

## Week of February 21, 2026

### Gyrokinesis® ® with Diane Daniel

#### Pickleball with Vicki Foster

**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 | FEBRUARY 21

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** Olmecca

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

4:30 ☐ Ranch Tour (Recommended for first time guests) Gazebo  
5:00 ☐ First Time Guest Orientation Olmecca  
☐ Returning Guest Update Tolteca

6:45 ☐ Meet the Presenters Dining Hall

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

8:00 ☐ The Functionality of Your Eye Brain Connection Integrating Periphery and Affecting Balance and Movement, with Dana Dean, OD Oaktree

<p><b>Meal Hours: 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>Meal Hours: Sunday- 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: Sunday- Friday</b> Fruit 10:30 am Main Lounge Smoothies 2:45 pm Juice Bar Veggies/Juice 4:30 pm Main Lounge</p> <p><b>Bazar Del Sol: Saturday- Friday</b> 6:00 am to 9:00 pm</p> <p><b>Juice Bar: Saturday - Friday</b> 9:00 am to 12:00 pm &amp; 1:00 pm 4:00 pm</p>	<p><b>Available Facilities*</b> *when no class is in session</p> <p><b>Milagro - Meditation Room</b> 6:00 am to 9:00 pm</p> <p><b>Activity Pool - Lap Swim</b> 7:00 am to 5:00 pm</p> <p><b>Azteca Gym - Weight Room</b> Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to 5:00 pm (closed daily 1-2)</p> <p><b>Tennis &amp; Pickleball Courts - Open Play</b> 7:00 am to 5:00 pm</p>
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## SUNDAY | FEBRUARY 22

*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

9:00 ☐ Specialty: **Beginner's Pickleball - Basic rules, serve and return with Vicki Foster** (Su-F) Court shoes and safety glasses are recommended.  
Pickleball Courts

☐ Advanced: **Full Body Strength** (Su,W) Olmecca

☐ Meditation (Su-F) Oaktree

☐ Mobility: **Stretch** (Su-F) Montaña

☐ Pilates: **Mat Foundations - Neutral & Spinal Articulation** (Su-F) Pinetree

☐ Strength: **Introduction to Circuit Training** Azteca

10:00 ☐ Specialty: **Intermediate Pickleball - Owing the Opening: Serves and returns with Vicki Foster** (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts

☐ Dance: **Latin Fusion** Kuchumaa

☐ Free Flow: **Rooted In Feldenkrais** (Su) Oaktree

☐ Pilates: **Mat Level 2** (Su,T,Th) Pinetree

☐ Strength: **BOSU® Fit** (Su-T) Olmecca

☐ Strength: **Introduction to Circuit Training** Azteca

☐ Yoga Level 1 - **Foundations** (Su-F) Montaña

11:00 ☐ Specialty: **Gyrokinesis® with Diane Daniel** (50 Min) (Su-F) Pinetree  
☐ Advanced: **High Intensity Interval Training** (30 Min) (Su,W) Tolteca  
☐ Aquatic: **Strength & Tone (Shallow Water)** (Su,T,Th) Activity Pool  
☐ Cardio: **Cycle Hip Hop** (30 Min) Pai Pai  
☐ Longevity: **Strength Training** (Su,Th) Olmecca  
☐ Pilates: **Reformer Level 2** (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Arroyo  
☐ Yoga Level 2 **Slow Flow** (75 Min) (Su,M,W,Th,F) Montaña  
☐ Marbled & Collaged Art, with Brent Hedstrom Art Studio

1:00 ☐ Gyrotonic Tower Demo with Diane Daniel (30 Min) (S,W) Arroyo  
☐ Master Your Metabolism with DeRahn Johnson Olmecca  
☐ Friends of Bill W. (12 steps - Participant-guided) Library Lounge  
☐ Water Flow Therapy Demo South Pool

2:00 ☐ Aquatic: **Deep Water** (Su,T,Th) Activity Pool  
☐ Longevity: **Lecture. How to Own Your Aging Process** Olmecca  
☐ Mobility: **TRX Flexibility** (Su,Th) Pinetree  
☐ Pilates: **Reformer Level 1** (Su,T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Arroyo  
☐ Recovery: **Release & Mobilize** (Su,W) Oaktree  
☐ Strength: **Circuit Training** (Su,Th) Azteca  
☐ The Science of Preparation, with Julie Lopez, PhD Tipai

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. Arroyo  
☐ Sound Healing (Su-F) Oaktree

4:00 ☐ Chant: **Vocal Sound Practice** (Su,W) Milagro  
☐ Sound Healing Oaktree  
☐ Yoga: **Restorative** (Su,T,Th) Montaña  
☐ How to Expand Visual Memory for the Aging Brain: **A Hands-on Experiential Class**, with Dana Dean, OD Tipai

5:00 ☐ Set Your Intention; Tips for a Magical Week with Jill T. Tolteca

7:15 ☐ Movie: *Conclave* Library Lounge

8:00 ☐ Threshold Moments, with Molly L Davis & Kristine Patterson Oaktree

## MONDAY | FEBRUARY 23

*Class spaces are limited to first come first served.*

6:15 ☐ Mountain Hike: **Professor's Trail** (M,Th) 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** (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 - Dinking and volleys at the net with Vicki Foster** (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts

☐ Meditation (Su-F) Oaktree

☐ Mobility: **Stretch** (Su-F) Montaña

☐ Pilates: **Mat Foundations - Flexion** (Su-F) Pinetree

☐ Strength: **Circuit Training** (M,W,F) Azteca

☐ Strength: **Total Body with Bands** (M,F) Olmecca

☐ Tennis Clinic: **Level 1** (M,W) Tennis Courts

10:00 ☐ Specialty: **Intermediate Pickleball - Drip, Drop, Drive; Third shot decisions with Vicki Foster** (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts

☐ Advanced: **Battle Ropes HIIT** (30 Min) Olmecca

☐ Barre (M,W,F) Pinetree

☐ Dance: **Cardio Drumming** (M,Th) Kuchumaa

☐ Strength: **Circuit Training** (M-F) Azteca

☐ Tennis Clinic: **Level 2** (M,W) Tennis Courts

☐ Yoga Level 1 - **Balance** (Su-F) Montaña

11:00 ☐ Specialty: **Gyrokinesis® with Diane Daniel** (50 Min) (Su-F) Pinetree  
☐ Aquatic: **H2O Boot Camp (Deep Water)** (M,W,F) Activity Pool  
☐ Cardio: **Mini Trampoline Express** (30 Min) (M,F) Kuchumaa  
☐ Pilates: **Reformer Level 2** (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Arroyo

☐ Strength: **Functional Movement** (M,W) Olmecca

☐ Strength: **Kettlebells** (30 Min) (M,F) Tolteca

☐ 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

☐ Marbled & Collaged Art, with Brent Hedstrom Art Studio

☐ Standing at the Threshold, with Molly L Davis and Kristine Patterson Tipai

1:00 ☐ Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST Tolteca  
☐ Documentary: **Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge

2:00 ☐ Aquatic: **Shallow Water** (M,W,F) Activity Pool

☐ Longevity: **Dynamic Mobility** Olmecca

☐ 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. Arroyo

☐ Yoga: **Gentle Aerial Hammock** (Low) Please wear socks & long sleeves (M,W) Kuchumaa

☐ Finding Your Inner Compass – Exploration of Your Deepest Truth, with Julie Lopez, PhD Tipai

3:00 ☐ Longevity: **Cardio Zone 2 Heart Rate Training** Azteca  
☐ Mobility & Corrective: **Postural Awareness** (M,Th) Tolteca  
☐ Pilates: **Reformer Level 2** (Su,M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Arroyo  
☐ Sound Healing (Su-F) Oaktree  
☐ Strength: **TRX Core** (30 Min) (M,Th) Pinetree  
☐ Yoga Workshop: **Happy Hips & Low Back** (M,F) Montaña

4:00 ☐ Breathwork (M,Th) Oaktree

☐ Recovery: **Stretch and Relax** (M,W,F) Montaña

☐ Guest Reception: **Sangría & Guacamole Bazar del Sol**

5:00 ☐ "In Your Skin" Documentary by Katherine Trenshaw Library Lounge

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 ☐ Lifestyle Approaches to Reduce Chronic Medical Conditions, with Nicola Finley, MD Olmecca

## TUESDAY | FEBRUARY 24

*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** (Tu,F) Advanced, 5.5 or 4 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: **Beginner's Pickleball - Consistency on all shots with Vicki Foster** (Su-F) Court shoes and safety glasses are recommended.  
Pickleball Courts

☐ Advanced: **Cardio Muscle Blast** (T,Th) Azteca

☐ Meditation (Su-F) Oaktree

☐ Mobility: **Stretch** (Su-F) Montaña

☐ Pilates: **Mat Foundations - Extension** (Su-F) Pinetree

☐ Strength: **Barbell Workout** (T,Th) Tolteca

10:00 ☐ Specialty: **Intermediate Pickleball - Party in the Kitchen; Offense and defense play with Vicki Foster** (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts

☐ Dance: **Broadway** Kuchumaa

☐ Pilates: **Mat Level 2** (Su,T,Th) Pinetree

☐ Strength: **BOSU® Fit** (Su,T) Olmecca

☐ Strength: **Circuit Training** (M-F) Azteca

☐ Yoga Level 1 - **Strength** (Su-F) Montaña

11:00 ☐ Specialty: **Gyrokinesis® with Diane Daniel** (50 Min) (Su-F) Pinetree  
☐ Aquatic: **Strength & Tone (Shallow Water)** (Su,T,Th) Activity Pool  
☐ Cardio: **Cycle 45** Pai Pai  
☐ Pilates: **Reformer Level 2** (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Arroyo

☐ Strength: **Vertical Core** Olmecca

☐ Strength: **TRX & Kettlebells** Tolteca

☐ Yoga Sculpt: **Level 2** (60 Min) Kuchumaa

☐ **Cooking with the Seasons, with Head Chef Vivian Mercado.** Fee \$100. Register at Ext. 640/625. Return 2:30pm. Meet at Admin Bldg.

☐ Discernment: **The Practice of Choosing Wisely, with Molly L Davis and Kristine Patterson** Tipai

1:00 ☐ Making a Smoothie Class with Chef César Juice Bar  
☐ Hot Topics in Wellness: **Wellbeing, Joy and Weight Loss Drugs**, with Nicola Finley, MD Tipai

2:00 ☐ Aquatic: **Deep Water** (Su,T,Th) Activity Pool  
☐ Mobility & Corrective: **Balance & Coordination** (T,F) Olmecca  
☐ 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. Arroyo  
☐ Tai Chi Montaña  
☐ Purification & Detoxification – Letting Go for a Higher Purpose, with Julie Lopez, PhD Tipai

3:00 ☐ Pilates: **Tower Level 1** (T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Arroyo

☐ Sound Healing (Su-F) Oaktree

☐ Strength: **The ABC's - Arms/Butt/Core** (30 Min) (T,F) Olmecca

4:00 ☐ Inner Journey: **Guided Meditation** (T,F) Oaktree  
☐ Recovery: **Foam Roller** (T,F) Tolteca  
☐ Yoga: **Restorative** (Su,T,Th) Montaña  
☐ Eye to Hand Coordination Visual Games, with Dana Dean, OD Tipai  
☐ Hands-On Cooking Class, with Head Chef Vivian Mercado. Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.

5:00 ☐ 1<sup>st</sup> 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! Olmecca

## WEDNESDAY | FEBRUARY 25

***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: Beginner's Pickleball - Scoring and partner play with Vicki Foster** (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts
- Advanced: Full Body Strength** (Su,W), Olmeca
- Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) Montaña
- 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  **Specialty: Intermediate Pickleball - Adding to the arsenal; Specialty shot with Vicki Foster** (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts
- Advanced: Cardio Sculpt Express** (30 Min) (W,F) Olmeca
- Barre** (M,W,F) Pinetree
- Dance: Intro to Salsa** Kuchumaa
- Strength: Circuit Training** (M-F) Azteca
- Tennis Clinic: Level 2** (M,W) Tennis Courts
- Yoga Level 1 - Centering** (Su-F) Montaña
- Landscape Garden Walk with Enrique Ceballos** Gazebo
- 11:00  **Specialty: Gyrokinesis® with Diane Daniel** (50 Min) (Su-F) Pinetree
- Advanced: High Intensity Interval Training** (30 Min) (Su,W) Tolteca
- Aquatic: H2O Boot Camp (Deep Water)** (M,W,F) Activity Pool
- Cardio & Strength: Mini Trampoline Build & Bounce** Kuchumaa
- Pilates: Reformer Level 2** (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Arroyo
- Strength: Functional Movements** (M,W) Olmeca
- Yoga Level 2 Slow Flow** (75 Min) (Su,M,W,Th,F) Montaña
- Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
- Marbled & Collaged Art, with Brent Hedstrom** Art Studio
- The 3x5 Card with Molly L Davis and Kristine Patterson** Tipai
- 1:00  **Gyrotonic Tower Demo with Diane Daniel** (30 Min) Arroyo
- What's Spirituality Got to Do with It? with Nicola Finley, MD** Tipai
- 2:00  **Aquatic: Shallow Water** (M,W,F) Activity Pool
- Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo
- Pilates: Reformer Jumpboard** (M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Arroyo
- Recovery: Release & Mobilize** (Su,W) Oaktree
- Yoga: Gentle Aerial Hammock (Low)** Please wear socks & long sleeves. (Su,W) Kuchumaa
- Implementation & Increasing Risk Tolerance to Actualize What You Desire, with Julie Lopez, PhD** Tipai
- 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. Arroyo
- Sound Healing** (Su-F) Oaktree
- Yoga Workshop: Rope Wall** Montaña
- 4:00  **Chant: A Vocal Sound Practice** (Su,W) Milagro
- Set and Live Your Intention with Jill T.** Tolteca
- Recovery: Stretch and Relax** (M,W,F) Montaña
- Hands-On Cooking Class, with Head Chef Vivian Mercado.** 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
- 5:00  **"In Your Skin" Documentary by Katherine Trenshaw** Library Lounge
- 7:15  **Movie: *One Life*** Library Lounge
- 8:00  **A Conversation with Sarah Livia Brightwood Szekely, President and CEO of Rancho La Puerta, and Barry Shingle, Director of Guest Experiences** Oaktree

## THURSDAY | FEBRUARY 26

***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 Putting it all together with basic strategy with Vicki Foster** (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts
- Advanced: Cardio Muscle Blast** (T,Th) Azteca
- Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) Montaña
- Pilates: Mat Foundations - Rotation** (Su-F) Pinetree
- Strength: Barbell Workout** (T,Th) Tolteca
- 10:00  **Specialty: Intermediate Pickleball - Sync or Swim: Partner court coverage and strategy with Vicki Foster** (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts
- Advanced: BOSU® & Battle Ropes** Olmeca
- Dance: Cardio Drumming** (M,Th) Kuchumaa
- Pilates: Mat Level 2** (Su,T,Th) Pinetree
- 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 Diane Daniel** (50 Min) (Su-F) Pinetree
- Aquatic: Strength & Tone** (Shallow Water) (Su,T,Th) Activity Pool
- Cardio & Strength: Cycle Strength** Pai Pai
- Longevity: Strength Training** (Su,Th), Olmeca
- Strength & Cardio: Circuit TRX & Toys** Tolteca
- Pilates: Reformer Level 2** (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Arroyo
- Yoga Level 2 Slow Flow** (75 Min) (Su,M,W,Th,F) Montaña
- Ranch History Walk: Explore the Roots of the Ranch, with Rob Larson** Gazebo
- Marbled & Collaged Art, with Brent Hedstrom** Observers are welcome, too! Art Studio
- 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  **Pillow Talk: A Sleep Conversation, with Nicola Finley MD** Tipai
- Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
- 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. Arroyo
- Strength: Circuit Training** (Su,Th) Azteca
- The Power and Science of Manifestation! with Julie Lopez, PhD** Tipai
- 3:00  **Longevity: Heart Rate Training** (30 Min) Azteca
- Mobility & Corrective: Postural Awareness** (M,Th) Tolteca
- Pilates: Tower Level 1** (T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Arroyo
- Sound Healing** (Su-F) Oaktree
- Strength: TRX Core** (30 Min) (M,Th) Pinetree
- 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
- Hike to the Residences (60 mins/wear comfortable shoes)** Meet at Bazar del Sol
- 4:45  **Chef's Table Dinner with Head Chef Vivian Mercado and The Culinary Team.** 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  **Concert, with Nicholas McGegan, pinao, Martha Aarons, flute, Lev Polyakin, violin, and Joanna Morrison, cello** Oaktree

## FRIDAY | FEBRUARY 27

***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
- 9:00  **Specialty: Beginner's Pickleball - Fun, round robin match play with Vicki Foster** (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts
- Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) Montaña
- 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: Intermediate Pickleball - Fun, round robin match play With Vicki Foster** (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts
- Advanced: Cardio Sculpt Express** (30 min) (W,F) Olmeca
- Barre** (M,W,F) Pinetree
- Dance: Pop, Funk, & Jazz** Kuchumaa
- Strength: Circuit Training** (M-F) Azteca
- Yoga Level 1 - Integration** (Su-F) Montaña
- 10:30  **Mercado Craft Sale, Delicias Mexicanas Tradicional Mexican Sweet, PH cosmetics -PH Healthy snacks, Lu'um essentials oils & Mapache-Tools for clarity, balance, and intention** ongoing until 2:30pm. Mercado Patio
- 11:00  **Specialty: Gyrokinesis® with Diane Daniel** (50 Min) (Su-F) Pinetree
- Aquatic: H2O Boot Camp (Deep Water)** (M,W,F) Activity Pool
- Cardio: Mini Trampoline Express** (30 Min) (M,F) Kuchumaa
- Pilates: Reformer Level 2** (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Arroyo
- Strength: Core Express** (30 Min) Olmeca
- Strength: Kettlebells** (30 Min) (M,F) Tolteca
- Yoga Level 2 Slow Flow** (75 Min) (Su,M,W,Th,F) Montaña
- 1:00  **Set Your Return to Home Intention with Jill T.** Tolteca
- Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge
- 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
- 2:45  **Live Music and Smoothies** Juice Bar
- 3:00  **Sound Healing** (Su-F) Oaktree
- Strength: The ABC's - Arms/Butt/Core** (T,F) Olmeca
- Yoga Workshop: Happy Hips & Low Back** (M,F) Montaña
- Spanish Lessons: Beginners Progressive** Library Lounge
- 4:00  **Inner Journey: Guided Meditation** (T,F) Oaktree
- Recovery: Foam Roller** (T,F) Tolteca
- 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*