<table>
<thead>
<tr>
<th>Time</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<th>Saturday</th>
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</table>
| 7:30 AM | WELCOME! | Breakfast 
LEC Dining Room | Breakfast 
LEC Dining Room | Breakfast 
LEC Dining Room | Morning Walk followed by Meditation | Morning Walk followed by Qi Gong | Breakfast 
LEC Dining Room |
| 9 AM  | The Mindful Journey of Transformation | The Mindful Brain | The Art of Deep Listening | Nature Discovery Walk | Morning Walk followed by Tai Chi | Mindfulness in Relationships & Family | The Mindful Journey Home |
| 11 AM | Stride & Strength | Strength Training | Interval Training | | |
| NOON | 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 | | | | Fundamentals of Yoga & Breath Work | 18 Palm Buddha | Ashtanga Yoga Standing Series | Mindful Movement |
| 4 PM | Orientation | Insight & Discovery | Eating with Intention | | Embracing What Is | Compassion Meditation |
| 5 PM | Starting Point | Meditation | Presence Through Sound | Walking Meditation | Meditation |
| 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**: Focus on Mindfulness
- **Fitness & Wellness Activities**: Examining the Inner Landscape 

**FOCUS ON MINDFULNESS**

**SAMPLE SCHEDULE**

**LEC Hours**
- Sunday & Monday: 6:30 am – 6:30 pm
- Tuesday – Friday: 6:30 AM – 6 pm
- Saturday: 6:30 am – 5 pm
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.

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

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

Tai Chi
This is a slow-motion, moving meditative exercise for calming the mind.

Resetting Breath Work
Learn to practice the art of intentional breathing.

Tai Chi Walking Meditation
This blends outdoor experience blending silent walking with mindful meditation techniques.

The Original Burdenko Water Workout
Incorporate balance, coordination, flexibility, endurance, speed, and strength.

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.

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