## Focus on Women: The Journey to Wisdom

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td><strong>6:30 AM</strong></td>
<td>Morning Walk followed by Meditation</td>
<td>Morning Walk</td>
<td>Morning Walk</td>
<td>Sabino Canyon Hike</td>
<td>Tai Chi followed by Guided Imagery</td>
<td>Morning Walk</td>
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<td><strong>7:00 AM</strong></td>
<td>Meditation</td>
<td>Qi Gong</td>
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<td><strong>7:30 AM</strong></td>
<td>Breakfast LEC Dining Room</td>
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<tr>
<td><strong>9 AM</strong></td>
<td>WELCOME!</td>
<td>The Journey Begins Saguaro Room</td>
<td>Getting from Knowing to Doing</td>
<td>Walk the Talk: Osteoporosis, an In-Depth Look</td>
<td>Eating with Intention</td>
<td>Take-Home Planning: Where Are You Going?</td>
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<tr>
<td><strong>10 AM</strong></td>
<td>LEC Hours Sunday &amp; Monday 6 am – 6:30 pm</td>
<td>The Power of Strength Training</td>
<td>Strength Training</td>
<td>Interval Training</td>
<td>Cardio Circuit</td>
<td>Celebration!</td>
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<tr>
<td><strong>11 AM</strong></td>
<td>Tuesday – Friday 6 am – 6 pm</td>
<td>Saturday 6 am – 5 pm</td>
<td>Stride &amp; Strength</td>
<td>Strength Training</td>
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<td><strong>2 PM</strong></td>
<td>Movement as Medicine</td>
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<td><strong>3 PM</strong></td>
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<td>Totally Tubing</td>
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<td>Stretch &amp; Relax</td>
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<td><strong>4 PM</strong></td>
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<td>Yoga for a Good Night’s Sleep</td>
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<tr>
<td><strong>5 PM</strong></td>
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<td>Nurturing the Self</td>
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<tr>
<td><strong>6 PM</strong></td>
<td>Starting Point Mohave Room</td>
<td>Dinner LEC Dining Room</td>
<td>Dinner LEC Dining Room</td>
<td>Dinner Options: Clubhouse Dining Room: 5:30-8:30 pm. RESERVATIONS REQUIRED – please call Ext. 4313. Double U Café: 5:30-7:30 pm</td>
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<td>Dinner LEC Dining Room</td>
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**Key:**
- **Core Curriculum**
- **Fitness & Wellness Activities**
**The Journey Begins**
A Canyon Ranch spiritual guide will give a brief introduction to holistic health in a way that will inspire you to create a life of meaning.

**Movement as Medicine**
Explore ways movement can help improve low back pain, hypertension, depression, fatigue and more. Take home tips to help your body heal itself.

**Nutrition & the Skin**
Beauty really does come from the inside out when you choose foods and supplements that combat beauty saboteurs. Find out what those culprits are and which foods to include in your daily beauty regimen.

**Getting from Knowing to Doing**
Change is an important part of life, but that doesn’t mean it’s easy. Explore ways to understand where you are now in your life, how to make change happen, and how to “do” what you intend to do.

**The Power of Strength Training**
Our understanding of the importance of strength training has grown tremendously in the last few decades. Be guided through an interactive discussion of the science of strength training and how it needs to be applied to improve health outcomes for women of all ages.

**Women’s Spiritual Wisdom**
As women, we carry ancient feminine spiritual wisdom; yet sometimes it can feel challenging to access it in the busyness of our modern lives. Discover the unique ways women experience spirituality and personal transformation. Learn how to thrive and live a meaningful life at whatever stage you are in.

### Collective Wisdom Panel: Taking Charge of Your Health
Join our panel of health professionals for an open forum discussion of nutrition, exercise and integrative medicine. Come with the questions you want answered!

### Walk the Talk: Osteoporosis, an In-Depth Look
Enjoy a walk to the Peace Park in this interactive medical presentation on the move. You’ll learn about medical conditions that cause osteoporosis. Find out about prevention, risk factors, diagnosis and treatment, and the benefits of an integrative approach.

### Sweet Dreams: Integrative Approaches to Sleep
Optimal sleep is key to optimal health. It’s an extension of our lifestyle and health from head to toe. An integrative approach supports enhanced living and thus enhanced health.

### Nature’s Healing Remedies: Western Medicine
You will be introduced to the healing world of Western herbs that can be found in nature, on the shelves of health food stores, or in your own backyard.

### I Get to Become the Woman I Am: The Power of Good Posture
Discover the important role posture plays in your health and well-being. You’ll be guided through posture, alignment, breath and gait, helping you realize the amazing woman you are! A very important component to this presentation – Posture & Balance – will follow.

### Nurturing the Self
Self-care is so important in these stressful times. Are we nurturing ourselves or barely getting through the day and the week? Take the time to slow down, look at yourself to identify who you are and how you care for yourself and others. Take a look at your past patterns and find out how to focus on your beautiful strengths.

### Collective Wisdom Panel: Body Acceptance & Intimacy
Opening the door to intimacy begins with self-acceptance. We will explore how to create more positive relationships with our bodies as a way to deepen connections with another person. This session will be practical and experiential.

### Eating with Intention
In our multitasking environment, food has become a secondary activity and is no longer the focus of mealtimes. Discover how to eat with awareness. This mindful eating experience will allow you to create more satisfying eating practices.

### Circle of Appreciation
Women have been gathering in sacred circles since ancient times. Appreciation is an essential ingredient that allows us to become our most inspired and beautiful selves. Come circle up as a community of women, as we fill our circle with appreciation for ourselves, each other, and our week!

### Take Home Planning: Where Are You Going?
How will you take healthy practices and intentions home with you? Share ideas and insights, then turn inward to develop a personal roadmap for the journey back to your life outside of Canyon Ranch.

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**FITNESS CLASSES**

**Belly Dancing**
Shimmy and shake to this Middle Eastern dance. Sensuously move your hips and abdomen to the beat.

**Cardio Circuit**
This exercise class is an aerobic circuit workout using cardio machines and strength equipment.

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

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

**Posture & Balance**
Challenge your balance using various equipment, and learn take-home exercises.

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

**Totally Tubing**
Experience a variety of endurance-based exercises using resistance tubing.

**Yoga for a Good Night’s Sleep**
Experience a soothing yoga class that helps to reduce stress, calm the mind and emotions. Prepare your body for a deep and restful sleep, using body awareness, breathing, postures, relaxation and meditation.