

Week of October 25, 2025

Feldenkrais with Louise Chegwidden

Cycle & Strength with Keli Roberts

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 activities** are posted in Main Lounge clipboards. **Pilates Reformers** sign-up will be available in Arroyo at 8am for same day class. Drop-in's welcome space permitted.
- **Proper footware is essential**: hiking boots with lugs for our hikes, court shoes for Pickleball and Tennis, and close-toed shoes for our strength classes are strongly recommended.
- **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.
- **Level 2 classes are an 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 | OCTOBER 25

- 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 proper footwear. Pickleball Courts
 - Yoga: All Levels Montaña
- 1:00 Fitness Concierge (30 Min) Dining Hall
- 2:00 Strength: Full Body Strength 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
- 7:00 Fina Catrina Fashion Show Dining Hall
- 7:30 Movie: The Upside Library Lounge
 - Set Your Intention: Tips for a Magical Week with Jill T. Tolteca
- 8:00 Stories to Wake the Dead, with Joel ben Izzy Oaktree

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

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

Snack Times: Sunday- Friday

Fruit 10:30 am Main Lounge
Smoothies 2:45 pm Juice Bar
Veggies/Juice 4:30 pm Main Lounge

Bazar Del Sol: Saturday- Friday

6:00 am to 9:00 pm

Juice Bar: Sunday- Friday

9:00 am to 12:00 pm & 1:00 pm 4:00 pm

Available Facilities*

*when no class is in session

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
(closed daily 12-2)

Tennis & Pickleball Courts - Open Play

7:00 am to 7:00 pm

SUNDAY | OCTOBER 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 (60 min) Gazebo
- 8:15 Ranch Tour and Orientation (For 1st time guests)
Dining Hall Main Entrance
 - Fitness Concierge (30 Min) Dining Hall
- 9:00 Specialty: Strength – Bone Builder! with Keli Roberts Olmeca
 - Meditation (Su-F) Oaktree
 - Mobility: Stretch (Su-F) Montaña
 - Pickleball Clinic: Beginners (Su-F) Pickleball Courts
 - Pilates: Mat Foundations - Flexion (Su-F) Pinetree
 - Strength: Circuit Training (M,W,F) Azteca
 - Tennis Clinic: Level 1 Beginners (M,W) Tennis Courts
- 10:00 Aquatic: H2O Boot Camp (Deep Water) (Su,T,Th) Activity Pool
 - Dance: Cardio Hip Hop Bodyrock Kuchumaa
 - Pickleball Clinic: Intermediate (Su-F) Pickleball Courts
 - Pilates: Mat Level 2 Advanced (Su,T,Th) Pinetree
 - Strength: Introduction to Circuit Training Azteca
 - Total Immersion Swim Clinic: Lecture with Steve Katz Library Lounge
- 11:00 Specialty: Cycling – Functional Threshold Power with Keli Roberts Pai Pai
 - Specialty: Feldenkrais with Louise Chegwidden (60 Min) Oaktree
 - Aquatic: Shallow Water (Su,T,Th) Activity Pool
 - Movement: Introduction to TRX Fundamentals Beginners Pinetree
 - Pilates: Reformer Level 2 Advanced (Su,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 - Strength: Core & More (Su,W) Olmeca
 - Yoga: Slow Flow Level 2 (75 Min) (Su,M,W,Th,F) Montaña
- 12:00 Total Immersion Swim Clinic Progressive, Sign up (Su-Th) Activity Pool
- 1:00 Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST Olmeca
 - Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge
- 2:00 Aquatic: Deep Water (Su,T,Th) Activity Pool
 - Longevity: Lecture. How to Own Your Aging Process Olmeca
 - Mobility: Strength & Stretch with Stick Mobility (Su,Th) Kuchumaa
 - Pilates: Reformer Level 1 (Su,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 - Recovery: Release & Mobilize (Su,W) Tolteca
 - Strength: Circuit Training (Su,Th) Azteca
- 3:00 Pilates: Reformer Level 2 Advanced (Su,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 - Sound Healing (Su,M,W,Th) Oaktree
 - Strength: Bodyweight Challenge (30 Min) (Su,W) Tolteca
 - Strength: TRX Core (30 Min) (Su,W) Pinetree
 - Total Immersion Swim Clinic Progressive, Sign up (Su-Th) Activity Pool
 - Yoga Workshop: Happy Hips & Low Back Montaña
 - The Art of Tricky Conversations, with Amy Matthews Tipai (across Kuchumaa)
- 4:00 Chant: Sacred Sound Practice (Su,W) Milagro
 - Sound Healing Oaktree
 - Yoga: Restorative (Su,T,Th) Montaña
 - Sharing Stories to Welcome the Spirits of Our Family and Ancestors, with Joel ben Izzy Library Lounge
 - Talk: Roling® Structural Integration: Manual Therapy for Moving Smarter and Standing Taller, with Melissa Schneider, Certified Advanced Rolfer Tipai (across Kuchumaa)
- 7:30 Movie: Arthur the King Library Lounge
- 8:00 When the Heart Breaks Open: Grief as a Gateway to Grace, with Gary Malkin and Hope Fitzgerald Oaktree

MONDAY | OCTOBER 27

Class spaces are limited to first come first served.

- 6:15 Mountain Hike: Professor's Trail 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 Moderate, 2 or 2.5 Miles, Gazebo
- 9:00 Specialty: Strength – Posture Perfect! with Keli Roberts Olmeca
 - Meditation (Su-F) Oaktree
 - Mobility: Stretch (Su-F) Montaña
 - Pickleball Clinic: Beginners (Su-F) Pickleball Courts
 - Pilates: Mat Foundations - Flexion (Su-F) Pinetree
 - Strength: Circuit Training (M,W,F) Azteca
 - Tennis Clinic: Level 1 Beginners (M,W) Tennis Courts
- 10:00 Aquatic: Strength & Tone (Shallow Water) (M,W,F) Activity Pool
 - Barre (M,W,F) Pinetree
 - Dance: Latin Fusion Kuchumaa
 - Pickleball Clinic: Intermediate (Su-F) Pickleball Courts
 - Strength: Circuit Training (M-F) Azteca
 - Tennis Clinic: Level 2 Advanced (M,W) Tennis Courts
 - Yoga: Level 1 – Balance (Su-F) Montaña
- 11:00 Specialty: Cycling – Fat Burning Endurance with Keli Roberts Pai Pai
 - Specialty: Feldenkrais with Louise Chegwidden (60 Min) Oaktree
 - Aquatic: Deep Water (M,W,F) Activity Pool
 - Cardio: Mini Trampoline Balance and Core Kuchumaa
 - Longevity: Strength Training (M,Th) Olmeca
 - Pilates: Reformer Level 1 (Su,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 - Strength & Cardio: TRX HIIT Level 2 Advanced (M,Th) Pinetree
 - Yoga: Slow Flow Level 2 (75 Min) (Su,M,W,Th,F) Montaña
 - Nature Walk with Rob Larson (60 Min) Meet at Gazebo
 - Drawing with Jennifer (2 hrs), Art Studio
- 12:00 Total Immersion Swim Clinic Progressive, Sign up (Su-Th) Activity Pool
- 1:00 Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST Olmeca
 - Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge
- 2:00 Specialty Lecture: Ageless Function - Movements that Matter with Keli Roberts Tipai (across Kuchumaa)
 - Mobility & Corrective: Postural Awareness (M,Th) Tolteca
 - Mobility: TRX Flexibility (M,F) Pinetree
 - Mountain Hike: Alex's Oak Moderate 2 Miles Gazebo
 - Pilates: Reformer Jumpboard Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 - Yoga: Gentle Aerial Hammock* (Low) *Please wear socks & long sleeves (M,F) Kuchumaa
 - Watercolor with Jennifer (2 hrs), Art Studio
 - The River Beneath the Tears: The Alchemy of Grief and the Return to Wholeness, with Gary Malkin and Hope Fitzgerald Oaktree
- 3:00 Cardio HIIT Azteca
 - Longevity: Dynamic Mobility (M,W) Olmeca
 - Pilates: Tower Level 1 Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 - Sound Healing (Su,M,W,Th) Oaktree
 - Strength: TRX Full Body Express (30 min) (M,Th) Pinetree
 - Total Immersion Swim Clinic Progressive, Sign up (Su-Th) Activity Pool
 - Power + Confidence, with Amy Matthews Tipai (across Kuchumaa)
- 4:00 Breathwork (M,Th) Oaktree
 - Recovery: Stretch and Relax (M,W,F) Montaña
 - Telling Stories that Bring Back Dear Friends, with Joel ben Izzy 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)
- 7:30 Movie: Conclave Library Lounge
- 8:00 Lotería Mexicana! with Luisa McCarthy Olmeca

TUESDAY | OCTOBER 28

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 *Option: Tour to Professor Park/ RLP Foundation; Van Transportation departs at 6:45 from Admin Bldg. Back by 9am.
- 6:15 Mountain Hike: Coyote Trail Advanced, 5.5 or 4 Miles, Gazebo
- 6:30 Yoga: Sunrise All Levels (60 Min) (T,Th) Montaña
- 6:45 Lowlands Hike: Woodlands Trail Moderate, 2 Miles, Gazebo
- 7:00 Bird Walk (60 Min) Gazebo
- 9:00 Specialty: Strength – FUNCTION First with Keli Roberts Olmeca
 - Cardio & Strength: Interval Muscle Blast (T,Th) Azteca
 - Meditation (Su-F) Oaktree
 - Mobility: Stretch (Su-F) Montaña
 - Pickleball Clinic: Beginners (Su-F) Pickleball Courts
 - Pilates: Mat Foundations - Extension (Su-F) Pinetree
- 10:00 Aquatic: H2O Boot Camp (Deep Water) (Su,T,Th) Activity pool
 - Dance: Intro to Salsa (T,Th) Kuchumaa
 - Pickleball Clinic: Intermediate (Su-F) Pickleball Courts
 - Pilates: Mat Level 2 Advanced (Su,T,Th) Pinetree
 - Strength & Cardio: BOSU® & Battle Ropes Level 2 Advanced Olmeca
 - Strength: Circuit Training (M-F) Azteca
 - Yoga: Level 1 – Strength (Su-F) Montaña
- 11:00 Specialty: Cycling – Quick HIIT: Dirty 30 with Keli Roberts (30 min) Pai Pai
 - Specialty: Feldenkrais with Louise Chegwidden (60 Min) Oaktree
 - Aquatic: Shallow Water (Su,T,Th) Activity Pool
 - Cardio: Sculpt Express (30 min) Olmeca
 - Mobility: Stretch (T,F) Pinetree
 - Strength: Kettlebells (30 Min) (T,F) Tolteca
 - Yoga Sculpt: Level 2 Advanced (60 Min) Kuchumaa
 - Hands-On Cooking Class: Ranch Originals: 85 Years of Flavor, with Head Chef Vivan Mercado. Register at Ext. 640/625. Fee \$100. Return 2:30pm. Meet at Admin Bldg.
 - Landscape Sketching with Jennifer (2 hrs) Art Studio
- 12:00 Total Immersion Swim Clinic Progressive, Sign up (Su-Th) Activity Pool
- 1:00 Specialty: Feldenkrais Q&A Session with Louise Chegwidden Oaktree
 - Making a Smoothie Class with Executive Chef Segundo Romero Juice Bar
 - Live Younger Longer, Part One: The Eight Keys to Vitality at Every Age, with Iris Gold, OMD, L.Ac Olmeca
- 2:00 Aquatic: Deep Water (Su,T,Th) Activity Pool
 - Mobility & Corrective: Balance & Coordination (T,F) Olmeca
 - Pilates: Reformer Level 2 Advanced Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 - The Courage to Heal: How Self-Love Awakens the Ability to Forgive, with Gary Malkin and Hope Fitzgerald Oaktree
 - Watercolor Collage Cards with Jennifer (2 Hrs) Art Studio
- 3:00 Pilates: Reformer Level 1 Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 - Recovery: Foam Roller (T,F) Tolteca
 - Strength: Upper Body Express (30 Min) (T,F) Olmeca
 - Sound Healing: The Sound Journey (T, F) Oaktree
 - Total Immersion Swim Clinic Progressive, Sign up (Su-Th) Activity Pool
 - Yoga Workshop: Rope Wall Montaña
 - Mental Traps that Hijack Joy + Ease, with Amy Matthews Tipai (across Kuchumaa)
- 4:00 Inner Journey: Guided Meditation (T,F) Oaktree
 - Yoga: Restorative (Su,T,Th) Montaña
 - Hands-On Cooking Class with Visiting Chef Sabrina Falquier, MD, CCMS, DipABLM. Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
 - Recalling Tales of the Animals We Have Loved, with Joel ben Izzy Library Lounge
- 5:00 1st Time Visitor's Reception with Barry Shingle, Director of Guest Experience, Meet at Dining Room entrance
- 5:30 Aerial Hammock Sound Bath (Restorative) Please wear socks and long sleeves. Sign-up in person starting on Monday at 12pm in the Gazebo. Limited availability. Kuchumaa
- 7:30 Movie: Coco Library Lounge
- 8:00 3 Moves That Change Everything: The Communication Upgrade for Real Life, with Susan and Peter Glaser, Ph.Ds Olmeca

WEDNESDAY | OCTOBER 29

Class spaces are limited to first come first served.

6:05 Organic Garden Hike 4 Miles, Sign up with Concierge, Gazebo
 6:15 Mountain Hike: Pilgrim Trail Advanced, 3.5 or 4.5 Miles, Gazebo
 6:30 Meditation Hike: Rolling Hills 2 Miles, Gazebo, Gazebo
 6:45 Lowlands Hike: Quail Trail Moderate, 2 or 2.5 Miles, Gazebo

9:00 Specialty: Strength - Travel Light! with Keli Roberts Olmeca
 Meditation (Su-F) Oaktree
 Mobility: Stretch (Su-F) Montaña
 Pickleball Clinic: Beginners (Su-F) Pickleball Courts
 Pilates: Mat Foundations - Lateral Flexion (Su-F) Pinetree
 Strength: Circuit Training (M,W,F) Azteca
 Tennis Clinic: Level 1 Beginners (M,W) Tennis Courts
 Why's and How's of Hiking Poles - Bring your own or borrow ours
 Meet outside Arroyo

10:00 Aquatic: Strength & Tone (Shallow Water) (M,W,F) Activity Pool
 Barre (M,W,F) Pinetree
 Dance: Cardio Drumming Kuchumaa
 Pickleball Clinic: Intermediate (Su-F) Pickleball Courts
 Strength: Circuit Training (M-F) Azteca
 Tennis Clinic: Level 2 Advanced (M,W) Tennis Courts
 Yoga: Level 1 – Centering (Su-F) Montaña
 Landscape Garden Walk with Enrique Ceballos Gazebo

11:00 Specialty: Cycling – Cruise Intervals with Keli Roberts Pai Pai
 Specialty: Feldenkrais with Louise Chegwidden (60 Min) Oaktree
 Aquatic: Deep Water (M,W,F) Activity Pool
 Cardio: Mini Trampoline Express (30 Min) (W,F) Kuchumaa
 Pilates: Reformer Level 2 Advanced (Su,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 Strength: Core & More Olmeca
 Yoga: Slow Flow Level 2 (75 Min) (Su,M,W,Th,F) Montaña
 Nature Walk with Rob Larson (60 Min) Meet at Gazebo

12:00 Total Immersion Swim Clinic Progressive, Sign up (Su-Th) Activity Pool

1:00 Live Younger Longer, Part two: The 3 S's: Stress, Sugar and Smarts, with Iris Gold, OMD, L.Ac Olmeca

2:00 Specialty Lecture: Endurance Performance - The Secret to Build Feel Good Fitness with Keli Roberts Tipai (across Kuchumaa)
 Living Your Intention with Jill T. Milagro
 Lowlands Hike: Woodlands Trail Moderate 2 Miles, Gazebo
 Pilates: Tower Level 1 Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 Recovery: Release & Mobilize (Su,W) Tolteca
 Crossing the Threshold: Meeting Mortality with Awe and Wonder, with Gary Malkin and Hope Fitzgerald Oaktree

3:00 Longevity: Dynamic Mobility (M,W) Olmeca
 Pilates: Reformer Jumpboard Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 Sound Healing (Su,M,W,Th) Oaktree
 Strength: Bodyweight Challenge (30 Min) (Su,W) Tolteca
 Strength: TRX Core (30 Min) (Su,W) Pinetree
 Total Immersion Swim Clinic Progressive, Sign up (Su-Th) Activity Pool
 Spanish Lessons: Beginners Progressive Library Lounge
 Creating Your Authentic Brand, with Amy Matthews Tipai (across Kuchumaa)

4:00 Chant: Sacred Sound Practice (Su,W) Milagro
 Recovery: Stretch and Relax (M,W,F) Montaña
 Hands-On Cooking Class with Visiting Chef Sabrina Falquier, MD, CCMS, DipABLM. \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
 Tasting of Guadalupe Valley Wines, includes cheese boards and chocolate (60min). Fee \$45. Call Ext.113 or visit the Main Lounge to Sign Up (Minimum 4 guests required) Bazar del Sol
 Opening the Gates – Stories to Welcome All Those We Have Loved and Lost, with Joel ben Izzy Library Lounge

7:00 Performance by La Catrina: Llorona Dining Hall
 7:30 Movie: Mrs. Harris Goes to Paris Library Lounge
 8:00 An Evening 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 | OCTOBER 30

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 *Option: Tour to Professor Park/ RLP Foundation; Van Transportation departs at 6:45 from Admin Bldg. 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 2 Miles, Gazebo
 7:00 Bird Walk (60 Min) Gazebo

9:00 Specialty: Strength – Balance Infusion! with Keli Roberts Olmeca
 Cardio & Strength: Interval Muscle Blast (T,Th) Azteca
 Meditation (Su-F) Oaktree
 Mobility: Stretch (Su-F) Montaña
 Pickleball Clinic: Beginners (Su-F) Pickleball Courts
 Pilates: Mat Foundations - Rotation (Su-F) Pinetree

10:00 Aquatic: H2O Boot Camp (Deep Water) (Su,T,Th) Activity Pool
 Dance: Intro to Salsa (T,Th) Kuchumaa
 Pickleball Clinic: Intermediate (Su-F) Pickleball Courts
 Pilates: Mat Level 2 Advanced (Su,T,Th) Pinetree
 Strength: BOSU® Core & More Olmeca
 Strength: Circuit Training (M-F) Azteca
 Yoga: Level 1 – Opening (Su-F) Montaña

10:30 Valle de Guadalupe Tour: Pijoan Vineyard & Adobe Guadalupe. Register at Ext.640/625. Return 5:30 pm. \$290 per person. Meet at Admin Bldg.

11:00 Specialty: Cycling – V02 Max Out with Keli Roberts Pai Pai
 Specialty: Feldenkrais with Louise Chegwidden (60 Min) Oaktree
 Aquatic: Shallow Water (Su,T,Th) Activity Pool
 Longevity: Strength Training (M,Th) Olmeca
 Pilates: Reformer Level 1 (M,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 Strength & Cardio: TRX HIIT Level 2 Advanced (M,Th) Pinetree
 Yoga: Slow Flow Level 2 (75 Min) (Su,M,W,Th,F) Montaña
 Ranch History Walk: Explore the Roots of the Ranch with Rob Larson Gazebo

12:00 Total Immersion Swim Clinic Progressive, Sign up (Su-Th) Activity Pool
 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

12:30 Yarn Painting Demo with Tim Hinchliff Dining Hall entrance
 1:00 Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff Sign up. Fee for Art Kit \$60 + tax, Dining Hall Balcony
 Friends of Bill W. (12 steps - Participant-guided) Library Lounge

2:00 Aquatic: Deep Water (Su,T,Th) Activity Pool
 Longevity: Lecture. Planning your Home Practice Olmeca
 Mobility & Corrective: Postural Awareness (M,Th) Tolteca
 Mobility: Strength & Stretch with Stick Mobility (Su,Th) Kuchumaa
 Pilates: Reformer Level 1 (Su,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 Strength: Circuit Training (Su,Th) Azteca
 Roots of Love: Remembering the Lineage That Lives Through Us, with Gary Malkin and Hope Fitzgerald Oaktree

3:00 Longevity: Balance and Mindful Movement Olmeca
 Pilates: Reformer Level 2 Advanced (Su,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 Sound Healing (Su,M,W,Th) Oaktree
 Strength: TRX Full Body Express (30 Min) (M,Th) Pinetree
 Total Immersion Swim Clinic Progressive, Sign up (Su-Th) Activity Pool
 Yoga: Intro to Kundalini Yoga for All Levels Montaña
 Spanish Lessons: Beginners Progressive Library Lounge
 Finding Your Purpose, with Amy Matthews Tipai (across Kuchumaa)

4:00 Breathwork (M,Th) Oaktree
 Yoga: Restorative (Su,T,Th) Montaña
 Art, Stories and Poetry, with Tim Hinchliff 90 mins, Bazar del So

4:45 Glow & Gather: A Farm-to-Table Feast with Visiting Chef Sabrina Falquier, MD, CCMS and Head Vivian Mercado. Fee \$150. Register at Ext.640/625. Return 7:30pm. Meet at Admin Bldg.

7:15 Prayer Arrows with Tim Hinchliff, Main Lounge
 7:30 Movie: Coco Library Lounge
 8:00 A Musical Evening with Gary Malkin Oaktree

FRIDAY | OCTOBER 31

Class spaces are limited to first come first served.

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

6:05 Organic Garden 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, Gazebo
 6:30 Meditation Hike: Alex's Oak 2 Miles, Gazebo
 6:45 Lowlands Hike: Quail Trail Moderate, 2 or 2.5 Miles, Gazebo

9:00 Specialty: Strength – Muscle Up! with Keli Roberts Olmeca
 Meditation (Su-F) Oaktree
 Mobility: Stretch (Su-F) Montaña
 Pickleball Clinic: Beginners (Su-F) Pickleball Courts
 Pilates: Mat Foundations - Review and Flow (Su-F) Pinetree
 Strength Circuit Training (M,W,F) Azteca
 Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff
 Sign up, Fee for Art Kit \$60 + tax, Art Studio

10:00 Aquatic: Strength & Tone (Shallow Water) (M,W,F) Activity Pool
 Barre (M,W,F) Pinetree
 Dance: Cardio Hip Hop 90s Flashback Kuchumaa
 Pickleball Clinic: Intermediate (Su-F) Pickleball Courts
 Strength: Circuit Training (M-F) Azteca
 Yoga: Level 1 – Integration (Su-F) Montaña

10:30 Mercado Craft Sale - Casa de los Cirios: Artisanal flavors of Tecate, Crochet Earrings with Diana, Wayuu Bags
 Ongoing until 2pm, Mercado Patio

11:00 Specialty: Cycling – Recovery Ride with Keli Roberts Pai Pai
 Specialty: Feldenkrais with Louise Chegwidden (60 Min) Oaktree
 Aquatic: Deep Water (M,W,F) Activity Pool
 Cardio: Mini Trampoline Express (30 Min) (W,F) Kuchumaa
 Mobility: Stretch (T,F) Pinetree
 Strength: Kettlebells (30 Min) (T,F) Tolteca
 Yoga: Slow Flow Level 2 (75 Min) (S,M,W,Th,F) Montaña
 Make an Ancestor Altar with Jennifer (2 Hrs) Art Studio

1:00 Setting 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 Mobility & Corrective: Balance & Coordination (T,F) Olmeca
 Mobility: TRX Flexibility (M,F) Pinetree
 Yoga: Gentle Aerial Hammock* (Low) (M,F) Please wear socks & long sleeves. Kuchumaa
 Mandala with Jennifer (60 Min) Art Studio

2:45 Live Music and Smoothies Juice Bar
 3:00 Recovery: Foam Roller (T,F) Tolteca
 Strength: Upper Body Express (30 Min) (T,F) Olmeca
 Sound Healing: The Sound Journey (T,F) Oaktree
 Spanish Lessons: Beginners Progressive Library Lounge

4:00 Inner Journey: Guided Meditation (T,F) Milagro
 Recovery: Stretch and Relax (M,W,F) Montaña
 Indigenous Wisdom Walk with Norma Meza
 Meet Outside Kuchumaa

6:00 Live Music with Rancho La Puerta Fiesta Band (2 hrs) Dining Hall

6:15 Shabbat Ceremony (led by guests), Los Olivos

6:45 The Altar in the Day of the Dead Celebration explained by José Guadalupe Flores, Ph.D. Dining Hall

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