

Yoga Samba & Sound Healing with Luciana Freire
March 23, 2024

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 Bldg.
- “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 up*** for classes are posted in the main lounge clipboards.
- ***Classes are limited*** based on social distancing and equipment availability.
- ***Classes and activities begin on time*** and last 45 minutes unless noted otherwise.

SATURDAY | March 23

6:15	<input type="checkbox"/>	Mountain Hike: Professor's challenging 3.3 Miles Gazebo
6:45	<input type="checkbox"/>	Woodlands Hike 2 Miles Gazebo
9:00	<input type="checkbox"/>	Stretch Pinetree
10:00	<input type="checkbox"/>	Circuit Training Azteca <input type="checkbox"/> Meditation Milagro
10:15	<input type="checkbox"/>	Ranch Tour 30 mins Start outside Dining Hall
11:00	<input type="checkbox"/>	Yoga: All levels Montaña
1:00	<input type="checkbox"/>	Ranch Tour 30 mins Start outside Dining Hall
2:00	<input type="checkbox"/>	Sound Healing Oaktree <input type="checkbox"/> Woodlands Hike 2 Miles Gazebo
3:00	<input type="checkbox"/>	Stretch Pinetree
5:00	<input type="checkbox"/>	Ranch Tour (recommended for first time guests) Gazebo <input type="checkbox"/> Returning Guest Update Tolteca
5:30	<input type="checkbox"/>	First Time Guest Orientation Olmeca
6:45	<input type="checkbox"/>	Meet the Presenters Dining Hall
7:15	<input type="checkbox"/>	Movie: <i>Ticket to Paradise</i> Library Lounge
7:45	<input type="checkbox"/>	Where Love of Wisdom & Truth Meet, with Joe Weiss, MD Olmeca

MEAL HOURS	AVAILABLE FACILITIES
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	WHEN NO CLASS IS IN SESSION
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	Milagro - Meditation Room 6:00 am to 9:00 pm
	Activity Pool - Lap Swim 7:00 am to 6:00 pm
SNACK TIMES	Azteca Gym - Weight Room Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to 5:00 pm
Main Lounge / Sunday – Friday Fruit: 10:30 am Veggies & Juice 4:30 pm	
Tierra Alegre Juice Bar /Su-F Smoothies: 2:45 pm	

SUNDAY | March 24

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

6:15	<input type="checkbox"/>	Mountain Hike: Pilgrim Advanced Option of 3.5 or Challenging 4.5 Miles (Su,W) Gazebo
6:30	<input type="checkbox"/>	Mountain Hike: Alex's Oak 2 Miles (Su, F) Gazebo
6:45	<input type="checkbox"/>	Woodlands Hike 2 Miles (Su,T,Th) Gazebo
8:15	<input type="checkbox"/>	Docent Led Tour and Orientation Dining Hall
	<input type="checkbox"/>	Fitness Concierge 30 mins (Su) Dining Hall
9:00	<input type="checkbox"/>	Full Body Strength: Level 2 (Su,W) Olmeca
	<input type="checkbox"/>	Introduction to Circuit Training (Su) Azteca
	<input type="checkbox"/>	Introduction to Pilates Mat: Fundamentals Progressive (Su-F) Pinetree
	<input type="checkbox"/>	Meditation: (Su-F) Oaktree
	<input type="checkbox"/>	Pickleball: Beginner (Su,T,Th,F also M,W at 11a) please wear court shoes Pickleball Courts
	<input type="checkbox"/>	Stretch (Su-F) Montaña
	<input type="checkbox"/>	TRX Strength HIIT (Su, also T at 10) Tolteca
10:00	<input type="checkbox"/>	BOSU® Fit (Su) Olmeca
	<input type="checkbox"/>	Chant (Su,W) Milagro
	<input type="checkbox"/>	Dance: Cardio Hip Hop: Bodyrock (Su,F) Kuchumaa
	<input type="checkbox"/>	Feldenkrais: Improve Posture & Balance (Su, M) Oaktree
	<input type="checkbox"/>	Introduction to Circuit Training (Su) Azteca
	<input type="checkbox"/>	Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
	<input type="checkbox"/>	Pilates Mat: Level 2 (Su,M,W,F) Pinetree
	<input type="checkbox"/>	Yoga Fundamentals (Su-T) Montaña
11:00	<input type="checkbox"/>	Cardio Muscle Blast (Su) Azteca
	<input type="checkbox"/>	Mini Trampoline: Balance and Core (Su) Kuchumaa
	<input type="checkbox"/>	Pickleball: Open Play all levels (Su,T,Th,F also M,W at 9a) *unsupervised please wear court shoes Pickleball Courts
	<input type="checkbox"/>	Pilates Reformer: Fundamentals (Su,M,T,F also Su at 2 & 3p) Pilates Studio
	<input type="checkbox"/>	Ranch Barre (Su, also Tu at 9) Olmeca
	<input type="checkbox"/>	Stretch (Su,T,Th) Oaktree
	<input type="checkbox"/>	TRX Fundamentals (Su,Th) Tolteca
	<input type="checkbox"/>	Yoga Samba Specialty 60 mins (Su,T,Th) Montaña
12:00	<input type="checkbox"/>	Swim Clinic: 30 mins (Su) Activity Pool
1:00	<input type="checkbox"/>	Feldenkrais: Improving Posture and Balance - Lecture with Donna Wood Oaktree
	<input type="checkbox"/>	Quest for Immortality & Vitality, with Joe Weiss, MD Olmeca
	<input type="checkbox"/>	Secrets to Better Pickleball Tolteca
	<input type="checkbox"/>	Water Flow Therapy Demo South Pool
2:00	<input type="checkbox"/>	Deep Water (Su,T,Th) Activity Pool
	<input type="checkbox"/>	Feldenkrais: Improve Posture & Balance (Su, also 1pm M) Oaktree
	<input type="checkbox"/>	Gyrokinesis (Su-W) Pinetree
	<input type="checkbox"/>	Pilates Reformer: Fundamentals (also Su at 3 & M,T,F at 11a) Pilates Studio
	<input type="checkbox"/>	Ranch Ropes HIIT 30 mins (Su) Olmeca
	<input type="checkbox"/>	Organic Tea Tasting (30 mins) Juice Bar
3:00	<input type="checkbox"/>	Pilates Reformer: Fundamentals (also M,T,F at 11a) Pilates Studio
	<input type="checkbox"/>	Ranch Sound Healing (Su,T,Th) Oaktree
	<input type="checkbox"/>	Stability Ball 30 mins (Su,T) Olmeca
	<input type="checkbox"/>	Tai Chi (Su,T) Montaña
4:00	<input type="checkbox"/>	Foam Roller Recovery Please wear socks (Su,T,Th) Tolteca
	<input type="checkbox"/>	Sound Healing with Anne (Su, also F at 3) Oaktree
	<input type="checkbox"/>	Restorative Yoga (Su,T) Montaña
	<input type="checkbox"/>	The Art of Herbal Medicine, with Dawn Petter Arroyo
5:00	<input type="checkbox"/>	Improvisation for Non-Performers: Who's Who? Let's Play! , with Marc Purchin Oaktree
7:15	<input type="checkbox"/>	Movie: <i>Emma</i> Library Lounge
7:45	<input type="checkbox"/>	Love Secrets from the Masters, with Linda Carroll Oaktree

MONDAY | March 25

Class spaces are limited to first come first served

6:15	<input type="checkbox"/>	Mountain Hike: Professor's challenging 3.3 (M,Th) Gazebo
6:30	<input type="checkbox"/>	Dove Meditation Hike 1.2 Miles (M,W) Gazebo
	<input type="checkbox"/>	Sunrise Yoga (60 mins) (M,Th) Montaña
6:45	<input type="checkbox"/>	Quail Hike 2 Miles with an option to do an Extra Moderate Half Mile (M,W,F) Gazebo
9:00	<input type="checkbox"/>	Barbell Strength: Level 2 (M,F) Tolteca
	<input type="checkbox"/>	Cardio Boxing (M) Kuchumaa
	<input type="checkbox"/>	Circuit Training (M,W,F) Azteca
	<input type="checkbox"/>	Meditation: <i>Full Moon</i> (Su-F) Oaktree
	<input type="checkbox"/>	Pickleball: Open Play all levels (M,W, also T,Th,F at 11a) *unsupervised please wear court shoes Pickleball Courts
	<input type="checkbox"/>	Pilates Mat: Fundamentals Progressive (M-F) Pinetree
	<input type="checkbox"/>	Stretch (Su-F) Montaña
	<input type="checkbox"/>	Tennis Clinic: Level 1 (M,W) Tennis Courts
	<input type="checkbox"/>	Wander and Wonder Walk about Birds, Nature, the Ranch and more, with Jim Root Gazebo
10:00	<input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Dance: Intro to Salsa (M) Kuchumaa
	<input type="checkbox"/>	Feldenkrais: Improve Posture & Balance (Su, M) Oaktree
	<input type="checkbox"/>	Full Body Strength: Level 1 (M,W) Olmeca
	<input type="checkbox"/>	Pilates Mat: Level 2 (Su,M,W,F) Pinetree
	<input type="checkbox"/>	Ranch Cycling: All Levels (M) Pai Pai
	<input type="checkbox"/>	Tennis Clinic: Level 2 (M,W) Tennis Courts
	<input type="checkbox"/>	Yoga Fundamentals (Su-T) Montaña
11:00	<input type="checkbox"/>	Booty Blast: 30 mins (M,W) Olmeca
	<input type="checkbox"/>	Mini Trampoline Express: 30 mins (M,W) Kuchumaa
	<input type="checkbox"/>	Pickleball: Beginner (M,W also T, Th, F at 9a) please wear court shoes Pickleball Courts
	<input type="checkbox"/>	Pilates Reformer: Fundamentals (M,T,F) Pilates Studio
	<input type="checkbox"/>	Shallow Water Workout (M,W,F) Activity Pool
	<input type="checkbox"/>	TRX Flexibility (M, also Th at 10) Tolteca
	<input type="checkbox"/>	Yoga Level 2 75 mins (M,W,F) Montaña
	<input type="checkbox"/>	Drawing with Jennifer (2 hours) Art Studio
1:00	<input type="checkbox"/>	Feldenkrais: Improve Posture & Balance (M) Oaktree
	<input type="checkbox"/>	Love Your Gut! with Joe Weiss, MD Olmeca
2:00	<input type="checkbox"/>	Aerial Yoga: Gentle, Low hammock please wear socks and short/long sleeves (M,T,F) Kuchumaa
	<input type="checkbox"/>	Gyrokinesis (Su-W) Pinetree
	<input type="checkbox"/>	Release & Mobilize please wear socks (M,W also F at 11a) Oaktree
	<input type="checkbox"/>	Water Polo on the Noodle (M) Activity Pool
	<input type="checkbox"/>	Woodlands Afternoon Hike 2 Miles (M) Gazebo
	<input type="checkbox"/>	Watercolor, with Jennifer 2 hours Art Studio
	<input type="checkbox"/>	Inner Fitness: The BIG SHIFT: Mindfulness in Life and Love , with Linda Carroll Arroyo
3:00	<input type="checkbox"/>	Core Express 30 mins (M,W,F) Olmeca
	<input type="checkbox"/>	Pilates Reformer: Level 2 (M,W) Pilates Studio
	<input type="checkbox"/>	Water Circuit (M) Activity Pool
	<input type="checkbox"/>	Sound Healing Specialty with Luciana: <i>Full Moon</i> (M,W) Oaktree
	<input type="checkbox"/>	Spanish lessons at the Ranch: beginners progressive (M-F) Library Lounge
4:00	<input type="checkbox"/>	Healthy Shoulder & Rotator Cuff Secrets (M) Tolteca
	<input type="checkbox"/>	Inner Journey Guided Meditation (M,W,F) Oaktree
	<input type="checkbox"/>	Stretch & Relax (M,W,F) Montaña
	<input type="checkbox"/>	Botanical Support for Digestive Health, with Dawn Petter Arroyo
5:00	<input type="checkbox"/>	Guest Reception. Join us for Sangría, Guacamole & Live Music with Sergio Ramos 60mins Bazar del Sol
6:15	<input type="checkbox"/>	Silent Dinner (M) Sign up, Los Olivos (via Dining Hall balcony)
7:15	<input type="checkbox"/>	Movie: <i>What Happens Later</i> Library Lounge
7:45	<input type="checkbox"/>	Creativity, Passion and a Writer's Life, with Ellen Sussman Oaktree

TUESDAY | March 26

6:05	<input type="checkbox"/>	Organic Garden Breakfast Hike (T,W,Th,F) 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	<input type="checkbox"/>	Mountain Hike: Coyote Advanced 5.5 or 4 Miles (T,F) Gazebo
6:30	<input type="checkbox"/>	Mountain Trail Run (2 to 4 Miles) (T) Gazebo
6:45	<input type="checkbox"/>	Woodlands Hike 2 Miles (Su,T,Th) Gazebo
9:00	<input type="checkbox"/>	Meditation (Su-F) Oaktree
	<input type="checkbox"/>	Pickleball: Beginner (Su,T,Th,F, also W at 11a) please wear court shoes Pickleball Courts
	<input type="checkbox"/>	Pilates Mat: Fundamentals Progressive (M-F) Pinetree
	<input type="checkbox"/>	Ranch Barre (T) Olmeca
	<input type="checkbox"/>	Stretch (Su-F) Montaña
	<input type="checkbox"/>	Treadmill HIIT (T) Azteca
10:00	<input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Dance: Disco (T) Kuchumaa
	<input type="checkbox"/>	H2O Bootcamp: deep water workout (T,Th) Activity Pool
	<input type="checkbox"/>	Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
	<input type="checkbox"/>	Pilates on the Stability Ball: Level 2 (T) Olmeca
	<input type="checkbox"/>	TRX Strength HIIT (T) Tolteca
	<input type="checkbox"/>	Yoga Fundamentals (Su-T) Montaña
	<input type="checkbox"/>	Divino Cacao: Exploring Mexican Craft & History of Chocolate- A Hands-on Class with Executive Chef Reyna Venegas at La Cocina que Canta. Register at Ext. 640/625. Fee. Depart 10am; return by 12:30 pm. Meet at Admin Bldg.
11:00	<input type="checkbox"/>	Cardio Drum Dance (T, also F at 9) Kuchumaa
	<input type="checkbox"/>	Cycle 30: All Levels (T,Th) Pai Pai
	<input type="checkbox"/>	Kettlebells 30 mins (T,F) Tolteca
	<input type="checkbox"/>	Pickleball: Open Play all levels (T,Th,F also W at 9) *unsupervised please wear court shoes Pickleball Courts
	<input type="checkbox"/>	Pilates Reformer: Fundamentals (T,F) Pilates Studio
	<input type="checkbox"/>	Stretch (Su,T,Th) Oaktree
	<input type="checkbox"/>	Yoga Samba Specialty 60 mins (Su,T,Th) Montaña
	<input type="checkbox"/>	Yoga Sculpt: Level 2 60 mins (T, also Th at 3p) Olmeca
	<input type="checkbox"/>	Building Authenticity & Happiness in Community <i>IN YOUR OWN SKIN</i> , documentary film, with director Katheryn Trenshaw Library Lounge
	<input type="checkbox"/>	Landscape Sketching, with Jennifer 120 mins Juice Bar
1:00	<input type="checkbox"/>	Wholeheartedly Embracing a Sensational Life, with Joe Weiss, MD Olmeca
	<input type="checkbox"/>	Documentary: <i>Tree of Life, The Living Legacy of Edmond Szekely</i> 26 mins Library Lounge
2:00	<input type="checkbox"/>	Aerial Yoga: Gentle, Low hammock please wear socks and short/long sleeves (M,T,F) Kuchumaa
	<input type="checkbox"/>	Circuit Training (T,Th) Azteca
	<input type="checkbox"/>	Deep Water (Su,T,Th) Activity Pool
	<input type="checkbox"/>	Gyrokinesis (Su-W) Pinetree
	<input type="checkbox"/>	Pilates Cadillac Fundamentals (T,Th) Pilates Studio
	<input type="checkbox"/>	Watercolor Collage Cards with Jennifer 2 hours Art Studio
	<input type="checkbox"/>	Inner Fitness: Love Cycles in All Our Relationships , with Linda Carroll Arroyo
3:00	<input type="checkbox"/>	Decompress & Motion: 30 mins (T) Pinetree
	<input type="checkbox"/>	Healthy Back Secrets (T) Tolteca
	<input type="checkbox"/>	Ranch Sound Healing (T,Th) Oaktree
	<input type="checkbox"/>	Stability Ball 30 mins (Su,T) Olmeca
	<input type="checkbox"/>	Tai Chi (Su,T) Montaña
	<input type="checkbox"/>	Spanish lessons at the Ranch: beginners progressive (M-F) Library Lounge
4:00	<input type="checkbox"/>	Foam Roller Recovery Please wear socks (Su,T,Th) Tolteca
	<input type="checkbox"/>	Restorative Yoga (Su,T) Montaña
	<input type="checkbox"/>	Knitting for Wellness (T) Main Lounge
	<input type="checkbox"/>	Hands-On Cooking Classes with Chef Tanya Holland. Register at Ext. 640/625. Fee. Depart 4pm; return 7:30pm. Meet at Admin Bldg.
	<input type="checkbox"/>	Workshops: Creativity and Writing , with Ellen Sussman (T,W,Th) Arroyo
5:00	<input type="checkbox"/>	Improvisation for Non-Performers: Just Say Yes!! with Marc Purchin Oaktree
7:15	<input type="checkbox"/>	Documentary <i>Kiss the Ground</i> 90 mins Library Lounge
7:45	<input type="checkbox"/>	Piano Concert: Gabriel Fauré – “Charcoal and Lace,” with Kyle Adam Blair Oaktree

WEDNESDAY | March 27

Class spaces are limited to first come first served

6:05	<input type="checkbox"/> Organic Garden Breakfast Hike Moderate 4 Miles Sign up (T,W,Th,F) Gazebo
6:15	<input type="checkbox"/> Mountain Hike: Pilgrim Advanced Option of 3.5 or Challenging 4.5 Miles (S,W) Gazebo
6:30	<input type="checkbox"/> Dove Meditation Hike 1.2 Miles (M,W) Gazebo
6:45	<input type="checkbox"/> Quail Hike 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo
9:00	<input type="checkbox"/> Circuit Training (M,W,F) Azteca <input type="checkbox"/> Full Body Strength: level 2 (Su,W) Olmeca <input type="checkbox"/> Meditation (Su-F) Oaktree <input type="checkbox"/> Pickleball: Open Play all levels (W, also Th,F at 11) *unsupervised please wear court shoes Pickleball Courts <input type="checkbox"/> Pilates Mat: Fundamentals Progressive (M-F) Pinetree <input type="checkbox"/> Stretch (Su-F) Montaña <input type="checkbox"/> Tennis Clinic: Level 1 (M,W) Tennis Courts <input type="checkbox"/> TRX Core: 30 mins (W, also F at 10) Tolteca
10:00	<input type="checkbox"/> Chant (W) Milagro <input type="checkbox"/> Circuit Training (M-F) Azteca <input type="checkbox"/> Dance: Latin Fusion (W) Kuchumaa <input type="checkbox"/> Full Body Strength: Level 1 (M,W) Olmeca <input type="checkbox"/> Pilates Mat: Level 2 (Su,M,W,F) Pinetree <input type="checkbox"/> Tennis Clinic: Level 2 (M,W) Tennis Courts <input type="checkbox"/> Water Jogging: deep water workout (W) Activity Pool <input type="checkbox"/> Yoga Level 1 (W-F) Montaña <input type="checkbox"/> Landscape Garden Walk (W) Main Lounge
11:00	<input type="checkbox"/> Booty Blast: 30 mins (M,W) Olmeca <input type="checkbox"/> Cycle Strength: All Levels (W) Pai Pai <input type="checkbox"/> Mini Trampoline Express: 30 mins (M,W) Kuchumaa <input type="checkbox"/> Dynamic Stretch (W, also Th at 3pm) Pinetree <input type="checkbox"/> Pickleball: Beginner (W, also Th,F at 9a) please wear court shoes Pickleball Courts <input type="checkbox"/> Shallow Water Workout (M,W,F) Activity Pool <input type="checkbox"/> Yoga Level 2 75 mins (M,W,F) Montaña
1:00	<input type="checkbox"/> Ranch Tour 30 mins Start outside Dining Hall <input type="checkbox"/> Friends of Bill W. (12 steps - Participant-guided) Library Lounge <input type="checkbox"/> Herbs for Happiness, Stress Relief & Sleep, with Dawn Petter Olmeca
2:00	<input type="checkbox"/> Aqua Burst HIIT intervals (W) Activity Pool <input type="checkbox"/> Dance: Swing (W) Kuchumaa <input type="checkbox"/> Gyrokinesis (Su-W) Pinetree <input type="checkbox"/> Mountain Hike: Alex’s Oak 2 Miles (W) Gazebo <input type="checkbox"/> Release & Mobilize please wear socks (M,W, also F at 11a) Oaktree <input type="checkbox"/> Inner Fitness: Five Basic Skills in Communication (PAUSE), with Linda Carroll Arroyo
3:00	<input type="checkbox"/> Aqua Noodle Pairs (W) Activity Pool <input type="checkbox"/> Core Express 30 mins (M,W,F) Olmeca <input type="checkbox"/> Pilates Reformer: Level 2 (M,W) Pilates Studio <input type="checkbox"/> Sound Healing Specialty with Luciana (W) Oaktree <input type="checkbox"/> Spanish lessons at the Ranch: beginners (M-F) Library Lounge
4:00	<input type="checkbox"/> Inner Journey Guided Meditation (M,W,F) Oaktree <input type="checkbox"/> Stretch & Relax (M,W,F) Montaña <input type="checkbox"/> Journaling for Joy (W) Milagro <input type="checkbox"/> Hands-On Cooking Classes with Chef Tanya Holland. Register at Ext.640/625. Fee. Depart 4pm; return 7:30 pm. Meet at Admin. Bldg. <input type="checkbox"/> Workshops: Creativity and Writing, with Ellen Sussman (T,W,Th) Arroyo
5:00	<input type="checkbox"/> Improvisation for Non-Performers: Pause, Refresh, Re-Invent, with Marc Purchin Oaktree
7:15	<input type="checkbox"/> Movie <i>Jerry and Marge</i> Library Lounge
7:45	<input type="checkbox"/> 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 | Msarch 28

6:05	<input type="checkbox"/> Organic Garden Breakfast Hike (T,W,Th,F) 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	<input type="checkbox"/> Mountain Hike (extreme): 8 Mile Breakfast Advanced with prerequisites, Sign Up (Th) Gazebo
6:15	<input type="checkbox"/> Mountain Hike: Professor’s challenging 3.3 Miles (M,Th) Gazebo
6:30	<input type="checkbox"/> Sunrise Yoga (60 mins (M,Th) Montaña
6:45	<input type="checkbox"/> Woodlands Hike 2 Miles (Su,T,Th) Gazebo
9:00	<input type="checkbox"/> BOSU® & Ropes 30 mins (Th) Olmeca <input type="checkbox"/> Meditation (Su-F) Oaktree <input type="checkbox"/> Pickleball: Beginner (Su,T,Th,F) please wear court shoes Pickleball Courts <input type="checkbox"/> Pilates Mat: Fundamentals Progressive (M-F) Pinetree <input type="checkbox"/> Step Aerobics (Th) Kuchumaa <input type="checkbox"/> Stretch (Su-F) Montaña
10:00	<input type="checkbox"/> Circuit Training (M-F) Azteca <input type="checkbox"/> Dance: Burlesque (Th) Kuchumaa <input type="checkbox"/> H2O Bootcamp: deep water workout (T,Th) Activity Pool <input type="checkbox"/> Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts <input type="checkbox"/> Pilates Arc Barrel: Level 2 (Th)Pinetree <input type="checkbox"/> Total Body with Bands: level 2 (Th) Olmeca <input type="checkbox"/> TRX Flexibility (Th) Tolteca <input type="checkbox"/> Yoga Level 1 (W-F) Montaña
11:00	<input type="checkbox"/> Active Aerial Stretch & Mobility: low hammock please wear socks and short/long sleeves (Th) Kuchumaa <input type="checkbox"/> Cycle Hip Hop 30: All Levels (Th) Pai Pai <input type="checkbox"/> Functional Strength: level 2 (Th) Olmeca <input type="checkbox"/> Pickleball: Open Play all levels (Th,F) *unsupervised please wear court shoes Pickleball Courts <input type="checkbox"/> Stretch (Su,T,Th) Oaktree <input type="checkbox"/> TRX Fundamentals (Su,Th) Tolteca <input type="checkbox"/> Yoga Samba Specialty 60 mins (Su,T,Th) Montaña <input type="checkbox"/> Ranch History Walk: Explore the roots of the Ranch and its rich history with Rob Larson Gazebo <input type="checkbox"/> Building Authenticity & Happiness in Community <i>IN YOUR OWN SKIN</i> , documentary film, with director Katheryn Trenshaw Library Lounge
12:30	<input type="checkbox"/> Demo Yarn Painting with Tim Hinchliff Dining Hall entrance
1:00	<input type="checkbox"/> Botanical Allies for Immune Support, with Dawn Petter Olmeca <input type="checkbox"/> Documentary <i>Tree of Life, The Living Legacy of Edmond Szekely</i> 26 mins Library Lounge <input type="checkbox"/> Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff Sign up (\$60 art kit fee) Dining Hall balcony
2:00	<input type="checkbox"/> Balance & Coordination (Th) Olmeca <input type="checkbox"/> Circuit Training (T,Th) Azteca <input type="checkbox"/> Deep Water (Su,T,Th) Activity Pool <input type="checkbox"/> Pilates Cadillac Fundamentals (T,Th) Pilates Studio <input type="checkbox"/> Cooking Demo 30 mins Juice Bar <input type="checkbox"/> Inner Fitness: Wholehearted Living and Loving - Cultivating True Presence and Three Magic Words, with Linda Carroll Arroyo
3:00	<input type="checkbox"/> Dynamic Stretch: 30 mins (Th) Pinetree <input type="checkbox"/> Labyrinth (Th) Labyrinth <input type="checkbox"/> Ranch Sound Healing (Th) Oaktree <input type="checkbox"/> Yoga Sculpt: Level 2 (Th) Olmeca <input type="checkbox"/> Spanish lessons at the Ranch: beginners (M-F) Library Lounge
4:00	<input type="checkbox"/> Foam Roller Recovery Please wear socks (Su,T,Th) Tolteca <input type="checkbox"/> Yoga Nidra (Th) Montaña <input type="checkbox"/> Art, Stories and Poetry, with Tim Hinchliff 90 mins Bazar del Sol <input type="checkbox"/> Workshops: Creativity and Writing, with Ellen Sussman (T,W,Th) Arroyo
4:45	<input type="checkbox"/> Soulful Garden Delights with Chef Tanya Holland & La Cocina’s Executive Chef Reyna Venegas. Register at Ext. 640/625. Fee. Depart 4:45pm; return 7:30pm. Meet at Admin Bldg.
5:00	<input type="checkbox"/> Improvisation for Non-Performers: When Life Gets Messy, Improvise, with Marc Purchin Oaktree
7:15	<input type="checkbox"/> Prayer Arrows with Tim Hinchliff Main Lounge <input type="checkbox"/> Movie: <i>A Haunting in Venice</i> Library Lounge
7:45	<input type="checkbox"/> Piano Concert: Aaron Copland – “Pensive Architect,” with Kyle Adam Blair Oaktree

FRIDAY | March 29

Please sign up or confirm your return transportation at the Admin Building or Concierge Desk

6:05	<input type="checkbox"/> Organic Garden Breakfast Hike (T,W,Th,F) Moderate 4 Miles Sign up Gazebo
6:15	<input type="checkbox"/> Mountain Hike: Coyote Advanced 5.5 or 4 Miles (T,F) Gazebo
6:30	<input type="checkbox"/> Mountain Meditation Hike: Alex’s Oak 2 Miles (F) Gazebo
6:45	<input type="checkbox"/> Quail Hike 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo
9:00	<input type="checkbox"/> Barbell Strength: Level 2 (M,F) Tolteca <input type="checkbox"/> Cardio Drum Dance (F) Kuchumaa <input type="checkbox"/> Circuit Training (M,W,F) Azteca <input type="checkbox"/> Meditation (Su-F) Oaktree <input type="checkbox"/> Pickleball: Beginner (F) please wear court shoes Pickleball Courts <input type="checkbox"/> Pilates Mat: Fundamentals Progressive (M-F) Pinetree <input type="checkbox"/> Stretch (Su-F) Montaña
10:00	<input type="checkbox"/> Bodyweight Strength 30 mins (F) Olmeca <input type="checkbox"/> Circuit Training (F) Azteca <input type="checkbox"/> Dance: Cardio Hip Hop: Flashback 90’s (F) Kuchumaa <input type="checkbox"/> Pilates Mat: Level 2 (F) Pinetree <input type="checkbox"/> TRX Core: 30 mins (F) Tolteca <input type="checkbox"/> Yoga Level 1 (W-F) Montaña
11:00	<input type="checkbox"/> Core & More (F) Olmeca <input type="checkbox"/> Kettlebells 30 mins (F) Tolteca <input type="checkbox"/> Pickleball: Open Play all levels ,(F) *unsupervised please wear court shoes Pickleball Courts <input type="checkbox"/> Pilates Reformer: Fundamentals (F) Pilates Studio <input type="checkbox"/> Release & Mobilize please wear socks (F) Oaktree <input type="checkbox"/> Shallow Water Workout (F) Activity Pool <input type="checkbox"/> Yoga Level 2 75 mins (F) Montaña <input type="checkbox"/> Make an Ancestor Altar, with Jennifer (2 hours) Art Studio
1:00	<input type="checkbox"/> Take the Ranch Home (F) Tolteca <input type="checkbox"/> Improvisation for Non-Performers: Team Building, with Marc Purchin Oaktree
2:00	<input type="checkbox"/> Aerial Yoga: Gentle, Low hammock please wear socks and short/long sleeves (F) Kuchumaa <input type="checkbox"/> Release Stress with Tapping (F) Oaktree <input type="checkbox"/> Mandala with Jennifer (60 mins) Art Studio
2:45	<input type="checkbox"/> Live Music and Smoothies Juice Bar
3:00	<input type="checkbox"/> Core Express 30 mins (F) Olmeca <input type="checkbox"/> Sound Healing with Anne (F) Oaktree <input type="checkbox"/> Spanish lessons at the Ranch: beginners (M-F) Library Lounge
4:00	<input type="checkbox"/> Inner Journey Guided Meditation (F) Oaktree <input type="checkbox"/> Stretch & Relax (M,W,F) Montaña
5:15	<input type="checkbox"/> Music of Hope with Orquesta Guadalupana, with Musical Director Ron Wakefield, introduced by Linda Carroll Oaktree
6:00	<input type="checkbox"/> Music with Rancho La Puerta Fiesta Band 120 mins Dining Hall
7:15	<input type="checkbox"/> Movie: <i>Barbie</i> Library Lounge

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