

Post-Divorce Bootcamp at Canyon Ranch Tucson (Dates TBD in 2021) with *Celebrity Matchmaker Rachel Greenwald*

Empower yourself to move forward after a relationship ends with a rejuvenating retreat at Canyon Ranch Tucson. Whether you're divorced, widowed, or never-married, we've curated a comprehensive 3-day special program for singles of all ages that includes lectures, activities, and pampering to reboot and rediscover your best self. This boot camp offers:

- Two lectures, and a private fireside chat with celebrity matchmaker Rachel Greenwald;
- Two lectures with esteemed Director of Life Management Amy Hawthorne;
- Two lectures (for women) with esteemed Sexual Wellness doctor Nicola Finley;
- Dozens of other menu options in the areas of fitness, nutrition, skin care, meditation, yoga, Pilates, intimacy, sleep, financial planning, forgiveness, gratitude, astrology, spiritual cycling, spa services, CR aesthetics, medical, and much more.
- Participate in as many or as few offerings as you'd like: it's **your** vacation and our goal is simply to indulge your mind, body and spirit to energize your search for a loving partner.
- Female and male guests of all ages welcome!

Sample lecture descriptions:

Empower Yourself to Move Forward

Amy Hawthorne leads a discussion on specific ways to cultivate and incorporate self-compassion, gratitude, self-esteem and more as you move forward to your next relationship.

5 Secrets to Meet Your Match

Rachel Greenwald shares unique strategies for mature singles. Find the elusive partner you deserve.

Relationship Red Flags

Are you missing the signs? Join Amy Hawthorne for a unique presentation and discussion about relationship red flags – what they look like, how to spot them and ways to break old relationship patterns.

Everything You Need To Know About Online Dating, Like It Or Not

Rachel Greenwald teaches a different approach to finding the right partner online. Learn five do's and don'ts, which site is best, how to craft an irresistible profile and how to end online frustration.

Sexual Wellness

Nicola Finley, MD, discusses ways to enhance sexual satisfaction for men and women. Learn about approaches for sexual well-being when entering new relationships.

Private Fireside Chat

Ask celebrity matchmaker Rachel Greenwald your personal questions about finding love. Enjoy a delicious dessert while she shares her best dating and relationship secrets.

Limited to 10 guests. Fee: \$159

All You:

At Canyon Ranch Tucson, you'll have time on your own to reflect on everything you're experiencing, to pursue favorite activities and to enjoy the spa, fitness and wellness services included with your stay. Come solo, or bring a friend or family member, or meet like-minded Bootcamp participants. Enjoy friendly meals at the community table, or enjoy meals on your own. This is your time to recharge in any way you'd like.

Sample Bootcamp Menu*:

*Please note:

1. Sessions and times below **will change** for each Bootcamp; this is a sample menu ONLY to give you a feel for the types of experiences offered in the past. We cannot guarantee that anything listed below will be offered during your stay, except two sessions each with Rachel Greenwald, Amy Hawthorne and Nicola Finley (unless a personal emergency occurs for one of them). Please check tentative schedule listings in the "Plan Your Stay/Daily Schedule Guide" posted on the Canyon Ranch website 60 days prior to your arrival. Final schedule updates will be shared upon your arrival.
2. The menu listing of available Bootcamp sessions that you will receive upon arrival is provided for you to select whatever interests you. All sessions featured for the Bootcamp are optional. Attend anything you'd like on the Canyon Ranch Daily Schedule Guide: intersperse your favorite activities, lectures and services on your own, as you wish.

Day #1 (Arrival):

3pm: Arrival anytime; your room will be ready after 3pm

5pm: Welcome Reception: Meet Rachel Greenwald and preview upcoming bootcamp events

Day #2 (Bootcamp officially begins):

**All sessions optional; sessions & times listed below are examples only*

8am: Centering Meditation

10am: Empower yourself to move forward (with Amy Hawthorne)

10am: Drumming Circle

11am: Not Tonight Honey, I Have a Headache (for female guests; with Dr. Nicola Finley)

2pm: Venus, the Planet of Love & Money

4pm: Five Secrets to Meet Your Match (with Rachel Greenwald)

6pm: Living & Loving As Your True Self

7pm: Forgiveness From The Heart Workshop (fee: \$169)

Day #3:

**All sessions optional; sessions & times listed below are examples only*

7am: Sunrise Yoga

9am: Mindfulness in Modern Times

10am: Relationship Red Flags (with Amy Hawthorne)

11am: What is Spiritual Intelligence?

1pm: Alternate Therapies for Managing Menopause
 2pm: Managing Your Human Energy for Relationships
 3pm: Learn How to Focus Your Intention
 4pm: Everything You Need To Know About Online Dating, Like it or Not (with Rachel Greenwald)
 5pm: A Surprising Look at Body Image & Intimacy
 6pm: Spiritual Cycling for Love

Day #4:

**All sessions optional; sessions & times listed below are examples only*

8am: Centering Meditation
 9am: Zumba
 10am: Best Face Forward
 11am: Spiritual Self-Care Rituals to Promote Connection
 12pm: Lunch & Learn: Cooking for Two
 1pm: Don't Take It Personally
 2pm: Yoga Heart-Opening Practice
 3pm: Bod Pod: Body Composition Demo
 4pm: Nutrigenetics & Weight Loss
 6pm: The Gluten Connection
 7pm: Private Fireside Chat (with Rachel Greenwald; limit 10 guests, fee: \$159)

Frequently Asked Questions:

- **Is this Bootcamp only for singles who are divorced?**
 No. It's open to anyone who's single, whether you're divorced, separated, widowed, or never-married. We even encourage those to attend who may be in a relationship but looking to support a loved one who would like to get back out there, as all sessions are filled with informative and practical information that can be shared later with your friends or family members.
- **I am married but I have a friend or family member who's single. Can I attend some of these sessions and bring the information back to him/her?**
 Yes, absolutely! See FAQ answer above. It would be wonderful for you to gather and share helpful tips to support anyone you know who's single.
- **Is this Bootcamp for both men and women?**
 Yes, all genders welcome and encouraged! (Note: we usually have more female than male guests who register)
- **Is there a fee to attend this Bootcamp?**
 There is no fee to participate in this Bootcamp beyond your guest accommodations package. Most lectures and activities are included. However, there will be several options to sign up for additional experiences, including a Private Fireside Chat with Rachel Greenwald (\$159, limited to 10 guests, advanced registration required), individual appointments with Canyon Ranch

experts in Life Management and other departments, and many other services you can pre-book prior to arrival or during your stay.

- **Are the sessions on the Bootcamp menu open to all guests at Canyon Ranch?**
Yes. All sessions are open to any guest staying at Canyon Ranch, so you may have both Bootcamp participants and non-Bootcamp participants mixed in each session since most topics apply to a broad range of people.
- **Is this Bootcamp only for participants who are looking for marriage?**
No. Our participants are usually seeking a partner for any type of relationship, from marriage, to companionship, and anything in between. Some of our guests are not even seeking a new relationship now, but simply want to rejuvenate after a relationship in their life has ended.
- **How many days does the Bootcamp last?**
Post-Divorce Bootcamp programming lasts 3 full-days, but we recommend you arrive at least by 5pm before the first day, then depart the morning after the Fireside Chat evening. Please extend your stay before and after these dates as long as you'd like: there is so much to explore and enjoy on the property!
- **Does Rachel Greenwald schedule individual sessions at Canyon Ranch?**
Unfortunately no, she is unable to see guests one-on-one at Canyon Ranch. However, her Private Fireside Chat is limited to 10 guests, so it's a small group where you can bring your questions to ask her there. All lectures at the resort usually attract small groups, so you'll have plenty of opportunities to ask your questions to all our experts. Amy Hawthorne, co-instructor in the Bootcamp and Director of Life Management at Canyon Ranch, is a phenomenal resource; she and her team do schedule private sessions to discuss any topic (appointments required, please book in advance).
- **When should I book my spa appointments, and any other appointments I'd like to make with Canyon Ranch experts?**
Please look at the tentative schedule of events on the Canyon Ranch website 30 to 60 days prior to arrival. The expected schedule will be listed then under "Plan Your Stay" so you can decide which sessions flagged as "FE" (Featured Event: Post-Divorce Bootcamp) you'd like to attend. Then you can book other appointments (and make your dinner reservations) around those times. If there are any last-minute changes for the Bootcamp sessions that you'd like to attend, you'll see those updates when you arrive and then you can adjust your other appointments accordingly.

If you have any additional questions, please email your questions to Rachel Greenwald at: GreenwaldRachel@gmail.com

To register as a Canyon Ranch guest and participate in this Bootcamp, please call reservations: 1-800-742-9000

We hope to see you soon at Canyon Ranch Tucson!