

## Week of April 11, 2026

### Bollypop with Aakansha Maheshwari

### Therapeutic Gentle Yoga with Sophia Wang

**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 take 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 in the Pilates Studio at the Arroyo Gym.
- **Use proper footwear** –
  - **HIKES:** Hiking boots with lugs.
  - **PICKLEBALL & TENNIS:** Court Shoes.
  - **STRENGTH CLASSES:** Close-Toed Shoes.
- **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.

## SATURDAY | APRIL 11

6:15  **Mountain Hike: Professor's Trail** (Sa,M,Th) Advanced, 3.3 Miles, Gazebo

6:45  **Lowlands Hike: Woodlands Trail** (Sa, Su,Tu,Th) 2 Miles, Gazebo

9:00  **Mobility: Stretch** Montaña

10:00  **Meditation** Oaktree  
 **Strength: Circuit Training** Azteca

11:00  **Gentle Spinal Mobility** Pinetree  
 **Pickleball Open Play** \*Unstaffed,. Pickleball Courts, wear court shoes

12:00  **Strength: For Longevity** Olmecca  
 **Yoga: All Levels** Montaña

1:00  **Fitness Concierge** (60 Min) Dining Hall  
 **Labyrinth** Meet at Emily's Forest

2:00  **Aquatic: Deep Water** Activity Pool  
 **Pickleball Open Play** \*Unstaffed, Pickleball Courts, wear court shoes

3:00  **Mobility: Stretch** Montaña

4:00  **Sound Healing** Oaktree

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

5:30  **First Time Guest Orientation** Olmecca

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

7:15  **Movie: *The Upside*** Library Lounge

7:30  **Set Your Intention; Tips for a Magical Week** with Jill T. Tolteca

8:00  **Candlelight Therapeutic Gentle Yoga & Cello with Sophia Wang and Joanna Morrison** Oaktree

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

## SUNDAY | APRIL 12

*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** (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 Main Entrance

9:00  **Advanced: Full Body Strength** (Su,W) Olmecca  
 **Meditation** (Su-F) Oaktree  
 **Mobility: Stretch** (Su-F) Montaña  
 **Pickleball Clinic: Beginners** (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts  
 **Pilates: Mat Foundations - Neutral & Spinal Articulation** (Su-F) Pinetree  
 **Strength: Introduction to Circuit Training** Azteca

10:00  **Specialty Dance: Bolly Pop Fitness with Aakansha Maheshwari** (Su,F) Kuchumaa  
 **Chant: A Vocal Sound Practice** (Su,W) Milagro  
 **Free Flow: Rooted In Feldenkrais** Oaktree  
 **Pickleball Clinic: Intermediate** (Su-Th) Court shoes and safety glasses are recommended., Pickleball Courts  
 **Pilates: Mat Level 2** (Su-F) Pinetree  
 **Strength: BOSU@ Fit** (Su,T) Olmecca  
 **Strength: Introduction to Circuit Training** Azteca  
 **Yoga Level 2 Slow Flow** (Su-F) Montaña

11:00  **Specialty: Therapeutic Gentle Yoga with Sophia Wang** (75 Min) (Su-F) Montaña  
 **Aquatic: Shallow Water** (Su,M,W,F) Activity Pool  
 **Longevity: Strength Training** (Su,Th) Olmecca  
 **Movement: Introduction to TRX Fundamentals** (Su,Th) Pinetree  
 **Pilates: Reformer Level 2** (Su,T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo

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

1:00  **Master Your Metabolism with DeRahn Johnson** Olmecca  
 **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge  
 **Lecture: *Eat More Beans*** with Chef Joe Yonan Tipai  
 **Water Flow Therapy Demo** South Pool

2:00  **Aquatic: Deep Water** (Su,T,Th) Activity Pool  
 **Longevity: Lecture. How to Own Your Aging Process** Olmecca  
 **Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo  
 **Strength: Circuit Training** (Su,Th) Azteca

3:00  **Advanced: Bodyweight Blast** (30 Min) (Su,W) Tolteca  
 **Aqua Ease - Shallow Water Stretch** (30 Min) (Su,W) Activity Pool  
 **Pilates: Reformer Level 1** (Su,M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo  
 **Sound Healing** (Su-F) Oaktree  
 **Tai Chi** (Su) Montaña

4:00  **Recovery: Foam Roller** (Su,T,Th) Tolteca  
 **Yoga: Restorative** (Su,T,Th) Montaña  
 **What Your Body Wants: Balancing Science and Awareness to Understand Our Embodied Needs** with Dr. Jeff Lee Tipai

5:00  **Earth Art, Environmental Art, Art and Nature! with Lynda Reeves McIntyre, Ph.D.** Tipai

7:15  **Movie: *Conclave*** Library Lounge

8:00  **Lecture: Explore Rancho La Puerta's Night Sky, with Scott Marrone** Tolteca

## MONDAY | APRIL 13

*Class spaces are limited to first come first served.*

6:15  **Mountain Hike: Professor's Trail** (M,Th) Advanced, 3.3 Miles, Gazebo

6:30  **Meditation Hike: Dove Trail** 1.2 Miles, Gazebo

6:45  **Lowlands Hike: Quail Trail** (M,W,F) Moderate, 2 or 2.5 Miles, Gazebo

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

9:00  **Meditation** (Su-F) Oaktree  
 **Mobility: Stretch** (Su-F) Montaña  
 **Pickleball Clinic: Beginners** (Su-Th) Court shoes are recommended.  
 **Pilates: Mat Foundations - Flexion** (Su-F) Pinetree  
 **Strength: Circuit Training** (M,W,F) Azteca  
 **Strength: Total Body with Bands** (M,F) Olmecca  
 **Tennis Clinic: Level 1** (M,W) Court shoes and safety glasses are recommended. Tennis Courts

10:00  **Specialty: Dandiya Folk Dance with Aakansha Maheshwari** (M,Th) Kuchumaa  
 **Advanced: Battle Ropes HIIT** (30 Min) Olmecca  
 **Aquatic: H2O Boot Camp** (Deep Water) (M,W,F) Activity Pool  
 **Pickleball Clinic: Intermediate** (Su-Th) Court shoes and safety glasses are recommended., Pickleball Courts  
 **Pilates: Mat Level 2** (Su-F) Pinetree  
 **Strength: Circuit Training** (M-F) Azteca  
 **Tennis Clinic: Level 2** (M,W) Court shoes are recommended. Tennis Courts  
 **Yoga Level 2 Slow Flow** (Su-F) Montaña

11:00  **Specialty: Therapeutic Gentle Yoga with Sophia Wang** (75 Min) (Su-F) Montaña  
 **Aquatic: Shallow Water** (Su,M,W,F) Activity Pool  
 **Barre** (M,W) Olmecca  
 **Cardio & Strength: Mini Trampoline Build & Bounce** (M,W) Kuchumaa  
 **Mobility: TRX Flexibility** Pinetree  
 **Pilates: Reformer Level 1** (M,W,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  
 **Art Workshop I: SEEING and DRAWING, with Lynda Reeves McIntyre, Ph.D.** Gazebo  
 **Unlocking Creativity Through Presence and Awareness, with Dr. Jeff Lee** Tipai  
 **Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST** Library Lounge

2:00  **Aquatic: Water Jogging (Deep Water)** (M,W) Activity Pool  
 **Longevity: Dynamic Mobility** Olmecca  
 **Pilates: Reformer Jumpboard** (M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo  
 **Yoga: Gentle Aerial Hammock** (Low) (M,W) Please wear socks & long sleeves Kuchumaa  
 **Inner Fitness: Lesson 1 — Nothing Changes Until You Do!** with Emily Boorstein Tipai

3:00  **Longevity: Cardio Zone 2 Heart Rate Training** (M,Th) Azteca  
 **Mobility & Corrective: Postural Awareness** (M,Th) Olmecca  
 **Pilates: Reformer Level 1** (Su,M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo  
 **Sound Healing** (Su-F) Oaktree

4:00  **Inner Journey: Guided Meditation.** (M,F) Oaktree  
 **Mobility: Stretch and Relax** (M,W,F) Montaña  
 **Art Walk: Sculptures, with Rob Larson** Meet at Gazebo

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  **Tales of Laughter and Healing, Wisdom and Wonder, with Joel ben Izzy** Oaktree  
 8:15  **IStargazing with Scott Marrone (M, Thu)** *Bring your flashlight* Activity Pool

## TUESDAY | APRIL 14

*Class spaces are limited to first come first served.*

6:05  **Organic Garden Breakfast Hike (T-F)** 4 Miles. Sign up with Concierge for hike/van. Meet at Gazebo for the hike or van t available dep. at 6:45 from Admin bldg. **Option to tour of 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** (T,F) Advanced, 5.5 or 4 Miles, Gazebo

6:20  **Ruck: Weighted Hiking** Intermediate, Sign up, 2 Miles, Gazebo

6:30  **Yoga: Sunrise All Levels** (60 Min) (T,Th) Montaña

6:45  **Lowlands Hike: Woodlands Trail** (Sa,Su,T,Th) 2 Miles, Gazebo

7:00  **Bird Walk** (60 Min) Gazebo

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

9:00  **Advanced: Cardio Muscle Blast** (T,Th) Azteca  
 **Meditation** (Su-F) Oaktree  
 **Mobility: Stretch** (Su-F) Montaña  
 **Pickleball Clinic: Beginners** (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts  
 **Pilates: Mat Foundations - Extension** (Su-F) Pinetree  
 **Strength: Barbell Workout** (T,Th) Tolteca

10:00  **Specialty Dance: Bollywood Choreography - Throw Back Disco with Aakansha Maheshwari** Kuchumaa  
 **Advanced: BOSU® & Battle Ropes** Olmecca  
 **Pickleball Clinic: Intermediate** (Su-Th) Court shoes and safety glasses are recommended., Pickleball Courts  
 **Pilates: Mat Level 2** (Su-F) Pinetree  
 **Strength: Circuit Training** (M-F) Azteca  
 **Yoga Level 2 Slow Flow** (Su-F) Montaña

11:00  **Specialty: Therapeutic Gentle Yoga with Sophia Wang** (75 Min) (Su-F) Montaña  
 **Aquatic: Strength & Tone (Shallow Water)** (T,Th) Activity Pool  
 **Cardio & Strength: Cycle Strength** Pai Pai  
 **Pilates: Reformer Level 2** (Su,T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo  
 **Strength: The ABC's - Arms, Butt, & Core** (30 Min) (T,F) Olmecca  
 **Strength & Cardio: TRX Circuit** Tolteca  
 **Cooking with the Seasons, with Head Chef Vivian Mercado.** Fee \$100. Register at Ext. 640/625. Return 2:30pm. Meet at Admin Bldg.  
 **Open Drawing Studio with guidance with Lynda Reeves McIntyre, Ph.D.** Gazebo

1:00  **Making a Smoothie Class with Chef César** Juice Bar  
 **Hormones Through the Ages, with Nancy Cetel, MD** Tipai

2:00  **Aquatic: Deep Water** (Su,T,Th) Activity Pool  
 **Mobility & Corrective: Balance & Coordination** (T,F) Olmecca  
 **Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo  
 **Recovery: Release & Mobilize** (Tu,F) Oaktree  
 **Inner Fitness: Lesson 2 - Meet Your Inner Team, with Emily Boorstein** Tipai

3:00  **Pilates: Tower Level 1** (T,Th) Sign-up 8am at the Pilates Studio in rroyo  
 **Sound Healing** (Su-F) Oaktree  
 **Strength: Core Express** (30 Min) (T,F) Olmecca  
 **Yoga Workshop: Happy Hips & Low Back** (T,F) Montaña

4:00  **Recovery: Foam Roller** (Su,T,Th) Tolteca  
 **Yoga: Restorative** (Su,T,Th) Montaña  
 **Hands-On Cooking Class with Visiting Teacher Joe Yonan \$145.** Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg  
 **Tales of People We've Known, with Joel ben Izzy** Oaktree

5:00  **1st Time Visitor's Reception with Barry Shingle, Director of Guest Experience** Los Olivos  
 **Live Music with Sergio Ramos** Bazar Del Sol

7:15  **Movie: *The Roses*** Library Lounge

8:00  **Bingo and Games! with Barry** Olmecca

## WEDNESDAY | APRIL 15

*Class spaces are limited to first come first served.*

- 6:05  **Organic Garden Breakfast Hike** (T-F) 4 Miles, Sign up with Concierge, Gazebo  
6:15  **Mountain Hike: Pilgrim Trail** (Su,W) Advanced, 3.5 or 4.5 Miles, Gazebo  
6:30  **Meditation Hike: Rolling Hills** 2 Miles, Gazebo  
6:45  **Lowlands Hike: Quail Trail** (M,W,F) Moderate, 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  
 **Pickleball Clinic: Beginners** (Su-Th) Court shoes and safety glasses are recommended., Pickleball Courts  
 **Pilates: Mat Foundations - Lateral Flexion** (Su-F) Pinetree  
 **Strength: Circuit Training** (M,W,F) Azteca  
 **Tennis Clinic: Level 1** (M,W) Court shoes are recommended. Tennis Courts
- 10:00  **Specialty: Indian Classical Temple Dance - Bharatanatyam** Kuchumaa  
 **Aquatic: H2O Boot Camp** (Deep Water) (M,W,F) Activity Pool  
 **Chant: A Vocal Sound Practice** (Su,W) Milagro  
 **Pickleball Clinic: Intermediate** (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts  
 **Pilates: Mat Level 2** (Su-F) Pinetree  
 **Strength: Circuit Training** (M-F) Azteca  
 **Tennis Clinic: Level 2** (M,W) Court shoes are recommended. Tennis Courts  
 **Yoga Level 2 Slow Flow** (Su-F) Montaña  
 **Landscape Garden Walk with Enrique Ceballos** Gazebo
- 11:00  **Specialty: Therapeutic Gentle Yoga with Sophia Wang** (75 Min) (Su-F) Montaña  
 **Aquatic: Shallow Water** (Su,M,W,F) Activity Pool  
 **Barre** (M,W) Olmeca  
 **Cardio & Strength: Mini Trampoline Build & Bounce** (M,W) Kuchumaa  
 **Pilates: Reformer Level 1** (M,W,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  
 **Strength: TRX Full Body** Pinetree  
 **Art Workshop II: DRAWING- SHAPE TAKES FORM, with Lynda Reeves McIntyre PhD** Gazebo
- 12:00  **Musical Miniatures with Scott Marrone** Oaktree  
1:00  **Our Hormones and Overall Health and Wellness, with Nancy Cetel, MD** Tipai
- 2:00  **Aquatic: Water Jogging (Deep Water)** (M,W) Activity Pool  
 **Mobility: Dynamic Stretch** Pinetree  
 **Pilates: 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  
 **Inner Fitness: Lesson 3 — Feel It to Heal It, with Emily Boorstein** Tipai
- 3:00  **Advanced: Bodyweight Blast** (30 Min) (Su,W) Tolteca  
 **Aqua Ease - Shallow Water Stretch** (30 Min) (Su,W) Activity Pool  
 **Pilates: Reformer Level 1** (Su,M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo  
 **Tai Chi** (Su,W) Montaña  
 **Sound Healing** (Su-F) Oaktree
- 4:00  **Recovery: Stretch and Relax** (M,W,F) Montaña  
 **Set & Live Your Intention with Jill T.** Tolteca  
 **Hands-On Cooking Class with Visiting Teacher Joe Yonan \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg**  
 **Tasting of Guadalupe Valley Wines, includes cheese board** (60min). \$55 per person. Call Ext.113 or visit the Main Lounge to Sign Up (Minimum 6 guests required) Bazar del Sol  
 **Art Walk: Crafts, with Rob Larson** Meet at Gazebo
- 5:00  **Tales of Places We've Been, with Joel ben Izzy** Oaktree
- 7:15  **Movie: One Life** Library Lounge  
8:00  **In Conversation 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 | APRIL 16

*Class spaces are limited to first come first served.*

- 6:05  **Organic Garden Breakfast Hike** (T-F) 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 of 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** (M,Th) 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) Gazebo  
8:00  **Pilates Concierge** (Su-F) Arroyo  
8:15  **Fitness Concierge** (30 Min) (Su,Th) Dining Hall
- 9:00  **Advanced: Cardio Muscle Blast** (T,Th) Azteca  
 **Meditation** (Su-F) Oaktree  
 **Mobility: Stretch** (Su-F) Montaña  
 **Pickleball Clinic: Beginners** (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts  
 **Pilates: Mat Foundations - Rotation** (Su-F) Pinetree  
 **Strength: Barbell Workout** (T,Th) Tolteca
- 10:00  **Specialty: Dandiya Folk Dance w/ Aakansha Maheshwari** (M,Th) Kuchumaa  
 **Pickleball Clinic: Intermediate** (Su-Th) Court shoes and safety glasses are recommended., Pickleball Courts  
 **Pilates: Mat Level 2** (Su-F) Pinetree  
 **Pilates: On the BOSU®** Olmeca  
 **Strength: Circuit Training** (M-F) Azteca  
 **Yoga Level 2 Slow Flow** (Su-F) 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: Therapeutic Gentle Yoga w/ Sophia Wang** (75 Min) (Su-F) Montaña  
 **Aquatic: Strength & Tone** (Shallow Water) (T,Th) Activity Pool  
 **Cardio: Cycle Hip Hop** (30 Min) Pai Pai  
 **Longevity: Strength Training** (Su,Th) Olmeca  
 **Movement: Introduction to TRX Fundamentals** (Su,Th) Pinetree  
 **Pilates: Reformer Level 2** (Su,T,Th) Sign-up 8am at the Pilates Studio Arroyo  
 **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge  
 **Ranch History Walk: Explore the Roots of the Ranch, with Rob Larson** Gazebo  
 **Art Workshop III: GESTURE DRAWING and MOVING MEDITATION with Lynda Reeves McIntyre PhD** Gazebo
- 12:00  **Lunch with Fundación La Puerta: learn about our recent work in the Tecate community.** Sign up in Main Lounge. Dining Hall at the Patio Terrace  
 **Viva Vivaldi! with Scott Marrone** Oaktree
- 12:30  **Yarn Painting Demo with Tim Hinchliff** Dining Hall entrance  
1:00  **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff.** Sign up Main Lounge, Art Kit Fee \$60 + tax. Dining Hall Balcony
- 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  
 **Inner Fitness: Lesson 4 — The Inner Fitness Workout, with Emily Boorstein** Tipai
- 3:00  **Longevity: Cardio Zone 2 Heart Rate Training** (M,Th) 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  **Recovery: Foam Roller** (Su,T,Th)Tolteca  
 **Yoga: Restorative** (Su,T,Th) Montaña  
 **Hike to the Residences (60 mins/wear walking shoes)** Meet@Bazar del Sol  
 **Art, Stories and Poetry, with Tim Hinchliff** 90 mins, Bazar del Sol  
4:45  **Farm-to-Table Dining Experience with Visiting Teacher Joe Yonan and Head Chef Vivian Mercado** Fee \$150. Register at Ext.640/625. Return 7:30pm . Meet at Admin Bldg.
- 5:00  **Live Music with Sergio Ramos** Bazar Del Sol
- 7:15  **Movie: Now You See Me** Library Lounge  
 **Prayer Arrows with Tim Hinchliff** Main Lounge
- 8:00  **Awakening the Spirit - Through Song and Story, Music and Poetry from Around the World with Sophia Wang, Jeff Lee, and Joel ben Izzy** Oaktree  
8:15  **Stargazing with Scott Marrone** (M,Thu) *Bring your flashlight* Activity Pool

## FRIDAY | APRIL 17

*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** (T-F) 4 Miles, Sign up 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** (T,F) Advanced, 5.5 or 4 Miles, Gazebo  
6:30  **Meditation Hike: Alex's Oak Trail** Moderate, 2 Miles, Gazebo  
6:45  **Lowlands Hike: Quail Trail** (M,W,F) Moderate, 2 or 2.5 Miles, Gazebo
- 8:00  **Pilates Concierge** (Su-F) Arroyo
- 9:00  **Meditation** (Su-F) Oaktree  
 **Mobility: Stretch** (Su-F) Montaña  
 **Pickleball Open Play** \*unsupervised, court shoes and safety glasses are recommended. 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  
 **Indigenous Wisdom Walk with Norma Meza** Meet Outside Kuchumaa
- 10:00  **Specialty Dance: Bolly Pop Fitness** with Aakansha Maheshwari (Su,F) Kuchumaa  
 **Aquatic: H2O Boot Camp** (Deep Water) (M,W,F) Activity Pool  
 **Pickleball Open Play** \*unsupervised, court shoes and safety glasses are recommended. Pickleball Courts  
 **Pilates: Mat Level 2** (Su-F) Pinetree  
 **Strength: Circuit Training** (M-F) Azteca  
 **Yoga Level 2 Slow Flow** (Su-F) Montaña
- 10:30  **Mercado Craft Sale: Delicias Mexicanas - Tradicional Mexican Sweets Punto & Nudo Home Decor, PH cosmetics, Lu'um Essentials Oils, MAPACHE ARTS & CRAFTS,** ongoing until 2:30 pm Mercado Patio
- 11:00  **Specialty: Therapeutic Gentle Yoga with Sophia Wang** (75 Min) (Su-F) Montaña  
 **Aquatic: Shallow Water** (Su,M,W,F) Activity Pool  
 **Cardio: Mini Trampoline Express** (30 Min) Kuchumaa  
 **Pilates: Reformer Level 1** (M,W,F) Sign-up begins at 8am at the Pilates Studio in Arroyo  
 **Strength: The ABC's - Arms, Butt, & Core** (30 Min) (T,F) Olmeca  
**Art Exhibit – Celebrate the week's creativity as you explore participants' artwork.** Unwind with sangria and light bites. Everyone is welcome. Gazebo
- 1:00  **Set Your Return to Home Intention with Jill T.** Tolteca
- 2:00  **Labyrinth** Meet at Emily's Forest (behind Kuchumaa gym)  
 **Mobility & Corrective: Balance & Coordination** (T,F) Olmeca  
 **Recovery: Release & Mobilize** (Tu,F) Oaktree  
 **Inner Fitness: Lesson 5 — Your Future Self, with Emily Boorstein** Tipai
- 2:45  **Live Music and Smoothies** Juice Bar
- 3:00  **Sound Healing** (Su-F) Oaktree  
 **Strength: Core Express** (30 Min) (T,F) Olmeca  
 **Yoga Workshop: Happy Hips & Low Back** (T,F) Montaña  
 **Spanish Lessons: Beginners Progressive** Library Lounge
- 4:00  **Inner Journey: Guided Meditation** (M,F) Oaktree  
 **Recovery: Stretch and Relax** (M,W,F) Montaña
- 5:00  **Tales of Moments of Awe with Joel ben Izzy** Oaktree
- 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*