

CANYON RANCH PATHWAY



PERSONAL DISCOVERY

ENHANCE YOUR WOODSIDE RETREAT EXPERIENCE

Shape your own weekend journey to self-discovery with a schedule and program designed for you, by you. Select from popular options in spiritual guidance, spiritual wellness, coaching, mind-body, fitness, spa and beauty. Or just relax in the calm energy of the forest setting. With Personal Discovery, you go as wide or deep as you like:

- Seek valuable advice from wellness experts
- Elevate your yoga or meditation practice
- Rejuvenate with a massage or facial
- Choose your hiking destination or spiritual adventure
- Get tools to find purpose, accomplish goals, or reduce stress
- Enjoy the options, amenities, and nature of Canyon Ranch Woodside

PERSONALIZE YOUR PLAN

Select from a 3- or 4-night program – all customized for you – that include 2 or 4 services to enhance the value of your stay. You may add additional services or upgrade your room type.

Woodside

See next page for included services.

CANYONRANCH®

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Before you arrive, you will review and finalize your service choices with a Retreat Advisor. Plan to speak with a Retreat Guide upon arrival to complement your schedule with classes, hikes, fireside chats, and excursions available during your visit.

	3 NIGHTS	4 NIGHTS
CHOICE OPTIONS – # INCLUDED	2	4
Canyon Ranch Custom Facial 60 minutes	<input type="checkbox"/>	<input type="checkbox"/>
Canyon Ranch Custom Massage 60 minutes	<input type="checkbox"/>	<input type="checkbox"/>
Hiker’s Retreat – Massage for the Feet	<input type="checkbox"/>	<input type="checkbox"/>
Private Mind-Body	<input type="checkbox"/>	<input type="checkbox"/>
Private Personal Training	<input type="checkbox"/>	<input type="checkbox"/>
Private Yoga	<input type="checkbox"/>	<input type="checkbox"/>
Rite of Passage	<input type="checkbox"/>	<input type="checkbox"/>
Spiritual Guidance	<input type="checkbox"/>	<input type="checkbox"/>
Wellness Coaching	<input type="checkbox"/>	<input type="checkbox"/>

We recommend booking your pathway services and experiences at least 72 hours before your arrival for best availability. All services/ experiences highlighted in this pathway are subject to change 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®

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