

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	Check in at the Life Enhancement Center® by 4 pm for Orientation	Morning Walk Followed by Meditation	Morning Walk	Morning Walk Followed by Qi Gong	Sabino Canyon Hike	Morning Walk Followed by Meditation	Morning Walk	Morning Walk
7 AM							Tai Chi Followed by Guided Relaxation	
7:30 AM		Breakfast	Breakfast	Breakfast		Breakfast	Breakfast	Breakfast
9 AM			Who Am I Anyway? Exploring Parts of Self	Discovering Your Healthy Weight				Lifestyle Shifting: The Journey Home
10 AM			Exercise for Life!	Living Consciously: Caring for Parts of Self	Transformation From Within	Where's the Joy?		
11 AM			Stride & Strength	Strength Training	Interval Training	Burdenko Water Workout	Cardio Circuit	
NOON			Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1 PM								
1:30 PM			The Journey of Transformation					
2 PM			Integrative Medicine		Change: The Nature of Our Experience		Cultivating Self-Care for Well Being	
3 PM				Posture & Balance	Pilates Mat & More	Stretch & Relax	Totally Tubing	
4 PM		Orientation	Think Before You Eat	What, Me Worry?		Where Are You Now?		
5 PM		Starting Point						
5:30 PM		Dinner LEC Dining Room	Dinner LEC Dining Room	Dinner Options: Clubhouse: 5:30-8 pm. RESERVATIONS REQUIRED – please call Ext. 4313. Double U Café: 5:30-7:30 pm				

KEY:

Core Curriculum

Fitness & Wellness Activities

Monday

THE JOURNEY OF TRANSFORMATION

Slow down, take a deeper look at yourself, and get inspired by a Canyon Ranch spiritual wellness provider to create a holistic vision of your health and wellness that will transform the way you live.

INTEGRATIVE MEDICINE

This is a perfect introduction to the Canyon Ranch practice of medicine, as well as an explanation of what “integrative” means. A Canyon Ranch physician will show you how to best use the vast resources available to you while you’re here.

THINK BEFORE YOU EAT

Your food choices send many messages to your body. In this fascinating session, you’ll explore whether the messages you’re sending are consistent with your health, nutrition and performance goals. Learn which foods are optimal for healthy eating.

Tuesday

WHO AM I ANYWAY? EXPLORING PARTS OF SELF

Explore the idea that we are not just a single Self, but rather have many parts that operate within us. You’ll learn how our internal system of parts works; identify *your* primary parts; and become more aware, and therefore, more in control, of who is “in charge” of certain aspects of your life.

EXERCISE FOR LIFE!

You know exercise is good for you, but you may be surprised by how much moderate regular exercise can improve every aspect of your health and well-being. We’ll explore the multitude of preventable diseases, and discuss what counts as exercise, as well as how much is enough.

WHAT ... ME WORRY?

Stress is an inevitable part of being human, how we manage it can have a direct impact on self-esteem, contentment, and how we see ourselves in relation to life itself. This talk will look at the elements that make up the stress cycle, how we tend to be either reactive or responsive and how we can manage life more effectively.

Wednesday

DISCOVERING YOUR HEALTHY WEIGHT

In this introductory session of our Healthy Weight series, we’ll discuss metabolism and weight management. Learn about the strategies and habits of people who have been successful at losing weight and keeping it off!

LIVING CONSCIOUSLY: CARING FOR PARTS OF SELF

Learn more about the importance of self-compassion and knowing your Authentic Self and its role in working with and caring for Parts of Self. Assess your capacity for self-compassion and participate in a short visualization to help you manage your inner world and connect with your Authentic Self

CHANGE: THE NATURE OF OUR EXPERIENCE

Do you make healthy lifestyle changes only to end up frustrated and discouraged about not maintaining them? Learn the stages of change, which stage you’re in, and strategies for living a healthier, happier life.

Thursday

TRANSFORMATION FROM WITHIN

What is spirituality and why is it important for the process of personal transformation and healing? Join a spiritual wellness provider to learn seven steps for spiritual health and experience a meditation/breathing exercise that is peaceful and powerful.

WHERE ARE YOU NOW? GETTING COMFORTABLE BEING UNCOMFORTABLE

The Life Enhancement Program® is both an immersion experience and one that carefully, realistically helps you plan for a healthier future. During this informal session, you’ll reflect on the week so far, and learn how to manage the inevitable discomfort that comes with change

Friday

WHERE’S THE JOY?

How high is “something fun” on your list of things to do each day? 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!

CULTIVATING SELF-CARE FOR WELL BEING

Being intentional about self-care is essential for a healthy and meaningful life. Learn to build a personal plan for physical, mental, emotional and spiritual self-care during this informative and interactive session.

Saturday

LIFESTYLE SHIFTING: THE JOURNEY HOME

“Lifestyle Shifting” will be part workshop, part ceremony as you turn your attention toward home. We will first work as a group to share ideas and insights, and then turn inward to 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, and choose a token as a physical reminder of your desired intention

FITNESS CLASSES

BURDENKO WATER WORKOUT

The original water workout by Igor Burdenko emphasizes balance, coordination, flexibility, endurance, speed, and strength. Water vests make this an excellent practice for all levels, including those with little swimming experience.

CARDIO CIRCUIT

Aerobic circuit workout using cardio machines and strength equipment.

INTERVAL TRAINING

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.

MORNING WALK

A walk on relatively flat terrain that will accommodate all paces.

PILATES MAT & MORE

Promotes muscle balance, core strength and mindful breathing.

POSTURE & BALANCE

Challenge your balance using various equipment and learn take-home exercises.

QI GONG

An ancient practice that uses the breath to strengthen internal organs and gentle movement to calm the mind.

SABINO CANYON HIKE

Walk in the beauty of Sabino Canyon with no goal but to be outdoors in the company of other LEC guests. You will encounter some short steep hills as you explore this paved and natural trail route.

STRENGTH TRAINING

Canyon with no goal but to be outdoors in the company of other LEC guests. You will encounter some short steep hills as you explore this paved and natural trail route.

STRENGTH TRAINING

A total body workout using a variety of resistance equipment.

STRETCH & RELAX

Promotes flexibility and breathing, and relaxes tense muscles.

STRIDE & STRENGTH

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

TAI CHI

An ancient Chinese movement practice that helps conserve and develop life energy.

TOTALLY TUBING

Tone your body with a variety of endurance-based exercises using resistance tubing.