

Week of November 8, 2025
Bone Health Week with Cynthia Bahmani & Lizz Smith
Pickleball with Vicki Foster

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.
- **Sign-ups for classes** are posted on the Main Lounge clipboards.
- **Proper footwear 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 8

- 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 Oaktree
☐ Strength: Circuit Training Azteca

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

12:00 ☐ Strength: Full Body Strength All Levels Olmeca

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

2:00 ☐ Sound Healing Oaktree

3:00 ☐ Mobility: Stretch Montaña

4:30 ☐ Ranch Tour (Recommended for first 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 ☐ Reclaiming Personal Power: Unleash Your Potential, with Angie Miller Olmeca

<u>Meal Hours: Saturday</u>		<u>Available Facilities</u> *when no class is in session
Breakfast	7:00 am to 9:00 am	
Lunch	11:30 am to 3:30 pm	
Dinner	5:30 pm to 7:30 pm	
<u>Meal Hours: Sunday- Friday</u>		<u>Milagro - Meditation Room</u> 6:00 am to 9:00 pm
Breakfast	7:30 am to 9:00 am	
Lunch	12:00 pm to 1:30 pm	
Dinner	5:30 pm to 7:30 pm	
<u>Snack Times: Sunday- Friday</u>		<u>Activity Pool - Lap Swim</u> 7:00 am to 5:00 pm
Fruit	10:30 am Main Lounge	
Smoothies	2:45 pm Juice Bar	
Veggies/Juice	4:30 pm Main Lounge	
<u>Bazar Del Sol: Saturday- Friday</u>		<u>Azteca Gym - Weight Room</u> Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to 5:00 pm (closed daily 12-2)
6:00 am to 9:00 pm		
<u>Juice Bar: Sunday- Friday</u>		
9:00 am to 12:00 pm & 1:00 pm 4:00 pm		
		<u>Tennis & Pickleball Courts - Open Play</u> 7:00 am to 7:00 pm

SUNDAY | NOVEMBER 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 (60 min) Gazebo

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

9:00 ☐ Specialty: Pickleball Beginner's Clinic with Vicki Foster (Su-Th)
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
☐ Why's & How's of Hiking Poles: Bring your own or borrow ours
Meet outside Arroyo

10:00 ☐ Specialty: Pickleball Intermediate Clinic with Vicki Foster (Su-Th)
Pickleball Courts
☐ Dance: Latin Fusion Kuchumaa
☐ Pilates: Mat Level 2 (Su,T,Th) Pinetree
☐ Strength: BOSU® Fit Olmeca
☐ Strength: Introduction to Circuit Training Azteca
☐ Yoga: Level 1 - Foundations (Su-F) Montaña

11:00 ☐ Advanced: Cardio Sculpt Express (30 min) Olmeca
☐ Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
☐ Cardio & Strength: Cycle Strength Pai Pai
☐ Movement: Introduction to TRX Fundamentals Beginners Pinetree
☐ Pilates: Reformer Level 2 (Su,W) 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

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

1:00 ☐ Specialty: Bone Health Introduction Lecture with Cynthia Bahmani & Lizz Smith Tipai (across Kuchumaa)
☐ Master Your Metabolism with DeRahn Johnson Olmeca
☐ 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
☐ Mobility: Strength & Stretch with Stick Mobility (Su,T,Th) Kuchumaa
☐ Pilates: Reformer Level 1 (Su,Th) 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
☐ Love Your Whole Life Mindset ~ THIS is IT, so powerful! with Ramona Master Tipai (across Kuchumaa)

3:00 ☐ Advanced: Bodyweight Challenge (30 Min) (Su,Th) Tolteca
☐ Pilates: Reformer Jumpboard 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

4:00 ☐ Chant: Sacred Sound Practice (Su,W) Milagro
☐ Sound Healing Oaktree
☐ Yoga: Restorative (Su,T,Th) Montaña
☐ Mental Agility: Self-Awareness Strength Training, with Angie Miller Tipai (across Kuchumaa)

7:30 ☐ Movie: Coco Library Lounge
8:00 ☐ Concert with Karl Anthony. The Healing Arts Experience: Music as Medicine - An evening of calm, connection, and joy Oaktree

MONDAY | NOVEMBER 10

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, 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 ☐ Specialty: Pickleball Beginner's Clinic with Vicki Foster (Su-Th)
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
☐ Tennis Clinic: Level 1 Beginners (M,W) Tennis Courts

10:00 ☐ Specialty: Pickleball Intermediate Clinic with Vicki Foster (Su-Th)
Pickleball Courts
☐ Barre (M,W,F) Pinetree
☐ Dance: Cardio Hip Hop Bodyrock Kuchumaa
☐ Longevity: Strength Training (M,Th) Olmeca
☐ Strength: Circuit Training (M-F) Azteca
☐ Tennis Clinic: Level 2 (M,W) Tennis Courts
☐ Yoga: Level 1 – Balance (Su-F) Montaña

11:00 ☐ Specialty: Bone Health - Posture and Balance with Cynthia Bahmani & Lizz Smith (M-F) Olmeca
☐ Advanced: TRX Strength HIIT (M,Th) Pinetree
☐ Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
☐ Cardio: Mini Trampoline Express (30 Min) (M,F) Kuchumaa
☐ Pilates: Reformer Level 1 (M,Th,F) 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 ☐ Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST 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: 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
☐ Yoga: Gentle Aerial Hammock (Low) (M,W,F) Please wear socks and long sleeves. Kuchumaa
☐ Watercolor with Jennifer (2 hrs) Art Studio
☐ Love Your Self ~ The words we tell ourselves matter! with Ramona Master Tipai (across Kuchumaa)

3:00 ☐ Longevity: Dynamic Mobility Olmeca
☐ Pilates: Reformer Level 2 (M,W) 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

4:00 ☐ Breathwork (M,Th) Oaktree
☐ Recovery: Stretch and Relax (M,W,F) Montana
☐ Are You the Cause of Your Stress? with Angie Miller Tipai (across Kuchumaa)
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 ☐ Unstuff Your Life! with Andrew Mellen Olmeca

TUESDAY | NOVEMBER 11

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 9 am.
6:15 ☐ Mountain Hike: Coyote Trail Advanced, 5.5 or 4 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 ☐ Specialty: Pickleball Beginner's Clinic with Vicki Foster (Su-Th)
Pickleball Courts
☐ Advanced: Interval 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 Intermediate Clinic with Vicki Foster (Su-Th)
Pickleball Courts
☐ Advanced: BOSU® & Battle Ropes Olmeca
☐ Dance: Intro to Salsa Kuchumaa
☐ Pilates: Mat Level 2 (Su,T,Th) Pinetree
☐ Strength: Circuit Training (M-F) Azteca
☐ Yoga: Level 1 – Strength (Su-F) Montaña

11:00 ☐ Specialty: Strength Training for Bone Health with Cynthia Bahmani & Lizz Smith (M-F) Olmeca
☐ Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
☐ Longevity: Cardio Zone 2 Training Azteca
☐ Mobility: Stretch (T,F) Oaktree
☐ 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 Vivan 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 ☐ Making a Smoothie Class with Chef César Juice Bar
☐ More Love, Less Stuff, with Andrew Mellen Olmeca

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 Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
☐ Love Others, Without Losing Yourself ~ I love you and No... with Ramona Master 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 ☐ Inner Journey: Guided Meditation (T,F) Oaktree
☐ Yoga: Restorative (Su,T,Th) Montaña
☐ Hands-On Cooking Class with Visiting Chef Zuliya Khawaja. Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
☐ Beyond Kegels: How Fit is Your Pelvic Floor? with Kathe Wallace Olmeca
☐ Energy Vampires: Protect Your Positive Energy, with Angie Miller Tipai (across Kuchumaa)

4:30 ☐ 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

5:00 ☐ 1st Time Visitor's Reception with Barry Shingle, Director of Guest Experience, Meet at Dining Room entrance

7:30 ☐ Movie: Coco Library Lounge
8:00 ☐ Bingo & Games with Barry! Olmeca

WEDNESDAY | NOVEMBER 12

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
- 6:45** ☐ **Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo
- 9:00** ☐ **Specialty: Pickleball Beginner's Clinic with Vicki Foster** (Su-Th)
Pickleball Courts
- ☐ **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
- ☐ **Tennis Clinic: Level 1 Beginners** (M,W) Tennis Courts
- 10:00** ☐ **Specialty: Pickleball Intermediate Clinic with Vicki Foster** (Su-Th)
Pickleball Courts
- ☐ **Barre** (M,W,F) Pinetree
- ☐ **Dance: Country Line** Kuchumaa
- ☐ **Strength: Circuit Training** (M-F) Azteca
- ☐ **Tennis Clinic: Level 2** (M,W) Tennis Courts
- ☐ **Yoga: Level 1 – Centering** (Su-F) Montaña
- ☐ **Landscape Garden Walk with Enrique Ceballos** Gazebo
- 10:30** ☐ **Big Mercado Sale 50-75%** - Ongoing until 2pm. Mercado Patio
- 11:00** ☐ **Specialty: Pilates for Bone Health with Cynthia Bahmani & Lizz Smith** (M-F) Olmeca
- ☐ **Advanced: Tabata HIIT** (30 Min) Tolteca
- ☐ **Aquatic: H2O Boot Camp (Deep Water)** (M,W,F) Activity Pool
- ☐ **Cardio: Mini Trampoline Balance and Core** Kuchumaa
- ☐ **Pilates: Reformer Level 2** (Su,W) 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
- ☐ **Yoga: TRX Vinyasa Flow** Pinetree
- ☐ **Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
- 1:00** ☐ **Lighten Your Load by Living Your Values, with Andrew Mellen** Olmeca
- ☐ **Hormones Through the Ages, with Nancy Cetel** Library Lounge
- 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: Tower Level 1** Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
- ☐ **Recovery: Release & Mobilize** (Su,W) Oaktree
- ☐ **Yoga: Gentle Aerial Hammock (Low)** (M,W,F) Please wear socks and long sleeves. Kuchumaa
- ☐ **Love Your Past and Present~ Take back your power! with Ramona Master.** Tipai (across Kuchumaa)
- 3:00** ☐ **Mobility: Dynamic Stretch** Olmeca
- ☐ **Pilates: Reformer Level 2** (M,W) 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** ☐ **Chant: Sacred Sound Practice** (Su,W) Milagro
- ☐ **Recovery: Stretch and Relax** (M,W,F) Montaña
- ☐ **Hands-On Cooking Class with Visiting Chef Zuliya Khawaja.** Fee\$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). Fee \$45. Call Ext.113 or visit the Main Lounge to Sign Up (Minimum 4 guests required) Bazar del Sol
- ☐ **Beyond Kegels: How Do I Kegel? with Kathe Wallace** Olmeca
- ☐ **Overcome Mental Barriers to Maximize Performance, with Angie Miller** Tipai (across Kuchumaa)
- 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 | NOVEMBER 13

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 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** ☐ **Specialty: Pickleball Beginner's Clinic with Vicki Foster** (Su-Th) Pickleball Courts
- ☐ **Advanced: Interval 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 Intermediate Clinic with Vicki Foster** (Su-Th)
Pickleball Courts
- ☐ **Cardio Drum Dance** Kuchumaa
- ☐ **Longevity: Strength Training** (M,Th) Olmeca
- ☐ **Pilates: Mat Level 2** (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: Bone Health - Healthy Feet & Ankles with Cynthia Bahmani & Lizz Smith** (M-F) Olmeca
- ☐ **Advanced: TRX Strength HIIT** (M,Th) Pinetree
- ☐ **Aquatic: Strength & Tone (Shallow Water)** (Su,T,Th) Activity Pool
- ☐ **Cardio: Cycle Hip Hop** (30min) Pai Pai
- ☐ **Pilates: Reformer Level 1** (M,Th,F) 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
- ☐ **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
- 12:00** ☐ **Lunch with Fundación La Puerta: You are invited to learn about our 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** ☐ **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** Sign up, Fee for Art Kit \$60+tax, Dining Hall Balcony
- ☐ **Our Hormones and our Overall Health and Wellness, with Nancy Cetel** Library Lounge
- 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: Reformer Level 1** (Su,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
- ☐ **Strength: Circuit Training** (Su,Th) Azteca
- ☐ **Love Your Future ~ The most important work of your life starts NOW! with Ramona Master** Tipai (across Kuchumaa)
- 3:00** ☐ **Advanced: Bodyweight Challenge** (30 Min) (Su,Th) Tolteca
- ☐ **Longevity: Balance and Mindful Movement** Olmeca
- ☐ **Pilates: Reformer Level 1** 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** ☐ **Breathwork** (Su,Th) Oaktree
- ☐ **Yoga: Restorative** (Su,T,Th) Montaña
- ☐ **Art, Stories and Poetry, with Tim Hinchliff** 90 mins, Bazar del Sol
- ☐ **Beyond Kegels: Self-Care for Bowel & Bladder, with Kathe Wallace** Olmeca
- 4:45** ☐ **Farm-to-Table Dining Experience with Visiting Chef Zuliya Khawaja 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 Karl Anthony. The Healing Arts Experience: The Heart of Service.** An evening of rhythm, gratitude, and inspiration Oaktree

FRIDAY | NOVEMBER 14

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, 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** ☐ **Pickleball Tournament: All Levels Welcome (2 Hrs) with Vicki Foster** 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
- ☐ **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff.** Sign up, Fee for Art Kit \$60+tax, Art Studio
- 10:00** ☐ **Advanced: Battle Ropes HIIT** (30 Min) Olmeca
- ☐ **Barre** (M,W,F) Pinetree
- ☐ **Dance: Cardio Hip Hop 90's Flashback** Kuchumaa
- ☐ **Strength: Circuit Training** (M-F) Azteca
- ☐ **Yoga: Level 1 – Integration** (Su-F) Montaña
- 11:00** ☐ **Specialty: Dance for Bone Health: Broadway Style! with Cynthia Bahmani & Lizz Smith** Olmeca
- ☐ **Aquatic: H2O Boot Camp (Deep Water)** (M,W,F) Activity Pool
- ☐ **Cardio: Mini Trampoline Express** (30 Min) (M,F) Kuchumaa
- ☐ **Mobility: Stretch** (Tu,F) Oaktree
- ☐ **Pilates: Reformer Level 1** (M,Th,F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
- ☐ **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
- ☐ **Indigenous Wisdom Walk with Norma Meza** Meet Outside Kuchumaa
- 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,W,F) Please wear socks and 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** (Su-F) Oaktree
- ☐ **Strength: Upper Body Express** (30 Min) (T,F) Olmeca
- ☐ **Spanish Lessons: Beginners Progressive** Library Lounge
- 4:00** ☐ **Inner Journey: Guided Meditation** (T,F) Oaktree
- ☐ **Recovery: Stretch and Relax** (M,W,F) Montaña
- ☐ **Navigating Pelvic Health & Pleasure from Midlife On, with Kathe Wallace** Olmeca
- 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*