

4-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

4 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.

CANYONRANCH.

“

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

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STEPHANIE LUDWIG, PHD, MDIV
SPIRITUAL WELLNESS DIRECTOR