

# 3-NIGHTS

## PERSONAL DISCOVERY

Shape your own weekend journey to self-discovery with a schedule and program designed for you, by you. Or just relax in the calm energy of the forest setting.

### MY CORE PROGRAM

- Retreat Advisor

### MY CHOICE OPTIONS

2 included with your pathway

- Canyon Ranch Custom Facial | 60 minutes
- Canyon Ranch Custom Massage | 60 minutes
- Hiker's Retreat – Massage for the Feet
- Private Mind-Body Practice
- Private Personal Training
- Private Yoga
- Rite of Passage
- Spiritual Guidance
- Wellness Coaching

All services/experiences highlighted in this pathway are subject to change for reasons without notice. Services/activities unique to your destination may be recommended in place of listed options. Services/activities substituted will always be an equal value.

“

BE OPEN TO BEING  
CHANGED ... THAT'S  
THE POINT OF A  
TRANSFORMATIONAL  
JOURNEY.

”

STEPHANIE LUDWIG, PHD, MDIV  
SPIRITUAL WELLNESS DIRECTOR