

Week of December 13, 2025
Meditation for EveryOne, It's Not What You 'Think'
with River Morgan
The Art of Receiving: A Daily Sound Healing Journey
with Dhyanjot a.k.a. DJ

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, unless noted location.
- **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 | DECEMBER 13

- 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 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
- 7:15 ☐ Movie: *The Upside* Library Lounge
- 8:00 ☐ The 5 Essential Elements of True Transformation: The Science of Preparation, with Julie Lopez, PhD Tolteca

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

SUNDAY | DECEMBER 14

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
- 8:00 ☐ Pilates Concierge (Su,M) Arroyo
- 8:15 ☐ Ranch Tour and Orientation (For first time guests) Dining Hall
- ☐ Fitness Concierge (30 Min) Dining Hall
- 9:00 ☐ Specialty: Meditation for EveryOne - Start Right Where You Are with River Morgan (Su-F) Oaktree
- ☐ Advanced: Full Body Strength (Su,W) Olmeca
- ☐ Mobility: Stretch (Su-F) Montaña
- ☐ Pilates: Mat Foundations - Neutral & Spinal Articulation (Su-F) Pinetree
- ☐ Strength: Introduction to Circuit Training Azteca
- 10:00 ☐ Dance: Cardio Hip Hop Bodyrock Kuchumaa
- ☐ Free Flow: Rooted In Feldenkrais (Su,F) Oaktree
- ☐ Pilates: Mat Level 2 (Su,T,Th) Pinetree
- ☐ Strength: BOSU® Fit (Su,Th) Olmeca
- ☐ Strength: Introduction to Circuit Training Azteca
- ☐ Yoga Level 1 - Foundations (Su-F) Montaña
- 11:00 ☐ Advanced: High Intensity Interval Training (30 Min) (Su,Th) Tolteca
- ☐ Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
- ☐ Cardio: Mini Trampoline Balance and Core Kuchumaa
- ☐ Movement: Introduction to TRX Fundamentals (Su,Th) Pinetree
- ☐ Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
- ☐ Yoga Level 2 Slow Flow (75 Min) (Su,M,W,Th,F) Montaña
- 1:00 ☐ 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 & Corrective: Postural Awareness (Su,W) Tolteca
- ☐ Mobility: Strength & Stretch with Stick Mobility (Su,W) Kuchumaa
- ☐ Pickleball Beginner's Clinic (Su-Th) Pickleball Courts
- ☐ Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
- ☐ Strength: Circuit Training (Su,Th) Azteca
- ☐ The 5 Essential Elements of True Transformation: Finding Your Inner Compass (An Exploration of Truth), with Julie Lopez, PhD Tipai (across Kuchumaa Gym)
- 3:00 ☐ Advanced: Bodyweight Blast (30 Min) (Su,W) Tolteca
- ☐ Pickleball Intermediate Clinic (Su-Th) Pickleball Courts
- ☐ Pilates: Reformer Level 2 (Su,M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
- ☐ Yoga Workshop: Happy Hips & Low Back Montaña
- 4:00 ☐ Specialty Lecture: The Art of Receiving with A Vedic Astrology Perspective with DJ Oaktree
- ☐ Chant: Vocal Sound Practice (Su,W) Milagro
- ☐ Yoga: Restorative (Su,T,Th) Montaña
- 7:15 ☐ Movie: *Conclave* Library Lounge
- 8:00 ☐ Specialty Experience: Invitation to The Art of Receiving: Sound, Stars & Inner Harmony with DJ Dhyanjot Oaktree

MONDAY | DECEMBER 15

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
- 8:00 ☐ Pilates Concierge (Su,M) Arroyo
- 9:00 ☐ Specialty: Meditation for EveryOne - From Doing to Being with River Morgan (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 ☐ Advanced: Cardio Sculpt Express (M,F) (30 min) Olmeca
- ☐ Barre (M,W,F) Pinetree
- ☐ Dance: Latin Fusion Kuchumaa
- ☐ Strength: Circuit Training (M-F) Azteca
- ☐ Tennis Clinic: Level 2 (M,W) Tennis Courts
- ☐ Yoga Level 1 - Balance (Su-F) Montaña
- 11:00 ☐ Advanced: TRX Strength & Cardio (M,F) Pinetree
- ☐ Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
- ☐ Cardio: Cycle Hip Hop (30 Min) Pai Pai
- ☐ Longevity: Cardio Zone 2 Training Azteca
- ☐ Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
- ☐ Strength: Kettlebells (30 Min) (M,F) Tolteca
- ☐ Yoga Level 2 Slow Flow (75 Min) (Su,M,W,Th,F) Montaña
- ☐ Nature Walk with Rob Larson (60 Min) Meet at Gazebo
- ☐ Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge
- 1:00 ☐ Science of Stress and Mindfulness, with Dr. Hetal Patel Olmeca
- ☐ Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST Library Lounge
- 2:00 ☐ Aquatic: Shallow Water (M,W,F) Activity Pool
- ☐ Mobility: TRX Flexibility (M,Th) Pinetree
- ☐ Mountain Hike: Alex's Oak Trail Moderate 2 Miles Gazebo
- ☐ Pickleball Beginner's Clinic (Su-Th) Pickleball Courts
- ☐ Pilates: Reformer Jumpboard (M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
- ☐ Recovery: Release & Mobilize (M,Th) Oaktree
- ☐ Yoga: Gentle Aerial Hammock (Low) Please wear socks & long sleeves. (M,F) Kuchumaa
- ☐ The 5 Essential Elements of True Transformation: Purification & Detoxification, with Julie Lopez, PhD Tipai (across Kuchumaa Gym)
- 3:00 ☐ Longevity: Dynamic Mobility (M,W) Olmeca
- ☐ Pickleball Intermediate Clinic (Su-Th) Pickleball Courts
- ☐ Pilates: Reformer Level 2 (Su,M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
- ☐ Strength: TRX Core (30 Min) (M,Th) Pinetree
- ☐ Which Element Are You? Understanding Your Ayurvedic Constitution, with Laura Plumb Tipai (across Kuchumaa Gym)
- 4:00 ☐ Specialty: Gong & Crystal Bowl Immersion - Root Chakra (Muladhara) with DJ Oaktree
- ☐ Breathwork (M,Th) Milagro
- ☐ Recovery: Stretch and Relax (M,W,F) Montaña
- ☐ Guest Reception: Sangria & 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 ☐ The Art of Connection -- The Signals that Shape Your Style: Mastering the Elements of Expression, with Denise Dudley Olmeca

TUESDAY | DECEMBER 16

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 departure 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 2 Miles, Gazebo
- 7:00 ☐ Bird Walk (60 Min) Gazebo
- 9:00 ☐ Specialty: Meditation for EveryOne - Loving Kindness with River Morgan (Su-F) Oaktree
- ☐ Advanced: Cardio Muscle Blast (T,Th) Azteca
- ☐ Mobility: Stretch (Su-F) Montaña
- ☐ Pilates: Mat Foundations - Extension (Su-F) Pinetree
- ☐ Strength: Barbell Workout (T,Th) Tolteca
- 10:00 ☐ 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 ☐ Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
- ☐ Longevity: Strength Training (T,Th) Olmeca
- ☐ Mobility: Stretch (T,F) Oaktree
- ☐ Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
- ☐ Strength & Cardio: Circuit TRX & Toys Tolteca
- ☐ Yoga Sculpt Level 2 (60 Min) (T) Kuchumaa
- ☐ Session 2: Passive, Aggressive, or Assertive? The Goldilocks guide to finding your “just-right” voice, with Denise Dudley Tipai (across Kuchumaa)
- ☐ Hands-On Cooking Class: Ranch Originals: 85 Years of Flavor, with Head Chef Vivian Mercado. Fee \$100
- Register at Ext. 640/625. Return 2:30pm. Meet at Admin Bldg.
- 1:00 ☐ Science of Digital Detox, with Dr. Hetal Patel Olmeca
- 2:00 ☐ Aquatic: Deep Water (Su,T,Th) Activity Pool
- ☐ Longevity: Intro to Heart Rate Training Azteca
- ☐ Mobility & Corrective: Balance & Coordination (T,F) Olmeca
- ☐ Pickleball Beginner's Clinic (Su-Th) Pickleball Courts
- ☐ Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
- ☐ The 5 Essential Elements of True Transformation: Implementation & Risk Tolerance, with Julie Lopez, PhD Tipai (across Kuchumaa Gym)
- 3:00 ☐ Pickleball Intermediate Clinic (Su-Th) Pickleball Courts
- ☐ Pilates: Tower Level 1 (T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
- ☐ Recovery: Foam Roller (T,F) Tolteca
- ☐ Strength: The ABC's - Arms/Butt/Core (30 Min) (T,F) Olmeca
- ☐ Yoga Workshop: Intro to Kundalini for All Levels Montaña
- ☐ The Six Tastes – Ayurveda's Key to Optimal Nutrition & Digestion, with Laura Plumb Tipai (across Kuchumaa Gym)
- 4:00 ☐ Specialty: Gong & Crystal Bowl Immersion - Sacral Chakra (Svadhithana) with Dhyanjot a.k.a. DJ Oaktree
- ☐ Inner Journey: Guided Meditation (T,F) Milagro
- ☐ Yoga: Restorative (Su,T,Th) Montaña
- ☐ Hands-On Cooking Class with Head Chef Vivian Mercado. Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
- 5:00 ☐ 1st Time Visitor's Reception with Barry Shingle, Director of Guest Experience, Meet at Dining Room entrance
- 7:15 ☐ Movie: Arthur, The King Library Lounge
- 8:00 ☐ Bingo & Games with Barry! Olmeca

WEDNESDAY DECEMBER 17	
<i>Class spaces are limited to first come first served.</i>	
6:05 <input type="checkbox"/>	Organic Garden Breakfast Hike 4 Miles, Sign up with Concierge, Gazebo
6:15 <input type="checkbox"/>	Mountain Hike: Pilgrim Trail Advanced, 3.5 or 4.5 Miles, Gazebo
6:30 <input type="checkbox"/>	Meditation Hike: Rolling Hills 2 Miles, Gazebo, Gazebo
6:45 <input type="checkbox"/>	Lowlands Hike: Quail Trail Moderate, 2 or 2.5 Miles, Gazebo
9:00 <input type="checkbox"/>	Specialty: Meditation for EveryOne - The 3 R's That Can Disturb Our Peace and Their Antidotes with River Morgan (Su-F) Oaktree
<input type="checkbox"/>	Advanced: Full Body Strength (Su,W) Olmeca
<input type="checkbox"/>	Mobility: Stretch (Su-F) Montaña
<input type="checkbox"/>	Pilates: Mat Foundations - Lateral Flexion (Su-F) Pinetree
<input type="checkbox"/>	Strength: Circuit Training (M,W,F) Azteca
<input type="checkbox"/>	Tennis Clinic: Level 1 Beginners (M,W) Tennis Courts
10:00 <input type="checkbox"/>	Barre (M,W,F) Pinetree
<input type="checkbox"/>	Dance: Move & Groove Funk! Kuchumaa
<input type="checkbox"/>	Strength: Circuit Training (M-F) Azteca
<input type="checkbox"/>	Tennis Clinic: Level 2 (M,W) Tennis Courts
<input type="checkbox"/>	Yoga Level 1 - Centering (Su-F) Montaña
<input type="checkbox"/>	Landscape Garden Walk with Enrique Ceballos Gazebo
11:00 <input type="checkbox"/>	Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
<input type="checkbox"/>	Cardio & Strength: Mini Trampoline Build & Bounce Kuchumaa
<input type="checkbox"/>	Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
<input type="checkbox"/>	Strength: TRX & Kettlebells Level 2 Tolteca
<input type="checkbox"/>	Yoga Level 2 Slow Flow (75 Min) (Su,M,W,Th,F) Montaña
<input type="checkbox"/>	Nature Walk with Rob Larson (60 Min) Meet at Gazebo
<input type="checkbox"/>	Session 3: Talk So People Listen; Listen So People Talk: Conversations that Truly Connect, with Denise Dudley Tipai (across Kuchumaa)
1:00 <input type="checkbox"/>	Science of Gut Health, with Dr. Hetal Patel Olmeca
<input type="checkbox"/>	Intention Workshop with Sound Serenade with Jill T. (60 min) Oaktree
2:00 <input type="checkbox"/>	Aquatic: Shallow Water (M,W,F) Activity Pool
<input type="checkbox"/>	Lowlands Hike: Woodlands Trail 2 Miles, Gazebo
<input type="checkbox"/>	Mobility & Corrective: Postural Awareness (Su,W) Tolteca
<input type="checkbox"/>	Mobility: Strength & Stretch with Stick Mobility (Su,W) Kuchumaa
<input type="checkbox"/>	Pickleball Beginner's Clinic (Su-Th) Pickleball Courts
<input type="checkbox"/>	Pilates: Tower Jumpboard Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
<input type="checkbox"/>	The 5 Essential Elements of True Transformation: The Power of Manifestation, with Julie Lopez, PhD Tipai (across Kuchumaa Gym)
3:00 <input type="checkbox"/>	Advanced: Bodyweight Blast (30 Min) (Su,W) Tolteca
<input type="checkbox"/>	Longevity: Dynamic Mobility (M,W) Olmeca
<input type="checkbox"/>	Pickleball Intermediate Clinic (Su-Th) Pickleball Courts
<input type="checkbox"/>	Pilates: Reformer Level 2 (M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
<input type="checkbox"/>	Optimizing Digestion for Greater Energy and Ease, with Laura Plumb Tipai (across Kuchumaa Gym)
4:00 <input type="checkbox"/>	Specialty: Gong & Crystal Bowl Immersion - Solar Plexus Chakra (Manipura) with Dhyanjot a.k.a. DJ Oaktree
<input type="checkbox"/>	Chant: Vocal Sound Practice (Su,W) Milagro
<input type="checkbox"/>	Recovery: Stretch and Relax (M,W,F) Montaña
<input type="checkbox"/>	Hands-On Cooking Class with Head Chef Vivian Mercado. \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
<input type="checkbox"/>	Tasting of Guadalupe Valley Wines, includes cheese board (60min). Fee \$45. Call Ext.113 or visit the Main Lounge to Sign Up (Minimum 4 guests required) Bazar del Sol
5:00 <input type="checkbox"/>	Candlelight Labyrinth Meet at the Labyrinth in Emily's Forest
7:15 <input type="checkbox"/>	Movie: <i>One Life</i> Library Lounge
8:00 <input type="checkbox"/>	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 DECEMBER 18	
<i>Class spaces are limited to first come first served.</i>	
6:05 <input type="checkbox"/>	Organic Garden Breakfast Hike 4 Miles. Sign up with Concierge for hike/van. Meet at Gazebo for the hike or van transportation available departs 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 <input type="checkbox"/>	Mountain Hike: 7-Mile Breakfast Challenging Sign-up Gazebo
6:15 <input type="checkbox"/>	Mountain Hike: Professor's Trail Advanced, 3.3 Miles Gazebo
6:30 <input type="checkbox"/>	Yoga: Sunrise All Levels (60 Min) (T,Th) Montaña
6:45 <input type="checkbox"/>	Lowlands Hike: Woodlands Trail 2 Miles Gazebo
7:00 <input type="checkbox"/>	Bird Walk (60 Min) Gazebo
9:00 <input type="checkbox"/>	Specialty: Meditation for EveryOne - Actively Calm / Calmly Active with River Morgan (Su-F) Oaktree
<input type="checkbox"/>	Advanced: Cardio Muscle Blast (T,Th) Azteca
<input type="checkbox"/>	Mobility: Stretch (Su-F) Montaña
<input type="checkbox"/>	Pilates: Mat Foundations - Rotation (Su-F) Pinetree
<input type="checkbox"/>	Strength: Barbell Workout (T,Th) Tolteca
10:00 <input type="checkbox"/>	Dance: Cardio Hip Hop 90s Flashback Kuchumaa
<input type="checkbox"/>	Pilates: Mat Level 2 (Su,T,Th) Pinetree
<input type="checkbox"/>	Strength: BOSU@ Fit Olmeca
<input type="checkbox"/>	Strength: Circuit Training (M-F) Azteca
<input type="checkbox"/>	Yoga Level 1 - Opening (Su-F) Montaña
10:30 <input type="checkbox"/>	Valle de Guadalupe Tour: Pijoan Vineyard & Adobe Guadalupe. Fee \$290 Register at Ext.640/625. Return 5:30 pm. Meet at Admin Bldg.
11:00 <input type="checkbox"/>	Advanced: High Intensity Interval Training (30 Min) (Su,Th) Tolteca
<input type="checkbox"/>	Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
<input type="checkbox"/>	Cardio & Strength: Cycle Strength Pai Pai
<input type="checkbox"/>	Longevity: Strength Training (T,Th), Olmeca
<input type="checkbox"/>	Movement: Introduction to TRX Fundamentals (Su,Th) Pinetree
<input type="checkbox"/>	Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
<input type="checkbox"/>	Yoga Level 2 Slow Flow (75 Min) (Su,M,W,Th,F) Montaña
<input type="checkbox"/>	Living Your Intention with Jill T. Milagro
<input type="checkbox"/>	Ranch History Walk: Explore the Roots of the Ranch with Rob Larson Gazebo
<input type="checkbox"/>	Session 4: Less Drama, More Dialogue: Keeping Cool When Tensions Rise, and Turning Conflict into Connection, with Denise Dudley Tipai (across Kuchumaa)
12:00 <input type="checkbox"/>	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
<input type="checkbox"/>	Friends of Bill W. (12 steps - Participant-guided) Library Lounge
12:30 <input type="checkbox"/>	Yarn Painting Demo with Tim Hinchliff Dining Hall entrance
1:00 <input type="checkbox"/>	Science of Hormone Balancing, with Dr. Hetal Patel Olmeca
<input type="checkbox"/>	Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff Sign up. Art Kit Fee \$60+tax, Dining Hall Balcony
2:00 <input type="checkbox"/>	Aquatic: Deep Water (Su,T,Th) Activity Pool
<input type="checkbox"/>	Longevity: Lecture - Planning your Home Practice Olmeca
<input type="checkbox"/>	Mobility: TRX Flexibility (M,Th) Pinetree
<input type="checkbox"/>	Pickleball Beginner's Clinic (Su-Th) Pickleball Courts
<input type="checkbox"/>	Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
<input type="checkbox"/>	Recovery: Release & Mobilize (M,Th) Oaktree
<input type="checkbox"/>	Strength: Circuit Training (Su,Th) Azteca
3:00 <input type="checkbox"/>	Longevity: Balance and Mindful Movement Olmeca
<input type="checkbox"/>	Pickleball Intermediate Clinic (Su-Th) Pickleball Courts
<input type="checkbox"/>	Pilates: Tower Level 1 (Su,TH) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
<input type="checkbox"/>	Strength: TRX Core (30 Min) (M,Th) Pinetree
<input type="checkbox"/>	Yoga Workshop: Rope Wall Montaña
<input type="checkbox"/>	Spanish Lessons: Beginners Progressive Library Lounge
<input type="checkbox"/>	Food Practices for Healing and Rejuvenating, Laura Plumb Tipai
4:00 <input type="checkbox"/>	Specialty: Gong & Crystal Bowl Immersion - Heart Chakra (Anahata) with Dhyanjot a.k.a. DJ Oaktree
<input type="checkbox"/>	Breathwork (M,Th) Milagro
<input type="checkbox"/>	Yoga: Restorative (Su,T,Th) Montaña
4:45 <input type="checkbox"/>	Farm-to-Table Dining Experience, with Head Chef Vivian Mercado. Fee \$150. Register at Ext.640/625. Return 7:30pm. Meet at Admin Bldg.
5:15 <input type="checkbox"/>	Intention Tree Meet in front of Dining Hall
7:15 <input type="checkbox"/>	Prayer Arrows with Tim Hinchliff, Main Lounge
<input type="checkbox"/>	Movie: <i>Now You See Me</i> Library Lounge
8:00 <input type="checkbox"/>	Concert with Karen Follingstad, piano, Martha Aarons, flute and Lev Polyakin, violin. Program includes trios by Bach, Ibert and Cui and music from De Falla and Rachmaninoff Oaktree

FRIDAY DECEMBER 19	
<i>Class spaces are limited to first come first served.</i>	
<i>*Please confirm your transportation at the Admin Building or Concierge Desk.</i>	
6:05 <input type="checkbox"/>	Organic Garden Breakfast Hike 4 Miles, Sign up with Concierge, Meet at 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 <input type="checkbox"/>	Mountain Hike: Coyote Trail Advanced, 5.5 or 4 Miles, Gazebo
6:30 <input type="checkbox"/>	Meditation Hike: Alex's Oak Trail Moderate, 2 Miles, Gazebo
6:45 <input type="checkbox"/>	Lowlands Hike: Quail Trail Moderate, 2 or 2.5 Miles, Gazebo
8:30 <input type="checkbox"/>	Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff. Art Studio <u>8:30 to 10 am</u> New to class- Art Kit Fee \$60+tax <u>9 to 10 am</u> To continue working on a project No sign up, required
9:00 <input type="checkbox"/>	Specialty: Meditation for EveryOne - How to Sustain a Daily Practice with River Morgan (Su-F) Oaktree
<input type="checkbox"/>	Mobility: Stretch (Su-F) Montaña
<input type="checkbox"/>	Pilates: Mat Foundations - Review and Flow (Su-F) Pinetree
<input type="checkbox"/>	Strength: Circuit Training (M,W,F) Azteca
<input type="checkbox"/>	Strength: Total Body with Bands (M,F) Olmeca
10:00 <input type="checkbox"/>	Advanced: Cardio Sculpt Express (30 min) (M,F) Olmeca
<input type="checkbox"/>	Barre (M,W,F) Pinetree
<input type="checkbox"/>	Dance: Cardio Drumming Kuchumaa
<input type="checkbox"/>	Free Flow: Rooted In Feldenkrais (Su,F) Oaktree
<input type="checkbox"/>	Strength: Circuit Training (M-F) Azteca
<input type="checkbox"/>	Yoga Level 1 - Integration (Su-F) Montaña
10:30 <input type="checkbox"/>	Mercado Craft Sale, Wayuu Bags/ Julie Garcia, Jewelry Sale ongoing until 2:30 pm Mercado Patio
11:00 <input type="checkbox"/>	Advanced: TRX Strength & Cardio (M,F) Pinetree
<input type="checkbox"/>	Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
<input type="checkbox"/>	Mobility: Stretch (T,F) Oaktree
<input type="checkbox"/>	Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
<input type="checkbox"/>	Strength: Kettlebells (30 Min) (M,F) Tolteca
<input type="checkbox"/>	Yoga Level 2 Slow Flow (75 Min) (Su,M,W,Th,F) Montaña
<input type="checkbox"/>	Indigenous Wisdom Walk with Norma Meza Meet Outside Kuchumaa
1:00 <input type="checkbox"/>	Set Your Return to Home Intention with Jill T. Tolteca
<input type="checkbox"/>	Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge
2:00 <input type="checkbox"/>	Aquatic: Shallow Water (M,W,F) Activity Pool
<input type="checkbox"/>	Longevity: Heart Rate Training (30 Min) Azteca
<input type="checkbox"/>	Mobility & Corrective: Balance & Coordination (T,F) Olmeca
<input type="checkbox"/>	Pickleball Open Play Unsupervised, please use proper footwear. Pickleball Courts
<input type="checkbox"/>	Yoga: Gentle Aerial Hammock (Low) Please wear socks & long sleeves. (M,F) Kuchumaa
2:45 <input type="checkbox"/>	Live Music and Smoothies Juice Bar
3:00 <input type="checkbox"/>	Pickleball Open Play unstaffed, please use proper footwear. Pickleball Courts
<input type="checkbox"/>	Recovery: Foam Roller (T,F) Tolteca
<input type="checkbox"/>	Strength: The ABC's - Arms/Butt/Core (T,F) Olmeca
<input type="checkbox"/>	Spanish Lessons: Beginners Progressive Library Lounge
<input type="checkbox"/>	Integrating this Joyful Care into Your Daily Life with Laura Plumb Tipai (across Kuchumaa Gym)
4:00 <input type="checkbox"/>	Specialty: Gong & Crystal Bowl - Throat Chakra (Vishuddha) with Dhyanjot a.k.a. DJ Oaktree
<input type="checkbox"/>	Inner Journey: Guided Meditation (T,F) Milagro
<input type="checkbox"/>	Recovery: Stretch and Relax (M,W,F) Montaña
6:00 <input type="checkbox"/>	Live Music with Rancho La Puerta Fiesta Band (2 hrs) Dining Hall
6:15 <input type="checkbox"/>	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