

Week of January 31, 2026

Music Lovers Festival: Broadway Week

Move & Groove with Heather Winia

Laughter Yoga with Cherie Kephart

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.

IMPORTANT INFORMATION FOR THE WEEK:

- RLP is 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; Pilates Sign-up sheets are posted on Pilates at Arroyo Gym.
- **Use proper footwear**
 - * **HIKES**: Hiking boots with lugs.
 - * **PICKLEBALL & TENNIS**: Court Shoes.
 - * **STRENGTH CLASSES**: Close-Toed Shoes.
- **Classes are 1st come; 1st served** - Based on equipment availability.
- **Classes & 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 | JANUARY 31

- 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 court shoes.
 - 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
- 6:45 □ Meet the Presenters Dining Hall
- 7:15 □ Movie: *The Upside* Library Lounge
- 8:00 □ Candlelight Sound Healing with Broadway Lullabies, with Monique Mead 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: Saturday - Friday

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

SUNDAY | FEBRUARY 1

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,Th) Arroyo
- 8:15 □ Fitness Concierge (30 Min) (Su,Th) Dining Hall
 - Ranch Tour and Orientation (For first time guests) Dining Hall Main Entrance
- 9:00 □ Advanced: Full Body Strength (Su,W) Olmeca
 - Meditation (Su-F) Oaktree
 - Mobility: Stretch (Su-F) Montaña
 - Pickleball Clinic: Beginners (Su-Th) Pickleball Courts
 - Pilates: Mat Foundations - Neutral & Spinal Articulation (Su-F) Pinetree
 - Strength: Introduction to Circuit Training Azteca
- 10:00 □ Specialty: Get Your GROOVE on! with Heather Winia (Su-F) Kuchumaa
 - Free Flow: Rooted In Feldenkrais (Su,Th) Oaktree
 - Pickleball Clinic: Intermediate (Su-Th) Pickleball Courts
 - Pilates: Mat Level 2 (Su,T,Th) Pinetree
 - Strength: BOSU® Fit Olmeca
 - Strength: Introduction to Circuit Training Azteca
 - Yoga Level 1 (Su,T,Th) Montaña
- 11:00 □ Specialty: Introduction to Laughter Yoga with Cherie Kephart (75 Min) Montaña
 - Advanced: High Intensity Interval Training (30 Min) (Su,T) Tolteca
 - Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
 - Longevity: Strength Training (Su,Th) Olmeca
 - Mobility: Stretch (Su,T,F) Kuchumaa
 - Movement: Introduction to TRX Fundamentals (Su,Th) Pinetree
 - Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Intuitive Ink Painting, with Karen Gerstenberger Art Studio
- 1:00 □ Master Your Metabolism with DeRahn Johnson 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: TRX Flexibility (Su,Th) Pinetree
 - Recovery: Release & Mobilize (Su,W) Tolteca
 - Pilates: Reformer Level 1 (Su,T,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) Please wear socks & long sleeves. (Su,F) Kuchumaa
 - Strengthen Your Mindset: The Foundation, with Randy Kamen, PhD Tipai (across Kuchumaa Gym)
- 3:00 □ Advanced: Bodyweight Blast (30 Min) (Su,W) Tolteca
 - Longevity: Intro to Heart Rate Training Azteca
 - Pilates: Reformer Level 2 (Su,M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Sound Healing (Su,M,T,Th,F) Oaktree
- 4:00 □ Chant: Vocal Sound Practice (Su,W) Milagro
 - Sound Healing Oaktree
 - Yoga: Restorative (Su,T,Th) Montaña
 - Sing Your Broadway Heart Out with Stephen Neely – Singing Classes, no experience necessary – just bring your enthusiasm! Main Lounge
 - The Interior Journey: Listening to Your Life, with Jeannie DuBoise Tipai (across Kuchumaa Gym)
- 5:00 □ Drop Dead Diva – Broadway Roots, with Josh Berman Olmeca
- 7:15 □ Movie: *Conclave* Library Lounge
- 8:00 □ A Night of Broadway Stars with *Nick Adams, Eden Espinosa, Adam Kantor, Van Kaplan, Monique Mead, Joel Waggoner* Oaktree

MONDAY | FEBRUARY 2

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,Th) Arroyo
- 9:00 □ Meditation (Su-F) Oaktree
 - Mobility: Stretch (Su-F) Montaña
 - Pickleball Clinic: Beginners (Su-Th) 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 (M,W) Tennis Courts
- 10:00 □ Specialty: Get Your GROOVE on! with Heather Winia (Su-F) Kuchumaa
 - Advanced: Battle Ropes HIIT (30 Min) Olmeca
 - Barre (M,W,F) Pinetree
 - Pickleball Clinic: Intermediate (Su-Th) Pickleball Courts
 - Strength: Circuit Training (M-F) Azteca
 - Tennis Clinic: Level 2 (M,W) Tennis Courts
 - Yoga Level 2 Slow Flow (M,W,F) Montaña
- 11:00 □ Specialty: Laughter Yoga - Laugh & Flow with Cherie Kephart (50 Min) (M,W) Montaña
 - Advanced: TRX Strength & Cardio (M,F) Pinetree
 - Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
 - Cardio & Strength: Mini Trampoline Build & Bounce Kuchumaa
 - Longevity: Balance and Mindful Movement Olmeca
 - Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Strength: Kettlebells (30 Min) (M,F) Tolteca
 - Nature Walk with Rob Larson (60 Min) Meet at Gazebo
 - Intuitive Ink Painting, with Karen Gerstenberger Art Studio
- 1:00 □ Broadway Jeopardy! with Van Kaplan & Friends 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
 - Longevity: Dynamic Mobility (M,W) Olmeca
 - Mountain Hike: Alex's Oak Trail Moderate 2 Miles Gazebo
 - Pilates: Reformer Jumpboard (M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Dance Your Broadway Dream: *All That Jazz*, with Michele de la Reza All levels; no experience necessary Kuchumaa
 - Strengthen Your Mindset: Build Your Capacity to 'Take in the Good', with Randy Kamen, PhD Tipai (across Kuchumaa Gym)
- 3:00 □ Longevity: Cardio Zone 2 Heart Rate Training Azteca
 - Pilates: Reformer Level 2 (Su,M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Mobility & Corrective: Postural Awareness (M,Th) Tolteca
 - Sound Healing (Su,M,T,Th,F) Oaktree
 - Strength: TRX Core (30 Min) (M,Th) Pinetree
 - Yoga Workshop: Rope Wall Montaña
- 4:00 □ Breathwork (M,Th) Milagro
 - Recovery: Stretch and Relax (M,W,F) Montaña
 - 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 □ A Tribute to Stephen Sondheim with *Nick Adams, Eden Espinosa, Adam Kantor, Van Kaplan, Monique Mead, Joel Waggoner* Oaktree

TUESDAY | FEBRUARY 3

Class spaces are limited to first come first served.

- 6:05 □ Sunrise Concert at the 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. After breakfast: Sunrise Concert with Monique Mead & Joel Waggoner, back by 10 am. Or option to tour award-winning Parque del Profesor. 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 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 Clinic: Beginners (Su-Th) Pickleball Courts
 - Pilates: Mat Foundations - Extension (Su-F) Pinetree
 - Strength: Barbell Workout (T,Th) Tolteca
- 10:00 □ Specialty: Get Your GROOVE on! with Heather Winia (Su-F) Kuchumaa
 - Pickleball Clinic: Intermediate (Su-Th) Pickleball Courts
 - Pilates: Mat Level 2 (Su,T,Th) Pinetree
 - Strength: Circuit Training (M-F) Azteca
 - Strength: BOSU® Core & More Olmeca
 - Yoga Level 1 (Su,T,Th) Montaña
- 11:00 □ Specialty: Laughter Yoga - The Art of Play with Cherie Kephart (50 Min) (T,Th) Montaña
 - Advanced: High Intensity Interval Training (30 Min) (Su,T) Tolteca
 - Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
 - Mobility: Stretch (Su,T,F) Kuchumaa
 - Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Strength: TRX Full Body Pinetree
 - Intuitive Ink Painting, with Karen Gerstenberger Art Studio
 - Cooking with the Seasons, with Head Chef Vivian Mercado. Fee \$100. Register at Ext. 640/625. Return 2:30pm. Meet at Admin Bldg.
- 1:00 □ Film: *Miracle in a Box*, narrated by John Lithgow introduced by John Callahan (56 min) Library Lounge
- Hormones Through the Ages, with Nancy Cetel MD
- Tipai (across Kuchumaa Gym)
- Making a Smoothie Class with Chef Cesar Juice Bar
- 2:00 □ Aquatic: Deep Water (Su,T,Th) Activity Pool
 - Mobility & Corrective: Balance & Coordination (T,F) Olmeca
 - Mobility: Dynamic Stretch (30 Min) (T,F) Pinetree
 - Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Dance Your Broadway Dream: *We Go Together*, with Michele de la Reza All levels; no experience necessary Kuchumaa
 - Grow Your Self-Compassion, with Randy Kamen, PhD Tipai (across Kuchumaa Gym)
- 3:00 □ Pilates: Tower Level 1 (T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
- Recovery: Foam Roller (T,F) Tolteca
- Sound Healing (Su,M,T,Th,F) Oaktree
- Strength: The ABC's - Arms/Butt/Core (30 Min) (T,F) Olmeca
- 4:00 □ Inner Journey: Guided Meditation (T,F) Milagro
 - Yoga: Restorative (Su,T,Th) Montaña
 - Hands-On Cooking Class with Visiting Chef Alex Carballo. Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
 - Loving Midlife and Beyond, with Jeannie DuBoise Tipai (across Kuchumaa Gym)
 - Sing Your Broadway Heart Out with Stephen Neely – Singing Classes, no experience necessary – just bring your enthusiasm! Oaktree
- 5:00 □ 1st Time Visitor's Reception with Barry Shingle, Director of Guest Experience Los Olivos
- Drop Dead Diva – "Make Me a Match" s, with Josh Berman Olmeca
- 7:15 □ Movie: *The Roses* Library Lounge
- 8:00 □ Who Was Jonathan Larson? with Nick Adams, Eden Espinosa, Adam Kantor, Van Kaplan, Joel Waggoner Oaktree

WEDNESDAY | FEBRUARY 4

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 Clinic: Beginners (Su-Th) Pickleball Courts

Pilates: Mat Foundations - Lateral Flexion (Su-F) Pinetree

Strength: Circuit Training (M,W,F) Azteca

Tennis Clinic: Level 1 (M,W) Tennis Courts

10:00 **Specialty: Get Your GROOVE on! with Heather Winia** (Su-F) Kuchumaa

Advanced: Cardio Sculpt Express (30 min) (W,F) Olmeca

Barre (M,W,F) Pinetree

Pickleball Clinic: Intermediate (Su-Th) Pickleball Courts

Strength: Circuit Training (M-F) Azteca

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

Yoga Level 2 Slow Flow (M,W,F) Montaña

Landscape Garden Walk with Enrique Ceballos Gazebo

11:00 **Specialty: Laughter Yoga - Laugh & Flow with Cherie Kephart** (M,W) (50 Min) Montaña

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

Cardio & Strength: Cycle Strength Pai Pai

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

Strength & Cardio: Circuit TRX & Toys Level 2 Tolteca

Strength: Functional Movement Olmeca

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

Intuitive Ink Painting, with Karen Gerstenberger Art Studio

1:00 **OPEN REHEARSAL** (1.5 hrs) Oaktree

2:00 **Aquatic: Shallow Water** (M,W,F) Activity Pool

Lowlands Hike: Woodlands Trail 2 Miles, Gazebo

Recovery: Release & Mobilize (Su,W) Tolteca

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

Tai Chi Montaña

Dance Your Broadway Dream: Hernando's Hideaway, with Michele de la Reza. All levels; no experience necessary Kuchumaa

Strengthen Communication: Deepen Relationships, with Randy Kamen, PhD Tipai (across Kuchumaa Gym)

3:00 **Advanced: Bodyweight Blast** (30 Min) (Su,W) Tolteca

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

Yoga Workshop: Happy Hips & Low Back (W,F) Montaña

Sound Healing with Monique Mead Oaktree

4:00 **Chant: A Vocal Sound Practice** (Su,W) Milagro

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

Hands-On Cooking Class with Visiting Chef Alex Carballo. Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.

Portals in Wonder and Awe, with Jeannie DuBose Tipai (across Kuchumaa Gym)

Tasting of Guadalupe Valley Wines, includes cheese board. Fee \$45 (60min) Call Ext.113 or visit the Main Lounge to Sign Up (Minimum 4 guests required) Bazar del Sol

5:00 **Storytelling Through Song with Adam Kantor** Oaktree

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 | FEBRUARY 5

Class spaces are limited to first come first served.

6:05 **Sunrise Concert at the 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. After breakfast: **Sunrise Concert with Monique Mead & Joel Waggoner**, back by 10 am. Or option to tour award-winning Parque del Profesor. Learn about Rancho La Puerta's work in the community. 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

8:00 **Pilates Concierge** (Su,M,Th) Arroyo

8:15 **Fitness Concierge** (30 Min) (Su,Th) Dining Hall

9:00 **Advanced: Cardio Muscle Blast** (T,Th) Azteca

Meditation (Su-F) Oaktree

Mobility: Stretch (Su-F) Montaña

Pickleball Clinic: Beginners (Su-Th) Pickleball Courts

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

Strength: Strength (Su-F) Azteca

10:00 **Specialty: Get Your GROOVE on! with Heather Winia** (Su-F) Kuchumaa

Advanced: BOSU® & Battle Ropes Olmeca

Free Flow: Rooted In Feldenkrais (Su,Th) Oaktree

Pickleball Clinic: Intermediate (Su-Th) Pickleball Courts

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

Strength: Circuit Training (M-F) Azteca

Yoga Level 1 (Su,T,Th) Montaña

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

11:00 **Specialty: Laughter Yoga - Art of Play with Cherie Kephart** (50 Min) (T,Th) Montaña

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

Cardio: Mini Trampoline Express (30 Min) Kuchumaa

Longevity: Strength Training (Su,Th) Olmeca

Movement: Introduction to TRX Fundamentals (Su,Th) Pinetree

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

Strength: Core & More Tolteca

Friends of Bill W. (12 steps - Participant-guided) Library Lounge

Intuitive Ink Painting, with Karen Gerstenberger Art Studio

Ranch History Walk: Explore the Roots of the Ranch, with Rob Larson Gazebo

12:00 **Lunch with Fundación La Puerita: You are invited to learn about our recent work in the Tecate community.** Sign up in Main Lounge. Dining Hall at the Patio Terrace

12:30 **Yarn Painting Demo with Tim Hinchliff** Dining Hall entrance

1:00 **Hormones and our Overall Health and Wellness, with Nancy Cetel MD**

Tipai (across Kuchumaa)

Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff. Art Kit Fee \$60 + tax. Sign up in the Main Lounge, Dining Hall Balcony

2:00 **Aquatic: Deep Water** (Su,T,Th) Activity Pool

Longevity: Lecture - Planning your Home Practice Olmeca

Mobility: TRX Flexibility (Su,Th) Pinetree

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

Strength: Circuit Training (Su,Th) Azteca

Dance Your Broadway Dream: New York, New York, with Michele de la Reza All levels; no experience necessary. Kuchumaa

Discover Your Life Vision, with Randy Kamen, PhD Tipai (across Kuchumaa Gym)

3:00 **Longevity: Heart Rate Training** (30 Min) Azteca

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

Mobility & Corrective: Postural Awareness (M,Th) Tolteca

Sound Healing (Su,M,T,Th,F) Oaktree

Strength: TRX Core (30 Min) (M,Th) Pinetree

Spanish Lessons: Beginners Progressive Library Lounge

4:00 **Breathwork** (M,Th) Milagro

Yoga: Restorative (T,Th) Montaña

Art, Stories and Poetry, with Tim Hinchliff 90 mins, Bazar del Sol

The Inner Pilgrimage to Beauty, Jeannie DuBose Tipai (across Kuchumaa Gym)

Sing Your Broadway Heart Out with Stephen Neely- Singing Classes, no experience necessary – just bring your enthusiasm! Oaktree

Hike to the Residences (60 mins/wear comfortable shoes) Meet at Bazar del Sol

4:45 **Farm-to-Table Dining Experience, with Visiting Chef Alex Carballo and Head Chef Vivian Mercado**. Fee \$150. Register at Ext.640/625. Return 7:30pm. Meet at Admin Bldg.

5:00 **Drop Dead Diva – "What If", with Josh Berman** Olmeca

Fireside Tales, with Chris Salisbury Oaktree

7:15 **Prayer Arrows with Tim Hinchliff**, Main Lounge

Movie: Now You See Me Library Lounge

8:00 **Finale: Broadway Now!** Nick Adams, Eden Espinosa, Adam Kantor, Van Kaplan, Joel Waggoner Oaktree

FRIDAY | FEBRUARY 6

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** Moderate, 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 unstaffed, court shoes and safety glasses are recommended. 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 **Specialty: Get Your GROOVE on! with Heather Winia** (Su-F) Kuchumaa

Advanced: Cardio Sculpt Express (30 min) (W,F) Olmeca

Barre (M,W,F) Pinetree

Pickleball Open Play *unsupervised, court shoes and safety glasses are recommended. Pickleball Courts

Strength: Circuit Training (M-F) Azteca

Yoga Level 2 Slow Flow (M,W,F) Montaña

Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge

10:30 **Mercado Craft Sale** ongoing until 2:30 pm Mercado Patio

11:00 **Specialty: Laughter Yoga - A Laughter Closing Circle with Cherie Kephart** (50 Min) Montaña

Advanced: TRX Strength & Cardio (M,F) Pinetree

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

Cardio: Cycle Hip Hop (30 Min), Pai Pai

Mobility: Stretch (Su,T,F) Kuchumaa

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

Strength: Kettlebells (30 Min) (M,F) Tolteca

Intuitive Ink Painting, with Karen Gerstenberger Art Studio

Indigenous Wisdom Walk with Norma Meza Meet Outside Kuchumaa

1:00 **Take The Ranch Home: Goal & Intention Setting** Tolteca

Film: Miracle in a Box, narrated by John Lithgow introduced by John Callahan (56 min) Library Lounge

2:00 **Aquatic: Shallow Water** (M,W,F) Activity Pool

Mobility & Corrective: Balance & Coordination (T,F) Olmeca

Mobility: Dynamic Stretch (T,F) Pinetree

Yoga: Gentle Aerial Hammock (Low) Please wear socks & long sleeves. (Su,F) Kuchumaa

Art Class Exhibit — All Are Welcome. Join us in celebrating creativity! Art Studio

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

3:00 **Recovery: Foam Roller** (T,F) Tolteca

Sound Healing (Su,M,T,Th,F) Oaktree

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

Yoga Workshop: Happy Hips & Low Back (W,F) Montaña

Spanish Lessons: Beginners Progressive Library Lounge

4:00 **Inner Journey: Guided Meditation** (T,F) Milagro

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

5:00 **Broadway Sing-Along, with Stephen Neely, Michele de la Reza and you!** Bazar del Sol

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