

CANYON RANCH.

5 HABITS OF SPIRITUALLY HEALTHY PEOPLE

OBSERVED BY CANYON RANCH®

Fort Worth, TX – February 8, 2017 – You eat well. You work out. You find ways to de-stress. You consider yourself “healthy.” But when was the last time you thought about your *spiritual* health? According to Sarah Vulgamore, Director of Spiritual Wellness at Canyon Ranch in Lenox, if you have these 5 things covered, you’re on the right path!



1. You Think Positively

At Canyon Ranch, we motivate you to be your best self and authentically you. Thinking positively doesn’t mean you are living an inauthentic life or donning your rose-colored glasses to view the world around you. You believe in goodness and you’ve lived enough life to know that in every challenging situation, there is something good to take away from it. You find a lesson to be learned or discover something you needed or wanted that you never would have realized otherwise.

Whatever comes your way, your own self-confidence allows you to see the positive potential for each circumstance. Bravo!



2. Your Fear Doesn’t Hold You Back

Challenges and obstacles are around every corner - for all of us. Not to worry, you’ve got this. Something our guests tell us all the time at Canyon Ranch is that they feel “safe” to try something new or step outside of a comfort zone that perhaps they wouldn’t at home or elsewhere. We love that you feel safe with us – but you don’t have to be at Canyon Ranch to show the world how brave you are. Fear is merely an advisor that can make us pause and consider what lies ahead. Go ahead and consider it and move forward, cautiously but confidently, in the direction your dreams.



3. You Keep a Journal

Gratitude, Intention, Dream – whatever type of journal it may be, self-expression is an essential outlet for seeking inner calm. “Journaling allows us to connect with our wisdom and creativity.” says Julie Haber, M.Div, senior spiritual wellness provider at Canyon Ranch in Tucson. “The process serves as a useful tool for bringing insight and heightened awareness to ourselves and our lives.” The best part? There’s no pressure and no deadlines! Write as frequently (or infrequently) as you like – whenever the spirit moves you (pun fully intended). Instead of updating your Facebook status, record your thoughts, hopes, fears, dreams in your own sacred space, just for you.



4. You Have a Clear Sense of Purpose

Your alarm goes off in the morning and you spring out of bed, ready to face the day. Why? Because you know where you’re headed and the purpose behind it. Many of us turn to spirituality during times of grief or unrest. That’s beautiful. Having a strong sense of spirit can certainly pull us through our darkest times. But just as importantly, it is in the *everyday* - doing a good deed, finding beauty and gratitude in the sunrise, a moment of quiet in your busy work day. When we are living with spirituality, it is no longer something we *seek*, but rather, who we have *become*. Many Canyon Ranch guests discover this while they are with us. The best part, though, is that they take it with them when they go.



5. You Have a Ritual

Even if you have another word for it – rituals, habits, hobbies feed our soul and bring us fulfillment. Crafting, singing, visiting with friends, exercise – all can contribute to your sense of purpose (see no. 4!) and provide moments of calm and centered stillness. Whether you join us at Canyon Ranch for a quick weekend recharge, for a week, a month or longer, rediscover what rituals soothe your soul and bring you back to center. Whether it’s alone or in the company of others, if it makes you happy, you’re doing it right.

About Canyon Ranch®

Canyon Ranch® has been a pioneer and an industry-leading proponent of the wellness lifestyle for nearly 40 years, operating the world's most celebrated collection of life-enhancement properties. Canyon Ranch has wellness destinations in Tucson, Ariz. and Lenox, Massachusetts. In addition, Canyon Ranch operates a SpaClub® day spa at The Venetian® & The Palazzo® hotels in Las Vegas, Nev., Canyon Ranch SpaClub at Sea® facilities onboard Cunard's Queen Mary 2® luxury ocean liner, Oceania® and Regent Seven Seas Cruises®, and on Celebrity Cruises®. Canyon Ranch is a 13-time winner of Travel + Leisure's Best Spa Award and an 11-time recipient of the Condé Nast Traveler Best Destination Spa Award.

###