



## SATURDAY AT THE RANCH MAY 9, 2026

### ***Buenos Dias, and welcome to your Saturday at the Ranch experience.***

We've crafted the day to be a microcosm of the usual seven-night, Saturday-to-Saturday stay here. You'll find that even in one day, the sense of "getting away from it all" is tangible. And, more important, we know from experience that this is the first day of your Road to Renewal. What you'll experience and learn in this brief time here will—we bet!—inspire you to try some lifestyle changes back home.

- 7:15 - Arrive at Inspiration Point Lot #34 in Balboa Park and board bus**  
**7:30 am** The Inspiration parking lot is located at the intersection of President's Way and Park Blvd, near the Veteran's Museum.
- 7:45 am Bus leaves San Diego from Inspiration Point Lot #34 in Balboa Park**
- 9:30 am Breakfast Buffet at La Cocina Que Canta, Farm Tour and Cooking Demonstration**
- 11:00 am Shuttle to Rancho La Puerta**
- 11:30 am Welcome Tour & Health Center Introduction**  
Spa lockers provided for belongings.
- 12:00 pm Full Body Strength (45 min), - Olmecca**  
Full-body workout is a fun and challenging way to boost metabolism and increase strength by adding resistance
- Yoga Fundamentals (All Levels) (45 Min) - Montaña**  
Focus on breath and alignment in a slower-paced class suited for beginners, injury recovery, or mindful practice.
- 12:00 - Mediterranean Buffet Lunch (Dining Hall)**  
**3:00 pm** Please note any allergies and other food concerns to the Maître D'.
- 1:00 pm Pickleball Open Play, unstaffed.** Court shoes recommended.
- 2:00 pm Aqua: Deep Water (45 min) - Activity Pool**  
Low-impact, high-resistance training to tone the body and elevate cardio.
- 3:00 pm Stretch (45 min) - Montaña**  
Enjoy a full body stretch to help improve mobility and make your body feel great!
- 4:00 pm Sound Healing (45 min) - Oaktree**  
Crystal bowl vibrations calm the nervous system, ease tension, and invite deep relaxation.
- 5:00 pm Free Time:** explore the grounds, swim laps, walk the labyrinth, read in a hammock, visit the Mercado and Bazar del Sol. Settle your bill.
- 6:00 pm Depart for San Diego, (Meet Front of Administration)**  
Bring all belongings, including everything from your locker.
- 7:30 pm Anticipated Arrival in San Diego**

\* Spa services are available from 12pm to 4pm. The price is not included in the SAR fee. They may be scheduled for an additional \$90 (tax included), which is payable at the Administration Building.