

Week of March 15, 2025

Breathwork for Emotional Integration and Spiritual Connection with R. Christian Minson

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 | MARCH 15

6:15 ☐ Mountain Hike: **Professor's Trail** Challenging, 3.3 Miles, Gazebo

6:45 ☐ Lowlands Hike: **Woodlands Trail** 2 Miles, Gazebo

9:00 ☐ Stretch Pinetree

10:00 ☐ Circuit Training Azteca
☐ Meditation Milagro

11:00 ☐ Pickleball **Open Play**, unstaffed, please use proper footwear.
Pickleball Courts
☐ Yoga: **All Levels** Montaña

1:00 ☐ Fitness Concierge Dining Hall

2:00 ☐ Core Express (30 Min) Olmecca

3:00 ☐ Sound Healing Oaktree
☐ Stretch Pinetree

5:00 ☐ Ranch Tour (Recommended for 1st time guests) Gazebo
☐ Returning Guest Update Tolteca

5:30 ☐ First Time Guest Orientation Olmecca

6:45 ☐ Meet the Presenters Dining Hall

7:30 ☐ Movie: **The Upside** Library Lounge

8:00 ☐ Reflections: **An evening of soothing music for solo violin by Bach, Biber and Anna Clyne**, interspersed with poetry and prose, with Kathryn Hatmaker, violinist Oaktree

SUNDAY | MARCH 16

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

8:15 ☐ Fitness Concierge (30 Min) Dining Hall
☐ Ranch Tour and Orientation (For 1st time guests)
Meet at the entrance of Dining Hall

9:00 ☐ Circuit Training, Azteca
☐ Full Body Strength: **Level 2**, Olmecca
☐ Meditation, Oaktree
☐ Pickleball Clinic: **Beginner**, Pickleball Courts
☐ Pilates: **Mat Fundamentals Progressive**, Pinetree
☐ Stretch, Montaña
☐ TRX Fundamentals, (Su,Th) Tolteca
☐ Easy Freestyle: **Introducing Total Immersion: How your swimming will be transformed in 5 simple lessons, with Steve Katz, DC and Certified Total Immersion Coach** Library Lounge

10:00 ☐ Circuit Training, Azteca
☐ Core & More, Olmecca
☐ Dance: **Latin Fusion**, Kuchumaa
☐ Pickleball Clinic: **Intermediate**, Pickleball Courts
☐ Pilates: **Mat Level 2 Advanced**, Pinetree
☐ Ranch Cycle: **All Levels**, Pai Pai
☐ Yoga Fundamentals, Montaña

11:00 ☐ Pilates: **Reformer Fundamentals**, Pilates Studio
☐ Postural Awareness, Tolteca
☐ Rebounder Balance & Core: **Level 2**, Kuchumaa
☐ Shallow Water Workout, Activity Pool
☐ Specialty: **Breathflow Introduction with R. Christian Minson** (75 Min on Sunday only), Oaktree
☐ Strength for Longevity, Olmecca
☐ Stretch, Arroyo
☐ Yoga Level 2 (75 min), Montaña

12:00 ☐ Total Immersion Swim Clinic Progressive, Sign up Activity Pool

1:00 ☐ Water Flow Therapy Demo South Pool

2:00 ☐ Cardio Drum Dance, Kuchumaa
☐ Deep Water Training, Activity Pool
☐ Pilates: **Reformer Fundamentals**, Pilates Studio
☐ Ranch Ropes HIIT (30 Min), Olmecca
☐ Empower Yourself to Live a Life of Purpose, Value and Vision, with Anne Van de Water Arroyo

3:00 ☐ Pilates: **Reformer Fundamentals**, Pilates Studio
☐ Sound Healing, Oaktree
☐ Lecture: **Strength for Longevity with Pete McCall, CSCS**, Olmecca
☐ Strength and Stretch with **Stick Mobility**, Pinetree
☐ Tai Chi, Montana
☐ Total Immersion Swim Clinic Progressive, Sign up. Activity Pool

4:00 ☐ Foam Roller Recovery, Tolteca
☐ Sound Healing, Oaktree
☐ Yin Yoga, Montaña

7:30 ☐ Movie: **Wicked** Library Lounge

8:00 ☐ Lecture: **Explore Rancho La Puerta's Night Sky, with Scott Marrone** Tolteca

MONDAY | MARCH 17

Class spaces are limited to first come first served

6:15 ☐ Mountain Hike: **Professor's Trail** Challenging, 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

9:00 ☐ Barbell Strength: **Level 2**, Tolteca
☐ Circuit Training, Azteca
☐ Meditation, Oaktree
☐ Pilates: **Mat Fundamentals Progressive**, Pinetree
☐ Ranch Barre, Olmecca
☐ Stretch, Montaña
☐ Tennis Clinic: **Level 1**, Tennis Courts

10:00 ☐ Bodyweight Challenge (30 Min), Olmecca
☐ Circuit Training, Azteca
☐ Dance: **Cardio Hip Hop Bodyrock**, Kuchumaa
☐ H2O Boot Camp: **Deep Water Workout**, Activity Pool
☐ Pilates: **Mat Level 2 Advanced**, Pinetree
☐ Ranch Cycle: **All Levels**, Pai Pai
☐ Tennis Clinic: **Level 2**, Tennis Courts
☐ Yoga Fundamentals, Montaña

11:00 ☐ Gyrokinesis, Pinetree
☐ Pickleball Clinic: **Beginner**, Pickleball Courts
☐ Pilates: **Reformer Fundamentals**, Pilates Studio
☐ Shallow Water Workout, Activity Pool
☐ Specialty: **Breathflow with R. Christian Minson** (M,W,F also Tu,Th at 2p) Oaktree
☐ TRX & Kettlebells, Tolteca
☐ Yoga Level 2 (75 min), Montaña
☐ Drawing with Jennifer (2 hrs), Art Studio
☐ Nature Walk with **Rob Larson** (60 min) Meet at Gazebo

12:00 ☐ Total Immersion Swim Clinic Progressive, Sign up. Activity Pool

1:00 ☐ Chakra Health: **Opening and Balancing Exercises for Your Energy Centers with Jonelle Rutkauskas**, Library Lounge
☐ Live Younger Longer: **The Eight Keys to Vitality at Every Age, with Iris Gold, OMD, L.Ac** Olmecca
☐ Secrets to Better Pickleball, Tolteca

2:00 ☐ Aerial Yoga: **Level 2** Active (Low Hammock), Please wear socks & short/long sleeves. Kuchumaa
☐ Healthy Shoulder & Rotator Cuff Secrets, Tolteca
☐ Lowlands Hike: **Woodlands Trail**, 2 Miles, Gazebo
☐ Pilates: **Reformer Fundamentals**, Pilates Studio
☐ Release & Mobilize, Oaktree
☐ Watercolor with Jennifer (2 hrs), Art Studio
☐ Get Clear About Your Life Purpose, with Anne Van de Water Arroyo

3:00 ☐ Pilates: **Reformer Level 2**, Pilates Studio
☐ Rebounder Express (30 Min), Kuchumaa
☐ Sound Healing, Oaktree
☐ Spanish Lessons: **Beginner's Progressive**, Library Lounge
☐ Total Immersion Swim Clinic Progressive Sign up. Activity Pool

4:00 ☐ Inner Journey: **Guided Meditation**, Oaktree
☐ Stretch and Relax, Montaña

5:00 ☐ Guest Reception: **Sangría & Guacamole**, Bazar del Sol

6:15 ☐ Silent Dinner, Sign up. Los Olivos (via Dining Hall balcony)
7:30 ☐ Documentary: **Kiss the Ground** (1.5 hr) Library Lounge

8:00 ☐ Giants of 20th Century Mexican Mural Art, with Diane Arkin Olmecca
☐ Stargazing with **Scott Marrone** (M,Tu) Bring your flashlight. Running Track in front of opposite Kuchumaa Gym

TUESDAY | MARCH 18

Class spaces are limited to first come first served

6:05 ☐ Organic Garden Breakfast Hike 4 Miles, Sign up with Concierge, Gazebo
* Option to tour Professor Park / RLP Foundation, back by 9am.
* Option to ride the van to and from the Ranch.

6:15 ☐ Mountain Hike: **Coyote Trail** Advanced, 5.5 or 4 Miles, Gazebo
6:30 ☐ Mountain Trail Run 2-4 miles, Gazebo
☐ Sunrise Yoga: **All Levels** (60 Min), Montaña
6:45 ☐ Lowlands Hike: **Woodlands Trail** 2 Miles, Gazebo
7:00 ☐ Bird Walk (60min) Gazebo

9:00 ☐ Bootcamp, Kuchumaa
☐ Meditation, Oaktree
☐ Pickleball Clinic: **Beginner**, Pickleball Courts
☐ Pilates: **Mat Fundamentals Progressive**, Pinetree
☐ Postural Awareness, Tolteca
☐ Stretch, Montaña

10:00 ☐ Circuit Training, Azteca
☐ Dance: **Move & Groove, Funk!**, Kuchumaa
☐ Pickleball Clinic: **Intermediate**, Pickleball Courts
☐ Pilates on the Stability Ball **Level 2**, Olmecca
☐ TRX Strength HIIT: **Level 2**, Tolteca
☐ Yoga Fundamentals, Montaña

11:00 ☐ Aqua Strength & Tone (Shallow Water Workout), Activity Pool
☐ Cycle Express (30 Min), Pai Pai
☐ Kettlebells (30 Min), Tolteca
☐ Pilates: **Reformer Fundamentals**, Pilates Studio
☐ Stretch, Oaktree
☐ Yoga Sculpt: **Level 2** (60 Min), Olmecca
☐ Landscape Sketching with Jennifer (120 Min) Art Studio
☐ Hands-On Cooking Class: **Ranch Originals: 85 Years of Flavor, with Chef Reyna**. Register at Ext. 640/625. Fee \$100. Return 2:30pm. Meet at Admin Bldg.

12:00 ☐ Total Immersion Swim Clinic Progressive Sign up Activity Pool

1:00 ☐ Cooking Demo by Sous Chef Vivian Mercado, Juice Bar
☐ Documentary: **Tree of Life, The Living Legacy of Edmond Szekely** (26 mins), Library Lounge
☐ Live Younger Longer: **The 3 S's: Sleep, Sugar and Stress, with Iris Gold, OMD, L.Ac** Olmecca

2:00 ☐ Aerial Yoga: **Level 1** Gentle-Low Hammock, Please wear socks & short/long sleeves. Kuchumaa
☐ Balance and Coordination, Olmecca
☐ Circuit Training, Azteca
☐ Deep Water Training, Activity Pool
☐ Pilates: **Cadillac Fundamentals**, Pilates Studio
☐ Specialty: **Breathflow with R. Christian Minson**, (Tu, Th also M,W,F at 11a) Oaktree
☐ Watercolor Collage Cards with Jennifer (2 Hrs) Art Studio
☐ Living in Alignment with Your Core Values, with Anne Van de Water Arroyo

3:00 ☐ Core Express (30 Min), Olmecca
☐ Pilates: **Reformer Jump Board Advanced Level 2**. Previous Pilates experience essential. (T,F) Pilates Studio
☐ Sound Healing, Oaktree
☐ Tai Chi, Montaña
☐ Spanish Lessons: **Beginner's Progressive**, Library Lounge
☐ Total Immersion Swim Clinic Progressive Sign up, Activity Pool
☐ 85th Anniversary: **Share your Ranch Story Workshop with David de la Paz**, Milagro

4:00 ☐ Foam Roller Recovery, Tolteca
☐ Mind-Flow 101: **Mindfulness Through Improv**, Oaktree
☐ Restorative Yoga, Montaña
☐ Hands-on Cooking Class with Visiting Chef Michelle Mathelin Register at Ext.640/625. Fee \$145. Return at 7:30pm. Admin Bldg.
☐ The Power of Women Artists in Mexico, with Diane Arkin Olmecca
☐ Wine Tasting of Guadalupe Valley wines, \$35 per person. Sign up by calling Ext.113 or Sign up in the Main Lounge. Bazar del Sol

5:00 ☐ 1st Time Visitor's Reception w/ Barry Shingle, Director of Guest Experience, Los Olivos
☐ Song Circle of Freedom and Spirit, with Bethany Yarrow Oaktree

7:30 ☐ Movie: **Sight** Library Lounge

8:00 ☐ Braided: **A Journey of a Thousand Challahs, with Beth Ricanati, MD** Olmecca
☐ Stargazing with **Scott Marrone** (M,Tu) Bring your flashlight. Running Track in front of opposite Kuchumaa Gym

MEAL HOURS		AVAILABLE FACILITIES	
SATURDAY		WHEN NO CLASS IS IN SESSION	
Breakfast	7:00 am to 9:00 am	Milagro - Meditation Room	
Lunch	11:30 am to 3:30 pm	6:00 am to 9:00 pm	
Dinner	5:30 pm to 7:30 pm	Activity Pool - Lap Swim	
		7:00 am to 5:00 pm	
SUNDAY THROUGH FRIDAY		Azteca Gym - Weight Room	
Breakfast	7:30 am to 9:00 am	Saturday: 6:30 am to 1:30 pm	
Lunch	12:00 pm to 1:30 pm	Sunday – Friday: 7:00 am to 5:00 pm	
Dinner	5:30 pm to 7:30 pm		
SNACK TIMES		UNSTAFFED PICK-UP GAMES	
SUNDAY THROUGH FRIDAY		Pickleball open play: all levels	
Fruit	10:30 am Main Lounge	11am: Su,T,Th,F	
Smoothies	2:45 pm Juice Bar	9am: M,W	
Veggies/Juice	4:30 pm Main Lounge		

WEDNESDAY | MARCH 19

- 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 Trail**, Moderate, 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 & Kettlebells, Tolteca
- 10:00** **Circuit Training**, Azteca
 Cycle Strength, Pai Pai
 Full Body Strength: Level 1, Olmeca
 H2O Boot Camp (Deep Water Workout), Activity Pool
 Pilates: Mat Level 2 Advanced, Pinetree
 Tennis Clinic: Level 2, Tennis Courts
 Yoga: Level 1, Montaña
 Landscape Garden Walk Main Lounge
- 10:30** **Jewelry Sale** ongoing until 2:00pm, Mercado
- 11:00** **Lower Body Blast** (30 Min), Olmeca
 Pickleball Clinic: Beginner, Pickleball Courts
 Pilates: Reformer Fundamentals, Pilates Studio
 Rebounder Express (30 Min), Kuchumaa
 Shallow Water Workout, Activity Pool
 Specialty: Breathflow with R. Christian Minson, (M,W,F also Tu,Th at 2p) Oaktree
 Yoga Level 2 (75 Min), Montaña
 Nature Walk with Rob Larson (60 Min) Meet at Gazebo
- 12:00** **Total Immersion Swim Clinic Progressive** Sign up Activity Pool
 Musical Miniatures, with Scott Marrone Oaktree
- 1:00** **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
- 2:00** **Deep Water Training**, Activity Pool
 Mountain Hike: Alex Oak Trail, 2 Miles, Gazebo
 Pilates: Reformers Fundamentals, Pilates Studio
 Release & Mobilize, Oaktree
 Your Message is Your Magic , with Anne Van de Water Arroyo
- 3:00** **Pilates: Reformer Level 2**, Pilates Studio
 Sound Healing, Oaktree
 TRX Core (30 Min), Tolteca
 Spanish Lessons: Beginner's Progressive, Library Lounge
 Total Immersion Swim Clinic Progressive Sign up. Activity Pool
 Wine & Paint at Bazar del Sol. Fee \$65, Sign up at ext 113. Bazar del Sol
- 4:00** **Inner Journey: Guided Meditation**, Oaktree
 Stretch and Relax, Montaña
 Knitting to Wellness (60 Min) Sign Up. Main Lounge
 Hands-on Cooking Class with Visiting Chef Michelle Mathelin
Register at Ext.640/625. Fee \$145. Return 7:30pm. Meet at Admin Bldg.
 Spanish and Mexican Surrealism: The Magic of Miro, Dilemma of Dali, and Fantasies of Frida, with Diane Arkin Olmeca
- 5:00** **Song Circle of Freedom and Spirit, with Bethany Yarrow** Oaktree
- 7:30** **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 | MARCH 20

- 6:05** **Organic Garden Breakfast Hike** 4 Miles, Sign up w/Concierge, 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-Requisites., Sign up, Gazebo
- 6:15** **Mountain Hike: Professor's Trail** Challenging, 3.3 Miles, Gazebo
- 6:45** **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo
- 7:00** **Bird Walk** (60 Min) Gazebo
- 9:00** **Full Body Strength: Level 2**, Olmeca
 Meditation, Oaktree
 Pickleball Clinic: Beginners, Pickleball Courts
 Pilates: Mat Fundamentals Progressive, Pinetree
 Stretch, Montaña
 TRX Fundamentals, (Su,Th) Tolteca
- 10:00** **Chant**, Milagro
 Circuit Training, Azteca
 BOSU® Core & More, Olmeca
 Dance: Striptease, Kuchumaa
 Pickleball Clinic: Intermediate, Pickleball Courts
 Pilates: Arc Barrel Levels 2, Pinetree
 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.
 Painting on Wood with Bertha Rodriguez (ongoing until 2:00 pm)
Fee \$25. Sign up. Main Lounge
- 11:00** **Aqua Strength & Tone (Shallow Water Workout)**, Activity Pool
 Gyrokinesis, Pinetree
 Cycle Hip Hop (30 Min), Pai Pai
 Lower Body Blast (30 Min), Olmeca
 Pilates Reformer Fundamentals, Pilates Studio
 Stretch, 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.
 Total Immersion Swim Clinic Progressive, Sign up Activity Pool
- 12:30** **Yarn Painting Demo with Tim Hinchliff** Dining Hall entrance
- 1:00** **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** Sign up, Fee for Art Kit \$70, Dining Hall Balcony
 Viva Vivaldi! with Scott Marrone Oaktree
- 2:00** **Balance and Coordination**, Olmeca
 Circuit Training, Azteca
 Deep Water Training, Activity Pool
 Pilates: Cadillac Fundamentals, Pilates Studio
 Specialty: Breathflow with R. Christian Minson, (Tu,Th also M,W,F at 11a) Oaktree
 Your Big Vision is Calling You, with Anne Van de Water Arroyo
 Challah Practice™: Dough-Making Workshop, with Beth Ricanati, MD Sign up. Los Olivos
- 3:00** **Pilates: Reformer & Cadillac Combo**, Pilates Studio
 Sound Healing, Oaktree
 Yoga Sculpt: Level 2, Olmeca
 Spanish Lessons: Beginner's Progressive, Library Lounge
 Total Immersion Swim Clinic Progressive Sign up Activity Pool
- 4:00** **Foam Roller Recovery**, Tolteca
 Yoga Nidra, Oaktree
 Art, Stories and Poetry, with Tim Hinchliff 90 mins, Bazar del Sol
- 5:00** **Farm-to-Table Dining Experience with Visiting Chef Michelle Mathelin and Chef Reyna Venegas.** Register at Ext. 640/625. Fee \$150. Return 7:30pm. Meet at Admin Bldg.
- 7:15** **Prayer Arrows with Tim Hinchliff**, Main Lounge
- 7:30** **Movie: The Boys in the Boat** Library Lounge
- 8:00** **Enjoying Modern Art, with Diane Arkin** Olmeca

FRIDAY | March 21

Please confirm your transportation at the Admin Building or Concierge Desk

- 6:05** **Organic Garden Breakfast Hike** 4 Miles, Sign up with Concierge, 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 (Fri 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
- 9:00** **Barbell Strength: Level 2**, Tolteca
 Circuit Training, Azteca
 Meditation, Oaktree
 Pickleball Clinic: Beginners, Pickleball Courts
 Pilates: Mat Fundamentals Progressive, Pinetree
 Strength for Longevity, Olmeca
 Stretch, Montaña
- 10:00** **Ranch Ropes HIIT** (30 Min), Olmeca
 Circuit Training, Azteca
 Dance: Cardio Hip Hop 90's, Kuchumaa
 Pilates: Mat Level 2 Advanced, Pinetree
 Ranch Cycle: All Levels, Pai Pai
 Yoga: Level 1, Montaña
- 10:30** **Mercado's Craft Sale** ongoing until 2:00 pm, Mercado
- 11:00** **Kettlebells** (30 Min), Tolteca
 Pilates: Reformer Fundamentals, Pilates Studio
 Shallow Water Workout, Activity Pool
 Specialty: Breathflow with R. Christian Minson, (M,W,F also Tu,Th at 2p) Oaktree
 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
- 1:00** **Take the Ranch Home**, Tolteca
 Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge
- 2:00** **Aerial Yoga: Level 1** Gentle (Low Hammock), Please wear socks & long-sleeved shirts Kuchumaa
 Pilates: Reformer Jump Board Level 2 (T,F) Previous Pilates experience essential. Pilates Studio
 TRX Flexibility, Tolteca
 Mandala with Jennifer (60 Min) Art Studio
 Challah Practice™: Braiding Workshop, with Beth Ricanati, MD. Finished challahs will be served at dinner on Friday night for the whole community. Sign up. Los Olivos
- 2:45** **Live Music and Smoothies** Juice Bar
- 3:00** **Core Express** (30 Min), Olmeca
 Sound Healing, Oaktree
 Spanish Lessons: Beginner's Progressive, Library Lounge
- 4:00** **Inner Journey: Guided Meditation**, Arroyo
 Stretch & Relax, Montaña
 Equinox Ceremony with Jyoti and Bethany Yarrow, Oaktree
- 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

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