

american spa

SPA NEWS

Rancho La Puerta to Host Nurturing Abundance Week

By Nicole Altavilla · May 26, 2026 1:46pm

[Rancho La Puerta](#)[Wellness Retreats](#)[Spa News](#)

[Rancho La Puerta](#) (Tecate, Mexico) is offering a Nurturing Abundance Week from August 1-8, 2026, which is designed to help guests focus on seeking harmony and health with themselves, the community, and the earth. Throughout the week, guests will experience workshops, garden walks, dialogue circles, and keynote conversations focused on stress resilience and whole-person health; regenerative agriculture; thoughtful land stewardship and backyard cultivation; indigenous wisdom and intergenerational knowledge; community-building and systems thinking; and practical pathways to sustainable living at home and beyond. In addition, guests can partake in guided hikes, daily fitness classes, farm-to-table meals, spa treatments, sound healing and meditation, art classes, and more. “Nurturing Abundance Week is an invitation to pause and expand our understanding of the ways we can experience abundance while honoring the earth’s resources,” says Sarah Livia Brightwood

Szekely, president of Rancho La Puerta. "It is a time to cultivate an understanding of what truly and deeply feeds us, to live with intention and with presence. It is an opportunity to be inspired by thought leaders and changemakers who are dedicated to global abundance and equity. We have been gifted with a generous, resilient, and staggeringly beautiful home. We can make daily choices during this time of vulnerability and uncertainty that lead to greater resilience and meaningful abundance, and experience a more connected life, in alignment with our purpose and values. This week brings meaningful dialogue, shared insight, and a deeper commitment to living in balance."