GYROKINESIS® with Nora Heiber **Trail Running with Donnie & Tom Flahavan**

December 14, 2024

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

SATURDAY | December 14

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	Mountain Hike: Professor's Challenging, 3.3 Miles, Gazebo Lowlands Hike: Woodlands 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
	Fitness Concierge Dining Hall Core Express (30 min) Olmeca
3:00 □	Sound Healing Oaktree Stretch Pinetree
4:30 □	Ranch Tour (Recommended for 1st time guests) Gazebo
5:00 □ □	First Time Guest Orientation Olmeca Returning Guest Update Tolteca
6:45 □	Meet the Presenters Dining Hall
7:15 🗆	Movie: What Happens Later Library Lounge
7:30 🗆	Set Your Intention; Tips for a Magical Week Tolteca
8.00 🗆	Concert with Laura Veirs Oaktree

MEAL HOURS SATURDAY

Breakfast 7:00 am to 9:00 am 11:30 am to 3:30 pm Lunch 5:30 pm to 7:30 pm Dinner

SUNDAY THROUGH FRIDAY

Breakfast 7:30 am to 9:00 am Lunch 12:00 pm to 1:30 pm 5:30 pm to 7:30 pm Dinner

SNACK TIMES SUNDAY THROUGH FRIDAY

Fruit 10:30 am Central Pool Smoothies 2:45 pm Juice Bar Veggies/Juice 4:30 pm Lounge

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 6:00 pm

Azteca Gym - Weight Room Saturday: 6:30 am to 1:30 pm

Sunday – Friday: 7:00 am to 5:00

UNSTAFFED PICK-UP GAMES Pickleball open play: all levels

11am: Su,T,Th,F 9am: M,W

Sunday | December 15

	Odriday December 15
	Class spaces are limited to first come first served
6:10 🗆	Trail Run: Pilgrim Advanced, 3.5 or 4.5 Miles (Trail Running Shoes Available to Borrow) Gazebo
6:15 □	Mountain Hike: Pilgrim Advanced, 3.5 or 4.5 Miles, Gazebo
6:30 🗆	Mountain Hike: Alex's Oak Moderate, 2 Miles, Gazebo
6:45 □	Lowlands Hike: Woodlands 2 Miles, Gazebo
7:00 □	Bird Walk, Gazebo
8:15 □	Ranch Tour and Orientation (Recommended for 1st time guests)
_	Main Entrance of Dining Hall
	Fitness Concierge (30 Min) Dining Hall
9:00 🗆	Circuit Training, Azteca
	Full Body Strength: Level 2, Olmeca
	Meditation, Oaktree
	Pickleball Clinic: Beginner, Pickleball Courts
	Pilates: Mat Fundamentals Progressive, Pinetree
	Stretch, Montaña
	TRX Fundamentals, Tolteca
	Why's and How's of Hiking Poles, Arroyo (Outside)
0:00 🗆	BOSU® Fit, Olmeca
	Chant, Milagro
	Circuit Training, Azteca
	Dance: Latin Fusion, Kuchumaa
	Pickleball Clinic: Intermediate, Pickleball Courts
	Pilates: Mat Level 2, Pinetree
	Running Clinic Specialty, Meet at Running Track
	TRX Strength HIIT: Level 2, Tolteca Yoga: Fundamentals, Montaña
1:00 🗆	Cardio Muscle Blast Level 2, Azteca
	Gyrokinesis Specialty (60 Min), Pinetree Pilates: Reformer Fundamentals, Pilates Studio
	Ranch Barre, Olmeca
	Rebounder: Balance & Core Level 2, Kuchumaa
	Shallow Water Workout, Activity Pool
	Stretch, Oaktree
	Yoga: Level 2 (75 min), Montaña
	Writing Workshop for Poets, Songwriters or Prose Writers, with
	Laura Veirs Library Lounge
2:00 🗆	Swim Stroke Clinic (30 min), Activity Pool
1:00 🗆	Feldenkrais: Improving Posture & Balance - Lecture
	with Donna Wood Oaktree
	Pickleball Strategy: Secrets for Beginners, Tolteca
	Water Flow Therapy Demo South Pool
2:00 🗆	Deep Water Training, Activity Pool
	Pilates: Reformer Fundamentals, Pilates Studio
	Ranch Ropes HIIT (30 min) Olmeca
	Strength and Stretch with Stick Mobility, Pinetree Organic Tea Tasting (30 min) Juice Bar
	Love Secrets from the Masters, with Linda Carroll Arroyo
3:00 □	Pilates: Reformer Fundamentals, Pilates Studio
J.00 🗀	Sound Healing with Jeny, Oaktree
	Tai Chi, Montaña
	TRX Core (30 Min), Tolteca
	3 Keys for Unshakeable Confidence, in Relationships, Business
	and Life, with Andrea Isaacs Arroyo
4:00 □	Foam Roller Recovery, Tolteca
	Restorative Yoga, Montaña
	Sound Healing, Oaktree
	Live Music with Sergio Ramos (60 min), Bazar del Sol
	Walking the Camino: Six Ways to Santiago – Screening and Q&A,
	with Lydia Smith Olmeca
7:00 🗆	Film: Miracle in a Box, narrated by John Lithgow (56 min)

Library Lounge

8:00 ☐ Solo Guitar Concert with Jason Vieaux Oaktree

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	Monday December 16			Tuesday D
6:10 □	Class spaces are limited to first come first served Trail Run: Professor's Challenging, 3.3 Miles,	6:05		Class spaces are limited Organic Garden Breakfast Hike M
6:15 🗆	(Trail Running Shoes Available to Borrow) Gazebo Mountain Hike: Professor's Challenging, 3.3 Miles, Gazebo`	6:10	п	* Option to tour Professor Park / Ri * Option to ride the van to and from Trail Run: Coyote Advanced, 5.5 c
6:30 □ 6:45 □	Meditation Hike: Dove 1.2 Miles, Gazebo Lowlands Hike: Quail Moderate, 2 or 2.5 Miles, Gazebo			Available to Borrow) Gazebo
0.43		6:15 6:45		Mountain Hike: Coyote Advanced Lowlands Hike: Woodlands 2 Mile
9:00 🗆	Barbell Strength: Level 2, Tolteca	7:00		Bird Walk Gazebo
	Circuit Training, Azteca Meditation, Oaktree	9:00		Cardio Boxing, Kuchumaa
	Pilates: Mat Fundamentals Progressive, Pinetree			Meditation, Oaktree Pickleball Clinic: Beginner, Pickl
	Stretch, Montaña			Pilates: Mat Fundamentals Prog
	Tennis Clinic: Level 1, Tennis Courts			Postural Awareness, Tolteca Ranch Barre, Olmeca
10:00 🗆	Cardio & Core Challenge: Level 2 (30 Min), Olmeca			Stretch, Montaña
	Circuit Training, Azteca Dance: Cardio Hip Hop Bodyrock, Kuchumaa	10:00		Circuit Training, Azteca
	H2O Boot Camp (Deep Water Workout), Activity Pool			Dance: Introduction to Salsa, Ku Pickleball Clinic: Intermediate, P
	Pilates: Mat Level 2, Pinetree			Pilates on the Stability Ball Leve
	Ranch Cycle: All Levels, Pai Pai Tennis Clinic: Level 2, Tennis Courts			Running Clinic Specialty, Meet a
	Yoga: Fundamentals, Montaña			Tabata HIIT (30 Min), Tolteca Yoga: Fundamentals, Montaña
		11:00		
11:00 🗆	Booty Blast (30 Min), Olmeca Cardio Drum Dance, Kuchumaa			Please wear socks & sleeved shirts
	Pickleball Clinic: Beginner, Pickleball Courts			Aqua Strength & Tone (Shallow Cycle Express: (30 Min), Pai Pai
	Pilates: Reformer Fundamentals, Pilates Studio			Gyrokinesis Specialty (60 Min), F
	Shallow Water Workout, Activity Pool TRX & Kettlebells, Tolteca			Kettlebells (30 Min), Tolteca Pilates: Reformer Fundamentals
	Yoga: Level 2 (75 min), Montaña			Stretch, Oaktree
	Nature Walk with Rob Larson Meet at Gazebo			Yoga Sculpt: Level 2 (60 Min), Ol Landscape Sketching with Jenni
	Drawing with Jennifer (2 hrs), Art Studio Writing Workshop for Poets, Songwriters or Prose Writers, with			Hands-On Cooking Class: Tama
_	Laura Veirs Library Lounge			Venegas, Register at Ext.640/625. Writing Workshop for Poets, Sor
1:00 🗆	Chakra Health: Opening and Balancing Exercises for Your Energy		_	with Laura Veirs Library Lounge
	Centers with Jonelle Rutkauskas, Library Lounge	1:00	Ц	A Body and Mind Unburdened & Clinical Nutritionist Olmeca
	Retain / Reclaim a Clear Creative Mind: Cognitive Health Map, with Leni Felton, Clinical Nutritionist Olmeca			Documentary: Tree of Life, The L (26 mins), Library Lounge
2:00 □	Aerial Yoga: Level 1 Gentle (Low Hammock), Kuchumaa	2:00		Breathwork, Oaktree
	Please wear socks & sleeved shirts Gyrokinesis Specialty (60 Min), Pinetree			Deep Water Training, Activity Pool Circuit Training, Azteca
	Lowlands Hike: Woodlands 2 Miles, Gazebo			Healthy Shoulder and Rotator Co
	Release & Mobilize, Oaktree			Pilates: Cadillac Fundamentals, Watercolor Collage Cards with J
	TRX Flexibility, Tolteca Watercolor with Jennifer (2 hrs), Art Studio			Love Cycles in All Our Relations
	The BIG SHIFT: Mindfulness in Life and Love, with Linda Carroll	3:00		Core Express (30 Min), Olmeca
	Arroyo			Pilates: Reformer & Cadillac Cor Sound Healing with Jeny, Oaktre
3:00 □	Pilates: Reformer Level 2, Pilates Studio			Tai Chi, Montaña
	Sound Healing, Oaktree Stretch for Active Aging, Pinetree			Spanish Lessons: Beginner's Pr Unlocking the Endocannabinoid
	Spanish Lessons: Beginner's Progressive, Library Lounge			and Wellness, with Jill Fagin Arro
	Cannabis as Medicine: A Path to Wellness and Balance, with Jill	4:00		Foam Roller Recovery, Tolteca
4.00 🗔	Fagin Olmeca			Mind-Flow 101: Mindfulness Thr Yin Yoga + Sound Bowl Healing
4:00 □ □	Inner Journey: Guided Meditation, Oaktree Stretch and Relax, Montaña			Enjoy a tasting of Guadalupe Va
	Camino 101, with Lydia Smith Olmeca			\$35 per person. Sign up required, or Hands-On Cooking Class with C
4:30 □	Guest Reception. Join us for Sangría and Guacamole, Bazar del Sol			Register at Ext.640/625. Fee \$145 Healing through Stones, with Tw
5:15 □	Intention Tree & Stone Ceremony Tree in front of Dining Hall		_	in front of Central Pool
6:15 □	Silent Dinner *Sign up, Los Olivos (via Dining Hall balcony)	5:00		Blessing Ceremony for Longevit
7:30 □	Documentary: Kiss the Ground (1.5 hrs) Library Lounge	7:15		, ,
8:00 □	Chamber Music Concert with Rita Sloan, Martha Aarons	8:00	П	Holiday Bingo/Games with Barry

		Tuesday December 17
	6:05	Class spaces are limited to first come first served Organic Garden Breakfast Hike Moderate, 4 Miles, Sign up, Gazebo * Option to tour Professor Park / RLP Foundation, back by 9am
	6:10	* Option to ride the van to and from the Ranch. Trail Run: Coyote Advanced, 5.5 or 4 Miles, (Trail Running Shoes Available to Borrow) Gazebo
	6:15 6:45	Mountain Hike: Coyote Advanced, 5.5 or 4 Miles, Gazebo Lowlands Hike: Woodlands 2 Miles, Gazebo
	7:00 9:00	Bird Walk Gazebo Cardio Boxing, Kuchumaa Meditation, Oaktree Pickleball Clinic: Beginner, Pickleball Courts Pilates: Mat Fundamentals Progressive, Pinetree Postural Awareness, Tolteca Ranch Barre, Olmeca Stretch, Montaña
	10:00	Circuit Training, Azteca Dance: Introduction to Salsa, Kuchumaa Pickleball Clinic: Intermediate, Pickleball Courts Pilates on the Stability Ball Level 2, Olmeca Running Clinic Specialty, Meet at Running Track Tabata HIIT (30 Min), Tolteca Yoga: Fundamentals, Montaña
	11:00	Aerial Yoga: Level 1 Gentle (Low Hammock), Kuchumaa Please wear socks & sleeved shirts Aqua Strength & Tone (Shallow Water Workout), Activity Pool Cycle Express: (30 Min), Pai Pai Gyrokinesis Specialty (60 Min), Pinetree Kettlebells (30 Min), Tolteca Pilates: Reformer Fundamentals, Pilates Studio Stretch, Oaktree Yoga Sculpt: Level 2 (60 Min), Olmeca Landscape Sketching with Jennifer (120 Min) Art Studio Hands-On Cooking Class: Tamales, a Holiday Tradition by Chef Reyna Venegas, Register at Ext.640/625. Fee. Return 2:30pm Meet at Admin Bldg. Writing Workshop for Poets, Songwriters or Prose Writers, with Laura Veirs Library Lounge
า	1:00	A Body and Mind Unburdened & The Activity of Sleep, with Leni Felton, Clinical Nutritionist Olmeca Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins), Library Lounge
	2:00	Breathwork, Oaktree Deep Water Training, Activity Pool Circuit Training, Azteca Healthy Shoulder and Rotator Cuff Secrets, Olmeca Pilates: Cadillac Fundamentals, Pilates Studio Watercolor Collage Cards with Jennifer (2 Hrs) Art Studio Love Cycles in All Our Relationships, with Linda Carroll Arroyo
oll	3:00	Core Express (30 Min), Olmeca Pilates: Reformer & Cadillac Combo, Pilates Studio Sound Healing with Jeny, Oaktree Tai Chi, Montaña Spanish Lessons: Beginner's Progressive, Library Lounge Unlocking the Endocannabinoid System: The Science Behind Cannabis and Wellness, with Jill Fagin Arroyo
	4:00	Foam Roller Recovery, Tolteca Mind-Flow 101: Mindfulness Through Improv, Arroyo Yin Yoga + Sound Bowl Healing with Jeny, Oaktree Enjoy a tasting of Guadalupe Valley wines, Bazar del Sol \$35 per person. Sign up required, call Ext. 600. Hands-On Cooking Class with Chef Marcelo Hisaki.
ol		Register at Ext.640/625. Fee \$145. Return at 7:30pm. Meet at Admin Bldg. Healing through Stones, with Twila Cassadore Swing by Pepper Tree in front of Central Pool
	5:00	Blessing Ceremony for Longevity, with Tony Skrelunas Arroyo
	7:15	Movie: La La Land Library Lounge
	8:00	Holiday Bingo/Games with Barry! Olmeca

	Wednesday I December 18		Thursday December 19		Friday December 20
6:05 □	Organic Garden Breakfast Hike Moderate, 4 Miles, Sign up, Gazebo	6:05 🗆	Organic Garden Breakfast Hike Moderate, 4 Miles, Sign up, Gazebo	F	Please confirm your return transportation at the Concierge Desk
6:15 □ 6:30 □	Mountain Hike: Pilgrim Trail Advanced, 3.5 or 4.5 Miles, Gazebo Meadow Meditation Hike, 2 Miles, 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.	6:05 □	Organic Garden Breakfast Hike Moderate, 4 Miles, Sign Up,
0.50	Trail Run Specialty: Organic Garden 4 Miles, Sign Up,		Mountain Hike: 7-Mile Breakfast Advanced, Prerequisites, Sign up, Gazebo		*Option: to stay and work in the Garden with Salvador 8 to 10am
6:45 □	(Trail Running Shoes Available to Borrow) Gazebo Lowlands Hike: Quail Trail Moderate, 2 or 2.5 Miles, Gazebo		Trail Run: Professor's Challenging, 3.3 Miles, Gazebo Mountain Hike: Professor's Challenging, 3.3 Miles, Gazebo	6:15 □	Will Walk to the Garden and Van back to the Ranch (F only). Gazebo Mountain Hike: Coyote Advanced, 5.5 or 4 Miles, Gazebo
7:00 □	Letting Go Ceremony: Overcoming Trauma, with Robert Johnston		Sunrise Yoga (60 Min) Montaña Lowlands Hike: Woodlands 2 Miles, Gazebo	6:30 □	Mountain Meditation Hike: Alex's Oak Moderate 2 Miles, Gazebo
	Sculpture by grass area Villas Pool		Bird Walk Gazebo	6:45 □	Lowlands Hike: Quail Moderate, 2 or 2.5 Miles, Gazebo
9:00 □	Circuit Training, Azteca Functional Strength, Olmeca	9:00 🗆	BOSU® & Ropes: Level 2 (30 Min), Olmeca	9:00 🗆	Barbell Strength: Level 2, Tolteca
	Meditation, Oaktree Pilates: Mat Fundamentals Progressive, Pinetree		Chant, Milagro Meditation, Oaktree		Circuit Training, Azteca Meditation, Oaktree
	Stretch, Montaña		Pickleball Clinic: Beginner, Pickleball Courts Pilates: Mat Fundamentals Progressive, Pinetree		Pickleball Clinic: Beginner, Pickleball Courts
	Tennis Clinic: Level 1, Tennis Courts TRX Strength HIIT: Level 2, Tolteca		Stretch, Montaña		Pilates: Mat Fundamentals Progressive, Pinetree Sculpt & Step, Kuchumaa
10:00 □	Circuit Training, Azteca	10:00 🗆	Circuit Training, Azteca Dance: Burlesque, Kuchumaa		Stretch, Montaña
	Cycle Strength, Pai Pai		Pickleball Clinic: Intermediate, Pickleball Courts		Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge
	Dance: Move & Groove, Funk!, Kuchumaa Full Body Strength: Level 1, Olmeca		Pilates: Arc Barrel Level 2, Pinetree Running Clinic Specialty, Meet at Running Track	40.00 🗔	
	H2O Boot Camp (Deep Water Workout), Activity Pool		TRX Fundamentals, Tolleca Total Body Strength with Bands, Olmeca	10:00 □ □	Circuit Training, Azteca Dance: Cardio Hip Hop Flashback, Kuchumaa
	Pilates: Mat Level 2, Pinetree Tennis Clinic: Level 2, Tennis Courts		Yoga: Level 1, Montaña		Journaling for Joy, Milagro
	Yoga: Level 1, Montaña Landscape Garden Walk Main Lounge	10:30 🗆			Pilates: Mat Level 2, Pinetree Ranch Cycle: All Levels, Pai Pai
11:00 🗆	Full Body Strength Level 2, Olmeca		Register at Ext.640/625. Return 5:30 pm. \$290 per person (tax included) Meet at Admin. Bldg.		TRX for Pickleball, Tolteca
	Knitting For Wellness, *Sign Up, 8 Spots Available, Main Lounge	11:00 🗆	Aqua Strength & Tone (Shallow Water Workout), Activity Pool		Yoga: Level 1, Montaña
	Pickleball Clinic: Beginner, Pickleball Courts Pilates: Reformer Fundamentals, Pilates Studio		Booty Blast (30 Min), Olmeca Cycle Hip Hop (30 Min), Pai Pai	11:00 🗖	BOSU® Fit: All Levels, Olmeca
	Rebounder Express (30 Min), Kuchumaa		Cardio Drum Dance, Kuchumaa		Cycle Express (30 Min), Pai Pai Gyrokinesis Specialty (60 Min), Pinetree
	Shallow Water Workout, Activity Pool Yoga: Level 2 (75 min), Montaña		Gyrokinesis Specialty (60 Min), Pinetree Pilates Reformer Fundamentals, Pilates Studio		Kettlebells (30 Min), Tolteca
	Friends of Bill W. (12 steps - Participant-guided) Library Lounge Nature Walk with Rob Larson Meet at Gazebo		Yin Yoga + Sound Bowl Healing with Jeny, Oaktree Yoga: Level 2 (75 min), Montaña		Pilates: Reformer Fundamentals, Pilates Studio Shallow Water Workout, Activity Pool
1:00 🗆	Pickleball Strategy: Secrets for Intermediate Players, Tolteca		Ranch History Walk: Explore the Roots of the Ranch with Rob Larson Gazebo		Yoga: Level 2 (75 min), Montaña
	Energy and Mental Clarity: They Have Their Roots in Food, with Leni	12:00 🗆	Lunch with Fundación La Puerta: You are invited to learn about our recent		Make an Ancestor Altar with Jennifer (2 Hrs) Art Studio Indigenous Wisdom Walk with Norma Meza (120min) Meet Outside
0.00 🗔	Felton, Clinical Nutritionist Olmeca		work in the Tecate community. Sign up. Dining Hall at the Patio Terrace.	11.20 □	Kuchumaa Gym Mercado's Craft Sale Until 2:30 pm, Mercado
2:00 □	Aerial Yoga: Level 2 Active (Low Hammock) Please wear socks and sleeved shirts. Kuchumaa		Yarn Painting Demo with Tim Hinchliff Dining Hall entrance Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff \$60 art kit fee.		• •
	Balance and Coordination, Olmeca Gyrokinesis Specialty (60 Min), Pinetree		Sign up, Dining Hall Balcony The Gut-Brain Connection & Bio-Compatible Living, with Leni Felton,		Take the Ranch Home, Tolteca Just Move! Body and Brain Training, with Leni Felton, Clinical
	Healthy Back Secrets, Tolteca		Clinical Nutritionist Olmeca	Ц	Nutritionist Olmeca
	Mountain Hike: Alex's Oak Moderate, 2 Miles, Gazebo Release & Mobilize, Oaktree	2 :00 □	Balance and Coordination, Olmeca Circuit Training, Azteca	2:00 □	Aerial Yoga: Level 1 Gentle (Low Hammock), Please wear socks &
	Water Jogging (Deep Water Workout), Activity Pool Five Basic Skills in Communication (PAUSE), with Linda Carroll, Arroyo		Deep Water Training, Activity Pool Pilates: Cadillac Fundamentals, Pilates Studio		sleeved shirts. Kuchumaa Breathwork, Oaktree
			TRX for Pickleball, Tolteca		Forest Bathing, Labyrinth
3:00 □	Pilates: Reformer Level 2, Pilates Studio Sound Healing with Jeny, Oaktree		Holiday Cooking Demo by Sous Chef Vivian Mercado, Juice Bar Wholehearted Living and Loving - Cultivating True Presence and Three		Stability Ball (30 Min), Olmeca Mandala with Jennifer (60 Min) Art Studio
	TRX Core (30 Min), Tolteca		Magic Words, with Linda Carroll, Arroyo	2:45 🗆	Live Music and Smoothies Juice Bar
	Spanish Lessons: Beginner's Progressive, Library Lounge Decoding Cannabis Labels: Ensuring Quality and Safety in Your	3:00 🗆	Pilates: Reformer & Cadillac Combo, Pilates Studio	3:00 □	
	Choices, with Jill Fagin Olmeca Traditional Mexican Posada, with the Tuna of the University of Baja		Sound Healing, Oaktree Strength & Stretch with Stick Mobility, Pinetree		Strength and Stretch with Stick Mobility, Pinetree
	California performers and José Guadalupe Flores, Ph.D. Join us in this		Yoga Sculpt: Level 2, Olmeca Spanish Lessons: Beginner's Progressive, Library Lounge		Upper Body Blast: All Levels (30 Min), Olmeca Spanish Lessons: Beginner's Progressive, Library Lounge
4.00 🗔	fun celebration! Procession, Singing & Food Meet at Admin Bldg.				
4:00 □ □	Inner Journey: Guided Meditation, Oaktree Journaling for Joy, Milagro		Foam Roller Recovery, Tolteca Yoga Nidra, Oaktree	4:00	Inner Journey: Guided Chakra Meditation, Oaktree Stretch and Relax, Montaña
	Stretch and Relax, Montaña Cellblocks to Mountaintops, with Lydia Smith Olmeca		Beyond THC and CBD: The Power of Minor Cannabinoids with Jill Fagin Olmeca	6:00 □	·
	Campfire Sing-Along with Laura Veirs Bazar del Sol		Art, Stories and Poetry, with Tim Hinchliff 90 mins, Bazar del Sol	6:15 □	Shabbat Ceremony (led by guests), Los Olivos
	Hands-On Cooking Class with Chef Marcelo Hisaki. Register at Ext.640/625. Fee. \$145. Return 7:30pm. Admin Bldg.	5:00 □	5 Course Dinner Experience with Chef Reyna Venegas, Register at Ext. 640/625. Fee. Depart 5:00pm; return 7:30 pm.	7:00 □ 7:15 □	
7:15 🗆	Movie: Past Lives Library Lounge		Meet at Admin. Bldg		, ,
	An Evening with Deborah Szekely, Co-founder of Rancho La Puerta,		Candlelight Yoga & Meditation, Montaña Prayer Arrows with Tim Hinchliff, Main Lounge	iom	orrow's Saturday schedule can be found on bulletin boards in the Main Lounge, Concierge, Front Desk and the Dining Hall
	and Sarah Livia Brightwood Szekely, President and CEO, Hosted by Barry Shingle, Director of Guest Experiences Oaktree		Movie: Coco Library Lounge		
	and the second of the second o	8:00 🗆	Chamber Music Concert with Jason Vieaux, Martha Aarons and Lev Polyakin Oaktree		