



SATURDAY AT THE RANCH

- 7:15-7:30 am** **Arrive at Inspiration Point Lot #34 in Balboa Park and board bus**
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**
- 11:15 am** **Welcome Tour & Health Center Introduction**
- 11:30 am** **Circuit Training – Azteca (45 min)** A 15-minute cardio segment followed by a 30 min vigorous workout around a multi-station circuit.
Meditation – Oaktree (45 min) Learn how to bring peacefulness, enhanced consciousness, and mindfulness to your daily life through meditation
- 12:30 pm** **Pickleball Open Play (Pickleball Courts)**
Yoga - All Levels – (Montaña) This classic practice is designed to revitalize the body physically, mentally and spiritually.
- 1:00 pm -** **Mediterranean Buffet Lunch (Dining Hall)**
Please note any allergies and other food concerns to the Maître D'.
- 2:00 pm** **Core Express (Olmeca, 30 min)** Target and strengthen your mid-section muscles.
- 3:00 pm** **Sound Healing (Oaktree)** Crystal bowls emit pure sound waves that resonate through out the body to produce deep relaxation.
- 4:00 pm** **Free Time:** explore the grounds, swim laps, walk the labyrinth, shop in the Mercado, get a spa treatment (and settle your bill), read in a hammock.
- 6:00 pm** **Depart for San Diego**
- 7:30 pm** **Anticipated Arrival in San Diego**

Spa services are available from 11am to 2pm. 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.