

Meditation/Sound Bath with Kyle Lam

April 27, 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 | April 27

- 6:15 **Mountain Hike: Professor's** challenging 3.3 Miles Gazebo
- 6:45 **Woodlands Hike** 2 Miles Gazebo
- 9:00 **Stretch** Pinetree
- 10:00 **Circuit Training** Azteca
 Meditation Milagro
- 10:15 **Ranch Tour** 30 mins Start outside Dining Hall
- 11:00 **Yoga: All levels** Montaña
- 1:00 **Ranch Tour** 30 mins Start outside Dining Hall
- 2:00 **Sound Healing** Oaktree
 Woodlands Hike 2 Miles Gazebo
- 3:00 **Stretch** Pinetree
- 5:00 **Ranch Tour** (recommended for first time guests) Gazebo
 Returning Guest Update Tolteca
- 5:30 **First Time Guest Orientation** Olmeca
- 6:45 **Meet the Presenters** Dining Hall
- 7:15 **Movie: *Ticket to Paradise*** Library Lounge
- 7:45 **Discover 7 Surefire Ways to Power Up Your Bones, with Susan McCandless, RDN, CLT, IFNCP** 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 Milagro - Meditation Room 6:00 am to 9:00 pm
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	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	Pickleball Courts Open Play all levels: Su, T, Th, F also M, W at 9a
Tierra Alegre Juice Bar Saturday – Friday Smoothies: 2:45 pm	

SUNDAY | April 28

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

- 6:15 **Mountain Hike: Pilgrim** Advanced Option of 3.5 or Challenging 4.5 Miles (Su,W) Gazebo
- 6:30 **Mountain Hike: Alex's Oak** 2 Miles (Su, F) Gazebo
- 6:45 **Woodlands Hike** 2 Miles (Su,T,Th) Gazebo
- 7:30 **Fitness Concierge** 30 mins (Su) Villas Pool
- 8:15 **Docent Led Tour and Orientation** Dining Hall
 Fitness Concierge 30 mins (Su) Dining Hall
- 9:00 **Full Body Strength: Level 2** (Su,W) Olmeca
 Introduction to Circuit Training (Su) Azteca
 Introduction to Pilates Mat: Fundamentals Progressive (Su-F) Pinetree
 Meditation: (Su-F) Oaktree
 Pickleball: Beginner (Su,T,Th,F also M,W at 11a) please wear court shoes Pickleball Courts
 Stretch (Su-F) Montaña
 TRX Strength HIIT (Su, also T at 10) Tolteca
- 10:00 **BOSU® Fit** (Su) Olmeca
 Chant (Su,F) Milagro
 Dance: Latin Fusion (Su) Kuchumaa
 Introduction to Circuit Training (Su) Azteca
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Pilates Mat: level 2 (Su,T,W,F) Pinetree
 Yoga Fundamentals (Su-T) Montaña
- 11:00 **Cardio Muscle Blast** (Su) Azteca
 Mini Trampoline: Balance and Core (Su) Kuchumaa
 Pickleball: Open Play all levels (Su,T,Th,F also M,W at 9) *unsupervised - please wear court shoes Pickleball Courts
 Pilates Reformer: Fundamentals (Su,M,W,F also Su 2 & 3p) Pilates Studio
 Stretch (Su,T,Th) Oaktree
 Shallow Water Workout (Su,T,Th,F) Activity Pool
 TRX Fundamentals (Su, also 9a Th) Tolteca
 Yoga: Level 2 75 mins (Su,M,W,Th,F) Montaña
- 12:00 **Swim Stroke Clinic:** 30 mins (Su) Activity Pool
- 1:00 **Chakra Health: Opening and Balancing Exercises for Your Energy Centers, with Jonelle Rutkauskas** Library Lounge
 Feldenkrais: Improving Posture and Balance - Lecture with Donna Wood Oaktree
 Secrets to Better Pickleball Tolteca
 Water Flow Therapy Demo South Pool
- 2:00 **Cardio Drum Dance** (M, also 11a T, F at 9a) Kuchumaa
 Deep Water (Su,T,Th) Activity Pool
 Pilates Reformer: Fundamentals (also Su at 3p & M,W,F at 11a) Pilates Studio
 Ranch Ropes HIIT 30 mins (Su) Olmeca
 Walking Fundamentals (Su,T,W) Walking Track (Outside Kuchumaa)
 Organic Tea Tasting (30 mins) Juice Bar
- 3:00 **Dynamic Stretch: 30 mins** (Su, also W at 11am) Pinetree
 Pilates Reformer: Fundamentals (also M,W,F at 11) Pilates Studio
 Specialty: Becoming Mindful: A Sound Bath Meditation Experience (Su-F) Oaktree
 Stability Ball 30 mins (Su,T) Olmeca
 Tai Chi (Su) Montaña
- 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Ranch Sound Healing (Su) Oaktree
 Restorative Yoga (Su,T) Montaña
 Art Lecture: Painting the Ranch - Playing with Color, with Linda Hugues Library Lounge
- 7:15 **Movie: *A Haunting in Venice*** Library Lounge
- 7:45 **Inner Fitness: Your Way to Wellness, with Marianne Wells** Olmeca

MONDAY | April 29

Class spaces are limited to first come first served

- 6:15 **Mountain Hike: Professor's** challenging 3.3 (M,Th) Gazebo
- 6:30 **Dove Meditation Hike** 1.2 Miles (M,W) Gazebo
 Sunrise Yoga (60 mins) (M,Th) Montaña
- 6:45 **Quail Hike** 2 Miles with an option to do an Extra Moderate Half Mile (M,W,F) Gazebo
- 9:00 **Barbell Strength: Level 2** (M,F) Tolteca
 Circuit Training (M,W,F) Azteca
 Core & More (also T at 10, F at 11am) Olmeca
 Meditation (Su-F) Oaktree
 Pickleball: Open Play all levels (M,W, also T,Th,F at 11) *unsupervised please wear court shoes Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (M,W) Tennis Courts
 Wander and Wonder Walk about Birds, Nature, the Ranch and more, with Jim Root Gazebo
 Art Class: Painting the Ranch - Acrylics for Beginners Paint a simple, colorful scene of the Ranch. No drawing required! with Linda Hugues. Sign up Art Studio
- 10:00 **Circuit Training** (M-F) Azteca
 Dance Cardio Hip Hop: Flashback 90's (M) Kuchumaa
 H2O Bootcamp: deep water workout (M,W) Activity Pool
 Pilates on the Stability Ball (M) Olmeca
 Ranch Cycling: All Levels (M) Pai Pai
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga Fundamentals (Su-T) Montaña
- 11:00 **Booty Blast** (M,W) Olmeca
 Mini Trampoline Express: 30 mins (M,W) Kuchumaa
 Pickleball: Beginner (M,W also T, Th, F at 9a) please wear court shoes Pickleball Courts
 Pilates Reformer: Fundamentals (M,W,F) Pilates Studio
 TRX Flexibility (M, also W at 2p) Tolteca
 Yoga: Level 2 75 mins (Su,M,W,Th,F) Montaña
 Drawing with Jennifer (2 hours) Art Studio
- 1:00 **The Calcium Conundrum, with Susan McCandless, RDN, CLT, IFNCP** Olmeca
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (M,T,F also active Th at 11a) Kuchumaa
 Release & Mobilize please wear socks (M,W also F at 11a) Oaktree
 Water Polo on the Noodle (M) Activity Pool
 Woodlands Afternoon Hike 2 Miles (M) Gazebo
 Watercolor, with Jennifer 2 hours Art Studio
 Inner Fitness: Loving Your Way to Wellness, with Marianne Wells Arroyo
- 3:00 **Aqua Yoga** (M) Activity Pool
 Core Express 30 mins (M,W,F) Olmeca
 Pilates Reformer: Level 2 (M,W) Pilates Studio
 Postural Awareness (M) Tolteca
 Specialty: Becoming Grounded: An Earth Elemental Gong Meditation (Su-F) Oaktree
 Spanish lessons at the Ranch: beginners progressive (M-F) Library Lounge
- 4:00 **Healthy Shoulder & Rotator Cuff Secrets** (M) Tolteca
 Inner Journey Guided Meditation (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
- 5:00 **Guest Reception. Join us for Sangría, Guacamole & Live Music with Sergio Ramos** 60mins Bazar del Sol
- 6:15 **Silent Dinner** (M) Sign up, Los Olivos (via Dining Hall balcony)
- 7:15 **Movie: *What Happens Later*** Library Lounge
- 7:45 **Introduction to iPhoneography, with Yoni Mayeri** Olmeca

TUESDAY | April 30

- 6:05 **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 **Mountain Hike: Coyote** Advanced 5.5 or 4 Miles (T,F) Gazebo
- 6:30 **Mountain Trail Run** (2 to 4 Miles) (T) Gazebo
- 6:45 **Woodlands Hike** 2 Miles (Su,T,Th) Gazebo
- 9:00 **Bootcamp: Level 2** (T) Kuchumaa
 Meditation (Su-F) Oaktree
 Pickleball: Beginner (Su,T,Th,F, also W at 11a) please wear court shoes Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Ranch Barre (T) Olmeca
 Stretch (Su-F) Montaña
 Art Class: Painting the Ranch - Acrylics for Beginners Paint a simple, colorful scene of the Ranch. No drawing required! with Linda Hugues. Sign up. Art Studio
- 10:00 **Circuit Training** (M-F) Azteca
 Core & More (also F at 11am) Olmeca
 Dance: Salsa (T) Kuchumaa
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Pilates Mat: level 2 (Su,T,W,F) Pinetree
 TRX Strength HIIT (T) Tolteca
 Yoga Fundamentals (Su-T) Montaña
 Divino Cacao: Exploring Mexican Craft & History of Chocolate: 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 **Cardio Drum Dance** (T, also F at 9am) Kuchumaa
 Cycle 30: All Levels (T,Th) Pai Pai
 Kettlebells 30 mins (T,F) Tolteca
 Pickleball: Open Play all levels (T,Th,F also W at 9a) *unsupervised please wear court shoes Pickleball Courts
 Shallow Water Workout (Su,T,Th,F) Activity Pool
 Stretch (Su,T,Th) Oaktree
 Yoga Sculpt: Level 2 60 mins (T, also Th at 3pm) Olmeca
 Landscape Sketching, with Jennifer 120 mins Juice Bar
- 1:00 **Documentary: *Tree of Life, The Living Legacy of Edmond Szekeley*** 26 mins Library Lounge
 The Protein Paradox, with Susan McCandless, RDN, CLT, IFNCP Olmeca
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (T,F, also active Th at 11 am) Kuchumaa
 Balance & Coordination (T) Olmeca
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Pilates Cadillac Fundamentals (T,Th) Pilates Studio
 Walking Fundamentals (Su,T,W) Walking Track/Outside Kuchumaa
 Inner Fitness: Eating Your Way to Wellness, with Marianne Wells Arroyo
 Watercolor Collage Cards with Jennifer 2 hours Art Studio
- 3:00 **Healthy Back Secrets** (T) Tolteca
 Decompress & Motion: 30 mins (T) Pinetree
 Specialty: Becoming Ignited: A Fire Elemental Gong Meditation (Su-F) Oaktree
 Stability Ball 30 mins (Su,T) Olmeca
 Spanish lessons at the Ranch: beginners progressive (M-F) Library Lounge
- 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,T) Montaña
 Knitting For Wellness (T) Gazebo
 Editing: How to Take Your Images from Ordinary to Extraordinary and How to Organize Your Photos, with Yoni Mayeri Olmeca
 Hands-On Cooking Classes with Chef Davin Waite & Jessica Waite. Register at Ext.640/625/Fee/Depart 4pm; return 7:30pm. Meet at Admin Bldg.
- 5:00 **Handpan Singing Drum- Harmonic Bliss with Karl Anthony** Gazebo
- 7:15 **Documentary *Kiss the Ground*** (90 mins) Library Lounge
- 7:45 **What Facilitating a Wedding, a Funeral, a Bat Mitzvah, and a Board Meeting Have in Common? with Melinda Fine, Ed.D.** Olmeca

WEDNESDAY | May 1

- 6:05** **Organic Garden Breakfast Hike** Moderate 4 Miles Sign up (T,W,Th,F) Gazebo
- 6:15** **Mountain Hike: Pilgrim** Advanced Option of 3.5 or Challenging 4.5 Miles (S,W) Gazebo
- 6:30** **Dove Meditation Hike** 1.2 Miles (M,W) Gazebo
- 6:45** **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo
- 9:00** **Circuit Training** (M,W,F) Azteca
 Dance: Zumba (W) Kuchumaa
 Full Body Strength: level 2 (Su,W) Olmeca
 Meditation (Su-F) Oaktree
 Pickleball: Open Play all levels (W, also Th,F at 11) *unsupervised please wear court shoes Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (M,W) Tennis Courts
- 10:00** **Circuit Training** (M-F) Azteca
 Dance: Swing (W) Kuchumaa
 Full Body Strength: Level 1 (M,W) Olmeca
 H2O Bootcamp: deep water workout (M,W) Activity Pool
 Pilates Mat: level 2 (Su,T,W,F) Pinetree
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga: Level 1 (W-F)) Montaña
- 11:00** **Booty Blast:** 30 mins (M,W) Olmeca
 Cycle Strength: All Levels (W) Pai Pai
 Dynamic Stretch: 30 mins (Th) Pinetree
 Mini Trampoline Express: 30 mins (M,W) Kuchumaa
 Pickleball: Beginner (W, also Th,F at 9a) please wear court shoes Pickleball Courts
 Pilates Reformer: Fundamentals (W,F) Pilates Studio
 Yoga: Level 2 75 mins (Su,M,W,Th,F) Montaña
- 11:30** **Painting Demonstration, with Jennifer** Art Studio
- 1:00** **Ranch Tour** 30 mins Start outside Dining Hall
 Friends of Bill W. (12 steps - Participant-guided) Library Lounge
 The Gut-Bone Connection, with Susan McCandless, RDN, CLT, IFNCP Olmeca
- 2:00** **Mountain Hike: Alex's Oak** 2 Miles (W) Gazebo
 Release & Mobilize please wear socks (M,W, also F at 11a) Oaktree
 Walking Fundamentals (W) Walking Track/Outside Kuchumaa
 TRX Flexibility (W) Tolteca
 Art Class: Painting the Ranch - Acrylics for Beginners Paint a simple, colorful scene of the Ranch. No drawing required! with Linda Hugues. Sign up. Art Studio
 Inner Fitness: Moving Your Way to Wellness, with Marianne Wells Arroyo
- 3:00** **Aqua Strength & Tone** Shallow Water Workout (W) Activity Pool
 Core Express 30 mins (M,W,F) Olmeca
 Pilates Reformer: Level 2 (M,W) Pilates Studio
 Specialty: Rest & Restore: A Sound Bath Meditation Experience (Su-F) Oaktree
 Spanish lessons at the Ranch: beginners (M-F) Library Lounge
 "Why the heck are we meeting, anyway?" with Melinda Fine, Ed.D. Arroyo
- 4:00** **Inner Journey Guided Meditation** (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Journaling for Joy (W) Milagro
 Drumming with Karl Anthony Sign Up Kuchumaa
 Hands-On Cooking Classes with Chef Davin Waite & Jessica Waite. Register at Ext.640/625. Fee. Depart 4pm; return 7:30pm. Meet at Admin Bldg.
 More Apps for Mobile Photography and Image Creation, with Yoni Mayeri Olmeca
- 7:15** **Movie *The Farewell*** Library Lounge
- 7:45** **An Evening with Deborah Szekely, Co-founder of Rancho La Puerta, and Sarah Livia Brightwood Szekely, President, hosted by Barry Shingle, Director of Guest Experiences** Oaktree

THURSDAY | May 2

- 6:05** **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** **Mountain Hike: 7 Mile Breakfast** Advanced with prerequisites, Sign Up (Th) Gazebo
- 6:15** **Mountain Hike: Professor's** challenging 3.3 Miles (M,Th) Gazebo
- 6:30** **Sunrise Yoga** (60 mins) (M,Th) Montaña
- 6:45** **Woodlands Hike** 2 Miles (Su,T,Th) Gazebo
- 9:00** **BOSU® & Ropes: level 2** 30 mins (Th) Olmeca
 Meditation (Su-F) Oaktree
 Pickleball: Beginner (Su,T,Th,F) please wear court shoes Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 TRX Fundamentals (Th) Tolteca
- 10:00** **Circuit Training** (M-F) Azteca
 Dance Intro to Salsa (Th) Kuchumaa
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Pilates Arc Barrel: level 2 (Th) Pinetree
 Sculpt & Step (Th) Tolteca
 Water Jogging: deep water workout (Th) Activity Pool
 Yoga: Level 1 (W-F)) Montaña
- 11:00** **Active Aerial Yoga: Level 2, Low hammock** please wear socks and short/long sleeves (Th, also gentle F at 2pm) Kuchumaa
 Cardio Sculpt Express: 30 mins (Th) Olmeca
 Cycle Hip Hop 30: All Levels (Th) Pai Pai
 Pickleball: Open Play all levels (Th,F) *unsupervised please wear court shoes Pickleball Courts
 Shallow Water Workout (Su,T,Th,F) Activity Pool
 Stretch (Su,T,Th) Oaktree
 TRX Core: 30 mins (Th) Tolteca
 Yoga: Level 2 75 mins (Su,M,W,Th,F) Montaña
 Ranch History Walk: Explore the roots of the Ranch and its rich history with Rob Larson Gazebo
- 12:30** **Demo Yarn Painting with Tim Hinchliff** Dining Hall entrance
- 1:00** **Documentary *Tree of Life, The Living Legacy of Edmond Szekely*** (26 mins) Library Lounge
 Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff Sign up (\$60 art kit fee) Dining Hall balcon
- 2:00** **Breathwork: Relax the Mind** (Th) Montaña
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Pilates Cadillac Fundamentals (T,Th) Pilates Studio
 Cooking Demo 30 mins Juice Bar
 Art Class: Painting the Ranch - Acrylics for Beginners Paint a simple, colorful scene of the Ranch. No drawing required! with Linda Hugues. Sign up. Art Studio
 Inner Fitness: Sleeping Your Way to Wellness, with Marianne Wells Arroyo
- 3:00** **Labyrinth** (Th) Labyrinth
 Specialty: Healing the Heart: A Gong Bath Immersive Journey (Su-F) Oaktree
 Qi Gong (T) Montaña
 Yoga Sculpt: Level 2 (Th) Olmeca
 Spanish lessons at the Ranch: beginners (M-F) Library Lounge
 "If You Can't Think of Anything Nice to Say ..." with Melinda Fine, Ed.D. Arroyo
- 4:00** **Foam Roller Recovery** Please wear socks (Th) Tolteca
 Yoga Nidra (Th) Montaña
 Art, Stories and Poetry, with Tim Hinchliff 90 mins Bazar del Sol
 Top Ten Tips for iPhoneography, with Yoni Mayeri Olmeca
- 4:45** **Plant-Powered Culinary Fiesta with Chef Davin Waite & Jessica Waite** Register at Ext. 640/625. Fee. Depart 4:45pm; return 7:30pm. Meet at Admin Bldg.
- 7:00** **Prayer Arrows with Tim Hinchliff** Main Lounge
 Movie: *The Fabelmans* (2hrs 31 min) Library Lounge
- 7:45** **Karl Anthony in Concert: Open My Eyes** Oaktree

FRIDAY | May 3

- Please sign up or confirm your return transportation at the Admin Building or Concierge Desk*
- 6:05** **Organic Garden Breakfast Hike** (T,W,Th,F) Moderate 4 Miles Sign up Gazebo
- 6:15** **Mountain Hike: Coyote** Advanced 5.5 or 4 Miles (T,F) Gazebo
- 6:30** **Mountain Hike: Alex's Oak 2 Miles** 2 Miles (F) Gazebo
- 6:45** **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo
- 9:00** **Barbell Strength: Level 2** (M,F) Tolteca
 Cardio Drum Dance (F) Kuchumaa
 Circuit Training (M,W,F) Azteca
 Meditation (Su-F) Oaktree
 Pickleball: Beginner (F) please wear court shoes Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
- 10:00** **Chant** (Su,F) Milagro
 Circuit Training (F) Azteca
 Dance: Disco (F) Kuchumaa
 Pilates Mat: level 2 (F) Pinetree
 Total Body with Bands: Level 2 30 mins (F) Olmeca
 Yoga: Level 1 (W-F)) Montaña
- 11:00** **Kettlebells** 30 mins (F) Tolteca
 Pickleball: Open Play all levels ,(F) *unsupervised please wear court shoes Pickleball Courts
 Pilates Reformer: Fundamentals (F) Pilates Studio
 Release & Mobilize please wear socks (F) Oaktree
 Shallow Water Workout (F) Activity Pool
 Tabata HIIT 30 (F) Olmeca
 Yoga Level 2 75 mins (F) Montaña
 Make an Ancestor Altar, with Jennifer (2 hours) Art Studio
- 1:00** **Set Your Return to Home Intention** (F) Tolteca
- 2:00** **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (F) Kuchumaa
 Release Stress with Tapping (F) Oaktree
 Mandala with Jennifer (60 mins) Art Studio
 Taming the Middle Schooler Among Us, with Melinda Fine, Ed.D. Arroyo
- 2:45** **Live Music and Smoothies** Juice Bar
- 3:00** **Core Express** 30 mins (F) Olmeca
 Specialty: Becoming Mindful: A Sound Bath Experience (F) Oaktree
 Spanish lessons at the Ranch: beginners (M-F) Library Lounge
- 4:00** **Inner Journey Guided Meditation** (F) Oaktree
 Stretch & Relax (M,W,F) Montaña
- 6:00** **Music with Rancho La Puerta Fiesta Band** 120 mins Dining Hall
- 7:15** **Movie: *Barbie*** Library Lounge

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