

PURIST[®]

Miles and Miles Before I Sleep: Renewal At The Ranch



Fourteen years ago, The Ranch in Malibu began its mission of resetting the human operating system. Since then, it has developed a kind of cult following—people who want and need wellness guidance have migrated to the California shores to be pampered daily with five-star accommodations, strength training, long and rigorous hikes, yoga, meditation, massages, health diagnostics, sauna and cold plunges, and vegan nutritional offerings that sate the cynics. Now The Ranch has arrived on the other coast—in the Hudson Valley—and East Coasters are thrilled.



We hosted a *Purist* retreat there in the spring, and I watched how our group of empowered women achieved their goals through The Ranch's body and mind results-oriented signature program they set for us. Beginning with our arrival at the former J.P. Morgan estate and castle, we did weight and waist measurements—which quickly diminished over the four-day stay.



The Ranch is set on a historic, private lakefront estate that spans 200 forested acres, and our group embarked on Harriman State Park hikes that took us to new heights. Through a combination of hiking and rock climbing—or what mountaineers call scrambling—we navigated a few steep gullies and rocks using our hands and feet and poles. After that, every morsel of the chef-created menu in the communal dining room overlooking the lake was especially delectable.



The connection we felt to each other was palpable—every moment was an opportunity to share vulnerabilities and stories. It was also a great way to launch into a new season, having set ourselves on a path of creating healthier habits while gaining muscle and losing unwanted fat, both physically and mentally. Additional services, such as contrast hydrotherapy, chiropractic treatments, energy healing and acupuncture, were icing on the wellness cake.



The miles of hiking jump-started a vibrant resilience in all of us and a mental clarity and peace of mind. When I caught up with my ladies post-retreat, they had all elegantly sifted through expected challenges waiting at home, thus ensuring the spiritually sustaining benefits of our visit to that magical place.

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