

Week of November 1, 2025

Tai Chi & Qi Gong with Kevin M. Sullivan

The Art of Mindful Breathing with Sandy Abrams

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.
- **Proper footware is essential**: hiking boots with lugs for our hikes, court shoes for Pickleball and Tennis, and close-toed shoes for our strength classes are strongly recommended.
- **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.
- **Advanced: difficulty level** - previous experience with the format is essential to your safety and guest experience. Please choose a Fundamentals / Level 1 option if you are new to a discipline.

SATURDAY | NOVEMBER 1

- 6:15 Mountain Hike: Professor's Trail Advanced, 3.3 Miles, Gazebo
- 6:45 Lowlands Hike: Woodlands Trail 2 Miles, Gazebo
- 9:00 Mobility: Stretch Montaña
- 10:00 Meditation Milagro
 - Strength: Circuit Training Azteca
- 11:00 Pickleball Open Play, unstaffed, please use proper footwear. Pickleball Courts
 - Yoga: All Levels Montaña
- 1:00 Fitness Concierge (30 Min) Dining Hall
- 2:00 Strength: Full Body Strength All Levels Olmeca
- 3:00 Mobility: Stretch Montaña
 - Sound Healing Oaktree
- 4:00 Trip to Fundación, Sign up in Main Lounge, back by 5:30 pm
 - Meet at Admin Bldg.
- 4:30 Ranch Tour (Recommended for first time guests) Gazebo
- 5:00 First Time Guest Orientation Olmeca
 - Returning Guest Update Tolteca
 - Trip to Fundación, Sign up in Main Lounge, back by 7pm
 - Meet at Admin Bldg.
- 6:45 Meet the Presenters Dining Hall
- 7:00 The Altar in the Day of the Dead Celebration explained by José Guadalupe Flores, PhD Dining Hall
- 7:30 Set Your Intention; Tips for a Magical Week with Jill T. Library Lounge
- 8:00 Get Inspired! One Writer's Journey from Lawyer to Journalist to Novelist, with Erin Gordon Tolteca

Meal Hours: 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

Meal Hours: Sunday- 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

Snack Times: Sunday- Friday
 Fruit 10:30 am Main Lounge
 Smoothies 2:45 pm Juice Bar
 Veggies/Juice 4:30 pm Main Lounge

Bazar Del Sol: Saturday- Friday
 6:00 am to 9:00 pm

Juice Bar: Sunday- Friday
 9:00 am to 12:00 pm & 1:00 pm 4:00 pm

Available Facilities*
 *when no class is in session

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

(closed daily 12:00 pm – 2:00 pm)

Tennis & Pickleball Courts - Open Play

7:00 am to 7:00 pm

SUNDAY | NOVEMBER 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 (60 min) Gazebo
- 8:15 Ranch Tour and Orientation (For 1st time guests) Dining Hall Main Entrance
 - Fitness Concierge (30 Min) Dining Hall
- 9:00 Advanced: Full Body Strength (Su,W) Olmeca
 - Meditation (Su-F) Oaktree
 - Mobility: Stretch (Su-F) Montaña
 - Pickleball Clinic: Beginners (Su-F) Pickleball Courts
 - Pilates: Mat Foundations - Neutral & Spinal Articulation (Su-F) Pinetree
 - Strength: Introduction to Circuit Training Azteca
 - Strength: Full Body Level 2 Advanced (Su,W) Olmeca
 - Why's & How's of Hiking Poles: Bring your own or borrow ours. Meet outside Arroyo
- 10:00 Advanced: Tabata HIIT (30 Min) (Su,F) Tolteca
 - Dance: Cardio Hip Hop Bodyrock Kuchumaa
 - Pickleball Clinic: Intermediate (Su-Th) Pickleball Courts
 - Pilates: Mat Level 2 Advanced (Su,T,Th) Pinetree
 - Strength: BOSU® Fit Olmeca
 - Strength: Introduction to Circuit Training Azteca
 - Yoga: Level 1 - Foundations (Su-F) Montaña
- 10:30 Alebrije Art: Receive a free painting session when you buy an Alebrije. Ongoing until 2pm, Mercado Patio
- 11:00 Specialty: Tai Chi with Kevin M. Sullivan (90 Min) (Su-F) Oaktree
 - Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
 - Cardio: Cycle Hip Hop (30 Min) Pai Pai
 - Movement: Introduction to TRX Fundamentals Beginners Pinetree
 - Pilates: Reformer Level 2 Advanced (Su,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 - Strength: Core & More (Su,W) Olmeca
 - Yoga: Slow Flow Level 2 (75 Min) (Su,M,W,Th,F) Montaña
 - Marbled & Collaged Art with Brent Hedstrom Art Studio
- 12:00 Aquatic: Swim Stroke Clinic (30 Min) Activity Pool
- 1:00 Master Your Metabolism with DeRahn Johnson Olmeca
 - Water Flow Therapy Demo South Pool
- 1:30 Trip to Fundación, Sign up in Main Lounge, back by 3:30 pm. Meet at Admin Bldg.
- 2:00 Aquatic: Deep Water (Su,T,Th) Activity Pool
 - Longevity: Lecture. How to Own Your Aging Process Olmeca
 - Mobility: Strength & Stretch with Stick Mobility (Su,T,Th) Kuchumaa
 - Pilates: Reformer Level 1 (Su,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Recovery: Release & Mobilize (Su,W) Oaktree
 - Strength: Circuit Training (Su,Th) Azteca
 - Attitude Awareness Tune-Up, with Julie Fotos Tipai (across Kuchumaa)
- 3:00 Advanced: Bodyweight Challenge (30 Min) (Su,Th) Tolteca
 - Pilates: Reformer Level 2 Advanced (Su,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 - Sound Healing (Su-F) Oaktree
 - Strength: TRX Core (30 Min) (Su,W) Pinetree
 - Yoga Workshop: Happy Hips & Low Back Montaña
 - Marbled & Collaged Art with Brent Hedstrom Art Studio
- 4:00 Specialty: Breath > Stress (Breath is Greater than Stress) with Sandy Abrams Oaktree
 - Chant: Sacred Sound Practice (Su,W) Milagro
 - Yoga: Restorative (Su,T,Th) Montaña
 - Talk: Roling® Structural Integration: Manual Therapy for Moving Smarter and Standing Taller, with Melissa Schneider, Certified Advanced Rolfer Tipai (across Kuchumaa)
 - Everyone's Got a Story – Learn How to Write Yours, with Erin Gordon Library Lounge
- 5:30 Trip to Fundación, Sign up in Main Lounge, back by 7pm. Meet at Admin Bldg.
- 7:30 Movie: Coco Library Lounge
- 8:00 Concert with Sonya Kumiko Lee & Melina Kalomas: From Chopin to Show Tunes Oaktree

MONDAY | NOVEMBER 3

Class spaces are limited to first come first served.

- 6:15 Mountain Hike: Professor's Trail Advanced, 3.3 Miles, Gazebo
- 6:20 Ruck: Weighted Hiking Intermediate, Sign up in Main Lounge, 2 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 Meditation (Su-F) Oaktree
 - Mobility: Stretch (Su-F) Montaña
 - Pickleball Clinic: Beginners (Su-F) Pickleball Courts
 - Pilates: Mat Foundations - Flexion (Su-F) Pinetree
 - Strength: Circuit Training (M,W,F) Azteca
 - Strength: Total Body with Bands (M,F) Olmeca
 - Tennis Clinic: Level 1 Beginners (M,W) Tennis Courts
- 10:00 Advanced: Cardio Sculpt Express (30 min) (M,W) Olmeca
 - Barre (M,W,F) Pinetree
 - Dance: Latin Fusion Kuchumaa
 - Pickleball Clinic: Intermediate (Su-Th) Pickleball Courts
 - Strength: Circuit Training (M-F) Azteca
 - Tennis Clinic: Level 2 Advanced (M,W) Tennis Courts
 - Yoga: Level 1 – Balance (Su-F) Montaña
- 11:00 Specialty: Tai Chi with Kevin M. Sullivan (90 Min) (Su-F) Oaktree
 - Advanced: TRX Strength HIIT (M,W) Pinetree
 - Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
 - Cardio: Mini Trampoline Express (30 Min) (M,F) Kuchumaa
 - Longevity: Strength Training (M,Th) Olmeca
 - Pilates: Reformer Level 1 (M,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 - Yoga: Slow Flow Level 2 (75 Min) (Su,M,W,Th,F) Montaña
 - Nature Walk with Rob Larson (60 Min) Meet at Gazebo
 - Drawing with Jennifer (2 hrs) Art Studio
- 1:00 Putting More Plants on Your Plate: What is "Plant-Based Eating"? with Jill Nussinow, MS, RDN Olmeca
- Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST Library Lounge
- 2:00 Aquatic: Shallow Water (M,W,F) Activity Pool
 - Mobility: Active Aerial Hammock Stretch (Low) Please wear socks & long sleeves. Kuchumaa
 - Mobility & Corrective: Postural Awareness (M,Th) Tolteca
 - Mobility: TRX Flexibility (M,F) Pinetree
 - Mountain Hike: Alex's Oak Moderate 2 Miles Gazebo
 - Pilates: Reformer Jumpboard Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 - Watercolor with Jennifer (2 hrs) Art Studio
 - Slay Your Inner Critic – Meet Your Negative Ego, with Julie Fotos Tipai (across Kuchumaa)
- 3:00 Specialty: Qi Gong with Kevin M. Sullivan (M,W) Montaña
 - Longevity: Dynamic Mobility Olmeca
 - Pilates: Reformer Level 1 Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Sound Healing (Su-F) Oaktree
 - Strength: TRX Full Body Express (30 min) (M,Th) Pinetree
- 4:00 Specialty: Evening Unwind & Deep Restful Sleep (AKA Yoga Nidra) with Sandy Abrams Oaktree
 - Recovery: Stretch and Relax (M,W,F) Montaña
 - Practical Tips for Independent Publishing, with Erin Gordon Library Lounge
- 4:30 Guest Reception: Sangría & Guacamole Bazar del Sol
- 6:15 Silent Dinner Sign up in Main Lounge, Los Olivos (via Dining Hall balcony)
- 7:30 Movie: Conclave Library Lounge
- 8:00 An Evening with Deborah Szekely, Co-founder of Rancho La Puerta, and Sarah Livia Brightwood Szekely, President and CEO, Hosted by Barry Shingle, Director of Guest Experiences Oaktree

TUESDAY | NOVEMBER 4

Class spaces are limited to first come first served.

- 6:05 Organic Garden Breakfast Hike 4 Miles. Sign up with Concierge for hike/van. Meet at Gazebo for the hike or van transportation departs at 6:45am from Admin Idg. Option to tour of award-winning Parque del Profesor. Learn about Rancho La Puerta's work in the community. Back by 9 am.
- 6:15 Mountain Hike: Coyote Trail Advanced, 5.5 or 6 Miles, Gazebo
- 6:30 Yoga: Sunrise All Levels (60 Min) (T,Th) Montaña
- 6:45 Lowlands Hike: Woodlands Trail Moderate, 2 Miles, Gazebo
- 7:00 Bird Walk (60 Min) Gazebo
- 9:00 Advanced: Interval Muscle Blast (T,Th) Azteca
 - Meditation (Su-F) Oaktree
 - Mobility: Stretch (Su-F) Montaña
 - Pickleball Clinic: Beginners (Su-F) Pickleball Courts
 - Pilates: Mat Foundations - Extension (Su-F) Pinetree
 - Strength: Barbell Workout (T,Th) Tolteca
- 10:00 Dance: Cardio Disco Kuchumaa
 - Pickleball Clinic: Intermediate (Su-Th) Pickleball Courts
 - Pilates: Mat Level 2 Advanced (Su,T,Th) Pinetree
 - Strength: BOSU® Core & More Olmeca
 - Strength: Circuit Training (M-F) Azteca
 - Yoga: Level 1 – Strength (Su-F) Montaña
- 11:00 Specialty: Tai Chi with Kevin M. Sullivan (90 Min) (Su-F) Oaktree
 - Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
 - Longevity: Cardio Zone 2 Training Azteca
 - Mobility: Stretch (T,F) Pinetree
 - Strength: Kettlebells (30 Min) (T,F) Tolteca
 - Yoga Sculpt: Level 2 Advanced (60 Min) Kuchumaa
 - Hands-On Cooking Class: Ranch Originals: 85 Years of Flavor, with Head Chef Vivian Mercado. Register at Ext. 640/625. Fee \$100. Return 2:30pm. Meet at Admin Bldg.
 - Landscape Sketching with Jennifer (2 hrs) Art Studio
- 1:00 Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge
- How Gut Health Leads to Better Health and Improved Cognitive Function, with Jill Nussinow, MS, RDN Olmeca
- Making a Smoothie Class with Executive Chef Segundo Romero Juice Bar
- 2:00 Aquatic: Deep Water (Su,T,Th) Activity Pool
 - Mobility & Corrective: Balance & Coordination (T,F) Olmeca
 - Mobility: Strength & Stretch with Stick Mobility (Su,T,Th) Kuchumaa
 - Pilates: Reformer Level 2 Advanced Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 - Stuck Inside the Box? Getting Out of Your Own Way, with Julie Fotos Tipai (across Kuchumaa)
 - Watercolor Collage Cards with Jennifer (2 Hrs) Art Studio
- 3:00 Pilates: Tower Level 1 Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
- Recovery: Foam Roller (T,F) Tolteca
- Sound Healing (Su-F) Oaktree
- Strength: Upper Body Express (30 Min) (T,F) Olmeca
- Yoga Workshop: Rope Wall Montaña
- 4:00 Specialty: Unplug & Reconnect to You (Digital Detox) with Sandy Abrams Oaktree
 - Inner Journey: Guided Meditation (T,F) Milagro
 - Yoga: Restorative (Su,T,Th) Montaña
 - Hands-On Cooking Class with Visiting Chef Gino García, Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
 - Zero-Prep Book Club! with Erin Gordon Library Lounge
- 5:00 1st Time Visitor's Reception with Barry Shingle, Director of Guest Experience, Meet at Dining Room entrance
- 5:30 Aerial Hammock Sound Bath (Restorative) Please wear socks and long sleeves. Sign-up in person starting on Monday at 12pm in the Gazebo. Limited availability. Kuchumaa
- 7:30 Movie: Coco Library Lounge
- 8:00 Bingo & Games with Barry! Olmeca

WEDNESDAY | NOVEMBER 5

Class spaces are limited to first come first served.

6:05 **Organic Garden Breakfast Hike** 4 Miles, Sign up with Concierge, Gazebo
 6:15 **Mountain Hike: Pilgrim Trail Advanced**, 3.5 or 4.5 Miles, Gazebo
 6:30 **Meditation Hike: Rolling Hills** 2 Miles, Gazebo, Gazebo
 6:45 **Lowlands Hike: Quail Trail Moderate**, 2 or 2.5 Miles, Gazebo

9:00 **Advanced: Full Body Strength** (Su,W) Olmeca
 Meditation (Su-F) Oaktree
 Mobility: Stretch (Su-F) Montaña
 Pickleball Clinic: Beginners (Su-F) Pickleball Courts
 Pilates: Mat Foundations - Lateral Flexion (Su-F) Pinetree
 Strength: Circuit Training (M,W,F) Azteca
 Tennis Clinic: Level 1 Beginners (M,W) Tennis Courts

10:00 **Advanced: Cardio Sculpt Express** (30 min) (M,W) Olmeca
 Barre (M,W,F) Pinetree
 Dance: Cardio Drumming Kuchumaa
 Pickleball Clinic: Intermediate (Su-Th) Pickleball Courts
 Strength: Circuit Training (M-F) Azteca
 Tennis Clinic: Level 2 Advanced (M,W) Tennis Courts
 Yoga: Level 1 – Centering (Su-F) Montaña
 Landscape Garden Walk with Enrique Ceballos Gazebo

10:30 **Big Mercado Sale** - 50 to 75% off. Ongoing until 2pm

11:00 **Specialty: Tai Chi with Kevin M. Sullivan** (90 Min) (Su-F) Oaktree
 Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
 Cardio: Mini Trampoline Balance and Core Kuchumaa
 Pilates: Reformer Level 2 Advanced (Su,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 Strength: Core & More (Su,W) Olmeca
 Yoga: Slow Flow Level 2 (75 Min) (Su,M,W,Th,F) Montaña
 Yoga: TRX Vinyasa Flow Pinetree
 Nature Walk with Rob Larson (60 Min) Meet at Gazebo
 Marbled & Collaged Art with Brent Hedstrom Art Studio

1:00 **Mushrooms for Food, Mood, Nutrition and More**, with Jill Nussinow, MS, RDN Olmeca

2:00 **Aquatic: Shallow Water** (M,W,F) Activity Pool
 Living Your Intention with Jill T. Milagro
 Lowlands Hike: Woodlands Trail Moderate 2 Miles, Gazebo
 Pilates: Reformer Level 1 (Su,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Recovery: Release & Mobilize (Su,W) Oaktree
 Yoga: Gentle Aerial Hammock (Low) (W,F) Please wear socks & long sleeves. Kuchumaa
 Rewiring for Joy – Training Your Brain for Emotional Fitness, with Julie Fotos Tipai (across Kuchumaa)

3:00 **Specialty: Qi Gong with Kevin M. Sullivan** (M,W) Montaña
 Longevity: Dynamic Mobility Olmeca
 Pilates: Reformer Jumpboard Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Sound Healing (Su-F) Oaktree
 Strength: TRX Core (30 Min) (Su,W) Pinetree
 Spanish Lessons: Beginners Progressive Library Lounge

4:00 **Specialty: Inspiring Breath & Mindset Experience** with Sandy Abrams Oaktree
 Chant: Sacred Sound Practice (Su,W) Milagro
 Recovery: Stretch and Relax (M,W,F) Montaña
 Hands-On Cooking Class with Visiting Chef Gino García. \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
 Tasting of Guadalupe Valley Wines, includes cheese boards and chocolate (60min). \$45 per person. Call Ext.113 or visit the Main Lounge to Sign Up (Minimum 4 guests required) Bazar del Sol
 Marbled & Collaged Art with Brent Hedstrom Art Studio

7:30 **Movie: One Life** Library Lounge

8:00 **Technology for Travel**, with Brett Mitchell Olmeca

THURSDAY | NOVEMBER 6

Class spaces are limited to first come first served.

6:05 **Organic Garden Breakfast Hike** 4 Miles. Sign up with Concierge for hike/van. Meet at Gazebo for the hike or van transportation departs at 6:45am from Admin Bldg. **Option to tour of award-winning Parque del Profesor**. Learn about Rancho La Puerta's work in the community. Back by 9 am.

6:10 **Mountain Hike: 7-Mile Breakfast Challenging**, Sign up, Gazebo
 6:15 **Mountain Hike: Professor's Trail Advanced**, 3.3 Miles, Gazebo
 6:30 **Yoga: Sunrise All Levels** (60 Min) (T,Th) Montaña
 6:45 **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo
 7:00 **Bird Walk** (60 Min) Gazebo

9:00 **Advanced: Interval Muscle Blast** (T,Th) Azteca
 Meditation (Su-F) Oaktree
 Mobility: Stretch (Su-F) Montaña
 Pickleball Clinic: Beginners (Su-F) Pickleball Courts
 Pilates: Mat Foundations - Rotation (Su-F) Pinetree
 Strength: Barbell Workout (T,Th) Tolteca

10:00 **Advanced: BOSU® & Battle Ropes** Olmeca
 Dance: Country Line (Th) Kuchumaa
 Pickleball Clinic: Intermediate (Su-Th) Pickleball Courts
 Pilates: Mat Level 2 Advanced (Su,T,Th) Pinetree
 Strength: Circuit Training (M-F) Azteca
 Yoga: Level 1 – Opening (Su-F) Montaña

10:30 **Valle de Guadalupe Tour: Pijoan Vineyard & Adobe Guadalupe**. Register at Ext.640/625. Return 5:30 pm. Fee \$290. Meet at Admin Bldg.

11:00 **Specialty: Tai Chi with Kevin M. Sullivan** (90 Min) (Su-F) Oaktree
 Advanced: TRX Strength HIIT (M,Th) Pinetree
 Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
 Cardio & Strength: Cycle Strength Pai Pai
 Longevity: Strength Training (M,Th) Olmeca
 Pilates: Reformer Level 1 (M,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 Yoga: Slow Flow Level 2 (75 Min) (Su,M,W,Th,F) Montaña
 Ranch History Walk: Explore the Roots of the Ranch with Rob Larson Gazebo
 Security While Traveling, with Brett Mitchell Library Lounge

12:00 **Lunch with Fundación La Puerta: You are invited to learn about our recent work in the Tecate community**. Sign up in Main Lounge. Dining Hall at the Patio Terrace

12:30 **Yarn Painting Demo** with Tim Hinchliff Dining Hall entrance

1:00 **Yarn Painting/Soft Mosaic Workshop** with Tim Hinchliff. Sign up in the Main Lounge, Art Kit Fee \$60 + tax. Dining Hall Balcony
 Friends of Bill W. (12 steps - Participant-guided) Library Lounge
 Food As Medicine: Harnessing the Power of Your Food Choices, with Jill Nussinow, MS, RDN Olmeca

2:00 **Aquatic: Deep Water** (Su,T,Th) Activity Pool
 Longevity: Lecture - Planning your Home Practice Olmeca
 Mobility & Corrective: Postural Awareness (M,Th) Tolteca
 Mobility: Strength & Stretch with Stick Mobility (Su,T,Th) Kuchumaa
 Pilates: Tower Level 1 Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 Strength: Circuit Training (Su,Th) Azteca
 (Re)Claim Your Authentic Self, with Julie Fotos Tipai (across Kuchumaa)

3:00 **Advanced: Bodyweight Challenge** (30 Min) (Su,Th) Tolteca
 Longevity: Balance and Mindful Movement Olmeca
 Pilates: Reformer Level 2 Advanced (Su,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 Sound Healing (Su-F) Oaktree
 Strength: TRX Full Body Express (30 Min) (M,Th) Pinetree
 Yoga: Intro to Kundalini Yoga for All Levels Montaña
 Spanish Lessons: Beginners Progressive Library Lounge

4:00 **Specialty: Breathe & Believe - Create a Mindset for Manifestation** with Sandy Abrams Oaktree
 Yoga: Restorative (Su,T,Th) Montaña
 Art, Stories and Poetry, with Tim Hinchliff 90 mins, Bazar del Sol
 Travel Photography: Tips for Pleasing Composition, with Paulette Mitchell Library Lounge

4:45 **Farm-to-Table Dining Experience** with Visiting Chef Gino García and Head Chef Vivian Mercado. Fee \$150. Register at Ext.640/625. Return 7:30pm. Meet at Admin Bldg.

7:15 **Prayer Arrows** with Tim Hinchliff, Main Lounge
 7:30 **Movie: Now You See Me** Library Lounge
 8:00 **Concert with Sonya Kumiko Lee & Melina Kalomas: Richard Strauss's "Enoch Arden"** Oaktree

FRIDAY | NOVEMBER 7

Class spaces are limited to first come first served.

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

6:05 **Organic Garden Breakfast Hike** 4 Miles, Sign up with Concierge, 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). Gazebo

6:15 **Mountain Hike: Coyote Trail Advanced**, 5.5 or 4 Miles, Gazebo

6:30 **Meditation Hike: Alex's Oak** 2 Miles, Gazebo

6:45 **Lowlands Hike: Quail Trail Moderate**, 2 or 2.5 Miles, Gazebo

9:00 **Meditation** (Su-F) Oaktree
 Mobility: Stretch (Su-F) Montaña
 Pickleball Clinic: Beginners (Su-F) Pickleball Courts
 Pilates: Mat Foundations - Review and Flow (Su-F) Pinetree
 Strength: Circuit Training (M,W,F) Azteca
 Strength: Total Body with Bands (M,F) Olmeca
 Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff. Sign up in the Main Lounge. Art Kit Fee \$60+tax. Art Studio

10:00 **Advanced: Tabata HIIT** (30 Min) (Su,F) Tolteca
 Barre (M,W,F) Pinetree
 Dance: Intro to Salsa Kuchumaa
 Strength: Circuit Training (M-F) Azteca
 Yoga: Level 1 – Integration (Su-F) Montaña

10:30 **Alebrije Art: Receive a free painting session when you buy an Alebrije**. Ongoing until 2pm, Mercado Patio

11:00 **Specialty: Tai Chi with Kevin M. Sullivan** (90 Min) (Su-F) Oaktree
 Advanced: Battle Ropes HIIT (30 Min) Olmeca
 Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
 Cardio: Mini Trampoline Express (30 Min) (M,F) Kuchumaa
 Mobility: Stretch (T,F) Pinetree
 Strength: Kettlebells (30 Min) (T,F) Tolteca
 Yoga: Slow Flow Level 2 (75 Min) (S,M,W,Th,F) Montaña
 Make an Ancestor Altar with Jennifer (2 Hrs) Art Studio
 Challenge the Techy Traveler, with Brett Michell Library Lounge

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 **Aquatic: Shallow Water** (M,W,F) Activity Pool
 Mobility & Corrective: Balance & Coordination (T,F) Olmeca
 Mobility: TRX Flexibility (M,F) Pinetree
 Yoga: Gentle Aerial Hammock (Low) (M,F) Please wear socks & long sleeves. Kuchumaa
 Mandala with Jennifer (60 Min) Art Studio

2:45 **Live Music and Smoothies** Juice Bar

3:00 **Recovery: Foam Roller** (T,F) Tolteca
 Sound Healing: The Sound Journey (T,F) Oaktree
 Strength: Upper Body Express (30 Min) (T,F) Olmeca
 Spanish Lessons: Beginners Progressive Library Lounge

4:00 **Specialty: Breathe & Align with the Pace of Nature** with Sandy Abrams Oaktree
 Inner Journey: Guided Meditation (T,F) Milagro
 Recovery: Stretch and Relax (M,W,F) Montaña
 Travel Photography: Capture Ambience in Cities & Emotions in People, with Paulette Mitchell Library Lounge

6:00 **Live Music with Rancho La Puerta Fiesta Band** (2 hrs) Dining Hall

6:15 **Shabbat Ceremony** (led by guests), Los Olivos

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