

Week of April 4, 2026 SUBJECT TO CHANGE
Brain Health Week DRAFT WITHOUT NOTICE

Gyrokinesis with Elizabeth Jackson
Tai Chi & Qi Gong with Cari Shurman

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 in 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 | APRIL 4

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*** Pickleball Courts
* Unstaffed, please use court shoes.
 Yoga: All Levels Montaña

1:00 **Fitness Concierge** (60 Min) Dining Hall

2:00 **Strength: Full Body All Levels** Olmecca

3:00 **Mobility: Stretch** Montaña
 Sound Healing Oaktree

4:00 **Set Your Intention; Tips for a Magical Week** with Jill T. Tolteca

5:00 **Ranch Tour** (Recommended for first time guests) Gazebo
 Returning Guest Update Tolteca

5:30 **First Time Guest Orientation** Olmecca

6:45 **Meet the Presenters** Dining Hall

7:15 **Movie: *The Upside*** Library Lounge

8:00 **The Art & Science of a Healthy Brain: Panel Discussion and Q & A with Annie Fenn, MD, Julie Fratantoni, PhD, Laura Morris, CPT, Jennifer Ventrelle, RDN, and Carrie Geraci, BA** 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	Available Facilities* *when no class is in session Milagro - Meditation Room 6:00 am to 9:00 pm Activity Pool - Lap Swim 7:00 am to 5:00 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	Azteca Gym - Weight Room Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to 5:00 pm (closed daily 1-2)
Snack Times: Sunday- Friday Fruit 10:30 am Main Lounge Smoothies 2:45 pm Juice Bar Veggies/Juice 4:30 pm Main Lounge	Tennis & Pickleball Courts - Open Play 7:00 am to 5:00 pm
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 | APRIL 5

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-F) Arroyo
8:15 **Fitness Concierge** (30 Min) (Su,Th) Dining Hall
 Ranch Tour and Orientation (For first time guests) Dining Hall

9:00 **Advanced: Full Body Strength** (Su,W) Olmecca
 Meditation (Su-F) Oaktree
 Mobility: Stretch (Su-F) Montaña
 Pickleball Clinic: Beginners (Su-Th) Court shoes and safety glasses are recommended., Pickleball Courts
 Pilates: Mat Foundations - Neutral & Spinal Articulation (Su-F) Pinetree
 Strength: Introduction to Circuit Training Azteca

10:00 **Chant: A Vocal Sound Practice** (M,Th) Milagro
 Dance: Latin Fusion Kuchumaa
 Free Flow: Rooted In Feldenkrais (Su,Th) Oaktree
 Pickleball Clinic: Intermediate (Su-Th) Court shoes and safety glasses are recommended., Pickleball Courts
 Pilates: Mat Level 2 (Su-F) Pinetree
 Strength: BOSU® Fit (Su,T) Olmecca
 Strength: Introduction to Circuit Training Azteca
 Yoga Level 1 - Foundations (Su-F) Montaña

11:00 **Specialty: Gyrokinesis with Elizabeth Jackson** (60 Min) (Su-F) Pinetree
 Aquatic: Shallow Water (Su,M,W,F) Activity Pool
 Cardio: Cycle 45 Pai Pai
 Longevity: Strength Training (Su,Th) Olmecca
 Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Yoga Level 2 Slow Flow (75 Min) (Su,M,W,Th,F) Montaña
 The Artful Mind: Plein Air Workshop, with Carrie Geraci, BA Art Studio
 Inner Fitness: The Quality of Our Relationships Determines the Quality of Our Lives, with Kerena and Ben Saltzman Tipai

1:00 **Master Your Metabolism with DeRahn Johnson** Olmecca
 Friends of Bill W. (12 steps - Participant-guided) Library Lounge
 Water Flow Therapy Demo South Pool

2:00 **Specialty: Tai Chi with Cari Shurman** (Su-F) Oaktree
 Aquatic: Deep Water (Su,T,Th) Activity Pool
 Longevity: Lecture. How to Own Your Aging Process Olmecca
 Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Recovery: Release & Mobilize (Su,W) Oaktree
 Strength: Circuit Training (Su,Th) Azteca

3:00 **Advanced: Bodyweight Blast** (30 Min) (Su,W) Tolteca
 Aqua Ease: Shallow Water Stretch (30 Min) (Su,W) Activity Pool
 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-F) Oaktree

4:00 **Recovery: Foam Roller** (Su,T,Th) Tolteca
 Yoga: Restorative (Su,T,Th) Montaña
 Talk: Rolfig® Structural Integration: Manual Therapy for Moving Smarter and Standing Taller, with Melissa Schneider, Certified Advanced Rolfer Tipai

8:00 **A Piano Music Journey from Baroque to Now, with Laura Dean** Oaktree

MONDAY | APRIL 6

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-F) Arroyo

9:00 **Meditation** (Su-F) Oaktree
 Mobility: Stretch (Su-F) Montaña
 Pickleball Clinic: Beginners (Su-Th) Court shoes and safety glasses are recommended.
 Pilates: Mat Foundations - Flexion (Su-F) Pinetree
 Strength: Circuit Training (M,W,F) Azteca
 Strength: Total Body with Bands (M,F) Olmecca
 Tennis Clinic: Level 1 (M,W) Tennis Courts

10:00 **Specialty: Qi Gong with Cari Shurman** (M,Th) Oaktree
 Advanced: Battle Ropes HIIT (30 Min) Olmecca
 Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
 Dance: Cardio Disco Kuchumaa
 Pickleball Clinic: Intermediate (Su-Th) Court shoes and safety glasses are recommended., Pickleball Courts
 Pilates: Mat Level 2 (Su-F) Pinetree
 Strength: Circuit Training (M-F) Azteca
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga Level 1 - Balance (Su-F) Montaña

11:00 **Specialty: Gyrokinesis with Elizabeth Jackson** (Su-F) (60 Min) Pinetree
 Aquatic: Shallow Water (Su,M,W,F) Activity Pool
 Barre (M,W) Olmecca
 Cardio & Strength: Mini Trampoline Build & Bounce (M,W) 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,W) Tolteca
 Yoga Level 2 Slow Flow (75 Min) (Su,M,W,Th,F) Montaña
 Friends of Bill W. (12 steps - Participant-guided) Library Lounge
 Nature Walk with Rob Larson (60 Min) Meet at Gazebo
 The Artful Mind: Plein Air Workshop, with Carrie Geraci, BA Art Studio
 Inner Fitness: Three Skills You Can Use Anywhere to Deepen Connection, with Kerena and Ben Saltzman Tipai

1:00 **Stay Sharp with Age: 10 Ways to Take Care of Your Brain, with Annie Fenn, MD** Tipai
 Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST Library Lounge
2:00 **Specialty: Tai Chi with Cari Shurman** (Su-F) Oaktree
 Aquatic: Deep Water (Su-Th) Activity Pool
 Longevity: Dynamic Mobility Olmecca
 Pilates: Reformer Jumpboard (M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Yoga: Gentle Aerial Hammock (Low) Please wear socks & long sleeves Kuchumaa
 Stress Proof Your Brain, with Julie Fratantoni, PhD Tipai

3:00 **Longevity: Cardio Zone 2 Heart Rate Training** Azteca
 Mobility & Corrective: Postural Awareness (M,Th) Olmecca
 Pilates: Reformer Level 1 (Su,M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Sound Healing (Su-F) Oaktree
4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
 Mobility: Stretch and Relax (M,W,F) Montaña
 Sculpture and Craft Walk with Rob Larson Meet at Gazebo

5:00 **Guest Reception: Sangría & Guacamole** Bazar del Sol
6:15 **Silent Dinner** Sign up in Main Lounge, Los Olivos (via Dining Hall balcony)
7:15 **Movie: *Mrs. Harris Goes to Paris*** Library Lounge

8:00 **The MIND Diet: Origins, Science, and Brain-Protective Nutrition, with Laura Morris, CPT and Jennifer Ventrelle, MS RDN CPT** Tipai

TUESDAY | APRIL 7

Class spaces are limited to first come first served.

6:05 **Organic Garden Breakfast Hike** 4 Miles. Sign up with Concierge for hike/van. Meet at Gazebo for the hike or van transportation available dep. at 6:45 from Admin bldg. **Option to tour of award-winning Parque del Profesor after breakfast.** Learn about Rancho La Puerta's work in the community. Back by 9 am.

6:15 **Mountain Hike: Coyote Trail** Advanced, 5.5 or 4 Miles, Gazebo
6:30 **Yoga: Sunrise All Levels** (60 Min) (T,Th) Montaña
6:45 **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo
7:00 **Bird Walk** (60 Min) Gazebo
8:00 **Pilates Concierge** (Su-F) Arroyo

9:00 **Advanced: Cardio Muscle Blast** (T,Th) Azteca
 Meditation (Su-F) Oaktree
 Mobility: Stretch (Su-F) Montaña
 Pickleball Clinic: Beginners (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts
 Pilates: Mat Foundations - Extension (Su-F) Pinetree
 Strength: Barbell Workout (T,Th) Tolteca

10:00 **Dance: Intro to Salsa** Kuchumaa
 Pickleball Clinic: Intermediate (Su-Th) Court shoes and safety glasses are recommended., Pickleball Courts
 Pilates: Mat Level 2 (Su-F) Pinetree
 Strength: BOSU® Fit (Su,T) Olmecca
 Strength: Circuit Training (M-F) Azteca
 Yoga Level 1 – Strength (Su-F) Montaña

11:00 **Specialty: Gyrokinesis with Elizabeth Jackson** (60 Min) (Su-F) Pinetree
 Advanced: Cardio Sculpt Express (30 min) (T,F) Olmecca
 Aquatic: Strength & Tone (Shallow Water) (T,Th) Activity Pool
 Cardio: Cycle Express (30 Min) Pai Pai
 Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Strength & Cardio: TRX Circuit Tolteca
 Yoga Sculpt: Level 2 (60 Min) Kuchumaa
 Cooking with the Seasons, with Head Chef Vivian Mercado. Fee \$100. Register at Ext. 640/625. Return 2:30pm. Meet at Admin Bldg.
 The Artful Mind: Plein Air Workshop, with Carrie Geraci, BA Art Studio
 Inner Fitness: How We Keep Ourselves Stuck: Ending Your Commitment to Relationship Groundhog Day, with Kerena and Ben Saltzman Tipai

1:00 **Making a Smoothie Class with Chef César** Juice Bar
 Food as Neuro-Protective or Inflammatory—A Deep Dive into the MIND Diet Foods, with Laura Morris, CPT and Jennifer Ventrelle, MS RDN CPT Tipai

2:00 **Specialty: Tai Chi with Cari Shurman** (Su-F) Oaktree
 Aquatic: Deep Water (Su-Th) Activity Pool
 Mobility & Corrective: Balance & Coordination (T,F) Olmecca
 Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Building Cognitive Capital: How to manage your mental energy, with Julie Fratantoni, PhD Tipai

3:00 **Pilates: Tower Level 1** (T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Sound Healing (Su-F) Oaktree
 Strength: Vital Core (30 Min) (T,F) Olmecca
 Yoga Workshop: Rope Wall Montaña

4:00 **Recovery: Foam Roller** (Su,T,Th) Tolteca
 Yoga: Restorative (Su,T,Th) Montaña
 Hands-On Cooking Class with Chef Annie Fenn \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg
 Sing-Along with Laura Dean Oaktree

5:00 **1st Time Visitor's Reception with Barry Shingle, Director of Guest Experience** Los Olivos
 Live Music with Sergio Ramos Bazar Del Sol

7:15 **Movie: *The Roses*** Library Lounge
8:00 **The Artful Mind: Creativity for Cognitive Wellness, with Carrie Geraci, BA** Tipai

WEDNESDAY | APRIL 8

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

- 8:00 ☐ **Pilates Concierge** (Su-F) Arroyo

- 9:00 ☐ **Advanced: Full Body Strength** (Su,W), Olmeca
- ☐ **Meditation** (Su-F) Oaktree
- ☐ **Mobility: Stretch** (Su-F) Montaña
- ☐ **Pickleball Clinic: Beginners** (Su-Th) Court shoes and safety glasses are recommended., 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 ☐ **Aquatic: H2O Boot Camp** (Deep Water) (M,W,F) Activity Pool
- ☐ **Chant: A Vocal Sound Practice** (Su,W) Milagro
- ☐ **Dance: Country Line** Kuchumaa
- ☐ **Pickleball Clinic: Intermediate** (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts
- ☐ **Pilates: Mat Level 2** (Su-F) Pinetree
- ☐ **Strength: Circuit Training** (M-F) Azteca
- ☐ **Strength: Core & More** Olmeca
- ☐ **Tennis Clinic: Level 2** (M,W) Tennis Courts
- ☐ **Yoga Level 1 - Centering** (Su-F) Montaña
- ☐ **Landscape Garden Walk with Enrique Ceballos** Gazebo

- 11:00 ☐ **Specialty: Gyrokinesis with Elizabeth Jackson** (60 Min) (Su-F) Pinetree
- ☐ **Aquatic: Shallow Water** (Su,M,W,F) Activity Pool
- ☐ **Barre** (M,W) Olmeca
- ☐ **Cardio & Strength: Mini Trampoline Build & Bounce** (M,W) 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,W) Tolteca
- ☐ **Yoga Level 2 Slow Flow** (75 Min) (Su,M,W,Th,F) Montaña
- ☐ **Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
- ☐ **Inner Fitness: Bridging the Divide: How to Repair When Relationships Fall Out of Sync, with Kerena and Ben Saltzman** Tipai

- 1:00 ☐ **Making the MIND Diet Work for You—Behavior Change, Tools, and Real Life, with Laura Morris, CPT and Jennifer Ventrelle, MS RDN CPT** Tipai
- ☐ **Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins)** Library Lounge

- 2:00 ☐ **Specialty: Tai Chi with Cari Shurman** (Su-F) Oaktree
- ☐ **Aquatic: Deep Water** (Su-Th) Activity Pool
- ☐ **Pilates: Jumpboard** (M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
- ☐ **Recovery: Release & Mobilize** (Su,W) Oaktree
- ☐ **Yoga: Gentle Aerial Hammock** (Low) Please wear socks & long sleeves. (Su,W) Kuchumaa
- ☐ **Lengthen Your Brainspan, with Julie Fratantoni, PhD** Tipai

- 3:00 ☐ **Advanced: Bodyweight Blast** (30 Min) (Su,W) Tolteca
- ☐ **Aqua Ease: Shallow Water Stretch** (30 Min) (Su,W) Activity Pool
- ☐ **Pilates: Reformer Level 1** (Su,M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
- ☐ **Sound Healing** (Su-F) Oaktree

- 4:00 ☐ **Recovery: Stretch and Relax** (M,W,F) Montaña
- ☐ **Set & Live Your Intention with Jill T.** Tolteca
- ☐ **Hands-On Cooking Class with Chef Annie Fenn \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg**
- ☐ **Tasting of Guadalupe Valley Wines, includes cheese board** (60min). \$45 per person. Call Ext.113 or visit the Main Lounge to Sign Up (Minimum 4 guests required) Bazar del Sol
- ☐ **Sing-Along with Laura Dean** Oaktree
- 7:15 ☐ **Movie: *One Life*** Library Lounge
- 8:00 ☐ **In Conversation 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 | APRIL 9

Class spaces are limited to first come first served.

- 6:05 ☐ **Organic Garden Breakfast Hike** 4 Miles. Sign up with Concierge for hike/van. Meet at Gazebo for the hike or van transportation available dep. at 6:45 from Admin bldg. Option to tour of award-winning Parque del Profesor after breakfast. Learn about Rancho La Puerta's work in the community. Back by 9 am.

- 6:10 ☐ **Mountain Hike: 7-Mile Breakfast** Challenging, Sign up Gazebo
- 6:15 ☐ **Mountain Hike: Professor's Trail** Advanced, 3.3 Miles Gazebo
- 6:30 ☐ **Yoga: Sunrise All Levels** (60 Min) (T,Th) Montaña
- 6:45 ☐ **Lowlands Hike: Woodlands Trail** 2 Miles Gazebo
- 7:00 ☐ **Bird Walk** (60 Min) Gazebo
- 8:00 ☐ **Pilates Concierge** (Su-F) 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) Court shoes and safety glasses are recommended. Pickleball Courts
- ☐ **Pilates: Mat Foundations - Rotation** (Su-F) Pinetree
- ☐ **Strength: Barbell Workout** (T,Th) Tolteca

- 10:00 ☐ **Specialty: Qi Gong with Cari Shurman** (M,Th) Oaktree
- ☐ **Advanced: BOSU® & Battle Ropes** Olmeca
- ☐ **Dance: Motown Lowdown** Kuchumaa
- ☐ **Pickleball Clinic: Intermediate** (Su-Th) Court shoes and safety glasses are recommended., Pickleball Courts
- ☐ **Pilates: Mat Level 2** (Su-F) Pinetree
- ☐ **Strength: Circuit Training** (M-F) Azteca
- ☐ **Yoga Level 1 - Opening** (Su-F) Montaña

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

- 11:00 ☐ **Specialty: Gyrokinesis with Elizabeth Jackson** (60 Min) (Su-F) Pinetree
- ☐ **Aquatic: Strength & Tone** (Shallow Water) (T,Th) Activity Pool
- ☐ **Cardio: Cycle Hip Hop** (30 Min) Pai Pai
- ☐ **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
- ☐ **Yoga Level 2 Slow Flow** (75 Min) (Su,M,W,Th,F) Montaña
- ☐ **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
- ☐ **Ranch History Walk: Explore the Roots of the Ranch, with Rob Larson** Gazebo
- ☐ **The Artful Mind: Plein Air Workshop, with Carrie Geraci, BA** Art Studio
- ☐ **Inner Fitness: From Powerless to Powerful: How to Stop Abandoning Yourself in Relationships, with Kerena and Ben Saltzman** Tipai

- 12:00 ☐ **Lunch with Fundación La Puerta: 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 ☐ **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff.** Sign up in the Main Lounge, Art Kit Fee \$60 + tax. Dining Hall Balcony

- ☐ **The Bigger Picture—A Multi-Domain Approach to Brain Health, with Laura Morris, CPT and Jennifer Ventrelle, MS RDN CPT** Tipai
- 2:00 ☐ **Specialty: Tai Chi with Cari Shurman** (Su-F) Oaktree
- ☐ **Aquatic: Deep Water** (Su,T,Th) Activity Pool
- ☐ **Longevity: Lecture - Planning your Home Practice** Olmeca
- ☐ **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
- ☐ **The Neuroscience of Building Habits, with Julie Fratantoni, PhD** Tipai

- 3:00 ☐ **Longevity: Heart Rate Training** (30 Min) Azteca
- ☐ **Mobility & Corrective: Postural Awareness** (M,Th) Olmeca
- ☐ **Pilates: Tower Level 1** (T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
- ☐ **Sound Healing** (Su-F) Oaktree
- ☐ **Spanish Lessons: Beginners Progressive** Library Lounge
- 4:00 ☐ **Recovery: Foam Roller** (Su,T,Th) Tolteca
- ☐ **Yoga: Restorative** (Su,T,Th) Montaña
- ☐ **Hike to the Residences (60 mins/wear comfortable shoes)** Meet at Bazar del Sol

- ☐ **Art, Stories and Poetry, with Tim Hinchliff** 90 mins, Bazar del Sol
- 4:45 ☐ **Chef's Table Dinner with Chef Annie Fenn and Head Chef Vivian Mercado** Fee \$150. Register at Ext.640/625. Return 7:30pm. Meet at Admin Bldg.
- 5:00 ☐ **Live Music with Sergio Ramos** Bazar Del Sol

- 7:15 ☐ **Movie: *Now You See Me*** Library Lounge
- ☐ **Prayer Arrows with Tim Hinchliff,** Main Lounge

- 8:00 ☐ **Concert in Oaktree**

FRIDAY | APRIL 10

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

- 8:00 ☐ **Pilates Concierge** (Su-F) Arroyo

- 9:00 ☐ **Meditation** (Su-F) Oaktree
- ☐ **Mobility: Stretch** (Su-F) Montaña
- ☐ **Pickleball Open Play** *unsupervised, 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 ☐ **Aquatic: H2O Boot Camp** (Deep Water) (M,W,F) Activity Pool
- ☐ **Dance: Broadway** Kuchumaa
- ☐ **Free Flow: Rooted In Feldenkrais** (Su,F), Oaktree
- ☐ **Pickleball Open Play** *unsupervised, court shoes and safety glasses are recommended. Pickleball Courts
- ☐ **Pilates: Mat Level 2** (Su-F) Pinetree
- ☐ **Strength: Circuit Training** (M-F) Azteca
- ☐ **Yoga Level 1 – Integration** (Su-F) Montaña

- 10:30 ☐ **Mercado Craft Sale Delicias Mexicanas Tradicional Mexican Sweets** Wayuu Bags; Punto & Nudo Home Decor; MAPACHE ARTS & CRAFTS ongoing until 2:30 pm Mercado Patio

- 11:00 ☐ **Specialty: Gyrokinesis with Elizabeth Jackson** (60 Min) (Su-F) Pinetree
- ☐ **Advanced: Cardio Sculpt Express** (30 min) (W,F) Olmeca
- ☐ **Aquatic: Shallow Water** (Su,M,W,F) Activity Pool
- ☐ **Cardio: Mini Trampoline Express** (30 Min) Kuchumaa
- ☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
- ☐ **Strength: TRX & Kettlebells Level 2** Tolteca
- ☐ **Yoga Level 2 Slow Flow** (75 Min) (Su,M,W,Th,F) Montaña

- 1:00 ☐ **Set Your Return to Home Intention** Tolteca

- 2:00 ☐ **Specialty: Tai Chi with Cari Shurman** (Su-F) Oaktree
- ☐ **Labyrinth** Meet at Emily's Forest
- ☐ **Mobility & Corrective: Balance & Coordination** (T,F) Olmeca

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

- 3:00 ☐ **Sound Healing** (Su-F) Oaktree
- ☐ **Strength: Vital Core** (T,F) Olmeca
- ☐ **Yoga Workshop: Happy Hips & Low Back** Montaña
- ☐ **Spanish Lessons: Beginners Progressive** Library Lounge

- 4:00 ☐ **Inner Journey: Guided Meditation** (T,F) Milagro
- ☐ **Recovery: Stretch and Relax** (M,W,F) Montaña

- 6:00 ☐ **Live Music with Rancho La Puerta Fiesta Band** (2 hrs) Dining Hall
- 6:15 ☐ **Shabbat Ceremony** (led by guests), Los Olivos

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