

Week of May 16, 2026

Meditation with Sylvia Boorstein

Yin Yoga & Breathwork with Brahmani Leibman

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:

- **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.
- **Sign-ups for classes** are posted on the Main Lounge clipboards; Pilates Sign-up sheets are posted inside Arroyo Gym.

Use proper footwear

- **HIKES:** Hiking boots with lugs.
- **PICKLEBALL & TENNIS:** Court Shoes.
- **STRENGTH CLASSES:** Close-Toed Shoes.

- **Classes are 1st come, 1st served** - Based on equipment availability.
- **Classes & Activities begin on time and last 45 minutes** unless noted otherwise.
- **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 | MAY 16

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** Milagro
 Strength: Circuit Training Azteca

11:00 **Pickleball Open Play** unstaffed, please use court shoes.
Pickleball Courts
 Yoga: All Levels Montaña

1:00 **Fitness Concierge** (60 Min) Dining Hall

2:00 **Strength: Full Body All Levels** Olmeca

3:00 **Sound Healing** Oaktree
 Mobility: Stretch Montaña

4:00 **Set Your Intention; Tips for a Magical Week** with Jill T. Tolteca

5:00 **Ranch Tour** (Recommended for first time guests) Gazebo
 Returning Guest Update Tolteca

5:30 **First Time Guest Orientation** Olmeca

6:45 **Meet the Presenters** Dining Hall

7:15 **Movie: *The Upside*** Library Lounge

8:00 **An Evening with Truman Capote, Miles Davis, Allen Ginsberg, John Huston, Norman Mailer, and Debbie Reynolds, with Larry Grobel** Olmeca

<p>Meal Hours: Saturday Breakfast 7:00 am to 9:00 am Lunch 11:30 am to 3:30 pm Dinner 5:30 pm to 7:30 pm</p> <p>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</p> <p>Snack Times: Sunday- Friday Fruit 10:30 am Main Lounge Smoothies 2:45 pm Juice Bar Veggies/Juice 4:30 pm Main Lounge</p> <p>Bazar Del Sol: Saturday- Friday 6:00 am to 9:00 pm</p> <p>Juice Bar: Saturday - Friday 9:00 am to 12:00 pm & 1:00 pm 4:00 pm</p>	<p>Available Facilities* *when no class is in session</p> <p>Milagro - Meditation Room 6:00 am to 9:00 pm</p> <p>Activity Pool - Lap Swim 7:00 am to 6:00 pm *No open swim during scheduled classes</p> <p>Azteca Gym - Weight Room Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to 5:00 pm (closed daily 1-2)</p> <p>Tennis & Pickleball Courts - Open Play 7:00 am to 5:00 pm</p>
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SUNDAY | MAY 17

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** (15 min) (Su-F) Pilates Studio in Arroyo

8:15 **Fitness Concierge** (30 Min) Dining Hall
 Ranch Tour and Orientation (For first time guests) Dining Hall Main Entrance

9:00 **Specialty: Meditation & Dharma Talks with Sylvia Boorstein** (Su-F) Oaktree

Advanced: Full Body Strength (Su,W) Olmeca
 Mobility: Stretch (Su-F) Montaña
 Pickleball Clinic: Beginners (Su-F) Court shoes recommended.
 Pickleball Courts
 Pilates: Mat Foundations All Levels Neutral & Spinal Articulation, Flexion, Extension, Lateral Flexion, Rotation, Review & Flow (Su-F) Pinetree
 Strength: Introduction to Circuit Training Azteca

10:00 **Dance: Latin Fusion** Kuchumaa
 Free Flow: Rooted In Feldenkrais (Su,Th) Oaktree
 Longevity: Strength Training (Su,Th), Olmeca
 Pickleball Clinic: Intermediate (Su-F) Court shoes recommended.
Pickleball Courts

Pilates: Mat Level 2 (Su,T,Th)Pinetree
 Strength: Introduction to Circuit Training Azteca
 Yoga Level 2 Slow Flow (Su,T,Th) Montaña

11:00 **Specialty: Yin Yoga & Breathwork with Brahmani Leibman** (75 Min) Montaña
 Aquatic: Shallow Water (Su,W) Activity Pool
 Longevity Cardio Lab: From Zone 2 to HIIT (Su,W) Azteca
 Mobility: Stretch (Su,T,Th) Oaktree
 Movement: Introduction to TRX Fundamentals (Su,Th) Pinetree
 Pilates: Reformer Level 2 (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
 Strength: The ABC's - Arms/Butt/Core (Su,W) Olmeca
 Art Class: Intuitive Ink Painting with Karen Boren Gerstenberger Art Studio

12:00 **Aquatic: Swim Stroke Clinic** (30 Min) (Su,Th) Activity Pool

1:00 **Eating with an Abundance Mindset: A Fresh Take on Nutrition, with Katie Morford, MS, RD** Tipai
 Friends of Bill W. (12 steps - Participant-guided) Library Lounge
 Nutrition Wellness- Metabolism and Healthy Weight with Jody Miller Tolteca
 Water Flow Therapy Demo South Pool

2:00 **Aquatic: Deep Water** (Su,M,Th) Activity Pool
 Gentle Spinal Mobility (Su,W,F) Pinetree
 Longevity: Lecture. How to Own Your Aging Process Olmeca
 Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
 Strength: Circuit Training (Su,Th) Azteca
Inner Fitness: Navigating Change: Living with Grace and Strength, with Ilene Brenner Schaffer Tipai

3:00 **Advanced: Bodyweight Blast** (30 Min) (Su,W) Tolteca
 Cardio: Mini Trampoline Express (30 Min) (Su,Th) Kuchumaa
 Pilates: Reformer Level 1 (Su,M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
 Sound Healing (Su-F) Oaktree
 Tai Chi (Su,W) Montaña

4:00 **Recovery: Foam Roller** (Su,T,Th) Tolteca
 Yoga: Restorative (Su,T,Th) Montaña
 Memoir Writing Workshop, with Larry Grobel Library Lounge

8:00 **Concert with Judi Jaeger & Bob Reid** Oaktree

MONDAY | MAY 18

Class spaces are limited to first come first served.

6:15 **Mountain Hike: Professor's Trail** Advanced, 3.3 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** (15 min) (Su-F) Pilates Studio in Arroyo

9:00 **Specialty: Meditation & Dharma Talks with Sylvia Boorstein** (Su-F) Oaktree
 Mobility: Stretch (Su-F) Montaña
 Pickleball Clinic: Beginners (Su-F) Court shoes recommended.
Pickleball Courts
 Pilates: Mat Foundations All Levels - 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) Court shoes are recommended. Tennis Courts

10:00 **Aquatic: H2O Boot Camp (Deep Water)** (M,F) Activity Pool
 Dance: Move & Groove Funk! Kuchumaa
 Pickleball Clinic: Intermediate (Su-F) Court shoes are recommended.
Pickleball Courts
 Pilates: Reformer Level 1 (M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo
 Strength: Barbell Workout Level 2 (M,W) Tolteca
 Strength: Circuit Training (M-F) Azteca
 Tennis Clinic: Level 2 (M,W) Court shoes are recommended.
Tennis Courts
 Yoga Level 1 (M,W,F) Montaña

11:00 **Specialty: Yin Yoga & Breathwork with Brahmani Leibman** (75 Min) Montaña
 Aquatic: Liquid Drums (Shallow Water) (M,Th) Activity Pool
 Cardio: Cycle Hip Hop (30 Min) Pai Pai
 Mobility: TRX Flexibility (M,F) Pinetree
 Pilates: Reformer Level 2 (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
 Strength: Kettlebells (30 Min) (M,F) Tolteca
 Friends of Bill W. (12 steps - Participant-guided) Library Lounge
 Nature Walk with Rob Larson (60 Min) Meet at Gazebo
 Art Class: Intuitive Ink Painting with Karen Boren Gerstenberger Art Studio

1:00 **Boost Brain Health: Holistic Solutions for Memory, Focus, and Disease Prevention, with Kim Ross, MS, RD, CDN** Tipai
 Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST Library Lounge

2:00 **Aquatic: Deep Water** (Su,M,Th) Activity Pool
 Chant: A Vocal Sound Practice (M,Th) Milagro
 Pilates: Reformer Jumpboard (M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
 Recovery: Release & Mobilize (M,W,F) Oaktree
 Yoga: Gentle Aerial Hammock (Low) (M,W,F) Please wear socks & long sleeves. Kuchumaa
 Inner Fitness: Get Out of Your Own Way: Managing Your Mindset, with Ilene Brenner Schaffer Tipai

3:00 **Longevity: Dynamic Mobility** Olmeca
 Cardio HIIT: Intro to Heart Rate Training with Jody Miller Azteca
 Mobility & Corrective: Postural Awareness (M,Th) Tolteca
 Pilates: Reformer Level 1 (Su,M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
 Sound Healing (Su-F) Oaktree

4:00 **Breathwork** (M,Th) Milagro
 Inner Journey: Guided Meditation (M,W,F) Oaktree
 Mobility: Stretch and Relax (M,W,F) Montaña
 Memoir Writing Workshop, with Larry Grobel Library Lounge
 Art Walk: Sculptures, with Rob Larson Meet at Gazebo

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

6:15 **Silent Dinner** Sign up in Main Lounge, Los Olivos (via Dining Hall balcony)

7:15 **Movie: *Mrs. Harris Goes to Paris*** Library Lounge

8:00 **Discover Vocal Sounds as a Tool for Understanding Energetic Boundary and Spaciousness, with Lisa Rafel** Oaktree

TUESDAY | MAY 19

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 departs 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
6:20 **Ruck: Weighted Hiking** Intermediate, Sign up, 2 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 (15 min) (Su-F)** Pilates Studio in Arroyo

9:00 **Advanced: Cardio Muscle Blast** (T,Th) Azteca
 Specialty: Meditation & Dharma Talks with Sylvia Boorstein (Su-F) Oaktree
 Barre (T,Th) Olmeca
 Mobility: Stretch (Su-F) Montaña
 Pickleball Clinic: Beginners (Su-F) Court shoes recommended.
Pickleball Courts
 Pilates: Mat Foundations All Levels - Extension (Su-F) Pinetree

10:00 **Aqua Board** (T,Th) Central Pool
 Dance: Intro to Salsa Kuchumaa
 Pickleball Clinic: Intermediate (Su-F) Court shoes recommended.
Pickleball Courts
 Pilates: Mat Level 2 (Su,T,Th) Pinetree
 Strength: BOSU® Fit Olmeca
 Strength: Circuit Training (M-F) Azteca
 Yoga Level 2 Slow Flow (Su,T,Th) Montaña
 Explore Sounds for Self-Empowerment and Healing, with Lisa Rafel Oaktree

11:00 **Specialty: Yin Yoga & Breathwork with Brahmani Leibman** (75 Min) Montaña
 Advanced: Cardio Sculpt Express (30 Min) (T,Th) Olmeca
 Aqua Board (T,Th) Central Pool
 Aquatic: Strength & Tone (Shallow Water) (T,F) Activity Pool
 Mobility: Stretch (Su,T,Th) Oaktree
 Pilates: Reformer Level 2 (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
 Strength & Cardio: TRX Circuit Tolteca
 Art Class: Intuitive Ink Painting with Karen Boren Gerstenberger Art Studio
 Cooking with the Seasons, with Head Chef Vivian Mercado. Fee \$100. Register at Ext. 640/625. Return 2:30pm. Meet at Admin Bldg.

1:00 **Making a Smoothie Class with Chef César** Juice Bar
 The Biggest Nutrition Myths We Got Wrong (And Why It Matters) with Kim Ross, MS, RD, CDN Tipai

2:00 **Aquatic: Water Polo on a Noodle** Activity Pool
 Longevity: Balance & Coordination (T,F) Olmeca
 Mobility: Strength & Stretch with Stick Mobility (T,Th) Kuchumaa
 Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
 Inner Fitness: The Optimism Effect: How It Can Shift Your Life with Ilene Brenner Schaffer Tipai

3:00 **Pilates: Tower Level 1** (T,F) Sign-up begins 8am at the Pilates Studio in Arroyo
 Sound Healing (Su-F) Oaktree
 Strength: Core Express (30 Min) (T,F) Olmeca
 Yoga Workshop: Happy Hips & Low Back (T,F) Montaña
 The Aging Eye and Common Ocular Conditions, with Dr. Janine G. Tabas Tipai

4:00 **Recovery: Foam Roller** (Su,T,Th) Tolteca
 Yoga: Restorative (Su,T,Th) Montaña
 Hands-On Cooking Class with Visiting Teacher Katie Morford. Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
5:00 **1st Time Visitor's Reception with Barry Shingle, Director of Guest Experience** Los Olivos
 Live Music with Sergio Ramos Bazar Del Sol

7:15 **Movie: Conclave** Library Lounge
8:00 **Bingo and Games!** with Barry Olmeca

WEDNESDAY | MAY 20

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

- 8:00 **Pilates Concierge** (15 min) (Su-F) Pilates Studio in Arroyo

- 9:00 **Specialty: Meditation & Dharma Talks with Sylvia Boorstein** (Su-F) Oaktree
- Advanced: Full Body Strength** (Su,W), Olmeca
- Mobility: Stretch** (Su-F) Montaña
- Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Mat Foundations All Levels - Lateral Flexion** (Su-F) Pinetree
- Strength: Circuit Training** (M,W,F) Azteca
- Tennis Clinic: Level 1** (M,W) Court shoes are recommended Tennis Courts
- Art Walk: Crafts, with Rob Larson** Meet at Gazebo

- 10:00 **Dance: Cardio Drumming** Kuchumaa
- Pickleball Clinic: Intermediate** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Reformer Level 1** (M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: Barbell Workout Level 2** (M,W) Toltca
- Strength: Circuit Training** (M-F) Azteca
- Tennis Clinic: Level 2** (M,W) Court shoes are recommended Tennis Courts
- Yoga Level 1** (M,W,F) Montaña
- Landscape Garden Walk with Enrique Ceballos** Gazebo
- Using Sound to Open Your Heart, with Lisa Rafel** Oaktree

- 11:00 **Specialty: Yin Yoga & Breathwork with Brahmani Leibman** (75 Min) Montaña
- Aquatic: Shallow Water** (Su,M,W,F) Activity Pool
- Longevity Cardio Lab: From Zone 2 to HIIT** (M,W) Azteca
- Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: The ABCs - Arms/Butt/Core** (Su,W) Olmeca
- Strength: TRX Full Body** Pinetree
- Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
- Art Class: Intuitive Ink Painting with Karen Boren Gerstenberger** Art Studio
- Hands-On Cooking Class with Visiting Teacher Katie Morford.** Fee \$145. Register at ext.640/625. Return at 2:30pm. Meet at Admin Bldg.

- 1:00 **Essential Oils and the Power of Healing, Frequency & Vibrational Medicine with Kim Ross, MS, RD, CDN** Tipai

- 2:00 **Aquatic: Water Jogging (Deep Water)** Activity Pool
- Gentle Spinal Mobility** (Su,W,F) Pinetree
- Pilates: Reformer Jumpboard** (M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
- Recovery: Release & Mobilize** (M,W,F) Oaktree
- Tai Chi** (Su,W) Montaña
- Yoga: Gentle Aerial Hammock (Low)** Please wear socks & long sleeves. (M,W,F) Kuchumaa
- Inner Fitness: Power of Connection: The Heart of Well-Being with Ilene Brenner Schaffer** Tipai

- 3:00 **Advanced: Bodyweight Blast** (30 Min) (Su,W) Toltca
- Pilates: Reformer Level 1** (Su,M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
- Sound Healing** (Su-F) Oaktree
- Cataracts - Everybody Gets Them! With Dr. Janine Tabas** Tipai

- 4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
- Set and Live Your Intention with Jill T.** Milagro
- Recovery: Stretch and Relax** (M,W,F) Montaña
- Art Walk: Sculptures, with Rob Larson** Meet at Gazebo
- Memoir Writing Workshop, with Larry Grobel** Library Lounge
- Salsa and Salsa: Dancing to the Beat of Flavor, with Head Chef Vivian Mercado and Manuel Velázquez.** Fee \$100. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
- Tasting of Guadalupe Valley Wines, includes cheese board** (60min) Fee \$55 Sign up at Ext.113 or visit the Main Lounge (Minimum 6 guests required) Bazar del Sol

- 5:00 **Floating Sound Bath** Activity Pool
- Ranch Tour** (Recommended for first time guests) Gazebo
- Concert with Judi Jaeger & Bob Reid** Bazar del Sol

- 6:30 **Mountain Hike: Alex's Oak Trail** Moderate 2 Miles, Gazebo

- 7:15 **Movie: *One Life*** Library Lounge

- 8:00 **In Conversation with Deborah Szekely, Co-founder of Rancho La Puerta, Hosted by Barry Shingle, Director of Guest Experiences** Oaktree

THURSDAY | MAY 21

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 departs 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.
- 6:10 **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** (15 min) (Su-F) Pilates Studio in Arroyo

- 9:00 **Specialty: Meditation & Dharma Talks with Sylvia Boorstein** (Su-F) Oaktree
- Advanced: Cardio Muscle Blast** (T,Th) Azteca
- Barre** (T,Th) Olmeca
- Mobility: Stretch** (Su-F) Montaña
- Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Mat Foundations All Levels - Rotation** (Su-F) Pinetree

- 10:00 **Aqua Board** (T,Th) Central Pool
- Dance: Cardio Disco** Kuchumaa
- Free Flow: Rooted In Feldenkrais** (Su,Th) Oaktree
- Longevity: Strength Training** (M,Th) Olmeca
- Pickleball Clinic: Intermediate** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Mat Level 2** (Su,T,Th) Pinetree
- Strength: Circuit Training** (M-F) Azteca

- 10:30 **Valle de Guadalupe Tour: Pijoan Vineyard & Adobe Guadalupe.** Fee \$290. Register at Ext.640/625. Return 5:30 pm. Meet at Admin Bldg.

- 11:00 **Specialty: Yin Yoga & Breathwork with Brahmani Leibman** (75 Min) Montaña
- Aqua Board** (T,Th) Central Pool
- Aquatic: Liquid Drums (Shallow Water)** (M,Th) Activity Pool
- Cardio: Cycle Express** (30 Min) Pai Pai
- Movement: Introduction to TRX Fundamentals** (Su,Th) Pinetree
- Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Mobility: Stretch** (Su,T,Th) Oaktree
- Yoga Level 2 Slow Flow** (75 Min) (Su-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
- Art Class: Intuitive Ink Painting with Karen Boren Gerstenberger** Art Studio

- 12:00 **Aquatic: Swim Stroke Clinic** (30 Min) (Su,W) Activity Pool
- Lunch with Fundación La Puerta: You are invited to learn about our recent 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 **Hormone Health, Metabolism & Muscle (Especially for Women Over 40), with Kim Ross, MS, RD, CDN** Tipai
- Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff.** Sign up in the Main Lounge, Art Kit Fee \$70 + tax. Dining Hall Balcony

- 2:00 **Aquatic: Deep Water** (Su,M,Th) Activity Pool
- Chant: A Vocal Sound Practice** (M,Th) Milagro
- Longevity: Lecture - Planning your Home Practice** Olmeca
- Mobility: Strength & Stretch with Stick Mobility** (T,Th) Kuchumaa
- Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: Circuit Training** (Su,Th) Azteca
- Inner Fitness: You Make A Difference: Creating Your Imprint, with Ilene Brenner Schaffer** Tipai

- 3:00 **Cardio: Mini Trampoline Express** (30 Min) (Su,Th) Kuchumaa
- Mobility & Corrective: Postural Awareness** (M,Th) Toltca
- Sound Healing** (Su-F) Oaktree
- Spanish Lessons: Beginners Progressive** Library Lounge
- When Should I be Worried? with Dr. Janine G. Tabas** Tipai

- 4:00 **Breathwork** (M,Th) Milagro
- Recovery: Foam Roller** (Su,T,Th) Toltca
- Yoga: Restorative** (Su,T,Th) Montaña
- Hike to the Residences** (60 mins/wear comfortable shoes) Meet at Bazar del Sol
- Art, Stories and Poetry, with Tim Hinchliff** 90 mins, Bazar del Sol
- An Afternoon of Stories, with Larry Grobel** Library Lounge

- 4:45 **Farm-to-Table Dining Experience with Visiting Teacher Katie Morford and Head Chef Vivian Mercado** Fee \$150. Register at Ext.640/625. Return 7:30pm. Meet at Admin Bldg.

- 5:00 **Live Music with Sergio Ramos** Bazar Del Sol

- 7:15 **Movie: *Now You See Me*** Library Lounge
- Prayer Arrows with Tim Hinchliff** Main Lounge

- 8:00 **Concert with Judi Jaeger & Bob Reid** Oaktree

FRIDAY | MAY 22

Class spaces are limited to first come first served.

***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 (F 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

- 8:00 **Pilates Concierge** (15 min) (Su-F) Pilates Studio in Arroyo

- 9:00 **Specialty: Meditation & Dharma Talks with Sylvia Boorstein** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) Montaña
- Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Mat Foundations All Levels - Review & Flow** (Su-F) Pinetree
- Strength: Circuit Training** (M,W,F) Azteca
- Strength: Total Body with Bands** (M,F) Olmeca

- 10:00 **Advanced: BOSU® & Battle Ropes** Olmeca
- Aquatic: H2O Boot Camp (Deep Water)** (M,F) Activity Pool
- Broadway Dance** Kuchumaa
- Pickleball Clinic: Intermediate** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Reformer Level 1** (M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: Circuit Training** (M-F) Azteca
- Yoga Level 1** (M,W,F) Montaña
- Easy Sounding Tools to Reduce Stress, Fear and Anxiety, with Lisa Rafel** Oaktree

- 10:30 **Mercado Craft Sale, ongoing until 2:30 pm** Mercado Patio
 - **Punto & Nudo Home Decor,**
 - **Mapache Arts & Crafts,**

- 11:00 **Specialty: Yin Yoga & Breathwork with Brahmani Leibman** (75 Min) Montaña
- Advanced: Cardio Sculpt Express** (30 min) (T,F) Olmeca
- Aquatic: Strength & Tone (Shallow Water)** (T,F) Activity Pool
- Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Mobility: TRX Flexibility** (M,F) Pinetree
- Strength: Kettlebells** (30 Min), Toltca

- 1:00 **Set Your Return to Home Intention with Jill T.** Toltca

- 2:00 **Gentle Spinal Mobility** (Su,W,F) Pinetree
- Labyrinth** Meet in Emily's Forest behind Kuchumaa
- Longevity: Balance & Coordination** (T,F) Olmeca
- Recovery: Release & Mobilize** (M,W,F) Oaktree
- Yoga: Gentle Aerial Hammock (Low)** Please wear socks & long sleeves. (M,W,F) Kuchumaa
- Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge

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

- 3:00 **Pilates: Tower Level 1,**(T,F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Sound Healing** (Su-F) Oaktree
- Strength: Core Express** (30 Min) (T,F) Olmeca
- Yoga Workshop: Happy Hips & Low Back** (T,F) Montaña
- Spanish Lessons: Beginners Progressive** Library Lounge

- 4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
- Recovery: Stretch and Relax** (M,W,F) Montaña

- 6:00 **Live Music with Rancho La Puerta 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