

Feldenkrais with Ilana Nachoum

January 25, 2025

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 1st come; 1st served based on equipment availability.**

- **Classes and activities begin on time and last 45 minutes unless noted otherwise.**

SATURDAY | JANUARY 25

- 6:15 ☐ **Mountain Hike: Professor's Trail** Challenging, 3.3 Miles, Gazebo
- 6:45 ☐ **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo
- 9:00 ☐ **Stretch** Pinetree

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

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

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

- 2:00 ☐ **Core Express** (30 Min) Olmecca

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

- 4:30 ☐ **Ranch Tour** (Recommended for 1st time guests) Gazebo

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

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

- 7:30 ☐ **Movie: The Upside** Library Lounge

- 8:00 ☐ **Master Your Mindset: The Key, with Randy Kamen, Ed.D.** Oaktree

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

SUNDAY | JANUARY 26

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** (60min) Gazebo

- 8:15 ☐ **Ranch Tour and Orientation** (Recommended for 1st time guests)
 Meet at the Main Entrance of Dining Hall
- ☐ **Fitness Concierge** (30 Min) Dining Hall

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

- 10:00 ☐ **BOSU® Fit**, Olmecca
- ☐ **Circuit Training**, Azteca
- ☐ **Cycle Strength**, Pai Pai
- ☐ **Dance: Cardio Hip Hop Bodyrock**, Kuchumaa
- ☐ **Pickleball Clinic: Intermediate**, Pickleball Courts
- ☐ **Pilates: Mat Level 2**, Pinetree
- ☐ **Stretch**, Oaktree
- ☐ **Yoga: Fundamentals**, Montaña

- 11:00 ☐ **Feldenkrais Specialty (75 min)**, Oaktree
- ☐ **Functional Strength**, Olmecca
- ☐ **Pilates: Reformer Fundamentals**, Pilates Studio
- ☐ **Rebounder: Balance & Core Level 2**, Kuchumaa
- ☐ **Shallow Water Workout**, Activity Pool
- ☐ **Stretch for Active Aging**, Pinetree
- ☐ **Yoga: Level 2** (75 min), Montaña

- 1:00 ☐ **Lecture: Feldenkrais, Improving Posture & Balance with Donna Wood**, Oaktree
- ☐ **Secrets to Better Pickleball**, Tolteca
- ☐ **Water Flow Therapy Demo** South Pool

- 2:00 ☐ **Cardio Drum Dance**, Kuchumaa
- ☐ **Deep Water Training**, Activity Pool
- ☐ **Pilates: Reformer Fundamentals**, Pilates Studio
- ☐ **Ranch Ropes HIIT** (30 Min), Olmecca
- ☐ **Strengthen Your Gratitude Quotient, with Randy Kamen** Arroyo

- 3:00 ☐ **Pilates: Reformer Fundamentals**, Pilates Studio
- ☐ **Sound Healing**, Oaktree
- ☐ **Stick Mobility**, Pinetree
- ☐ **Retain / Reclaim a Clear Creative Mind: Cognitive Health Map, with Leni Felton, Clinical Nutritionist** Olmecca

- 4:00 ☐ **Foam Roller Recovery**, Tolteca
- ☐ **Restorative Yoga**, Montaña
- ☐ **Sound Healing**, Oaktree

- 4:30 ☐ **Live Music with Sergio Ramos** (60 Min), Bazar del Sol

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

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

MONDAY | JANUARY 27

Class spaces are limited to first come first served

- 6:15 ☐ **Mountain Hike: Professor's Trail** Challenging, 3.3 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

- 9:00 ☐ **Barbell Strength: Level 2**, Tolteca
- ☐ **Circuit Training**, Azteca
- ☐ **Meditation**, Oaktree
- ☐ **Pilates: Aerial Silks**, Kuchumaa
- ☐ **Pilates: Mat Fundamentals Progressive**, Pinetree
- ☐ **Stretch**, Montaña
- ☐ **Tennis Clinic: Level 1**, Tennis Courts

- 10:00 ☐ **Circuit Training**, Azteca
- ☐ **Core & More**, Olmecca
- ☐ **Dance: Intro to Salsa**, Kuchumaa
- ☐ **H2O Boot Camp: Deep Water Work**, Activity Pool
- ☐ **Pilates: Mat Level 2**, Pinetree
- ☐ **Ranch Cycle: All Levels**, Pai Pai
- ☐ **Tennis Clinic: Level 2**, Tennis Courts
- ☐ **Yoga: Fundamentals**, Montaña

- 11:00 ☐ **Aerial Yoga: Level 2 Active (Low Hammock)** Please wear socks & long sleeves, Kuchumaa
- ☐ **Bungee Fitness: Advanced**, Sign Up, Requires the use of a harness device, please wear long pants. Pinetree
- ☐ **Feldenkrais Specialty (75 min)**, Oaktree
- ☐ **Pickleball Clinic: Beginner**, Pickleball Courts
- ☐ **Pilates: Reformer Fundamentals**, Pilates Studio
- ☐ **Shallow Water Workout**, Activity Pool
- ☐ **TRX & Kettlebells**, Tolteca
- ☐ **Yoga: Level 2** (75 min), Montaña
- ☐ **Drawing with Jennifer** (2 hrs), Art Studio
- ☐ **Nature Walk with Rob Larson** (60 min) Meet at Gazebo
- ☐ **Standing at The Threshold, with Molly Davies and Kristine Patterson** Arroyo

- 1:00 ☐ **Chakra Health: Opening and Balancing Exercises for Your Energy Centers with Jonelle Rutkauskas**, Library Lounge
- ☐ **How to Use Essential Oils in Self-Care Rituals for Beauty, Balance and Well-Being, with Tara Grodjesk** Arroyo

- 2:00 ☐ **Gyrokinesis** (60 min), Pinetree
- ☐ **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo
- ☐ **Pilates: Reformer Fundamentals**, Pilates Studio
- ☐ **Release & Mobilize**, Oaktree
- ☐ **TRX Flexibility**, Tolteca
- ☐ **Watercolor with Jennifer** (2 hrs), Art Studio
- ☐ **Grow Your Self-Compassion, with Randy Kamen** Arroyo

- 3:00 ☐ **Pilates: Reformer Level 2**, Pilates Studio
- ☐ **Rebounder Express** (30 Min), Kuchumaa
- ☐ **Sound Healing**, Oaktree
- ☐ **Tai Chi**, Montaña
- ☐ **Spanish Lessons: Beginner's Progressive**, Library Lounge
- ☐ **A Body and Mind Unburdened & The Activity of Sleep, with Leni Felton, Clinical Nutritionist** Olmecca

- 4:00 ☐ **Inner Journey: Guided Meditation**, Oaktree
- ☐ **Stretch and Relax**, Montaña

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

- 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 ☐ **In Safe Company of the Ocean Giants, with Amos Nachoum** Olmecca

TUESDAY | JANUARY 28

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

- 7:00 ☐ **Bird Walk** (60min) Gazebo
- 9:00 ☐ **Bootcamp**, Kuchumaa
- ☐ **Functional Strength: All Levels**, Olmecca
- ☐ **Meditation**, Oaktree
- ☐ **Pickleball Clinic: Beginner**, Pickleball Courts
- ☐ **Pilates: Mat Fundamentals Progressive**, Pinetree
- ☐ **Postural Awareness**, Tolteca
- ☐ **Stretch**, Montaña

- 10:00 ☐ **Circuit Training**, Azteca
- ☐ **Dance: Latin Fusion**, Kuchumaa
- ☐ **Pickleball Clinic: Intermediate**, Pickleball Courts
- ☐ **Pilates on the Stability Ball Level 2**, Olmecca
- ☐ **Stretch**, Oaktree
- ☐ **TRX Fundamentals**, Tolteca
- ☐ **Yoga: Fundamentals**, Montaña

- 11:00 ☐ **Aqua Strength & Tone (Shallow Water Workout)**, Activity Pool
- ☐ **Cycle Express** (30 Min), Pai Pai
- ☐ **Feldenkrais Specialty (75 min)**, Oaktree
- ☐ **Kettlebells** (30 Min), Tolteca
- ☐ **Pilates: Reformer Fundamentals**, Pilates Studio
- ☐ **Stick Mobility**, Pinetree
- ☐ **Yoga Sculpt: Level 2** (60 Min), Olmecca
- ☐ **Landscape Sketching with Jennifer** (120 Min) Art Studio
- ☐ **Discernment: The Practice of Choosing Wisely, with Molly Davis and Kristine Patterson** Arroyo

- 1:00 ☐ **Cooking Demo by Sous Chef Vivian Mercado**, Juice Bar
- ☐ **Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins), Library Lounge
- ☐ **How to Maintain Your Skin's Radiance and Vibrancy at Any Age, with Tara Grodjesk** Arroyo

- 2:00 ☐ **Aerial Yoga: Level 1 Gentle (Low Hammock)**, Please wear socks & long sleeves. Kuchumaa
- ☐ **Balance and Coordination**, Olmecca
- ☐ **Circuit Training**, Azteca
- ☐ **Deep Water Training**, Activity Pool
- ☐ **Healthy Shoulder and Rotator Cuff Secrets**, Tolteca
- ☐ **Pilates: Cadillac Fundamentals**, Pilates Studio
- ☐ **Watercolor Collage Cards with Jennifer** (2 Hrs) Art Studio
- ☐ **Deepen Your Relationships, with Randy Kamen, Ed.D.** Arroyo

- 3:00 ☐ **Core Express** (30 Min), Olmecca
- ☐ **Pilates: Reformer & Cadillac Combo**, Pilates Studio
- ☐ **Sound Healing**, Oaktree
- ☐ **Spanish Lessons: Beginner's Progressive**, Library Lounge
- ☐ **Energy and Mental Clarity: They Have Their Roots in Food, with Leni Felton, Clinical Nutritionist** Arroyo

- 4:00 ☐ **Foam Roller Recovery**, Tolteca
- ☐ **Knitting for Wellness**, Sign Up, Main Lounge
- ☐ **Mind-Flow 101: Mindfulness Through Improv**, Oaktree
- ☐ **Restorative Yoga**, Montaña
- ☐ **The art of Making picture versus Taking picture, with Amos Nachoum** Olmecca
- ☐ **Enjoy a tasting of Guadalupe Valley wines**, Fee \$35. Sign up required, call Ext. 600. Bazar del Sol
- ☐ **Hands-on Cooking Class with Chef Doug Settle.** Register at Ext.640/625. Fee \$145. Return at 7:30pm. Admin Bldg.

- 5:00 ☐ **First Timers Reception with Barry!** Los Olivos

- 7:30 ☐ **Movie: One Life** Library Lounge

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

WEDNESDAY | JANUARY 29

- 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 Meditation Hike: Meadow Trail** 1.2 Miles, Gazebo
- 6:45 Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo

- 9:00 Circuit Training, Azteca**
- Cardio Boxing, Kuchumaa**
- Meditation, Oaktree**
- Pilates: Mat Fundamentals Progressive, Pinetree**
- Ranch Barre, Olmeca**
- Stretch, Montaña**
- Tennis Clinic: Level 1, Tennis Courts**
- TRX Strength HIIT: Level 2, Tolteca**

- 10:00 Aqua: Burst HIIT (Shallow Water Workout), Activity Pool**
- Circuit Training, Azteca**
- Cycle Strength, Pai Pai**
- Dance: Move & Groove Funk!, Kuchumaa**
- Full Body Strength: Level 1, Olmeca**
- Pilates: Mat Level 2, Pinetree**
- Tennis Clinic: Level 2, Tennis Courts**
- Yoga: Level 1, Montaña**
- Landscape Garden Walk** Main Lounge

- 11:00 Bungee Fitness: Advanced.** Sign Up, Requires the use of a harness device, please wear long pants. Pinetree
- Full Body Strength Level 2, Olmeca**
- Feldenkrais Specialty (75 min), Oaktree**
- Pickleball Clinic: Beginner, Pickleball Courts**
- Pilates: Reformer Fundamentals, Pilates Studio**
- Rebounder Express (30 Min), Kuchumaa**
- Shallow Water Workout, Activity Pool**
- Yoga: Level 2 (75 min), Montaña**
- Nature Walk with Rob Larson (60 Min)** Meet at Gazebo
- The 3x5 Card, with Molly Davis and Kristine Patterson** Arroyo

- 1:00 The Gut-Brain Connection & Bio-Compatible Living, with Leni Felton, Clinical Nutritionist** Olmeca
- Breathwork, Montaña**
- Friends of Bill W. (12 steps - Participant-guided)** Library Lounge

- 2:00 Decompress & Motion (30 Min), Pinetree**
- Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo
- Labyrinth, Labyrinth**
- Release & Mobilize, Oaktree**
- Water Jogging (Deep Water Workout), Activity Pool**
- Discover Your Life Vision, with Randy Kamen** Arroyo

- 3:00 Pilates: Reformer Level 2, Pilates Studio**
- Sound Healing, Oaktree**
- Tai Chi, Montaña**
- TRX Core (30 Min), Tolteca**
- Spanish Lessons: Beginner's Progressive, Library Lounge**
- How to Expand Visual Memory for the Aging Brain: A Hands-on Experiential Class, with Dana Dean, OD** Arroyo

- 4:00 Inner Journey: Guided Meditation, Oaktree**
- Journaling for Joy, Milagro**
- Stretch and Relax, Montaña**
- Picture of Amos Nachoum's Life** Olmeca
- Hands-on Cooking Class with Chef Doug Settle.** Fee \$145. Register at Ext.640/625. Return at 7:30pm. Meet at Admin Bldg.

- 7:30 Movie: Sight** Library Lounge

- 8:00 An Evening with Deborah Szekely, Co-founder of Rancho La Puerta, Hosted by Barry Shingle, Director of Guest Experiences** Oaktree

THURSDAY | JANUARY 30

- 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.

- 6:10 Mountain Hike: 7-Mile Breakfast** Advanced, Prerequisites, Sign up, Gazebo
- 6:15 Mountain Hike: Professor's Trail** Challenging, 3.3 Miles, Gazebo
- 6:20 Ruck: Weighted Hiking, Intermediate** Sign Up. 2 Miles, Gazebo
- 6:45 Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo

- 7:00 Bird Walk** 60min Gazebo

- 9:00 Chant, Milagro**
- Meditation, Oaktree**
- Pickleball Clinic: Beginning, Pickleball Courts**
- Pilates: Aerial Silks, Kuchumaa**
- Pilates: Mat Fundamentals Progressive, Pinetree**
- Reactive Strength, Olmeca**
- Stretch, Montaña**

- 10:00 Circuit Training, Azteca**
- Dance: Burlesque, Kuchumaa**
- Pickleball Clinic: Intermediate, Pickleball Courts**
- Pilates: Arc Barrel Levels 2, Pinetree**
- Stretch, Oaktree**
- TRX Fundamentals, Tolteca**
- Upper Body Blast: All Level (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 Aqua Strength & Tone (Shallow Water Workout), Activity Pool**
- Booty Blast (30 Min), Olmeca**
- Bungee Fitness: Advanced.** Sign Up. Requires the use of a harness device, Please wear long pants. Pinetree
- Cycle Hip Hop (30 Min), Pai Pai**
- Cardio Drum Dance, Kuchumaa**
- Feldenkrais Specialty (75 min), Oaktree**
- Pilates Reformer Fundamentals, Pilates Studio**
- Yoga: Level 2 (75 min), Montaña**
- Ranch History Walk: Explore the Roots of the Ranch with Rob Larson** Gazebo
- The 85th Anniversary Memory Book: Tell Your Ranch Story, with Molly Davis and Kristine Patterson** Arroyo

- 12:00 Lunch with Fundación La Puerta: You are invited to learn about our recent work in the Tecate community.** Sign up. Dining Hall at the Patio Terrace.
- Yarn Painting Demo with Tim Hinchliff** Dining Hall entrance

- 1:00 Just Move! Body and Brain Training, with Leni Felton, Clinical Nutritionist** Olmeca
- Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** Sign up, \$60 art kit fee, Dining Hall Balcony

- 2:00 Balance and Coordination, Olmeca**
- Circuit Training, Azteca**
- Deep Water Training, Activity Pool**
- Gyrokinesis (60 min), Pinetree**
- Pilates: Cadillac Fundamentals, Pilates Studio**

- 3:00 Pilates: Reformer & Cadillac Combo, Pilates Studio**
- Sound Healing, Oaktree**
- Strength & Stretch with Stick Mobility, Pinetree**
- Yoga Sculpt: Level 2, Olmeca**
- Spanish Lessons: Beginner's Progressive, Library Lounge**
- Computer Vision & the Effects of Blue Light and Sleep, with Dana Dean, OD** Arroyo

- 4:00 Dance: Floorwork, Arroyo**
- Foam Roller Recovery, Tolteca**
- Yoga Nidra, Oaktree**
- Art, Stories and Poetry, with Tim Hinchliff** 90 mins, Bazar del Sol
- Hands-on Cooking Class with Chef Doug Settle.** Register at Ext.640/625. Fee \$145. Return at 7:30pm. Meet at Admin Bldg.

- 7:00 Candlelight Yoga & Meditation with Jen D., Montaña**
- Prayer Arrows with Tim Hinchliff, Main Lounge**

- 7:30 Movie: The Boys in the Boat** Library Lounge
- 8:00 Bach and before: early music for solo cello, with Alex Greenbaum** Oaktree

FRIDAY | JANUARY 31

**Please confirm your transportation at the Admin Building or Concierge Desk*

- 6:05 Organic Garden Breakfast Hike** Moderate, 4 Miles, Sign Up, 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 Mountain Meditation Hike: Alex's Oak** Moderate, 2 Miles, Gazebo
- 6:45 Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo

- 9:00 Barbell Strength: Level 2, Tolteca**
- Circuit Training, Azteca**
- Full Body Strength: Level 1, Olmeca**
- Meditation, Oaktree**
- Pickleball Clinic: Beginner, Pickleball Courts**
- Pilates: Mat Fundamentals Progressive, Pinetree**
- Sculpt & Step, Kuchumaa**
- Stretch, Montaña**

- 10:00 BOSU® & Ropes: Level 2 (30 Min), Olmeca**
- Circuit Training, Azteca**
- Dance: Cardio Hip Hop 90's Flashback, Kuchumaa**
- Journaling for Joy, Milagro**
- Pilates: Mat Level 2, Pinetree**
- Ranch Cycle: All Levels, Pai Pai**
- Yoga: Level 1, Montaña**

- 11:00 Feldenkrais Specialty (75 min), Oaktree**
- Kettlebells (30 Min), Tolteca**
- Pilates: Reformer Fundamentals, Pilates Studio**
- Shallow Water Workout, Activity Pool**
- Yoga: Level 2 (75 min), Montaña**
- Make an Ancestor Altar with Jennifer (2 Hrs)** Art Studio
- Indigenous Wisdom Walk with Norma Meza (120min)** Meet Outside Kuchumaa Gym

- 11:30 Mercado's Craft Sale** ongoing until 2:30 pm, Mercado

- 1:00 Take the Ranch Home, Tolteca**
- Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins)** Library Lounge

- 2:00 Aerial Yoga: Level 1 Gentle (Low Hammock),** Please wear socks & sleeved shirts. Kuchumaa
- Breathwork, Oaktree**
- TRX Flexibility, Tolteca**
- Mandala with Jennifer (60 Min)** Art Studio

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

- 3:00 Sound Healing, Oaktree**
- Strength & Stretch with Stick Mobility, Pinetree**
- Upper Body Blast: All Levels (30 Min), Olmeca**
- Spanish Lessons: Beginner's Progressive, Library Lounge**

- 4:00 Inner Journey: Guided Chakra Meditation, Oaktree**
- Stretch and Relax, Montaña**

- 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 Labyrinth with Jen D.,** Depart from Dining Hall to Labyrinth
- Movie: Conclave** Library Lounge

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