

Therapeutic Yoga with Stacy Filice

May 11, 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 | May 11

- 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 Beginners** please wear court shoes Pickleball Courts
 Yoga: All levels Montaña
- 12:00 **Core Express** 30 mins Olmeca
- 1:00 **Ranch Tour** 30 mins Start outside Dining Hall
- 2:00 **Sound Healing** Oaktree
 Woodlands Hike 2 Miles Gazebo
- 3:00 **Stretch** Pinetree
- 4:00 **Set Your Intention: Tips for a Magical Week** Olmeca
- 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: Bigger. Better. Braver: Setting Healthy Boundaries – Say Yes to You, with Nancy Pickard**

MEAL HOURS		AVAILABLE FACILITIES	
SATURDAY		WHEN NO CLASS IS IN SESSION	
Breakfast	7:00 am to 9:00 am	Milagro - Meditation Room	
Lunch	11:30 am to 3:30 pm	6:00 am to 9:00 pm	
Dinner	5:30 pm to 7:30 pm	Activity Pool - Lap Swim	
		7:00 am to 6:00 pm	
SUNDAY THROUGH FRIDAY		Azteca Gym - Weight Room	
Breakfast	7:30 am to 9:00 am	Saturday: 6:30 am to 1:30 pm	
Lunch	12:00 pm to 1:30 pm	Sunday – Friday: 7:00 am to 5:00 pm	
Dinner	5:30 pm to 7:30 pm		
SNACK TIMES		UNSTAFFED PICK-UP GAMES	
Main Lounge / Sunday – Friday		Pickleball	
	Fruit: 10:30 am	11 am Sun	
	Veggies & Juice 4:30 pm	9 am M,W	
Tierra Alegre Juice Bar /Su-F			
	Smoothies: 2:45 pm		

SUNDAY | May 12

* **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,Th) 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 Level 2 (Su-F) Montaña
- 11:00 **Cardio Muscle Blast: level 2** (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,M,W,F) Activity Pool
 Therapeutic Yoga Specialty: all levels 75 mins (Su-F) Montaña
 TRX Fundamentals (Su,also 9 am Th) Tolteca
 The Whys & How's of Hiking Poles (Su) (bring your own poles, or borrow ours) Arroyo (outside)
- 12:00 **Swim Stroke Clinic:** 30 mins (Su) Activity Pool
- 1:00 **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 11 am T, F at 9) Kuchumaa
 Deep Water (Su,T,Th) Activity Pool
 Pilates Reformer: Fundamentals (also Su at 3 & M,W,F at 11) Pilates Studio
 Ranch Ropes HIIT 30 mins (Su) Olmeca
 Inner Fitness: Bigger. Better. Braver: Why live Bigger? with Nancy Pickard Arroyo
 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
 Sound Healing (Su-F, also 4pm Su) Oaktree
 Stability Ball 30 mins (Su,T) Olmeca
- 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,T) Montaña
 Sound Healing (Su, also M-F at 3pm) Oaktree
- 7:15 **Movie: A Haunting in Venice** Library Lounge
- 7:45 **S' Wonderful!.. The Music of George Gershwin and Cole Porter, with Dave Powers and Louis Tsamous** Oaktree

MONDAY | May 13

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
- 10:00 **Circuit Training** (M-F) Azteca
 Dance: Salsa (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 Level 2 (Su-F) 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
 Outdoor Bootcamp: Level 2 (M) Sand Volleyball Court
 Shallow Water Workout (Su,M,W,F) Activity Pool
 Therapeutic Yoga Specialty: all levels 75 mins (Su-F) Montaña
 TRX Flexibility (M, also W at 2pm, Th at 11am) Tolteca
 Drawing with Jennifer (2 hours) Art Studio
- 1:00 **Chakra Health: Opening and Balancing Exercises for Your Energy Centers, with Jonelle Rutkauskas** Tolteca
 The Great Microbiome: Our Greatest Ally for Optimal Health, with Norma Flood, RDN 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
 Walking Fundamentals (M,W) Walking Track/Outside Kuchumaa
 Water Circuit (M,F) Activity Pool
 Woodlands Afternoon Hike 2 Miles (M) Gazebo
 Watercolor, with Jennifer 2 hours Art Studio
 Inner Fitness: Bigger. Better. Braver: Stop the Cycle of Self-Sabotage, with Nancy Pickard Arroyo
- 3:00 **Core Express** 30 mins (M,W,F) Olmeca
 Pilates Reformer: Level 2 (M,W) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Tai Chi (M,W) Montaña
 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 **Learning to Live with Less and Why it Matters, with Amy Carstensen** Olmeca

TUESDAY | May 14

- 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 **Dance: Zumba** (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
- 10:00 **Circuit Training** (M-F) Azteca
 Core & More (also F at 11am) Olmeca
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Pilates Mat: level 2 (Su,T,W,F) Pinetree
 Step Aerobics (T) Kuchumaa
 TRX Strength HIIT (T) Tolteca
 Yoga Level 2 (Su-F) 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 **Aqua Strength & Tone** shallow water workout (T,Th) Activity Pool
 Cardio Drum Dance (T, also F at 9am) Kuchumaa
 Cycle 30: All Levels (T,Th, also 10 am F) 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
 Stretch (Su,T,Th) Oaktree
 Therapeutic Yoga Specialty: all levels 75 mins (Su-F) Montaña
 Yoga Sculpt: Level 2 60 mins (T, also Th at 3pm) Olmeca
 Landscape Sketching, with Jennifer 120 mins Juice Bar
- 1:00 **The Top 10 Ways to Heal Your Gut & Maximize Your Microbiota with Norma Flood, RDN** Olmeca
 Documentary: Tree of Life, The Living Legacy of Edmond Szekey (26 mins) Library Lounge
- 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
 Watercolor Collage Cards with Jennifer 2 hours Art Studio
 Inner Fitness: Bigger. Better. Braver: Incompletions, with Nancy Pickard Arroyo
- 3:00 **Aqua Ease** shallow water workout (T,Th) Activity Pool
 Healthy Back Secrets (T) Tolteca
 Decompress & Motion: 30 mins (T) Pinetree
 Sound Healing (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
 Hands-On Cooking Classes with Chef Jill Silverman Hough. Register at Ext.640/625. Fee. Depart 4pm; return 7:30pm. Meet at Admin Bldg.
 Spring Decluttering: 10 Items to Let Go of Today, with Amy Carstensen Arroyo
- 7:15 **Documentary Kiss the Ground** (90 mins) Library Lounge
- 7:45 **Explore Sounds for Self-Empowerment and Healing, with Lisa Rafel** Oaktree

WEDNESDAY | May 15

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: Burlesque (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 2 (Su-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
 Shallow Water Workout (Su,M,W,F) Activity Pool
 Therapeutic Yoga Specialty: all levels 75 mins (Su-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
 Epigenetics: Your DNA is NOT Your Destiny! with Norma Flood, RDN 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, also Th at 11) Tolteca
 Inner Fitness: Bigger. Better. Braver: The Essentials of Living Relationally, with Nancy Pickard Arroyo
- 3:00** **Core Express** 30 mins (M,W,F) Olmeca
 Pilates Reformer: Level 2 (M,W) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Tai Chi (M,W) Montaña
 Spanish lessons at the Ranch: beginners (M-F) Library Lounge
- 4:00** **Inner Journey Guided Meditation** (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Journaling for Joy (W) Milagro
 Hands-On Cooking Classes with Chef Jill Silverman Hough. Register at Ext.640/625. Fee. Depart 4pm; return 7:30pm. Meet at Admin Bldg.
- 5:00** **Using Sound to Open Your Heart, with Lisa Rafael** Oaktree
- 7:15** **Movie *The Farewell*** Library Lounge
- 7:45** **An Evening with Sarah Livia Brightwood Szekely, President and CEO of Rancho La Puerta, hosted by Barry Shingle, Director of Guest Experiences** Oaktree

THURSDAY | May 16

- 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** **Chant** (Su,Th) Milagro
 Circuit Training (M-F) Azteca
 Dance: 80's Aerobics (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 2 (Su-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
 Aqua Strength & Tone shallow water workout (T,Th) Activity Pool
 Cycle Hip Hop 30: All Levels (Th, also 10 am F) Pai Pai
 Pickleball: Open Play all levels (Th,F) *unsupervised please wear court shoes Pickleball Courts
 Stretch (Su,T,Th) Oaktree
 Therapeutic Yoga Specialty: all levels 75 mins (Su-F) Montaña
 TRX Core 30 mins (Th) Tolteca
- 12:30** **Demo Yarn Painting with Tim Hinchliff** Dining Hall entrance
- 1:00** **BONE DEEP: Everything That Matters for Better Bone Health! with Norma Flood, RDN** Olmeca
 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
 Too Much Clutter? How Do I "Let It Go?", with Amy Carstensen Arroyo
- 3:00** **Aqua Ease** shallow water workout (T,Th) Activity Pool
 Postural Awareness (Th) Tolteca
 Sound Healing (Su-F) Oaktree
 Yoga Sculpt: Level 2 (Th) Olmeca
 Spanish lessons at the Ranch: beginners (M-F) Library Lounge
- 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
- 4:45** **Baja-Garden Pairings, with Chef Jill Silverman Hough.** Register at Ext. 640/625. Fee. Depart 4:45pm; return 7:30pm. Meet at Admin Bldg.
- 5:00** **Easy Sounding Tools to Reduce Stress, Fear and Anxiety, with Lisa Rafael** Oaktree
- 7:00** **Prayer Arrows with Tim Hinchliff** Main Lounge
 Movie: *The Fabelmans* (2hrs 31 min) Library Lounge
- 7:45** **The Swinging 60's... a bit of all things musically from the Peace and Love Decade, with Dave Powers and Louis Tsamous** Oaktree

FRIDAY | May 17

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** **Circuit Training** (F) Azteca
 Cycle 30: All Levels (F) Pai Pai
 Dance: Move Groove and Funk (F) Kuchumaa
 Pilates Mat: level 2 (F) Pinetree
 Total Body with Bands 30 mins (F) Olmeca
 Yoga Level 2 (Su-F) Montaña
- 11:00** **Core & More** (F) Olmeca
 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
 Therapeutic Yoga Specialty: all levels 75 mins (Su-F) Montaña
 Make an Ancestor Altar, with Jennifer (2 hours) Art Studio
- 1:00** **Take the Ranch Home** (F) Tolteca
 Sounds and Meditations to Assist Your Energy Body, with Lisa Rafael Oaktree
- 2:00** **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (F) Kuchumaa
 Release Stress with Tapping (F) Oaktree
 Water Circuit (M,F) Activity Pool
 Mandala with Jennifer (60 mins) Art Studio
 Tips for Downsizing, with Amy Carstensen Arroyo
- 2:45** **Live Music and Smoothies** Juice Bar
- 3:00** **Core Express** 30 mins (F) Olmeca
 Labyrinth (Th) Labyrinth
 Sound Healing (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