

Week of November 29, 2025  
Prime of Life Yoga with Larry Payne  
Resonance Sound Healing with Kyle Lam  
*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.  
• **Sign-ups for classes** are posted on the Main Lounge clipboards, except where noted.  
• **Proper footwear 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.  
• **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 | NOVEMBER 29

- 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 All Levels Olmeca
- 3:00

☐ Mobility: Stretch Montaña  
☐ Sound Healing Oaktree
- 4:30

☐ Ranch Tour (Recommended for first time guests) Gazebo
- 5:00

☐ First Time Guest Orientation Olmeca  
☐ Returning Guest Update Tolteca  
☐ Relax, Reflect & Reset, with Pei-Chun Tsai (30 mins) Bazar del Sol
- 5:30

☐ Welcoming Cocktail Dining Hall
- 6:45

☐ Meet the Presenters Dining Hall
- 7:15

☐ Movie: *The Upside* Library Lounge
- 8:00

☐ Love Secrets from the Masters, with Linda Carroll Oaktree

<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	<b>Available Facilities*</b> *when no class is in session
<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	<b>Milagro - Meditation Room</b> 6:00 am to 9:00 pm
<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	<b>Activity Pool - Lap Swim</b> 7:00 am to 5:00 pm
<b>Bazar Del Sol: Saturday- Friday</b> 6:00 am to 9:00 pm	<b>Azteca Gym - Weight Room</b> Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to 5:00 pm (closed daily 1-2 pm)
<b>Juice Bar: Saturday- Friday</b> 9:00 am to 12:00 pm & 1:00 pm 4:00 pm	<b>Tennis &amp; Pickleball Courts, Open Play</b> 7:00 am to 7:00 pm

SUNDAY | NOVEMBER 30

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
- 8:00

☐ Pilates Concierge (Su,M) Arroyo
- 8:15

☐ Ranch Tour and Orientation (For first time guests) Dining Hall  
☐ Fitness Concierge (30 Min) Dining Hall
- 9:00

☐ Advanced: Full Body Strength (Su,W) Olmeca  
☐ Meditation (Su-F) Oaktree  
☐ Mobility: Stretch (Su-F) Montaña  
☐ Pickleball Beginner's Clinic (Su-F) 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 (Su,F) Oaktree  
☐ Pickleball Intermediate Clinic (Su-F) Pickleball Courts  
☐ Pilates: Mat Level 2 (Su,T,Th) Pinetree  
☐ Strength: Introduction to Circuit Training Azteca  
☐ Yoga: Slow Flow Level 2 (Su-F) Montaña
- 11:00

☐ Specialty: Prime of Life Yoga All Levels with Larry Payne (Su-F) Montaña  
☐ Advanced: High Intensity Interval Training (HIIT) (30 Min) (Su,W) Tolteca  
☐ Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool  
☐ Longevity: Strength Training (Su,T) Olmeca  
☐ Movement: Introduction to TRX Fundamentals Beginners Pinetree  
☐ Pilates: Reformer Level 2 (Su,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo  
☐ Food Writing Workshop 1, with Chef Kim O'Donnel Los Olivos
- 1:00

☐ Master Your Metabolism with DeRahn Johnson Olmeca  
☐ Water Flow Therapy Demo South Pool  
☐ Smoothie Demo with Executive Chef Segundo Romero Tierra Alegre Juice Bar
- 2:00

☐ Aquatic: Deep Water (Su,T,Th) Activity Pool  
☐ Longevity: Lecture. How to Own Your Aging Process Olmeca  
☐ Mobility & Corrective: Postural Awareness (Su,Th) Tolteca  
☐ Pilates: Reformer Level 1 (Su,M,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo  
☐ Strength: Circuit Training (Su,Th) Azteca  
☐ Yoga: Gentle Aerial Hammock (Low) (Su,W) Please wear socks & long sleeves. Kuchumaa  
☐ The BIG SHIFT: Mindfulness in Life and Love, with Linda Carroll Tipai (across Kuchumaa)
- 3:00

☐ Specialty: Becoming Mindful - Sound Bath Meditation with Kyle Lam (Su-F) Oaktree  
☐ Advanced: Bodyweight Blast (30 Min) (Su,W) Tolteca  
☐ Pilates: Reformer Level 1 (Su,Th)Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo  
☐ Strength: TRX Core (30 Min) (Su,W) Pinetree  
☐ Yoga Workshop: Happy Hips & Low Back Montaña
- 4:00

☐ Chant: Vocal Sound Practice (Su,W) Milagro  
☐ Yoga: Restorative (Su,T,Th) Montaña  
☐ Baja Wine Tasting Experience with Sommelier Romina Mendoza Bazar del Sol
- 7:15

☐ Movie: *Conclave* Library Lounge
- 8:00

☐ Evening of String Quartets, with Pei-Chun Tsai, Evan Pasternak, Travis Maril and Abe Liebhaber Oaktree

MONDAY | DECEMBER 1

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
- 8:00

☐ Pilates Concierge (Su,M) Arroyo
- 9:00

☐ Meditation (Su-F) Oaktree  
☐ Mobility: Stretch (Su-F) Montaña  
☐ Pickleball Beginner's Clinic (Su-F) 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 Beginners (M,W) Tennis Courts
- 10:00

☐ Advanced: Cardio Sculpt Express (30 min) Olmeca  
☐ Barre (M,W,F) Pinetree  
☐ Dance: Boogie and Bounce on the Mini Trampoline (30 Min) Kuchumaa  
☐ Pickleball Intermediate Clinic (Su-F) Pickleball Courts  
☐ Strength: Circuit Training (M-F) Azteca  
☐ Tennis Clinic: Level 2 (M,W) Tennis Courts  
☐ Yoga: Slow Flow Level 2 (Su-F) Montaña
- 11:00

☐ Specialty: Prime of Life Yoga All Levels with Larry Payne (Su-F) Montaña  
☐ Advanced: TRX Strength & Cardio (M,Th) Pinetree  
☐ Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool  
☐ Longevity: Cardio Zone 2 Training Azteca  
☐ Pilates: Reformer Level 1 (M,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo  
☐ Strength: Kettlebells (30 Min) (M,Th) Tolteca  
☐ Nature Walk with Rob Larson (60 Min) Meet at Gazebo  
☐ Food Writing Workshop 2, with Chef Kim O'Donnel Los Olivos  
☐ Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge
- 1:00

☐ A Perfect Lifestyle: Food, Drink, Sex and Chocolate, with Robert Vogel, MD Olmeca  
☐ Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST Library Lounge
- 2:00

☐ Aquatic: Shallow Water (M,W,F) Activity Pool  
☐ Mobility & Corrective: Balance & Coordination (M,W) Olmeca  
☐ Mobility: TRX Flexibility (M,Th) Pinetree  
☐ Mountain Hike: Alex's Oak Trail Moderate 2 Miles Gazebo  
☐ Pilates: Reformer Level 1 (Su,M,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo  
☐ Love Cycles in All Our Relationships, with Linda Carroll Tipai (across Kuchumaa)
- 3:00

☐ Specialty: Root & Rise - An Earth Elemental Gong Immersion with Kyle Lam (Su-F) Oaktree  
☐ Longevity: Dynamic Mobility (M,W) Olmeca  
☐ Pilates: Reformer Level 2 (M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo  
☐ Strength: TRX Full Body Express (30 min) (M,Th) Pinetree  
☐ Baja Wine Tasting Experience with Sommelier Romina Mendoza Villas Pool
- 4:00

☐ Breathwork (M,Th) Oaktree  
☐ Recovery: Stretch and Relax (M,W,F) Montaña
- 4:30

☐ Guest Reception: Sangría & 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 Seven Pillars of Expressive Gratitude, with Joel Zuckerman Olmeca

TUESDAY | DECEMBER 2

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 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, 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

☐ Advanced: Cardio Muscle Blast (T,Th) Azteca  
☐ Meditation (Su-F) Oaktree  
☐ Mobility: Stretch (Su-F) Montaña  
☐ Pickleball Beginner's Clinic (Su-F) Pickleball Courts  
☐ Pilates: Mat Foundations - Extension (Su-F) Pinetree  
☐ Strength: Barbell Workout (T,Th) Tolteca
- 10:00

☐ Advanced: BOSU® & Battle Ropes Olmeca  
☐ Dance: Intro to Salsa Kuchumaa  
☐ Pickleball Intermediate Clinic (Su-F) Pickleball Courts  
☐ Pilates: Mat Level 2 (Su,T,Th) Pinetree  
☐ Strength: Circuit Training (M-F) Azteca  
☐ Yoga: Slow Flow Level 2 (Su-F) Montaña
- 11:00

☐ Specialty: Prime of Life Yoga All Levels with Larry Payne (Su-F) Montaña  
☐ Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool  
☐ Cardio: Cycle 45 Pai Pai  
☐ Longevity: Strength Training (Su,T) Olmeca  
☐ Mobility: Stretch (T,F) Oaktree  
☐ Strength: TRX & Kettlebells Level 2 Tolteca  
☐ Hands-On Cooking Class with Chef Diego Hernández. \$145. Register at ext.640/625. Return at 2:30 pm. Meet at Admin Bldg.
- 1:00

☐ From Labels to Longevity: Understanding Your Food, with Robert Vogel, MD Olmeca
- 2:00

☐ Longevity: Introduction to Heart Rate Training (T,F) Azteca  
☐ Aquatic: Deep Water (Su,T,Th) Activity Pool  
☐ Mobility: Strength & Stretch with Stick Mobility (T,F) Kuchumaa  
☐ Pilates: Reformer Level 2 Advanced Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo  
☐ Recovery: Release & Mobilize (T,F) Oaktree  
☐ Five Basic Skills in Communication (PAUSE) with Linda Carroll Tipai (across Kuchumaa)
- 3:00

☐ Specialty: Rest & Restore - Sound Bath Meditation with Kyle Lam (Su-F) Oaktree  
☐ Pilates: Tower Level 1 Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo  
☐ Recovery: Foam Roller (T,F) Tolteca  
☐ Strength: The ABC's - Arms/Butt/Core (30 Min) (T,F) Olmeca  
☐ Yoga Workshop: Rope Wall Montaña
- 4:00

☐ Inner Journey: Guided Meditation (T,F) Milagro  
☐ Yoga: Restorative (Su,T,Th) Montaña  
☐ Hands-On Cooking Class with Chef Miguel Angel Guerrero and Sommelier Judith Medrano Rayas. \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.  
☐ The Thank Tank (better than a Think Tank!) with Joel Zuckerman Tipai (across Kuchumaa)
- 4:30

☐ Aerial Hammock Sound Bath (Restorative) Fee \$30 +tax. Please wear socks and long sleeves. Sign-up in person starting Monday at 12pm in the Gazebo. Limited availability. Kuchumaa
- 5:00

☐ 1<sup>st</sup> Time Visitor's Reception with Barry Shingle, Director of Guest Experience, Meet at Dining Room entrance
- 7:15

☐ Movie: Arthur the King Library Lounge
- 8:00

☐ Bingo & Games with Barry! Olmeca

WEDNESDAY | DECEMBER 3

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

- 6:05

☐ **Organic Garden Breakfast 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
- 6:45

☐ **Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo
- 9:00

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

☐ **Meditation** (Su-F) Oaktree

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

☐ **Pickleball Beginner's Clinic** (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

☐ **The Art of Good Soil and Seasonal Harvest with Head Gardener Salvador Tinajero and Chef Vivian Mercado**

Tres Estrellas Organic Garden
- 10:00

☐ **Barre** (M,W,F) Pinetree

☐ **Dance: Move & Groove Funk!** Kuchumaa

☐ **Pickleball Intermediate Clinic** (Su-F) Pickleball Courts

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

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

☐ **Yoga: Slow Flow Level 2** (Su-F) Montaña

☐ **Landscape Garden Walk with Enrique Ceballos** Gazebo
- 11:00

☐ **Specialty: Prime of Life Yoga All Levels with Larry Payne** (Su-F) Montaña

☐ **Advanced: High Intensity Interval Training (HIIT)** (30 Min) (Su,W) Tolteca

☐ **Aquatic: H2O Boot Camp (Deep Water)** (M,W,F) Activity Pool

☐ **Cardio & Strength: Build & Bounce with the Mini Trampoline** Kuchumaa

☐ **Pilates: Reformer Level 2** (Su,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo

☐ **Nature Walk with Rob Larson** (60 Min) Meet at Gazebo

☐ **Food Writing Workshop 3, with Chef Kim O'Donnel** Los Olivos
- 1:00

☐ **The Science of Exercise: How to Get the Greatest Benefit from Working Out, with Robert Vogel, MD** Olmeca
- 2:00

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

☐ **Lowlands Hike: Woodlands Trail** Moderate 2 Miles, Gazebo

☐ **Mobility & Corrective: Balance & Coordination** (M,W) Olmeca

☐ **Pilates: Tower Level 1** Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo

☐ **Yoga: Gentle Aerial Hammock (Low)** (Su,W) Please wear socks & long sleeves. Kuchumaa
- 3:00

☐ **Specialty: Becoming Ignited - A Fire Elemental Gong Immersion with Kyle Lam** (Su-F) Oaktree

☐ **Advanced: Bodyweight Blast** (30 Min) (Su,W) Tolteca

☐ **Longevity: Dynamic Mobility** (M,W) Olmeca

☐ **Pilates: Reformer Level 2** (M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo

☐ **Strength: TRX Core** (30 Min) (Su,W) Pinetree

☐ **Spanish Lessons: Beginners Progressive** Library Lounge
- 4:00

☐ **Chant: Vocal Sound Practice** (Su,W) Milagro

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

☐ **Hands-On Cooking Class with Chef Caro Verdugo and Chef Miguel Bahena.** \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.

☐ **Ten Concepts to Completion, with Joel Zuckerman** Tipai (across Kuchumaa)
- 5:00

☐ **Candlelight Labyrinth** Meet at the Labyrinth in Emily's Forest
- 7:15

☐ **Movie: *One Life*** 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 | DECEMBER 4

*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 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** 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

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

☐ **Meditation**(Su-F) Oaktree

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

☐ **Pickleball Beginner's Clinic** (Su-F) Pickleball Courts

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

☐ **Strength: Barbell Workout** (T,Th) Tolteca
- 10:00

☐ **Dance: Cardio Drumming** Kuchumaa

☐ **Pickleball Intermediate Clinic** (Su-F) Pickleball Courts

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

☐ **Strength: BOSU® Fit** Olmeca

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

☐ **Yoga: Slow Flow Level 2** (Su-F) Montaña
- 10:30

☐ **Valle de Guadalupe Tour: Pijoan Vineyard & Adobe Guadalupe.** \$290 Register at Ext.640/625. Return 5:30 pm. Meet at Admin Bldg.
- 11:00

☐ **Specialty: Prime of Life Yoga All Levels with Larry Payne** (Su-F) Montaña

☐ **Advanced: TRX Strength & Cardio** (M,Th) Pinetree

☐ **Aquatic: Strength & Tone (Shallow Water)** (Su,T,Th) Activity Pool

☐ **Cardio & Strength: Cycle Strength** Pai Pai

☐ **Pilates: Reformer Level 1** (M,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo

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

☐ **Ranch History Walk: Explore the Roots of the Ranch with Rob Larson** Gazebo
- 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

☐ **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
- 1:00

☐ **Alzheimer's Disease and Other Dementias: Prevention, Diagnosis, Treatment, and Caregiving, with Robert Vogel, MD** Olmeca

☐ **Cooking Demo with Executive Chef Segundo Romero** Tierra Alegre Juice Bar
- 2:00

☐ **Aquatic: Deep Water** (Su,T,Th) Activity Pool

☐ **Longevity: Lecture - Planning your Home Practice** Olmeca

☐ **Mobility & Corrective: Postural Awareness** (Su,Th) Tolteca

☐ **Mobility: TRX Flexibility** (M,Th) Pinetree

☐ **Pilates: Reformer Level 1** (Su,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo

☐ **Strength: Circuit Training** (Su,Th) Azteca
- 3:00

☐ **Specialty: Becoming Grounded - An Earth Elemental Sound Bath Immersion with Kyle Lam** (Su-F) Oaktree

☐ **Longevity: Balance and Mindful Movement** Olmeca

☐ **Pilates: Reformer Level 1** (Su,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo

☐ **Strength: TRX Full Body Express** (30 Min) (M,Th) Pinetree

☐ **Yoga Workshop: Intro to Kundalini for All Levels** Montaña

☐ **Spanish Lessons: Beginners Progressive** Library Lounge
- 4:00

☐ **Breathwork** (M,Th) Oaktree

☐ **Yoga: Restorative** (Su,T,Th) Montaña

☐ **The Rising Tide, with Joel Zuckerman** Tipai (across Kuchumaa)
- 5:00

☐ **Chefs Table Dinner: Farm-to-Table Dining Experience.** \$150. Register at Ext.640/625. Return 7:30pm. Meet at Admin Bldg.
- 5:15

☐ **Intention Tree** Meet in front of Dining Hall
- 7:15

☐ **Movie: *Now You See Me*** Library Lounge
- 8:00

☐ **Wholehearted Living and Loving: Cultivating True Presence and Three Magic Words, with Linda Carroll** Oaktree

FRIDAY | DECEMBER 5

*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, Gazebo
- 6:30

☐ **Meditation Hike: Alex's Oak Trail** 2 Miles, Gazebo
- 6:45

☐ **Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo
- 9:00

☐ **Meditation** (Su-F) Oaktree

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

☐ **Pickleball Open Play** \*unsupervised, please use proper footwear. 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

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

☐ **Barre** (M,W,F) Pinetree

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

☐ **Pickleball Open Play**, unstaffed, please use proper footwear. Pickleball Courts

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

☐ **Yoga: Slow Flow Level 2** (Su-F) Montaña
- 10:30

☐ **Mercado Craft Sale: PH Cosmetics, PH Healthy Snacks, LUUM Essential Oils.** ongoing until 2:30 pm Mercado Patio
- 11:00

☐ **Specialty: Prime of Life Yoga All Levels with Larry Payne** (Su-F) Montaña

☐ **Strength & Cardio: Circuit TRX & Toys** Tolteca

☐ **Aquatic: H2O Boot Camp (Deep Water)** (M,W,F) Activity Pool

☐ **Cardio: Mini Trampoline Express** (30 Min) Kuchumaa

☐ **Mobility: Stretch** (T,F) Oaktree
- 12:00

☐ **Outdoor Lunch by Executive Chef Segundo Romero and Head Chef Vivian Mercado** Dining Hall Patio
- 1:00

☐ **Set Your Return to Home Intention** Tolteca

☐ **Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge
- 2:00

☐ **Longevity: Heart Rate Training** (T,F) Azteca

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

☐ **Mobility: Strength & Stretch with Stick Mobility** (T,F) Kuchumaa

☐ **Recovery: Release & Mobilize** (T,F) Oaktree
- 2:45

☐ **Live Music and Smoothies** Juice Bar
- 3:00

☐ **Specialty: Healing the Heart - A Gong Immersive Journey with Kyle Lam** (Su-F) Oaktree

☐ **Recovery: Foam Roller** (T,F) Tolteca

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

☐ **Spanish Lessons: Beginners Progressive** Library Lounge
- 4:00

☐ **Inner Journey: Guided Meditation** (T,F) Milagro

☐ **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*