

CANYON RANCH.

CANYON RANCH SPIRITUAL WELLNESS PROVIDER SHARES FOUR TIPS FOR SETTING INTENTIONS IN THE NEW YEAR

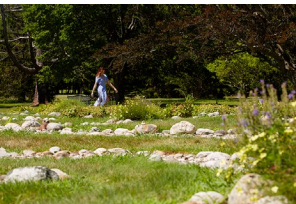
December 2018 – As we put the holidays behind us and set our sights on a new year, the season of change begins. We take time to reflect on the past year and think about what we want to change moving forward. Often, this plan can miss the true intention of the goals you want to achieve. Focusing on living a life with intention can make a huge impact. Canyon Ranch Lenox Spiritual Wellness provider, Dan Marko, shares insight in how to live with more intention.



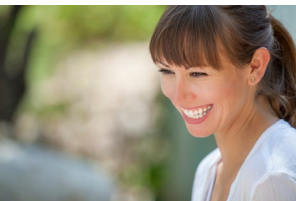
- **Realize that your intent matters.** If the saying, “energy follows thought” is true, then starting each day with “conscious intent” will direct your mental and emotional attention in a specific direction. Dan says, “consciously choosing the direction your life force travels improves the likelihood that you will achieve your aspirations.”



- **What is your heart based Intent?** Using a mantra such as, “I intend to give and receive love today, courage today, trust today, or gratitude today” can create a conscious level of clarity and sustained focus. This will have the benefit of attracting into your experiences more of what you aspire to. It is important to pay attention; did you stay with your intent, or did you become preoccupied at some point during the day? If you become distracted, refocus!



- **Be consistent.** Start every day with setting your intention; choose a place indoors or outside where you can pause and decide on your intent for that day. Look at what you need or what the world needs more of, and be determined to give and receive it. In some spiritual traditions, they suggest staying with one intention for seven days to understand the influences of intention setting.



- **Be patient and kind.** Old habits take time to undo or replace; we all become attached even when they are no longer helpful. Like an old piece of your favorite clothing, habits are familiar and comfortable even when they are well worn. Setting an Intention allows you to focus on real, true, or valuable aspects of life so you can let go of resentments, losses, and detrimental wishes. Intent welcomes curiosity to explore your imagination to discover or create new possibilities and shift perspectives. Making the commitment to your intention setting can build enthusiasm, faith, hope, and generosity that will enhance all areas of your life.

About Canyon Ranch®

Canyon Ranch® has been a trailblazer and an industry-leading proponent of the wellness lifestyle since its founding in 1979, operating the world's most celebrated collection of life-enhancement properties, holistic living developments, and complementary brand extensions. Over the past 4 decades, Canyon Ranch has imparted their integrative expertise to more than 1 million guests on land, nearly 1.3 million at sea and now over 650,000 in the air. Canyon Ranch has wellness destination resorts in Tucson, Arizona and Lenox, Massachusetts. In addition, Canyon Ranch operates the world's largest day spa at The Venetian® & The Palazzo® hotels in Las Vegas, Nevada and 22 Canyon Ranch at Sea® wellness facilities onboard luxury cruise ships: Cunard Cruise Line, Oceania® Cruises, Regent Seven Seas Cruises®, and on Celebrity Cruises®. Canyon Ranch is a 13-time winner of Travel + Leisure's Best Spa Award, an 11-time recipient of the Condé Nast Traveler Best Destination Spa Award, is honored by Town & Country as one of the 'Best Luxury Spas in the World' in their 2017 Spa Awards and is recognized as the 'Best Wellness Program' by Virtuoso's 'Best of the Best' 2017 awards.