

Week of February 14, 2026

Meditation for EveryONE: It's Not What You 'Think' with River Morgan

Vitality In Motion: Strength, Mobility & Energy for Life with Tom McCook

DRAFT SCHEDULE: Subject to change without notice

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.

IMPORTANT INFORMATION FOR THE WEEK:

1. RLP is 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.
2. **Sign-ups for classes** are posted on the Main Lounge clipboards; Pilates Sign-up sheets are posted in Pilates at Arroyo Gym.
3. **Use proper footwear – HIKES:** Hiking boots with lugs. **PICKLEBALL & TENNIS:** Court Shoes. **STRENGTH CLASSES:** Close-Toed Shoes.
4. **Classes are 1st come; 1st served** - Based on equipment availability.
5. **Classes & Activities begin on time and last 45 minutes** unless noted otherwise.
6. **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 | FEBRUARY 14

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* Pickleball Courts
 * Unstaffed, please use court shoes.
 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 Navigating Change: Living with Grace and Strength with Ilene Brenner Schaffer Olmeca

Meal Hours: Saturday	Available Facilities*
Breakfast 7:00 am to 9:00 am	*when no class is in session
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: Saturday - Friday	
9:00 am to 12:00 pm & 1:00 pm 4:00 pm	

SUNDAY | FEBRUARY 15

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,Th) Arroyo
 8:15 Fitness Concierge (30 Min) (Su,Th) Dining Hall
 Ranch Tour and Orientation (For first time guests) 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
 Pickleball Clinic: Beginners (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts
 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 (M,W) Tennis Courts
 Juggling, with Alex Freuman Tipai (across Kuchumaa)
 10:00 Advanced: Cardio Sculpt Express (30 min) (Su,T) Olmeca
 Dance: Latin Fusion Kuchumaa
 Free Flow: Rooted In Feldenkrais (Su,Th) Oaktree
 Pickleball Clinic: Intermediate (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts
 Pilates: Mat Level 2 (Su,T,Th) Pinetree
 Strength: Introduction to Circuit Training Azteca
 Yoga Level 1 - Foundations (Su-F) Montaña
 11:00 Specialty: Vitality In Motion - Balancing the Pelvis, Legs and Feet! with Tom McCook (Su-F) Tolteca
 Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
 Bootcamp, (Su,Th) Kuchumaa
 Longevity: Strength Training (Su,Th) Olmeca
 Movement: Introduction to TRX Fundamentals (Su,T) 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
 Embossing Your Own Set of Stationery with Jessica Colvin, MSW, MPH Art Studio
 1:00 Master Your Metabolism with DeRahn Johnson Olmeca
 Friends of Bill W. (12 steps - Participant-guided) Library Lounge
 2:00 Aquatic: Deep Water (Su,T,Th) Activity Pool
 Longevity: Lecture, How to Own Your Aging Process Olmeca
 Mobility: TRX Flexibility (Su,Th) Pinetree
 Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Recovery: Release & Mobilize (Su,W) Oaktree
 Strength: Circuit Training (Su,Th) Azteca
 Yoga: Gentle Aerial Hammock (Low) Please wear socks & long sleeves (Su,W) Kuchumaa
 Get Out of Your Own Way: Managing Your Mindset with Ilene Brenner Schaffer Tipai (across Kuchumaa Gym)
 3:00 Advanced: Bodyweight Blast (30 Min) (Su,W) Tolteca
 Longevity: Intro to Heart Rate Training Azteca
 Pilates: Reformer Level 2 (Su,M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Sound Healing (Su-F) Oaktree
 4:00 Chant: Vocal Sound Practice (Su,W) Milagro
 Yoga: Restorative (Su,T,Th) Montaña
 Sound Healing Oaktree
 5:00 Set Your Intention; Tips for a Magical Week with Jill T. Tolteca
 7:00 Social Chess, with Alex Freuman Tipai (across Kuchumaa)
 7:15 Movie: *Conclave* Library Lounge
 8:00 Three Violins in Conversation with Pei-Chun Tsai, Hsin-Lin Tsai, Miguel Pérez-Espejo Oaktree

MONDAY | FEBRUARY 16

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,Th) Arroyo
 9:00 Specialty: Meditation for EveryOne - From Doing to Being with River Morgan (Su-F) Oaktree
 Mobility: Stretch (Su-F) Montaña
 Pickleball Clinic: Beginners (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts
 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 (M,W) Tennis Courts
 Juggling, with Alex Freuman Tipai (across Kuchumaa)
 10:00 Barre (M,W,F) Pinetree
 Dance: Cardio Drumming (M,Th) Kuchumaa
 Pickleball Clinic: Intermediate (Su-F) Court shoes and safety glasses are recommended., Pickleball Courts
 Strength: Circuit Training (M-F) Azteca
 Strength: Kettlebells (30 Min) (M,F) Tolteca
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga Level 1 - Balance (Su-F) Montaña
 11:00 Specialty: Vitality In Motion - Liberate the Shoulders and Neck! with Tom McCook (Su-F) Tolteca
 Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
 Cardio: Cycle 45 Pai Pai
 Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Strength: Functional Movements Olmeca
 Strength: TRX Full Body Pinetree
 Yoga Sculpt: Level 2 (60 Min) Kuchumaa
 Decoupling Coasters, Frames and Journals with Jessica Colvin, MSW, MPH Art Studio
 1:00 Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge
 Making a Smoothie Class with Chef César Juice Bar
 Understanding the Gut-Brain Axis, with Tamara Duker Freuman, MS, RDN, CDN Tipai
 2:00 Aquatic: Deep Water (Su,T,Th) Activity Pool
 Mobility & Corrective: Balance & Coordination (T,F) Olmeca
 Mobility: Strength & Stretch with Stick Mobility (Tu,F) Kuchumaa
 Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Tai Chi (T,Th) Montaña
 Power of Connection: The Heart of Well-Being, with Ilene Brenner Tipai (across Kuchumaa Gym)
 3:00 Pilates: Tower Level 1 (T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Sound Healing (Su-F) Oaktree
 Strength: The ABC's - Arms/Butt/Core (30 Min) (T,F) Olmeca
 Can Cannabis Help Your Hot Flashes and Safely Get You to Sleep?, with Lauren Streicher, MD Tipai(across Kuchumaa)
 4:00 Inner Journey: Guided Meditation (T,F) Oaktree
 Living Your Intention with Jill T. Milagro
 Recovery: Foam Roller (T,F) Tolteca
 Yoga: Restorative (Su,T,Th) Montaña
 Hands-On Cooking Class with Visiting Teacher Jean Courtney, \$145. Register at ext 640/625. Return at 7:30pm. Meet at Admin Bldg.
 Escape Room! (60 minutes), with Alex Freuman Olmeca
 5:00 1st Time Visitor's Reception with Barry Shingle, Director of Guest Experience Los Olivos
 7:00 Social Chess, with Alex Freuman Tipai (across Kuchumaa)
 7:15 Movie: *The Roses* Library Lounge
 8:00 Bingo & Games with Barry! Olmeca

TUESDAY | FEBRUARY 17

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 dep. 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
 Pickleball Clinic: Beginners (Su-F) Court shoes and safety glasses are recommended., Pickleball Courts
 Pilates: Mat Foundations - Extension (Su-F) Pinetree
 Strength: Barbell Workout (T,Th) Tolteca
 10:00 Advanced: Cardio Sculpt Express (30 min) (Su,T) Olmeca
 Broadway Dance Kuchumaa
 Pickleball Clinic: Intermediate (Su-F) Court shoes and safety glasses are recommended., Pickleball Courts
 Pilates: Mat Level 2 (Su,T,Th) Pinetree
 Strength: Circuit Training (M-F) Azteca
 Yoga Level 1 - Strength (Su-F) Montaña
 11:00 Specialty: Vitality In Motion - Liberate the Shoulders and Neck! with Tom McCook (Su-F) Tolteca
 Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
 Cardio: Cycle 45 Pai Pai
 Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Strength: Functional Movements Olmeca
 Strength: TRX Full Body Pinetree
 Yoga Sculpt: Level 2 (60 Min) Kuchumaa
 Decoupling Coasters, Frames and Journals with Jessica Colvin, MSW, MPH Art Studio
 1:00 Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge
 Making a Smoothie Class with Chef César Juice Bar
 Understanding the Gut-Brain Axis, with Tamara Duker Freuman, MS, RDN, CDN Tipai
 2:00 Aquatic: Deep Water (Su,T,Th) Activity Pool
 Mobility & Corrective: Balance & Coordination (T,F) Olmeca
 Mobility: Strength & Stretch with Stick Mobility (Tu,F) Kuchumaa
 Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Tai Chi (T,Th) Montaña
 Power of Connection: The Heart of Well-Being, with Ilene Brenner Tipai (across Kuchumaa Gym)
 3:00 Pilates: Tower Level 1 (T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Sound Healing (Su-F) Oaktree
 Strength: The ABC's - Arms/Butt/Core (30 Min) (T,F) Olmeca
 Can Cannabis Help Your Hot Flashes and Safely Get You to Sleep?, with Lauren Streicher, MD Tipai(across Kuchumaa)
 4:00 Inner Journey: Guided Meditation (T,F) Oaktree
 Living Your Intention with Jill T. Milagro
 Recovery: Foam Roller (T,F) Tolteca
 Yoga: Restorative (Su,T,Th) Montaña
 Hands-On Cooking Class with Visiting Teacher Jean Courtney, \$145. Register at ext 640/625. Return at 7:30pm. Meet at Admin Bldg.
 Escape Room! (60 minutes), with Alex Freuman Olmeca
 5:00 1st Time Visitor's Reception with Barry Shingle, Director of Guest Experience Los Olivos
 7:00 Social Chess, with Alex Freuman Tipai (across Kuchumaa)
 7:15 Movie: *The Roses* Library Lounge
 8:00 Bingo & Games with Barry! Olmeca

WEDNESDAY | FEBRUARY 18

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
 Pickleball Clinic: Beginners (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts
 Pilates: Mat Foundations - Lateral Flexion (Su-F) Pinetree
 Strength: Circuit Training (M,W,F) Azteca
 Tennis Clinic: Level 1 (M,W) Tennis Courts

10:00 Barre (M,W,F) Pinetree
 Dance: Intro to Salsa Kuchumaa
 Pickleball Clinic: Intermediate (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts
 Strength & Cardio: Circuit TRX & Toys Tolteca
 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 Specialty: Vitality In Motion - Youthful Spine! with Tom McCook (Su-F) Tolteca
 Advanced: BOSU® & Battle Ropes Olmeca
 Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
 Cardio & Strength: Mini Trampoline Build & Bounce (M,W) Kuchumaa
 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
 Nature Walk with Rob Larson (60 Min) Meet at Gazebo
 Decoupage Coasters, Frames and Journals with Jessica Colvin, MSW, MPH Art Studio

1:00 Eating for Longevity, with Tamara Duker Freuman, MS, RDN, CDN
 Tipai

2:00 Aquatic: Shallow Water (M,W,F) Activity Pool
 Lowlands Hike: Woodlands Trail 2 Miles, Gazebo
 Pilates: Jumpboard (M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Recovery: Release & Mobilize (Su,W) Oaktree
 Yoga: Gentle Aerial Hammock (Low) Please wear socks & long sleeves. (Su,W) Kuchumaa
 You Make a Difference: Creating Your Imprint, with Ilene Brenner Schaffer
 Tipai (across Kuchumaa Gym)

3:00 Advanced: Bodyweight Blast (30 Min) (Su,W) Tolteca
 Pilates: Reformer Level 2 (Su,M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Sound Healing (Su-F) Oaktree
 Yoga Workshop: Happy Hips & Low Back Montaña
 What's Up Down There? Genital Dryness & Misbehaving Bladders with Lauren Streicher, MD Tipai

4:00 Chant: A Vocal Sound Practice (Su,W) Milagro
 Recovery: Stretch and Relax (M,W,F) Montaña
 Hands-On Cooking Class with Visiting Teacher Jean Courtney. \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
 Tasting of Guadalupe Valley Wines, includes cheese board (60min). \$45 per person. Call Ext.113 or visit the Main Lounge to Sign Up (Minimum 4 guests required) Bazar del Sol

7:00 Social Chess, with Alex Freuman Tipai (across Kuchumaa)

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

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 dep. at 6:45 from Admin bldg. Option to tour of award-winning Parque del Profesor after breakfast. Learn about Rancho La Puerla'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

8:00 Pilates Concierge (Su,M,Th) Arroyo
8:15 Fitness Concierge (30 Min) (Su,Th) Dining Hall

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
 Pickleball Clinic: Beginners (Su-F) Court shoes and safety glasses are recommended., Pickleball Courts
 Pilates: Mat Foundations - Rotation (Su-F) Pinetree
 Strength: Barbell Workout (T,Th) Tolteca

10:00 Dance: Cardio Drumming (M,Th) Kuchumaa
 Free Flow: Rooted In Feldenkrais (Su,Th) Oaktree
 Pickleball Clinic: Intermediate (Su-F) Court shoes and safety glasses are recommended., Pickleball Courts
 Pilates: Mat Level 2 (Su,T,Th) Pinetree
 Strength: Circuit Training (M-F) Azteca
 Strength: TRX & Kettlebells Level 2 Tolteca
 Yoga Level 1 - Opening (Su-F) Montaña
10:30 Valle de Guadalupe Tour: Pijon Vineyard & Adobe Guadalupe. Register at Ext.640/625. Return 5:30 pm. \$290 per person. Meet at Admin Bldg.

11:00 Specialty: Vitality In Motion - Full Body Integration with Tom McCook (Su-F) Tolteca
 Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
 Bootcamp (M,Th) Kuchumaa
 Cardio & Strength: Cycle Strength Pai Pai
 Longevity: Strength Training (Su,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
 Friends of Bill W. (12 steps - Participant-guided) Library Lounge
 Ranch History Walk: Explore the Roots of the Ranch, with Rob Larson Gazebo
 Embossing Your Own Set of Stationery with Jessica Colvin, MSW, MPH Art Studio

12:00 Lunch with Fundación La Puerla: You are invited to learn about ourcurrent work in the Tecate community. Sign up in Main Lounge. 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 in the Main Lounge, Art Kit Fee \$60 + tax. Dining Hall Balcony

1:00 Sensory "Circuit Training" Competition: Local Foods of Mexico!, with Tamara Duker Freuman, MS, RDN, CDN Tipai

2:00 Aquatic: Deep Water (Su,T,Th) Activity Pool
 Longevity: Lecture - Planning your Home Practice Olmeca
 Mobility: TRX Flexibility (Su,Th) Pinetree
 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
 Tai Chi (T,Th) Montaña

3:00 Longevity: Heart Rate Training (30 Min) Azteca
 Mobility & Corrective: Postural Awareness (M,Th) Tolteca
 Pilates: Tower Level 1 (T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Sound Healing (Su-F) Oaktree
 Strength: TRX Core (30 Min) (M,Th) Pinetree
 Spanish Lessons: Beginners Progressive Library Lounge
 Q&A with Lauren Streicher, MD Tipai (across Kuchumaa gym)

4:00 Breathwork (M,Th) Oaktree
 Yoga: Restorative (Su,T,Th) Montaña
 Art, Stories and Poetry, with Tim Hinchliff 90 mins, Bazar del Sol
 Hands-On Cooking Class with Visiting Teacher Jean Courtney. \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.

7:15 Prayer Arrows with Tim Hinchliff, Main Lounge
 Movie: Now You See Me Library Lounge
8:00 Serenades and Sojourns, with Kate Hatmaker, violin & Elizabeth Brown, cello
 Oaktree

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

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 dep. at 6:45 from Admin bldg. Option to tour of award-winning Parque del Profesor after breakfast. Learn about Rancho La Puerla's work in the community. Back by 9 am.

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

9:00 Specialty: Meditation for EveryOne - How to Sustain a Daily Practice with River Morgan (Su-F) Oaktree
 Mobility: Stretch (Su-F) Montaña

Pickleball Clinic: Beginners (Su-F) Court shoes and safety glasses are recommended., Pickleball Courts
 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 Barre (M,W,F) Pinetree
 Dance: Cardio Disco Kuchumaa
 Pickleball Clinic: Intermediate (Su-F) Court shoes and safety glasses are recommended., Pickleball Courts
 Strength: Circuit Training (M-F) Azteca
 Strength: Kettlebells (30 Min) (M,F) Tolteca
 Yoga Level 1 - Integration (Su-F) Montaña
 Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge

10:30 Mercado Craft Sale ongoing until 2:30 pm Mercado Patio

11:00 Specialty: Vitality In Motion - Full Body Integration with Tom McCook (Su-F) Tolteca

Advanced: TRX Strength & Cardio (M,F) Pinetree
 Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
 Cardio: Mini Trampoline Express (30 Min) Kuchumaa
 Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Strength: BOSU® Core & More Olmeca
 Yoga Level 2 Slow Flow (75 Min) (Su,M,W,Th,F) Montaña

1:00 Set Your Return to Home Intention with Jill T. Tolteca

2:00 Aquatic: Shallow Water (M,W,F) Activity Pool
 Mobility & Corrective: Balance & Coordination (T,F) Olmeca
 Mobility: Strength & Stretch with Stick Mobility (T,F) Kuchumaa
 Art Gallery: Open to all guests Art Studio

2:45 Live Music and Smoothies Juice Bar

3:00 Sound Healing (Su-F) Oaktree
 Strength: The ABC's - Arms/Butt/Core (T,F) Olmeca
 Yoga Workshop: Intro to Kundalini for All LevelsMontaña
 Spanish Lessons: Beginners Progressive Library Lounge

4:00 Inner Journey: Guided Meditation (T,F) Oaktree
 Recovery: Foam Roller (T,F) Tolteca
 Recovery: Stretch and Relax (M,W,F) Montaña

6:00 Live Music with Rancho La Puerla 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

THURSDAY | FEBRUARY 19

Class spaces are limited to first come first served.

FRIDAY | FEBRUARY 20

Class spaces are limited to first come first served.