

Week of February 8, 2025

Iyengar Yoga with Aman Keys

Gyrokinesis with Ellen Comerford

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 8

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** Oaktree

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

12:00 ☐ **Core Express** (30 Min) Olmeca

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

2:00 ☐ **Sound Healing** Oaktree

3:00 ☐ **Stretch** Pinetree

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

5:00 ☐ **First Time Guest Orientation** Olmeca

☐ **Returning Guest Update** Tolteca

6:45 ☐ **Meet the Presenters** Dining Hall

7:30 ☐ **Movie: The Upside** Library Lounge

☐ **Set Your Intention; Tips for a Magical Week with Jill T**, Tolteca

8:00 ☐ **Welcome to the World of iPhoneography, with Yoni Mayeri**
Olmeca

SUNDAY | FEBRUARY 9

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** (For 1st time guests), Dining Hall
☐ **Fitness Concierge** (30 Min) Meet at the entrance of Dining Hall

9:00 ☐ **Circuit Training**, Azteca
☐ **Full Body Strength Level 2**, Olmeca
☐ **Meditation**, Oaktree
☐ **Pickleball Clinic: Beginner**, Pickleball Courts
☐ **Pilates: Mat Fundamentals Progressive**, Pinetree
☐ **Stretch**, Montaña

☐ **TRX Fundamentals**, (Su, Th) Tolteca
☐ **Why's & How's of Hiking Poles** Bring yours or borrow ours, Meet outside Arroyo

10:00 ☐ **Circuit Training**, Azteca
☐ **Ranch Cycle: All Levels**, Pai Pai
☐ **Pickleball Clinic: Intermediate**, Pickleball Courts
☐ **Pilates: Mat Level 2**, Pinetree
☐ **Ranch Barre**, Olmeca
☐ **Yoga: Level 2**, Montaña

11:00 ☐ **Cardio Muscle Blast: Level 2**, Azteca
☐ **Iyengar Yoga Specialty** (75 min), Montaña
☐ **Pilates: Reformer Fundamentals**, Pilates Studio
☐ **Postural Awareness**, Tolteca
☐ **Shallow Water Workout**, Activity Pool
☐ **Strength for Longevity**, Olmeca
☐ **Stretch**, Oaktree

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

1:00 ☐ **Feldenkrais: Lecture with Donna Wood**, Oaktree
☐ **Water Flow Therapy Demo** South Pool
☐ **Which Element Are You? Understanding Your Ayurvedic Constitution, with Laura Plumb** Olmeca

2:00 ☐ **Deep Water Training**, Activity Pool
☐ **Gyrokinesis Specialty** (60 min), Pinetree
☐ **Pilates: Reformer Fundamentals**, Pilates Studio
☐ **Ranch Ropes HIIT** (30 Min), Olmeca
☐ **How to Live and Love Out Loud. Day 1: The Big Story, with Samara Bay Arroyo**

3:00 ☐ **Pilates: Reformer Fundamentals**, Pilates Studio
☐ **Lecture: Strength for Longevity with Pete McCall**, Olmeca
☐ **Sound Healing**, Oaktree
☐ **TRX Core** 30 Min, (Su, We) Pinetree
☐ **Tai Chi**, Montaña

3:30 ☐ **Super Bowl LIX! RLP Snacks! Dinner option requires signing up with Concierge (Max 60). Fill out prediction ballots at Concierge Office before the game.** Kuchumaa

4:00 ☐ **Foam Roller Recovery**, Tolteca
☐ **Restorative Yoga**, Montaña

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

8:00 ☐ **Traditional Stories/New Media: Themes of Humanity Found in a Hit Television Series, with Josh Berman** Olmeca

MONDAY | FEBRUARY 10

Class spaces are limited to first come first served

6:15 ☐ **Mountain Hike: Professor's Trail** Challenging, 3.3 Miles, 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, 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**, Olmeca

10:00 ☐ **Circuit Training**, Azteca
☐ **Core & More**, Olmeca
☐ **H2O Boot Camp: Deep Water Workout**, Activity Pool
☐ **Pilates: Mat Level 2**, Pinetree
☐ **Tabata HIIT** (30 Min), Tolteca
☐ **Tennis Clinic: Level 2**, Tennis Courts
☐ **Yoga: Level 2**, Montaña

11:00 ☐ **Iyengar Yoga: Specialty** (75 min), Montaña
☐ **Pickleball Clinic: Beginner**, Pickleball Courts
☐ **Pilates: Reformer Fundamentals**, Pilates Studio
☐ **Shallow Water Workout**, Activity Pool
☐ **TRX & Kettlebells**, Tolteca
☐ **Drawing with Jennifer** (2 hrs), Art Studio
☐ **Nature Walk with Rob Larson** (60 min) Meet at Gazebo
☐ **Songwriting Workshop, with Steph Johnson** Oaktree

1:00 ☐ **Chakra Health: Opening and Balancing Exercises for Your Energy Centers with Jonelle Rutkauskas**, Library Lounge
☐ **The Six Tastes – Ayurveda's Key to Optimal Nutrition & Digestion, with Laura Plumb** Olmeca
☐ **Secrets to Better Pickleball Lecture**, Tolteca

2:00 ☐ **Cardio Drum Dance**, Kuchumaa
☐ **Gyrokinesis Specialty** (60 min), Pinetree
☐ **Healthy Shoulder & Rotator Cuff Secrets**, Olmeca
☐ **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo
☐ **Pilates: Reformer Fundamentals**, Pilates Studio
☐ **Release & Mobilize**, Oaktree
☐ **Watercolor with Jennifer** (2 hrs), Art Studio
☐ **How to Live and Love Out Loud. Day 2: Dreaming, with Samara Bay Arroyo**

3:00 ☐ **Pilates: Reformer Level 2**, Pilates Studio
☐ **Rebounder with Handles: All Levels** (30 Min), Kuchumaa
☐ **Sound Healing**, Oaktree
☐ **TRX Flexibility**, (M,Th, also F 2pm), Tolteca
☐ **Spanish Lessons: Beginner's Progressive**, Library Lounge

4:00 ☐ **Inner Journey: Guided Meditation**, Oaktree
☐ **Stretch and Relax**, Montaña
☐ **Unlock the Potential of the Camera in Your iPhone, with Yoni Mayeri** Olmeca

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 ☐ **Bicycle Touring: Our Coast-to-Coast Ride Across America, with Robin Robertson** Olmeca

TUESDAY | FEBRUARY 11

Class spaces are limited to first come first served

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.

6:15 ☐ **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**, Olmeca
☐ **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**, Olmeca
☐ **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
☐ **Iyengar Yoga Specialty** (75 Min), Montaña
☐ **Pilates: Reformer Fundamentals**, Pilates Studio

☐ **Strength & Stretch with Stick Mobility**, Pinetree
☐ **Stretch**, Oaktree
☐ **Landscape Sketching with Jennifer** (120 Min) Art Studio
☐ **Singing / Voice Workshop, with Steph Johnson** Oaktree
☐ **Hands-On Cooking Class: Ranch Originals: 85 Years of Flavor, with Chef Reyna.** Register at Ext. 640/625. Fee \$100. Return 2:30pm. Meet at Admin Bldg.

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
☐ **Optimizing Digestion for Greater Energy and Ease, with Laura Plumb** Olmeca

2:00 ☐ **Aerial Yoga: Level 1: Gentle-Low Hammock**, *Please wear socks & long sleeves. Kuchumaa
☐ **Balance and Coordination**, Olmeca
☐ **Circuit Training**, Azteca
☐ **Deep Water Training**, Activity Pool
☐ **Gyrokinesis Specialty** (60 min), Pinetree
☐ **Pilates: Cadillac Fundamentals**, Pilates Studio
☐ **Watercolor Collage Cards with Jennifer** (2 Hrs) Art Studio
☐ **How to Live and Love Out Loud. Day 3: Practice, with Samara Bay Arroyo**

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

4:00 ☐ **Foam Roller Recovery**, Tolteca
☐ **Mind-Flow 101: Mindfulness Through Improv**, Arroyo
☐ **Restorative Yoga**, Montaña
☐ **Healthy Knees for Life: The Three Secrets, with Robin Robertson** Olmeca
☐ **Hands-on Cooking Class with Jean Courtney.** 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 with Barry Shingle, Director of Guest Experience**, Los Olivos
7:30 ☐ **Movie: Sight** Library Lounge
8:00 ☐ **Spiritual Underpinning of a Hit TV Show: The Inspiration for Drop Dead Diva, with Josh Berman** Olmeca

MEAL HOURS		AVAILABLE FACILITIES WHEN NO CLASS IS IN SESSION	
SATURDAY			
Breakfast	7:00 am to 9:00 am	Milagro - Meditation Room 6:00 am to 9:00 pm	
Lunch	11:30 am to 3:30 pm		
Dinner	5:30 pm to 7:30 pm		
SUNDAY THROUGH FRIDAY			
Breakfast	7:30 am to 9:00 am	Activity Pool - Lap Swim 7:00 am to 5:00 pm	
Lunch	12:00 pm to 1:30 pm		
Dinner	5:30 pm to 7:30 pm		
SUNDAY THROUGH FRIDAY			
Fruit	10:30 am Main Lounge	Azteca Gym - Weight Room Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to 5:00 pm	
Smoothies	2:45 pm Juice Bar		
Veggies/Juice	4:30 pm Main Lounge		
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		

WEDNESDAY | FEBRUARY 12

- 6:05 **Organic Garden Breakfast Hike** 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 **Breathwork**, Oaktree
- Circuit Training**, Azteca
- Cycle Strength**, Pai Pai
- Dance: Latin Fusion**, 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 **Dynamic Flexibility for Active Agers**, Olmecca
- Iyengar Yoga Specialty** (75 min), Montaña
- Pickleball Clinic: Beginner**, Pickleball Courts
- Pilates: Reformer Fundamentals**, Pilates Studio
- Rebounder Express** (30 Min), Kuchumaa
- Shallow Water Workout**, Activity Pool
- Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
- Healthy Knees Strength, with Robin Robertson** Tolteca

- 1:00 **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
- Open Rehearsal** (1.5 hrs) Walk in/walk out Oaktree
- Food Practices for Healing and Rejuvenating**, Laura Plumb Olmecca

- 2:00 **Aerial Yoga: Level 1*** Gentle (Low Hammock), Kuchumaa
*Please wear socks & long-sleeved shirts
- Deep Water Training**, Activity Pool
- Gyrokinesis Specialty** (60 min), Pinetree
- Mtn. Hike: Alex Oak Trail** 2 Miles, Gazebo
- Labyrinth**, Labyrinth
- Pilates: Reformer Fundamentals**, Pilates Studio
- Release & Mobilize**, Oaktree
- I How to Live and Love Out Loud. Day 4: Bravery, with Samara Bay** Arroyo

- 3:00 **Pilates: Reformer Level 2**, Pilates Studio
- Practice Your Intention with Jill T.**, Milagro
- Sound Healing**, Oaktree
- TRX Core** 30 Min, (Su, We) Pinetree
- Spanish Lessons: Beginner's** Progressive, Library Lounge
- A Conversation on Rest, Resiliency and Living in Love, with Steph Johnson** Arroyo

- 4:00 **Inner Journey: Guided Meditation**, Oaktree
- Journaling for Joy**, Milagro
- Knitting for Wellness**, Sign Up. Main Lounge
- Stretch and Relax**, Montaña
- Master the Art of Organizing and Editing your Photos, with Yoni Mayeri** Olmecca
- Hands-on Cooking Class with Jean Courtney.** Register at Ext.640/625. Fee \$145. Return 7:30pm. Meet at Admin Bldg.

- 7:30 **Movie: One Life** 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

THURSDAY | FEBRUARY 13

- 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, Prerequisites, 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 **Meditation**, Oaktree
- Pickleball Clinic: Beginning**, Pickleball Courts
- Pilates: Mat Fundamentals Progressive**, Pinetree
- Strength for Longevity**, Olmecca
- Stretch**, Montaña
- TRX Fundamentals**, (Su, Th) Tolteca
- Healthy Knees Cycling, with Robin Robertson** Pai Pai

- 10:00 **Circuit Training**, Azteca
- Chant**, Milagro
- Dance: Hip Hop Bodyrock**, Kuchumaa
- Pickleball Clinic: Intermediate**, Pickleball Courts
- Pilates: Arc Barrel Levels 2**, Pinetree
- Ranch Barre**, Olmecca
- Release Stress with Tapping**, Oaktree
- 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
- Cycle Hip Hop** (30 Min), Pai Pai
- Iyengar Yoga Specialty** (75 min), Montaña
- Pilates Reformer Fundamentals**, Pilates Studio
- Stretch**, Oaktree
- 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 **Integrating this Joyful Care into Your Daily Life with Laura Plumb** 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
- Gyrokinesis Specialty** (60 min), Pinetree
- Pilates: Cadillac Fundamentals**, Pilates Studio
- How to Live and Love Out Loud. Day 5: Power, with Samara Bay** Arroyo

- 3:00 **Pilates: Reformer & Cadillac Combo**, Pilates Studio
- Sound Healing**, Oaktree
- TRX Flexibility**, (M,Th, also F 2pm) Tolteca
- Yoga Sculpt: Level 2**, Olmecca
- Spanish Lessons: Beginner's** Progressive, Library Lounge

- 4:00 **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.

- 5:00 **Traditional Stories/New Media: Themes of Humanity Found in a Hit Television Series, with Josh Berman** Olmecca
- Farm-to-Table Dining Experience with Jean Courtney and Chef Reyna Venegas.** Register at Ext. 640/625. Fee \$150. Return 7:30 p.m.
Meet at Admin Bldg.

- 7:00 **Candlelight Yoga & Meditation** Montaña
- 7:30 **Prayer Arrows with Tim Hinchliff**, Main Lounge
- Movie: The Boys in the Boat** Library Lounge

- 8:00 **Concert: Live acoustic soul jazz concert featuring voice, upright bass, piano, guitar, and flute, with Steph Johnson & Friends** Oaktree

FRIDAY | FEBRUARY 14

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

- 6:05 **Org. 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 (Fri 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
- Sculpt & Step**, Kuchumaa
- Meditation**, Oaktree
- Pickleball Clinic: Beginner**, Pickleball Courts
- Pilates: Mat Fundamentals Progressive**, Pinetree
- Vertical Core**, Olmecca
- Stretch**, Montaña

- 10:00 **BOSU® & Ropes: Level 2 (30 Min)**, Olmecca
- Breathwork**, Oaktree
- Circuit Training**, Azteca
- Dance: Cardio Hip Hop 90's**, Kuchumaa
- Pilates: Mat Level 2**, Pinetree
- Ranch Cycle: All Levels**, Pai Pai
- Yoga: Level 2**, Montaña

- 11:00 **Cardio Drum Dance**, Kuchumaa
- Fascial Fitness** (30 Min), Olmecca
- Kettlebells** (30 Min), Tolteca
- Iyengar Yoga Specialty** (75 min), Montaña
- Pilates: Reformer Fundamentals**, Pilates Studio
- Shallow Water Workout**, Activity Pool
- Make an Ancestor Altar with Jennifer** (2 Hrs) Art Studio

- 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 & long-sleeved shirts. Kuchumaa
- Pilates: Reformer Fundamental**, Pilates Studio
- Gyrokinesis Specialty** (60 min), Pinetree
- TRX Flexibility**, Tolteca
- Mandala with Jennifer** (60 Min) Art Studio

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

- 3:00 **Sound Healing**, Oaktree
- Core Express: All Levels** (30 Min), Olmecca
- Spanish Lessons: Beginner's** Progressive, Library Lounge

- 4:00 **Inner Journey: Guided Chakra Meditation**, Oaktree
- Stretch & Relax**, Montaña
- Top Ten Tips for iPhoneography, with Yoni Mayeri** Olmecca

- 6:00 **Live Music w/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