

SIGNATURE PROGRAMS

ACHIEVE: Reach Your Healthy Weight

Become a winner at losing. Integrative experts help you convert weight-loss knowledge into lasting change. Take home a personalized food, exercise, and lifestyle plan, along with the commitment to stick with it.

ELEVATE: Launch Your Best Life

You know what you need to do to stay healthy – now it's time to turn intentions into action. This powerful retreat is a proven catalyst for change. Specialists help you get into gear, whether you're focused on a personal concern, weight management, athletic performance, or a healthy living reboot.

NEW YOU: Your Way Forward

It is time to take back control of your life and what is important to you. Join Canyon Ranch experts as we discuss how events can affect our mental and emotional states. We will provide education on topics that will assist you in combatting depression, fatigue, weight gain, anger, etc.

FOCUSED WEEKS

CONNECTING: Relationships That Work

What's missing from the relationship you have with yourself and others? If you're like most of us, you spend a large amount of time thinking about how to make your relationships deeper, more passionate, fun, and adventurous. With the help of Rachel Greenwald and Canyon Ranch experts, you'll develop skills that will help enrich the connection you have with yourself and others.

ENCORE: Thriving in the Second Half of Life

You've reached a phase of life that brings inevitable change and transition. Popular guest speaker and author Doug Smith draws from the science of positive psychology to share proven tools and strategies that help you move ahead with confidence toward greater joy and meaning.

JOURNEY: A Woman's Retreat

Join with other amazing women and wellness experts to explore questions about transition, change, and life's possibilities. Delve into the challenges of health, aging, and relationships from a woman's perspective – and discover how each stage of growth leads to greater self-assurance, serenity, and wisdom.

JUMP-START: Four Days to Dynamic Change

You're ready to jump-start your journey to transformative wellness. Join us for four days of essential experiences from our signature ELEVATE program designed to help you turn your intentions into action. Ranch specialists help you design and live your best life.

LEADERSHIP: Natural Skills for Everyday Life

Increase your understanding of what it means to be a leader at home, at work, in the community, and in the world. How does leadership allow you to be more yourself? How might you drop the fear that can come with leadership? Gain better understanding of the leader within, and lean into a resonant vision for the future.

PRESENCE: Mindfulness in the Modern World

Research points to the health benefits of mindfulness. With guidance from our experts, increase your awareness of how you move, eat, work, and carry out your daily routine. Yoga, meditation, mindful eating, and journaling will help you live with greater ease and less distraction.

RESTORE: Embracing Life After Loss

Journey down the road of loss. With the guidance of caring experts, learn to invite grief in, expanding the meaning and depth of your life. Honor complex loss, intense emotions, and stuck places. Embrace grief as a teacher and open a space for joy through the practices of relearning your world, remembering your losses, and reflecting on how you have been transformed.

THRIVE: Keep Moving & Celebrate Aging

Stay active at every age. Retool your exercise routine, reboot a stalled plan, or make a fresh start in fitness. Our experts are masters of motivation, with sure-thing pointers to get you going. They'll assess your current status, then create a plan that suits your taste and lifestyle.

TRANSITIONS: Navigating Life's Twists & Turns

Nourish your body, mind, heart and spirit as you move through the thresholds of life. Compassionate experts provide support as you approach the unknown, face and understand fears, and honor losses. Embrace transformation, healing, and peace as you enhance inner wisdom.

VITALITY: Boost Your Brain Power

Learn how to stay sharp and vibrant at every stage of life. Through expert presentations, classes, and activities, you'll learn about the health habits that affect memory, the relationship between diet and brain function, effective relaxation techniques, and strategies that can help you achieve your goal.

JANUARY	
12/29 – 1/2	ELEVATE ESSENTIALS: Four Days to Dynamic Change
3	ACHIEVE: Reach Your Healthy Weight
10	<i>No Program Offered</i>
17	ELEVATE: Launch Your Best Life
24	<i>No Program Offered</i>
31	NEW YOU: Your Way Forward

FEBRUARY	
7	<i>No Program Offered</i>
14	NEW YOU: Your Way Forward
21	<i>No Program Offered</i>
28	VITALITY: Boost Your Brain Power

MARCH	
7	<i>No Program Offered</i>
14	<i>No Program Offered</i>
21	CONNECTING: Relationships That Work
28	ACHIEVE: Reach Your Healthy Weight

APRIL	
4	NEW YOU: Your Way Forward
11	TRANSITIONS: Navigating Life's Twists & Turns
18	ACHIEVE: Reach Your Healthy Weight
25	JOURNEY: A Woman's Retreat

MAY	
2	ELEVATE: Launch Your Best Life
9	THRIVE: Keep Moving & Celebrate Aging
16	NEW YOU: Your Way Forward
23	LEADERSHIP: Natural Skills for Everyday Life
30	ACHIEVE: Reach Your Healthy Weight

JUNE	
6	ELEVATE: Launch Your Best Life
13	PRIVATE GROUP
20	NEW YOU: Your Way Forward
27	ACHIEVE: Reach Your Healthy Weight

JULY	
7/6 – 7/10	JUMP-START: Four Days to Dynamic Change
11	ELEVATE: Launch Your Best Life
18	NEW YOU: Your Way Forward
25	ACHIEVE: Reach Your Healthy Weight

AUGUST	
1	THRIVE: Keep Moving & Celebrate Aging
8	ELEVATE: Launch Your Best Life
15	NEW YOU: Your Way Forward
22	PRESENCE: Mindfulness in the Modern World
29	ACHIEVE: Reach Your Healthy Weight

SEPTEMBER	
5	VITALITY: Boost Your Brain Power
12	ELEVATE: Launch Your Best Life
19	RESTORE: Embracing Life After Loss
26	NEW YOU: Your Way Forward

OCTOBER	
3	ACHIEVE: Reach Your Healthy Weight
10	CONNECTING: Relationships That Work
17	ELEVATE: Launch Your Best Life
24	JOURNEY: A Woman's Retreat
31	NEW YOU: Your Way Forward

NOVEMBER	
7	ACHIEVE: Reach Your Healthy Weight
14	ELEVATE: Launch Your Best Life
21	<i>No Program Offered</i>
28	NEW YOU: Your Way Forward

DECEMBER	
5	ENCORE: Thriving in the Second Half of Life
12	ELEVATE: Launch Your Best Life
19	<i>No Program Offered</i>
12/28 – 1/1	JUMP-START: Four Days to Dynamic Change

Subject to change.