

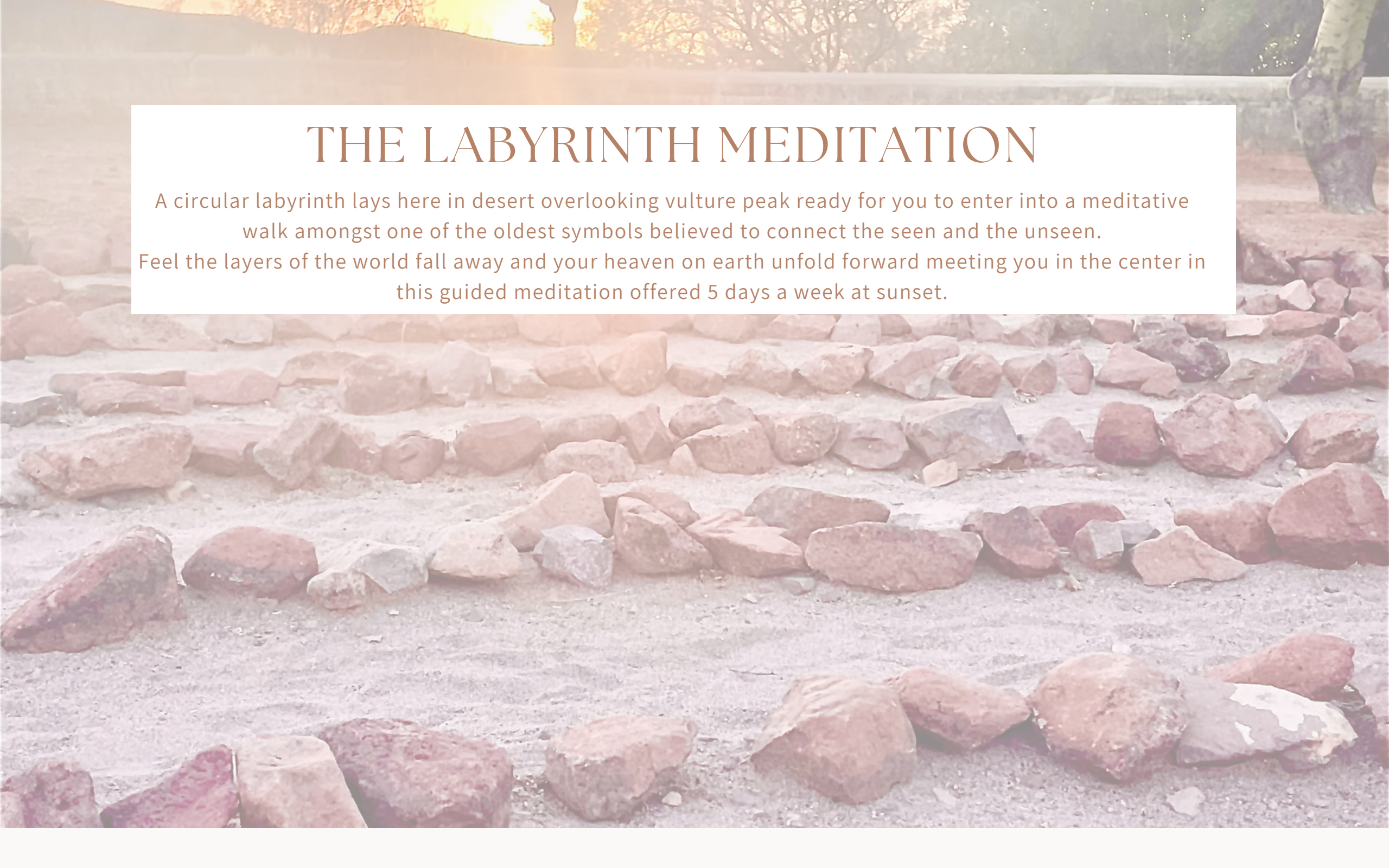
Wellness Offerings at Los Cab

Here at Rancho De Los Cabelleros we are now offering wellness experiences for you and your family or group. Relax your mind, body and spirit through yoga, meditation, hynotherapy, reiki and cranial sacral therapy. Choose from our offerings tailoring yourself a personalized wellness experience.



THE LABYRINTH MEDITATION

A circular labyrinth lays here in desert overlooking vulture peak ready for you to enter into a meditative walk amongst one of the oldest symbols believed to connect the seen and the unseen. Feel the layers of the world fall away and your heaven on earth unfold forward meeting you in the center in this guided meditation offered 5 days a week at sunset.



CONNECT WITH US

We are here to infuse your stay with mindfulness practices supporting you in your most whole self. Please look at the scheduled wellness offerings and call the spa to reserve your spot. If there is a conflict with your schedule please reach out to ncloud@ranchodeloscabelleros.com or text Nicole at 209-872-0102 to book a class at a time that works best for you, your family or the group you are with.



YOGA

We offer a variety of yoga classes for the beginner to the advanced student looking to practice while visiting our ranch. We begin the day with a sunrise gratitude vinyasa flow, Ashtanga is offered mid morning as well as restorative yoga. We end the day at the Labyrinth - heart open over bolster relaxing to crystal singing bowls and essential oils before being guided through the Labyrinth. If you don't see a time that works for you, we are on-site and are happy to accommodate you at a time that works for your stay with us.



