

Week of February 1, 2025

8th Annual Chamber Music Festival

Pickleball of the Heart with Pat Angelicchio

Yoga Specialty with Amy Caldwell

Stay Flexible, in more ways than one! After you secure your spa appointments, try sketching out your personal program for an entire week, or take it day by day. Our Fitness Concierge is always ready to help you get the most out of your week. You'll soon discover many “don't miss!” experiences that inspire schedule changes.

Seek a balance when considering the many options for movement, nutrition, relaxation, entertainment, and learning.

Keep in mind a few guidelines for the week:

- We are a “**digital noise-free environment**”. Please turn off ringers and alerts on your devices. If you must answer or make a call, do so in the privacy of your room, or the Administration Building.

- “**Progressive**” classes are a continuum over several days. Your knowledge of that particular discipline *and* your fitness Level will grow with each passing day. If you miss the first day, don't despair; you can still drop in on subsequent days.

- **Sign ups** for classes are posted in the Main Lounge clipboards.

- **Classes are on a 1st come; 1st served** based on equipment availability.

- **Classes and activities begin on time and last 45 minutes unless noted otherwise.**

SATURDAY | FEBRUARY 1

6:15 ☐ Mountain Hike: **Professor's Trail** Challenging, 3.3 Miles, Gazebo
6:45 ☐ Lowlands Hike: **Woodlands Trail** 2 Miles, Gazebo

9:00 ☐ **Stretch** Pinetree

10:00 ☐ **Circuit Training** Azteca
☐ **Meditation** Milagro

11:00 ☐ **Pickleball Open Play** unstaffed, please use proper footwear.
Pickleball Courts
☐ **Yoga: All Levels** Montaña

1:00 ☐ **Fitness Concierge** Dining Hall

2:00 ☐ **Core Express** (30 Min) Olmecca

3:00 ☐ **Sound Healing** Oaktree
☐ **Stretch** Pinetree

4:30 ☐ **Ranch Tour** (Recommended for 1st time guests) Gazebo

5:00 ☐ **First Time Guest Orientation** Olmecca
☐ **Returning Guest Update** Tolteca

6:45 ☐ **Meet the Presenters** Dining Hall
7:30 ☐ **Movie: The Upside** Library Lounge
8:00 ☐ **Candlelight Sound Bath with Musicians Monique Mead and Amelia Zitoun** Oaktree

<u>MEAL HOURS</u>	<u>AVAILABLE FACILITIES WHEN NO CLASS IS IN SESSION</u>
SATURDAY Breakfast 7:00 am to 9:00 am Lunch 11:30 am to 3:30 pm Dinner 5:30 pm to 7:30 pm	Milagro - Meditation Room 6:00 am to 9:00 pm Activity Pool - Lap Swim 7:00 am to 5:00 pm Azteca Gym - Weight Room Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to 5:00 pm
SUNDAY THROUGH FRIDAY Breakfast 7:30 am to 9:00 am Lunch 12:00 pm to 1:30 pm Dinner 5:30 pm to 7:30 pm	UNSTAFFED PICK-UP GAMES Pickleball open play: all levels 11am: Su,T,Th,F 9am: M,W
SNACK TIMES	
SUNDAY THROUGH FRIDAY Fruit 10:30 am Main Lounge Smoothies 2:45 pm Juice Bar Veggies/Juice 4:30 pm Main Lounge	

SUNDAY | FEBRUARY 2

Class spaces are limited to first come first served

6:15 ☐ **Mountain Hike: Pilgrim Trail** Advanced, 3.5 or 4.5 Miles, Gazebo
6:30 ☐ **Mountain Hike: Alex's Oak Trail** Moderate, 2 Miles, Gazebo
6:45 ☐ **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo
7:00 ☐ **Bird Walk** (60min) Gazebo

8:15 ☐ **Ranch Tour and Orientation** (Recommended for 1st time guests)
Dining Hall
☐ **Fitness Concierge** (30 Min) Dining Hall

9:00 ☐ **Circuit Training**, Azteca
☐ **Full Body Strength Level 2**, Olmecca
☐ **Meditation**, Oaktree
☐ **Pickleball Clinic: Beginner**, Pickleball Courts
☐ **Pilates: Mat Fundamentals Progressive**, Pinetree
☐ **Stretch**, Montaña
☐ **TRX Fundamentals**, Tolteca
☐ **Mexican Traditions: Día de la Candelaria ongoing until 11:30 am.**
Joins us for atole, tamales and Live music (60 mins).
Option at 10 am: Painting on Wood. Fee, Sign up. Los Olivos

10:00 ☐ **Circuit Training**, Azteca
☐ **Dance: Latin Fusion**, Kuchumaa
☐ **Pickleball Clinic: Intermediate**, Pickleball Courts
☐ **Pilates: Mat Level 2**, Pinetree
☐ **Ranch Barre**, Olmecca
☐ **Yoga: Level 2**, Montaña

11:00 ☐ **Improving Posture: Stretch & Strengthen**, Tolteca
☐ **Pilates: Reformer Fundamentals**, Pilates Studio
☐ **Rebounder: Balance & Core Level 2**, Kuchumaa
☐ **Shallow Water Workout**, Activity Pool
☐ **Strength for Longevity**, Olmecca
☐ **Stretch**, Arroyo
☐ **Yoga Specialty** (75 min), Montaña

12:00 ☐ **Swim Stroke Clinic** (30 Min), Activity Pool

1:00 ☐ **Feldenkrais: Lecture with Donna Wood**, Arroyo
☐ **Intro to Coffee Science, with Journey Smothers** Library Lounge
☐ **Water Flow Therapy Demo** South Pool

2:00 ☐ **Cardio Drum Dance**, Kuchumaa
☐ **Deep Water Training**, Activity Pool
☐ **Pilates: Reformer Fundamentals**, Pilates Studio
☐ **Ranch Ropes HIIT** (30 Min), Olmecca
☐ **Music Talk: Decoding the Concert Program, with ArcoStrum and Monique Mead** Oaktree
☐ **The Science of Preparation with Julie Lopez** Arroyo

3:00 ☐ **Pilates: Reformer Fundamentals**, Pilates Studio
☐ **Lecture: Strength for Longevity with Pete McCall**, Olmecca
☐ **Sound Healing**, Oaktree
☐ **Strength & Stretch with Stick Mobility**, Pinetree
☐ **Tai Chi**, Montaña
☐ **TRX Flexibility**, Tolteca

4:00 ☐ **Foam Roller Recovery**, Tolteca
☐ **Restorative Yoga**, Montaña
☐ **Film: Miracle in a Box, narrated by John Lithgow introduced by John Callahan** (56 min)
Library Lounge

4:30 ☐ **Live Music with Sergio Ramos** (60 Min), Bazar del Sol

7:30 ☐ **Movie: La La Land** Library Lounge

8:00 ☐ **8th Annual Chamber Music Festival, Opening Night with ArcoStrum**, Oaktree

MONDAY | FEBRUARY 3

Class spaces are limited to first come first served

6:15 ☐ **Mountain Hike: Professor's Trail** Challenging, 3.3 Miles, Gazebo
6:30 ☐ **Meditation Hike: Dove Trail** 1.2 Miles, Gazebo
6:45 ☐ **Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo

9:00 ☐ **Barbell Strength: Level 2**, Tolteca
☐ **Circuit Training**, Azteca
☐ **Meditation**, Oaktree
☐ **Pilates: Mat Fundamentals Progressive**, Pinetree
☐ **Stretch**, Montaña
☐ **Tennis Clinic: Level 1**, Tennis Courts
☐ **Total Body Strength with Bands**, Olmecca

10:00 ☐ **Breathwork**, Milagro
☐ **Circuit Training**, Azteca
☐ **Core & More**, Olmecca
☐ **Dance: Cardio Hip Hop Bodyrock**, Kuchumaa
☐ **H2O Boot Camp: Deep Water Workout**, Activity Pool
☐ **Pilates: Mat Level 2**, Pinetree
☐ **Ranch Cycle: All Levels**, Pai Pai
☐ **Tennis Clinic: Level 2**, Tennis Courts
☐ **Yoga: Level 2**, Montaña

11:00 ☐ **Bungee Fitness: Advanced** Sign Up, Requires the use of a harness device, please wear long pants. Pinetree
☐ **Dynamic Mobilization for Active Aging Populations**, Olmecca
☐ **Pickleball Clinic: Beginner**, Pickleball Courts
☐ **Pilates: Reformer Fundamentals**, Pilates Studio
☐ **Shallow Water Workout**, Activity Pool
☐ **TRX & Kettlebells**, Tolteca
☐ **Yoga: Specialty** (75 min), Montaña
☐ **Drawing with Jennifer** (2 hrs), Art Studio
☐ **Nature Walk with Rob Larson** (60 min) Meet at Gazebo

1:00 ☐ **Classical Music Trivia! with Monique Mead, John Kimura Parker, Aloysia Friedman, and Amelia Zitoun** Olmecca
☐ **Secrets to Better Pickleball Lecture**, Tolteca
☐ **The Great Microbiome: Our Greatest Ally for Optimal Health, with Norma Flood** Arroyo

2:00 ☐ **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo
☐ **Healthy Shoulder & Rotator Cuff Secrets**, Olmecca
☐ **Pilates: Reformer Fundamentals**, Pilates Studio
☐ **Release & Mobilize**, Tolteca
☐ **Strength & Stretch with Stick Mobility**, Pinetree
☐ **Watercolor with Jennifer** (2 hrs), Art Studio
☐ **Finding Your Inner Compass – Exploration of your Deepest Truth, with Julie Lopez** Arroyo

3:00 ☐ **Pilates: Reformer Level 2**, Pilates Studio
☐ **Rebounder Express** (30 Min), Kuchumaa
☐ **Sound Healing with Violin and Guitar, Monique Mead and TY Zhang** Oaktree
☐ **Spanish Lessons: Beginner's Progressive**, Library Lounge

4:00 ☐ **Inner Journey: Guided Meditation**, Arroyo
☐ **Stretch and Relax**, Montaña

4:30 ☐ **Guest Reception: Sangría & Guacamole**, Bazar del Sol

6:15 ☐ **Silent Dinner**, Sign up. Los Olivos (via Dining Hall balcony)

7:30 ☐ **Documentary: Kiss the Ground** (1.5 hr) Library Lounge

8:00 ☐ **Candlelight Concert: “Close Harmony”, with The King's Singers** Oaktree

TUESDAY | FEBRUARY 4

Class spaces are limited to first come first served

6:05 ☐ **Organic Garden Breakfast Hike + 7:30 am Concert at La Cocina: “Sunrise Concert” with Aloysia Friedmann and Jon Kimura Parker.** (40 min) Back by 10am. Moderate, 4 Miles, Sign up, Gazebo
* Option to tour Professor Park / RLP Foundation, back by 9am

6:15 ☐ **Mountain Hike: Coyote Trail** Advanced, 5.5 or 4 Miles, Gazebo
6:30 ☐ **Mountain Trail Run** 2-4 miles, Gazebo
☐ **Sunrise Yoga: All Levels** (60 Min), Montaña

6:45 ☐ **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo

7:00 ☐ **Bird Walk** (60min) Gazebo

9:00 ☐ **Bootcamp**, Kuchumaa
☐ **Functional Strength: All Levels**, Olmecca
☐ **Meditation**, Oaktree
☐ **Pickleball Clinic: Beginner**, Pickleball Courts
☐ **Pilates: Mat Fundamentals Progressive**, Pinetree
☐ **Postural Awareness**, Tolteca
☐ **Stretch**, Montaña

10:00 ☐ **Circuit Training**, Azteca
☐ **Dance: Intro to Salsa**, Kuchumaa
☐ **Pickleball Clinic: Intermediate**, Pickleball Courts
☐ **Pilates on the Stability Ball Level 2**, Olmecca
☐ **TRX Strength HIIT: Level 2**, Tolteca
☐ **Yoga: Level 2**, Montaña

11:00 ☐ **Aqua Strength & Tone (Shallow Water Workout)**, Activity Pool
☐ **Cycle Express** (30 Min), Pai Pai
☐ **Kettlebells** (30 Min), Tolteca
☐ **Pilates: Reformer Fundamentals**, Pilates Studio
☐ **Strength & Stretch with Stick Mobility**, Pinetree
☐ **Stretch**, Arroyo
☐ **Yoga Specialty** (75 Min), Montaña
☐ **Landscape Sketching with Jennifer** (120 Min) Art Studio

1:00 ☐ **Cooking Demo by Sous Chef Vivian Mercado**, Juice Bar
☐ **Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins), Library Lounge
☐ **The Top 10 Ways to Heal Your Gut & Maximize Your Microbiota with Norma Flood** Olmecca

2:00 ☐ **Aerial Yoga: Level 1 Gentle (Low Hammock)**, Please wear socks & long sleeves. Kuchumaa
☐ **Balance and Coordination**, Olmecca
☐ **Circuit Training**, Azteca
☐ **Deep Water Training**, Activity Pool
☐ **Pilates: Cadillac Fundamentals**, Pilates Studio
☐ **Watercolor Collage Cards with Jennifer** (2 Hrs) Art Studio
☐ **Purification & Detoxification – Letting go for a Higher Purpose, with Julie Lopez** Arroyo

3:00 ☐ **Core Express** (30 Min), Olmecca
☐ **Pilates: Reformer & Cadillac Combo**, Pilates Studio
☐ **Sound Healing**, Oaktree
☐ **Tai Chi**, Montaña
☐ **Spanish Lessons: Beginner's Progressive**, Library Lounge
☐ **85th Anniversary: Writing Workshop with David de la Paz.** Milagro

4:00 ☐ **Foam Roller Recovery**, Tolteca
☐ **Mind-Flow 101: Mindfulness Through Improv**, Arroyo
☐ **Restorative Yoga**, Montaña
☐ **Mindful Music Stroll** Meet Monique Mead at Gazebo
☐ **Hands-on Cooking Class with Maylin Chavez** Register at Ext.640/625. Fee \$145. Return at 7:30pm. Admin Bldg.
☐ **Wine Tasting of Guadalupe Valley wines**, \$35 per person. Sign up by calling Ext.113 or Sign up in the Main Lounge. Bazar del Sol

5:00 ☐ **1st Time Visitor's Reception w/ Barry Shingle, Director of Guest Experience**, Los Olivos

7:30 ☐ **Movie: Sight** Library Lounge

8:00 ☐ **Concert: “That Be Jazz!”** Oaktree

WEDNESDAY | FEBRUARY 5

- 6:05** **Organic Garden Breakfast Hike + “Morning Tango” with Arco Strum** (40 min) Back by 10am. Moderate, 4 Miles, Sign up, Gazebo
- 6:15** **Mountain Hike: Pilgrim Trail** Advanced, 3.5 or 4.5 Miles, Gazebo
- 6:30** **Meditation Hike: Meadow Trail** 1.2 Miles, Gazebo
- 6:45** **Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo
- 9:00** **Circuit Training**, Azteca
 Cardio Boxing, Kuchumaa
 Meditation, Oaktree
 Pilates: Mat Fundamentals Progressive, Pinetree
 Ranch Barre, Olmecca
 Stretch, Montaña
 Tennis Clinic: Level 1, Tennis Courts
 TRX & Kettlebells, Tolteca
- 10:00** **Circuit Training**, Azteca
 Cycle Strength, Pai Pai
 Dance: Move & Groove Funk!, Kuchumaa
 Full Body Strength: Level 1, Olmecca
 H2O Boot Camp (Deep Water Workout), Activity Pool
 Pilates: Mat Level 2, Pinetree
 Tennis Clinic: Level 2, Tennis Courts
 Yoga: Level 2 Montaña
 Landscape Garden Walk Main Lounge
- 11:00** **Bungee Fitness: Advanced**, Sign Up, Requires the use of a harness device, please wear long pants. Pinetree
 Pickleball Clinic: Beginner, Pickleball Courts
 Pilates: Reformer Fundamentals, Pilates Studio
 Rebounder Express (30 Min), Kuchumaa
 Shallow Water Workout, Activity Pool
 Strength for Longevity, Olmecca
 Why’s & How’s of Hiking Poles, Use yours or borrow ours, Meet outside Arroyo
 Yoga Specialty (75 min), Montaña
 Nature Walk with Rob Larson (60 Min) Meet at Gazebo
- 1:00** **Breathwork**, Montaña
 Friends of Bill W. (12 steps - Participant-guided) Library Lounge
 Open Rehearsal (1.5 hrs) Walk in/walk out Oaktree
 Epigenetics: Your DNA is NOT Your Destiny! with Norma Flood Olmecca
- 2:00** **Aerial Yoga: Level 1 Gentle (Low Hammock)**, Please wear socks & long sleeves. Kuchumaa
 Deep Water Training, Activity Pool
 Lowlands Hike: Woodlands Trail 2 Miles, Gazebo
 Labyrinth, Labyrinth
 Pilates: Reformer Fundamentals, Pilates Studio
 Release & Mobilize, Tolteca
 Implementation & Increasing Risk Tolerance to Actualize What You Desire with Julie Lopez, Arroyo
- 3:00** **Pilates: Reformer Level 2**, Pilates Studio
 Practice Your Intention with Jill T., Milagro
 Sound Healing, Oaktree
 TRX Core (30 Min), Tolteca
 Spanish Lessons: Beginner’s Progressive, Library Lounge
- 4:00** **Inner Journey: Guided Meditation**, Arroyo
 Journaling for Joy, Milagro
 Knitting for Wellness, Sign Up. Main Lounge
 Stretch and Relax, Montaña
 Hands-on Cooking Class with Maylin Chavez Register at Ext.640/625. Fee \$145. Return 7:30pm. Meet at Admin Bldg.
- 5:00** **Concert: “The New World” with The King’s Singers** Oaktree
- 5:15** **Intention Tree & Stone Ceremony with Jill T.** Tree in front of Dining Hall
- 7:30** **Movie: One Life** Library Lounge
- 8:00** **An Evening with Deborah Szekely, Co-founder of Rancho La Puerta, Hosted by Barry Shingle, Director of Guest Experiences** Oaktree

THURSDAY | FEBRUARY 6

- 6:05** **Organic Garden Breakfast Hike** Moderate, 4 Miles, Sign up, Gazebo
* Option to tour Professor Park / RLP Foundation, back by 9am
* Option to ride the van to and from the Ranch.
- 6:10** **Mountain Hike: 7-Mile Breakfast** Advanced, Pre requisites, Sign up, Gazebo
- 6:15** **Mountain Hike: Professor’s Trail** Challenging, 3.3 Miles, Gazebo
- 6:20** **Ruck: Weighted Hiking: Intermediate**, Sign up. 2 Miles, Gazebo
- 6:45** **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo
- 7:00** **Bird Walk** (60 Min) Gazebo
- 9:00** **Dance: Burlesque**, Kuchumaa
 Full Body Strength: Level 2, Olmecca
 Meditation, Oaktree
 Pickleball Clinic: Beginning, Pickleball Courts
 Pilates: Mat Fundamentals Progressive, Pinetree
 Stretch, Montaña
 TRX Fundamentals, Tolteca
- 10:00** **Circuit Training**, Azteca
 Chant, Milagro
 Dance: Zumba, Kuchumaa
 Pickleball Clinic: Intermediate, Pickleball Courts
 Pilates: Arc Barrel Levels 2, Pinetree
 Ranch Barre, Olmecca
 Yoga: Level 2, Montaña
- 10:30** **Valle de Guadalupe Tour: Pijoan Vineyard & Adobe Guadalupe**
Register at Ext.640/625. Return 5:30 pm. \$290 per person.
Meet at Admin Bldg.
- 11:00** **Aqua Strength & Tone (Shallow Water Workout)**, Activity Pool
 Booty Blast (30 Min), Olmecca
 Bungee Fitness: Advanced Sign Up. Requires the use of a harness device, please wear long pants. Pinetree
 Cycle Hip Hop (30 Min), Pai Pai
 Cardio Drum Dance, Kuchumaa
 Pilates Reformer Fundamentals, Pilates Studio
 Stretch, Arroyo
 Yoga Specialty (75 min), Montaña
 Ranch History Walk: Explore the Roots of the Ranch with Rob Larson Gazebo
- 12:00** **Lunch with Fundación La Puerta: You are invited to learn about our recent work in the Tecate community.** Sign up. Dining Hall at the Patio Terrace.
- 12:30** **Yarn Painting Demo with Tim Hinchliff** Dining Hall entrance
- 1:00** **BONE DEEP: Everything that Matters for Better Bone Health!** with Norma Flood Olmecca
 Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff Sign up, Fee for Art Kit \$70, Dining Hall Balcony
- 2:00** **Balance and Coordination**, Olmecca
 Circuit Training, Azteca
 Deep Water Training, Activity Pool
 Pilates: Cadillac Fundamentals, Pilates Studio
 The Power and Science of Manifestation! with Julie Lopez Arroyo
- 3:00** **Pilates: Reformer & Cadillac Combo**, Pilates Studio
 Sound Healing, Oaktree
 Strength & Stretch with Stick Mobility, Pinetree
 Yoga Sculpt: Level 2, Olmecca
 Spanish Lessons: Beginner’s Progressive, Library Lounge
- 4:00** **Dance: Floorwork**, Arroyo
 Foam Roller Recovery, Tolteca
 Restorative Yoga, Montaña
 Art, Stories and Poetry, with Tim Hinchliff 90 mins, Bazar del Sol
 Hands-on Cooking Class with Maylin Chavez Register at Ext.640/625. Fee \$145. Return 7:30pm. Meet at Admin Bldg.
- 7:00** **Candlelight Yoga & Meditation with Katie H.**, Montaña
- 7:30** **Prayer Arrows with Tim Hinchliff**, Main Lounge
 Movie: The Boys in the Boat Library Lounge
- 8:00** **Concert: “Musical Love Triangle” with Strauss Shi and Monique Mead, violins; Aloysia Friedmann, viola; Amelia Zitoun, cello; Jon Kimura Parker, piano** Oaktree

FRIDAY | FEBRUARY 7

***Please confirm your transportation at the Admin Building or Concierge Desk**

- 6:05** **Organic Garden Breakfast Hike** Moderate, 4 Miles, Sign Up, Gazebo
Option: to stay and work in the Garden with Salvador 8 to 10am
Will Walk to the Garden and Van back to the Ranch (F only).
- 6:15** **Mountain Hike: Coyote Trail** Advanced, 5.5 or 4 Miles, Gazebo
- 6:30** **Mountain Meditation Hike: Alex’s Oak** Moderate, 2 Miles, Gazebo
- 6:45** **Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo
- 9:00** **Barbell Strength: Level 2**, Tolteca
 Circuit Training, Azteca
 Meditation, Oaktree
 Pickleball Clinic: Beginner, Pickleball Courts
 Pilates: Mat Fundamentals Progressive, Pinetree
 Sculpt & Step, Kuchumaa
 Vertical Core, Olmecca
 Stretch, Montaña
- 10:00** **BOSU® & Ropes: Level 2 (30 Min)**, Olmecca
 Circuit Training, Azteca
 Dance: Cardio Hip Hop 90’s, Kuchumaa
 Journaling for Joy, Milagro
 Pilates: Mat Level 2, Pinetree
 Ranch Cycle: All Levels, Pai Pai
 Yoga: Level 2, Montaña
- 11:00** **Cardio Sculpt Express** (30 Min), Olmecca
 Fascial Fitness (30 Min), Pinetree
 Kettlebells (30 Min), Tolteca
 Pilates: Reformer Fundamentals, Pilates Studio
 Shallow Water Workout, Activity Pool
 Yoga Specialty (75 min), Montaña
- 11:30** **Mercado’s Craft Sale** ongoing until 2:30 pm, Mercado
- 1:00** **Set Your Return to Home Intention with Jill T.**, Tolteca
 Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge
- 2:00** **Aerial Yoga: Level 1 Gentle (Low Hammock)**, Please wear socks & sleeved shirts. Kuchumaa
 Pilates: Reformer Fundamental, Pilates Studio
 TRX Flexibility, Tolteca
 Music Talk: Practice Tips for Musicians, with Jon Kimura Parker and Monique Mead Oaktree
 Mandala with Jennifer (60 Min) Art Studio
- 2:45** **Live Music and Smoothies** Juice Bar
- 3:00** **Sound Healing**, Oaktree
 Strength & Stretch with Stick Mobility, Pinetree
 Upper Body Blast: All Levels (30 Min), Olmecca
 Spanish Lessons: Beginner’s Progressive, Library Lounge
- 4:00** **Inner Journey: Guided Meditation**, Arroyo
 Stretch and Relax, Montaña
 Concert: “Steinway Spectacular” with Jon Kimura Parker Oaktree
- 6:00** **Live Music with Rancho La Puerta Fiesta Band** (2 Hrs), Dining Hall
- 6:15** **Shabbat Ceremony** (led by guests), Los Olivos
- 7:30** **Movie: Conclave** Library Lounge
 Candlelight Labyrinth with Jill T., Labyrinth

Tomorrow’s Saturday schedule can be found on bulletin boards in the Main Lounge, Concierge, Front Desk and the Dining Hall