

Week of March 21, 2026

Sound Healing with Buddy Machua Tai Chi with Scott Cole

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 at the Pilates Studio located in 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.
- **Proper footwear is required for:**
 - * HIKES: Hiking boots with lugs.
 - * PICKLEBALL & TENNIS: Court Shoes.
 - * STRENGTH CLASSES: Close-Toed Shoes.

SATURDAY | MARCH 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 (60 Min) Dining Hall

2:00 ☐ Strength: Full Body All Levels Olmeca

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

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 ☐ Write for Your Life: Cultivating Well-Being in Uncertain Times, with Jennifer Schulz, PhD, LMHC Tolteca

Meal Hours: Saturday	Available Facilities*
Breakfast 7:00 am to 9:00 am Lunch 11:30 am to 3:30 pm Dinner 5:30 pm to 7:30 pm	*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 | MARCH 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 (Su,F) 2 Miles, Gazebo

6:45 ☐ Lowlands Hike: Woodlands Trail (Su,T,Th) 2 Miles, Gazebo

7:00 ☐ Bird Walk (Su,T,Th) (60 Min) Gazebo

8:00 ☐ Pilates Concierge (15min) (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 ☐ Advanced: Full Body Strength (Su,W) Olmeca

☐ Meditation (Su-F) Oaktree
☐ Mobility: Stretch (Su-F) Montaña
☐ Pickleball Clinic: Beginners (Su-F) Court shoes recommended.
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 Oaktree
☐ Pickleball Clinic: Intermediate (Su-F) Court shoes recommended.
Pickleball Courts

☐ Pilates: Mat Level 2 (Su-F) Pinetree
☐ Strength: BOSU® Fit (Su) Olmeca
☐ Strength: Introduction to Circuit Training Azteca
☐ Yoga Level 1 - Foundations (Su-F) Montaña

11:00 ☐ Specialty: Tai Chi with Scott Cole (Su-F) Oaktree
☐ Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
☐ Barre (Su,W) Olmeca
☐ Cardio: Cycle Strength Pai Pai
☐ Movement: Introduction to TRX Fundamentals (Su,Th) Pinetree
☐ Pilates: Reformer Level 1 (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
☐ Marbled & Collaged Art, with Brent Hedstrom Art Studio

1:00 ☐ Master Your Metabolism with DeRahn Johnson Olmeca
☐ Friends of Bill W. (12 steps - Participant-guided) Library Lounge

2:00 ☐ Aquatic: Deep Water (Su-Th) Activity Pool
☐ Longevity: Lecture. How to Own Your Aging Process Olmeca
☐ Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo
☐ Recovery: Release & Mobilize (Su,W) Oaktree
☐ Inner Fitness: Self Esteem and Boundaries, with Nancy Pickard Library Lounge

3:00 ☐ Specialty: Sound Healing with Buddy Machua (Su-F) Oaktree
☐ Advanced: Bodyweight Blast (30 Min) (Su,W) Tolteca
☐ Pilates: Reformer Level 2 (Su,M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo

4:00 ☐ Chant: Vocal Sound Practice (Su,W) Milagro
☐ Yoga: Restorative (Su,T,Th) Montaña
☐ Writing Session: Change the Metaphor, Change the Reality, with Jennifer Schulz, Ph.D., LMHC Library Lounge

5:00 ☐ Set Your Intention; Tips for a Magical Week Tolteca

7:15 ☐ Movie: *Conclave* Library Lounge

8:00 ☐ Healthy Hedonism: Why Feeling Good is Good for You, with Erica Oberg, ND, MPH Olmeca

MONDAY | MARCH 23

Class spaces are limited to first come first served.

6:15 ☐ Mountain Hike: Professor's Trail Advanced, 3.3 Miles, (M,Th) Gazebo

6:30 ☐ Meditation Hike: Dove Trail 1.2 Miles, Gazebo

6:45 ☐ Lowlands Hike: Quail Trail Moderate 2 or 2.5 Miles, (M,W,F) Gazebo

8:00 ☐ Pilates Concierge (15min) (Su-F) Arroyo

9:00 ☐ Meditation (Su-F) Oaktree
☐ Mobility: Stretch (Su-F) Montaña
☐ Pickleball Clinic: Beginners (Su-F) Court shoes recommended.
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
☐ Art Walk with Rob Larson Meet at Gazebo

10:00 ☐ Advanced: Battle Ropes HIIT (30 Min) Olmeca
☐ Aquatic: H2O Boot Camp (Deep Water) (M,Th) Activity Pool
☐ Dance: Cardio Disco Kuchumaa
☐ Pickleball Clinic: Intermediate (Su-F) Court shoes recommended.
Pickleball Courts
☐ Pilates: Mat Level 2 (Su-F) Pinetree
☐ Strength: Circuit Training (M-F) Azteca
☐ Tennis Clinic: Level 2 (M,W) Tennis Courts
☐ Yoga Level 1 - Balance (Su-F) Montaña

11:00 ☐ Specialty: Tai Chi with Scott Cole (Su-F) Oaktree
☐ Aquatic: Shallow Water (Su,M,W,F) Activity Pool
☐ Cardio & Strength: Mini Trampoline Build & Bounce (M,W) Kuchumaa
☐ Longevity: Strength Training (M,Th) Olmeca
☐ Pilates: Reformer Level 2 (M,W,F) Sign-up begins at 8am at the Pilates Studio in Arroyo
☐ Strength: Kettlebells (30 Min) (M,W) 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

1:00 ☐ Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST Library Lounge
☐ The Culinary Alchemist: Why How We Eat Matters More Than What, with Erica Oberg, ND, MPH Olmeca
☐ Water Flow Therapy Demo South Pool

2:00 ☐ Aquatic: Deep Water (Su-Th) Activity Pool
☐ Longevity: Dynamic Mobility Olmeca
☐ Pilates: Reformer Jumpboard (M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo
☐ Yoga: Gentle Aerial Hammock (Low) Please wear socks & long sleeves (M,W) Kuchumaa
☐ Inner Fitness: Five Losing Strategies, with Nancy Pickard Library Lounge

3:00 ☐ Specialty: Sound Healing with Buddy Machua (Su-F) Oaktree
☐ Longevity: Cardio Zone 2 Heart Rate Training Azteca
☐ Mobility & Corrective: Postural Awareness (M,Th) Olmeca
☐ Pilates: Reformer Level 2 (Su,M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo
☐ Yoga Workshop: Happy Hips & Low Back Montaña

4:00 ☐ Breathwork (M,Th) Oaktree
☐ Recovery: Foam Roller (M,Th) Tolteca
☐ Mobility: Stretch and Relax (M,W,F) Montaña
☐ Writing Session: Storytelling in Lived Time, with Jennifer Schulz, Ph.D., LMHC Library Lounge

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 ☐ The Art of Herbal Medicine, with Dawn Petter Olmeca

TUESDAY | MARCH 24

Class spaces are limited to first come first served.

6:05 ☐ Organic Garden Breakfast Hike 4 Miles. Sign up with Concierge for hike/van. (T-F) 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, (T,F) 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) (Su,T,Th) Gazebo

8:00 ☐ Pilates Concierge (15min) (Su-F) Arroyo

9:00 ☐ Advanced: Cardio Muscle Blast (T,Th) Azteca
☐ Meditation (Su-F) Oaktree
☐ Mobility: Stretch (Su-F) Montaña
☐ Pickleball Clinic: Beginners (Su-F) Court shoes recommended.
Pickleball Courts
☐ Pilates: Mat Foundations - Extension (Su-F) Pinetree
☐ Strength: Barbell Workout (T,Th) Tolteca

10:00 ☐ Dance: Cardio Drumming (T,Th) Kuchumaa
☐ Pickleball Clinic: Intermediate (Su-F) Court shoes recommended., Pickleball Courts
☐ Pilates: Mat Level 2 (Su-F) Pinetree
☐ Strength: Circuit Training (M-F) Azteca
☐ Yoga Level 1 - Strength (Su-Th) Montaña

11:00 ☐ Specialty: Tai Chi with Scott Cole (Su-F) Oaktree
☐ Advanced: Cardio Sculpt Express (30 min) (T,F) Olmeca
☐ Aquatic: Strength & Tone (Shallow Water) (T,Th) Activity Pool
☐ Cardio: Cycle Express (30 Min) Pai Pai
☐ Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo
☐ Strength: TRX Full Body Pinetree
☐ Yoga Sculpt: Level 2 (60 Min) Kuchumaa
☐ Botanical Support for Digestive Wellness, with Dawn Petter Library Lounge

1:00 ☐ Making a Smoothie Class with Chef César Juice Bar
☐ The Longevity of Joy: Reversing the Hidden Triggers of Aging with Erica Oberg, ND, MPH Olmeca

2:00 ☐ Aquatic: Deep Water (Su-Th) Activity Pool
☐ Mobility & Corrective: Balance & Coordination (T,F) Olmeca
☐ Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo
☐ Strength: Circuit Training (T,Th) Azteca
☐ Inner Fitness: The Neurobiology of the Relational Brain, with Nancy Pickard Library Lounge

3:00 ☐ Specialty: Sound Healing with Buddy Machua (Su-F) Oaktree
☐ Pilates: Tower Level 1 (T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo
☐ Strength: Core and More (30 Min) (F) Olmeca
☐ Yoga Workshop: Rope Wall Montaña

4:00 ☐ Inner Journey: Guided Meditation (T,F) Oaktree
☐ Yoga: Restorative (Su,T,Th) Montaña
☐ Hands-On Cooking Class with Chef Dan Hayes. Fee\$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
☐ Writing as a Communal, and Collaborative, Act, with Jennifer Schulz, Ph.D., LMHC Library Lounge

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 | MARCH 25

Class spaces are limited to first come first served.

- 6:05 **Organic Garden Breakfast Hike** 4 Miles,(T-F) Sign up with Concierge, Gazebo
- 6:15 **Mountain Hike: Pilgrim Trail** Advanced, 3.5 or 4.5 Miles, (Su,W) Gazebo
- 6:30 **Meditation Hike: Rolling Hills** 2 Miles, Gazebo
- 6:45 **Lowlands Hike: Quail Trail** Moderate, (M,W,F) 2 or 2.5 Miles, Gazebo
- 8:00 **Pilates Concierge** (15min) (Su-F) Arroyo
- 9:00 **Advanced: Full Body Strength** (Su,W), Olmeca
 Meditation (Su-F) Oaktree
 Mobility: Stretch (Su-F) Montaña
 Pickleball Clinic: Beginners (Su-F) Court shoes recommended. 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 **Dance: Intro to Salsa** Kuchumaa
 Pickleball Clinic: Intermediate (Su-F) Court shoes recommended. Pickleball Courts
 Pilates: Mat Level 2 (Su-F) Pinetree
 Strength: Circuit Training (M-F) Azteca
 Strength: Core & More Olmeca
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga Level 1 - Centering (Su-Th) Montaña
 Landscape Garden Walk with Enrique Ceballos Gazebo
- 11:00 **Specialty: Tai Chi with Scott Cole** (Su-F) Oaktree
 Aquatic: Shallow Water (Su,M,W,F) Activity Pool
 Barre (Su,W) Olmeca
 Cardio & Strength: Mini Trampoline Build & Bounce (M,W) Kuchumaa
 Pilates: Reformer Level 2 (M,W,F) Sign-up begins at 8am at the Pilates Studio in Arroyo
 Strength: Kettlebells (30 Min) (M,W) Tolteca
 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
 Herbs and Foods for Brain Health, with Dawn Petter Library Lounge
- 1:00 **From Surviving to Thriving: Recovering from Stress to Build a Better Brain, with Erica Oberg, ND, MPH** Olmeca
 Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge
- 2:00 **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 (Su,W) Oaktree
 Yoga: Gentle Aerial Hammock (Low) Please wear socks & long sleeves. (Su,W) Kuchumaa
 Inner Fitness: Five Winning Strategies, with Nancy Pickard Library Lounge
- 3:00 **Specialty Sound Healing with Buddy Machua** (Su-F) Oaktree
 Advanced: Bodyweight Blast (30 Min) (Su,W) Tolteca
 Pilates: Reformer Level 2 (Su,M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo
- 4:00 **Chant: A Vocal Sound Practice** (Su,W) Milagro
 Recovery: Stretch and Relax (M,W,F) Montaña
 Set & Live Your Intention Tolteca
 Hands-On Cooking Class with Chef Dan Hayes. 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 .Ext.113 or visit the Main Lounge to Sign Up (Minimum 4 guests required) Bazar del Sol
- 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 | MARCH 26

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 dep. 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 9am.
- 6:10 **Mountain Hike: 7-Mile 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** (Su,T,Th) 2 Miles Gazebo
- 7:00 **Bird Walk** (60 Min) (Su,T,Th) Gazebo
- 8:00 **Pilates Concierge** (15min) (Su-F) 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) Court shoes recommended., Pickleball Courts
 Pilates: Mat Foundations - Rotation (Su-F) Pinetree
 Strength: Barbell Workout (T,Th) Tolteca
- 10:00 **Advanced: BOSU® & Battle Ropes** Olmeca
 Aquatic: H2O Boot Camp (Deep Water) (M,Th) Activity Pool
 Dance: Cardio Drumming Kuchumaa
 Pilates: Mat Level 2 (Su,T,Th) Pinetree
 Pickleball Clinic: Intermediate (Su-F) Court shoes recommended. Pickleball Courts
 Strength: Circuit Training (M-F) Azteca
 Yoga Level 1 - Opening (Su-Th) 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: Tai Chi with Scott Cole** (Su-F) Oaktree
 Aquatic: Strength & Tone (Shallow Water) (T,Th) Activity Pool
 Cardio & Strength: Cycle Hip Hop (30 Min) Pai Pai
 Longevity: Strength Training (M,Th) Olmeca
 Movement: Introduction to TRX Fundamentals (Su,Th) Pinetree
 Pilates: Reformer Level 1 (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
 Friends of Bill W. (12 steps - Participant-guided) Library Lounge
 Ranch History Walk: Explore the Roots of the Ranch, with Rob Larson Gazebo
 Herbs For Stress Relief & Sleep., with Dawn Petter Library Lounge
 Marbled & Collaged Art, with Brent Hedstrom 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 **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff.** Art Kit Fee \$60 + tax. Sign up in the Main Lounge, Dining Hall Balcony
- 2:00 **Aquatic: Deep Water** (Su-Th) Activity Pool
 Longevity: Lecture - Planning your Home Practice Olmeca
 Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo
 Strength: Circuit Training (T,Th) Azteca
 Inner Fitness: Listener/Speaker Roles and the Feedback Wheel, with Nancy Pickard Library Lounge
- 3:00 **Specialty Sound Healing with Buddy Machua** (Su-F) Oaktree
 Longevity: Heart Rate Training (30 Min) Azteca
 Mobility & Corrective: Postural Awareness (M,Th) Tolteca
 Pilates: Tower Level 1 (T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo
 Spanish Lessons: Beginners Progressive Library Lounge
- 4:00 **Breathwork** (M,Th) Oaktree
 Recovery: Foam Roller (M,Th) Tolteca
 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
- 4:45 **Farm-to-Table Dining Experience with Chef Dan Hayes and the Culinary Team.** 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 with Cheryl Lin Fielding, piano, Martha Aarons, flute, and Lev Polyakin, violin** Oaktree

FRIDAY | MARCH 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** 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, (T,F) Gazebo
- 6:30 **Mountain Hike: Alex's Oak Trail** Moderate (Su,F) 2 Miles, Gazebo
- 6:45 **Lowlands Hike: Quail Trail** Moderate, (M,W,F) 2 or 2.5 Miles, Gazebo
- 8:00 **Pilates Concierge** (15min) (Su-F) Arroyo
- 9:00 **Meditation** (Su-F) Oaktree
 Mobility: Stretch (Su-F) Montaña
 Pickleball Clinic: Beginners (Su-F) Court shoes recommended. 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 **Broadway Dance, Kuchumaa**
 Pickleball Clinic: Intermediate (Su-F) Court shoes recommended. Pickleball Courts
 Pilates: Mat Level 2 (Su-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
 - **PH Cosmetics; Lu'um Essentials Oils;**
 - **Delicias Mexicanas, Tradicional Mexican Sweets;**
 - **Mapache-Tools for clarity, balance, and intention**
- 11:00 **Specialty: Tai Chi with Scott Cole** (Su-F) Oaktree
 Aquatic: Shallow Water (Su,M,W,F) Activity Pool
 Cardio: Mini Trampoline Express (30 Min) Kuchumaa
 Pilates: Reformer Level 2 (M,W,F) Sign-up begins at 8am at the Pilates Studio in Arroyo
 Strength: TRX Full Body Pinetree
 Yoga Level 2 Slow Flow (75 Min) (Su,M,W,Th,F) Montaña
- 1:00 **Set Your Return to Home Intention** Tolteca
- 2:00 **Mobility & Corrective: Balance & Coordination** (T,F) Olmeca
 Inner Self: The Labyrinth Meet at Emily's Forest
- 2:45 **Live Music and Smoothies** Juice Bar
- 3:00 **Specialty: Sound Healing with Buddy Machua** (Su-F) Oaktree
 Strength: The ABC's - Arms/Butt/Core (T,F) Olmeca
 Yoga Workshop: Intro to Kundalini for All Levels Montaña
 Spanish Lessons: Beginners Progressive Library Lounge
- 4:00 **Inner Journey: Guided Meditation** (T,F) Oaktree
 Mobility: 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