

Wednesday | December 18

- 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**, 2 Miles, Gazebo
- Trail Run Specialty: Organic Garden** 4 Miles, Sign Up, (Trail Running Shoes Available to Borrow) Gazebo
- 6:45** **Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo
- 7:00** **Letting Go Ceremony: Overcoming Trauma, with Robert Johnston**
Sculpture by grass area Villas Pool
- 9:00** **Circuit Training**, Azteca
- Functional Strength**, Olmeca
- Meditation**, Oaktree
- Pilates: Mat Fundamentals Progressive**, Pinetree
- Stretch**, Montaña
- Tennis Clinic: Level 1**, Tennis Courts
- TRX Strength HIIT: Level 2**, Tolteca
- 10:00** **Circuit Training**, Azteca
- Cycle Strength**, Pai Pai
- Dance: Move & Groove, Funk!**, Kuchumaa
- Full Body Strength: Level 1**, Olmeca
- H2O Boot Camp (Deep Water Workout)**, Activity Pool
- Pilates: Mat Level 2**, Pinetree
- Tennis Clinic: Level 2**, Tennis Courts
- Yoga: Level 1**, Montaña
- Landscape Garden Walk** Main Lounge
- 11:00** **Full Body Strength Level 2**, Olmeca
- Knitting For Wellness**, *Sign Up, 8 Spots Available, Main Lounge
- Pickleball Clinic: Beginner**, Pickleball Courts
- Pilates: Reformer Fundamentals**, Pilates Studio
- Rebounder Express** (30 Min), Kuchumaa
- Shallow Water Workout**, Activity Pool
- Yoga: Level 2** (75 min), Montaña
- Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
- Nature Walk with Rob Larson** Meet at Gazebo
- 1:00** **Pickleball Strategy: Secrets for Intermediate Players**, Tolteca
- Energy and Mental Clarity: They Have Their Roots in Food, with Leni Felton, Clinical Nutritionist** Olmeca
- 2:00** **Aerial Yoga: Level 2 Active (Low Hammock)** Please wear socks and sleeved shirts. Kuchumaa
- Balance and Coordination**, Olmeca
- Gyrokinesis Specialty** (60 Min), Pinetree
- Healthy Back Secrets**, Tolteca
- Mountain Hike: Alex's Oak** Moderate, 2 Miles, Gazebo
- Release & Mobilize**, Oaktree
- Water Jogging (Deep Water Workout)**, Activity Pool
- Five Basic Skills in Communication (PAUSE)**, with Linda Carroll, Arroyo
- 3:00** **Pilates: Reformer Level 2**, Pilates Studio
- Sound Healing with Jeny**, Oaktree
- TRX Core** (30 Min), Tolteca
- Spanish Lessons: Beginner's** Progressive, Library Lounge
- Decoding Cannabis Labels: Ensuring Quality and Safety in Your Choices**, with Jill Fagin Olmeca
- Traditional Mexican Posada, with the Tuna of the University of Baja California performers and José Guadalupe Flores, Ph.D.** Join us in this fun celebration! Procession, Singing & Food Meet at Admin Bldg.
- 4:00** **Inner Journey: Guided Meditation**, Oaktree
- Journaling for Joy**, Milagro
- Stretch and Relax**, Montaña
- Cellblocks to Mountaintops, with Lydia Smith** Olmeca
- Campfire Sing-Along with Laura Veirs** Bazar del Sol
- Hands-On Cooking Class with Chef Marcelo Hisaki.**
Register at Ext.640/625. Fee. \$145. Return 7:30pm. Admin Bldg.
- 7:15** **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 | December 19

- 6:05** **Organic Garden Breakfast Hike** Moderate, 4 Miles, Sign up, Gazebo
* Option to tour Professor Park / RLP Foundation with Sara Livia Szekely. Back before 10 am. * Option to ride the van to and from the Ranch.
- 6:10** **Mountain Hike: 7-Mile Breakfast** Advanced, Prerequisites, Sign up, Gazebo
- Trail Run: Professor's** Challenging, 3.3 Miles, Gazebo
- 6:15** **Mountain Hike: Professor's** Challenging, 3.3 Miles, Gazebo
- 6:30** **Sunrise Yoga** (60 Min) Montaña
- 6:45** **Lowlands Hike: Woodlands** 2 Miles, Gazebo
- 7:00** **Bird Walk** Gazebo
- 9:00** **BOSU® & Ropes: Level 2** (30 Min), Olmeca
- Chant**, Milagro
- Meditation**, Oaktree
- Pickleball Clinic: Beginner**, Pickleball Courts
- Pilates: Mat Fundamentals Progressive**, Pinetree
- Stretch**, Montaña
- 10:00** **Circuit Training**, Azteca
- Dance: Burlesque**, Kuchumaa
- Pickleball Clinic: Intermediate**, Pickleball Courts
- Pilates: Arc Barrel Level 2**, Pinetree
- Running Clinic Specialty**, Meet at Running Track
- TRX Fundamentals**, Tolteca
- Total Body Strength with Bands**, Olmeca
- Yoga: Level 1**, Montaña
- 10:30** **Valle de Guadalupe Tour: Pijoan Vineyard & Adobe Guadalupe**
Register at Ext.640/625. Return 5:30 pm. \$290 per person (tax included)
Meet at Admin. Bldg.
- 11:00** **Aqua Strength & Tone (Shallow Water Workout)**, Activity Pool
- Booty Blast** (30 Min), Olmeca
- Cycle Hip Hop** (30 Min), Pai Pai
- Cardio Drum Dance**, Kuchumaa
- Gyrokinesis Specialty** (60 Min), Pinetree
- Pilates Reformer Fundamentals**, Pilates Studio
- Yin Yoga + Sound Bowl Healing with Jeny**, Oaktree
- Yoga: Level 2** (75 min), Montaña
- Ranch History Walk: Explore the Roots of the Ranch with Rob Larson** Gazebo
- 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** \$60 art kit fee.
Sign up, Dining Hall Balcony
- The Gut-Brain Connection & Bio-Compatible Living, with Leni Felton, Clinical Nutritionist** Olmeca
- 2:00** **Balance and Coordination**, Olmeca
- Circuit Training**, Azteca
- Deep Water Training**, Activity Pool
- Pilates: Cadillac Fundamentals**, Pilates Studio
- TRX for Pickleball**, Tolteca
- Holiday Cooking Demo by Sous Chef Vivian Mercado**, Juice Bar
- Wholehearted Living and Loving - Cultivating True Presence and Three Magic Words, with Linda Carroll, Arroyo**
- 3:00** **Pilates: Reformer & Cadillac Combo**, Pilates Studio
- Sound Healing**, Oaktree
- Strength & Stretch with Stick Mobility**, Pinetree
- Yoga Sculpt: Level 2**, Olmeca
- Spanish Lessons: Beginner's** Progressive, Library Lounge
- 4:00** **Foam Roller Recovery**, Tolteca
- Yoga Nidra**, Oaktree
- Beyond THC and CBD: The Power of Minor Cannabinoids with Jill Fagin** Olmeca
- Art, Stories and Poetry, with Tim Hinchliff** 90 mins, Bazar del Sol
- 5:00** **5 Course Dinner Experience with Chef Reyna Venegas**,
Register at Ext. 640/625. Fee. Depart 5:00pm; return 7:30 pm.
Meet at Admin. Bldg
- 7:00** **Candlelight Yoga & Meditation**, Montaña
- Prayer Arrows with Tim Hinchliff**, Main Lounge
- 7:15** **Movie: Coco** Library Lounge
- 8:00** **Chamber Music Concert with Jason Vieaux, Martha Aarons and Lev Polyakin** Oaktree

Friday | December 20

- Please confirm your return transportation at the 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** Advanced, 5.5 or 4 Miles, Gazebo
- 6:30** **Mountain Meditation Hike: Alex's Oak** Moderate 2 Miles, Gazebo
- 6:45** **Lowlands Hike: Quail** Moderate, 2 or 2.5 Miles, Gazebo
- 9:00** **Barbell Strength: Level 2**, Tolteca
- Circuit Training**, Azteca
- Meditation**, Oaktree
- Pickleball Clinic: Beginner**, Pickleball Courts
- Pilates: Mat Fundamentals Progressive**, Pinetree
- Sculpt & Step**, Kuchumaa
- Stretch**, Montaña
- Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge
- 10:00** **Circuit Training**, Azteca
- Dance: Cardio Hip Hop Flashback**, Kuchumaa
- Journaling for Joy**, Milagro
- Pilates: Mat Level 2**, Pinetree
- Ranch Cycle: All Levels**, Pai Pai
- TRX for Pickleball**, Tolteca
- Yoga: Level 1**, Montaña
- 11:00** **BOSU® Fit: All Levels**, Olmeca
- Cycle Express** (30 Min), Pai Pai
- Gyrokinesis Specialty** (60 Min), Pinetree
- Kettlebells** (30 Min), Tolteca
- Pilates: Reformer Fundamentals**, Pilates Studio
- Shallow Water Workout**, Activity Pool
- Yoga: Level 2** (75 min), Montaña
- Make an Ancestor Altar with Jennifer** (2 Hrs) Art Studio
- Indigenous Wisdom Walk with Norma Meza (120min)** Meet Outside Kuchumaa Gym
- 11:30** **Mercado's Craft Sale** Until 2:30 pm, Mercado
- 1:00** **Take the Ranch Home**, Tolteca
- Just Move! Body and Brain Training, with Leni Felton, Clinical Nutritionist** Olmeca
- 2:00** **Aerial Yoga: Level 1 Gentle (Low Hammock)**, Please wear socks & sleeved shirts. Kuchumaa
- Breathwork**, Oaktree
- Forest Bathing**, Labyrinth
- Stability Ball** (30 Min), Olmeca
- Mandala with Jennifer** (60 Min) Art Studio
- 2:45** **Live Music and Smoothies** Juice Bar
- 3:00** **Sound Healing with Jeny**, Oaktree
- Strength and Stretch with Stick Mobility**, Pinetree
- Upper Body Blast: All Levels** (30 Min), Olmeca
- Spanish Lessons: Beginner's** Progressive, Library Lounge
- 4:00** **Inner Journey: Guided Chakra Meditation**, Oaktree
- Stretch and Relax**, Montaña
- 6:00** **Live Music with Rancho La Puerta Fiesta Band** (2 Hrs), Dining Hall
- 6:15** **Shabbat Ceremony** (led by guests), Los Olivos
- 7:00** **Candlelight Holiday Labyrinth**, Labyrinth
- 7:15** **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