

## Week of April 4, 2026

### Brain Health Week

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

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

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

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** Olmeca

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

## SUNDAY | APRIL 5

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

6:15  **Mountain Hike: Pilgrim Trail** (Su,W) 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** (Su,T,Th) 2 Miles, Gazebo

7:00  **Bird Walk** (60 Min) Gazebo

8:00  **Pilates Concierge** (15 min) (Su-F) 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) Court shoes 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 are recommended.,  
Pickleball Courts  
 **Pilates: Mat Level 2** (Su-F) Pinetree  
 **Strength: BOSU® Fit** (Su,T) Olmeca  
 **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) Olmeca  
 **Pilates: Reformer Level 2** (Su-F) Sign-up begins at 8am at the Pilates Studio in 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** Olmeca  
 **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge  
 **Water Flow Therapy Demo** South Pool

1:30  **Easter Mass at Tecate's Main Church. Please sign up at Main Lounge. Prompt departure 1:30 pm for 2 pm mass.** Meet at Administration Building

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** Olmeca  
 **Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo  
 **Recovery: Release & Mobilize** (Su,W) Tolteca  
 **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  
 **Pilates: Reformer Level 1** (Su,M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo  
 **Sound Healing** (Su-F) Oaktree

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

7:15  **Movie: *Mrs. Harris Goes to Paris*** Library Lounge

8:00  **Piano Concert: Reflections in Glass with Fernando Saint Martin** Oaktree

## MONDAY | APRIL 6

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

6:15  **Mountain Hike: Professor's Trail** (M,Th) Advanced, 3.3 Miles, Gazebo

6:30  **Meditation Hike: Dove Trail** 1.2 Miles, Gazebo

6:45  **Lowlands Hike: Quail Trail** (M,W,F) Moderate, 2 or 2.5 Miles, Gazebo

8:00  **Pilates Concierge** (Su-F) (15 min) Arroyo

9:00  **Meditation** (Su-F) Oaktree  
 **Mobility: Stretch** (Su-F) Montaña  
 **Pickleball Clinic: Beginners** (Su-Th) Court shoes are recommended.  
 **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: Qi Gong with Cari Shurman** (M,Th) Oaktree  
 **Advanced: Battle Ropes HIIT** (30 Min) Olmeca  
 **Aquatic: H2O Boot Camp** (Deep Water) (M,W,F) Activity Pool  
 **Dance: Cardio Disco** Kuchumaa  
 **Pickleball Clinic: Intermediate** (Su-Th) Court shoes 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) Olmeca  
 **Cardio & Strength: Mini Trampoline Build & Bounce** (M,W) Kuchumaa  
 **Pilates: Reformer Level 2** (Su-F) Sign-up begins at 8am at the Pilates Studio in 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  
 **Pilates: Reformer Jumpboard** (M,W) Sign-up begins at 8am at the Pilates Studio in 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 to High-intensity** (M,Th) Azteca  
 **Mobility & Corrective: Postural Awareness** (M,Th) Tolteca  
 **Longevity: Dynamic Mobility** Olmeca  
 **Pilates: Reformer Level 1** (Su,M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo  
 **Sound Healing** (Su-F) Oaktree

4:00  **Inner Journey: Guided Meditation** (M,F) Oaktree  
 **Mobility: Stretch and Relax** (M,W,F) Montaña  
 **Art Walk: Sculptures, 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: *Conclave*** 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** (T-F) 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. **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** (T,F) Advanced, 5.5 or 4 Miles, Gazebo  
6:20  **Ruck: Weighted Hiking** Intermediate, Sign up, 2 Miles, Gazebo  
6:30  **Yoga: Sunrise All Levels** (60 Min) (T,Th) Montaña  
6:45  **Lowlands Hike: Woodlands Trail** (Su,T,Th) 2 Miles, Gazebo

7:00  **Bird Walk** (60 Min) Gazebo

8:00  **Pilates Concierge** (Su-F) (15 min) 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 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 are recommended.  
Pickleball Courts  
 **Pilates: Mat Level 2** (Su-F) Pinetree  
 **Strength: BOSU® Fit** (Su,T) Olmeca  
 **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) Olmeca  
 **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 at 8am at the Pilates Studio in 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.  
 **Inner Fitness: How We Keep Ourselves Stuck: Ending Your Commitment to Relationship Groundhog Day, with Kerena and Ben Saltzman** Tipai  
 **The Artful Mind: Plein Air Workshop, with Carrie Geraci, BA** Art Studio

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) Olmeca  
 **Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins at 8am at the Pilates Studio in 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** (T,F) Olmeca  
 **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, MD.** Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.  
 **Sing-Along with Laura Dean** Oaktree

5:00  **1<sup>st</sup> 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

<b>Meal Hours: 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>Available Facilities*</b> *when no class is in session  <b>Milagro - Meditation Room</b> 6:00 am to 9:00 pm
<b>Meal Hours: Sunday- 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	<b>Activity Pool - Lap Swim</b> 7:00 am to 5:00 pm
<b>Snack Times: Sunday- Friday</b> Fruit 10:30 am Main Lounge Smoothies 2:45 pm Juice Bar Veggies/Juice 4:30 pm Main Lounge	<b>Azteca Gym - Weight Room</b> Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to 5:00 pm (closed daily 1-2)
<b>Bazar Del Sol: Saturday- Friday</b> 6:00 am to 9:00 pm	<b>Tennis &amp; Pickleball Courts - Open Play</b> 7:00 am to 5:00 pm
<b>Juice Bar: Saturday - Friday</b> 9:00 am to 12:00 pm & 1:00 pm 4:00 pm	

## WEDNESDAY | APRIL 8

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

- 6:05  **Organic Garden Breakfast Hike** (T-F) 4 Miles, Sign up with Concierge, Gazebo
- 6:15  **Mountain Hike: Pilgrim Trail** (Su,W) Advanced, 3.5 or 4.5 Miles, Gazebo
- 6:30  **Meditation Hike: Rolling Hills** 2 Miles, Gazebo
- 6:45  **Lowlands Hike: Quail Trail**(M,W,F) Moderate, 2 or 2.5 Miles, Gazebo
- 8:00  **Pilates Concierge** (15 min) (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 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 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 at 8am at the Pilates Studio in 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: Reformer Jumpboard** (M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo
- Recovery: Release & Mobilize** (Su,W) Tolteca
- Yoga: Gentle Aerial Hammock** (Low) Please wear socks & long sleeves. (Su,W) Kuchumaa
- Brain Exercises for Cognitive Longevity, 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 at 8am at the Pilates Studio in Arroyo
- Sound Healing** (Su-F) Oaktree
- 4:00  **Recovery: Stretch and Relax** (M,W,F) Montaña
- Set & Live Your Intention with Jill T.** Tolteca
- Art Walk: Crafts, with Rob Larson** Meet at Gazebo
- Hands-On Cooking Class with Chef Annie Fenn.** Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
- Sing-Along with Laura Dean** Oaktree
- Tasting of Guadalupe Valley Wines, includes cheese board.** (60min) Fee \$55. Call Ext.113 or visit the Main Lounge to Sign Up (Minimum 6 guests required) Bazar del Sol
- 7:15  **Movie: *One Life*** Library Lounge
- 8:00  **In Conversation with Sarah Livia Brightwood Szekely, Rancho La Puerta 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** (T-F) 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. **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** (M,Th) Advanced, 3.3 Miles Gazebo
- 6:30  **Yoga: Sunrise All Levels** (60 Min) (T,Th) Montaña
- 6:45  **Lowlands Hike: Woodlands Trail** (Su,T,Th) 2 Miles Gazebo
- 7:00  **Bird Walk** (60 Min) Gazebo
- 8:00  **Pilates Concierge** (15 min) (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 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 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.** Fee \$290. Register at Ext.640/625. Return 5:30 pm. 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
- Pilates: Reformer Level 2** (Su-F) Sign-up begins at 8am at the Pilates Studio in 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** (60 Min) 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.** Art Kit Fee \$60 + tax. Sign up in the Main Lounge, 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 at 8am at the Pilates Studio in Arroyo
- Strength: Circuit Training** (Su,Th) Azteca
- The Neuroscience of Building Habits, with Julie Fratantoni, PhD** Tipai
- 3:00  **Longevity Cardio: Zone 2 to High-intensity** (M,Th) Azteca
- Mobility & Corrective: Postural Awareness** (M,Th) Tolteca
- Pilates: Tower Level 1** (T,Th) Sign-up begins at 8am at the Pilates Studio in 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  **A Taste of Longevity: A Farm-to-Table Journey through the Blue Zones, with Chef Annie Fenn, MD** 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  **A Piano Music Journey from Baroque to Now, with Laura Dean** 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** (T-F) 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** (T,F) 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** (15 min) (Su-F) Arroyo
- 9:00  **Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) Montaña
- Pickleball Open Play** \*unsupervised, court shoes 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** unstaffed , court shoes 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**, ongoing until 2:30 pm Mercado Patio
  - **Delicias Mexicanas Tradicional Mexican Sweets**
  - **Wayuu Bags; Punto & Nudo Home Decor**
  - **Mapache Arts & Crafts**
- 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 at 8am at the Pilates Studio in 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** (M,F) Oaktree
- 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*