

## **Jumpstart: New Love & Relationships** (January 24 - 28, 2024) *with Celebrity Matchmaker Rachel Greenwald*

Empower yourself to move toward finding new love with a rejuvenating retreat at Canyon Ranch Tucson. Whether you're divorced, widowed, separated or never-married, we've curated a comprehensive 3 ½ day special program for singles of all ages that includes lectures, activities, and pampering to reboot and rediscover your best self.

This program 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 topics you can choose in the areas of fitness, nutrition, skin care, meditation, yoga, Pilates, intimacy, sexual wellness, sleep, forgiveness, gratitude, grief therapy, 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.

#### 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.

### **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 Retreat Menu:

1. Note: Sessions and times below **change** for each retreat; this is a sample menu ONLY to give you a feel for the types of experiences offered in the past. Please check schedule listings posted on the Canyon Ranch website toward the end of December 2023. The daily schedule is **posted 30 days prior** to the event. The schedule can be found from the home page under "Destination/Tucson/Daily Schedule": use the arrows next to the calendar dates to toggle to January 24, then click on the "pdf" icon on the right side of the page to view the Daily Schedule. Final schedule updates will be shared upon your arrival.

2. The menu listing of available retreat sessions that you will receive upon arrival is provided for you to select whatever interests you. All sessions featured for the retreat 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.

#### January 24:

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

5pm: Welcome Reception: meet fellow participants and preview the Jumpstart program details

7pm: Crystal Sound Bowl Experience for Love

#### January 25:

*\*All sessions optional; sessions & times listed below are **tentative***

9am: Walking Meditation for Love

11am: Relationship Red Flags (with Amy Hawthorne)

2pm: Managing Your Energy for Relationships

4pm: Five Secrets to Find the Right Mate (with Rachel Greenwald)

#### January 26:

*\*All sessions optional; sessions & times listed below are **tentative***

6:30am: Morning Walk

9am: Coaching Corner: Relationships

11am: Empower Yourself to Move Forward (with Amy Hawthorne)

1pm: Stop Forcing Your Life and Let it Flow

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

#### January 27:

*\*All sessions optional; sessions & times listed below are **tentative***

7am: Morning Yoga

9am: Conquering Your Food Cravings

11am: How to Make Every Day Sacred

7pm: Private Fireside Chat (with Rachel Greenwald)

January 28: Departure (or stay longer if you can!)

### **Frequently Asked Questions:**

- **Is this program for anyone who is single?**  
Yes! It's open to anyone who's single, whether you're divorced, separated, widowed, or never-married. We even welcome 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 retreat 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 retreat**  
There is no fee to participate in this retreat beyond your guest accommodations package. Most lectures and activities are included. However, there will be several options to sign up for additional experiences and 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 program 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 retreat participants and non-retreat participants mixed in each session since most topics apply to a broad range of people.
- **Is this program 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 program last?**  
"Jumpstart" programming is scheduled for 3 ½ days (starting with a Welcome Reception at 5pm on January 24, and ending with an evening Fireside Chat with Rachel Greenwald on January 27 from 7:00pm - 8:30pm), so we recommend you arrive at least by 3pm on January 24, and depart on January 28 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 will be a small group where you can bring all 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 retreat and Director of Life Management at Canyon Ranch, is a phenomenal resource; Amy 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 January 24. The schedule is found under "Destination/Tucson/Daily Schedule". Then use the arrows next to the calendar dates to toggle to January 24, then click on the "pdf" icon on the right side of the page to view the full Daily Schedule. You can decide which sessions flagged as "FE" (Featured Event: "Jumpstart") 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, 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](mailto:GreenwaldRachel@gmail.com)*

*To register as a Canyon Ranch guest and participate in this retreat, please call reservations: 1-800-742-9000 --- We hope to see you soon in Tucson!*