

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

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	
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: Saturday- Friday	
9:00 am to 12:00 pm & 1:00 pm 4:00 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'Donnell 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'Donnell Los Olivos
 Documentary: Tree of Life, The Living Legacy of Edmond Szekey (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: 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 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 1st 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'Donnell 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

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

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