

Post-Divorce Bootcamp at Canyon Ranch Tucson (Nov 18 - 20, 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;
- Dozens of other menu options in the areas of fitness, nutrition, skin care, meditation, yoga, Pilates, intimacy, sexual wellness, 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

A Canyon Ranch expert 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 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 and Amy Hawthorne (unless a personal emergency occurs for one of them). Please check tentative schedule listings in the "Plan Your Stay/ Tucson/Personalize Experience/Daily Activities/ Schedule" posted on the Canyon Ranch website 30 days prior to Nov. 18, 2021. 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 in Daily Schedule Guide: intersperse your favorite activities, lectures and services on your own, as you wish.

Nov. 17:

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

Nov. 18 (Day #1*):

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

7am: Morning Walk

9am: Empower Yourself to Move Forward (with Amy Hawthorne)

10am: Meditation for Body Positivity

11am: Sexual Wellness

3pm: Managing Your Human Energy for Relationships

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

5pm: Post-Divorce Bootcamp Mocktails / Meet-n-Greet

7pm: You Are Enough, You Have Enough, You Will Thrive

Nov. 19 (Day #2*):

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

7am: Sunrise Yoga

9am: Essential Oils Massage Class

10am: Relationship Red Flags (with Amy Hawthorne)

11am: What is Spiritual Intelligence?

1pm: Alternate Therapies for Managing Menopause

2pm: Venus, the Planet of Love & Money (Astrology)

3pm: How Uncertainty Helps Us Grow

4pm: Everything You Need To Know About Online Dating, Like it or Not (with Rachel Greenwald)

5pm: Spiritual Cycling for Love

7pm: Sound and The Art of Receiving

Nov. 20 (Day #3*):

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

7am: Morning Walk

9am: Zumba

10am: Eating with Intention

11am: Navigating Emotions Inside Your Head & Heart

12pm: Lunch & Learn: Cooking for Two

1pm: How To Take Care of Your Skin

2pm: Yoga Heart-Opening Practice

3pm: Bod Pod: Body Composition Demo

4pm: The Science of Weight Loss

5pm: Makeup Demonstration

7pm: Private Fireside Chat (with Rachel Greenwald; limit 10 guests, fee: \$159)

Nov. 21: Departure (or stay longer if you can!)

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 find a partner, 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 guests are interested in finding a partner for any type of relationship, from marriage, to companionship, and anything in between.
- **How many days does the Bootcamp last?**
Post-Divorce Bootcamp programming is scheduled for 3 days (Nov. 18, 19, 20), but we recommend you arrive at least by 5pm on Nov. 17, and depart on Nov. 21 or later. 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. 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 Daily Schedule on the Canyon Ranch website 30 days prior to Nov 18. The schedule is under "Plan Your Stay/Tucson/Personalize Your Experience/Daily Activities". 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 in Tucson!