

WEDNESDAY | FEBRUARY 19

- 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 **Meditation Hike: Meadow Trail** 1.2 Miles, Gazebo
- 6:45 **Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo

- 9:00 **Circuit Training**, Azteca
- Meditation**, Oaktree
- Pilates: Mat Fundamentals Progressive**, Pinetree
- Ranch Barre**, Olmeca
- Stretch**, Montaña
- Tennis Clinic: Level 1**, Tennis Courts
- TRX Strength HIIT: Level 2** (also Th at 9a), Tolteca

- 10:00 **Aqua Burst HIIT (Shallow Water Workout)**, Activity Pool
- Breathwork**, Milagro
- Circuit Training**, Azteca
- Cardio Funk Dance Specialty**, Kuchumaa
- Cardio Sculpt Express (30 Min)**, Olmeca
- Cycle Strength**, Pai Pai
- Pilates: Mat Level 2**, Pinetree
- Tennis Clinic: Level 2**, Tennis Courts
- Yoga: Level 1**, Montaña
- Landscape Garden Walk** Main Lounge

- 11:00 **Bungee Fitness: Advanced**, Sign Up, utilizes a harness device, please wear long pants. Pinetree
- Dance: Burlesque**, Kuchumaa
- Full Body Strength: Level 2**, Olmeca
- Feldenkrais Specialty** (50 min), Oaktree
- Pickleball Clinic: Beginner**, Pickleball Courts
- Pilates: Reformer Fundamentals**, Pilates Studio
- Shallow Water Workout**, Activity Pool
- Yoga: Level 2**, Montaña
- Writing Workshop, with Holly Eger** (T,W,Th) Arroyo
- Nature Walk with Rob Larson** (60 Min) Meet at Gazebo

- 1:00 **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
- Abs are Made in the Kitchen, with Sohailla Digsby, RD** Olmeca

- 2:00 **BUZZ Rhythmic Training Specialty**, Olmeca
- Mountain Hike: Alex Oak Trail** 2 Miles, Gazebo
- Labyrinth**, Labyrinth
- Release & Mobilize**, Oaktree
- Water Jogging (Deep Water Workout)**, Activity Pool
- Inner Fitness: How We Grow and Learn! with Emily Boorstein** Arroyo

- 3:00 **Lecture: Ergonomics and Rhythm Specialty**, Olmeca
- Pilates: Reformer Level 2**, Pilates Studio
- Sound Healing**, Oaktree
- Tai Chi**, Montaña
- TRX Core** (30 Min), Tolteca
- Spanish Lessons: Beginner's** Progressive, Library Lounge

- 4:00 **Inner Journey: Guided Meditation**, Oaktree
- Journaling for Joy**, Milagro
- Stretch and Relax**, Montaña
- What is Energy Medicine** Mariah Slingerland Library Lounge
- Hands-on Cooking Class with Chef Robin Asbell.** Register at Ext.640/625. Fee \$145. Return 7:30pm. Meet at Admin Bldg.

- 5:00 **Sing Along with Laura Dean** Oaktree

- 7:30 **Movie: One Life** Library Lounge

- 8:00 **Climate Change: The Multi-faceted Challenge of a Just Transition to a Cleaner Energy Future, with Peter Bryant** Olmeca

THURSDAY | FEBRUARY 20

- 6:05 **Organic Garden Breakfast Hike** Moderate, 4 Miles, Sign up, Gazebo
* Option to tour Professor Park / RLP Foundation, back by 9am
* Option to ride the van to and from the Ranch.
- 6:10 **Mountain Hike: 7-Mile Breakfast** Advanced, Pre-Reqs., Sign up, Gazebo
- 6:15 **Mountain Hike: Professor's Trail** Challenging, 3.3 Miles, Gazebo
- 6:20 **Ruck: Weighted Hiking: Intermediate**, Sign up. 2 Miles, Gazebo
- 6:45 **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo

- 7:00 **Bird Walk** (60 Min) Gazebo

- 9:00 **Garuda Barre (Pilates, Yoga, Barre Fusion)**, Olmeca
- Meditation**, Oaktree
- Pickleball Clinic: Beginner**, Pickleball Courts
- Pilates: Mat Fundamentals Progressive**, Pinetree
- Stretch**, Montaña
- TRX Strength HIIT: Level 2**, Tolteca

- 10:00 **Cardio Funk Dance Specialty**, Kuchumaa
- Circuit Training**, Azteca
- Pickleball Clinic: Intermediate**, Pickleball Courts
- Pilates: Arc Barrel Levels 2**, Pinetree
- Stretch**, Oaktree
- TRX Fundamentals**, Tolteca
- Upper Body Blast: All Levels** (30 Min), 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.
Meet at Admin Bldg.

- 11:00 **Aqua Strength & Tone (Shallow Water Workout)**, Activity Pool
- Bungee Fitness: Advanced**, Sign Up, utilizes a harness device, please wear long pants. Pinetree
- Cycle Hip Hop** (30 Min), Pai Pai
- Feldenkrais Specialty** (50 min), Oaktree
- Legs, Abs, Booty**, Olmeca
- Pilates Reformer Fundamentals**, Pilates Studio
- Yoga: Level 2**, Montaña
- Writing Workshop, with Holly Eger** (T,W,Th) Arroyo
- 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 **Progress over Perfection, with Sohailla Digsby, RD** Olmeca
- Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** Sign up, Fee for Art Kit \$70, Dining Hall Balcony

- 2:00 **BUZZ on Chairs Specialty**, Olmeca
- Circuit Training**, Azteca
- Deep Water Training**, Activity Pool
- Pilates: Cadillac Fundamentals**, Pilates Studio
- Inner Fitness: Create and Manifest Your Best Life, with Emily Boorstein** Arroyo

- 3:00 **Balance and Coordination**, Olmeca
- 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 **Dance: Floorwork**, Arroyo
- Foam Roller Recovery**, Tolteca
- Yoga Nidra**, Oaktree
- Art, Stories and Poetry, with Tim Hinchliff** 90 mins, Bazar del Sol
- The Hitchhikers Guide to New Energy Solutions, with Peter Bryant** Olmeca
- Farm-to-Table Dining Experience with Chef Robin Asbell and Chef Reyna Venegas.** Register at Ext. 640/625. Fee \$150. Return 7:30 p.m. Meet at Admin Bldg.

- 7:00 **Candlelight Yoga & Meditation with Jen D.,** Montaña
- Prayer Arrows with Tim Hinchliff**, Main Lounge
- Movie: The Boys in the Boat** Library Lounge

- 8:00 **Concert: Piano Music through the Ages from Baroque to the 21st Century, with Laura Dean** Oaktree

FRIDAY | FEBRUARY 21

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

- 6:05 **Organic Garden Breakfast Hike** Moderate, 4 Mi, Sign Up, 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.
- 6:15 **Mountain Hike: Coyote Trail** Advanced, 5.5 or 4 Miles, Gazebo
- 6:30 **Mountain Meditation Hike: Alex's Oak** Moderate, 2 Miles, Gazebo
- 6:45 **Lowlands Hike: Quail Trail** 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
- Ranch Barre**, Olmeca
- Stretch**, Montaña

- 10:00 **BOSU® & Ropes: Level 2 (30 Min)**, Olmeca
- Cardio Funk Dance Specialty**, Kuchumaa
- Circuit Training**, Azteca
- Pilates: Mat Level 2**, Pinetree
- Ranch Cycle: All Levels**, Pai Pai
- Yoga: Level 1**, Montaña

- 11:00 **Cardio Drum Dance**, Kuchumaa
- Kettlebells** (30 Min), Tolteca
- Feldenkrais Specialty** (50 min), Oaktree
- Pilates: Reformer Fundamentals**, Pilates Studio
- Shallow Water Workout**, Activity Pool
- Yoga: Level 2**, Montaña

- 11:30 **Mercado's Craft Sale** ongoing until 2:30 pm, Mercado

- 1:00 **Take the Ranch Home** Tolteca
- Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge
- The Energy Future and Social Inequality, with Peter Bryant** Olmeca

- 2:00 **Aerial Yoga: Level 1*** Gentle (Low Hammock), Please wear socks & long-sleeved shirts Kuchumaa
- BUZZ Rhythmic Training Specialty**, Olmeca
- Release & Mobilize**, Oaktree
- TRX Flexibility**, Tolteca
- Mandala with Jennifer** (60 Min) Art Studio

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

- 3:00 **Sound Healing**, Oaktree
- Strength and Stretch with Stick Mobility**, Pinetree
- Tai Chi**, Montaña
- Upper Body Blast: All Levels** (30 Min), Olmeca
- Spanish Lessons: Beginner's** Progressive, Library Lounge

- 4:00 **Inner Journey: Guided Chakra Meditation**, Oaktree
- Stretch & 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

- 7:30 **Movie: Conclave** Library Lounge
- Candlelight Labyrinth with Jen D**, Labyrinth

Tomorrow's Saturday schedule can be found on bulletin boards in the Main Lounge, Concierge, Front Desk and the Dining Hall