

December 13 to 19, 2009

This Week

at Canyon Ranch • Lenox Massachusetts

*Your guide to creating the perfect stay
with fitness classes, daily talks, workshops
and evening programs – including appointments.*

CANYONRANCH®

The Power of Possibility®

(413) 637-4100

**For Pre-Arrival Bookings,
please call 800-877-0404**

Holiday Joys • December 10 to 27

Celebrate the season at Canyon Ranch in beautiful Lenox. Join us for holiday observances, festive entertainment, handcrafting and creative arts, soulfulness and frivolity. Themed fitness classes will help you gear up for a healthy New Year. These activities are noted by the ✨ symbol.

Been Here, Done This?

A SPECIAL GIFT FOR YOU FROM CANYON RANCH

Nutrition is the foundation for good health, vitality and longevity. Research shows most people process over 200 food decisions daily. Canyon Ranch supports your transition to practical, science-based food decisions through expert, individualized nutrition consultations. And from now through December 31, 2009, we are offering a complimentary copy of our recently released *Nourish* Cookbook with completion of any of the following two-part Nutrition services: Nutrition for Weight Loss, Maximize Your Metabolism, Healing Foods, Digestive Wellness, or Insulin Resistance/Type 2 Diabetes. This beautiful cookbook includes nutritional information for each delectable recipe, and handy resources such as indexes for gluten-free and dairy-free recipes. To your good health—and bon appétit! Consult with Program Advising at ext. 5439 to determine which service may be best for you.

PERFORMANCE ORTHOTICS ASSESSMENT

Feet are subject to enormous forces and small abnormalities can cause big problems. Ninety percent of all foot pain and a great deal of knee, hip and back pain is caused by abnormal biomechanics of the feet. This quick, precise, computerized assessment of the way you stand and walk is used to prescribe orthotics – inserts for shoes – that can correct these problems simply and prevent further wear and tear, and greatly reducing pain. 25 minutes. Call your Program Advisor at Ext. 5439.

Main Dining Room Hours

BREAKFAST: 7:30 to 9:30 a.m.

LUNCH: Noon to 2 p.m.

DINNER: Reservations are required for dinner seatings at: 5:30, 6, 6:30, 7, 7:30, 8 & 8:30 p.m. by calling Ext. 5310.

Café Tasse

Enjoy Canyon Ranch cuisine at this intimate café.

BREAKFAST: 7 to 10 a.m.

LUNCH: 11:30 a.m. to 2 p.m.

Demonstration Kitchen

BRUNCH: Sunday, 10:30 a.m. to 1:30 p.m.

LUNCH & LEARN: Monday, Tuesday, Thursday, Friday, Saturday, Noon to 1 p.m.

HANDS-ON-COOKING: Please check the daily schedule for exact times and events. Please see page 23 for detailed information.

SUPERFOODS DINNER:

Monday, 6:30 p.m. Sign-up Ext. 5310

TASTE OF THE BERKSHIRES DINNER:

Tuesday, 6:30 p.m. Sign-up Ext. 5310

First Time At Canyon Ranch?

Join our host and other guests at the Captain's Table for our daily Ranch Savvy breakfast at 8 a.m. and lunch starting at Noon. Another way learn the ropes at Canyon Ranch!

Memberships For the Health of It!

Did you know that Canyon Ranch offers Membership opportunities? Learn more about this enduring commitment to health. Visit our Membership Sales office in the Spa, or call Ext. 5411.

Spa Hours

6:30 a.m. to 10 p.m.

Change Happens

Please check activity boards in Health and Healing, Dining Room and Front Desk for last-minute changes to this printed schedule.

SUNDAY *December 13, 2009*

FITNESS LEVEL I (Beginner) II (Intermediate) III (Advanced) * (All Levels)

☼ Holiday Joys

▼ Exercise and Vitality at Any Age

■ Daily discussions and workshops

MORNING

HIKES & OUTDOOR SPORTS

Descriptions available on page 21 & 22.

Sign up: Spa Activity Board

- 7 am **MORNING WALKS *** *Lower Spa Lobby*
- 7:45 am **OUTDOOR MORNING TAI CHI** *Front Spa Desk*
ON PROPERTY POLE HIKE *Front Spa Desk*
- 8 am ▼ **WAKE-UP WARM-UP STRETCH * (25 min.)** *Gym 2*
HIKE: LEVEL 5 *Front Spa Desk*
- 8:30 am **A.B.S. ON THE BALL * (20 min.)** *Gym 2*
MORNING RUN *Front Spa Desk*
- 9 am **LO IMPACT AEROBICS *** *Gym 1*
MORNING STRETCH * *Gym 2*
BASIC BALANCE * (25 min.) *Gym 3*
YOGA FOUNDATIONS * *Yoga Studio*
CYCLE III *Cycling Studio*
- **ENERGY HEALING** *Rockwell Room*
Explore new pathways to health, wellness & prevention by diffusing blockages in the energy field that surrounds and permeates your body.
- 9:15 am **HIKE: LEVEL 3** *Front Spa Desk*
- 10 am **NIA® *** *Gym 1*
▼ **MUSCLE CONDITIONING *** *Gym 2*
BASIC AEROBIC CIRCUIT WEIGHTS I *Gym 5*
VINYASA FLOW III (90 min.) *Yoga Studio*
H₂O POWER HOUR * *Indoor Pool*
- 10:30 am ☼ **HOLIDAY BRUNCH** *Demonstration Kitchen*
- 11 am **PILATES WITH PROPS II/III** *Gym 1*
▼ **WOMEN'S STRETCH *** *Gym 2*
▼ **MEN'S STRETCH *** *Gym 3*
TRX® STRENGTH II/III *Sports Court*
CYCLE II *Cycling Studio*
▼ **AQUA STRENGTH *** *Indoor Pool*
- **CARDIO TENNIS** *Indoor Tennis Courts*
A fun new approach to tennis in a great group aerobic workout. *Fee: \$60; Sign-up: Program Advising.*
- **SHAMANIC JOURNEY** *Tanglewood Room*
Learn about this spiritual practice that uses guided imagery, music and breath to transport you to a higher state of consciousness.

AFTERNOON

- 12 pm **ROCK BOTTOM * (25 min.)** *Gym 1*
A.B.S. ON THE BALL * (25 min.) *Gym 2*
▼ **YAMUNA® FOOT FITNESS * (25 min.)** *Gym 3*
▼ **POWER OF BREATH * (25 min.)** *Yoga Studio*
- 1 pm ■ **TENNIS: GUEST CHOICE** *Indoor Tennis Courts*
Tell us what you want to work on and we will dedicate the time to the stroke of your choice. *Fee: \$60; Sign-up: Program Advising.*
- 1:15 pm **ON PROPERTY TRAIL WALK (60 min.)** *Front Spa Desk*
- 1:30 pm ☼ **CULTURAL EVENT: THE NUTCRACKER** *Hotel Pavilion*
The Albany Berkshire Ballet presents ballet's most beloved holiday tradition, set to Tchaikovsky's magnificent score, at the beautifully restored Colonial Theatre. From childhood to adolescence, a grand tour through time and space takes Clara from winter to spring in a single night. *Call Guest Services ext. 5519 to purchase tickets; transportation is complimentary. There is also a 4:30 pm excursion.*
- 2 pm **RETROBODICS II/III** *Gym 1*
INTEGRAL STRENGTH II *Limit 15* *Gym 2*
▼ **CHAIR YOGA I (25 min.)** *Limit 10* *Gym 3*
AEROBIC CIRCUIT WEIGHTS II/III *Gym 5*
- 3 pm **PILATES MAT ESSENTIALS I (25 min.)** *Gym 2*
ALL TERRAIN CYCLE I/II *Cycling Studio*
CANYON RANCH YOGA II *Yoga Studio*
CORE POOL * *Indoor Pool*
- **SECRETS TO YOUTHFUL SKIN** *Rockwell Room*
Join a Canyon Ranch esthetician and deepen your knowledge of products best for your skin. Learn to keep your skin healthy and glowing.
- **HANDS-ON COOKING: CHICKEN CHARM** *Demo Kitchen*
(90 min.) *Fee: \$125; Sign-up: Program Advising.*
- 4 pm **CORE 24 II/III** *Gym 1*
STRIDE II/III *Gym 5*
RESTORATIVE YOGA * *Yoga Studio*
WALLYBALL II/III *Racquet Court*
- **DEMYSTIFYING ASTROLOGY** *Tanglewood Room*
Learn how to bring the planets down to earth and create tools to enhance your daily life. Astrology is a vast and ancient science that can seem overwhelming. This lecture will help simplify Astrology without diluting it. Discover how your natal chart provides insight into your personal strengths and weaknesses and how this information can be helpful in navigating your future.
- 4:30 pm ☼ **CULTURAL EVENT: THE NUTCRACKER** *Hotel Pavilion*
The Albany Berkshire Ballet presents ballet's most beloved holiday tradition, set to Tchaikovsky's magnificent score, at the beautifully restored Colonial Theatre. From childhood to adolescence, a grand tour through time and space takes Clara from winter to spring in a single night. *Call Guest Services ext. 5519 to purchase tickets; transportation is complimentary. There is also a 1:30 pm excursion.*

- 5 pm **▼ MEDITATION * (25 min.)** *Yoga Studio*
STRETCH & RELAX * *Gym 2*
- 5:30 pm **■ FRIENDS OF BILL W. MEETING** *Lenox Room*
- *■ MENORAH LIGHTING & PRAYER** *Mansion Library*
 Everyone is welcome to join together for a reverent moment
 in the Feast of Lights.
- *■ HANUKKAH MENU** *Dining Room*
 Holiday entrée to complement this evening's menu; avail-
 able at all dinner seatings.

EVENING

- 7 pm **■ CHINESE HERBS** *Rockwell Room*
 Join a traditional Chinese medicine practitioner in a discus-
 sion about how Chinese Herbal Medicine brings harmony to
 imbalances in the body and addresses specific conditions
 such as asthma, menopause, high cholesterol, arthritis and
 cancer.
- 8 pm **■ GAME NIGHT** *Hotel Pavilion*
 Join your fellow guests for a self-guided friendly game of
 dominoes, Scrabble® and other game favorites.
- *■ HEARTWARMING DRAMATIC READING:** *Mansion Library*
 PRESENTED BY SHAKESPEARE & COMPANY
 Join nationally-acclaimed Shakespeare & Company actors for
 a cozy and heartwarming evening of holiday readings, song
 and scenes including much-loved classics from Dickens,
 Shakespeare, Browning and Auden to the outrageously
 hilarious David Sedaris – and even a verse or two from Dr.
 Seuss! Everyone is invited to share some holiday cheer with
 our favorite Berkshire players and to be a part of the
 fa-la-la-la-la!

My Schedule

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MONDAY *December 14, 2009*

FITNESS LEVEL I (Beginner) II (Intermediate) III (Advanced) * (All Levels)

☼ Holiday Joys

▼ Exercise and Vitality at Any Age

■ Daily discussions and workshops

MORNING

HIKES & OUTDOOR SPORTS

Descriptions available on page 21 & 22.

Sign up: *Spa Activity Board*

- 7 am **MORNING WALKS *** *Lower Spa Lobby*
- 7:45 am **OUTDOOR MORNING TAI CHI** *Front Spa Desk*
- 8 am ▼ **WAKE-UP WARM-UP STRETCH * (25 min.)** *Gym 2*
HIKE: LEVEL 4 *Front Spa Desk*
- 8:30 am **A.B.S. ON THE BALL * (20 min.)** *Gym 2*
- 9 am **LO IMPACT AEROBICS *** *Gym 1*
MORNING STRETCH * *Gym 2*
 ▼ **SIT AND BE FIT I (25 min.)** *Gym 3*
YOGA FOUNDATIONS * *Yoga Studio*
CYCLE III *Cycling Studio*
 ■ **LIVING WELL LECTURE** *Tanglewood Room*
 It's the possibilities you choose that make all the difference.
 Begin your day and simply take pleasure in being well.
- 9:15 am **HIKE: LEVEL 3** *Front Spa Desk*
- 9:30 am **PAINTING NATURE IN WATERCOLORS** (2.5 hr.) *Fee: \$90* *Front Spa Desk*
 Woodland walk followed by watercolor lesson in the Sargent Brook Lounge.
- 10 am **ZUMBA® *** *Gym 1*
 ▼ **MUSCLE CONDITIONING *** *Gym 2*
BASIC AEROBIC CIRCUIT WEIGHTS I *Gym 5*
H₂O POWER HOUR * *Indoor Pool*
VINYASA FLOW III (90 min.) *Yoga Studio*
 ■ **AYURVEDIC MEDICINE** *Berkshire Room*
 Ayurveda, the "science of life", is an ancient healing system. Join Nina Molin, M.D., to discover how Ayurveda can be used for prevention, diagnosis, and treatment of illness, as well as, stress reduction and overall vitality.
- 11 am **PILATES WITH PROPS II/III** *Gym 1*
 ▼ **WOMEN'S STRETCH *** *Gym 2*
 ▼ **MEN'S STRETCH *** *Gym 3*
TRX STRENGTH® II/III *Limit 20* *Sports Court*
 ▼ **AQUA STRENGTH * CYCLE II** *Indoor Pool*
Cycling Studio
 ■ **CARDIO TENNIS** *Indoor Tennis Courts*
 A fun new approach to tennis in a great group aerobic workout. *Fee: \$60; Sign-up: Program Advising.*

AFTERNOON

- Noon **ROCK BOTTOM * (25 min.)** *Gym 1*
A.B.S. ON THE BALL * (25 min.) *Gym 2*
 ▼ **YAMUNA® FOOT FITNESS * (25 min.)** *Gym 3*
 ■ **PILATES GROUP REFORMER WORKSHOP** *Gym 4*
 Experience a full workout that includes core focus and total body training performed on the Reformer. A minimum of 10 previous Reformer sessions is required. *Limit 4; Fee: \$90; Sign-up: Program Advising.*
- **LUNCH & LEARN** *Demonstration Kitchen*
 Watch, learn and dine as our chef prepares Coconut Shrimp with Pineapple Sauce while sharing our trade secrets. *Complimentary.*
- 1 pm ■ **BREATHING FOR HEALTH & VITALITY** *Tanglewood Room*
 Do you experience chronic tightness in your upper body? This may be caused by incorrect breathing patterns. A mind/body instructor teaches you how to relax and breathe properly.
- **BEAUTY SECRETS** *Rockwell Room*
 Learn tips & tricks with our salon design team to bring out the best you can be.
- **THE ART OF FENCING: SWORDPLAY** *Gym 1*
 En garde! Challenge your legs and butt in this fun workout. Satisfy the dream of exploring the art of fencing. *Limit 8; Fee: \$90; Sign-up: Program Advising.*
- 1:15 pm **HIKE: LEVEL 2** *Front Spa Desk*
- 2 pm **DANCE JAM *** *Gym 1*
INTEGRAL STRENGTH II/III *Limit 15* *Gym 2*
 ▼ **CHAIR YOGA I (25 min.)** *Limit 10* *Gym 3*
AEROBIC CIRCUIT WEIGHTS II/III *Gym 5*
 ■ **BEGINNER TENNIS CLINIC** *Indoor Tennis Courts*
 An introduction to the game of tennis, from how to grip a racquet to basic elements of the swing. *Limit 4; Complimentary; Sign-up: Program Advising.*
- **HANDS-ON COOKING: DELICIOUS FISHES** *Demo Kitchen*
 (90 min.) *Fee: \$125; Sign-up: Program Advising.*
- **CHANGE YOUR THOUGHTS, CHANGE YOUR WORLD** *Berkshire Room*
 Are you driving yourself crazy with negative thoughts? Learn to stop beating yourself up with unhealthy messages and replace them with healthy thoughts that enhance your mood and functioning. Join a Canyon Ranch therapist to learn the secret to creating your own authentic life, one thought at a time.

My Schedule

- 3 pm **PILATES MAT ESSENTIALS I** (25 min.) *Gym 2*
CANYON RANCH YOGA II *Yoga Studio*
CORE POOL * *Indoor Pool*
ALL TERRAIN CYCLE I/II *Cycling Studio*
- **NATUROPATHIC MEDICINE** *Rockwell Room*
 A physician discusses how naturopathic medicine evaluates and addresses underlying causes of illness. Learn optimal wellness strategies, non-traditional lab testing options and natural therapies to treat the cause, not the symptom.
- **ARE YOU LIVING AS CREATIVELY AS YOU COULD BE?** (90 min.) *Sargent Brook Lounge*
 Explore and discover how to increase creativity in all areas of your life. *Limit 10; Complimentary; Sign-up: Program Advising.*
- 4 pm **CORE 24 II/III** *Gym 1*
YAMUNA® BODY ROLLING * *Gym 2*
STRIDE II/III *Gym 5*
WALLYBALL II/III *Racquet Court*
RESTORATIVE YOGA * *Yoga Studio*
- 5 pm ▼ **MEDITATION *** (25 min.) *Yoga Studio*
STRETCH & RELAX * *Gym 2*
- **ULTRALONGEVITY** *Stockbridge Room*
 Dr. Mark Liponis, corporate medical director, presents his book *UltraLongevity* and tells you why boosting your immune system may be a bad idea. Discover the 7-step program to harness the power of your immune system and slow down – even reverse – the process of aging.
- 5:30 pm ■ **FRIENDS OF BILL W. MEETING** *Lenox Room*
- ✳️ ■ **MENORAH LIGHTING & PRAYER** *Mansion Library*
 Everyone is welcome to join together for a reverent moment in the Feast of Lights.
- ✳️ **HANUKKAH MENU** *Dining Room*
 Holiday entrée to complement this evening’s menu; available at all dinner seatings.

EVENING

- 6:30 pm ■ **SUPERFOODS DINNER** (60 min.) *Demonstration Kitchen*
 Enjoy a great tasting meal rich in antioxidants. Complimentary. *Space is limited; Sign-up: Program Advising.*
- 7 pm ✳️ ■ **BEAD WELL** (90 min.) *Tanglewood Room*
 Relax and create your own beautiful beaded bracelet, suitable for holiday gift-giving. *Limit 10; Sign up: Program Advising.*
- 7:30 pm ✳️ ■ **TOM CARROLL: SEASONAL MUSIC** *Mansion Library*
- 8:30 pm ✳️ ■ **HOLIDAY BINGO** *Stockbridge Room*
 Bingo mania hits the Ranch! Come join the fun, with a chance to win wonderful prizes.

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TUESDAY *December 15, 2009*

FITNESS LEVEL I (Beginner) II (Intermediate) III (Advanced) * (All Levels)

☼ Holiday Joys

▼ Exercise and Vitality at Any Age

■ Daily discussions and workshops

MORNING

HIKES & OUTDOOR SPORTS

Descriptions available on page 21 & 22.

Sign up: Spa Activity Board

- 7 am **MORNING WALKS *** *Lower Spa Lobby*
- 7:45 am **ON PROPERTY POLE HIKE (60 min.)** *Front Spa Desk*
- 8 am ▼ **WAKE-UP WARM-UP STRETCH * (25 min.)** *Gym 2*
- 8:30 am **A.B.S. ON THE BALL * (20 min.)** *Gym 2*
- 9 am **LO IMPACT AEROBICS *** *Gym 1*
MORNING STRETCH * *Gym 2*
BASIC BALANCE * (25 min.) *Gym 3*
 ▼ **CHI PRACTICE *** *Yoga Studio*
CYCLE III *Cycling Studio*
- **LIVING YOUNGER LONGER** *Berkshire Room*
 Bring a "younger" healthier you into each new decade. Every day counts as you increase your vitality through exercise which improves not only physical conditioning, but also mental acuity and the actual "age" of your cells. A Canyon Ranch expert shares specifics.
- 9:15 am **HIKE: LEVEL 3** *Front Spa Desk*
- 9:30 am **OFF PROPERTY TAI CHI WALK (2 hr.)** *Front Spa Desk*
- 10 am **H₂O POWER HOUR *** *Indoor Pool*
NIA® * *Gym 1*
 ▼ **MUSCLE CONDITIONING *** *Gym 2*
BASIC AEROBIC CIRCUIT WEIGHTS I *Gym 5*
VINYASA FLOW III (90 min.) *Yoga Studio*
- 11 am **BOSU® PILATES II/III** *Gym 1*
 ▼ **WOMEN'S STRETCH *** *Gym 2*
 ▼ **MEN'S STRETCH *** *Gym 3*
SO YOU THINK YOU'RE ADVANCED III *Sports Court*
CYCLE II *Cycling Studio*
 ▼ **AQUA STRENGTH *** *Indoor Pool*
- **CARDIO TENNIS** *Indoor Tennis Courts*
 A fun new approach to tennis in a great group aerobic workout. *Fee: \$60; Sign-up: Program Advising.*
- **SECRETS TO SLEEPING SOUNDLY** *Berkshire Room*
 Why do we sleep? Join an expert to learn more about why we spend one third of our life sleeping and how we can improve the quality and quantity of sleep.

AFTERNOON

- Noon **ROCK BOTTOM * (25 min.)** *Gym 1*
A.B.S. ON THE BALL * (25 min.) *Gym 2*
 ▼ **YAMUNA® FOOT FITNESS * (25 min.)** *Gym 3*
- **LUNCH & LEARN** *Demonstration Kitchen*
 Watch, learn and dine as our chef prepares Scallops with Gingered Sweet Potatoes while sharing our trade secrets. *Complimentary.*
- 12:30 pm ☼ ■ **SHOPPING TRIP: Prime Outlets, Lee, MA** *Pavilion Lobby*
Sign-up: Guest Services; Picked up at the Outlets at 2:30 pm
- 1:15 pm **ON PROPERTY TRAIL WALK (1 hr.)** *Front Spa Desk*
- 2 pm **RETROBODICS II/III** *Gym 1*
POWERBALL II/III *Limit 20* *Gym 2*
 ▼ **CHAIR STRETCH I (25 min.)** *Limit 10* *Gym 3*
AEROBIC CIRCUIT WEIGHTS II/III *Gym 5*
GENTLE YOGA FLOW I *Yoga Studio*
- **TENNIS: DOUBLES CLINIC** *Indoor Tennis Courts*
 Simulate situations occurring during a point played in a match. The pro will guide you in how, why and where the ball should be played. *Limit 4; Fee: \$60; Sign-up: Program Advising.*
- **CLEARING ENERGY BLOCKS** *Tanglewood Room*
 What's your connection with energy (chi)? Join a Canyon Ranch acupuncturist and learn to make it a friend that heals, informs and enlivens you.
- **HANDS-ON COOKING: SPEED CUISINE** *Demo Kitchen*
 (90 min.) *Fee: \$125; Sign-up: Program Advising.*
- 3 pm **ISRAELI DANCE *** *Gym 1*
PILATES PRINCIPLES I (25 min.) *Gym 2*
CANYON RANCH YOGA II *Yoga Studio*
CORE POOL * *Indoor Pool*
ALL TERRAIN CYCLE I/II *Cycling Studio*
- **ROUND ROBIN DOUBLES** *Indoor Tennis Courts*
 A doubles tournament in a round-robin format. (2.5 skill level required.) *Sign-up: Spa Activity Board.*
- **HOW HEALTHY IS YOUR HEART** *Berkshire Room*
 Many people with normal cholesterol and blood pressure learn the hard way that they have heart disease. Don't get caught by surprise – our physicians discuss the latest tests and strategies to reduce and reverse cardiovascular disease.

- 4 pm **CORE 24 II/III** *Gym 1*
STRIDE II/III *Gym 5*
RESTORATIVE YOGA * *Yoga Studio*
WALLYBALL II/III *Racquet Court*
- **PHYSIOLOGY OF TRANQUILITY** *Tanglewood Room*
 Join a Canyon Ranch behavioral therapist to learn how biofeedback and visualization can help you gain awareness of your mind-body connection and develop a sensory experience of peacefulness. Lecture includes a biofeedback demonstration.
- ✳️ ■ **BEAD WELL (90 min.)** *Rockwell Room*
 Relax and create your own beautiful beaded bracelet suitable for holiday gift-giving.
Limit 10; Complimentary; Sign up: Program Advising.
- 5 pm ▼ **MEDITATION *** *Yoga Studio*
STRETCH & RELAX * *Gym 2*
BASKETBALL PICK-UP GAME *Sports Court*
- 5:30 pm ■ **FRIENDS OF BILL W. MEETING** *Lenox Room*
- ✳️ ■ **MENORAH LIGHTING & PRAYER** *Mansion Library*
 Everyone is welcome to join together for a reverent moment in the Feast of Lights.
- ✳️ ■ **HANUKKAH MENU** *Dining Room*
 Holiday entrée to complement this evening's menu; available at all dinner seatings.

EVENING

- 6:30 pm ✳️ ■ **TASTE OF NEW ENGLAND** *Demonstration Kitchen*
HOLIDAY DEMONSTRATION DINNER
Complimentary. Space is limited; Sign up: Program Advising.
- 7 pm ■ **HEALING ENERGY SELF CARE (90 min.)** *Rockwell Room*
 Learn simple, do-it-yourself techniques to help relax, open energy centers (chakras), and strengthen the immune system by opening your heart center. *Please arrive promptly as the class begins with essential instruction. No admittance after 7:10 pm.*
- 8 pm ✳️ ■ **PRACTICING THE PRACTICAL POWER OF GRATITUDE** *Berkshire Room*
 Experience the fulfillment of expressing and receiving gratitude! Spend an entertaining and inspiring hour with Jerry Posner, author of "Attention Late Bloomers: You're Right On Time!" and learn to use "grati-tools" to increase happiness, improve relationships, achieve balance in life ... and have some fun, as well!
- 8:30 pm ✳️ ■ **FILM NIGHT: MIRACLE ON 34TH STREET** *Sargent Brook Lounge*
 Come and enjoy a specially chosen movie and festive snacks to enhance your Canyon Ranch experience.
- **PORTRAIT DRAWING (90 min.)** *Stockbridge Room*
 Artist Morris Bennett focuses mostly on line techniques, providing tricks of the trade in this non-traditional studio experience. "Talent" is not necessary! *Limit 10; Complimentary; Sign-up: Program Advising.*

My Schedule

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WEDNESDAY *December 16, 2009*

FITNESS LEVEL I (Beginner) II (Intermediate) III (Advanced) * (All Levels)

☼ Holiday Joys

▼ Exercise and Vitality at Any Age

■ Daily discussions and workshops

MORNING

HIKES & OUTDOOR SPORTS

Descriptions available on page 21 & 22.

Sign up: Spa Activity Board

- 7 am **MORNING WALKS *** *Lower Spa Lobby*
- 7:45 am **OUTDOOR MORNING TAI CHI** *Front Spa Desk*
- 8 am ▼ **WAKE-UP WARM-UP STRETCH *** (25 min.) *Gym 2*
HIKE: LEVEL 5 *Front Spa Desk*
- 8:30 am **A.B.S. ON THE BALL *** (20 min.) *Gym 2*
- 9 am **LO IMPACT AEROBICS *** *Gym 1*
MORNING STRETCH * *Gym 2*
 ▼ **SIT AND BE FIT I** (25 min.) *Gym 3*
CYCLE III *Cycling Studio*
YOGA FOUNDATIONS * *Yoga Studio*
- **TAKING IT HOME WITH YOU** *Tanglewood Room*
 Let us guide you through our take home packet of tools and tactics to help you go home with a realistic plan to achieve your healthy intentions.
- 9:15 am **HIKE: LEVEL 3** *Front Spa Desk*
- 9:30 am **PAINTING NATURE IN WATERCOLORS** (2.5 hr.) *Fee: \$90 Front Spa Desk*
 Woodland walk followed by watercolor lesson in the Sargent Brook Lounge.
- ☼ ■ **HANDS-ON COOKING: BAKING HEALTHY HOLIDAY TREATS** *Demo Kitchen*
 (90 min.) *Fee: \$125; Sign-up: Program Advising.*
- 10 am **STRIP FIT *** *Gym 1*
 ▼ **MUSCLE CONDITIONING *** *Gym 2*
BASIC AEROBIC CIRCUIT WEIGHTS I *Gym 5*
H₂O POWER HOUR * *Indoor Pool*
VINYASA FLOW III (90 min.) *Yoga Studio*
- **TENNIS: STROKE OF THE DAY** *Indoor Tennis Courts*
 We will pick a shot and discuss and demonstrate how to do it. Everyone involved will have many opportunities to practice. *Fee: \$60; Sign-up: Program Advising.*
- **TO VITAMIN OR NOT TO VITAMIN?** *Berkshire Room*
 Join a Canyon Ranch physician to learn how science allows us to target your unique needs to optimize your health, energy levels and mental functioning.

- 11 am **PILATES WITH PROPS II/III** *Gym 1*
 ▼ **WOMEN'S STRETCH *** *Gym 2*
 ▼ **MEN'S STRETCH *** *Gym 3*
CYCLE II *Cycling Studio*
TRX STRENGTH II/III *Limit 20 Sports Court*
 ▼ **AQUA STRENGTH *** *Indoor Pool*
- **CARDIO TENNIS** *Indoor Tennis Courts*
 A fun new approach to tennis in a great group aerobic workout. *Fee: \$60; Sign-up: Program Advising.*
- **DETOXIFICATION** *Tanglewood Room*
 Do you know your body's total toxic load? Learn about the science of detoxification, how and why toxins affect us, where toxins come from and how you can best assess and address health issues that may be the result of a toxic burden on the body.

AFTERNOON

- Noon **ROCK BOTTOM *** (25 min.) *Gym 1*
A.B.S. ON THE BALL * (25 min.) *Gym 2*
 ▼ **YAMUNA® FOOT FITNESS *** (25 min.) *Gym 3*
 ▼ **POWER OF BREATH *** (25 min.) *Yoga Studio*
- 1 pm ■ **THE ART OF FENCING: SWORDPLAY** *Gym 1*
 Enguard! Challenge your legs and butt in this fun workout. Satisfy the dream of exploring the art of fencing. *Limit 8; Fee: \$90; Sign-up: Program Advising.*
- **THE MAGIC PILL: EXERCISE (OF COURSE)** *Berkshire Room*
 Join a Canyon Ranch exercise physiologist and learn the story of a universal treatment to cure what ails you! This treatment does not discriminate against young or old, short or tall, big or small...it just works.
- **ASTROLOGY & SYNCHRONICITY** *Rockwell Room*
 Modern astrology uses the innate human connection with energies of the cosmos to make predictions about personal, political and financial matters. Celeste Longacre, Astrologist for the Old Farmers' Almanac, explains the meaning of these connections.
- 1:15 pm **HIKE: LEVEL 1** *Front Spa Desk*
- 1:30 pm **CENTENNIAL MEMBERSHIPS** *Spa Lobby*
 Learn the benefits of membership and how you can make a long-term commitment to healthy living. In addition to this scheduled info session, the membership office is open daily.
- 2 pm **DANCE JAM *** *Gym 1*
INTEGRAL STRENGTH II/III *Limit 15 Gym 2*
 ▼ **CHAIR YOGA I** (25 min.) *Limit 10 Gym 3*
AEROBIC CIRCUIT WEIGHTS II/III *Gym 5*
- ☼ ■ **HANDS-ON COOKING: HEALTHY ENTERTAINING** *Demo Kitchen*
 (90 min.) *Fee: \$125; Sign-up: Program Advising.*

My Schedule

3 pm **PILATES ESSENTIALS** * (25 min.) Gym 2
ALL TERRAIN CYCLE I/II Cycling Studio
CANYON RANCH YOGA II Yoga Studio
CORE POOL * Indoor Pool

■ **COLLAGE ART** (90 min.) Sargent Brook Lounge
 Use found images from graphic art, photos or print materials to create a unique expression through collage. *Limit 8; Complimentary; Sign-up: Program Advising.*

■ **BUILDING BETTER BONES** Berkshire Room
 Bone health is an important biomarker. And, bone density has been linked to the risk of breast cancer, depression & anxiety and heart disease. A physician tells you how to get the most out of your bone density test results.

4 pm **CORE 24 II/III** Gym 1
YAMUNA® BODY ROLLING * Gym 2
STRIDE II/III Gym 5
RESTORATIVE YOGA * Yoga Studio
WALLYBALL II/III Racquet Court

■ **TRANQUILITY MEDITATION WORKSHOP** (1 hr. 20 min.) Tanglewood Room
 Join a behavioral therapist to learn to create a sacred space of tranquility and inner peace through visualization and meditative techniques. This practice can help you to detach from turbulent demands while you dwell in the midst of stillness and gain peace of mind.
Fee: \$110; Sign-up: Program Advising.

5 pm ▼ **MEDITATION** * (25 min.) Yoga Studio
STRETCH & RELAX * (25 min.) Gym 2

5:30 pm ■ **12-STEP RECOVERY MEETING** Stockbridge Room
 AA, NA, GA, CA, OA & ALANON members welcome.

✳️ ■ **MENORAH LIGHTING & PRAYER** Mansion Library
 Everyone is welcome to join together for a reverent moment in the Feast of Lights.

✳️ ■ **HANUKKAH MENU** Dining Room
 Holiday entrée to complement this evening's menu; available at all dinner seatings.

EVENING

7 pm ■ **SIMPLY PAINFUL** Berkshire Room
 Join a neuromuscular therapist and learn how we unknowingly put our bodies in painful positions and how this therapy can help.

✳️ ■ **ACOUSTIC GUITAR** Mansion Library

8:30 pm ■ **BINGO** Stockbridge Room
 Bingo mania hits the Ranch! Come join the fun, with a chance to win wonderful prizes.

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THURSDAY *December 17, 2009*

FITNESS LEVEL I (Beginner) II (Intermediate) III (Advanced) * (All Levels)

☼ Holiday Joys

▼ Exercise and Vitality at Any Age

■ Daily discussions and workshops

MORNING

HIKES & OUTDOOR SPORTS

Descriptions available on page 21 & 22.

Sign up: Spa Activity Board

- 7 am **MORNING WALKS *** *Lower Spa Lobby*
- 7:45 am **ON PROPERTY POLE HIKE (60 min.)** *Front Spa Desk*
- 8 am ▼ **WAKE-UP WARM-UP STRETCH * (25 min.)** *Gym 2*
- 8:30 am **A.B.S. ON THE BALL * (20 min.)** *Gym 2*
- 9 am **LO IMPACT AEROBICS *** *Gym 1*
MORNING STRETCH * *Gym 2*
BASIC BALANCE * (25 min.) *Gym 3*
CYCLE III *Cycling Studio*
 ▼ **CHI PRACTICE *** *Yoga Studio*
 ■ **SELF EMPOWERMENT, (110 min.)** *Berkshire Room*
SELF FORGIVENESS WORKSHOP
 Join us to learn why forgiveness occupies a central role in all spiritual traditions. Explore how the power to choose forgiveness leads to freedom, growth, and healing. *Limit 12; Fee: \$140; Sign-up: Spa Activity Boards.*
- 9:15 am **HIKE: LEVEL 2** *Front Spa Desk*
- 9:30 am **OFF PROPERTY TAI CHI WALK (2 hr.)** *Front Spa Desk*
- 10 am **NIA® *** *Gym 1*
 ▼ **MUSCLE CONDITIONING *** *Gym 2*
BASIC AEROBIC CIRCUIT WEIGHTS I *Gym 5*
VINYASA FLOW III (90 min.) *Yoga Studio*
H₂O POWER HOUR * *Indoor Pool*
- 11 am **BOSU® PILATES II/III** *Gym 1*
 ▼ **WOMEN'S STRETCH *** *Gym 2*
 ▼ **MEN'S STRETCH *** *Gym 3*
SO YOU THINK YOU'RE ADVANCED III *Sports Court*
CYCLE II *Cycling Studio*
 ▼ **AQUA STRENGTH *** *Indoor Pool*
 ■ **CARDIO TENNIS** *Indoor Tennis Courts*
 A fun new approach to tennis in a great group aerobic workout. *Fee: \$60; Sign-up: Program Advising.*
 ■ **THE SCIENCE OF WEIGHT LOSS** *Tanglewood Room*
 Gain freedom from the "battle of the bulge"! A physician discusses weight loss management strategies that improve health, boost metabolism & raise energy levels.

AFTERNOON

- Noon **ROCK BOTTOM * (25 min.)** *Gym 1*
A.B.S. ON THE BALL * (25 min.) *Gym 2*
 ▼ **YAMUNA® FOOT FITNESS * (25 min.)** *Gym 3*
 ■ **LUNCH & LEARN** *Demonstration Kitchen*
 Watch, learn and dine as our chef prepares Cranberry Glazed Salmon while sharing our trade secrets. *Complimentary.*
- 1 pm ■ **BEAUTY SECRETS** *Berkshire Room*
 Learn tips & tricks with our salon design team to bring out the best you can be.
 ☼ **BEAD A BOOKMARK (50 min.)** *Sargent Brook Lounge*
 Relax and create your own decorative beaded bookmark, suitable for gift-giving.
Limit 10; Complimentary; Sign up: Program Advising.
- 1:15 pm **ON PROPERTY TRAIL WALK (1 hr.)** *Front Spa Desk*
- 2 pm **RETROBICS II/III** *Gym 1*
POWERBALL II/III *Limit 20* *Gym 2*
 ▼ **CHAIR STRETCH I (25 min.)** *Limit 10* *Gym 3*
AEROBIC CIRCUIT WEIGHTS II/III *Gym 5*
GENTLE YOGA FLOW I *Yoga Studio*
 ■ **TENNIS: GUEST CHOICE** *Indoor Tennis Courts*
 Tell us what you want to work on and we will dedicate the time to the stroke of your choice. *Fee: \$60; Sign-up: Program Advising.*
 ■ **WHAT'S IN YOUR PANTRY?** *Tanglewood Room*
 Join a Canyon Ranch nutritionist as they stroll through great food choices, recommended brands, and key ingredients. This lecture will keep your kitchen functional for your health as well as your shelves.
 ■ **HANDS-ON COOKING: SEASONAL SOUPS** *Demo Kitchen*
 (90 min.) *Fee: \$125. Sign-up: Program Advising.*
 ☼ **GINGERBREAD MANSION CONSTRUCTION** *Hotel Pavilion*
 Bring your questions to this chef-hosted viewing of the Bellefontaine Mansion gingerbread project, selected in celebration of our 20th Anniversary year. Gingerbread cookies served. Drop in any time until 4 pm.
- 3 pm **PILATES PRINCIPLES I (25 min.)** *Gym 2*
ALL TERRAIN CYCLE I/II *Cycling Studio*
CANYON RANCH YOGA II *Yoga Studio*
CORE POOL* *Indoor Pool*
 ■ **FAMILY COMMUNICATION** *Berkshire Room*
 Join a life management therapist to learn strategies for healthy communication. In this interactive discussion format, you will learn ways to understand how to change the old styles of relating through better self awareness, partnership, and becoming more proactive. Some examples of common daily stressors facing families will be discussed.

4 pm **CORE 24 II/III** *Gym 1*
STRIDE II/III *Gym 5*
RESTORATIVE YOGA * *Yoga Studio*
WALLYBALL II/III *Racquet Court*

■ **CREATE A PERSONAL MANDALA (90 min.)** *Stockbridge Room*
 A mandala is a circular design traditionally used as a tool to aid in meditation. Enjoy crafting this meditation aid while increasing access to deeper aspects of yourself. Class presented by Morris Bennett. *Limit 10; Complimentary; Sign-up: Program Advising.*

5 pm ▼ **MEDITATION * (25 min.)** *Yoga Studio*
STRETCH & RELAX * *Gym 2*

■ **PROACTIVE PHYSICAL THERAPY: TREAT YOUR OWN ACHES AND PAINS** *Tanglewood Room*
 Join a physical therapist and explore some of the causes and solutions to common aches and pains.

5:30 pm ■ **FRIENDS OF BILL W. MEETING** *Lenox Room*

✱■ **MENORAH LIGHTING & PRAYER** *Mansion Library*
 Everyone is welcome to join together for a reverent moment in the Feast of Lights.

✱ **HANUKKAH MENU** *Dining Room*
 Holiday entrée to complement this evening's menu; available at all dinner seatings.

EVENING

6 pm ■ **BOOSTING YOUR BRAIN POWER** *Rockwell Room*
 Join a physician to hear about the latest research on the underlying causes of Alzheimer's & other brain disorders. Learn to prevent abnormal aging through lifestyle change, diet & supplements.

7 pm ■ **ACUPUNCTURE FOR HEALTHY WEIGHT** *Berkshire Room*
 Come learn about this modern style of acupuncture for supporting healthy weight. Used in hospitals throughout China, it is now here at Canyon Ranch and may just provide the natural boost needed to enhance your healthy weight program.

8 pm ✱■ **HANDS-ON COOKING: CHOCOLATE** *Demo Kitchen*
 (90 min.) *Fee: \$125. Sign-up: Program Advising.*

8:30 pm ✱■ **FILM NIGHT: IT'S A WONDERFUL LIFE** *Sargent Brook Lounge*
 Come and enjoy a specially chosen healthy movie and festive snacks to enhance your Canyon Ranch experience.

My Schedule

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FRIDAY *December 18, 2009*

FITNESS LEVEL I (Beginner) II (Intermediate) III (Advanced) * (All Levels)

☼ Holiday Joys

▼ Exercise and Vitality at Any Age

■ Daily discussions and workshops

MORNING

HIKES & OUTDOOR SPORTS

Descriptions available on page 21 & 22.

Sign up: Spa Activity Board

- 7 am **MORNING WALKS *** *Lower Spa Lobby*
- 7:45 am **OUTDOOR MORNING TAI CHI** *Front Spa Desk*
- 8 am ▼ **WAKE-UP WARM-UP STRETCH * (25 min.)** *Gym 2*
HIKE: LEVEL 4 *Front Spa Desk*
- 8:30 am **A.B.S ON THE BALL. * (20 min.)** *Gym 2*
- 9 am **LO IMPACT AEROBICS *** *Gym 1*
MORNING STRETCH * *Gym 2*
 ▼ **SIT AND BE FIT I (25 min.)** *Gym 3*
CYCLE III *Cycling Studio*
YOGA FOUNDATIONS * *Yoga Studio*
- **LIVING WELL LECTURE** *Tanglewood Room*
 It's the possibilities you choose that make all the difference.
 Begin your day and simply take pleasure in being well.
- 9:15 am **HIKE: LEVEL 3** *Front Spa Desk*
- 9:30 am ■ **ZEN WATERCOLOR PAINTING (2.5 hr.)** *Front Spa Desk*
 Enjoy a blend of art and meditative walking along with a simple watercolor lesson in the Sargent Brook Lounge. *Fee: \$90;*
Sign-up: Spa Activity Boards.
- 10 am **ZUMBA® *** *Gym 1*
 ▼ **MUSCLE CONDITIONING *** *Gym 2*
BASIC AEROBIC CIRCUIT WEIGHTS I *Gym 5*
H₂O POWER HOUR * *Indoor Pool*
VINYASA FLOW III (90 min.) *Yoga Studio*
- **IS STRESS MAKING ME FAT?** *Berkshire Room*
 Do you eat more when stressed out? Are you craving certain foods? Do you feel like all your weight is going to your middle? Join a Canyon Ranch nutritionist to help you "de-stress" the stress and eating issue.
- 11 am **PILATES WITH PROPS II/III** *Gym 1*
 ▼ **WOMEN'S STRETCH *** *Gym 2*
 ▼ **MEN'S STRETCH *** *Gym 3*
CYCLE II *Cycling Studio*
TRX® STRENGTH II/III *Sports Court*
 ▼ **AQUA STRENGTH *** *Indoor Pool*
- **CARDIO TENNIS** *Indoor Tennis Courts*
 A fun new approach to tennis in a great group aerobic workout. *Fee: \$60; Sign-up: Program Advising.*
- **WOMEN'S HEALTH: AN INTEGRATIVE APPROACH** *Tanglewood Room*
 Join a Canyon Ranch physician to learn how we can maintain and regain health and balance throughout our lives.

AFTERNOON

- Noon **ROCK BOTTOM * (25 min.)** *Gym 1*
A.B.S. ON THE BALL * (25 min.) *Gym 2*
 ▼ **YAMUNA® FOOT FITNESS * (25 min.)** *Gym 3*
 ▼ **POWER OF BREATH * (25 min.)** *Yoga Studio*
- **LUNCH & LEARN** *Demonstration Kitchen*
 Watch, learn and dine as our chef prepares Crispy Cinnamon Chicken while sharing our trade secrets. *Complimentary.*
- 1 pm ■ **TENNIS: BASE LINE SKILLS** *Indoor Tennis Courts*
 Learn the correct footwork and core balance associated with the forehand and backhand while fine tuning your strokes. *Fee: \$60; Sign-up: Program Advising.*
- **THE ART OF MINDFULNESS** *Berkshire Room*
 The art of living mindfully involves waking up from our habitual patterns to a life that is vibrant, meaningful and truly alive. A behavioral therapist explores cultivating this enriching life skill to live life as if it really matters.
- 1:15 pm **HIKE: LEVEL 2** *Front Spa Desk*
- 1:30 pm **CENTENNIAL MEMBERSHIPS** *Spa Lobby*
 Learn the benefits of membership and how you can make a long-term commitment to healthy living. In addition to this scheduled info session, the membership office is open daily.
- 2 pm **DANCE JAM *** *Gym 1*
INTEGRAL STRENGTH II/III *Limit 15* *Gym 2*
 ▼ **CHAIR YOGA I (25 min.)** *Limit 10* *Gym 3*
AEROBIC CIRCUIT WEIGHTS II/III *Gym 5*
- **HANDS-ON COOKING: SPEED CUISINE** *Demo Kitchen*
 (90 min.) *Fee: \$125; Sign-up: Program Advising.*
- **SECRETS TO YOUTHFUL SKIN** *Rockwell Room*
 Join a Canyon Ranch esthetician and deepen your knowledge of products best for your skin. Learn to keep your skin healthy and glowing.
- **CHINESE MEDICINE FOR STRESS AND EXHAUSTION** *Tanglewood Room*
 Join a Canyon Ranch acupuncturist to learn Chinese Medicine's approach to treating stress problems. Learn simple "home remedies" as well as Chinese Medicine solutions for managing modern ailments.
- ☼ **GINGERBREAD MANSION CONSTRUCTION** *Hotel Pavilion*
 Bring your questions to this chef-hosted viewing of the Bellefontaine Mansion gingerbread project, selected in celebration of our 20th Anniversary year. Gingerbread cookies served. Drop in any time until 4 pm.

My Schedule

- 3 pm **PILATES ESSENTIALS *** (25 min.) *Gym 2*
CANYON RANCH YOGA II *Yoga Studio*
CORE POOL * *Indoor Pool*
ALL TERRAIN CYCLE I/II *Cycling Studio*
- **PAINT & PLAY** (90 min.) *Sargent Brook Lounge*
 "Breaking the rules" allows the seed of creativity to grow inside. Experiment with a variety of mediums as artist Colleen Kiger guides you through the process. *Limit 8; Complimentary; Sign-up: Program Advising.*
- **NUMEROLOGY: EXPLORING THE POWER OF NUMBERS** *Berkshire Room*
 Numbers play an important role in balancing our lives. Discover the emotional qualities numbers possess and explore the sacred geometry numbers hold in their shape. Learn how numbers can provide insight about your character and purpose in life.
- 4 pm **CORE 24 II/III** *Gym 1*
STRIDE II/III *Gym 5*
RESTORATIVE YOGA * *Yoga Studio*
WALLYBALL II/III *Racquet Court*
- 5 pm ▼ **MEDITATION *** (25 min.) *Yoga Studio*
STRETCH & RELAX * *Gym 2*
- 5:15 pm ■ **BUILDING A BETTER YOU** *Berkshire Room*
 Join a physical therapist for simple ways to perfect the wondrous machine that is your body.
- 5:30 pm ■ **FRIENDS OF BILL W. MEETING** *Lenox Room*
 ✨■ **MENORAH LIGHTING & PRAYER** *Mansion Library*
 Everyone is welcome to join together for a reverent moment in the Feast of Lights.
 ✨ **HANUKKAH MENU** *Dining Room*
 Holiday entrée to complement this evening's menu; available at all dinner seatings.

EVENING

- 7:30 pm ✨■ **PETER BREYKIN: SEASONAL MUSIC** *Healthy Living Room*
- 8 pm ✨■ **HANDS-ON COOKING: CHALLAH** (90 min.) *Demo Kitchen*
Fee: \$125; Sign-up: Program Advising.
- **GAME NIGHT** *Hotel Pavilion*
 Join your fellow guests for a self-guided friendly game of dominoes, Scrabble® and other game favorites.

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SATURDAY *December 19, 2009*

FITNESS LEVEL I (Beginner) II (Intermediate) III (Advanced) * (All Levels)

☼ Holiday Joys

✓ Exercise and Vitality at Any Age

■ Daily discussions and workshops

MORNING

HIKES & OUTDOOR SPORTS

Descriptions available on page 21 & 22.

Sign up: Spa Activity Board

7 am	MORNING WALKS *	Lower Spa Lobby
7:45 am	ON PROPERTY POLE HIKE (60 min)	Front Spa Desk
8 am	✓ WAKE-UP WARM-UP STRETCH * (25 min.)	Gym 2
	HIKE: LEVEL 5	Front Spa Desk
8:30 am	A.B.S. ON THE BALL * (20 min.)	Gym 2
9 am	CYCLING III	Cycling Studio
	LO IMPACT AEROBICS *	Gym 1
	MORNING STRETCH *	Gym 2
	BASIC BALANCE * (25 min.)	Gym 3
	✓ CHI PRACTICE *	Yoga Studio
9:15 am	HIKE: LEVEL 3	Front Spa Desk
9:30 am	OFF PROPERTY TAI CHI WALK (2 hr.)	Front Spa Desk
10 am	H₂O POWER HOUR *	Indoor Pool
	STRIP FIT *	Gym 1
	✓ MUSCLE CONDITIONING *	Gym 2
	BASIC AEROBIC CIRCUIT WEIGHTS I	Gym 5
	VINYASA FLOW III (90 min.)	Yoga Studio
	■ GRACEFUL AGING	Berkshire Room
	Join a Canyon Ranch acupuncturist to contrast Chinese and American cultural norms around aging. Discuss inspiring ways we can improve our chances of living a long and healthy life and aging more gracefully. Learn to see every stage in life as a reason for celebration!	
11 am	BOSU® PILATES II/III	Gym 1
	✓ WOMEN'S STRETCH *	Gym 2
	✓ MEN'S STRETCH *	Gym 3
	✓ AQUA STRENGTH *	Indoor Pool
	SO YOU THINK YOU'RE ADVANCED III	Sports Court
	CYCLE II	Cycling Studio
	■ CARDIO TENNIS	Indoor Tennis Courts
	A fun new approach to tennis in a great group aerobic workout. Fee: \$60; Sign-up: Program Advising.	
	■ ULTRAPREVENTION: THE CAUSE AND PREVENTION OF ILLNESS	Rockwell Room
	Join a Canyon Ranch physician to learn how you can take advantage of this revolution in the science of medicine to prevent and cure most common diseases.	

AFTERNOON

Noon	ROCK BOTTOM * (25 min.)	Gym 1
	A.B.S. ON THE BALL * (25 min.)	Gym 2
	YAMUNA® FOOT FITNESS * (25 min.)	Gym 3
	BASKETBALL PICK-UP GAME	Sports Court
	■ PILATES GROUP REFORMER WORKSHOP	Gym 4
	Experience a full workout that includes core focus and total body training performed on the Reformer. A minimum of 10 previous Reformer sessions is required. Limit 4; Fee: \$90; Sign-up: Program Advising.	
	■ LUNCH & LEARN	Demonstration Kitchen
	Watch, learn and dine as our chef prepares Blackened Trout with Creole Sauce while sharing our trade secrets. Complimentary.	
12:30 pm	■ NORMAN ROCKWELL MUSEUM TOUR (2 hr.)	Pavilion Lobby
	Fee paid at Museum: \$15.00 (cash only). Sign up: Ext. 5525.	
1 pm	■ THE ART OF FENCING: SWORDPLAY	Gym 1
	Enguard! Challenge your legs and butt in this fun workout. Satisfy the dream of exploring the art of fencing. Limit 8; Fee: \$90; Sign-up: Program Advising.	
	■ CARING FOR OURSELVES;	Tanglewood Room
	CARING FOR OUR KIDS	
	How do parents set the stage for their children's long-term health? Learn how your approach to healthy habits can help your kids.	
1:15 pm	HIKE: LEVEL 1	Front Spa Desk
2 pm	RETROBODICS II/III	Gym 1
	POWERBALL II/III Limit 20	Gym 2
	✓ CHAIR STRETCH I (25 min.) Limit 10	Gym 3
	AEROBIC CIRCUIT WEIGHTS II/III	Gym 5
	GENTLE YOGA FLOW I	Yoga Studio
	☼ AFTERNOON TEA (2 hrs.)	Hotel Pavilion
	■ TENNIS: DOUBLES CLINIC	Indoor Tennis Courts
	Simulate situations occurring during a point played in a match. The pro will guide you in how, why and where the ball should be played. Limit 4; Fee: \$60; Sign-up: Program Advising.	
	■ HANDS-ON COOKING: DELICIOUS FISHES	Demo Kitchen
	(90 min.) Fee: \$125; Sign-up: Program Advising.	
	■ TAKING IT HOME WITH YOU	Berkshire Room
	Let us guide you through our take home packet of tools and tactics to help you go home with a realistic plan to achieve your healthy intentions.	
	☼ GINGERBREAD MANSION CONSTRUCTION	Hotel Pavilion
	Bring your questions to this chef-hosted viewing of the Bellefontaine Mansion gingerbread project, selected in celebration of our 20th Anniversary year. Gingerbread cookies served. Drop in any time until 4 pm.	

My Schedule

- 3 pm **BAREFOOT BOOGIE *** Gym 1
PILATES PRINCIPLES I (25 min.) Gym 2
ALL TERRAIN CYCLE I/II Cycling Studio
CORE POOL * Indoor Pool
CANYON RANCH YOGA II Yoga Studio
- **TENNIS: ROUND ROBIN DOUBLES** Indoor Tennis Courts
A doubles tournament in a round-robin format. (2.5 skill level required.) *Complimentary. Sign up: Spa Activity Board.*
- **MINDFUL MEDITATION** (90 min.) Tanglewood Room
WORKSHOP
Learn to use Mindfulness Meditation to enhance your peace of mind. A behavioral therapist guides you through focused awareness activities to develop stress management skills. *Fee: \$110; Sign-up: Program Advising.*
- 4 pm **YAMUNA® BODY ROLLING *** Gym 2
STRIDE II/III * Gym 5
RESTORATIVE YOGA * Yoga Studio
WALLYBALL II/III Racquet Court
- **WEST AFRICAN DRUMMING** Gym 1
Experience the healing power of the drum! You'll learn basic hand drumming techniques and specific rhythms as we make music together.
- 5 pm ▼ **MEDITATION *** (25 min.) Yoga Studio
STRETCH & RELAX * Gym 2
- 5:30 pm ■ **FRIENDS OF BILL W. MEETING** Lenox Room

EVENING

- 7:30 pm *■ **WAYS TO CREATE MIRACLES IN YOUR LIFE** Berkshire Room
Miracles happen ... how about creating your own? Join Jerry Posner, author of "Attention Late Bloomers: You're Right On Time!" for a newly revised, entertaining and practical approach to miracle making, including a three-step process to help increase the probability of specific goals and desired outcomes in your life.
- 8 pm *■ **CULTURAL EVENT: AN NOLLAIG:** Hotel Pavilion
AN IRISH CHRISTMAS WITH VIOLINIST EILEEN IVERS
Eileen Ivers captures the spirit and magic of the season in this heartwarming holiday show, featuring traditional Irish songs, original tunes and specially arranged holiday favorites at the beautifully restored Colonial Theatre. This performance is a special celebration for all ages by the versatile and legendary Ivers, described by the *New York Times* as "the Jimi Hendrix of the violin." *Call Guest Services ext. 5519 to purchase tickets; transportation is complimentary.*
- 8:30 pm *■ **HOLIDAY BINGO** Stockbridge Room
Bingo mania hits the Ranch! Come join the fun, with a chance to win wonderful prizes.

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6 pm _____

6:30 pm _____

7 pm _____

7:30 pm _____

8 pm _____

8:30 pm _____

9 pm _____

Find Your Level

We encourage you to get fit and have fun! When choosing a class, please be mindful of your fitness level. Although you may be an avid runner, keep in mind that your flexibility may be at a different level. We want you to enjoy your stay and find classes that suit your needs. If you have any questions about a class, ask the instructor or call Fitness at Ext. 5472.

We offer classes in six categories:

**CARDIO • FLEXIBILITY • MIND-BODY • SPECIALTY
STRENGTH • DANCE**

Within these categories are four fitness levels:

**I (BEGINNER) • II (INTERMEDIATE) • III (ADVANCED)
* (ALL LEVELS)**

A complete and well-balanced program will ideally include a combination of cardio, strength and flexibility.

BEGINNER: ALL LEVELS, LEVEL I, LEVEL I/II

Cardio – New or returning to a cardiovascular program/ Occasional walking, 15-20 minutes. Low to moderate intensity.

Strength – New or returning to a strength program/No formal or specific weight-training program

Flexibility – New or returning to a flexibility program

Yoga – New or returning to a yoga practice

INTERMEDIATE: LEVEL II, LEVEL II/III

Cardio – Current program consisting of 30 to 40 minutes of cardiovascular work 3 to 4 times a week. Moderate intensity.

Strength – Current program including push-ups, squats, lunges

Flexibility – Currently stretching on a regular basis at the beginning or end of a workout

Yoga – At least 6 months of practicing once a week, comfortable doing a Sun Salutation

ADVANCED: NO LIMITATIONS, LEVEL II, LEVEL II/III, LEVEL III

Cardio – Current program consisting of 40+ minutes of cardiovascular work 4 or more times a week. Moderate to high intensity.

Strength – Current free-weight program consisting of multi-planar movements on unstable surfaces

Flexibility – Currently stretching on a regular basis at the beginning or end of a workout

Yoga – Daily practice for several years that includes advanced poses

REMINDERS:

- For your safety, no admittance 10 minutes after the hour.
- Cell phones are not permitted in classes, in the weight room or on hikes.
- Pace yourself – choose classes appropriate to your fitness level.
- As a courtesy, please avoid wearing perfume and cologne in the gyms.
- We advise the use of aqua socks or athletic socks in the pool.
- Please note that lap swimming is not allowed during pool classes.
- Please call Ext. 5567 after 6 a.m. for morning walk cancellations.

WEIGHT ROOM SUPERVISION:

Gym 5

8 a.m. to 1 p.m. and 2 to 6 p.m. – Classes held in the weight room have priority use of equipment. Begins on the hour until 10 minutes before the hour.

CARDIO

AEROBIC CIRCUIT WEIGHTS – (*Limit 24*) A total body workout alternating strength training and aerobic activity. Prior lifting experience required. **Daily 2 p.m. - II/III**

ALL TERRAIN CYCLE – (*Limit 17*) This ride will give you a taste of outdoor cycling with a simulated peak, valley and mixed-terrain experience. **Daily 3 p.m. - I/II**

BASIC AEROBIC CIRCUIT WEIGHTS – (*Limit 18*) This class is designed for the beginner who desires a total body workout. **Daily 10 a.m. - I**

CYCLE II – (*Limit 17*) A ride for the intermediate cyclist. **Daily 11 a.m. - II**

CYCLE III – (*Limit 17*) A ride for the experienced cyclist. **Daily 9 a.m. - III**

LO IMPACT AEROBICS – An invigorating cardiovascular workout that stimulates heart rate without high impact movements. **Daily 9 a.m. - ***

MORNING WALK – 30 to 45-minute outside walk for all levels. Inclement Weather Alternative – Instructor led 30-minute walk on the treadmills in Gym 5. **Daily 7 a.m. - I**

STRIDE – (*Limit 18*) A motivating group treadmill workout incorporating interval training. **Daily 4 p.m. - II/III**

DANCE

BAREFOOT BOOGIE – A lively, energizing, and deeply moving class to dance fully from your heart, your spirit and your whole body! **Tu,Sa 3 p.m. - ***

DANCE JAM – A creative, contemporary combination of funk, jazz, Broadway, afro and latin dance styles to increase your heart rate and lift your spirits! **M,W,F 2 p.m. - ***

NIA® – The Nia® Technique, created by Debbie and Carlos Rosas in 1983, is a language/sensory based and personalized movement practice that blends dance, martial arts and healing arts. A fun class with inspiring music suitable for all fitness levels. **Su,Tu,Th 10 a.m. - ***

RETROBICS – Pull out your leg warmers for this “caffeinated” mixed-impact aerobics class. **Su,Tu,Th,Sa 2 p.m. - II/III**

STRIP FIT – (*Limit 30*) Come and play with some of the basic moves of striptease for a fun, sexy workout. **W,Sa 10 a.m. - ***

ZUMBA® – A Latin-inspired international dance fitness class that is dynamic, exciting, fun and effective! **M,F 10 a.m. - ***

FLEXIBILITY

✓ **MEN'S STRETCH** – Designed for men to improve total body flexibility and awareness. No shoes. **Daily 11 a.m. - ***

MORNING STRETCH – A gentle warm-up followed by a series of stretches for the entire body. No shoes. **Daily 9 a.m. - ***

STRETCH & RELAX – A stretch class to promote flexibility and decrease muscle soreness with guided relaxation at the end of class. No shoes. **Daily 5 p.m. - ***

✓ **WAKE-UP WARM-UP STRETCH** – A 25-minute standing stretch class to prepare you for your daily activities – a great morning starter! **Daily 8 a.m. - ***

✓ **WOMEN'S STRETCH** – Designed for women to improve total body flexibility and awareness. No shoes. **Daily 11 a.m. - ***

MIND-BODY

CANYON RANCH YOGA – For yoga lovers. This class focuses on posture, breathing and alignment; bringing the mind and body into balance. No shoes. **Daily 3 p.m. - II**

✓ **CHAIR STRETCH** – (*Limit 10*) A 25-minute gentle stretch class in a chair. Perfect for those with mobility concerns. **Tu,Th,Sa 2 p.m. - I**

✓ **CHAIR YOGA** – (*Limit 10*) A 25-minute gentle yoga class in a chair. Improve body and breath awareness, relax your mind and reconnect yourself to your spirit. **Su,M,W,F 2 p.m. - I**

✓ **CHI PRACTICE** – A moving meditation based on ancient martial arts, designed to harmonize the natural flow of life energy. Weather permitting class may go outside. **Tu,Th,Sa 9 a.m. - ***

GENTLE YOGA FLOW – Take your foundational practice to a new level. You will experience the flow principle as you connect breath and postures in a simple sequence. **Tu,Th, Sa 2 p.m. - I**

✓ **MEDITATION** – A 25-minute quieting of the mind and body using basic meditative and relaxation techniques. No shoes. **Daily 5 p.m. - ***

✓ **POWER OF BREATH** – A 25-minute educational and experiential class to learn the fundamentals of breathing in yoga, cardiovascular and strength training activities. **Su,W,F Noon - ***

RESTORATIVE YOGA – (*Limit 24*) An antidote to stress. This class presents nurturing yoga postures by supporting the body with props. An “active relaxation.” No shoes. **Daily 4 p.m. - ***

YOGA FOUNDATIONS – The perfect class for those new to yoga and those wanting to review key alignment principles. **Su,M,W,F 9 a.m. - ***

VINYASA FLOW – A full 90-minute class for intermediate and advanced practitioners. Incorporating pranayama, asana and meditation. **Daily 10 a.m. - III**

SPECIALTY

A.B.S. ON THE BALL – (*Limit 20*) Join us for a 25-minute abdominal and back stabilization workout using Physioballs. **Daily 8:30 a.m. and Noon** - *

✓ **AQUA STRENGTH** – A water workout emphasizing total body conditioning using a variety of water equipment. **Daily 11 a.m.** - *

CORE POOL – Jump into fitness and learn to create strength through your core. Incorporate cardiovascular and strength moves to get the body you want. **Daily 3 p.m.** - *

H2O POWER HOUR – This challenging indoor water workout includes 25 to 30 minutes of aerobics followed by stretching. **Daily 10 a.m.** - *

ROCK BOTTOM – A 25-minute workout that will sculpt the lower body and chisel your abdominals! **Daily Noon** - *

✓ **SIT AND BE FIT** – (*Limit 12*) A gentle class designed for a total body workout using a chair, light handweights and bands. **M,W,Fr 9 a.m.** - I

WALLYBALL – Volleyball goes “off the wall” in this fun team sport. **Daily 4 p.m.** - II/III

YAMUNA® BODY ROLLING – (*Limit 20*) Elongate muscles, release your spine, improve alignment, deepen your breathing and increase your relaxation response. **M,W,Sa 4 p.m.** - *

YAMUNA® FOOT FITNESS – (*Limit 20*) 25 minutes of routines that strengthen your feet, improve function and flexibility. **Daily Noon** - *

STRENGTH

BASIC BALANCE – A 25-minute class to help maintain and improve balance with simple exercises. **Su,Tu,Th, Sa 9 a.m.** - *

BOSU® PILATES – Expand your pilates mat workout by incorporating the Bosu® and enhance your core training with balance and stability. **Tu,Th,Sa 11 a.m.** - II/III

CORE 24 – (*Limit 20*) Come in and experience 24 core exercises using the Bosu® for a strong and stable you. **Su,M,Tu,W,Th,F 4 p.m.** - II/III

INTEGRAL STRENGTH – (*Limit 15*) Advance to the next level of fitness! Use hand weights and a Physioball to integrate strength and core stabilization skills in a total body workout. **Su,M,W,F 2 p.m.** - II

✓ **MUSCLE CONDITIONING** – Learn basic strength and muscular endurance exercises using hand weights and bands. A total body workout. **Daily 10 a.m.** - *

PILATES MAT ESSENTIALS – A 25-minute class to learn essential Pilates mat technique with exercises that challenge strength and flexibility to create a strong and healthy body. **Su,M,W,F 3 p.m.** - *

PILATES PRINCIPLES – The best 25-minute way to learn the foundations of the Pilates mat exercises and understand the core elements of this method of movement. A must for developing true benefits from a Pilates workout. **Tu,Th,Sa 3 p.m.** - I

PILATES WITH PROPS – Take your Pilates knowledge and your body to the next level with a more challenging mat workout utilizing various Pilates props for improved awareness and coordination. **Su,M,W,F 11 a.m.** - II/III

POWERBALL – (*Limit 20*) Using a medicine and Physioball, get a total body workout in under 45 minutes. **Tu,Th,Sa 2 p.m.** - II/III

SO YOU THINK YOU'RE ADVANCED – A “no excuses” workout. Be prepared for everything and anything in a test of your physical ability and mental grit. **Tu,Th,Sa 11 a.m.** - III

TRX® STRENGTH – Total body strength program using TRX cables and gravity. A challenging workout to build muscle tone and stamina. **Su,M,W,Fr 11 a.m.** - II/III

Outdoor Sports

ALL ACTIVITIES MEET AT THE FRONT SPA DESK

SIGN-UP BOARDS ARE LOCATED IN THE UPPER SPA

HIKING

For hiking dress in layers with hat, gloves, sunglasses, waterproof windbreaker and good hiking boots. Be sure to wear sunscreen. Clothing made of wicking fabrics preferred. Please bring your water bottle.

Level 1 - 1.5 to 2.5 miles, 1.5–2.5 hours, rolling terrain

Level 2 - 1.5 to 3.5 miles, 2–3 hours, vertical rise 250' to 900'

Level 3 - 2.5 to 5 miles, 2–4.5 hours, vertical rise 350' to 1200'

Level 4 - 4 to 10 miles, 2.5–6 hours, vertical rise 880' to 2000'

Level 5 - 6.5 to 12 miles, 5–6.5 hours, vertical rise 1200' to 2900'

Level 6 - 8 to 15 miles, 6–8 hours, vertical rise 2500' to 4000'

Pole Hiking - Hiking with ski poles for a full body workout

Tai Chi Walk - Level 1 - Learn simple movements of Tai Chi in an outdoor setting

Painting Nature in Watercolors - Level 1 - Woodland walk followed by watercolor lesson in Sargent Brook Lounge. *Fee: \$90*

Zen Watercolor Painting - Level 1 - Enjoy a blend of art and meditative walking along with a simple watercolor lesson in the Sargent Brook Lounge. *Fee: \$90*

Morning Run - 2 to 3 mile road run

Trail Walk - Level 1 - 2 mile brisk walk on Canyon Ranch woodland trails.

BIKING

ROAD RIDES *Offered during seasonally appropriate months*

Level 2 to 4: 5 to 20 miles, on hybrid bikes, aerobic fitness required

MOUNTAIN BIKING

Intro To Mountain Biking - Learn basic mountain biking skills on property trails. *Limit 7.*

Off-Road Mountain Bike Ride - 10 miles on roads & local trails, moderate to long, steep hills. Some experience necessary. *Limit 7.*

WATER SPORTS

Must be an able swimmer to participate in all water sports activities.

Canoe Trip - 2 to 3 miles scenic flat water, active paddling

Canoe/Hike Combo - 2 mile hike, vertical rise 400' and a 2 mile canoe trip.

Semi-Private Kayak - 2 to 3 hours with instruction in the basic techniques of kayaking on one of our local lakes. *Fee: \$90*

Semi-Private River Kayak - 3.5 hour seven-mile flat-water paddle on the Housatonic River. Previous kayaking experience is necessary for this scenic trip. *Fee: \$90*

Pool Kayaking - Indoor Pool, paddling and rolling instruction. *Fee: \$150*

PRIVATE OUTDOOR SPORTS SERVICES

Private hiking, biking, water sports and skiing tours can also be arranged.

Photography Hike - Level 1 - Woodland walk including instruction in outdoor photography. *Fee: \$235*

Hike & Paint Private - Level 1 - 90 min. - Woodland walk followed by indoor watercolor lesson. *Fee: \$180*

Snowshoe Session - Keep the Shoes - 90 min. - Snowshoe experience on Canyon Ranch property. The snowshoes are yours to keep! *Fee: \$235*

Body Work

HOW TO RECEIVE A MASSAGE

- Give yourself plenty of time before your massage so you can enjoy the steam room, sauna or whirlpool. Warm muscles benefit most from body work.
- A warm shower just before your massage is relaxing and washes away any salts, minerals or chemicals that could clog pores when mixed with massage oils. Then put on your robe and meet your therapist in the locker room waiting area.
- You can choose to remain quiet or talk during your service. The therapist will follow your lead.
- Unless the service description specifies that your massage will be received clothed, undress completely and wear a robe to your massage. You will be able to take your robe off and cover yourself in privacy. You will be draped with a sheet throughout the service to preserve modesty. For services that are received clothed, light, loose fitting clothes are ideal. Please leave valuables in your room as you do not want these items left behind.
- Oils with fragrance are applied. Fragrance-free massage oil is available upon request.
- Communication is the key to getting the massage you want. During your massage, let your therapist know if you feel any discomfort.
- Because every body is different, our superb massage staff is eclectic, multi-talented and devoted to giving you a massage that satisfies your needs. Please communicate your expectations and medical conditions with your therapist and listen to your body.
- Close your eyes and allow your mind and body to be quiet. Focus on how you feel. Breathe deeply and let tension slip away with each breath. Remember, this time is for you.
- Can't decide between the Canyon Ranch Massage or Deep Tissue Massage? See differences below:

Canyon Ranch Massage

- Light to medium pressure
- Relaxing massage

Deep Tissue Massage

- Strong, firm pressure
- Focus on specific areas or knots

Consult Program Advising, Ext. 5439, about the availability of appointments.

