

Canyon Ranch Spa Tucson
CONNECTING: Relationships That Work
With Rachel Greenwald and Canyon Ranch Staff Experts

Sample Agenda for Oct 10 - 16, 2021
*(*please note: schedule is subject to change)*

Daily:

7:30 a.m. Morning Walks – Meet in Spa Lobby
7 - 9 a.m. Group Breakfast – Canyon Ranch Grill
11:30 – 2 p.m. – Lunch on Your Own – Canyon Ranch Grill
5:30 – 8 p.m. – Dinner on Your Own – Canyon Ranch Grill

Sun., 10/10

4:00 - 5:30 p.m. – **Welcome Circle & Program Orientation**
5:30 p.m. – Group Dinner (Canyon Ranch Grill)

Mon., 10/11

8:00 a.m. – **Cardio Strong**

10:00 a.m. – **Nourishing Your Relationship with Food**

How do you nurture your body and soul? Join our Nutritionist for an interactive discussion on how to approach your body, and how you nourish it.

2:00 p.m. – **Relationships with Romantic Partners**

Learn practical relationship strategies to communicate and deepen bonds with a current or future partner. How to access curiosity over judgment, why some couples thrive and others don't, the Five-Alive Rule, and the Bifocal Technique. *Workshop led by Rachel Greenwald.*

4:15 p.m. – **Relationships and Sex**

Join a Canyon Ranch physician for a lively discussion about ways to enhance sexual satisfaction for women and men— often a forgotten part of overall health. Learn about approaches for sexual well-being in new and long-term relationships.

Tues., 10/12

8:00 a.m. – **Strong at Home** -- Cardio & Strength

10:00 a.m. - **Relationship with Your Health**

An integrative medicine approach looks at the whole person—mind, heart, body, spirit. We'll touch on all aspects of wellness to enhance your relationship with your health.

2:00 p.m. – **When Grief Enters Your Relationship**

Grief can seriously disrupt a relationship. It can also lead to deeper connection and mutual growth. Explore both the challenges and opportunities that arise when grief enters your relationship with a Spiritual Wellness instructor.

4:15 p.m. – **Dating and Relationships** (*intended for a singles audience but all are welcome*)
Discover 3 secrets used by a celebrity matchmaker to help you find the right partner. From a simple two-word sorting technique, to a counter-intuitive method for getting more fixups from your friends, to understanding why “pre-impressions are the new first impressions”, you’ll be surprised how dating isn’t so complicated after all. *Workshop led by Rachel Greenwald*

Wed., 10/13

8:00 a.m. – **Cardio Challenge**

10:00 a.m. – **Relationship with Self**

Of all the relationships we have in our lives, the most fundamental one – which dictates all others – is the one we have with ourselves. Join a Life Management therapist to discuss the foundation of the relationship you have with yourself as well as ways to continuously enhance the connection.

2:00 p.m. – **Managing Your Personal Relationship with Energy**

An exercise physiologist will show you how to accomplish everything you need to do in your life and still have energy left over for your most important relationships.

4:15 p.m. – **Relationships at Work**

Maintaining healthy professional relationships is tricky. Discover two important ingredients for workplace success that are now being taught at Harvard Business School. Learn how to measure your “CQ”, how to boost your “L-Factor”, and the surprising power of questions. *Workshop led by Rachel Greenwald*

Thurs., 10/14

8:00 a.m. – **Morning Walk**

10:00 a.m. – **Relationships As We Age: An Elder’s View**

Join a Life Management therapist to discuss issues that arise as we age, which influence the relationship we have with ourselves. Topics include loss, self-care, how to maintain the connection with your identity, and more.

2 p.m. – **Relationships Through a New Lens**

What deeper connection is possible in your relationships? How well do you listen? Have you made assumptions that need to be revisited? Join a Life Enhancement coach and discover how you can use life coaching skills to create greater ease and joy in your relationships.

4:15 p.m. – **Fitness Class**

Fri., 10/15**8 a.m. – Strong & Agile****10 a.m. – Relationships and Money**

Join a candid roundtable discussion about how money connects you (or creates a barrier) to the relationships in your life. How did messages in your childhood shape your adult relationship with money? What aspects of money are taboo in your current relationships? What does living well mean for you now?

2 p.m. – Creating Authentic Relationships Through a Zoom Window

Whether you are team-building, pitching a new project, interviewing for a job, dating, or socializing with friends & family, your medium now is probably a computer screen. All the old tools for establishing relationships (curiosity, listening, empathy, body language) are now filtered through an imperfect (yet powerful) video communication platform. How do you adapt? How do you build connections in a world of Zoom? *Workshop led by Rachel Greenwald.*

4:15 p.m. – Homeward Bound: Where to Begin?

As your week draws to a close, prepare to answer one really big question: What now? Join our Life Enhancement coach to draft a plan that will lead to permanent, positive life change.

Sat., 10/16*Departure*