

6 Pillars of Healthy Living™

AT POST RANCH INN





About Dr. Brad Jacobs

Dr. Bradly Jacobs is a noted integrative medicine physician and is the founder of BlueWave Medicine and founding Medical Director of UCSF Osher Center for Integrative Medicine. Dr. Jacobs works with Fortune 100 companies including Google, Alphabet, Facebook, Gap Inc., as well as both Stanford and Harvard's Business and Medical Schools. He is a graduate of Stanford University School of Medicine, and has a Master's Degree in Public Health, with a specialty in Epidemiology from UC Berkeley.

Introducing the 6 Pillars of Healthy Living™

A STRESS REDUCTION PROGRAM *Exclusively for Post Ranch Guests*

Over the course of the last year, the increased levels of stress and anxiety as result of the devastating pandemic has led to a growing awareness of the importance of mental and emotional health. As a result, along with the recent issuance of Monterey County's Stay-Home order, Post Ranch Inn has partnered with **BlueWave Medicine** and its founder, noted integrative medicine physician, **Dr. Brad Jacobs**, MD MPH, to offer "6 Pillars of Healthy Living™," a new wellness and stress reduction program.

Revolving around Dr. Jacobs' 6 Pillars of Healthy Living™ platform, and presented in conjunction with **Kristine Huffman**, LICSW, the program is designed to help guests cope with the stress of the pandemic, improve resiliency & mental clarity, optimize restorative sleep, and experience the healing quality of outdoor activities and exercise. The program offers essential travelers the opportunity to return to nature, quiet the mind and reconnect with self and partner, while utilizing wellness practices designed to focus on both mental and physical well-being.



THE 6 PILLARS OF HEALTHY LIVING™

Dr. Jacobs teams with expert health practitioners to offer an array of integrative experiences to help with stress management, including nurturing, inspiring, and healing signature outdoor wellness. Dr. Jacobs provides guests with innovative solutions to improve and maintain health and vitality with his **6 Pillars of Healthy Living: Healthy Eating; Active Living; Restorative Sleep; Stress Reduction and Awareness; Connection; Passion and Purpose**. Each of the live, virtual sessions will focus on one of these pillars.

HOW DOES THE 6 PILLARS OF HEALTHY LIVING™ PROGRAM WORK

The program includes two components:

1. Complimentary live presentations conducted virtually throughout the week by Dr. Jacobs, Huffman and other noted physicians and health practitioners in such areas as stress reduction, sleep, healthy eating and more.
2. To supplement the program's principles, guests are invited to take advantage of a myriad of optional outdoor wellness and stress reduction experiences, many of which are complimentary, while some are fee-based private sessions. Each of the outdoor experiences addresses one of the 6 Pillars, ranging from movement meditation classes to nutrition consultations to restorative sleep instruction and more.

We invite you to continue reading for a full menu of optional wellness activities that may be added to your visit to Post Ranch. Coupled with the inspiring elements of Big Sur, we firmly believe that our new **6 Pillars of Healthy Living™ Program** will help set you back on a path towards healing and renewal.



About Kristine Huffman, LICSW

Kristine Huffman has created exclusive wellness retreats for Canyon Ranch, Miraval, and other well-known resorts. Along with her partners at Hutchinson Consulting, she is currently working on developing wellness communities around the country. A graduate of SUNY Albany, she has extensive experience providing behavioral health services in exclusive settings. Her specialties include stress management, adventure based counseling, biofeedback, HeartMath®-based techniques, hypnotherapy and EMDR.

Healthy Eating



1) HEALTHY EATING

Ayurvedic Nutrition

Discover your unique Ayurvedic constitution of the three doshas, mind and body characteristics, called Vata, Pitta and Kapha that match nutritional health principles to support you with foods, practices and habits that feed your best self. A customized plan includes balancing doshas to best support your energy, and vitality to thrive on a daily basis. Exploring your food choices empower you in your health goals to help with stay emotionally motivated and on track.

1 hour \$210 / 1.5 hour \$240 per person

Big Sur Herbal Tea Ritual

Inspire the senses while soothing your body and mind with Big Sur's herbal remedies. This holistic experience welcomes you into the Post Ranch Chef's Garden where you select and harvest your own healing herbs and flowers. A beautifully arranged outdoor tea ceremony integrated with fresh herbs and guided meditation empowers you to be in the present moment, offering relaxation and renewal. Explore the calming properties of your custom herbal tea blend and practice meditative ways to enhance your enjoyable herbal tea rituals for an effective immune booster, bringing many peaceful moments with this natural refreshment.

1 hour \$160 one or two people

Edible Garden Tour

Join Post Ranch's Gardener for a private tour of our organic culinary garden with a diverse ecosystem full of vegetables, herbs, mushrooms, and flowers. Explore, taste and learn about our unique specialty crops and growing techniques.

1 hour \$115 one or two people

2) ACTIVE LIVING

Outdoor Yoga*

Begin or continue learning a safe and effective yoga practice with an experienced instructor. The session includes traditional 'asanas' (postures), balance poses and 'pranayama' (breath work), catering to your individual needs.

1 hour \$150 one or two people

Outdoor Movement Meditation*

Explore the subtle energy centers and awaken the natural wisdom within through a combination of movement and meditation. Take-home tools to implement and expand self-care with an array of benefits, including easing joints and muscles, increasing circulation and balance.

1 hour \$150 one or two people

Outdoor Tai Chi*

This gentle form of exercise is often described as meditation in motion. Tai Chi is also known to help maintain balance strength, flexibility, and increase longevity.

1 hour \$150 one or two people

Post Ranch Guided Nature Walk*

Discover the hidden beauty of Post Ranch on a guided nature walk. Learn about the flora and fauna, as well as the cultural and natural history of the area on a walking tour of the 100 acre property.

1 hour \$115

**Also available for guest complimentary daily activities*



Post Ranch Guided Hike*

Enjoy a customized tour of the Post Ranch trails, led by one of our own hiking guides, in redwood groves, scenic meadows, and to ocean views. Tailored to individual interests and abilities, hikes range from informative filled with fauna, flora, and folklore to treks designed to maintain elevated cardio-respiratory levels.

1.5 hours \$175 one or two people

Forest Fitness*

The Post Ranch coastal forests offer a pristine place for private outdoor recreation. Fresh air and sunlight are proven to boost health and mood, providing more energy for the mind and body. Scientific principles are applied to your specific needs through the experience and creativity of our fitness coaching staff. Your individualized training program include cardio workouts, plyometric exercises, and more.

1 hour \$150 one or two people



Restorative Sleep



3) RESTORATIVE SLEEP

Yoga Nidra

Yoga Nidra, or yogic sleep, brings you effortlessly into states of consciousness allowing for deep restoration of mind and body. This simple guided meditation, in a comfortable reclining position, progressively accesses deeper brainwave states shifting from alpha to theta and then into regenerative delta states. Frequently, stressful situations prevent the mind from fully accessing the benefit of these restorative brainwave states, even in sleep. A regular practice of Yoga Nidra can help neutralize “sleep-debt” and ease ever deepening levels of sleep.

1 hour \$150 one or two people

Sound Sleep

Like a musical instrument, our bodies can be tuned to reach optimal balance and relaxation. Experience soothing vibrations of sound frequencies that create harmonic resonance to calm the nervous system, benefit brain waves and promote sound sleep. Learn to play your own tuning forks, while your practitioner plays various singing bowls and tuning forks with you in concert, harmonizing the body and soul. A set of tuning forks is yours to keep for continued self-care sound healing at home.

1 hour \$225 one or two people

Beauty Sleep

Discover the beauty in a nurturing self-care ritual, soothing upper body tension, improving overall immune function, and nourishing your skin. Receive instruction with expert consultation in purifying lymphatic self-massage techniques combined with your own jade Gua Sha and signature aromatherapy essential oil blend to detoxify and improve circulation, resulting in a naturally glowing complexion. A jade Gua Sha and aromatherapy massage oil are yours to take home to continue this revitalizing ritual, leaving you even more renewed and radiant after beauty sleep.

1 hour \$165 for one / \$185 for two

Crystal and Gemstone Healing

Recharge amidst a circle of Amethyst with an energy balancing crystal layout carefully preset for you to rest in the center, calming mind and body. Receive your own Big Sur Jade, polished by the Pacific Ocean and collected from nearby beaches, for you to place on your heart chakra and harmonize the physical, emotional, and energetic self. Known as a “dream stone,” jade can also bring more insightful dreams, as you drift into dream states. Soothe the soul with a guided meditation and Native American purifying, grounding ritual. Use aromatic plants and flowers freshly harvested from the Post Ranch garden and coastal forest to create a signature herbal smudge bundle, accessing the healing powers of nature. Continue balancing and clearing energy for deep sleep with a combination of your own jade stone, herbal smudge bundle, and a crystal infused Big Sur Flower Essence mist.

1.5 hours \$260 for one / 1.5 hours \$290 for two people

Herbal Nature Walk

Reset circadian rhythms on a morning guided walking tour of the Post Ranch Chef’s Garden, Secret Meadow, and forest groves. Bathed in streams of sunlight through oak groves and shaded by redwood tree canopies, enjoy an outdoor healing journey of foraging herbal remedies for sleep. Cultivating reconnection to the powerful natural rhythms and organic plant resources from Mother Nature, your custom herbal poultice is made for you to use in your own bath soak before bedtime for a natural sleep remedy.

1 hour \$160 one or two people



Stress Reduction & Awareness



4) STRESS REDUCTION AND AWARENESS

Mindful Meditation

This personalized session explores the fundamentals of meditation and breathing techniques, offering simple ways to integrate the ancient mindfulness into your modern lifestyle. Learn how to focus in the present moment and access higher levels of relaxation and conscious awareness.

1 hour \$150 one or two people

Sound Journey Meditation

Journey on the healing waves of sound to harmonize body and soul. Sooth all aspects of self through a guided meditation combined with a sound bath of vibrational healing singing bowls, tuning forks and more. Connect with your inner wisdom, relax your nervous system, and strengthen your immune system in this unique sound therapy meditation.

1 hour \$150 one or two people

Forest Meditation*

Delight in the wonder of the Post Ranch forest on a guided walking meditation in the redwood and oak groves. Bathed in Big Sur's Mother Nature, enjoy an outdoor healing journey cultivating connection to the powerful peacefulness within and all around. Receive deep renewal, reconnecting the body and soul.

1 hour \$150 one or two people

Vibrational Resonance

Various energy-balancing tuning forks with specific sound frequencies create harmonic resonance with the body's energy field. These vibrational tones in concert with Tibetan bowls help balance chakras and meridians, clearing blocked energy while harmonizing body and soul.

1 hour \$150

Big Sur Sea Soak Ritual

Relax into an herbal tea-bath in the privacy of your guest room, featuring aromatic herbs and fresh flowers harvested from the Post Ranch property combined with Big Sur sea salts. Receive everything you need to connect with the restorative wellspring of Mother Nature, including your own custom bath poultice, herbal body oil and expert instruction for immunity boosting self-massage techniques to reduce stress and discover bath rituals for self-renewal.

Specific guest room types required.

1 hour \$150





Connection

5) CONNECTION

Couple's Reflexology Massage Instruction

Connect as a couple and learn reflexology and foot massage techniques uniquely designed to help each other to release tension and balance energy. Your massage instructor encourages both of you to explore the practice of giving and receiving relaxing and beneficial foot massages combined with warmed Big Sur Jade stones, collected from nearby beaches, melting sore muscles and increasing circulation. Ease into sleep with the relaxing benefits of foot massage. Both an aromatherapy body butter and Big Sur Jade are yours to continue practicing.

1.5 hours \$275

Couple's Thai Massage Instruction

Learn to support each other in your fitness and flexibility goals as a couple with a fun and relaxing style of massage that can be practiced anywhere without need for a massage table or massage oils. You will learn to master the basics of Thai Massage and receive special instruction towards your targeted tension areas. Please wear yoga activewear.

1.5 hours \$250

Aromatherapy Alchemy

Begin your aromatherapy alchemy journey by creating a custom essential oil blend following your intuition. Using a selection of organic essential oils, wildcrafted Big Sur Flower Essences, and beautiful crystal and gemstone infusions, your experienced aromatherapist will help you create a full sensory mindfulness experience to promote reconnection of mind, body and soul. Colorful crystal and gemstone infusions powerful energies also encourage positive emotions. Continue to enjoy your customized take-home gemstone infused aromatherapy blend, supporting your health and mental wellness.

1 hour \$175

Creative Dream Journaling

Encouraged to trust your own insights and creative expression, discover your unique journaling process and access your creativity. Learn how to continue your connection to your inner wisdom, and explore creative consciousness with your own collection of writing and sketches inspired by your dreams. A dream journal is provided for you to record your dreams and guides you in interpreting their significance with the help of prompting questions, deepening the quality of your reconnection to self and relationships.

1 hour \$160

Big Sur Herbal Spirit Journey

Embody the blissful peace of Big Sur with native and local herbal remedies. Aromatic herbs plants and flowers are hand harvested from the Post Ranch garden and forest to create your custom Native American herbal smudge bundle for an indigenous purifying ritual. Accessing the healing powers of nature, this holistic journey reconnects the physical, emotional and spiritual self as it inspires the senses. A guided meditation integrated with healing herbal remedies and an energy balancing sound bath empowers you to be in the present moment, set intentions and gain greater wellbeing. Our signature Big Sur Flower Essence Quartz Crystal Infused Mist and herbal smudge bundle are included to take home and continue self-care.

1.5 hours \$260 for one / 1.5 hours \$290 for two people

Animal Spirit Journey

Discover your spirit animal and connection with the archetypal energy of the animal kingdom to bring you insight, understanding and guidance. The Native American inspired healing symbolism of animal medicine is a continued intuitive source of spiritual, psychological and social growth. In this guided meditation and card reading learn to listen to your natural intuition using Animal Spirit oracle cards. This Animal Spirit set of cards and guidebook are yours to keep.

1 hour \$175



Falconry At Post Ranch

Join master falconer Antonio Balestreri to learn about raptor conservation, biology, and the important roles these birds play in our environment. Meet nature's top gun, the Peregrine Falcon, capable of diving at speeds approaching 300 mph; the Great Horned Owl, one of North America's top predators; and the Harris' Hawk, nature's most intelligent raptor, as it glides from our majestic redwoods towards your outstretched glove. Get up close and personal with these and other fascinating birds of prey as you gain a new found appreciation for nature and wildlife. An experience you will never forget.

2 hours Group \$200 per person

Private \$600 for one or two people



*Finding
Passion
& Purpose*

6) FINDING PASSION AND PURPOSE

Astrology Reading

Using your astrological birth-chart as a map, you'll be guided towards a deeper understanding of your unique Life Path. This reading offers tangible steps and clarity for overcoming challenges, accessing your natural gifts, and creating from a more aligned, fulfilling place.

1 hour \$235

Couple's Astrology

Using both of your birth-charts as a map, your astrologist guides towards a deeper understanding of key areas that relate to emotions, communication, love language, and passion. This reading is designed to offer you, as a couple, clarity and awareness for accessing your natural gifts, and evolving harmoniously together. Create from a fulfilling place, living more into alignment of your unique Life Path purpose of your relationship.

1.5 hours \$280

Shaman Drum Journey

Listen to the ancient voice of the drum as our shaman guides a journey to retrieve energies from the past and future to be fully present in the now. The practices of modern shamanism create the power to achieve your deepest levels of synergy, visioning and momentum. Additionally, you come away with a simple and potent set of tools to help enhance your quality of life in all aspects, including health and relationships.

1 hour for one person \$315 / 1.5 hours for two people \$515

Shaman Sessions

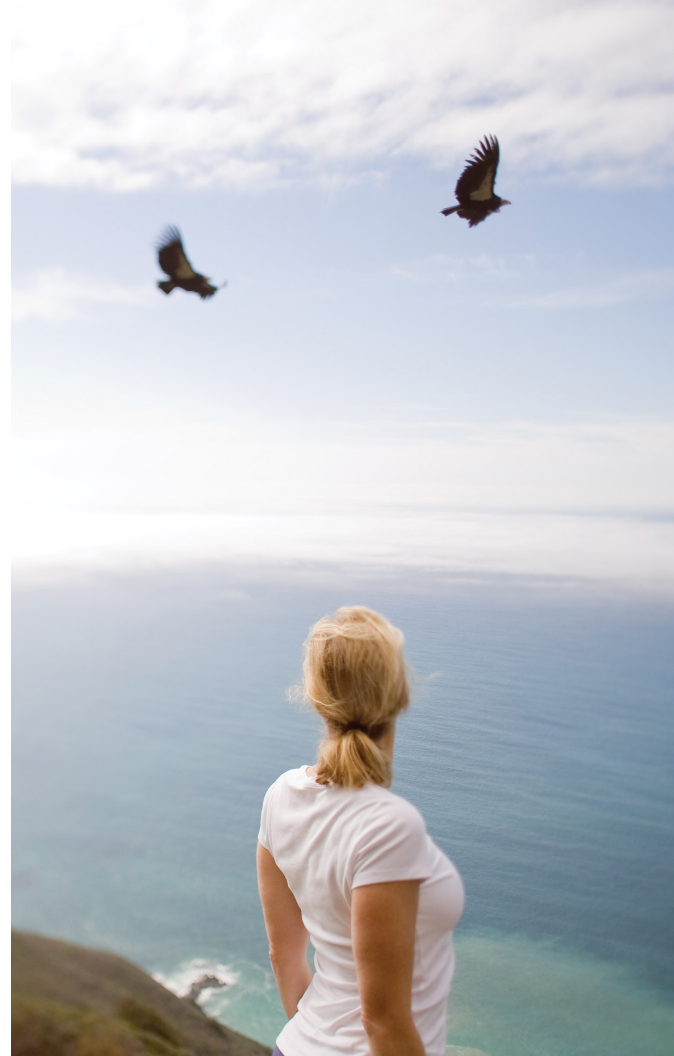
Shaman sessions offer the rediscovered ancient wisdom and integrative approach that empowers you to quickly achieve profound and lasting improvements in quality and quantity of life. These techniques can restore comfort and vitality in the body, mind and soul, reducing stress and improving relationships.

Native Americans have long known that we are connected to all of nature. Through the four cardinal directions, your shaman establishes the medicine wheel, creating a sacred and safe space. He engages the forces of nature and the ancestors' ancient wisdom to create lasting changes for physical, mental and emotional well-being. Balancing and cleansing the energy body of imprints that predispose us to negative physical and emotional conditions boost energy, vitality and immunity.

Shaman journeys include an insightful and enlightening dialogue and the following ancient processes:

- Clearing and protecting you from negative influences in this life, past lives, and ancestors.
- Healing and retrieving your power from past wounding, and remove limiting beliefs.
- Incorporating the energy of your power animal to help you going forward.
- Aligning your energy with your ideal destiny and offering the tools to achieve it.

1 hour for one person \$315 / 1.5 hours for two people \$515





GENERAL INFORMATION: 831-667-2200

RESERVATIONS: 800-527-2200

EMAIL: RESERVATIONS@POSTRANCHINN.COM