

Myofascial Release & Corrective Exercise with Laura Gideon

REACH™ with Kari Anderson

June 8, 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 | June 8

- 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 Pickleball Courts
 Yoga: All levels Montaña
- 1:00** **Ranch Tour** 30 mins Start outside Dining Hall
- 2:00** **Core Express** 30 mins Olmeca
 Sound Healing Oaktree
- 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: Love Secrets from the Masters, with Linda Carroll** Oaktree

<u>MEAL HOURS</u>		<u>AVAILABLE FACILITIES WHEN NO CLASS IS IN SESSION</u>	
SATURDAY		Milagro - Meditation Room	
Breakfast	7:00 am to 9:00 am	6:00 am to 9:00 pm	
Lunch	11:30 am to 3:30 pm		
Dinner	5:30 pm to 7:30 pm		
SUNDAY THROUGH FRIDAY		Activity Pool - Lap Swim	
Breakfast	7:30 am to 9:00 am	7:00 am to 6:00 pm	
Lunch	12:00 pm to 1:30 pm		
Dinner	5:30 pm to 7:30 pm		
<u>SNACK TIMES</u>		<u>UNSTAFFED PICK-UP GAMES</u>	
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 | June 9

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: level 2 (Su, also Th at 10am) Tolteca
 The Whys & How's of Hiking Poles Bring your own poles or borrow ours (Su) Arroyo (outside)
- 10:00** **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 Level 2: (Su,T,Th,F) Pinetree
 REACH™ Specialty: Center Floor Workout (Su,T,Th) Olmeca
 Yoga Fundamentals (Su-T) Montaña
- 11:00** **Ballet: Beginner Basics** (Su) Olmeca
 Cardio Muscle Blast: level 2 (Su) Azteca
 Mini Trampoline: Balance and Core (Su,also 30 min W) Kuchumaa
 Myofascial Release & Corrective Exercise Specialty (Su,M,W,F also 2p T,Th) Pinetree
 Pickleball: Open Play all levels (Su,T,Th,F also M,W at 9) *unsupervised - please wear court shoes Pickleball Courts
 Shallow Water Workout (Su,M,W,F) Activity Pool
 Stretch (Su,T,Th) Oaktree
 TRX Fundamentals (Su, also Th at 10am) Tolteca
 Yoga Level 2 75 mins (Su,M,W,Th,F) Montaña
- 12:00** **Swim Stroke Clinic:** 30 mins (Su) Activity Pool
- 1:00** **Feldenkrais: Improving Posture and Balance - Lecture with Donna Wood** Oaktree
 Retain / Reclaim a Clear Creative Mind: Cognitive Health Map, with Leni Felton, Clinical Nutritionist Olmeca
 Water Flow Therapy Demo South Pool
- 2:00** **Cardio Drum Dance** (Su, also 11 am T, F at 9) Kuchumaa
 Deep Water (Su,T,Th) Activity Pool
 Pilates Reformer: Fundamentals (also Su at 3 & M,W at 11) Pilates Studio
 Postural Awareness (Su) Tolteca
 Ranch Ropes HIIT 30 mins (Su) Olmeca
 Inner Fitness: The BIG SHIFT: Mindfulness in Life and Love, with Linda Carroll Arroyo
 Organic Tea Tasting (30 mins) Juice Bar
- 3:00** **Dynamic Stretch: 30 mins** (Su) Pinetree
 Knitting For Wellness (Sign up – max 8) 60 mins (Su) Gazebo
 Pilates Reformer: Fundamentals (also M,W at 11a) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Stability Ball 30 mins (Su,T) Olmeca
- 4:00** **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Release Stress with Tapping (Su, also 2pm Friday) Oaktree
 Restorative Yoga (Su) Montaña
 Beginner 'Ukulele Class, progressive, with Pamela Polland (Sign up) Library Lounge
- Creating Harmonious Balance in Self, Home, and Community within The American First Nations, with Tony Skrelunas** Olmeca
- 5:00** **Christian Gathering** (led by guests) Los Olivos
- 7:15** **Movie: *A Haunting in Venice*** Library Lounge
- 7:45** **Greenpeace Now and Then: A History of Environmental Activism, with Carlos Prieto de León** Olmeca

MONDAY | June 10

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
- 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) 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
 Ranch Cycling: All Levels (M) Pai Pai
 Reach The Barre™ Specialty (M,F) Olmeca
 Tabata HIIT 30: Level 2 (M) Tolteca
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga Fundamentals (Su-T) Montaña
- 11:00** **Booty Blast** 30 min (M,Th) Olmeca
 Myofascial Release & Corrective Exercise Specialty (Su,M,W,F also 2p T,Th) Pinetree
 Pickleball: Beginner (M,W also T, Th, F at 9a) please wear court shoes Pickleball Courts
 Pilates Reformer: Fundamentals (M,W) Pilates Studio
 Shallow Water Workout (Su,M,W,F) Activity Pool
 TRX Flexibility (also 10 am T, 3pm Th) Tolteca
 Yoga Level 2 75 mins (Su,M,W,Th,F) Montaña
 Drawing with Jennifer (2 hours) Art Studio
 Q&A: Let's Open Nature's Medicine Cabinet of Superfoods. Healing benefits of the smoothies and juices and all other superfoods for cognitive health, with Leni Felton, Clinical Nutritionist Juice Bar
- 1:00** **A Body and Mind Unburdened & The Activity of Sleep, with Leni Felton, Clinical Nutritionist** Olmeca
 Secrets to Better Pickleball Juice Bar
- 2:00** **Aerial Yoga: Active Level 2, Low hammock** please wear socks and short/long sleeves (M, also gentle T,F and Th at 11am) Kuchumaa
 Balance & Coordination (M,Th) Olmeca
 Release & Mobilize please wear socks (M,W also F at 11a) Oaktree
 Water Polo on the Noodle (M,W) Activity Pool
 Watercolor, with Jennifer 2 hours Art Studio
 Inner Fitness: Love Cycles in All Our Relationships, with Linda Carroll 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
 A Course in Voice Activation with Ilhem Khodja Milagro
 An Eye for the Extraordinary. Part 1: What we do and how we do it / designing with natural fibers, with Angela Damman Arroyo
 Beginner 'Ukulele Class, progressive, with Pamela Polland (Sign up) Library Lounge
- 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** **The BurnBright Experience: An Extraordinary Invitation to Transformation, with Ozioma Egwuonwu** Oaktree

TUESDAY | June 11

- 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** **Dance: Burlesque** (T) Kuchumaa
 Meditation (Su-F) Oaktree
 Outdoor Bootcamp: Level 2 (T) Sand Volleyball Court
 Pickleball: Beginner (Su,T,Th,F, also W at 11a) please wear court shoes Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
- 10:00** **Aqua Board** (T,Th also 11 am T,Th) Central Pool
 Circuit Training (M-F) Azteca
 Dance: Move, Groove & Funk (T) Kuchumaa
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Pilates Level 2: (Su,T,Th,F) Pinetree
 REACH™ Specialty: Center Floor Workout (Su,T,Th) Olmeca
 TRX Flexibility (T, also Th at 3pm) Tolteca
 Yoga Fundamentals (Su-T) Montaña
 Workshop 1: Reimagining Possibility, with Ozioma Egwuonwu Oaktree
- 11:00** **Aqua Board** (T,Th also 10 am Th) Central Pool
 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 F at 10 am) 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
 Yoga Sculpt: Level 2 60 mins (T, also Th at 3pm) Olmeca
 Landscape Sketching, with Jennifer 120 mins Juice Bar
- 1:00** **Chakra Health: Opening and Balancing Exercises for Your Energy Centers, with Jonelle Rutkauskas** Tolteca
 Energy and Mental Clarity: They Have Their Roots in Food, with Leni Felton, Clinical Nutritionist Olmeca
 The Tree of Life: The Living Legacy of Edmond Szekely, with Ludwig Max Fischer, Ph.D. Library Lounge
- 2:00** **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (T,F also Th at 11 am) Kuchumaa
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Myofascial Release & Corrective Exercise Specialty (T,Th also W,F at 11am) Pinetree
 Pilates Cadillac Fundamentals (T,Th) Pilates Studio
 Watercolor Collage Cards with Jennifer 2 hours Art Studio
 Inner Fitness: Five Basic Skills in Communication (PAUSE), with Linda Carroll Arroyo
- 3:00** **Aqua Ease: Gentle Movement & Stretch** shallow water workout (T,Th) Activity Pool
 Healthy Back Secrets (T) Tolteca
 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
 Yoga Nidra (T,Th) Montaña
 Journaling for Joy (T) Milagro
 Beginner 'Ukulele Class, progressive, with Pamela Polland (Sign up) Library Lounge
 An Indigenous Way to Connect and Heal through The Four Sacred Elements of The Universe: Earth, Air, Wind & Fire, with Antonio Romero Oaktree
 Hands-On Cooking Classes with Chef Valerie Cook. Register at Ext.640/625. Fee. Depart 4pm; return 7:30pm. Meet at Admin Bldg.
- 5:00** **Interbeing: An Interactive, Healing Sound Journey That Connects Our Senses to The Universal Sacred Elements, with Ilhem Khodja** Oaktree
- 6:30** **Sunset Mountain Hike: Alex's Oak** 2 Miles (T) Gazebo
- 7:15** **Documentary *Kiss the Ground*** (90 mins) Library Lounge
- 7:45** **The Building Blocks of a Life Well-Lived, with John Chuck, MD** Olmeca

WEDNESDAY | June 12

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
- 7:00 **Mountain and Earth Healing: Talking Circle with Song and Earth Offering, with Chimalli Wash Fernandez, Antonio Romero and Ilhem Khodja** Central Lawn at Villas
- 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) Tolteca
 From Me to We: The Benefits of Shifting Your Focus from Yourself to Others, with John Chuck, MD Arroyo
- 10:00 **Specialty Cardio Dance** (W) Kuchumaa
 Circuit Training (M-F) Azteca
 Full Body Strength: level 1 (W) Olmeca
 H2O Bootcamp: deep water workout (M,W) Activity Pool
 Pilates Arc Barrel: Level 2: (W) Pinetree
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga Level 1 (W-F) Montaña
 Landscape Garden Walk (W) Main Lounge
- 11:00 **Bodyweight Challenge: Level 2** 30 mins (W) Olmeca
 Cycle Strength: All Levels (W) Pai Pai
 Mini Trampoline Express: 30 mins (W) Kuchumaa
 Myofascial Release & Corrective Exercise Specialty (W,F also 2p Th) Pinetree
 Pickleball: Beginner (W, also Th,F at 9a) please wear court shoes Pickleball Courts
 Pilates Reformer: Fundamentals (W) Pilates Studio
 Shallow Water Workout (Su,M,W,F) Activity Pool
 Yoga Level 2 75 mins (Su,M,W,Th,F) Montaña
 Workshop 2: Visionary FutureMaking, with Ozioma Egwuonwu Oaktree
- 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-Brain Connection & Bio-Compatible Living, with Leni Felton, Clinical Nutritionist Olmeca
- 2:00 **Forest Bathing** (W) Meet at the Labyrinth
 Release & Mobilize please wear socks (M,W, also F at 11a) Oaktree
 Water Polo on the Noodle (M,W) Activity Pool
 Inner Fitness: Wholehearted Living and Loving - Cultivating True Presence and Three Magic Words, with Linda Carroll 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
 An Eye for the Extraordinary. Part 2: Circular economy / cultural, social, environmental, and economic impacts of a circular economy, with Angela Damman Arroyo
 Beginner 'Ukulele Class, with Pamela (Sign up) Library Lounge
 Hands-On Cooking Classes with Chef Valerie Cook. Register at Ext.640/625. Fee. Depart 4pm; return 7:30pm. Meet at Admin Bldg.
- 5:00 **Light Jazz with Ross Gualco,** piano Bazar del Sol
- 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 and CEO, Hosted by Barry Shingle, Director of Guest Experiences** Oaktree

THURSDAY | June 13

- 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) (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
 Tips for Turning Your Struggles into Success, w/ John Chuck, MD Arroyo
- 10:00 **Aqua Board** (also 11 am Th) Central Pool
 Circuit Training (M-F) Azteca
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Pilates Level 2: (Su,T,Th,F) Pinetree
 REACH™ Specialty: Center Floor Workout (Su,T,Th) Olmeca
 Sculpt & Step (Th) Kuchumaa
 TRX Strength HIIT: level 2 (Th) Tolteca
 Yoga Level 1 (W-F) Montaña
- 11:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (also F at 2pm) Kuchumaa
 Aqua Board (Th) Central Pool
 Aqua Strength & Tone shallow water workout (T,Th) Activity Pool
 Booty Blast: 30 mins (M,Th) Olmeca
 Cycle Hip Hop 30: all levels (Th, also F at 10am) Pai Pai
 Pickleball: Open Play all levels (Th,F) *unsupervised please wear court shoes Pickleball Courts
 Stretch (Su,T,Th) Oaktree
 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
- 12:00 **Lunch with Fundación La Puerta: You are invited to learn about our recent work in the Tecate community.** Dining Hall Patio Terrace by Koi Pond/Sign up in Main Lounge
- 12:30 **Demo Yarn Painting with Tim Hinchliff** Dining Hall entrance
- 1:00 **Just Move! Body and Brain Training, with Leni Felton, Clinical Nutritionist** Olmeca
 Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff (\$60 art kit fee) Sign up Dining Hall balcony
- 2:00 **Balance & Coordination** (Th) Olmeca
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Myofascial Release & Corrective Exercise Specialty (Th) Pinetree
 Pilates Cadillac Fundamentals (T,Th) Pilates Studio
 Cooking Demo 30 mins Juice Bar
 The Tree of Life: The Living Legacy of Edmond Szekely, with Ludwig Max Fischer, Ph.D. Library Lounge
- 3:00 **Aqua Ease: Gentle Movement & Stretch** shallow water workout (T,Th) Activity Pool
 Sound Healing (Su-F) Oaktree
 TRX Flexibility (Th) Tolteca
 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
 Sacred Circle (Th) Meet at Labyrinth
 Yoga Nidra (Th) Montaña
 Art, Stories and Poetry, with Tim Hinchliff 90 mins Bazar del Sol
 Hands-On Cooking Classes with Chef Valerie Cook. Register at Ext.640/625. Fee. Depart 4pm; return 7:30pm. Meet at Admin Bldg.
 An Eye for the Extraordinary. Part 3: Maya Youth Artisan Initiative, teaching youth an ancient technique (weaving on back strap loom) & exploring new craft applications / plus innovations using agave fibers, with Angela Damman Arroyo
- 7:00 **Prayer Arrows with Tim Hinchliff** Main Lounge
 Movie: *The Fabelmans* (2hrs 31 min) Library Lounge
- 7:45 **Jazz and Love Songs with Pamela Polland and Ross Gualco** Oaktree

FRIDAY | June 14

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
 Becoming Your Best Self through Values-Congruent Living, with John Chuck, MD Arroyo
- 10:00 **Chant** (F) Milagro
 Circuit Training (F) Azteca
 Cycle 30: All Levels (F) Pai Pai
 Dance: Zumba (F) Kuchumaa
 Pilates Level 2: (F) Pinetree
 Reach The Barre™ Specialty (F) Olmeca
 Yoga Level 1 (W-F) Montaña
- 11:00 **Kettlebells** 30 mins (F) Tolteca
 Myofascial Release & Corrective Exercise Specialty (F) Pinetree
 Pickleball: Open Play all levels (F) *unsupervised please wear court shoes Pickleball Courts
 Release & Mobilize please wear socks (F) Oaktree
 Shallow Water Workout (F) Activity Pool
 Total Body with Bands (F) Olmeca
 Yoga Level 2 75 mins (Su,M,W,Th,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
 A Talk on Traditional Mexican Cosmology and Ceremony, with Chimalli Wash Fernandez Olmeca
- 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 CHAKRA Meditation** (F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Twelve Aphorisms of Edmond Szekely, and How They Can Change our Lives. Meet Professor Ludwig Max Fischer for wine and conversation Bazar del Sol
- 6:00 **Music with Rancho La Puerta Fiesta Band** 120 mins Dining Hall
- 6:15 **Shabbat Ceremony (led by guests)** Los Olivos
- 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