

# Functional Yoga with Dana Rae Paré

## World Groove Movement with Heather Winia

### January 11, 2025

*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 1<sup>st</sup> come; 1<sup>st</sup> served based on equipment availability.**
- **Classes and activities begin on time and last 45 minutes unless noted otherwise.**

## SATURDAY | JANUARY 11

- 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**, \*Unsupervised, please use proper footwear. Pickleball Courts  
 **Yoga: All Levels** Montaña
- 12:00**  **Total Body Strength-** All Levels Olmeca
- 1:00**  **Fitness Concierge** Dining Hall
- 2:00**  **Sound Healing** Oaktree
- 3:00**  **Stretch** Pinetree
- 4:30**  **Ranch Tour** (Recommended for 1<sup>st</sup> time guests) Gazebo
- 5:00**  **First Time Guest Orientation** Olmeca  
**Returning Guest Update** Tolteca
- 6:45**  **Meet the Presenters** Dining Hall
- 7:30**  **Movie: What Happens Later** Library Lounge  
 **Set Your Intention; Tips for a Magical Week with Jill**, Tolteca
- 8:00**  **Love Secrets from the Masters, with Linda Carroll** Oaktree

MEAL HOURS		AVAILABLE FACILITIES	
<b>SATURDAY</b>		<b>WHEN NO CLASS IS IN SESSION</b>	
Breakfast	7:00 am to 9:00 am	<b>Milagro - Meditation Room</b>	
Lunch	11:30 am to 3:30 pm	6:00 am to 9:00 pm	
Dinner	5:30 pm to 7:30 pm	<b>Activity Pool - Lap Swim</b>	
		7:00 am to 6:00 pm	
<b>SUNDAY THROUGH FRIDAY</b>		<b>Azteca Gym - Weight Room</b>	
Breakfast	7:30 am to 9:00 am	Saturday: 6:30 am to 1:30 pm	
Lunch	12:00 pm to 1:30 pm	Sunday – Friday: 7:00 am to 5:00 pm	
Dinner	5:30 pm to 7:30 pm		
<b>SNACK TIMES</b>		<b>UNSTAFFED PICK-UP GAMES</b>	
<b>SUNDAY THROUGH FRIDAY</b>		<b>Pickleball open play: all levels</b>	
Fruit	10:30 am Main Lounge	11am: Su,T,Th,F	
Smoothies	2:45 pm Juice Bar	9am: M,W	
Veggies/Juice	4:30 pm Main Lounge		

## SUNDAY | JANUARY 12

*Class spaces are limited to first come first served*

- 6:15**  **Mountain Hike: Pilgrim Trail** Advanced, 3.5 or 4.5 Miles, Gazebo
- 6:45**  **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo
- 7:00**  **Bird Walk** (60min) Gazebo
- 8:15**  **Ranch Tour and Orientation** (Recommended for 1<sup>st</sup> time guests) Meet at the Main Entrance of Dining Hall  
 **Fitness Concierge** (30 Min) Dining Hall
- 9:00**  **Circuit Training**, Azteca  
 **Meditation**, Oaktree  
 **Pickleball Clinic: Beginner**, Pickleball Courts  
 **Pilates: Mat Fundamentals Progressive** Pinetree  
 **Fresh Air Fitness with Dana Rae Paré**, Meet at the Running Track  
 **Stretch**, Montaña  
 **TRX Fundamentals**, Tolteca
- 10:00**  **BOSU® Fit**, Olmeca  
 **Circuit Training**, Azteca  
 **Cycle Strength**, Pai Pai  
 **Dance: World Groove Movement with Heather Winia**, Kuchumaa  
 **Pickleball Clinic: Intermediate**, Pickleball Courts  
 **Pilates: Mat Level 2**, Pinetree  
 **Yoga: Fundamentals**, Montaña
- 11:00**  **Cardio Muscle Blast Level 2**, Azteca  
 **Functional Yoga for Vitality & Longevity of Movement with Dana Rae Paré**, (75 mins) Montaña  
 **Pilates: Reformer Fundamentals**, Arroyo  
 **Ranch Barre**, Olmeca  
 **Rebounder: Balance & Core Level 2**, Kuchumaa  
 **Shallow Water Workout**, Activity Pool  
 **Stretch**, Oaktree
- 12:00**  **Swim Stroke Clinic (30 Min)**, Activity Pool
- 1:00**  **Feldenkrais: Improving Posture & Balance - Lecture with Donna Wood** Oaktree  
 **Water Flow Therapy Demo** South Pool  
 **Fuel Your Body, Balance Cravings, and Unlock Energy: The Simple Science of Macronutrients for Health, Weight Management, and Longevity, with Jodie Goodman Block, MS, RDN, CDN**, Olmeca
- 2:00**  **Core & More!**, Olmeca  
 **Deep Water Training**, Activity Pool  
 **Pilates: Reformer Fundamentals**, Arroyo  
 **Strength and Stretch with Stick Mobility**, Pinetree  
 **Cooking Demo: Lively Greens - Fennel Salad with Pecorino and Buddha Hand with Chef Joey Altman** (30 min) Juice Bar
- 3:00**  **Pilates: Reformer Fundamentals**, Arroyo  
 **Sound Healing**, Oaktree  
 **TRX Core (30 Min)**, Tolteca
- 4:00**  **Foam Roller Recovery**, Tolteca  
 **Reset & Restore with Dana Rae Paré, (60 min)** Montaña  
 **Beyond Kegels: How Fit Is Your Pelvic Floor? Let's Explore!** with Kathe Wallace, PT Olmeca  
 **Live Music with Sergio Ramos (60 Min)**, Bazar del Sol
- 5:00**  **Natural Wine Tasting with Sergio Medal** Main Lounge
- 7:00**  **Film: Miracle in a Box, narrated by John Lithgow (56 min)** Library Lounge
- 8:00**  **The BIG SHIFT: Mindfulness in Life and Love, with Linda Carroll** Oaktree

## MONDAY | JANUARY 13

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

- 6:15**  **Mountain Hike: Professor's Trail** Challenging, 3.3 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**  **Circuit Training**, Azteca  
 **Full Body Strength: Level 1**, Olmeca  
 **Fresh Air Fitness with Dana Rae Paré**, Meet at the Running Track  
 **Meditation**, Oaktree  
 **Pilates: Mat Fundamentals Progressive**, Pinetree  
 **Stretch**, Montaña  
 **Tennis Clinic: Level 1**, Tennis Courts
- 10:00**  **Circuit Training**, Azteca  
 **Core & More!**, Olmeca  
 **Dance: World Groove Movement with Heather Winia**, Kuchumaa  
 **H2O Boot Camp (Deep Water Workout)**, Activity Pool  
 **Pilates: Mat Level 2**, Pinetree  
 **Ranch Cycle: All Levels**, Pai Pai  
 **Tennis Clinic: Level 2**, Tennis Courts  
 **Yoga: Fundamentals**, Montaña
- 11:00**  **Booty Blast (30 Min)**, Olmeca  
 **Bungee Fitness**, \* 10 Spaces - Sign Up., Pinetree Requires the use of a harness device, please wear long pants  
 **Cardio Drum Dance**, Kuchumaa  
 **Functional Yoga for Vitality & Longevity of Movement with Dana Rae Paré**, (75 mins) Montaña  
 **Pickleball Clinic: Beginner**, Tennis Courts  
 **Pilates: Reformer Fundamentals**, Arroyo  
 **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
- 1:00**  **Chakra Health: Opening and Balancing Exercises for Your Energy Centers with Jonelle Rutkauskas**, Library Lounge  
**Secrets to Better Pickleball**, Tolteca  
 **Balanced Eating Meets Intuitive Eating: A Sustainable Approach for Life, with Jodie Goodman Block, MS, RDN, CDN**, Olmeca
- 2:00**  **Aerial Yoga: Level 2 Active (Low Hammock)**, Please wear socks & sleeved shirts. Kuchumaa  
 **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo  
 **Release & Mobilize**, Oaktree  
 **TRX Flexibility**, Tolteca  
 **Watercolor with Jennifer** (2 hrs), Art Studio  
 **Love Cycles in All Our Relationships, with Linda Carroll** Library Lounge
- 3:00**  **Rebounder with Handles: All Levels (30 min)**, Kuchumaa  
 **Sound Healing**, Oaktree  
 **Stability Ball (30 Min)**, Olmeca  
 **Tai Chi**, Montaña  
 **Spanish Lessons: Beginner's Progressive**, Library Lounge
- 4:00**  **Inner Journey: Guided Meditation**, Oaktree  
 **Reset & Restore with Dana Rae Paré,(60 mins)** Montaña  
 **Beyond Kegels: How do I Kegel? Let me count the ways!** with Kathe Wallace, PT Olmeca
- 4:30**  **Guest Reception. Join us for Sangría and Guacamole**, Bazar del Sol
- 6:15**  **Silent Dinner, (2 hrs)**, Sign up, Los Olivos (via Dining Hall balcony)
- 7:30**  **Documentary: Kiss the Ground (1.5 hr)** Library Lounge
- 8:00**  **Get Inspired! One Writer's Journey from Lawyer to Journalist to Novelist with Erin Gordon** Tolteca

## TUESDAY | JANUARY 14

*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**  **Sunrise Yoga: All Levels (60 Min)**, Montaña  
 **Mountain Trail Run** Advanced, from 2 miles up to 3.5 miles, Gazebo
- 6:45**  **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo
- 7:00**  **Bird Walk (60min)**Gazebo
- 9:00**  **BOSU® Core & More**, Olmeca  
 **Fresh Air Fitness with Dana Rae Paré**, Meet at the Running Track  
 **Meditation**, Oaktree  
 **Pilates: Mat Fundamentals Progressive**, Pinetree  
 **Postural Awareness**, Tolteca  
 **Stretch**, Montaña  
 **Pickleball Clinic: Beginner**, Tennis Courts
- 10:00**  **Tabata HIIT (30 Min)**, Tolteca  
 **Circuit Training**, Azteca  
 **Dance: World Groove Movement with Heather Winia**, Kuchumaa  
 **Pilates on the Stability Ball Level 2**, Olmeca  
 **Ranch Cycle: All Levels**, Pai Pai  
 **Yoga: Fundamentals**, Montaña  
 **Pickleball Clinic: Intermediate**, Tennis Courts
- 11:00**  **Aerial Yoga: Level 1 Gentle (Low Hammock)**, Please wear socks & sleeved shirts. Kuchumaa  
 **Aqua Strength & Tone (Shallow Water Workout)**, Activity Pool  
 **Cycle Express: (30 Min)**, Pai Pai  
 **Functional Yoga for Vitality & Longevity of Movement with Dana Rae Paré, (75 mins)** Montaña  
 **Kettlebells (30 Min)**, Tolteca  
 **Pilates: Reformer Fundamentals**, Arroyo  
 **Stretch**, Oaktree  
 **Landscape Sketching with Jennifer (120 Min)** Art Studio  
 **Everyone's Got a Story – Learn How to Write Yours, with Erin Gordon** Library Lounge  
 **Hands-On Cooking Class: Ranch Originals: 85 Years of Flavor, with Chef Reyna.** Register at Ext. 640/625. Fee \$100. Return 2:30 pm. 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  
 **Music As Medicine – Experiential, with Kendra Faye**, Oaktree
- 2:00**  **Breathwork**, Oaktree  
 **Circuit Training**, Azteca  
 **Healthy Shoulder and Rotator Cuff Secrets**, Olmeca  
 **Pilates: Cadillac Fundamentals**, Arroyo  
 **Water Jogging (Deep Water Workout)**, Activity Pool  
 **Watercolor Collage Cards with Jennifer (2 Hrs)** Art Studio  
 **Five Basic Skills in Communication (PAUSE), with Linda Carroll**, Library Lounge
- 3:00**  **Decompress & Motion (30 Min)**, Pinetree  
 **Pilates: Reformer & Cadillac Combo**, Arroyo  
 **Sound Healing**, Oaktree  
 **Yoga Sculpt: Level 2**, Olmeca  
 **Spanish Lessons: Beginner's Progressive**, Library Lounge
- 4:00**  **Foam Roller Recovery**, Tolteca  
 **Mind-Flow 101: Mindfulness Through Improv**, Oaktree  
 **Reset & Restore with Dana Rae Paré, (60 mins)** Montaña  
 **Beyond Kegels: Simple Self-Care for Bowel and Bladder Control and Exercise, with Kathe Wallace, PT Olmeca**  
 **Enjoy a tasting of Guadalupe Valley wines**, Fee \$35 per person. Sign up required, call Ext. 600. Bazar del Sol  
 **Hands-On Cooking Class with Chef Joey Altman**, Register at Ext.640/625. Fee \$145. Return at 7:30pm. Meet at Admin Bldg.
- 5:00**  **First Timers Reception with Barry!** Los Olivos
- 5:15**  **Intention Tree Ceremony**, Tree in front of Dining Hall
- 7:30**  **Movie: La La Land** Library Lounge
- 8:00**  **The Psychedelic Renaissance, with Kathryn Tucker** Olmeca

## WEDNESDAY | JANUARY 15

- 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**  **Meadow Meditation Hike** Moderate, 2 Miles, Gazebo
- 6:45**  **Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo
- 9:00**  **Circuit Training**, Azteca
- Fresh Air Fitness with Dana Rae Paré**, Meet at the Running Track
- Meditation**, Oaktree
- Pilates: Mat Fundamentals Progressive**, Pinetree
- Ranch Barre**, Olmeca
- Stretch**, Montaña
- Tennis Clinic: Level 1**, Tennis Courts
- TRX Strength HIIT: Level 2**, Tolteca
- 10:00**  **Circuit Training**, Azteca
- Cycle Strength**, Pai Pai
- Dance: World Groove Movement with Heather Winia**, Kuchumaa
- Full Body Strength: Level 2**, Olmeca
- H2O Boot Camp (Deep Water Workout)**, Activity Pool
- Pilates: Mat Level 2**, Pinetree
- Tennis Clinic: Level 2**, Tennis Courts
- Yoga: Level 1**, Montaña
- Landscape Garden Walk** Main Lounge
- 11:00**  **Aerial Yoga: Level 1 Gentle (Low Hammock)**, Please wear socks & sleeved shirts. Kuchumaa
- Functional Yoga for Vitality & Longevity of Movement with Dana Rae Paré, (75 mins)** Montaña
- Knitting For Wellness**, \*Sign Up, 8 Spots Available, Main Lounge
- Pilates: Reformer Fundamentals**, Arroyo
- Shallow Water Workout**, Activity Pool
- Pickleball Clinic: Beginner**, Tennis Courts
- Stretch for Active Aging**, Olmeca
- TRX Core (30 Min)**, Tolteca
- Nature Walk with Rob Larson** 60 min Meet at Gazebo
- Practical Tips for Independent Publishing with Erin Gordon** Library Lounge
- 1:00**  **Legal Issues Related to Access to Psychedelics, with Kathryn Tucker** Olmeca
- Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
- 2:00**  **Healthy Back Secrets**, Tolteca
- Mountain Hike: Alex's Oak Trail** 2 Miles, Gazebo
- Release & Mobilize**, Oaktree
- Wholehearted Living and Loving - Cultivating True Presence and Three Magic Words, with Linda Carroll** Library Lounge
- 3:00**  **Pilates: Reformer Level 2**, Arroyo
- Rebounder Express (30 Min)**, Kuchumaa
- Sound Healing**, Oaktree
- Tai Chi**, Montaña
- Upper Body Blast: All Level (30 Min)**, Olmeca
- Spanish Lessons: Beginner's** Progressive, Library Lounge
- 4:00**  **Inner Journey: Guided Meditation**, Oaktree
- Journaling for Joy**, Milagro
- Reset & Restore with Dana Rae Paré, (60 mins)** Montaña
- Beyond Kegels: Sexuality and the Pelvic Floor, with Kathe Wallace**, PT Olmeca
- Hands-On Cooking Class with Chef Joey Altman**. Fee. \$145. Register at Ext.640/625. Return 7:30pm. Meet at Admin Bldg.
- 7:30**  **Movie: Past Lives** 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 | JANUARY 16

- 6:05**  **Organic Garden Breakfast Hike** Moderate, 4 Miles, Sign up, \* Option to tour Professor Park / RLP Foundation, back by 9am \* Option to ride the van to and from the Ranch. Gazebo
- 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, 2.0 Miles, Sign Up, Gazebo
- 6:45**  **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo
- 7:00**  **Bird Walk (60min)** Gazebo
- 9:00**  **Fresh Air Fitness with Dana Rae Paré**, Meet at the Running Track
- BOSU® Fit**, Olmeca
- Meditation**, Oaktree
- Pilates: Mat Fundamentals Progressive**, Pinetree
- Stretch**, Montaña
- Pickleball Clinic: Beginner**, Tennis Courts
- 10:00**  **Circuit Training**, Azteca
- Core & More!**, Olmeca
- Dance: World Groove Movement with Heather Winia**, Kuchumaa
- Pilates: Arc Barrel Level 2**, Pinetree
- Pickleball Clinic: Intermediate**, Tennis Courts
- TRX Fundamentals**, Tolteca
- Yoga: Level 1**, Montaña
- 10:30**  **Valle de Guadalupe Tour: Pijoan Vineyard & Adobe Guadalupe** Register at Ext.640/625. Return 5:30 pm. \$290 Meet at Admin. Bldg.
- 11:00**  **Cycle Hip Hop (30 Min)**, Pai Pai
- Booty Blast (30 Min)**, Olmeca
- Functional Yoga for Vitality & Longevity of Movement with Dana Rae Paré, (75 mins)** Montaña
- Pilates Reformer Fundamentals**, Arroyo
- Rebounder Exp. (30 Min)**, Kuchumaa
- Shallow Water Workout**, Activity Pool
- Stretch**, Oaktree
- Ranch History Walk: Explore the Roots of the Ranch with Rob Larson (60 Min)**Gazebo
- Zero-Prep Book Club! Join a vibrant discussion of the micro short story Sticks by George Saunders with Erin Gordon** Library Lounge
- 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, \$60 art kit fee, Dining Hall Balcony
- Yoga and Psychedelics, with Kathryn Tucker** Montaña
- 2:00**  **Circuit Training**, Azteca
- Deep Water Training**, Activity Pool
- Pilates: Cadillac Fundamentals**, Arroyo
- TRX Flexibility**, Tolteca
- 3:00**  **Pilates: Reformer & Cadillac Combo**, Arroyo
- 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
- Reset & Restore with Dana Rae Paré, (60 mins)** Montaña
- Art, Stories and Poetry, with Tim Hinchliff** 90 mins, Bazar del Sol
- 5:00**  **Farm to Table Feast! with Chef Joey Altman and Chef Reyna Venegas.** Register at Ext. 640/625. Fee \$150 USD. Return 7:30 p.m.
- 7:00**  **Candlelight Yoga & Meditation**, Montaña
- Prayer Arrows with Tim Hinchliff**, Main Lounge
- 7:30**  **Movie: Emma** Library Lounge
- 8:00**  **Experiential Sound Healing with Harp, Voice and Bowls, with Kendra Faye** Oaktree

## FRIDAY | JANUARY 17

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

- 6:05**  **Organic Garden Breakfast Hike** Moderate, 4 Miles, Sign Up, 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). Gazebo
- 6:15**  **Mountain Hike: Coyote Trail** Advanced, 5.5 or 4 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
- Cardio Drum Dance**, Kuchumaa
- Meditation**, Oaktree
- Pilates: Mat Fundamentals Progressive**, Pinetree
- Ranch Barre**, Olmeca
- Stretch**, Montaña
- 10:00**  **Breathwork**, Oaktree
- Circuit Training**, Azteca
- Dance: World Groove Movement with Heather Winia**, Kuchumaa
- Pilates: Mat Level 2**, Pinetree
- Ranch Cycle: All Levels**, Pai Pai
- Yoga: Level 1**, Montaña
- 11:00**  **Dance: Hip Hop 90's Flashback**, Kuchumaa
- Bungee Fitness, \* 10 Spaces - Sign Up.**, Pinetree Requires the use of a harness device, please wear long pants
- Kettlebells (30 Min)**, Tolteca
- Pilates: Reformer Fundamentals**, Arroyo
- Shallow Water Workout**, Activity Pool
- Yoga: Level 2 (75 min)**, Montaña
- Indigenous Wisdom Walk with Norma Meza (120min)** Meet Outside Kuchumaa Gym
- The 85th Anniversary Memory Book, with Erin Gordon** Library Lounge
- 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** (26 mins) Library Lounge
- 2:00**  **Aerial Yoga: Level 1 Gentle (Low Hammock)**, Please wear socks & sleeved shirts. Kuchumaa
- Release & Mobilize**, Oaktree
- Upper Body Blast: All Levels (30 Min)**, Olmeca
- 2:45**  **Live Music and Smoothies** Juice Bar
- 3:00**  **Pilates: Reformer Level 2**, Arroyo
- Sound Healing**, Oaktree
- Stability Ball (30 Min)**, Olmeca
- Spanish Lessons: Beginner's** Progressive, Library Lounge
- 4:00**  **Inner Journey: Guided Chakra Meditation**, Oaktree
- Yoga Nidra**, Montaña
- 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**  **Labyrinth**, Labyrinth
- Movie: Barbie** Library Lounge

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