

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	Available Facilities* *when no class is in session
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	Milagro - Meditation Room 6:00 am to 9:00 pm
Snack Times: Sunday- Friday Fruit 10:30 am Main Lounge Smoothies 2:45 pm Juice Bar Veggies/Juice 4:30 pm Main Lounge	Activity Pool - Lap Swim 7:00 am to 5:00 pm
Bazar Del Sol: Saturday- Friday 6:00 am to 9:00 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)
Juice Bar: Saturday - Friday 9:00 am to 12:00 pm & 1:00 pm 4:00 pm	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

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 Lluís. 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
- 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** ☐ **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