecting from devices and social media is a way to leave the frenetic pace of daily life. Our spiritual wellness provider shares the whys and ways to unplug and more deeply connect with yourself, others, and nature. Bring your journal. *45 min | The Loft*
- 8:30 pm** **Evening Ritual: Bedtime Meditation** – Learn techniques to reduce stress, increase mindfulness, and calm your mind into a night of restful sleep. *30 min | The Loft*

Friday

MORNING

- 7 am** **Rise and 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 Loft*
- 7 am** **BREAKFAST** – Served until 9:00 am. Reservations Required. *The Hearth*
- 8 am** **Forest Meditation** – Learn techniques to help reduce stress, increase mindfulness, calm your mind, and help your body relax. *30 min | “The Void” Sculpture*
- 8:30 am** **Hike: El Corte De Madera Preserve** – Delight in this trek down to naturally weathered sandstone boulders with lacey fretwork resembling honeycombs. Spend a moment with this unique “Swiss cheese rock,” and take in the mixed evergreen forest. *Level 2+ | 3.2 miles | 1027 ft vertical rise | 3 hours | “The Void” Sculpture.*
- 9 am** **Outdoor Functional Fitness** – Use your body as your machine. You’ll work out in angles and directions that build balance and strength to make moving through daily life easier. 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*
- 9 am** **Sun Salutations** – Greet the sun and stimulate heat in your body with this intermediate flow. *45 min | The Loft*
- 10 am** **Fitness in the Forest** – Descend into the lush redwood grove in the sloping forest near Canyon Ranch for a heart-pounding cardio challenge. Run Creekside stairs, lunge around the Buddha Circle, and climb the switchbacks through a madrone grove. *45 min | “The Void” Sculpture*
- 11 am** **Roll and Release** – Awaken muscles, improve joint mobility, balance asymmetries in your body, and facilitate whole-body integration using techniques in myofascial release that ease trigger points and improve quality of movement. *30 min | The Training Zone*
- 11 am** **Yoga for a Healthy Back** – Explore basic strategies for strengthening and stretching areas of the body that can cause chronic low-back pain. Not for anyone with serious spinal injuries or diagnosed spinal conditions. *45 min | The Loft*

AFTERNOON

- Noon** **LUNCH** – Served until 2 pm. *The Hearth*
- 1 pm** **Qigong** – This ancient art uses breath, movement, and intention to release tension, promote energy flow and a peaceful mind. *45 min | The Loft*
- 2 pm** **Hatha Flow** - Yoga postures and conscious breathing together produce a “flow” of postures that lead from one to the next. *45 min | The Loft*
- 3:15 pm** **Creative Sketching** – Interactive and playful drawing games engage your imagination and creativity. No artistic skill required. *45 min | The Loft*
- 4 pm** **Orientation for New Arrivals** – Welcome to your retreat! Learn about all the special opportunities offered during your stay, get your questions answered, and enjoy our signature arrival refreshment. *The Hideaway Patio*
- 4:30 pm** **Fireside Chat: Self Compassion** – Treating yourself with the gentle kindness you offer a friend can be a challenge. Yet self-compassion is foundational to well-being. Explore barriers and learn daily practices to nurture a kind, loving relationship with yourself. Bring your journal. *45 min | The Loft*

EVENING

- 5:30 pm** **DINNER** – Final Seating at 7 pm. Reservations Required. Bring your journal. *The Hearth*
- 7:30 pm** **Fireside Chat: Forgiveness from the Heart** – Are you struggling to let go of hurt, resentment, disappointment, or regret from the past? Embrace the healing, freedom, and health benefits of learning to forgive others and yourself, from the heart, not just the head. Bring your journal. *45 min | The Loft*
- 8:30 pm** **Evening Ritual: Fire Circle** – Release negative patterns and fears, share intentions, and welcome hope. *30 min | 2nd Floor Deck, Fire Pit*

Saturday

MORNING

- 7 am** **Roll and Release** – Awaken muscles, improve joint mobility, balance asymmetries in your body, and facilitate whole-body integration using techniques in myofascial release that ease trigger points and improve quality of movement. *30 min | The Loft*
- 7 am** **BREAKFAST** – Served until 9:00 am. Reservations Required. *The Hearth*
- 8 am** **Breathe** – Learn proper breathing techniques for relaxation and stress reduction. *30 min | “The Void” Sculpture*
- 8:30 am** **Hike: Djerassi Resident Artist Program Sculpture Hike** – One of the peninsula’s best-kept secrets, the Djerassi Resident Artists Program brings some of the most interesting minds to its 583-acre estate. The program has hosted writers, visual artists, photographers, filmmakers, composers, choreographers, and scientists from 54 countries. As stewards of this property, Djerassi has graciously invited Canyon Ranch Woodside to host private hikes through its redwood forests, coastal grasslands, and art installations. Enjoy breathtaking views of the Pacific, a rich biodiversity, and rolling hills ready to be climbed. *Level 2 | 2 miles | 610ft vertical rise | 3 1/2 hours | “The Void” Sculpture*
- 9 am** **Yin Yoga** – Release deeply held tension in this quiet, contemplative class which takes a Taoist approach to yoga asana. *45 min | The Loft*
- 9 am** **Strength Flow** – This workout creates flow between 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 Labyrinth*
- 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 Loft Deck*
- 10 am** **Walk in the Woods Yoga** – A yoga instructor leads you in an on-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 Void” Sculpture*
- 11 am** **Core and More + Fitness for your Feet** – Focus on strengthening your abs and lower back with multiple fitness tools, then dedicate time to the health of your feet. Learn the importance of alignment and foot strength, and increase your function and flexibility using our exercise domes. *30 min | The Training Zone*
- 11:30 am** **Meditation** – Learn techniques to reduce stress, increase mindfulness, calm your mind and emotions and help your body relax. *30 min | The Loft*

AFTERNOON

- Noon** **LUNCH** – Served until 2 pm. *The Hearth*
- 1 pm** **Tai Chi** – The graceful and flowing movements integrate mind and body, generate internal energy, and mindfulness in movement. *45 min | The Loft*
- 1:30 am** **Hike: Borel Hill** – Roam on a ridge facing the ocean as we travel to a panoramic vista featuring some of the widest views of the bay you can get on a clear day. *Level 2 | 1.2 miles | 289 ft vertical rise 2 hours | “The Void” Sculpture.*
- 2 pm** **Breathe** – Learn proper breathing techniques for relaxation and stress reduction. *30 min | “The Void” Sculpture*
- 3 pm** **Intro to Watercolors** – Learn and practice painting using watercolor paints. Class is open to beginners and experienced painters. *45 min | The Loft*
- 4 pm** **Orientation for New Arrivals** – Welcome to your retreat! Learn about all the special things you’ll do during your stay, get your questions answered, and enjoy our signature arrival refreshment. *The Hideaway Patio*
- 4:30 pm** **Fireside Chat: Mindfulness in the Modern World** – We’ve all heard the sage advice to “be here now.” A spiritual wellness provider helps you discover how cultivating mindfulness – being attentive in the present moment – changes both your experience and your brain. Bring your journal. *45 min | The Loft*

EVENING

- 5:30 pm** **DINNER** – Final Seating at 7 pm. Reservations Required. *The Hearth*
- 7:30 pm** **Fireside Chat: Change, A Deeper Understanding** – While they’re a natural part of the human condition, even the changes we choose in life can cause distress. Our wellness coach helps you explore whatever may stand in your way, and what you can do to make the changes you want. Bring your journal. *45 min | The Loft*
- 8:30 pm** **Evening Ritual: Circle of Compassion** – Voice heartfelt and meaningful thoughts in a safe, supportive space for sharing. Strengthen your capacity to listen deeply to others without judgment. This is a time to intentionally reflect on our retreat experience. *30 min | 2nd Floor Deck, Fire Pit*

Sunday

MORNING

- 7 am **Morning Warm-up** – A warm-up routine that consists of gentle exercises and stretches. *30 min | The Loft*
- 7 am **BREAKFAST** – Served until 9:00 am. Reservations Required. *The Hearth*
- 8 am **Morning Meditation** – Learn techniques to reduce stress, increase mindfulness, calm your mind and emotions and help your body relax. *30 min | The Loft*
- 8:30 am **Hike: Windy Hill** – Take in spectacular views of the San Francisco Bay and Pacific Ocean. You'll come upon an open chaparral and traverse moderately challenging trails for a rewarding hike. *Level 3 | 3.2 miles | 400 ft vertical rise | 3 hours | "The Void" Sculpture*
- 9 am **Fitness in the Forest** – Run Creekside stairs, lunge around the Buddha Circle, and climb the switchbacks through a madrone grove. *45 min | "The Void" Sculpture*
- 9 pm **Gentle Flow Yoga** – A yoga flow class using components of sun salutations and other postures. *45 min | The Loft*
- 10 am **Balance** – Improve stability, mobility, and athletic performance, as well as alleviating back pain, aiding in mindfulness, and preventing falls. *45 min | The Loft Deck*
- 11 am **Guts and Glutes** – Strengthen and shape key body parts that will not only enhance your physique, they'll improve your back and hip health. *30 min | The Training Zone*
- 11 am **Vinyasa Flow** – Stretch, balance, and flow through challenging, intermediate-level postures that connect movement and breath. *45 min | The Loft*

AFTERNOON

- Noon **LUNCH** – Served until 2 pm. *The Hearth*
- 1 pm **Aqua Tai Chi** – Bring your practice into the water with this ancient Chinese form of exercise. *45 min | The Pool*
- 1:30 am **Hike: Methuselah** – Standing over 100 ft tall, with a 14 ft diameter, and close to reaching the ripe old age of 2,000 years this short hike takes you to the site of Methuselah the ancient giant. *Level 2 | 1.9 miles | 551 ft vertical rise | 2 hours | "The Void" Sculpture*
- 2:30 pm **Meditation** – Learn techniques to reduce stress, increase mindfulness, calm your mind and emotions and help your body relax. *30 min | The "Void" Sculpture*
- 3 pm **Creative Expression: Writing for Self-Discovery** – Take a deep dive into expressing your truest self through writing exercises that can become a daily practice. Bring your journal. *45 min | The Loft*
- 3 pm **Hatha Flow** - Yoga postures and conscious breathing together to produce a "flow" of postures that lead from one to the next. *45 min | The Training Zone*
- 4:30 pm **Fireside Chat: Living and Working with Purpose** – People with a strong sense of purpose are healthier and live longer. How is purpose guiding you? What would make living and working more meaningful for you? Consider these questions as a spiritual wellness provider shares practical wisdom and tools. Bring your journal. *45 min | The Loft*

EVENING

- 5:30 pm **DINNER** – Final Seating at 7 pm. Reservations Required. *The Hearth*
- 7:30 pm **Fireside Chat: Committing to Me: Take Home Strategies** – 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*
- 8:30 pm **Evening Ritual: Bedtime Meditation** – Learn techniques to reduce stress, increase mindfulness, and calm your mind into a night of restful sleep. *30 min | The Loft*

Monday DEPARTURE & TRAVEL

MORNING

- 7 am Heart Opening Yoga & Meditation** – A non-flow practice for intermediate students, featuring poses that open the heart chakra. *30 min | The Loft*
- 7 am BREAKFAST** – Served until 9:00 am. Reservations Required. *The Hearth*
- 8 am Restorative Yoga** – Experience deep relaxation for healing and rejuvenation. Bolsters and props are used in gentle, supported poses. *45 min | The Loft*
- 8 am POWER** – 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*
- 8:30 am Hike: Russian Ridge** – Ramble through the ridges of the Santa Cruz mountains on panoramic trails with views of the ocean and the Bay threaded between open chaparral regions. *Level 3 | 3.7 miles | 896 ft of elevation loss | 903 ft of elevation gain | 3 hours | “The Void” Sculpture*
- 9 am Outdoor Functional Fitness** – Work out in angles and directions that build balance and strength to make moving through daily life easier. *45 min | The Labyrinth*
- 10 am Sun Salutations** – Greet the sun and stimulate heat in the body with this intermediate flow. *45 min | The Loft*
- 11 am Core and More + Fitness for your Feet** – Focus on strengthening your abs and lower back with multiple fitness tools, then dedicate time to the health of your feet. Learn the importance of alignment and foot strength, and increase your function and flexibility using our exercise domes. *30 min | The Loft Deck*

Additional Excursions & Activities OFFERED THROUGHOUT THE WEEK

EQUUS COACHING®

9 am or 2 pm | Fridays, Saturdays or Sundays

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. *3 hours*

GUIDED GROUP MOUNTAIN BIKING

9 am or 2 pm | Fridays, Saturdays or Sundays

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. *3 hours*

MARKEGARD FARMS VISIT

1 pm | Every other Friday

Join Executive Chef Isabelle Jackson Nunes on this one-of-a-kind farm tour to the picturesque ranch located in Half Moon Bay and learn first-hand about the importance of Community Supported Agriculture. *3 hours*

WALKING VINEYARD TOUR AND WINE TASTING

1 pm | 2nd and 4th Friday of the month

Join knowledgeable vineyard staff on a walking tour of Thomas Fogarty Winery, one of the Santa Cruz Mountains AVA's most innovative producers. *3 hours*

Limited class size, please sign-up with a Retreat Guide for all fitness, mind-body and hike activities prior to the start time. All classes 45 min. unless otherwise indicated.

Locations subject to change for fitness classes and wellness presentations.

Hike: Level 1 | Distance: 1.5 to 2.5 miles, vertical rise: N/A for this level, ½ to 2 ½ hours.

Hike: Level 2 | Distance: 1.5 to 3.5 miles, vertical rise: 250' to 900', 1 ½ to 3 hours.

Hike: Level 3 | Distance: 2.5 to 5 miles, vertical rise: 350' to 1200', 2 to 4 ½ hours.

Hike: Level 4 | Distance: 4 to 10 miles, vertical rise 880' to 2,000', 2 ½ to 6 hours

Schedule subject to change. (Chosen each week the level 2 or 3 hikes are 1 1/2 to 4 1/2 hours long.)
