

# Brain Training with Ryan Glatt

## Tai Chi & Qi Gong with Wendy Smith

### December 21, 2024

**Stay Flexible**, in more ways than one! After you secure your spa appointments, try sketching out your personal program for an entire week, or take it day by day. Our Fitness Concierge is always ready to help you get the most out of your week. You'll soon discover many "don't miss!" experiences that inspire schedule changes. **Seek a balance** when considering the many options for movement, nutrition, relaxation, entertainment, and learning.

**Keep in mind** a few guidelines for the week:

- We are a **"digital noise-free environment"**. Please turn off ringers and alerts on your devices. If you must answer or make a call, do so in the privacy of your room, or the Administration Building.
- **"Progressive"** classes are a continuum over several days. Your knowledge of that particular discipline *and* your fitness Level will grow with each passing day. If you miss the first day, don't despair; you can still drop in on subsequent days.
- **Sign ups** for classes are posted in the Main Lounge clipboards.
- **Classes are on a 1<sup>st</sup> come; 1<sup>st</sup> served** based on equipment availability.
- **Classes and activities begin on time and last 45 minutes unless noted otherwise.**

### SATURDAY | December 21

- 6:15  **Mountain Hike: Professor's** Challenging, 3.3 Miles, Gazebo  
 6:45  **Lowlands Hike: Woodlands 2** Miles, Gazebo

- 9:00  **Stretch** Pinetree

- 10:00  **Circuit Training** Azteca  
 **Meditation** Milagro

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

- 1:00  **Fitness Concierge** Dining Hall

- 2:00  **Core Express** (30 Min) Olmeca

- 3:00  **Sound Healing** Oaktree  
 **Stretch** Pinetree

- 4:30  **Ranch Tour** (Recommended for 1<sup>st</sup> time guests) Gazebo

- 5:00  **First Time Guest Orientation** Olmeca  
 **Returning Guest Update** Tolteca

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

- 7:30  **Movie: What Happens Later** Library Lounge

- 8:00  **The Journal as a Starting Place, with Rita Jacobs, Ph.D.** Olmeca

<p><b>MEAL HOURS</b>  <b>SATURDAY</b>          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><b>SUNDAY THROUGH FRIDAY</b>          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><b>SNACK TIMES</b>  <b>SUNDAY THROUGH FRIDAY</b>          Fruit 10:30 am Main Lounge          Smoothies 2:45 pm Juice Bar          Veggies/Juice 4:30 pm Main Lounge</p>	<p><b>AVAILABLE FACILITIES WHEN NO CLASS IS IN SESSION</b>  <b>Milagro - Meditation Room</b>          6:00 am to 9:00 pm  <b>Activity Pool - Lap Swim</b>          7:00 am to 6:00 pm  <b>Azteca Gym - Weight Room</b>          Saturday: 6:30 am to 1:30 pm          Sunday – Friday:          7:00 am to 5:00 pm  <b>UNSTAFFED PICK-UP GAMES</b>  <b>Pickleball open play: all levels</b>          11am: Su,T,Th,F          9am: M,W</p>
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### SUNDAY | DECEMBER 22

*Class spaces are limited to first come first served*

- 6:15  **Mountain Hike: Pilgrim** Advanced, 3.5 or 4.5 Miles, Gazebo  
 6:45  **Lowlands Hike: Woodlands 2** Miles, Gazebo

- 7:00  **Bird Walk with Rob Larson** Gazebo

- 8:15  **Tour and Orientation** Recommended for 1<sup>st</sup> time guests Dining Hall  
 **Fitness Concierge** (30 Min) Dining Hall

- 9:00  **Circuit Training**, Azteca  
 **Full Body Strength: Level 2**, Olmeca  
 **Meditation**, Oaktree  
 **Pickleball Clinic: Beginner**, Pickleball Courts  
 **Pilates: Mat Fundamentals Progressive**, Pinetree  
 **Stretch**, Montaña  
 **TRX Fundamentals**, Tolteca

- 10:00  **BOSU® Fit**, Olmeca  
 **Circuit Training**, Azteca  
 **Dance: Latin Fusion**, Kuchumaa  
 **Pickleball Clinic: Intermediate**, Pickleball Courts  
 **Pilates: Mat Level 2**, Pinetree  
 **TRX Strength HIIT: Level 2**, Tolteca  
 **Yoga: Fundamentals**, Montaña

- 11:00  **Core & More**, Olmeca  
 **Kettlebells** (30 Min), Tolteca  
 **Pilates: Reformer Fundamentals**, Pilates Studio  
 **Rebounder Express (30 Min)**, Kuchumaa  
 **Shallow Water Workout**, Activity Pool  
 **Specialty: Tai Chi / Qi Gong**, Oaktree  
 **Yoga: Level 2 (75 min)**, Montaña

- 12:00  **Swim Stroke Clinic** (30 Min), Activity Pool  
 1:00  **Feldenkrais: Improving Posture & Balance - Lecture with Donna Wood** Oaktree  
 **Secrets to Better Pickleball**, Tolteca  
 **Water Flow Therapy Demo** South Pool

- 2:00  **Deep Water Training**, Activity Pool  
 **Pilates: Reformer Fundamentals**, Pilates Studio  
 **Postural Awareness**, Tolteca  
 **Specialty Lecture: Brain Health & Longevity**, Olmeca  
 **Organic Tea Tasting** (30 Min) Juice Bar

- 3:00  **Pilates: Reformer Fundamentals**, Pilates Studio  
 **Sound Healing**, Oaktree  
 **Stick Mobility**, Pinetree  
 **Tabata HIIT (30 Min)**, Olmeca  
 **Radical Acceptance: Tapping into Life, with Rachel Fleischman** Arroyo

- 4:00  **Foam Roller Recovery**, Tolteca  
 **Mind-Flow 101: Mindfulness Through Improv**, Oaktree  
 **Restorative Yoga**, Montaña  
 **Live Music with Sergio Ramos** (60 Min), Bazar del Sol  
 **Journal Writing Workshop: The List of 100 Desires, with Rita Jacobs, Ph.D.** Library Lounge

- 7:00  **Film: Miracle in a Box, narrated by John Lithgow** (56 min) Library Lounge

- 8:00  **Overview of How to Improve Your Mind as You Age, with Michael Gelb** Olmeca

### MONDAY | DECEMBER 23

*Class spaces are limited to first come first served*

- 6:15  **Mountain Hike: Professor's** Challenging, 3.3 Miles, Gazebo  
 6:45  **Lowlands Hike: Quail** Moderate, 2 or 2.5 Miles, Gazebo  
 7:00  **Nature Walk with Rob Larson** Gazebo

- 9:00  **Barbell Strength: Level 2**, Tolteca  
 **Cardio & Core Challenge: Level 2 (30 Min)**, Olmeca  
 **Circuit Training**, Azteca  
 **Meditation**, Oaktree  
 **Pilates: Mat Fundamentals Progressive**, Pinetree  
 **Stretch**, Montaña  
 **Tennis Clinic: Level 1**, Tennis Courts

- 10:00  **Circuit Training**, Azteca  
 **Dance: Move & Groove, Funk!**, Kuchumaa  
 **H2O Boot Camp (Deep Water Workout)**, Activity Pool  
 **Pilates on the Stability Ball Level 2**, Olmeca  
 **Ranch Cycle: All Levels**, Pai Pai  
 **Tennis Clinic: Level 2**, Tennis Courts  
 **TRX Core (30 Min)**, Tolteca  
 **Yoga: Fundamentals**, Montaña

- 11:00  **Booty Blast** (30 Min), Olmeca  
 **Bungee Fitness**, Advanced. Requires the use of a harness device. Please wear long pants, Sign up Pinetree  
 **Pickleball Clinic: Beginner**, Pickleball Courts  
 **Pilates: Reformer Fundamentals**, Pilates Studio  
 **Shallow Water Workout**, Activity Pool  
 **Specialty: Tai Chi / Qi Gong**, Oaktree  
 **TRX & Kettlebells**, Tolteca  
 **Yoga: Level 2** (75 min), Montaña  
 **Collage Card Making with Jennifer** (2 hrs), Art Studio  
 **Walking Well: A New Approach for Comfort, Vitality and Inspiration in Every Step, with Michael Gelb** Library Lounge

- 1:00  **Reversing Illness: Lessons from Integrative Medicine with Victoria Maizes,MD** Olmeca

- 2:00  **Aerial Yoga: Level 2 Active (Low Hammock)**, Please wear socks & sleeved shirts. Kuchumaa  
 **Healthy Shoulder & Rotator Cuff Secrets**, Tolteca  
 **Lowlands Hike: Woodlands 2** Miles, Gazebo  
 **Pilates: Reformer Fundamentals**, Pilates Studio  
 **Release & Mobilize**, Oaktree  
 **Specialty: Brain Health & Longevity**, Olmeca  
 **Mandala with Jennifer** (60 min) Art Studio

- 3:00  **Pilates: Reformer Level 2**, Pilates Studio  
 **Rebounder Express** (30 Min), Kuchumaa  
 **Sound Healing**, Oaktree  
 **Spanish Lessons: Beginner's Progressive**, Library Lounge  
 **Paying Attention: Using Mindfulness to Come to Presence, with Rachel Fleischman** Arroyo

- 4:00  **Inner Journey: Guided Meditation**, Oaktree  
 **Stretch and Relax**, Montaña  
 **Journal Writing Workshop: Dialogue with Self, with Rita Jacobs, Ph.D.** Library Lounge

- 4:30  **Guest Reception. Join us for Sangria and Guacamole.** Bazar del Sol

- 5:15  **Intention Tree & Stone Ceremony** Tree in front of Dining Hall

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

- 7:30  **Documentary: Kiss the Ground** (1.5 hr) Library Lounge

- 8:00  **Holiday Bingo & Games with Barry!** Olmeca

### TUESDAY | DECEMBER 24

*Class spaces are limited to first come first served*

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

- 6:15  **Mountain Hike: Coyote** Advanced, 5.5 or 4 Miles, Gazebo  
 6:30  **Sunrise Yoga: All Levels (60 Min)**, Montaña  
 6:45  **Lowlands Hike: Woodlands 2** Miles, Gazebo

- 7:00  **Bird Walk with Rob Larson** Gazebo

- 9:00  **Cardio Boxing**, Kuchumaa  
 **Meditation**, Oaktree  
 **Pickleball Clinic: Beginner**, Pickleball Courts  
 **Pilates: Mat Fundamentals Progressive**, Pinetree  
 **Postural Awareness**, Tolteca  
 **Ranch Barre**, Olmeca  
 **Stretch**, Montaña

- 10:00  **Circuit Training**, Azteca  
 **Dance: Cardio Disco** Kuchumaa  
 **Pickleball Clinic: Intermediate**, Pickleball Courts  
 **Pilates: Mat Level 2**, Pinetree  
 **Total Body Strength with Bands**, Olmeca  
 **TRX Fundamentals**, Tolteca  
 **Yoga: Fundamentals**, Montaña

- 11:00  **Aqua Strength & Tone (Shallow Water Workout)**, Activity Pool  
 **Breathwork**, Arroyo  
 **Bungee Fitness**, Adv. Sign Up Req., Pinetree  
 Requires the use of a harness device, please wear long pants  
 **Cycle Express: (30 Min)**, Pai Pai  
 **Kettlebells (30 Min)**, Tolteca  
 **Pilates: Reformer Fundamentals**, Pilates Studio  
 **Specialty: Tai Chi / Qi Gong**, Oaktree  
 **Yoga Sculpt: Level 2 (60 Min)**, Olmeca  
 **Hands-On Cooking Class: Tamales, a Holiday Tradition by Chef Reyna Venegas.** Register at Ext.640/625. Fee. Return 2:30pm. Meet at Admin Bldg.  
 **Improve Your Memory! with Michael Gelb** Library Lounge

- 1:00  **Nourishing Your Health by Living Green, with Victoria Maizes, MD** Olmeca  
 **Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge

- 2:00  **Aerial Yoga: Le. 1 Gentle (Low Hammock)**, Please wear socks & sleeved shirts. Kuchumaa  
 **Deep Water Training**, Activity Pool  
 **Circuit Training**, Azteca  
 **Specialty: Brain Health & Longevity**, Olmeca  
 **Pilates: Cadillac Fundamentals**, Pilates Studio

- 3:00  **Core Express (30 Min)**, Olmeca  
 **Sound Healing**, Oaktree  
 **Stretch for Active Aging**, Pinetree  
 **Spanish Lessons: Beginner's Progressive**, Library Lounge  
 **Self-Compassion: Being Awake for Your Life, with Rachel Fleischman** Arroyo

- 4:00  **Foam Roller Recovery**, Tolteca  
 **Knitting to Wellness**, Main Lounge  
 **Restorative Yoga**, Montaña  
 **Enjoy a tasting of Guadalupe Valley wines**, \$35 per person. Sign up required, call Ext. 600. Bazar del Sol  
 **Hands-On Cooking Class with Chef Natasha Feldman**, Register at Ext.640/625. Fee \$145. Return at 7:30pm. Meet at the Admin Bldg.

- 7:30  **Movie: La La Land** Library Lounge

- 8:00  **Concert: Peaceful Piano, with Nahre Sol** Oaktree

## WEDNESDAY | DECEMBER 25

- 6:05**  **Organic Garden Breakfast Hike** Moderate, 4 Miles, Sign up, Gazebo
- 6:15**  **Mountain Hike: Pilgrim Trail** Advanced, 3.5 or 4.5 Miles, Gazebo
- 6:30**  **Dove Meditation Hike**, 2 Miles, Gazebo
- 6:45**  **Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo
- 7:00**  **Nature Walk with Rob Larson** Gazebo
- 9:00**  **Bootcamp, Kuchumaa**  
 **Circuit Training**, Azteca  
 **Functional Strength**, Olmeca  
 **Meditation**, Oaktree  
 **Pilates: Mat Fundamentals Progressive**, Pinetree  
 **Stretch**, Montaña  
 **Tennis Clinic: Level 1**, Tennis Courts  
 **TRX Fundamentals**, Tolteca
- 10:00**  **Circuit Training**, Azteca  
 **Dance: Cardio Country Line**, Kuchumaa  
 **H2O Boot Camp (Deep Water Workout)**, Activity Pool  
 **Pickleball Clinic: Intermediate**, Pickleball Courts  
 **Pilates: Arc Barrel Level 2**, Pinetree  
 **Tennis Clinic: Level 2**, Tennis Courts  
 **Yoga: Level 1**, Montaña  
 **Landscape Garden Walk** Main Lounge
- 11:00**  **Pickleball Clinic: Beginner**, Pickleball Courts  
 **Pilates: Reformer Fundamentals**, Pilates Studio  
 **Postural Awareness**, Tolteca  
 **Shallow Water Workout**, Activity Pool  
 **Specialty: Tai Chi / Qi Gong**, Oaktree  
 **Tabata HIIT (30 Min)**, Olmeca  
 **Yoga: Level 2 (75 min)**, Montaña  
 **The Best Movement Practices for Neuroplasticity, with Michael Gelb** Library Lounge
- 1:00**  **Vibrantly Healthy Women, with Victoria Maizes, MD** Olmeca  
 **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
- 1:30**  **Christmas Mass at Nuestra Señora de Guadalupe. Please sign up.**  
Prompt departure at 1:30pm, Mass starts at 2 pm. Meet at Admin Bldg.
- 2:00**  **Aerial Yoga: Level 1 Gentle (Low Hammock)**, Kuchumaa  
Please wear socks & sleeved shirts  
 **Release & Mobilize**, Oaktree  
 **Specialty: Brain Health & Longevity**, Olmeca  
 **Water Jogging (Deep Water Workout)**, Activity Pool
- 3:00**  **Balance and Coordination**, Olmeca  
 **Pilates: Reformer Level 2**, Pilates Studio  
 **Practice your Intention with Jill**, Milagro  
 **Sound Healing**, Oaktree  
 **Spanish Lessons: Beginner's** Progressive, Library Lounge  
 **Gratitude & Kindness: Twin Powers of Joy, with Rachel Fleischman** Arroyo
- 4:00**  **Inner Journey: Guided Meditation**, Oaktree  
 **Journaling for Joy**, Milagro  
 **Stretch and Relax**, Montaña  
 **Hands-On Cooking Class with Chef Natasha Feldman.**  
Register at Ext.640/625. Fee. \$145. Return 7:30pm. Admin Bldg.
- 5:30**  **Christmas Mass at Nuestra Señora de Guadalupe. Please sign up.**  
Prompt departure for at 5:30, Mass starts at 6 pm.  
Meet at Admin Bldg.
- 7:30**  **Movie: Past Lives** Library Lounge
- 8:00**  **In Between Jazz and Classical, with Nahre Sol** Oaktree

## THURSDAY | DECEMBER 26

- 6:00**  **Organic Garden Breakfast Hike** Moderate, 4 Miles, Sign up, Gazebo  
\* Option to tour Professor Park / RLP Foundation, back by 9am  
\* Option to ride the van to and from the Ranch.
- 6:10**  **Mountain Hike: 7-Mile Breakfast** Advanced, Prerequisites, Sign up, Gazebo
- 6:15**  **Mountain Hike: Professor's** Challenging, 3.3 Miles, Gazebo
- 6:45**  **Lowlands Hike: Woodlands** 2 Miles, Gazebo
- 7:00**  **Bird Walk** Gazebo
- 9:00**  **Fascial Fitness (30 Min)**, Olmeca  
 **Meditation**, Oaktree  
 **Pickleball Clinic: Beginner**, Pickleball Courts  
 **Pilates: Mat Fundamentals Progressive**, Pinetree  
 **Stretch**, Montaña  
 **The Why's and How's of Hiking Poles**, Bring your own or borrow ours, Arroyo (Outside)
- 10:00**  **Chant**, Milagro  
 **Circuit Training**, Azteca  
 **Dance: Burlesque**, Kuchumaa  
 **Pickleball Clinic: Intermediate**, Pickleball Courts  
 **Pilates: Mat Level 2**, Pinetree  
 **Upper Body Blast: All Levels (30 Min)**, Olmeca  
 **Yoga: Level 1**, Montaña
- 10:30**  **Valle de Guadalupe Tour: Pijoan Vineyard & Adobe Guadalupe**  
Register at Ext.640/625. Return 5:30 pm. \$290 per person (tax included), Meet at Admin. Bldg.
- 11:00**  **Booty Blast (30 Min)**, Olmeca  
 **Cycle Express (30 Min)**, Pai Pai  
 **Pilates Reformer Fundamentals**, Pilates Studio  
 **Shallow Water Workout**, Activity Pool  
 **Specialty: Tai Chi / Qi Gong**, Oaktree  
 **Yoga: Level 2 (75 min)**, Montaña  
 **Ranch History Walk: Explore the Roots of the Ranch with Rob Larson** Gazebo  
 **The Healthy Aging Mindset, with Michael Gelb** Library Lounge
- 1:00**  **Sound Healing, Intention Setting, Journaling and Affirming one's new practices for the New Year, with Jill Thiry (90 min)** Oaktree
- 2:00**  **Deep Water Training**, Activity Pool  
 **Pilates: Cadillac Fundamentals**, Pilates Studio  
 **Specialty: Brain Health & Longevity**, Olmeca  
 **Holiday Cooking Demo by Sous Chef Vivian Mercado**, Juice Bar
- 3:00**  **Core Express (30 Min)**, Olmeca  
 **Pilates: Reformer & Cadillac Combo**, Pilates Studio  
 **Sound Healing**, Oaktree  
 **Spanish Lessons: Beginner's** Progressive, Library Lounge  
 **Embodiment; The Goal, with Rachel Fleischman** Arroyo
- 4:00**  **Foam Roller Recovery**, Tolteca  
 **Yoga Nidra**, Oaktree  
 **Journal Writing Workshop: Right Brain/Left Brain Collision with Rita Jacobs, Ph.D.** Library Lounge
- 5:00**  **5 Course Dinner Experience with Chef Natasha Feldman and Chef Reyna Venegas.** Bldg. Register at Ext. 640/625. Fee. Return 7:30 pm Meet at Admin.
- 7:00**  **Candlelight Yoga & Meditation**, Montaña
- 7:30**  **Movie: Emma** Library Lounge
- 8:00**  **Classic and Latin Rhythms with Yam Beat** Oaktree

## FRIDAY | DECEMBER 27

*Please confirm your return Transportation at the Concierge Office*

- 6:05**  **Organic Garden Breakfast Hike** Moderate, 4 Miles, Sign Up, 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). Gazebo
- 6:15**  **Mountain Hike: Coyote** Advanced, 5.5 or 4 Miles, Gazebo
- 6:30**  **Mountain Hike: Alex's Oak** Moderate 2 Miles, Gazebo
- 6:45**  **Lowlands Hike: Quail** Moderate, 2 or 2.5 Miles, Gazebo
- 9:00**  **Barbell Strength: Level 2**, Tolteca  
 **Circuit Training**, Azteca  
 **Meditation**, Oaktree  
 **Pickleball Clinic: Beginner**, Pickleball Courts  
 **Pilates: Mat Fundamentals Progressive**, Pinetree  
 **Sculpt & Step**, Kuchumaa  
 **Stretch**, Montaña
- 10:00**  **Circuit Training**, Azteca  
 **Dance: Intro to Salsa**, Kuchumaa  
 **Pilates: Mat Level 2**, Pinetree  
 **Ranch Cycle: All Levels**, Pai Pai  
 **Strength for Longevity**, Olmeca  
 **TRX Flexibility**, Tolteca  
 **Yoga: Level 1**, Montaña
- 11:00**  **Cardio Drum Dance**, Kuchumaa  
 **Full Body Strength Level 1**, Olmeca  
 **Kettlebells (30 Min)**, Tolteca  
 **Pilates: Reformer Fundamentals**, Pilates Studio  
 **Shallow Water Workout**, Activity Pool  
 **Specialty: Tai Chi / Qi Gong**, Oaktree  
 **Tennis Clinic: Level 2**, Tennis Courts  
 **Yoga: Level 2 (75 min)**, Montaña
- 11:30**  **Mercado's Craft Sale** Until 2:30 pm, Mercado
- 1:00**  **Set Your Return to Home Intention with Jill**, Tolteca  
 **Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins)** Library Lounge
- 2:00**  **Forest Bathing**, Labyrinth  
 **Release & Mobilize**, Oaktree
- 2:45**  **Live Music and Smoothies** Juice Bar
- 3:00**  **Dynamic Stretch**, Pinetree  
 **Sound Healing**, Oaktree  
 **Stability Ball (30 Min)**, Olmeca  
 **Spanish Lessons: Beginner's** Progressive, Library Lounge
- 4:00**  **Inner Journey: Guided Chakra Meditation**, Oaktree  
 **Stretch and Relax**, Montaña  
 **Natural Wine Tasting with Sergio Medal** Main Lounge
- 6:00**  **Live Music with Rancho La Puerta Fiesta Band (2 Hrs)** Dining Hall
- 6:15**  **Shabbat Ceremony** (led by guests), Los Olivos
- 7:30**  **Candlelight Holiday Labyrinth**, Labyrinth
- 7:15**  **Movie: Barbie** Library Lounge

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