



# 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 Light Breakfast Buffet, Welcome Tour & Health Center Introduction (Gazebo)**  
Spa lockers provided.
- 11:00 am Choose From:**
- **Introduction to Pickleball with Mike B (Pickleball Courts)** A fun sport that combines many elements of tennis, badminton and ping-pong. Played outdoors with a paddle and a plastic ball on a slightly modified tennis court.
  - **Yoga - All Levels – (Montaña)** This classic practice is designed to revitalize the body physically, mentally and spiritually.
- 11:30 am - 3:00 pm Mediterranean Buffet Lunch (Dining Hall)**  
*Please note any allergies and other food concerns to the Maître D'.*  
Free time to explore the grounds, swim laps, walk the labyrinth, shop in the Mercado, get a spa treatment (and settle your bill), read in a hammock, pick up your passport, etc.
- 12:00 pm Core Express (Olmeca, 30 min)**  
Target and strengthen your mid-section muscles.
- 2:00 pm Choose From:**
- **Sound Healing (Oaktree)** – Crystal bowls emit pure sound waves that resonate throughout the body to produce deep relaxation.
  - **Woodlands Hike (Guest Lounge)** – A 2-mile lowland hike meandering through the river basin among the oaks.
- 3:15 pm Bus departs PROMPTLY for La Cocina Que Canta (Front of Administration)**  
Bring all belongings, including everything from your locker.
- 3:45 pm Farm Tour and Cooking Demonstration (La Cocina Que Canta)**  
Enjoy the food from the cooking demonstration in a tapas tasting.
- 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 prior to leaving for the cooking demonstration.*