

# well defined

## Rancho La Puerta's Nurturing Abundance Week Redefines What It Means To Live Well

A NEW RETREAT EXPLORES REGENERATIVE LIVING, COMMUNITY CONNECTION, AND A MORE GROUNDED DEFINITION OF ABUNDANCE.

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There's a growing frustration around the idea that wellness is something to perfect. Despite more data, routines, and optimization, many people now feel more depleted than ever. What's missing is a shift in perspective. An abundance mindset offers that shift. It asks us to move away from scarcity thinking when it comes to time, energy, and resources. Instead, it encourages us to move toward something more expansive, such as enoughness, generosity, and connection. When that lens widens, wellbeing stops being a solo pursuit and starts to include how we relate to others and the world around us.

That thinking is at the center of a new focused week at [Rancho La Puerta](#). From August 1–8, 2026, the pioneering destination spa will host its first Nurturing Abundance Week, a thoughtfully curated experience intended to help guests reconnect with what matters most.

## **Redefining Prosperity Through Wellness**

Nurturing Abundance Week is designed to challenge the traditional notion of prosperity as accumulation. It will reframe abundance as something far more meaningful. Through immersive programming led by Rancho La Puerta's expert team alongside visionary leaders and changemakers, guests will explore how an abundance mindset can deepen self-care, strengthen relationships, and inspire more intentional ways of living.

## **A Regenerative Approach to Living Well**

At the center of the week's programming will be a focus on regenerative living, such as practices that restore and connect, rather than deplete and divide. This experience will offer tools that extend far beyond the retreat setting.

**Guests can expect a dynamic mix of:**

- Customized workshops on stress resilience and whole-person health
- Garden walks that highlight regenerative agriculture and food systems
- Dialogue circles exploring community-building and systems thinking
- Keynote conversations centered on Indigenous wisdom and intergenerational knowledge

There will also be a strong emphasis on land stewardship and backyard cultivation, empowering participants to bring sustainable practices into their daily lives, whether through small-scale gardening or more mindful consumption habits.

## **Wellness That Extends Beyond the Self**

What sets this experience apart is its holistic lens. Rather than isolating personal wellbeing, Nurturing Abundance Week will weave together the interconnected threads of self, community, and the planet. It's meant to be a reminder that true health isn't achieved in isolation but cultivated through relationships, responsibility, and reciprocity.

## **Bringing Abundance Home**

Perhaps the most lasting impact of Nurturing Abundance Week lies in what guests take with them. Beyond the scenic landscapes and nourishing meals, the retreat will offer a more enduring shift in perspective. By embracing abundance as a mindset, participants will leave empowered to create lives that feel healthier and richer in every sense.