Week of March 7, 2026
Iyengar Yoga with Kitty Franklin
Pickleball with Kim Evans & Thea Froehling

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.

IMPORTANT INFORMATION FOR THE WEEK:

- **RLP** is 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.
- ***Sign-ups for classes*** are posted on the Main Lounge clipboards; Pilates Sign-up sheets are posted at the Pilates Studio located in Arroyo Gym.
- ***Classes are 1st come; 1st served -*** Based on equipment availability.
  Classes & 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.
- ***Proper footwear is required for:***
  * **HIKES:** Hiking boots with lugs.
  * **PICKLEBALL & TENNIS**: Court Shoes.
  * **STRENGTH CLASSES**: Close-Toed Shoes.

SATURDAY | MARCH 7

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 court shoes. Pickleball Courts
☐ **Yoga: All Levels** Montaña

1:00 ☐ **Fitness Concierge** (30 Min) Dining Hall

2:00 ☐ **Strength: Full Body All Levels** Olmeca

3:00 ☐ **Mobility: Stretch** Montaña
☐ **Sound Healing** Oaktree

5:00 ☐ **Ranch Tour** (Recommended for first time guests) Gazebo
☐ **Returning Guest Update** Tolteca

5:30 ☐ **First Time Guest Orientation** Olmeca
6:45 ☐ **Meet the Presenters** Dining Hall
7:15 ☐ **Movie: *The Upside*** Library Lounge
8:00 ☐ **Journeying with the Mandala, with Joy Khoo** Olmeca

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: Saturday - 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 1-2)

Tennis & Pickleball Courts - Open Play
7:00 am to 5:00 pm

SUNDAY | MARCH 8

Class spaces are limited to first come first served.

6:15 ☐ **Mountain Hike: Pilgrim Trail** (Su,W) 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** (Su,T,Th) 2 Miles, Gazebo
7:00 ☐ **Bird Walk** (Su,T,Th) (60 Min) Gazebo

8:00 ☐ **Pilates Concierge** (Su-F) Arroyo
8:15 ☐ **Fitness Concierge** (30 Min) (Su,Th) Dining Hall
☐ **Ranch Tour and Orientation** (For first time guests) Dining Hall

9:00 ☐ **Specialty Pickleball: Beginner's Clinic with Kim Evans & Thea Froehling** (Su,M,T,Th,F) Court shoes and safety glasses are recommended. Pickleball Courts
☐ **Advanced: Full Body Strength** (Su,W) Olmeca
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (Su-F) Montaña
☐ **Pilates: Mat Foundations - Neutral & Spinal Articulation** (Su-F) Pinetree
☐ **Strength: Introduction to Circuit Training** Azteca

10:00 ☐ **Specialty Pickleball: Advanced Beginner's & Intermediate Clinic With Kim Evans & Thea Froehling** (Su,M,T,Th,F) Court shoes and safety glasses are recommended. Pickleball Courts
☐ **Aquatic: Shallow Water** (Su,T,F) Activity Pool
☐ **Dance: Latin Fusion** Kuchumaa
☐ **Free Flow: Rooted In Feldenkrais** (Su,Th) Oaktree
☐ **Pilates: Mat Level 2** (Su,T,Th) Pinetree
☐ **Strength: BOSU® Fit** Olmeca
☐ **Strength: Introduction to Circuit Training** Azteca
☐ **Yoga Level 2 Slow Flow** (Su-Th) Montaña
☐ **Our Bodies: Sacred Sites of Memory, Sanity and Joy, with Gloria Simoneaux and Laura Beers** Sign up (120 min) Art Studio

11:00 ☐ **Specialty: Foundations of Iyengar Yoga with Kitty Franklin** (75 Min) (Su-F) Montaña
☐ **Aquatic: Strength & Tone (Shallow Water)** (Su,T,Th) Activity Pool
☐ **Longevity: Strength Training** (Su,Th) Olmeca
☐ **Mobility: Stretch** (Su,T,F) Oaktree
☐ **Movement: Introduction to TRX Fundamentals** (Su,Th) Pinetree
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins at 8am at the Pilates Studio in Arroyo

1:00 ☐ **Master Your Metabolism with DeRahn Johnson** Olmeca
☐ **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
☐ **Water Flow Therapy Demo** South Pool

2:00 ☐ **Aquatic: Deep Water** (Su,T,Th) Activity Pool
☐ **Longevity: Lecture. How to Own Your Aging Process** Olmeca
☐ **Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo
☐ **Recovery: Release & Mobilize** (Su,W) Oaktree
☐ **Strength: Circuit Training** (Su,Th) Azteca
☐ **Empower Yourself to Live a Life of Purpose, Value and Vision, with Anne Van de Water** Tipai

3:00 ☐ **Advanced: Bodyweight Blast** (30 Min) (Su,W) Tolteca
☐ **Breathwork: Your Hidden Power - A Lecture with Brighton Sage Loughlin** Olmeca
☐ **Longevity: Intro to Heart Rate Training** (Su,Th) Azteca
☐ **Pilates: Reformer Level 2** (Su,M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo
☐ **Sound Healing** (Su-F) Oaktree
☐ **Tai Chi** (Su,W) Montaña

4:00 ☐ **Chant: Vocal Sound Practice** (Su,W) Milagro
☐ **Sound Healing** Oaktree
☐ **Yoga: Restorative** (Su,T,Th) Montaña
☐ **Mandala Journey: The Art of Becoming, with Joy Khoo** (105 mins) Art Studio

5:00 ☐ **Set Your Intention; Tips for a Magical Week** Tolteca
7:15 ☐ **Movie: *Conclave*** Library Lounge

8:00 ☐ **Foundations and Applications of Naturopathic Medicine, with Amanda Watters, ND** Olmeca

MONDAY | MARCH 9

Class spaces are limited to first come first served.

6:15 ☐ **Mountain Hike: Professor's Trail** Advanced, 3.3 Miles, (M,Th) Gazebo
6:20 ☐ **Ruck: Weighted Hiking** Intermediate, Sign up, 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, (M,W,F) Gazebo
8:00 ☐ **Pilates Concierge** (Su-F) Arroyo

9:00 ☐ **Specialty Pickleball: Beginner's Clinic with Kim Evans & Thea Froehling** (Su,M,T,Th,F) Court shoes and safety glasses are recommended. Pickleball Courts
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (Su-F) Montaña
☐ **Pilates: Mat Foundations - Flexion** (Su-F) Pinetree
☐ **Strength: Circuit Training** (M,W,F) Azteca
☐ **Strength: Total Body with Bands** (M,F) Olmeca
☐ **Art Walk with Rob Larson** Meet at Gazebo

10:00 ☐ **Specialty Pickleball: Advanced Beginner's & Intermediate Clinic with Kim Evans & Thea Froehling** (Su,M,T,Th,F) Court shoes and safety glasses are recommended. Pickleball Courts
☐ **Advanced: Battle Ropes HIIT** (30 Min) Olmeca
☐ **Barre** (M,W,F) Pinetree
☐ **Dance: Cardio Drumming** Kuchumaa
☐ **Strength: Circuit Training** (M-F) Azteca
☐ **Yoga Level 2 Slow Flow** (Su-Th) Montaña
☐ **Our Bodies: Sacred Sites of Memory, Sanity and Joy, with Gloria Simoneaux and Laura Beers** Sign up (120 min) Art Studio

11:00 ☐ **Specialty: Iyengar Yoga - Awakening the Spine with Kitty Franklin** (75 Min) (Su-F) Montaña
☐ **Advanced: TRX HIIT** (M,W) Pinetree
☐ **Aquatic: H2O Boot Camp (Deep Water)** (M,W,F) Activity Pool
☐ **Cardio & Strength: Mini Trampoline Build & Bounce** (M,W) Kuchumaa
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins at 8am at the Pilates Studio in Arroyo
☐ **Strength: Kettlebells** (30 Min) (M,W) Tolteca
☐ **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
☐ **Nature Walk with Rob Larson** (60 Min) Meet at Gazebo

12:00 ☐ **Musical Meditation, with Brice Martin and Natalie Dalschaert** (30 mins) Oaktree

1:00 ☐ **Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST** Library Lounge
☐ **Hydrotherapy: The Healing Power of Water, with Amanda Watters, ND** Tipai

2:00 ☐ **Aquatic: Shallow Water** (M,W,F) Activity Pool
☐ **Assessing Your Longevity** (M,Th) Pinetree
☐ **Mountain Hike: Alex's Oak Trail** Moderate 2 Miles Gazebo
☐ **Pilates: Reformer Jumpboard** (M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo
☐ **Yoga: Gentle Aerial Hammock** (Low) Please wear socks & long sleeves (M,W) Kuchumaa
☐ **Get Clear About Your Life Purpose, with Anne Van de Water** Tipai

3:00 ☐ **Longevity**: **Cardio Zone 2 Heart Rate Training** Azteca
☐ **Mobility & Corrective: Postural Awareness** (M,Th) Olmeca
☐ **Pilates: Reformer Level 2** (Su,M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo
☐ **Sound Healing** (Su-F) Oaktree
☐ **Yoga Workshop: Intro to Kundalini for All Levels** Montaña

4:00 ☐ **Immersive Breathwork Experience with Brighton Sage Loughlin** (M,Th) Oaktree
☐ **Recovery: Stretch and Relax** (M,W,F) Montaña

5:00 ☐ **Guest Reception: Sangría & Guacamole** Bazar del Sol
6:15 ☐ **Silent Dinner** Sign up in Main Lounge, Los Olivos (via Dining Hall balcony)
7:15 ☐ **Movie: *Mrs. Harris Goes to Paris*** Library Lounge
8:00 ☐ **Unstuff Your Life! with Andrew Mellen** Olmeca

TUESDAY | MARCH 10

Class spaces are limited to first come first served.

6:05 ☐ **Organic Garden Breakfast Hike** 4 Miles. Sign up with Concierge for hike/van. (T-F) Meet at Gazebo for the hike **or** van transportation available dep. at 6:45 from Admin bldg. **Option to tour of award-winning Parque del Profesor after breakfast.** Learn about Rancho La Puerta's work in the community. Back by 9 am.
6:15 ☐ **Mountain Hike: Coyote Trail** Advanced, 5.5 or 4 Miles, (T,F) Gazebo
6:30 ☐ **Yoga: Sunrise All Levels** (60 Min) (T,Th) Montaña
6:45 ☐ **Lowlands Hike: Woodlands Trail** (Su,T,Th) 2 Miles, Gazebo
7:00 ☐ **Bird Walk** (60 Min) (su,T,Th) Gazebo
8:00 ☐ **Pilates Concierge** (Su-F) Arroyo

9:00 ☐ **Specialty Pickleball: Beginner's Clinic with Kim Evans & Thea Froehling** (Su,M,T,Th,F) Court shoes and safety glasses are recommended. Pickleball Courts
☐ **Advanced: Cardio Muscle Blast** (T,Th) Azteca
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (Su-F) Montaña
☐ **Pilates: Mat Foundations - Extension** (Su-F) Pinetree
☐ **Strength: Barbell Workout** (T,Th) Tolteca

10:00 ☐ **Specialty Pickleball: Advanced Beginner's & Intermediate Clinic with Kim Evans & Thea Froehling** (Su,M,T,Th,F) Court shoes and safety glasses are recommended. Pickleball Courts
☐ **Aquatic: Shallow Water** (Su,T,F) Activity Pool
☐ **Dance: Disco** Kuchumaa
☐ **Breathing-First Fitness Class with Brighton Sage Loughlin** Tolteca
☐ **Pilates: Mat Level 2** (Su,T,Th) Pinetree
☐ **Strength: BOSU® Fit** (Su,T) Olmeca
☐ **Strength: Circuit Training** (M-F) Azteca
☐ **Yoga Level 2 Slow Flow** (Su-Th) Montaña
☐ **Our Bodies: Sacred Sites of Memory, Sanity and Joy, with Gloria Simoneaux and Laura Beers** Sign up (120 min) Art Studio

11:00 ☐ **Specialty: Iyengar Yoga - Stability in Movement with Kitty Franklin** (75 Min) (Su-F) Montaña
☐ **Aquatic: Strength & Tone (Shallow Water)** (Su,T,Th) Activity Pool
☐ **Cardio: Cycle Express (30 Min)** Pai Pai
☐ **Mobility: Stretch** (Su,T,F) Oaktree
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins at 8am at the Pilates Studio in Arroyo
☐ **Strength: Core & More** Olmeca
☐ **Strength: TRX & Kettlebells Level 2** Tolteca
☐ ***Cooking with the Seasons,* with Head Chef Vivian Mercado.** Fee $100. Register at Ext. 640/625. Return 2:30pm. Meet at Admin Bldg.

1 **12:30** ☐ **Yarn Painting Demo with Tim Hinchliff** Dining Hall entrance

1:00 ☐ **Making a Smoothie Class with Chef César** Juice Bar
☐ **Hydration: When Water Isn't Enough, with Amanda Watters, ND** Tipai
☐ **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff.** Sign up in the Main Lounge, Art Kit Fee $60 + tax. Dining Hall Balcony

2:00 ☐ **Aquatic: Deep Water** (Su,T,Th) Activity Pool
☐ **Mobility & Corrective: Balance & Coordination** (T,F) Olmeca
☐ **Mobility: Strength & Stretch with Stick Mobility** (T,F) Kuchumaa
☐ **Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo
☐ **Living in Alignment with Your Core Values, with Anne Van de Water** Tipai

3:00 ☐ **Pilates: Tower Level 1** (T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo
☐ **Sound Healing** (Su-F) Oaktree
☐ **Strength: The ABC's - Arms/Butt/Core** (30 Min) (T,F) Olmeca
☐ **Yoga Workshop: Rope Wall** Montaña

4:00 ☐ **Inner Journey: Guided Meditation** (T,F) Oaktree
☐ **Recovery: Foam Roller** (T,F) Tolteca
☐ **Yoga: Restorative** (Su,T,Th) Montaña
☐ **Art, Stories and Poetry, with Tim Hinchliff** 90 mins, Bazar del Sol
☐ **Hands-On Cooking Class with Head Chef Vivian Mercado.** Fee$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.

7:15 ☐ **Movie: *The Roses*** Library Lounge
☐ **Prayer Arrows with Tim Hinchliff,** Main Lounge

8:00 ☐ **More Love, Less Stuff with Andrew Mellen** Olmeca

WEDNESDAY I MARCH 11

Class spaces are limited to first come first served.

6:05 ☐ **Organic Garden Breakfast Hike** 4 Miles,(T-F) Sign up with Concierge, Gazebo
6:15 ☐ **Mountain Hike: Pilgrim Trail** Advanced, 3.5 or 4.5 Miles, (Su,W) Gazebo
6:30 ☐ **Meditation Hike: Rolling Hills** 2 Miles, Gazebo
6:45 ☐ **Lowlands Hike: Quail Trail Moderate,** (M,W,F) 2 or 2.5 Miles, Gazebo

8:00 ☐ **Pilates Concierge** (Su-F) Arroyo

9:00 ☐ **Advanced: Full Body Strength** (Su,W), Olmeca
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (Su-F) Montaña
☐ **Pilates: Mat Foundations - Lateral Flexion** (Su-F) Pinetree
☐ **Strength: Circuit Training** (M,W,F) Azteca

10:00 ☐ **Specialty Pickleball: Coached Open Play with Kim Evans & Thea Froehling** (2 Hours) Court shoes and safety glasses are recommended. Pickleball Courts
☐ **Advanced: Cardio Sculpt Express** (30 Min) (W,F) Olmeca
☐ **Barre** (M,W,F) Pinetree
☐ **Dance: Move & Groove Funk!** Kuchumaa
☐ **Strength: Circuit Training** (M-F) Azteca
☐ **Yoga Level 2 Slow Flow** (Su-Th) Montaña
☐ **Landscape Garden Walk with Enrique Ceballos** Gazebo

11:00 ☐ **Specialty: Iyengar Yoga - Opening the Hips, Freeing the Mind with Kitty Franklin** (75 Min) (Su-F) Montaña
☐ **Advanced: TRX HIIT (**M,W) Pinetree
☐ **Aquatic: H2O Boot Camp (Deep Water)** (M,W,F) Activity Pool
☐ **Cardio & Strength: Mini Trampoline Build & Bounce** (M,W) Kuchumaa
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins at 8am at the Pilates Studio in Arroyo
☐ **Strength: Kettlebells** (30 Min) (M,W) Tolteca
☐ **Nature Walk with Rob Larson** (60 Min) Meet at Gazebo

1:00 ☐ **Mindful Eating: An Experiential Journey with Food, with Amanda Watters, ND** Tipai
☐ **Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge

2:00 ☐ **Aquatic: Shallow Water** (M,W,F) Activity Pool
☐ **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo
☐ **Pilates: Reformer Jumpboard** (M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo
☐ **Recovery: Release & Mobilize** (Su,W) Oaktree
☐ **Yoga: Gentle Aerial Hammock (Low)** Please wear socks & long sleeves. (Su,W) Kuchumaa
☐ **Your Message is Your Magic, with Anne Van de Water** Tipai

3:00 ☐ **Advanced: Bodyweight Blast** (30 Min) (Su,W) Tolteca
☐ **Pilates: Reformer Level 2** (Su,M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo
☐ **Sound Healing** (Su-F) Oaktree
☐ **Tai Chi** (Su,W) Montaña

4:00 ☐ **Chant: A Vocal Sound Practice** (Su,W) Milagro
☐ **Recovery: Stretch and Relax** (M,W,F) Montaña
☐ **Set & Live Your Intention** Tolteca
☐ **Hands-On Cooking Class with Head Chef Vivian Mercado.** Fee $145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
☐ **Mandala Journey: Circles of Connection, with Joy Khoo** (105 mins) Art Studio
☐ **Tasting of Guadalupe Valley Wines, includes cheese board** (60min). Fee $45 .Ext.113 or visit the Main Lounge to Sign Up (Minimum 4 guests required) Bazar del Sol

7:15 ☐ **Movie: *One Life*** Library Lounge
8:00 ☐ **Lighten Your Load by Living Your Values, with Andrew Mellen** Olmeca

THURSDAY | MARCH 12

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 available dep. at 6:45 from Admin bldg. **Option to tour of award-winning Parque del Profesor after breakfast.** Learn about Rancho La Puerta's work in the community. Back by 9am.
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** (Su,T,Th) 2 Miles Gazebo
7:00 ☐ **Bird Walk** (60 Min) (Su,T,Th) Gazebo

8:00 ☐ **Pilates Concierge** (Su-F) Arroyo
8:15 ☐ **Fitness Concierge** (30 Min) (Su,Th) Dining Hall
9:00 ☐ **Specialty Pickleball: Beginner's Clinic with Kim Evans & Thea Froehling** (Su,M,T,Th,F) Court shoes and safety glasses are recommended. Pickleball Courts
☐ **Advanced: Cardio Muscle Blast** (T,Th) Azteca
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (Su-F) Montaña
☐ **Pilates: Mat Foundations - Rotation** (Su-F) Pinetree
☐ **Strength: Barbell Workout** (T,Th) Tolteca

10:00 ☐ **Specialty Pickleball: Advanced Beginner's & Intermediate Clinic with Kim Evans & Thea Froehling** (Su,M,T,Th,F) Court shoes and safety glasses are recommended. Pickleball Courts
☐ **Advanced: BOSU® & Battle Ropes** Olmeca
☐ **Dance: Intro to Salsa** Kuchumaa
☐ **Free Flow: Rooted In Feldenkrais** (Su,Th) Oaktree
☐ **Pilates: Mat Level 2** (Su,T,Th) Pinetree
☐ **Strength: Circuit Training** (M-F) Azteca
☐ **Yoga Level 2 Slow Flow** (Su-Th) 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 ☐ **Specialty: Iyengar Yoga - Shoulders, Chest, and Calm with Kitty Franklin** (75 Min) (Su-F) Montaña
☐ **Aquatic: Strength & Tone** (Shallow Water) (Su,T,Th) Activity Pool
☐ **Cardio & Strength: Cycle Strength** Pai Pai
☐ **Longevity: Strength Training** (Su,Th) Olmeca
☐ **Movement: Introduction to TRX Fundamentals** (Su,Th) Pinetree
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins at 8am at the Pilates Studio in Arroyo
☐ **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
☐ **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 in Main Lounge. Dining Hall at the Patio Terrace

1:00 ☐ **Calling BS on Busy! with Andrew Mellen** Tipai

2:00 ☐ **Aquatic: Deep Water** (Su,T,Th) Activity Pool
☐ **Longevity: Lecture - Planning your Home Practice** Olmeca
☐ **Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo
☐ **Strength: Circuit Training** (Su,Th) Azteca
☐ **Your Big Vision is Calling You, with Anne Van de Water** Tipai
☐ **Mandala Journey: The Journey Home (105 mins), with Joy Khoo** Art Studio

3:00 ☐ **Longevity: Heart Rate Training** (30 Min) Azteca
☐ **Mobility & Corrective: Postural Awareness** (M,Th) Olmeca
☐ **Pilates: Tower Level 1** (T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo
☐ **Sound Healing** (Su-F) Oaktree
☐ **Spanish Lessons: Beginners Progressive** Library Lounge

4:00 ☐ **Immersive Breathwork Experience with Brighton Sage Loughlin** (M,Th) Oaktree
☐ **Yoga: Restorative** (Su,T,Th) Montaña
☐ **Hike to the Residences (60 mins/wear comfortable shoes)** Meet at Bazar del Sol
4:45 ☐ **Farm-to-Table Dining Experience with Head Chef Vivian Mercado and the Culinary Team.** Fee $150. Register at Ext.640/625. Return 7:30pm. Meet at Admin Bldg.
7:15 ☐ **Movie: *Now You See Me*** Library Lounge
8:00 ☐ **Classics and Originals for Flute and Piano, with Brice Martin and Natalie Dalschaert** Oaktree

FRIDAY | MARCH 13

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, 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, (T,F) Gazebo
6:30 ☐ **Meditation Hike: Alex's Oak Trail** Moderate, 2 Miles, Gazebo
6:45 ☐ **Lowlands Hike: Quail Trail Moderate**, (M,W,F) 2 or 2.5 Miles, Gazebo
8:00 ☐ **Pilates Concierge** (Su-F) Arroyo

9:00 ☐ **Specialty Pickleball: Beginner's Clinic with Kim & Thea** Court shoes and safety glasses are recommended. Pickleball Courts
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (Su-F) Montaña
☐ **Pilates: Mat Foundations - Review and Flow** (Su-F) Pinetree
☐ **Strength: Circuit Training** (M,W,F) Azteca
☐ **Strength: Total Body with Bands** (M,F) Olmeca

10:00 ☐ **Specialty Pickleball: Adv. Beginners & Intermediate Clinic with Kim & Thea** Court shoes and safety glasses are recommended. Pickleball Courts
☐ **Advanced: Cardio Sculpt Express** (30 min) (W,F) Olmeca
☐ **Aquatic: Shallow Water** (Su,T,F) Activity Pool
☐ **Barre** (M,W,F) Pinetree
☐ **Strength: Circuit Training** (M-F) Azteca
☐ **Yoga Level 2 Alignment-Based** (Su-F) Montaña

10:30 ☐ **Mercado Craft Sale: PH Cosmetics; Lu'um Essentials Oils; Delicias Mexicanas, Tradicional Mexican Sweets; Mapache-Tools for clarity, balance, and intention** ongoing until 2:30 pm**.** Mercado Patio

11:00 ☐ **Specialty: Iyengar Yoga - Integration and Stillness with Kitty Franklin** (75 Min) (Su-F) Montaña
☐ **Aquatic: H2O Boot Camp (Deep Water)** (M,W,F) Activity Pool
☐ **Cardio: Mini Trampoline Express** (30 Min) Kuchumaa
☐ **Mobility: Stretch** (Su,T,F) Oaktree
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins at 8am at the Pilates Studio in Arroyo
☐ **Strength: Core Express** (30 Min) Olmeca
☐ **Strength & Cardio: TRX Circuit** Tolteca

1:00 ☐ **Set Your Return to Home Intention** Tolteca

2:00 ☐ **Aquatic: Shallow Water** (M,W,F) Activity Pool
☐ **Assessing Your Longevity** (M,F) Tolteca
☐ **Mobility & Corrective: Balance & Coordination** (T,F) Olmeca
☐ **Mobility: Strength & Stretch with Stick Mobility** (T,F) Kuchumaa
☐ **Gallery Walk/Show with Joy Khoo and Artists. All invited.** Art Studio A reflective gallery walk and artist sharing celebrating our mandala journey. **Hors d'oeuvres will be served.**

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

3:00 ☐ **Sound Healing** (Su-F) Oaktree
☐ **Strength: The ABC's - Arms/Butt/Core** (T,F) Olmeca
☐ **Yoga Workshop: Happy Hips & Low Back** Montaña
☐ **Spanish Lessons: Beginners Progressive** Library Lounge

4:00 ☐ **Inner Journey: Guided Meditation** (T,F) Oaktree
☐ **Recovery: Foam Roller** (T,F) Tolteca
☐ **Recovery: Stretch and Relax** (M,W,F) Montaña

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