

Week of January 17, 2026

5 Steps to Empower your Yoga Practice...and your Life!

with Amy Caldwell

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 in Pilates at 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 | JANUARY 17

- 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 (30 Min) Dining Hall
- 2:00 □ Strength: Full Body All Levels Olmeca
- 3:00 □ Mobility: Stretch Montaña
 - Sound Healing Oaktree
- 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 □ Concert with Aleck Karis, Piano: French program, featuring Debussy, Satie, Ravel and Poulenc Oaktree

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

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

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 5:00 pm

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)

Tennis & Pickleball Courts - Open Play

7:00 am to 5:00 pm

SUNDAY | JANUARY 18

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 Main Entrance
- 9:00 □ Advanced: Full Body Strength (Su,W) Olmeca
 - Meditation (Su-F) Oaktree
 - Mobility: Stretch (Su-F) Montaña
 - Pickleball Clinic: Beginners (Su-F) Pickleball Courts
 - Pilates: Mat Foundations - Neutral & Spinal Articulation (Su-F) Pinetree
 - Strength: Introduction to Circuit Training Azteca
- 10:00 □ Dance: Latin Fusion Kuchumaa
 - Free Flow: Rooted In Feldenkrais (Su,F) Oaktree
 - Pickleball Clinic: Intermediate (Su-F) Pickleball Courts
 - Pilates: Mat Level 2 (Su,T,Th) Pinetree
 - Strength: BOSU® Fit Olmeca
 - Strength: Introduction to Circuit Training Azteca
 - Yoga Level 2 Slow Flow (Su-F) Montaña
- 11:00 □ Specialty Yoga: Beginnings - Alignment, Foundation, Breath, and Attitude, with Amy Caldwell (75 Min) (Su-F) Montaña
 - Advanced: High Intensity Interval Training (30 Min) (Su,Th) Tolteca
 - Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
 - Longevity: Strength Training (Su,Th) Olmeca
 - Mobility: Stretch (Su,T,F) Oaktree
 - 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
 - Strength: Kettlebells (30 Min) (M,F) Tolteca
 - Nature Walk with Rob Larson (60 Min) Meet at Gazebo
 - Chinese Calligraphy as Self Expression, with Li Huai (90 mins) Art Studio
- 1:00 □ Master Your Metabolism with DeRahn Johnson
 - Tipai (across Kuchumaa Gym)
 - Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) 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
 - Mobility & Corrective: Postural Awareness (Su,W) Tolteca
 - 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
 - Inner Fitness: Full Contact Friendship: Deepening Connection After 50, with Kerena Saltzman, LCSW 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
 - Yoga Workshop: Happy Hips & Low Back Montaña
- 4:00 □ Chant: Vocal Sound Practice (Su,W) Milagro
 - Sound Healing Oaktree
 - Yoga: Restorative (Su,T,Th) Montaña
 - Awaken Your Why: Reimagining Purpose Today and Beyond, with Nita Major Tipai (across Kuchumaa Gym)
- 7:15 □ Movie: *Conclave* Library Lounge
- 8:00 □ The Tree of Life: Ancient Practical Wisdom - A Practical Application of the Ancient Wisdom of the Essenes and Kabbalah, with Miriam Merari Dorfman Olmeca

MONDAY | JANUARY 19

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 □ Meditation (Su-F) Oaktree
 - Mobility: Stretch (Su-F) Montaña
 - Pickleball Clinic: Beginners (Su-F) 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
- 10:00 □ Advanced: Cardio Sculpt Express (30 min) (M,W) Olmeca
 - Barre (M,W,F) Pinetree
 - Dance: Pop, Funk, & Jazz Kuchumaa
 - Pickleball Clinic: Intermediate (Su-F) Pickleball Courts
 - Strength: Circuit Training (M-F) Azteca
 - Tennis Clinic: Level 2 (M,W) Tennis Courts
 - Yoga Level 2 Slow Flow (Su-F) Montaña
- 11:00 □ Specialty Yoga: Muscle Engagement and Conscious Participation, with Amy Caldwell (75 Min) (Su-F) Montaña
 - Advanced: TRX Strength & Cardio (M,F) Pinetree
 - Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
 - Cardio & Strength: Mini Trampoline Build & Bounce Kuchumaa
 - Longevity: Balance and Mindful Movement Olmeca
 - Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Strength: Kettlebells (30 Min) (M,F) Tolteca
 - Nature Walk with Rob Larson (60 Min) Meet at Gazebo
 - Chinese Calligraphy as Self Expression, with Li Huai (90 mins) Art Studio
- 1:00 □ Study of Professor Szekely's works, Session 1, with Miriam Merari Dorfman Library Lounge
 - Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST Tolteca
 - "What Should I Eat?" Making Sense of Macros, Blood Sugar, and Cravings in Midlife and Beyond, with Jodie G. Block, MS, RDN, CDN Tipai (across Kuchumaa Gym)
- 2:00 □ Aquatic: Shallow Water (M,W,F) Activity Pool
 - Longevity: Dynamic Mobility Olmeca
 - Mountain Hike: Alex's Oak Trail Moderate 2 Miles Gazebo
 - Pilates: Reformer Jumpboard (M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Recovery: Release & Mobilize (M,Th) Oaktree
 - Yoga: Gentle Aerial Hammock (Low) Please wear socks & long sleeves Kuchumaa
 - Inner Fitness: Old Patterns, New Possibilities: Rewiring the Way We Relate, with Kerena Saltzman, LCSW Tipai (across Kuchumaa Gym)
- 3:00 □ Longevity: Cardio Zone 2 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
 - Recovery: Foam Roller (M,F) Tolteca
 - Sound Healing (Su-F) Oaktree
 - Strength: TRX Core (30 Min) (M,Th) Pinetree
 - The Tree of Life for Health: Practical Application of Kabbalah for Mental, Emotional, Physical, Spiritual and Environmental Health, with Miriam Merari Dorfman Tipai
- 4:00 □ Breathwork (M,Th) Oaktree
 - Recovery: Stretch and Relax (M,W,F) Montaña
 - Guest Reception: Sangria & 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 □ China's Oldest Surviving Film, with Paul Pickowicz Olmeca

TUESDAY | JANUARY 20

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
- 6:30 □ 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 □ Advanced: Cardio Muscle Blast (T,Th) Azteca
 - Meditation (Su-F) Oaktree
 - Mobility: Stretch (Su-F) Montaña
 - Pickleball Clinic: Beginners (Su-F) Pickleball Courts
 - Pilates: Mat Foundations - Extension (Su-F) Pinetree
 - Strength: Barbell Workout (T,Th) Tolteca
- 10:00 □ Advanced: BOSU® & Battle Ropes Olmeca
 - Dance: Cardio Disco Kuchumaa
 - Pickleball Clinic: Intermediate (Su-F) Pickleball Courts
 - Pilates: Mat Level 2 (Su,T,Th) Pinetree
 - Strength: Circuit Training (M-F) Azteca
 - Yoga Level 2 Slow Flow (Su-F) Montaña
- 11:00 □ Specialty Yoga: Neutral Pelvis - in Forward Folds and Beyond, with Amy Caldwell (75 Min) (Su-F) Montaña
 - Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
 - Cardio: Cycle 45 Pai Pai
 - Mobility: Stretch (Su,T,F) Oaktree
 - Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Strength & Cardio: Circuit TRX & Toys Tolteca
 - Cooking with the Seasons, with Head Chef Vivian Mercado. Fee \$100. Register at Ext. 640/625. Return 2:30pm. Meet at Admin Bldg.
 - I Was in China Before Nixon! with Paul Pickowicz Library Lounge
- 1:00 □ Study of Professor Szekely's works, Session 2, with Miriam Merari Dorfman Library Lounge
 - Protein? Eating Well Without the Noise, with Jodie G. Block, MS, RDN, CDN Tipai (across Kuchumaa Gym)
 - Making a Smoothie Class with Chef César Juice Bar
- 2:00 □ Aquatic: Deep Water (Su,T,Th) Activity Pool
 - Mobility & Corrective: Balance & Coordination (T,F) Olmeca
 - Mobility: Strength & Stretch with Stick Mobility (T,F) Kuchumaa
 - Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Inner Fitness: Gratitude, Grief, and Showing Up, with Kerena Saltzman; LCSW Tipai (across Kuchumaa Gym)
- 3:00 □ Mobility: Dynamic Stretch (30 Min) (T,F) Pinetree
 - 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
 - Yoga Workshop: Intro to Kundalini for All Levels Montaña
 - The Tree of Life for Love: Practical Application of Kabbalah for Love in Every Area of Life, with Miriam Merari Dorfman Tipai (across Kuchumaa Gym)
- 4:00 □ Inner Journey: Guided Meditation (T,F) Oaktree
 - Yoga: Restorative (Su,T,Th) Montaña
 - Hands-On Cooking Class with Chef Esteban Lluis. Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
 - The Space Between No Longer and Not Yet, with Nita Major Tipai (across Kuchumaa Gym)
- 5:00 □ 1st Time Visitor's Reception with Barry Shingle, Director of Guest Experience Los Olivos
- 7:15 □ Movie: *The Roses* Library Lounge
- 8:00 □ Bingo & Games with Barry! Olmeca

WEDNESDAY | JANUARY 21

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 Advanced: Full Body Strength (Su,W), Olmeca
 Meditation (Su-F) Oaktree
 Mobility: Stretch (Su-F) Montaña
 Pickleball Clinic: Beginners (Su-F) 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 Advanced: Cardio Sculpt Express (30 min) (M,W) Olmeca
 Barre (M,W,F) Pinetree
 Dance: Cardio Drumming Kuchumaa
 Pickleball Clinic: Intermediate (Su-F) Pickleball Courts
 Strength: Circuit Training (M-F) Azteca
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga Level 2 Slow Flow (Su-F) Montaña
 Landscape Garden Walk with Enrique Ceballos Gazebo

11:00 Specialty Yoga: Long, Strong Core! with Amy Caldwell (75 Min) (Su-F) Montaña
 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: Core & More (W,F) Olmeca
 Strength: TRX & Kettlebells Level 2 Tolteca
 Nature Walk with Rob Larson (60 Min) Meet at Gazebo
 Chinese Calligraphy as Self Expression, with Li Huai (90 mins) Art Studio

1:00 Study of Professor Szekely's works, Session 3, with Miriam Merari Dorfman Library Lounge
 Cracked, But Not Broken: A Film and Conversation on Hope and Healing, with Jessica Zemple Tipai (across Kuchumaa Gym)

2:00 Aerial: Stretch & Mobility Active (Low Hammock) Please wear socks and long sleeves. Kuchumaa
 Aquatic: Shallow Water (M,W,F) Activity Pool
 Tai Chi Montaña
 Lowlands Hike: Woodlands Trail 2 Miles, Gazebo
 Mobility & Corrective: Postural Awareness (Su,W) Tolteca
 Pilates: Reformer Jumpboard (M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Inner Fitness: Reawakening the Heart's Desire: A Return to Aliveness, with Kerena Saltzman, LCSW 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
 The Tree of Life for Life Transitions: Practical Application of Kabbalah for Life Cycle Transitions - Birth, Death, and Everything in-between, with Miriam Merari Dorfman Tipai (across Kuchumaa Gym)

4:00 Chant: A Vocal Sound Practice (Su,W) Milagro
 Recovery: Stretch and Relax, (M,W,F) Montaña
 Hands-On Cooking Class with Chef Esteban Lluis. Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
 Tasting of Guadalupe Valley Wines, includes cheese board (60min). Fee \$45 Call Ext.113 or visit the Main Lounge to Sign Up (Minimum 4 guests required) Bazar del Sol
 Dismantling the Myth of Purpose, with Nita Major Tipai (across Kuchumaa Gym)

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

THURSDAY | JANUARY 22

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 Extreme Breakfast *Challenging. Sign up. Gazebo
 Mountain Hike: Professor's Trail Advanced, 3.3 Miles Gazebo
 6:30 Yoga: Sunrise All Levels (60 Min) (T,Th) Montaña
 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 Advanced: Cardio Muscle Blast (T,Th) Azteca
 Meditation (Su-F) Oaktree
 Mobility: Stretch (Su-F) Montaña
 Pickleball Clinic: Beginners (Su-F) Pickleball Courts
 Pilates: Mat Foundations - Rotation (Su-F) Pinetree
 Strength: Barbell Workout (T,Th) Tolteca

10:00 Advanced: BOSU® & Battle Ropes Olmeca
 Dance: Intro to Salsa Kuchumaa
 Pickleball Clinic: Intermediate (Su-F) Pickleball Courts
 Pilates: Mat Level 2 (Su,T,Th) Pinetree
 Strength: Circuit Training (M-F) Azteca
 Yoga Level 2 Slow Flow (Su-F) Montaña

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 Yoga: Putting it All Together – Hug In To Expand Out, with Amy Caldwell (75 Min) (Su-F) Montaña
 Advanced: High Intensity Interval Training (30 Min) (Su,Th) Tolteca
 Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
 Cardio & Strength: Cycle Strength Pai Pai
 Longevity: Strength Training (Su,Th), Olmeca
 Movement: Introduction to TRX Fundamentals (M,Th) Pinetree
 Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Friends of Bill W. (12 steps - Participant-guided) Library Lounge
 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 in Main Lounge. Dining Hall at the Patio Terrace

12:30 Yarn Painting Demo with Tim Hinchliff Dining Hall entrance

1:00 Study of Professor Szekely's works, Session 4, with Miriam Merari Dorfman Library Lounge
 Grief as a Companion: A Conversation on Loss and Love, with Jessica Zemple Tipai (across Kuchumaa Gym)
 Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff. Sign up in the Main Lounge, Art Kit Fee \$60 + tax. Dining Hall Balcony

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
 Recovery: Release & Mobilize (M,Th) Oaktree
 Strength: Circuit Training (Su,Th) Azteca
 Inner Fitness: Building the Village: Practices and Principles for Meaningful Community, with Kerena Saltzman, LCSW Tipai (across Kuchumaa Gym)

3:00 Longevity: Heart Rate Training (30 Min) Azteca
 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
 Yoga Workshop: Rope Wall Montaña
 Spanish Lessons: Beginners Progressive Library Lounge

4:00 Breathwork (M,Th) Oaktree
 Yoga: Restorative (Su,T,Th) Montaña
 Art, Stories and Poetry, with Tim Hinchliff 90 mins, Bazar del Sol
 The Anatomy of You, with Nita Major Tipai (across Kuchumaa Gym)

4:45 Chef's Table Dinner, Visiting Chef Esteban Lluis and Head Chef Vivian Mercado. Fee \$150. Register at Ext.640/625. Return 7:30pm. Meet at Admin Bldg.

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

8:00 Piano Concert with Aleck Karis: Mozart & Chopin Program Oaktree

FRIDAY | JANUARY 23

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

9:00 Meditation (Su-F) Oaktree
 Mobility: Stretch (Su-F) Montaña
 Pickleball Clinic: Beginners (Su-F) 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: Broadway Kuchumaa
 Free Flow: Rooted In Feldenkrais (Su,F) Oaktree
 Pickleball Clinic: Intermediate (Su-F) Pickleball Courts
 Strength: Circuit Training (M-F) Azteca
 Yoga Level 2 Slow Flow (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 Yoga: Play on the Path Toward Arm Balances and Inversions, with Amy Caldwell (75 Min) (Su-F) Montaña
 Advanced: TRX Strength & Cardio (M,F) Pinetree
 Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
 Mobility: Stretch (Su,T,F) Oaktree
 Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Strength: Core & More (W,F) Olmeca
 Strength: Kettlebells (30 Min) (M,F) Tolteca
 Indigenous Wisdom Walk with Norma Meza Meet Outside Kuchumaa Gym

11:30 Challah Baking with Miriam Merari Dorfman (Please sign up) Los Olivos

1:00 Take The Ranch Home: Goal & Intention Setting 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 Mobility: Dynamic Stretch (30 Min) (T,F) Pinetree
 Recovery: Foam Roller (M,F) Tolteca
 Sound Healing (Su-F) Oaktree
 Strength: The ABC's - Arms/Butt/Core (30 Min) (T,F) Olmeca
 Spanish Lessons: Beginners Progressive Library Lounge

4:00 Inner Journey: Guided Meditation (T,F) Oaktree
 Recovery: Stretch and Relax (M,W,F) Montaña
 Unlocking Your Purpose, with Nita Major Tipai (across Kuchumaa Gym)

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