

WEDNESDAY | MARCH 5

- 6:05 **Organic Garden Breakfast Hike** Moderate, 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: Meadow Trail** Moderate, 2 Miles, Gazebo
- 6:45 **Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo
- 9:00 **Circuit Training**, Azteca
 Meditation, Oaktree
 Pilates: Mat Fundamentals Progressive, Pinetree
 Stretch, Montaña
 Tennis Clinic: Level 1, Tennis Courts
 TRX & Kettlebells, Tolteca
- 10:00 **Breathwork**, Milagro
 Circuit Training, Azteca
 Cycle Strength, Pai Pai
 Dance Burlesque, Kuchumaa
 Full Body Strength: Level 1, Olmeca
 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 **BOSU® Fit**, Olmeca
 Dance: Nia, Pinetree
 Pickleball Clinic: Beginner, Pickleball Courts
 Pilates: Reformer Fundamentals, Pilates Studio
 Rebounder Express (30 Min), Kuchumaa
 Shallow Water Workout, Activity Pool
 Yoga Specialty, Montaña
 Nature Walk with Rob Larson (60 Min) Meet at Gazebo
 The Wisdom You Carry ~ create your own Wisdom-Keeper Book, with Shiloh Sophia (90 min) Arroyo
 Nutritious Indigenous Traditions: Foraging, Cooking and Sharing Food, with Twila Cassadore and Norma Meza. Register at Ext. 640/625. Fee \$75. Return 2:30pm. Meet at Admin Bldg.
- 1:00 **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
 The Ayurveda Wisdom Tradition. Class 4: Water | The Ritual of Flow & Nourishment, with Laura Plumb Tolteca
- 2:00 **Aerial Yoga: Level 1*** Gentle-Low Hammock, please wear socks & short/long sleeves. Kuchumaa
 Mountain Hike: Alex Oak Trail 2 Miles, Gazebo
 Pilates: Reformers Fundamentals, Pilates Studio
 Release & Mobilize, Tolteca
 Water Jogging (Deep Water Workout), Activity Pool
 Thriving in the Postmenopause, Part 2, with Amanda P. Williams, MD, MPH, FACOG Library Lounge
- 3:00 **Pilates: Reformer Level 2**, Pilates Studio
 Postural Awareness, Tolteca
 Sound Healing, Oaktree
 Spanish Lessons: Beginner's Progressive, Library Lounge
 Wine & Paint at Bazar del Sol. Fee \$65. Sign up at ext. 113 Bazar del Sol.
- 4:00 **Inner Journey: Guided Meditation**, Arroyo
 Journaling for Joy, Milagro
 Stretch and Relax, Montaña
 Hands-on Cooking Class with Visiting Teacher Theo Stephan. Register at Ext.640/625. Fee \$145. Return 7:30pm. Meet at Admin Bldg.
 Song Circle with Maggie Wheeler and Arnaé Batson Oaktree
- 5:00 **Finding Our Stories of Laughter and Healing with Joel ben Izzy**, Oaktree
- 5:15 **Intention Tree & Stone Ceremony with David de la Paz.** 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, and Sarah Livia Brightwood Szekely, President and CEO, Hosted by Barry Shingle, Director of Guest Experiences** Oaktree

THURSDAY | MARCH 6

- 6:05 **Organic Garden Breakfast Hike**, 4 Miles, Sign up with Concierge, 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 with **Prerequisites** to Sign up, Gazebo
- 6:15 **Mountain Hike: Professor's Trail** Challenging, 3.3 Miles, Gazebo
- 6:45 **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo
- 7:00 **Bird Walk** (60 Min) Gazebo
- 9:00 **Full Body Strength: Level 2**, Olmeca
 Meditation, Oaktree
 Pickleball Clinic: Beginners, Pickleball Courts
 Pilates: Mat Fundamentals Progressive, Pinetree
 Sculpt & Step, Kuchumaa
 Stretch, Montaña
 TRX Fundamentals, Tolteca
- 10:00 **Chant**, Milagro
 Circuit Training, Azteca
 Dance: Cardio Hip Hop 90's, Kuchumaa
 Pickleball Clinic: Intermediate, Pickleball Courts
 Pilates: Arc Barrel Level 2, Pinetree
 Ranch Barre, Olmeca
 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
 Bungee Fitness: Advanced, Sign Up, utilizes a harness device, please wear long pants. Pinetree
 Cycle Hip Hop (30 Min), Pai Pai
 Legs, Abs & Booty, Olmeca
 Pilates Reformer Fundamentals, Pilates Studio
 Stretch, Oaktree
 Yoga Specialty, Montaña
 Ranch History Walk: Explore the Roots of the Ranch with Rob Larson Gazebo
 The Wisdom You Carry ~ create your own Wisdom-Keeper Book, with Shiloh Sophia (90 min) Arroyo
- 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 **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** Sign up, Fee for Art Kit \$70, Dining Hall Balcony
 The Ayurveda Wisdom Tradition. Class 5: Earth | The Ritual of Rooting & Receiving, with Laura Plumb Tolteca
- 2:00 **Balance and Coordination**, Olmeca
 Circuit Training, Azteca
 Deep Water Training, Activity Pool
 Pilates: Cadillac Fundamentals, Pilates Studio
- 3:00 **Pilates: Reformer & Cadillac Combo**, Pilates Studio
 Sound Healing, Oaktree
 Strength & Stretch with Stick Mobility, Pinetree
 Yoga Sculpt: Level 2, Olmeca
 Spanish Lessons: Beginner's Progressive, Library Lounge
- 4:00 **Foam Roller Recovery**, Tolteca
 Yoga Nidra, Montaña
 Art, Stories and Poetry, with Tim Hinchliff 90 mins, Bazar del Sol
 A Women's Circle Sharing Wisdom from the Grandmothers, with Twila Cassadore, Rosa Tupina and Santa Akouatzin Yanez Oaktree
- 5:00 **Finding Our Stories of Wisdom Keepers We Have Known with Joel ben Izzy** Oaktree
 Farm-to-Table Dining Experience with Visiting Teacher Theo Stephan and Chef Reyna Venegas. Register at Ext. 640/625. Fee \$150. Return 7:30 p.m. Meet at Admin Bldg.
- 7:15 **Prayer Arrows with Tim Hinchliff**, Main Lounge
- 7:30 **Movie: The Boys in the Boat** Library Lounge
- 8:00 **Songs of Sustenance with Maggie Wheeler and Arnaé Batson** Oaktree

FRIDAY | MARCH 7

Please confirm your return transportation at the Concierge Desk.

- 6:05 **Organic Garden Breakfast Hike** Moderate, 4 Miles, Sign up with the 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 (Fri only). Gazebo
- 6:15 **Mountain Hike: Coyote Trail** Advanced, 5.5 or 4 Miles, Gazebo
- 6:30 **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
 BOSU® & Ropes: Level 2 (30 Min), Olmeca
 Circuit Training, Azteca
 Meditation, Oaktree
 Pickleball Clinic: Beginners, Pickleball Courts
 Pilates: Mat Fundamentals Progressive, Pinetree
 Stretch, Montaña
- 10:00 **Circuit Training**, Azteca
 Dance: La Blast Ballroom, Kuchumaa
 Pilates: Mat Level 2, Pinetree
 Ranch Cycle: All Levels, Pai Pai
 Vertical Core, Olmeca
 Yoga: Level 2, Montaña
- 11:00 **Cardio Drum Dance**, Kuchumaa
 Full Body Strength: Level 1, Olmeca
 Kettlebells (30 Min), Tolteca
 Pilates: Reformer Fundamentals, Pilates Studio
 Shallow Water Workout, Activity Pool
 Yoga Specialty, Montaña
 Make an Ancestor Altar with Jennifer (2 Hrs) Art Studio
- 11:30 **Mercado's Craft Sale** ongoing until 2:30 pm, Mercado
- 1:00 **Take the Ranch Home**, Tolteca
 Documentary: Tree of Life, The Living Legacy of Edmond Szekely, introduced by Sarah Livia Szekely (26 mins), introduced by Sarah Livia Brightwood Szekely Library Lounge
- 2:00 **Aerial Yoga: Level 1 Gentle*** (Low Hammock), Kuchumaa
Please wear socks & short/long sleeves shirts
 Core Express (30 Min), Olmeca
 Pilates: Reformer Fundamentals, Pilates Studio
 Mandala with Jennifer (60 Min) Art Studio
- 2:45 **Live Music and Smoothies** Juice Bar
- 3:00 **Sound Healing**, Oaktree
 Stability Ball (30 Min), Olmeca
 Yoga Workshop: Hips & Lower Back, Montaña
 Spanish Lessons: Beginner's Progressive, Library Lounge
- 4:00 **Inner Journey: Guided Chakra Meditation**, Arroyo
 Stretch & Relax, Montaña
 Song Circle with Twila Cassadore, Rosa Tupina, Santa Akouatzin Yanez, Maggie Wheeler and Arnaé Batson Pepper Tree by Central Pool
- 5:00 **Labyrinth Walk: Celebrating a Quarter of a Century of Labyrinth Walking at the Ranch, with Sarah Livia Szekely and Joel ben Izzy** Labyrinth
- 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

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