

# Meditation/Sound Bath with Kyle Lam

**April 27, 2024 DRAFT**

**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  **Pickleball: Open Play all Levels** \*supervised please wear court shoes Pickleball Courts  
 **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  **Inner Fitness: Your Way to Wellness, with Marianne Wells** Olmeca

MEAL HOURS	
<b>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>SUNDAY THROUGH 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
SNACK TIMES	
<b>Main Lounge / Sunday – Friday</b>	
Fruit	10:30 am
Veggies & Juice	4:30 pm
<b>Tierra Alegre Juice Bar /Su-F</b>	
Smoothies	2:45 pm

AVAILABLE FACILITIES WHEN NO CLASS IS IN SESSION	
<b>Milagro - Meditation Room</b> 6:00 am to 9:00 pm	
<b>Activity Pool - Lap Swim</b> 7:00 am to 6:00 pm	
<b>Azteca Gym - Weight Room</b> Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to 5:00 pm	

UNSTAFFED PICK-UP GAMES	
<b>Pickleball</b> 11 am Sun 9 am M,W	

## 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
- 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  
 **Feldenkrais: Improve Posture & Balance** (Su, M) Arroyo  
 **Introduction to Circuit Training** (Su) Azteca  
 **Pickleball: Intermediate** (Su,T,Th) please wear court shoes Pickleball Courts  
 **Pilates Mat: level 2** (Su,M,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 9 am Th) Tolteca  
 **Yoga: Level 2** 75 mins (Su,M,W,Th,F) Montaña  
 **Swim Stroke Clinic:** 30 mins (Su) Activity Pool
- 12:00
- 1:00  **Feldenkrais: Improving Posture and Balance - Lecture with Donna Wood** Oaktree  
 **Secrets to Better Pickleball** Tolteca  
 **Water Flow Therapy Demo** South Pool  
 **Chakra Health: Opening and Balancing Exercises for Your Energy Centers, with Jonelle Rutkauskas** Library Lounge
- 2:00  **Cardio Drum Dance** (M, also 11 am T, F at 9) Kuchumaa  
 **Deep Water** (Su,T,Th) Activity Pool  
 **Feldenkrais: Improve Posture & Balance** (Su, also 1pm M) Oaktree  
 **Pilates Reformer: Fundamentals** (also Su at 3 & M,W,F at 11) 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  
 **Inner Fitness: Loving Your Way to Wellness, with Marianne Wells** Arroyo
- 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: Emma** Library Lounge
- 7:45  **Discover 7 Surefire Ways to Power Up Your Bones, with Susan McCandless, RDN, CLT, IFNCP** 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** (M, also 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  
 **Feldenkrais: Improve Posture & Balance** (Su, M) Arroyo  
 **Full Body Strength: Level 1** (M,W) Olmeca  
 **H2O Bootcamp:** deep water workout (M,W) Activity Pool  
 **Pilates Mat: level 2** (Su,M,W,F) Pinetree  
 **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) Tolteca  
 **Yoga: Level 2** 75 mins (Su,M,W,Th,F) Montaña  
 **Drawing with Jennifer** (2 hours) Art Studio
- 1:00  **Feldenkrais: Improve Posture & Balance** (M) Oaktree  
 **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 11 am) 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: Eating 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** Moderate 4 Miles Sign up (T,W,Th,F) Gazebo
- 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  
 **Dance: Salsa** (T) Kuchumaa  
 **Pickleball: Intermediate** (Su,T,Th) please wear court shoes Pickleball Courts  
 **Pilates on the Stability Ball** (T) Olmeca  
 **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 9) \*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  **The Protein Paradox, with Susan McCandless, RDN, CLT, IFNCP** Olmeca  
 **Documentary: Tree of Life, The Living Legacy of Edmond Szekeley** (26 mins) Library Lounge
- 2:00  **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (T,F, also Th at 11 am) Kuchumaa  
 **Balance & Coordination Focus** (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  
 **Watercolor Collage Cards with Jennifer** 2 hours Art Studio  
 **Inner Fitness: Moving Your Way to Wellness, with Marianne Wells** Arroyo
- 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) Main Lounge  
 **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.  
 **Editing: How to Take Your Images from Ordinary to Extraordinary and How to Organize Your Photos, with Yoni Mayeri** Olmeca
- 5:00  **HANDPAN concert 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

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

- 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  
 **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  
 **TRX Core:** 30 mins (W, also Th at 11) Tolteca
- 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,M,W,F) Pinetree  
 **Tennis Clinic: Level 2** (M,W) Tennis Courts  
 **Yoga: Level 1** (W-F)) Montaña  
 **Landscape Garden Walk** (W) Main Lounge
- 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  **Dance: Zumba** (W) Kuchumaa  
 **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  
 **Inner Fitness: Sleeping Your Way to Wellness, with Marianne Wells** Arroyo  
 **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
- 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) Arroyo  
 **Stretch & Relax** (M,W,F) Montaña  
 **Journaling for Joy** (W) Milagro  
 **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  
 **Drum Circle with Karl Anthony (sign up)** Kuchumaa
- 7:15  **Movie *Jerry and Marge*** 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** 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  **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (Th, also F at 2pm) Kuchumaa  
 **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
- 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** (T,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: *A Haunting in Venice*** Library Lounge
- 7:45  **Concert with Karl Anthony** 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 Meditation Hike: Alex's Oak** 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** 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*