

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
 11:00 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

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

Snack Times: Sunday- Friday
 Fruit: 10:30 am Main Lounge
 Smoothies: 2:45 pm Juice Bar
 Veggies/Juice: 4:30 pm Main Lounge

Bazar Del Sol: Saturday- Friday
 6:00 am to 9:00 pm

Juice Bar: Sunday- Friday
 9:00 am to 12:00 pm at Pickleball Courts
 2:00 pm to 5:00 pm by Activity Pool

Available Facilities*

*when no class is in session

Milagro - Meditation Room

6:00 am to 9:00 pm

Activity Pool - Lap Swim

7:00 am to 5:00 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)

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 (Svadhisthana) 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

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: Meditation for EveryOne - The 3 R's That Can Disturb Our Peace and Their Antidotes with River Morgan** (Su-F) Oaktree

Advanced: Full Body Strength (Su,W) Olmeca

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 **Barre** (M,W,F) Pinetree

Dance: Move & Groove Funk! 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

11:00 **Aquatic: H2O Boot Camp (Deep Water)** (M,W,F) Activity Pool

Cardio & Strength: Mini Trampoline Build & Bounce Kuchumaa

Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo

Strength: TRX & Kettlebells Level 2 Tolteca

Yoga Level 2 Slow Flow (75 Min) (Su,M,W,Th,F) Montaña

Nature Walk with Rob Larson (60 Min) Meet at Gazebo

Session 3: Talk So People Listen; Listen So People Talk: Conversations that Truly Connect, with Denise Dudley Tipai (across Kuchumaa)

1:00 **Science of Gut Health, with Dr. Hetal Patel** Olmeca

Intention Workshop with Sound Serenade with Jill T. (60 min) Oaktree

2:00 **Aquatic: Shallow Water** (M,W,F) Activity Pool

Lowlands Hike: Woodlands Trail 2 Miles, Gazebo

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: Tower Jumpboard Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo

The 5 Essential Elements of True Transformation: The Power of Manifestation, with Julie Lopez, PhD Tipai (across Kuchumaa Gym)

3:00 **Advanced: Bodyweight Blast (30 Min)** (Su,W) Tolteca

Longevity: Dynamic Mobility (M,W) Olmeca

Pickleball Intermediate Clinic (Su-Th) Pickleball Courts

Pilates: Reformer Level 2 (M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo

Optimizing Digestion for Greater Energy and Ease, with Laura Plumb Tipai (across Kuchumaa Gym)

4:00 **Specialty: Gong & Crystal Bowl Immersion - Solar Plexus Chakra (Manipura) with Dhyanjot a.k.a. DJ** Oaktree

Chant: Vocal Sound Practice (Su,W) Milagro

Recovery: Stretch and Relax (M,W,F) Montaña

Hands-On Cooking Class with Head Chef Vivian Mercado. \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.

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 **Candlelight Labyrinth** Meet at the Labyrinth in Emily's Forest

7:15 **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 | DECEMBER 18

Class spaces are limited to first come first served.

6:05 **Organic Garden Breakfast Hike** 4 Miles. Sign up with Concierge, Gazebo

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 **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: Meditation for EveryOne - Actively Calm / Calmly Active with River Morgan** (Su-F) Oaktree

Advanced: Cardio Muscle Blast (T,Th) Azteca

Mobility: Stretch (Su-F) Montaña

Pilates: Mat Foundations - Rotation (Su-F) Pinetree

Strength: Barbell Workout (T,Th) Tolteca

10:00 **Dance: Cardio Hip Hop 90s Flashback** Kuchumaa

Pilates: Mat Level 2 (Su,T,Th) Pinetree

Strength: BOSU® Fit Olmeca

Strength: Circuit Training (M-F) Azteca

Yoga Level 1 - Opening (Su-F) Montaña

10:30 **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 **Advanced: High Intensity Interval Training (30 Min)** (Su,Th) Tolteca

Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool

Cardio & Strength: Cycle Strength Pai Pai

Longevity: Strength Training (T,Th) Olmeca

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

Living Your Intention with Jill T. Milagro

Ranch History Walk: Explore the Roots of the Ranch with Rob Larson Gazebo

Session 4: Less Drama, More Dialogue: Keeping Cool When Tensions Rise, and Turning Conflict into Connection, with Denise Dudley Tipai (across Kuchumaa)

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

Friends of Bill W. (12 steps - Participant-guided) Library Lounge

12:30 **Yarn Painting Demo with Tim Hinchliff** Dining Hall entrance

1:00 **Science of Hormone Balancing, with Dr. Hetal Patel** Olmeca

Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff Sign up. 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

Mobility: TRX Flexibility (M,Th) Pinetree

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

Recovery: Release & Mobilize (M,Th) Olmeca

Strength: Circuit Training (Su,Th) Azteca

3:00 **Longevity: Balance and Mindful Movement** Olmeca

Pickleball Intermediate Clinic (Su-Th) Pickleball Courts

Pilates: Tower Level 1 (Su,TH) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo

Strength: TRX Core (30 Min) (M,Th) Pinetree

Yoga Workshop: Rope Wall Montaña

Spanish Lessons: Beginners Progressive Library Lounge

Food Practices for Healing and Rejuvenating, Laura Plumb Tipai

4:00 **Specialty: Gong & Crystal Bowl Immersion - Heart Chakra (Anahata) with Dhyanjot a.k.a. DJ** Oaktree

Breathwork (M,Th) Milagro

Yoga: Restorative (Su,T,Th) Montaña

4:45 **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 **Intention Tree** Meet in front of Dining Hall

7:15 **Prayer Arrows with Tim Hinchliff**, Main Lounge

Movie: Now You See Me Library Lounge

8:00 **Concert with Karen Follingstad, piano, Martha Arons, flute and Lev Polyakin, violin.** Program includes trios by Bach, Ibert and Cui and music from De Falla and Rachmaninoff Oaktree

FRIDAY | DECEMBER 19

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

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 **Mountain Hike: Coyote Trail** 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** Moderate, 2 or 2.5 Miles, Gazebo

8:30 **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff.** Art Studio 8:30 to 10 am New to class- Art Kit Fee \$60+tax

9 to 10 am To continue working on a project No sign up, required

9:00 **Specialty: Meditation for EveryOne - How to Sustain a Daily Practice with River Morgan** (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

10:00 **Advanced: Cardio Sculpt Express (30 min)** (M,F) Olmeca

Barre (M,W,F) Pinetree

Dance: Cardio Drumming Kuchumaa

Free Flow: Rooted In Feldenkrais (Su,F) Oaktree

Strength: Circuit Training (M-F) Azteca

Yoga Level 1 - Integration (Su-F) Montaña

10:30 **Mercado Craft Sale, Wayuu Bags/ Julie Garcia, Jewelry Sale** ongoing until 2:30 pm Mercado Patio

11:00 **Advanced: TRX Strength & Cardio** (M,F) Pinetree

Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool

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: Kettlebells (30 Min) (M,F) Tolteca

Yoga Level 2 Slow Flow (75 Min) (Su,M,W,Th,F) Montaña

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

Longevity: Heart Rate Training (30 Min) Azteca

Mobility & Corrective: Balance & Coordination (T,F) Olmeca

Pickleball Open Play Unsupervised, please use proper footwear. Pickleball Courts

Yoga: Gentle Aerial Hammock (Low) Please wear socks & long sleeves. (M,F) Kuchumaa

2:45 **Live Music and Smoothies** Juice Bar

3:00 **Pickleball Open Play** unstaffed, please use proper footwear. Pickleball Courts

Recovery: Foam Roller (T,F) Tolteca

Strength: The ABC's - Arms/Butt/Core (T,F) Olmeca

Spanish Lessons: Beginners Progressive Library Lounge

Integrating this Joyful Care into Your Daily Life with Laura Plumb Tipai (across Kuchumaa Gym)

4:00 **Specialty: Gong & Crystal Bowl - Throat Chakra (Vishuddha) with Dhyanjot a.k.a. DJ** Oaktree

Inner Journey: Guided Meditation (T,F) Milagro

Recovery: Stretch and Relax (M,W,F) Montaña

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