

# RANGER SOUL

*When the mind grows silent*

## Ranger Course

Arancón, Soria, Spain

### Course Programme

The course starts Monday at 11:00 hours in the school in Arancón. Accommodation is in a casa rural in the pueblo of Almajano.

#### Monday 11:00

Welcome & Introduction

Lunch

Cartography - getting acquainted with the area using maps and compass

4x4 drive & stalking with map and compass in small groups

Debriefing

Dinner

Fundamentals on Soulful Leadership and Creative Meditation practices

Goodnight

#### Tuesday 06:30

Morning drive & stalk – implementing meditative practice in the field

"Almuerzo"

4x4 drive tuition by Guardia Civil (SEPROSE) on their terrain

Lunch

Shooting practice by Guardia Civil (SEPROSE) on their shooting range

Handling poachers

The sunset exercise (in group)

Dinner

How to be a Ranger Soul – what does it imply?

Goodnight

#### Wednesday 06:30

Energy in nature

Individual field practices

Almuerzo

Tracking practice

Lunch

Wildlife management – how they do it in Spain

The sunset exercise (individual)

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## Thursday 06:30

The sunrise exercise (individual)

Almuerzo

Animals in theory and practice – what inhabits the area I

Lunch

Animals in theory and practice – what inhabits the area II

Guarding / Hunting

Cleaning an animal (or the sunset exercise if you already know how to clean it)

## Friday 06:30

Guarding and sunrise exercise combined

Almuerzo

Examination of an animal (health, sickness, age, feeding status etc.)

Lunch

Field exercise all combined

Questions & Answers & Farewell

**Optional:** stay one more night to do another round of guarding by foot, get closure on mind and soul, and take your leave the following day. You are on your own but we will allocate an area for you and be a lifeline (and pick-up), should you need us.

## Additional information

### Food

We go by Spanish eating hours, which means that almuerzo (brunch) is around 10.00, lunch at 15:00 and dinner at 21:00. You take your own breakfast and morning coffee in the casas rurales (B&B), and you can prepare a snack to bring along during the day, if the eating schedule does not go well with your metabolism.

### Sparetime

Do not expect to have time neither to check mails or do calls during the day. And by the time we finish after dinner you will usually be yearning for your bed.

### Physical limitations

Should you have any physical pains or impairments, please let us know in advance so that we can organize a program that will challenge you within your limits. The program can be more or less exhausting and we have the possibility to slant it.

### Waiver

The programme is tentative and subject to change - why? - we are in Spain ;-)