

FOCUS ON MINDFULNESS

SAMPLE SCHEDULE

CANYONRANCH.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<i>Morning Walk</i> followed by <i>Meditation</i>	<i>Labyrinth Walk</i>	<i>Morning Walk</i> followed by <i>Qi Gong</i>	<i>Nature Discovery Walk</i>	<i>Morning Walk followed by Tai Chi</i>	<i>Morning Walk</i>
7:30 AM	WELCOME! LEC Hours Sunday & Monday 6:30 am – 6:30 pm Tuesday – Friday 6:30 AM – 6 pm Saturday 6:30 am – 5 pm	Breakfast LEC Dining Room	Breakfast LEC Dining Room	Breakfast LEC Dining Room		Breakfast LEC Dining Room	Breakfast LEC Dining Room
9 AM		The Mindful Journey of Transformation	The Mindful Brain	The Art of Deep Listening	Mindfulness in Relationships & Family	The Mindful Journey Home	
10 AM		Mindfulness: What, Why & How	Clear Your Mind with Healing Touch	Bringing Awareness to Exercise			
11 AM		<i>Stride & Strength</i>	<i>Strength Training</i>	<i>Interval Training</i>	<i>Burdenko Water Workout</i>	<i>Cardio Circuit</i>	
NOON		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1 PM							
2 PM				Everything Comes to Pass	Collective Wisdom: Mindfulness Panel	Where's the Joy? The Power of Play	
3 PM			<i>Fundamentals of Yoga & Breath Work</i>	<i>18 Palm Buddha</i>	<i>Ashtanga Yoga Standing Series</i>	<i>Mindful Movement</i>	
4 PM	Orientation	Insight & Discovery	Eating with Intention		Embracing What Is	<i>Compassion Meditation</i>	
5 PM	Starting Point	<i>Meditation</i>	Presence Through Sound	<i>Walking Meditation</i>	<i>Meditation</i>		
5:30 PM	Dinner LEC Dining Room	Dinner LEC Dining Room	Dinner Options: Clubhouse: 5:30 – 8:30 pm. Reservations Required, please call Ext. 4313. Double U Café: 5:30 – 7:30 pm				
7 PM							
8 PM							
9 PM							

KEY:

Core Curriculum

Fitness & Wellness Activities

The Mindful Journey of Transformation

Slow down, take a deeper look at yourself, and get inspired by Canyon Ranch mindfulness experts. You'll find out how to create a holistic vision of your health and wellness that will transform the way you live.

Mindfulness: What, Why & How

Take a practical look at what it means to pay attention to life as it unfolds, and discover the benefits it brings into your everyday activities.

Insight & Discovery

A technique as simple as noticing our breathing can lead to deep understanding about ourselves and the nature of the universe. Explore the link between mindfulness and spiritual connection.

The Mindful Brain

Regular exercise and healthy nutrition combined with mindfulness contributes to neuroplasticity – changes in the brain's structure and function. Discover how easy it can be to incorporate these strategies into your daily routine.

Clear Your Mind with Healing Touch

Calm your body and clear your mind with Healing Touch energy therapy. You'll learn self-care techniques to create a feeling of peace, allowing clarity to emerge.

Eating with Intention

In our multitasking environment, food has become a secondary activity. Discover how to eat with awareness and create more satisfying eating practices.

Presence Through Sound

Do you own how you feel physically, emotionally, mentally or spiritually in a given moment? Learn simple sound practices to soften the rigid structures and thought habits that distract you from being fully present in your life. Let sound unlock the potential that exists for you in every moment.

The Art of Deep Listening

Learn how to listen for genuine understanding, creating the conditions for connection and healing.

Bringing Awareness to Exercise

Learn how to listen to your body and understand what it is trying to say to you during exercise.

Everything Comes to Pass

Impermanence is a characteristic of the human experience. Mindfulness can help us work with change and minimize our distress.

Collective Wisdom: Mindfulness Panel

Join in on a lively and informative discussion about the latest innovations on mindfulness. An integrative team of Canyon Ranch experts in the area of mindfulness will share their insights and give you practical strategies for living life to its fullest.

Embracing What Is

Mindfulness grows our capacity to respond to life with less fear and resistance, and greater acceptance. We will cultivate the ability to embrace things as they are.

Mindfulness in Relationships & Family Life

Connection with others is what gives our lives meaning. Mindfulness in our relationships keeps connection a priority, and keeps us open to our true purpose.

Where's the Joy? The Power of Play

Through interactive, joyful activities, you'll reconnect with the wisdom that children have instinctively – that joy is paramount to a fulfilling life. Prepare to laugh and feel liberated!

The Mindful Journey Home

As we turn attention toward home, you'll develop a personal roadmap for the journey back to "real life." Following will be an informal ceremony for you to mark your commitment to yourself.

FITNESS CLASSES

18 Palm Buddha

A flowing meditation to relax the nervous system, loosen the joints and muscles and open the energy meridians.

Ashtanga Yoga – Standing Series

Join a powerful flow class, warming up with traditional sun salute A and B, followed by an abbreviated version of the standing poses. You will finish with a few seated poses and relaxation.

Burdenko Water Workout

The original water workout by Igor Burdenko emphasizes balance, coordination, flexibility, endurance, speed, and strength. Water vests make this excellent for all levels, regardless of swimming experience.

Cardio Circuit

This exercise class is an aerobic circuit using cardio machines and strength equipment.

Compassion Meditation

During this guided meditation, you will experience a simple, centuries-old technique for opening the heart to the well-being of others and yourself.

Fundamentals of Yoga & Breath Work

This class is a light-hearted, entry-level look at yoga. We begin with the breath specific to yoga and break down the alignment principles of some common yoga poses.

Interval Training

Experience an aerobic workout on the treadmill using speed and hill interval training.

Labyrinth Walk

Labyrinths have made divine imprints on our world for over 3,000 years. Join a spiritual service provider to learn about this sacred archetype, then design your own intention for a guided labyrinth walk. Gain resources for using labyrinths at home.

Meditation

Learn techniques to help reduce stress, increase mindfulness, calm your mind and emotions and help your body relax.

Mindful Movement

Learn the fundamentals of treadmill work, followed by strength training and muscular endurance.

Morning Walk

This 30-minute walk is on relatively flat terrain and will accommodate all paces up to 15 minutes per mile, which is 4 mph on a treadmill.

Nature Discovery Walk

Most of the time, our minds are elsewhere when we are walking. In this slowed-down, mostly silent walk into nature, your attention will be directed to what you are experiencing moment-by-moment. And what a different kind of walk this is!

Qi Gong

This ancient martial art uses breath to strengthen internal organs and gentle movement for calming the mind.

Strength Training

You will be given strength training information followed by practice with free weights and resistance equipment.

Stride & Strength

Learn the fundamentals of treadmill work, followed by strength and muscular endurance.

Tai Chi

This is a slow-motion, moving meditative exercise for relaxation, health and self-defense.

Walking Meditation

This blends outdoor experience blending silent walking with mindful meditation techniques.