

Week of April 18, 2026

Gyrokinesis with Kathy Van Patten

Pickleball with Mo Garcia & Aaron Garcia

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 take 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 the Pilates Studio at the Arroyo Gym.
- **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.
- **Use Proper Footwear**
 - **HIKES:** Hiking boots with lugs.
 - **PICKLEBALL & TENNIS:** Court Shoes.
 - **STRENGTH CLASSES:** Close-Toed Shoes.

SATURDAY | APRIL 18

- 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 ☐ Mobility: Stretch Montaña
 ☐ Sound Healing Oaktree
- 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 ☐ Unfurl the Power of Labyrinth Walking, with Deborah Burand 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</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 | APRIL 19

Class spaces are limited to first come first served.

- 6:15 ☐ Mountain Hike: Pilgrim Trail (Su,W) 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 (Su,T,Th) 2 Miles, Gazebo
 7:00 ☐ Bird Walk (60 Min) Gazebo
- 8:00 ☐ Pilates Concierge (15 min) (Su-F) 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 ☐ Specialty Beginner's Pickleball Clinic - Serves & Return of Serves with Mo & Aaron Garcia (Su,M,Th) Court shoes are recommended. Pickleball Courts
 ☐ Advanced: Full Body Strength (Su,W) Olmeca
 ☐ Meditation (Su-F) Oaktree
 ☐ Mobility: Stretch (Su-F) offered in Montaña and Kuchumaa
 ☐ Pilates: Mat Foundations - Neutral & Spinal Articulation (Su-F) Pinetree
 ☐ Strength: Introduction to Circuit Training Azteca
- 10:00 ☐ Specialty Intermediate & Advanced Pickleball Clinic - Serves & Return of Serves with Mo & Aaron Garcia (Su,M,Th) Court shoes recommended. Pickleball Courts
 ☐ Chant: A Vocal Sound Practice (Su,W) Milagro
 ☐ Dance: Swing Kuchumaa
 ☐ Pilates: Reformer Level 1 (Su,T,Th)
 ☐ Strength: BOSU® Fit (Su,T) Olmeca
 ☐ Strength: Introduction to Circuit Training Azteca
 ☐ Yoga Level 1 - Foundations (Su-F) Montaña
- 11:00 ☐ Specialty: Gyrokinesis with Kathy Van Patten (50 Min) (Su-F) Pinetree
 ☐ Aquatic: Shallow Water (Su,M,W,F) Activity Pool
 ☐ Cardio: Cycle Hip Hop (30 Min) Pai Pai
 ☐ Longevity: Strength Training (Su,Th) Olmeca
 ☐ Pilates: Reformer Level 2 (Su,T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo
 ☐ Yoga Level 2 Slow Flow (75 Min) (Su,M,W,Th,F) Montaña
- 1:00 ☐ Specialty: Gyrotonic Tower Demonstration with Kathy Van Patten (30 Min) Pilates Studio in Arroyo
 ☐ Friends of Bill W. (12 steps - Participant-guided) Library Lounge
 ☐ Master Your Metabolism with DeRahn Johnson Olmeca
 ☐ Water Flow Therapy Demo South Pool
 ☐ Your Next Meal Matters: Top Anti-Inflammatory Foods Through a Culinary Medicine Lens, with Dr. Sabrina Falquier, MD, CCMS, DipABLM, culinary instructor Tipai
- 2:00 ☐ Specialty Pickleball: All Levels Clinic - Dink with a purpose, Offensive & Defensive approach with Mo & Aaron Garcia (Su-Th) Pickleball Courts
 ☐ Aquatic: Deep Water (Su-Th) Activity Pool
 ☐ Longevity: Lecture. How to Own Your Aging Process Olmeca
 ☐ Pilates: Reformer Level 1 (Su,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo
 ☐ Strength: Circuit Training (Su,Th) Azteca
- 3:00 ☐ Advanced: Bodyweight Blast (30 Min) (Su,W) Tolteca
 ☐ Pilates: Reformer Level 1 (Su,M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo
 ☐ Sound Healing (Su-F) Oaktree
- 4:00 ☐ Specialty Pickleball Classroom Session - Rules, Etiquette, Equipment with Mo & Aaron Garcia (Su,T,Th) Olmeca
 ☐ Recovery: Foam Roller (Su,T,Th)Tolteca
 ☐ Yoga: Restorative (Su,T,Th) Montaña
 ☐ Hand-Binding a Sketchbook with Clayton Merrell, MFA 90 mins Art Studio
- 7:15 ☐ Movie: *Conclave* Library Lounge
- 8:00 ☐ Concert: S' Wonderful!...The Music of George Gershwin and Cole Porter with Dave Powers and Louis Tsamous Oaktree

MONDAY | APRIL 20

Class spaces are limited to first come first served.

- 6:15 ☐ Mountain Hike: Professor's Trail (S,M,Th) Advanced, 3.3 Miles, Gazebo
 6:30 ☐ Meditation Hike: Dove Trail 1.2 Miles, Gazebo
 6:45 ☐ Lowlands Hike: Quail Trail (M,W,F) Moderate, 2 or 2.5 Miles, Gazebo
- 8:00 ☐ Pilates Concierge (15 min) (Su-F) Arroyo
- 9:00 ☐ Specialty Beginner's Pickleball Clinic - 3rd Shot Drop, 3rd Shot Drive with Mo & Aaron Garcia (Su,M,Th) Court shoes recommended. Pickleball Courts
 ☐ Meditation (Su-F) Oaktree
 ☐ Mobility: Stretch (Su-F) offered in Montaña and Kuchumaa
 ☐ 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) Court shoes recommended. Tennis Courts
 ☐ Art Walk: Sculptures, with Rob Larson Meet at Gazebo
- 10:00 ☐ Specialty Intermediate & Advanced Pickleball Clinic - 3rd Shot Drop, 3rd Shot Drive with Mo & Aaron Garcia (Su,M,Th) Court shoes recommended. Pickleball Courts
 ☐ Advanced: Battle Ropes HIIT (30 Min) Olmeca
 ☐ Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
 ☐ Dance: Intro to Salsa (M,F) Kuchumaa
 ☐ Pilates: Mat Level 2 (M,W,F) Pinetree
 ☐ Strength: Circuit Training (M-F) Azteca
 ☐ Tennis Clinic: Level 2 (M,W) Court shoes recommended. Tennis Courts
 ☐ Yoga Level 1 - Balance (Su-F) Montaña
- 11:00 ☐ Specialty: Gyrokinesis with Kathy Van Patten (50 Min) (Su-F) Pinetree
 ☐ Aquatic: Shallow Water (Su,M,W,F) Activity Pool
 ☐ Barre (M,W) Olmeca
 ☐ Cardio & Strength: Mini Trampoline Build & Bounce (M,W) Kuchumaa
 ☐ Longevity Cardio: Heart Rate Training from Zone 2 to HIIT (M,F) Azteca
 ☐ Pilates: Reformer Level 1 (M,W,F) Sign-up begins at 8am at the Pilates Studio in Arroyo
 ☐ Yoga Level 2 Slow Flow (75 Min) (Su,M,W,Th,F) Montaña
 ☐ Friends of Bill W. (12 steps - Participant-guided) Library Lounge
 ☐ Nature Walk with Rob Larson (60 Min) Meet at Gazebo
- 1:00 ☐ A Perfect Lifestyle: Food, Drink, Sex and Chocolate, with Robert Vogel, MD Tipai
- 2:00 ☐ Specialty Pickleball: All Levels Clinic - Lobs, Offensive and Defensive with Mo & Aaron Garcia (Su-Th) Pickleball Courts
 ☐ Aquatic: Deep Water (Su-Th) Activity Pool
 ☐ Pilates: Reformer Jumpboard (M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo
 ☐ Recovery: Release & Mobilize (M,F) Oaktree
 ☐ Yoga: Gentle Aerial Hammock (Low) (M,T,Th) Please wear socks & long sleeves. Kuchumaa
 ☐ Inner Fitness: The Art of Tricky Conversations, with Amy Matthews Tipai
- 3:00 ☐ Advanced: Cardio Sculpt Express (30 Min) (M,Th) Olmeca
 ☐ Mobility & Corrective: Postural Awareness (M,Th) Tolteca
 ☐ Pilates: Reformer Level 1 (Su,M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo
 ☐ Sound Healing (Su-F) Oaktree
- 4:00 ☐ Inner Journey: Guided Meditation (M,W,F) Oaktree
 ☐ Mobility: Stretch and Relax (M,W,F) Montaña
 ☐ Color Perception: New Eyes, with Clayton Merrell (75 mins) Meet at Library Lounge, then to Art Studio
 ☐ Day One's Labyrinth Walk: Releasing Old Ways of Seeing, with Deborah Burand Labyrinth
- 5:00 ☐ 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 ☐ Violin and Cello Concert with Pei-Chun Tsai and Joanna Morrison Oaktree

TUESDAY | APRIL 21

Class spaces are limited to first come first served.

- 6:05 ☐ Organic Garden Breakfast Hike (T-F) 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 (T,F) 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 (Su,T,Th) 2 Miles, Gazebo
 7:00 ☐ Bird Walk (60 Min) Gazebo
 8:00 ☐ Pilates Concierge (15 min) (Su-F) Arroyo
 9:00 ☐ Specialty Intermediate / Advanced Pickleball Clinic - Block Volley's, Chip Volley's with Mo & Aaron Garcia (T,W) Court shoes recommended. Pickleball Courts
 ☐ Advanced: Cardio Muscle Blast (T,Th) Azteca
 ☐ Meditation (Su-F) Oaktree
 ☐ Mobility: Stretch (Su-F) offered in Montaña and Kuchumaa
 ☐ Pilates: Mat Foundations - Extension (Su-F) Pinetree
 ☐ Strength: Barbell Workout (T,Th) Tolteca
- 10:00 ☐ Specialty Beginner's Pickleball Clinic - Block Volley's, Chip Volley's with Mo & Aaron Garcia (T,W) Court shoes recommended. Pickleball Courts
 ☐ Dance: Cardio Drumming Kuchumaa
 ☐ Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo
 ☐ Strength: BOSU® Fit (Su,T) Olmeca
 ☐ Strength: Circuit Training (M-F) Azteca
 ☐ Yoga Level 1 – Strength (Su-F) Montaña
- 11:00 ☐ Specialty: Gyrokinesis with Kathy Van Patten (50 Min) (Su-F) Pinetree
 ☐ Aquatic: Strength & Tone (Shallow Water) (T,Th) Activity Pool
 ☐ Cardio: Cycle Express (30 Min) Pai Pai
 ☐ Pilates: Reformer Level 2 (Su,T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo
 ☐ Strength: Kettlebells (30 Min) (T,Th) Tolteca
 ☐ Yoga Sculpt: Level 2 (60 Min) Olmeca
 ☐ **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
 ☐ From Labels to Longevity: Understanding Your Food, with Robert Vogel MD Tipai
- 2:00 ☐ Specialty Pickleball: All Levels Clinic - Overhead smash with Mo & Aaron Garcia (Su-Th) Pickleball Courts
 ☐ Aquatic: Deep Water (Su-Th) Activity Pool
 ☐ Mobility & Corrective: Balance & Coordination (T,F) Olmeca
 ☐ Yoga: Gentle Aerial Hammock (Low) (M,T,Th) Please wear socks & long sleeves. Kuchumaa
 ☐ Inner Fitness: Power + Confidence, with Amy Matthews Tipai
- 3:00 ☐ Pilates: Tower Level 1 (T,Th) Sign-up begins at 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
- 4:00 ☐ Specialty Pickleball Classroom Session - The Psychology of Pickleball: Addiction, Affliction, or Euphoria? How to feed the Pickleballer's Brain with Mo & Aaron Garcia (Su,T,Th) Olmeca
 ☐ Recovery: Foam Roller (Su,T,Th) Tolteca
 ☐ Yoga: Restorative (Su,T,Th) Montaña
 ☐ Hands-On Cooking Class with Dr. Sabrina Falquier, MD, CCMS, DipABLM, culinary instructor, Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
 ☐ Color Preferences: Learning to Love All Colors, with Clayton Merrell (75 mins) Meet at Library Lounge, then to Art Studio
- 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: *The Roses* Library Lounge
 8:00 ☐ Bingo and Games! with Barry Olmeca

WEDNESDAY | APRIL 22

Class spaces are limited to first come first served.

- 6:05 **Organic Garden Breakfast Hike** (T-F) 4 Miles, Sign up with Concierge, Gazebo
- 6:15 **Mountain Hike: Pilgrim Trail** (Su,W) Advanced, 3.5 or 4.5 Miles, Gazebo
- 6:30 **Meditation Hike: Rolling Hills** 2 Miles, Gazebo
- 6:45 **Lowlands Hike: Quail Trail** (M,W,F) Moderate, 2 or 2.5 Miles, Gazebo
- 8:00 **Pilates Concierge** (15 min) (Su-F) Arroyo
- 9:00 **Specialty Intermediate / Advanced Pickleball Clinic - Half Volley's Drops/Drives with Mo & Aaron Garcia** (T,W) Court shoes recommended. Pickleball Courts
- Advanced: Full Body Strength** (Su,W), Olmeca
- Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) offered in Montaña and Kuchumaa
- Pilates: Mat Foundations - Lateral Flexion** (Su-F) Pinetree
- Strength: Circuit Training** (M,W,F) Azteca
- Tennis Clinic: Level 1** (M,W) Court shoes recommended. Tennis Courts
- Art Walk: Crafts, with Rob Larson** Meet at Gazebo
- 10:00 **Specialty Beginner's Pickleball Clinic - Half Volley's Drops/Drives with Mo & Aaron Garcia** (T,W) Court shoes recommended. Pickleball Courts
- Aquatic: H2O Boot Camp (Deep Water)** (M,W,F) Activity Pool
- Chant: A Vocal Sound Practice** (Su,W) Milagro
- Dance: Intro to Merengue** Kuchumaa
- Pilates: Mat Level 2** (M,W,F) Pinetree
- Strength: Circuit Training** (M-F) Azteca
- Tennis Clinic: Level 2** (M,W) Court shoes recommended. Tennis Courts
- Yoga Level 1 - Centering** (Su-F) Montaña
- Landscape Garden Walk with Enrique Ceballos** Gazebo
- 11:00 **Specialty: Gyrokinesis with Kathy Van Patten** (50 Min) (Su-F) Pinetree
- Aquatic: Shallow Water** (Su,M,W,F) Activity Pool
- Barre** (M,W) Olmeca
- Cardio & Strength: Mini Trampoline Build & Bounce** (M,W) Kuchumaa
- Pilates: Reformer Level 1** (M,W,F) Sign-up begins at 8am at the Pilates Studio in Arroyo
- Strength & Cardio: TRX Circuit** Toltca
- Yoga Level 2 Slow Flow** (75 Min) (Su,M,W,Th,F) Montaña
- Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
- 1:00 **Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 Min) Library Lounge
- The Science of Exercise: How to Get the Greatest Benefit from Working Out, with Robert Vogel MD** Tipai
- 2:00 **Specialty Pickleball: All Levels Clinic - Below the Waist Volley's with Mo & Aaron Garcia** (Su-Th) Pickleball Courts
- Aquatic: Deep Water** (Su-Th) Activity Pool
- Mobility: Strength & Stretch with Stick Mobility** (W,F) Kuchumaa
- Pilates: Reformer Jumpboard** (M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo
- Set & Live Your Intention with Jill T.** Milagro
- Inner Fitness: Mental Traps that Hijack Joy + Ease, with Amy Matthews** Tipai
- 3:00 **Advanced: Bodyweight Blast** (30 Min) (Su,W) Toltca
- Longevity: Balance and Mindful Movement** Olmeca
- Pilates: Reformer Level 1** (Su,M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo
- Sound Healing** (Su-F) Oaktree
- 4:00 **Inner Journey: Guided Meditation** (M,W,F) Milagro
- Recovery: Stretch and Relax** (M,W,F) Montaña
- Complicated Color: Looking Closer, with Clayton Merrell** (75 mins) Meet at Library Lounge, then to Art Studio
- Day Two's Labyrinth Walk: Receiving New Ways of Filling the Well, with Deborah Burand** Labyrinth
- Hands-On Cooking Class with Dr. Sabrina Falquier, MD, CCMS, DipABLM, culinary instructor**, Fee\$145. Register at ext.640/625. Return at 7:30 pm. Meet at Admin Bldg
- Tasting of Guadalupe Valley Wines, includes cheese board** (60min) Fee \$55 Call Ext.113 or visit the Main Lounge to Sign Up (Minimum 6 guests required) Bazar del Sol
- 7:15 **Movie: One Life** Library Lounge
- 8:00 **In Conversation 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 | APRIL 23

Class spaces are limited to first come first served.

- 6:05 **Organic Garden Breakfast Hike** (T-F) 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** (M,Th) Advanced, 3.3 Miles Gazebo
- 6:30 **Yoga: Sunrise All Levels** (60 Min) (T,Th) Montaña
- 6:45 **Lowlands Hike: Woodlands Trail** (Su,T,Th) 2 Miles Gazebo
- 7:00 **Bird Walk** (60 Min) Gazebo
- 8:00 **Pilates Concierge** (15 min) (Su-F) Arroyo
- 8:15 **Fitness Concierge** (30 Min) (Su,Th) Dining Hall
- 9:00 **Specialty Beginner's Pickleball Clinic - Top Spin Drives with Mo & Aaron Garcia** (Su-Th) Court shoes are recommended. Pickleball Courts
- Advanced: Cardio Muscle Blast** (T,Th) Azteca
- Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) offered in Montaña and Kuchumaa
- Pilates: Mat Foundations - Rotation** (Su-F) Pinetree
- Strength: Barbell Workout** (T,Th) Toltca
- 10:00 **Specialty Intermediate Pickleball Clinic - Top Spin Drives with Mo & Aaron Garcia** (Su-Th) Court shoes are recommended. Pickleball Courts
- Advanced: BOSU® & Battle Ropes** Olmeca
- Dance: Latin Fusion** Kuchumaa
- Free Flow: Rooted In Feldenkrais** (Su,Th) Oaktree
- Pilates: Reformer Level 1** (Su,T,Th)
- Strength: Circuit Training** (M-F) Azteca
- Yoga Level 1 - Opening** (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: Gyrokinesis with Kathy Van Patten** (50 Min) (Su-F) Pinetree
- Aquatic: Strength & Tone** (Shallow Water) (T,Th) Activity Pool
- Cardio & Strength: Cycle Strength** Pai Pai
- Longevity: Strength Training** (Su,Th) Olmeca
- Pilates: Reformer Level 2** (Su,T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo
- Strength: Kettlebells** (30 Min) (T,Th) Toltca
- Yoga Level 2 Slow Flow** (75 Min) (Su,M,W,Th,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
- 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 **Alzheimer's Disease and Other Dementias: Prevention, Diagnosis, Treatment, and Caregiving, with Robert Vogel MD** Tipai
- Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff.** Art Kit Fee \$60 + tax. Sign up in the Main Lounge. Dining Hall Balcony
- 2:00 **Specialty Pickleball: All Levels Clinic - Coach Mo's Specialty Shots with Mo & Aaron Garcia** (Su-Th) Pickleball Courts
- Aquatic: Deep Water** (Su-Th) Activity Pool
- Longevity: Lecture - Planning your Home Practice** Olmeca
- Pilates: Reformer Level 1** (Su,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo
- Yoga: Gentle Aerial Hammock** (Low) (M,T,Th) Please wear socks & long sleeves Kuchumaa
- Inner Fitness: Creating Your Authentic Brand, with Amy Matthews** Tipai
- 3:00 **Advanced: Cardio Sculpt Express** (30 Min) (M,Th) Olmeca
- Mobility & Corrective: Postural Awareness** (M,Th) Toltca
- Pilates: Tower Level 1** (T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo
- Sound Healing** (Su-F) Oaktree
- Spanish Lessons: Beginners Progressive** Library Lounge
- 4:00 **Specialty Pickleball Classroom Session - The Plan! Have a strategy. High probability Pickleball. with Mo & Aaron Garcia** (Su,T,Th) Olmeca
- 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
- Natural and Artificial Color: Making Paint from Local Pigments, with Clayton Merrell** (75 mins) Meet at Library Lounge, then to Art Studio
- 4:45 **Farm-to-Table Dining Experience with Dr. Sabrina Falquier, MD, CCMS, DipABLM, culinary instructor 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: The Swinging 60's...a bit of all things musically from the Peace and Love Decade with Dave Power and Louis Tsamous** Oaktree

FRIDAY | APRIL 24

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** (T-F) 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** (T,F) 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** (M,W,F) Moderate, 2 or 2.5 Miles, Gazebo
- 8:00 **Pilates Concierge (15 min) (Su-F) Arroyo**
- Specialty Pickleball: Beginner's Round Robin Tournament** (2 Hours) Sign Up, court shoes recommended. Pickleball Courts
- 9:00 **Meditation** (Su-F) Oaktree
- Mobility: Stretch (Su-F) offered in Montaña and Kuchumaa**
- 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 **Specialty Pickleball: Intermediate Round Robin Tournament** (2 Hours) Sign Up, court shoes are recommended. Pickleball Courts
- Aquatic: H2O Boot Camp (Deep Water)** (M,W,F) Activity Pool
- Dance: Intro to Salsa** (M,F) Kuchumaa
- Pilates: Mat Level 2** (M,W,F) Pinetree
- Strength: Circuit Training** (M-F) Azteca
- Yoga Level 1 – Integration** (Su-F) Montaña
- 10:30 **Mercado Craft Sale** ongoing until 2:30 pm Mercado Patio
- Featured Artisans & Brands:**
- Wayuu Bags
 - *Delicias Mexicanas – Traditional Mexican Sweets*
 - Punto & Nudo Home Decor
 - MAPACHE Arts & Crafts
- 11:00 **Specialty: Gyrokinesis with Kathy Van Patten** (50 Min) (Su-F) Pinetree
- Aquatic: Shallow Water** (Su,M,W,F) Activity Pool
- Longevity Cardio: Heart Rate Training from Zone 2 to HIIT** (M,F) Azteca
- Pilates: Reformer Level 1** (M,W,F) Sign-up begins at 8am at the Pilates Studio in Arroyo
- Strength: TRX & Kettlebells Level 2** Toltca
- Yoga Level 2 Slow Flow** (75 Min) (Su,M,W,Th,F) Montaña
- 1:00 **Set Your Return to Home Intention with Jill T.** Toltca
- 2:00 **Labyrinth** Meet at Emily's Forest
- Mobility & Corrective: Balance & Coordination** (T,F) Olmeca
- Mobility: Strength & Stretch with Stick Mobility** (W,F) Kuchumaa
- Recovery: Release & Mobilize** (M,F) Oaktree
- Inner Fitness: Finding Your Purpose, with Amy Matthews** Tipai

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

- 3:00 **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
- Day Three's Labyrinth Walk: Returning Home with a Refreshed Creative Spirit, with Deborah Burand** Labyrinth

- 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