

RANGER SOUL

When the mind grows silent

Soulful Leadership - Essential 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

Fundamentals on Soulful Leadership

Lunch

Cartography - getting acquainted with the area using maps and compass

4x4 drive & stalking with map and compass in pairs

Debriefing & snack

Sunset exercise in the field – searching for your inner authority as a leader

Dinner theme (Q&A)

Tuesday 06:30

Morning drive & stalk – implementing meditative practice in the field

“Almuerzo” (Spanish brunch)

Ranger routines and how to handle poachers

Lunch

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

(hunters with own rifle check their weapon for accuracy here)

Dinner

How to be a Ranger Soul – how does it relate to leadership?

Wednesday 06:30

Energy in nature – finding your own nature as a leader

Individual field practices

Almuerzo

Tracking practice (rastreo)

Lunch

The sunset exercise (in group)

Dinner

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Thursday 06:30

The sunrise exercise (individual)

Almuerzo

Planning your guard

Lunch

Guarding / Hunting

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

Dinner

Optional theme (depending on level of exhaustion)

Friday 06:30

Guarding and sunrise exercise combined

Almuerzo

Soulful Leadership – taking it home

Lunch

Questions & Answers & Farewell

Optional: stay one more night to do a round of guarding, 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

Transportation

Norwegian Air, Ryan Air and Iberia fly directly from Copenhagen to Madrid Barajas Airport. In Madrid Airport you can either rent a car and drive the 2,5 hour drive to Arancón on good roads or catch a bus to Soria, where pick-up can be arranged.

Accommodation

You will be staying in shared Bed & Breakfast – in Spanish called "casas rurales" – cosy houses in the nearby pueblos. You will be sharing the houses with other course participants. The houses have own kitchen, so that you can prepare your own meals, open fireplace and some have shared bathrooms.

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.

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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 ;-)