

# M/Power

THE CANYON RANCH  
MENOPAUSE/PERIMENOPAUSE RETREATS

7 AM			
7:30			
8 AM			
8:30		On Property Pole Hike/ Nordic Walk	Pranayama Breathing
9 AM		Intro to Cold Therapy	
9:30		Exercise & Menopause	Wake-Up Call: Improving Sleep During Menopause
10 AM			Free Time for Services
10:30		Rowing for Bones (Group A)	Hypnosis for Hot Flashes
11 AM			
11:30			
12 PM			
12:30			Farewell Lunch & Learn
1 PM		Free Time for Services & Lunch	Free Time for Services & Lunch
1:30			Closing Circle
2 PM			
2:30			
3 PM	Property Tour		
3:30			
4 PM	Welcome Reception		
4:30		The Yin Within	Nutrition Strategies for Women's Health
5 PM	Matters of Menopause		
5:30		Meditation   25 min	
6 PM	Welcome Dinner	Group Dinner	Group Dinner
6:30			
7 PM		Guest Expert: Liz Plosser Benefits of Strength Training	
7:30			
8 PM			

## INCLUSIONS

### CORE SERVICES

- DEXA Body Scan
- CR Vitality Access
- Women's Hormone Panel
- Blood Panel
- Virtual Personalized Physician Follow-Up

### GROW SERVICES - Choose 2

- Personalized Nutrition Consultation
- Mental Health & Wellness Consultation
- Breathing
- Personal Training
- Hands-On Cooking Workshop

### GLOW SERVICES - Choose 1

- Massage
- VENN Collagen Facial
- Reflexology
- Acupuncture
- Cupping & Gua Sha

### VIRTUAL FOLLOW-UPS - Choose 1

- Mental Health & Wellness Consult
- Chinese Herbal Consult
- Personalized Nutrition Consult
- Personal Training

*Balancing Traditional Medicine,  
Alternative Medicine, and  
Mental Health & Spirituality*

CANYONRANCH.  
LENOX

## Day 1 - M/Power

### 3 – 3:30 pm | Property Tour

Explore the beauty of Canyon Ranch Lenox on a guided property tour with Health & Performance Director, Tegan Campbell.

### 3:30 pm | Welcome Reception

### 4:30 pm | Matters of Menopause

Most American women will spend up to 40% of their lives in post-menopause, which has effects on body changes and well-being. A medical doctor will explain what to expect in menopause, why it matters, and what you can do about it.

### 5:30pm | Welcome Dinner – Demo Kitchen

## Day 2 - M/Power

### 8am | Intro to Cold Therapy

Learn and experience the benefits of proper exposure to cold therapy in our Women's Spa cold plunge.

### 9am | Exercise & Menopause

Explore the role of exercise in managing menopause. Learn how to optimize your exercise routine to help you flourish during your transition.

### 10 am | Rowing for Bones (Group A)

A transformative total body workout using our TechnoGym® SkillRow™ rowers. Get ready to train cardio and power while being connected and synchronized.

### 4 pm | The Yin Within

Join acupuncturist & herbalist, Kelly Clady, in exploring Chinese medicine and the female being (or Yin). Discuss basic constitutional types & learn how to effectively support female health.

### 5-5:30 pm | Meditation

Learn techniques to help reduce stress, increase mindfulness, calm your mind and help your body relax.

### 5:30 pm | Group Dinner – Culinary Rebel

### 7 pm | Guest Expert Talk with Liz Plosser

Benefits of Strength Training in Perimenopause and Menopause

## Day 3 - M/Power

### 7:45 am | On Property Pole Hike/Nordic Walk

Join us for a brisk, energizing walk on woodland trails using poles for extra aerobic conditioning.

### 9 am | Wake-Up Call: Improving Sleep During Menopause

A physician explains how sleep influences health from immunity, inflammation, and metabolism to mental health. Discover what is interfering with your sleep and learn strategies to support healthy sleep and improve nearly every aspect of wellness.

### 10 am | Hypnosis for Hot Flashes

Experience hypnosis in a group setting under the guidance of a licensed Mental Health & Wellness Therapist. Please bring your fully charged phone so that you can record the session.

### 4pm | Nutrition Strategies for Women's Health

Learn about the nutrients and nutrition strategies that address the specific needs of women and the aging process to support optimal health for women.

### 5:30pm Group Dinner – Canyon Ranch Grill

## Day 4 - M/Power

### 8am | Pranayama Breathing

Every cell in our bodies needs oxygen to function properly. Join us in this engaged breathing practice that can decrease the effects of stress on the body and increase overall physical and mental wellbeing.

### 12pm | Farewell Lunch

### 1pm | Closing Circle

