



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 are provided upon request.
- 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.
- 1:45 pm Organic Garden Hike (meet at Gazebo)**
An easy 2-mile walk through rolling hills and chaparral to our organic farm and cooking school, La Cocina Que Canta.
- 2:00 pm Sound Healing (Oaktree)**
Crystal bowls emit pure sound waves that resonate throughout the body to produce deep relaxation.
- 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.