



Finding Your Next...

A Journey to Absolute Balance and Redefined Purpose

Canyon Ranch Lenox • November 5–8, 2026

Eleven people • Guided personally by Janet Darden Gipson

WHAT THIS IS

Finding Your Next is a four-day immersive experience built around the Absolutely Balanced Framework — five levels that make sense of the physical, mental, and soulful work of finding what comes next. You will leave with a clear, values-aligned roadmap for your life. Not a binder. An actual plan, built around your actual life.

THE SETTING

Canyon Ranch Lenox — awarded Two Michelin Keys in 2024 — sits in the heart of the Berkshires. Curated programming, nourishing meals, wellness sessions, luxury perks, and morning walks through fall foliage. Every corner of this venue was chosen because your environment matters.

THE FOUR DAYS

- **Day 1** — Ground and Arrive. Set your intention. Exhale.
- **Day 2** — Dive Deep. Workshops, group experiences, evening connection.
- **Day 3** — The Pyramid Framework. Build your personalized roadmap.
- **Day 4** — Integration. You leave ready.

CHOOSE YOUR EXPERIENCE



Glow — Single Occupancy - \$3,999 per person
A room of your own. Three nights. Full access.



Spark — Double Occupancy. \$3,499 per person
Bring a trusted companion. Three nights. Full access.

Includes the award-winning curated programming, nourishing meals, wellness sessions, workshops and luxury accommodations.

FOUNDING CIRCLE

The first **5** guests save \$300 and receive a private session with Janet before the retreat begins. Only 5 spots.

You don't have to have it all figured out to begin. You just have to be curious and willing.
Claim your spot at absolutelybalanced.com/retreat