

Week of June 6, 2026

Corrective Exercise & Myofascial Release with Laura Gideon Sound and Breath: A Sacred Reset with Laura Gallerstein

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 inside 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 | JUNE 6

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 ☐ Sound Healing Oaktree
☐ Mobility: Stretch Montaña

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 ☐ Earth Art, Environmental Art, Art and Nature! with Dr. Lynda Reeves McIntyre, PhD Olmeca

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 6:00 pm *No open swim during scheduled classes 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) Tennis & Pickleball Courts - Open Play 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	
Snack Times: Sunday- Friday Fruit 10:30 am Main Lounge Smoothies 2:45 pm Juice Bar Veggies/Juice 4:30 pm Main Lounge	
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 | JUNE 7

Class spaces are limited to first come first served.

6:15 ☐ Mountain Hike: Pilgrim Trail Advanced, 3.5 or 4.5 Miles (Su,W) Gazebo

6:30 ☐ Mountain Hike: Alex's Oak Trail Moderate 2 Miles (Su, also W at 6:30p) Gazebo

6:45 ☐ Lowlands Hike: Woodlands Trail 2 Miles (Su,T,Th) Gazebo

7:00 ☐ Bird Walk (60 Min) Gazebo

8:00 ☐ Pilates Concierge (15 min) (Su-F) Pilates Studio in Arroyo

8:15 ☐ Fitness Concierge (30 Min) 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) offered in Kuchumaa & Montaña
☐ Pickleball Clinic: Beginners (Su-F) Court shoes recommended. Pickleball Courts

☐ Pilates: Mat Foundations All Levels Neutral & Spinal Articulation, Flexion, Extension, Lateral Flexion, Rotation, Review & Flow (Su-F) Pinetree

☐ Strength: Introduction to Circuit Training Azteca

10:00 ☐ Free Flow: Rooted In Feldenkrais Oaktree

☐ Longevity: Strength Training (Su,Th) Olmeca
☐ Pickleball Clinic: Intermediate (Su-F) Court shoes recommended. Pickleball Courts

☐ Pilates: Mat Level 2 (Su,T,Th) Pinetree
☐ Strength: Introduction to Circuit Training Azteca
☐ Yoga Level 1 - Foundations (Su-F) Montaña

11:00 ☐ Specialty: Corrective Exercise & Myofascial Release: Feet, Ankles, Calves & Shins with Laura Gideon (Su-F) (60 Min) Pinetree

☐ Aquatic: Shallow Water (Su,W) Activity Pool
☐ Longevity Cardio Lab: From Zone 2 to HIIT (Su,Th) Azteca
☐ Pilates: Reformer Level 2 (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ Strength: Kettlebells (30 Min) (Su,F) Tolteca
☐ Yoga Level 2 Slow Flow (75 Min) (Su,M,W,F) Montana
☐ Art Workshop: Seeing & Drawing, with Dr. Lynda Reeves McIntyre, PhD Gazebo

12:00 ☐ Aquatic: Swim Stroke Clinic (30 Min) (Su,W) Activity Pool

1:00 ☐ Nutrition Wellness- Metabolism and Healthy Weight, with Jody Miller, Registered Clinical Exercise Physiologist Tipai
☐ Friends of Bill W. (12 steps - Participant-guided) Library Lounge
☐ Water Flow Therapy Demo South Pool

2:00 ☐ Aquatic: Deep Water (Su,T,W,Th) Activity Pool
☐ Longevity: Lecture. How to Own Your Aging Process Library Lounge
☐ Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo

☐ Strength: Circuit Training (Su,Th) Azteca
☐ Inner Fitness: Radical Acceptance — Saying Yes to Your Life, with Rachel Fleischman, LCSW, REAT Tipai

3:00 ☐ Chant: A Vocal Sound Practice (Su,W) Milagro
☐ Pilates: Reformer Level 1 (Su,M,W) Sign-up begins 8am at the Pilates Studio in Arroyo

☐ Recovery: Foam Roller (Su,Th) Tolteca
☐ Strength: the ABCs - Arms/Butt/Core (30 Mins) (Su,Th) Olmeca
☐ Tai Chi (Su, also W at 2p) Montaña

4:00 ☐ Specialty: Sound and Breath: A Sacred Reset with Laura Gallerstein (Su-F) (50 Min) Oaktree

☐ Yoga: Restorative (Su,T,Th) Montaña
☐ Our Hormones, Including Hypothyroidism, with Dr. Lani Simpson DC, CCD Tipai

5:00 ☐ Traditional Stories/New Media: Universal Themes of Humanity Found in a Hit Television Series, with Josh Berman Olmeca

8:00 ☐ The Power of Meaning and Purpose, with Dr. Lee Rice, MD Olmeca

MONDAY | JUNE 8

Class spaces are limited to first come first served.

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

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

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

8:00 ☐ Pilates Concierge (15 min) (Su-F) Pilates Studio in Arroyo

9:00 ☐ Meditation (Su-F) Oaktree
☐ Mobility: Stretch (Su-F) offered in Kuchumaa & Montaña
☐ Pickleball Clinic: Beginners (Su-F) Court shoes recommended. Pickleball Courts
☐ Pilates: Mat Foundations All Levels - 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) Court shoes recommended. Tennis Courts

10:00 ☐ Aquatic: H2O Boot Camp (Deep Water) (M,F) Activity Pool

☐ Dance: Latin Fusion Kuchumaa
☐ Pickleball Clinic: Intermediate (Su-F) Court shoes recommended. Pickleball Courts

☐ Pilates: Reformer Level 1 (M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo

☐ Strength: Barbell Workout Level 2 (M,W) Tolteca
☐ Strength: Circuit Training (M-F) Azteca
☐ Tennis Clinic: Level 2 (M,W) Court shoes recommended. Tennis Courts
☐ Yoga Level 1 - Balance (Su-F) Montaña

11:00 ☐ Specialty: Corrective Exercise & Myofascial Release: Knees, Thighs, Hips, & IT Band with Laura Gideon (Su-F) (60 Min) Pinetree

☐ Advanced: Ranch Ropes HIIT (30 Min) Olmeca
☐ Aquatic: Liquid Drums (Shallow Water) (M,F) Activity Pool
☐ Mobility: Strength & Stretch with Stick Mobility (M,W) Kuchumaa
☐ Pilates: Reformer Level 2 (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ Strength: TRX & Kettlebells Level 2 Tolteca
☐ Yoga Level 2 Slow Flow (75 Min) (Su,M,W,F) Montana
☐ Friends of Bill W. (12 steps - Participant-guided) Library Lounge
☐ Nature Walk with Rob Larson (60 Min) Meet at Gazebo
☐ Art Workshop: Shapes Takes Form, with Dr. Lynda Reeves McIntyre, PhD Gazebo

12:30 ☐ Ranch Food Explained – The Chef, the Nutritionist & the Fitness Expert – A 15 Minute Overview Outdoor Dining Hall Patio

1:00 ☐ Our Hormones: Navigating Treatment Options, with Dr. Lani Simpson DC, CCD Tipai

☐ Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST Library Lounge

2:00 ☐ Aquatic: Water Jogging (Deep Water) Activity Pool
☐ Pilates: Reformer Jumpboard (M,W) Sign-up begins 8am at the Pilates Studio in Arroyo

☐ Recovery: Release & Mobilize (M,W,F) Oaktree
☐ Yoga: Gentle Aerial Hammock (Low) (M,W,F) Please wear socks & long sleeves. Kuchumaa
☐ Inner Fitness: Mindful Presence - The Art of Coming Home to Yourself, with Rachel Fleischman, LCSW, REAT Tipai

3:00 ☐ Advanced: Bodyweight Blast (30 Min) (M,W) Tolteca

☐ Breathwork (M,Th) Milagro
☐ Cardio HIIT: Intro to Heart Rate Training with Jody Miller Azteca
☐ Longevity: Dynamic Mobility Olmeca
☐ Pilates: Reformer Level 1 (Su,M,W) Sign-up begins 8am at the Pilates Studio in Arroyo

☐ Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge

4:00 ☐ Specialty: Sound and Breath: A Sacred Reset with Laura Gallerstein (Su-F) (50 Min) Oaktree

☐ Mobility: Stretch and Relax (M,W,F) Montaña
☐ Art Walk: Sculptures, with Rob Larson Meet at Gazebo
☐ Pelvic Health for All: More Than Just, with Kathe Wallace, PT Olmeca

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 ☐ Distraction & Focus: What's Your Story? with Katherine Ellison Olmeca

TUESDAY | JUNE 9

Class spaces are limited to first come first served.

6:05 ☐ Organic Garden Breakfast Hike 4 Miles. (T-F) 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 Advanced, 5.5 or 4 Miles (T,F) 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 2 Miles (Sa,Su,T,Th) Gazebo

7:00 ☐ Bird Walk (60 Min) Gazebo

8:00 ☐ Pilates Concierge (15 min) (Su-F) Pilates Studio in Arroyo

9:00 ☐ Advanced: Cardio Muscle Blast (T,Th) Azteca
☐ Barre (T,Th) Olmeca
☐ Meditation (Su-F) Oaktree
☐ Mobility: Stretch (Su-F) offered in Kuchumaa & Montaña
☐ Pickleball Clinic: Beginners (Su-F) Court shoes recommended. Pickleball Courts
☐ Pilates: Mat Foundations All Levels - Extension (Su-F) Pinetree

10:00 ☐ Aqua Board (T,Th) Central Pool
☐ Dance: Move & Groove Funk! Kuchumaa
☐ Pickleball Clinic: Intermediate (Su-F) Court shoes recommended. Pickleball Courts

☐ Pilates: Mat Level 2 (Su,T,Th) Pinetree
☐ Strength: BOSU® Fit Olmeca
☐ Strength: Circuit Training (M-F) Azteca
☐ Yoga Level 1 - Strength (Su-F) Montaña

11:00 ☐ Specialty: Corrective Exercise & Myofascial Release: Pelvis, Hip Flexors, Glutes, Low Back, & Abs with Laura Gideon (Su-F) (60 Min) Pinetree

☐ Advanced: Cardio Sculpt Express (30 Min) (T,Th) Olmeca
☐ Aqua Board (T,Th) Central Pool
☐ Aquatic: Strength & Tone (Shallow Water) (T,F) Activity Pool
☐ Cardio: Mini Trampoline Build & Bounce (T, also Express on F)
☐ Pilates: Reformer Level 2 (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ Yoga Sculpt Level 2 (60 Min) (T,Th) Olmeca
☐ Art Workshop: Gesture Drawing & Moving Meditation, with Dr. Lynda Reeves McIntyre, PhD Gazebo

1:00 ☐ Making a Smoothie Class with Chef César Juice Bar
☐ Your DNA is NOT Your Destiny! with Dr. Lee Rice, MD Tipai

2:00 ☐ Aquatic: Deep Water (Su,T,W,Th) Activity Pool
☐ Labyrinth (T,F) Meet in Emily's Forest behind Kuchumaa Gym
☐ Longevity: Balance & Coordination (T,F) Olmeca
☐ Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ Inner Fitness: Self-Compassion & Gratitude — Becoming Your Own Ally, with Rachel Fleischman, LCSW, REAT Tipai

3:00 ☐ Inner Journey: Guided Meditation (T,F) Milagro
☐ Mobility & Corrective: Postural Awareness (T,F) Tolteca
☐ Pilates: Tower Level 1 (T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ Strength: Stability Ball (30 Min) Olmeca
☐ Writing Workshop: Start Me Up, with Katherine Ellison Library Lounge

4:00 ☐ Specialty: Sound and Breath: A Sacred Reset with Laura Gallerstein (Su-F) (50 Min) Oaktree
☐ Yoga: Restorative (Su,T,Th) Montaña
☐ Beyond Kegels: Pelvic Floor Fitness for Everyone with Kathe Wallace, PT Olmeca

☐ Hands-On Cooking Class with Visiting Teacher Kristine Kidd. Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.

5:00 ☐ 1st Time Visitor's Reception with Barry Shingle, Director of Guest Experience Los Olivos
☐ Live Music with Sergio Ramos Bazar Del Sol
☐ Spiritual Underpinning of a Hit TV Show: The Inspiration for Drop Dead Diva, with Josh Berman Olmeca

7:15 ☐ Movie: Conclave Library Lounge

8:00 ☐ Bingo and Games! with Barry Olmeca

WEDNESDAY | JUNE 10

Class spaces are limited to first come first served.

- 6:05 **Organic Garden Breakfast Hike** 4 Miles (T-F) Sign up with Concierge, Gazebo
- 6:15 **Mountain Hike: Pilgrim Trail** Advanced, 3.5 or 4.5 Miles (Su,W) Gazebo
- 6:30 **Meditation Hike: Rolling Hills** 2 Miles Gazebo
- 6:45 **Lowlands Hike: Quail Trail** Moderate 2 or 2.5 Miles (M,W,F) Gazebo
- 8:00 **Pilates Concierge** (15 min) (Su-F) Pilates Studio in Arroyo
- 9:00 **Advanced: Full Body Strength** (Su,W), Olmeca
- Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) offered in Kuchumaa & Montaña
- Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Mat Foundations All Levels - Lateral Flexion** (Su-F) Pinetree
- Strength: Circuit Training** (M,W,F) Azteca
- Tennis Clinic: Level 1** (M,W) Court shoes are recommended Tennis Courts
- Art Walk: Crafts, with Rob Larson** Meet at Gazebo
- 10:00 **Dance: Cardio Latin** Kuchumaa
- Pickleball Clinic: Intermediate** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Reformer Level 1** (M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: Barbell Workout Level 2** (M,W) Tolteca
- Strength: Circuit Training** (M-F) Azteca
- Tennis Clinic: Level 2** (M,W) Court shoes are recommended Tennis Courts
- Yoga Level 1 - Centering** (Su-F) Montaña
- Landscape Garden Walk with Enrique Ceballos** Gazebo
- 11:00 **Specialty: Corrective Exercise & Myofascial Release: Mid-Back, Shoulders, Chest, Ribcage with Laura Gideon** (Su-F) (60 Min) Pinetree
- Aquatic: Shallow Water** (Su,W) Activity Pool
- Cardio: Cycle Express** (30 Min) Pai Pai
- Mobility: Strength & Stretch with Stick Mobility** (M,W) Kuchumaa
- Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength & Cardio: TRX Circuit Level 2** Tolteca
- Yoga Level 2 Slow Flow** (75 Min) (Su,M,W,F) Montaña
- Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
- 12:00 **Aquatic: Swim Stroke Clinic** (30 Min) (Su,W) Activity Pool
- 1:00 **Sedentary Lifestyle is the New Smoking, with Dr. Lee Rice, MD** Tipai
- 2:00 **Aquatic: Deep Water** (Su,T,W,Th) Activity Pool
- Pilates: Reformer Jumpboard** (M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
- Recovery: Release & Mobilize** (M,W,F) Oaktree
- Tai Chi** (W, also Su at 3p) Montaña
- Yoga: Gentle Aerial Hammock (Low)** Please wear socks & long sleeves. (M,W,F) Kuchumaa
- Art Walk with Rob Larson** Meet at Gazebo
- Inner Fitness: Rest & Renewal — The Healing Power of Deep Sleep, with Rachel Fleischman, LCSW, REAT** Tipai
- 3:00 **Advanced: Bodyweight Blast** (30 Min) (M,W) Tolteca
- Chant: A Vocal Sound Practice** (Su,W) Milagro
- Pilates: Reformer Level 1** (Su,M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
- Yoga Workshop: Rope Wall** Montaña
- Writing Workshop: Cardio-writing –1, with Katherine Ellison** Library Lounge
- 4:00 **Specialty: Sound and Breath: A Sacred Reset with Laura Gallerstein** (Su-F) (50 Min) Oaktree
- Recovery: Stretch and Relax** (M,W,F) Montaña
- Set & Live Your Intention with Jill T.** Milagro
- Beyond Kegels: Self-Care for Bowel & Bladder, with Kathe Wallace, PT** Olmeca
- Hands-On Cooking Class with Visiting Teacher Kristine Kidd.** Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
- 5:00 **Ranch Tour** (Recommended for first time guests) Gazebo
- Outdoor Concert - Sunset Serenade with Jessie Chang, keyboard, and Martha Aarons, flute** (30 mins) Bazar del Sol
- 6:30 **Mountain Hike: Alex's Oak Trail** Moderate 2 Miles, Gazebo
- 7:15 **Movie: One Life** Library Lounge
- 8:00 **In Conversation with Deborah Szekely, Co-founder of Rancho La Puerta, Hosted by Barry Shingle, Director of Guest Experiences** Oaktree

THURSDAY | JUNE 11

Class spaces are limited to first come first served.

- 6:05 **Organic Garden Breakfast Hike** 4 Miles. (T-F) 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 the 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 (M,Th) Gazebo
- 6:30 **Yoga: Sunrise All Levels** (60 Min) (T,Th) Montaña
- 6:45 **Lowlands Hike: Woodlands Trail** 2 Miles (Su,T,Th) Gazebo
- 7:00 **Bird Walk** (60 Min) Gazebo
- 8:00 **Pilates Concierge** (15 min) (Su-F) Pilates Studio in Arroyo
- 9:00 **Advanced: Cardio Muscle Blast** (T,Th) Azteca
- Barre** (T,Th) Olmeca
- Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) offered in Kuchumaa & Montaña
- Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Mat Foundations All Levels - Rotation** (Su-F) Pinetree
- 10:00 **Aqua Board** (T,Th) Central Pool
- Dance: Cardio Drumming** Kuchumaa
- Longevity: Strength Training** (Su,Th) Olmeca
- Pickleball Clinic: Intermediate** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Mat Level 2** (Su,T,Th) 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: Corrective Exercise & Myofascial Release: Neck, Head, Arms, Hands with Laura Gideon** (Su-F) (60 Min) Pinetree
- Aqua Board** (T,Th) Central Pool
- Aquatic: Strength & Tone (Shallow Water)** (T,Th) Activity Pool
- Longevity Cardio Lab: Fromo Zone 2 to HIIT** (Su,Th) Azteca
- Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Yoga Sculpt Level 2** (60 Min) (T,Th) Olmeca
- Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
- Ranch History Walk: Explore the Roots of the Ranch, with Rob Larson** Gazebo
- Art Workshop: Open Art Studio, with Dr. Lynda Reeves McIntyre, PhD** Gazebo
- 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 \$70 + tax. Dining Hall Balcony
- 2:00 **Aquatic: Deep Water** (Su,T,W,Th) Activity Pool
- Longevity: Lecture - Planning your Home Practice** Library Lounge
- Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: Circuit Training** (Su,Th) Azteca
- Inner Fitness: Embodied Joy — Tools for Living with Passion and Purpose, with Rachel Fleischman, LCSW, REAT** Tipai
- 3:00 **Breathwork** (M,Th) Milagro
- Pilates: Tower Level 1** (T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
- Recovery: Foam Roller** (Su,Th) Tolteca
- Strength: the ABCs - Arms/Butt/Core** (Su,Th) Olmeca
- Writing Workshop: Cardio-writing –2, with Katherine Ellison** Library Lounge
- 4:00 **Specialty: Sound and Breath: A Sacred Reset with Laura Gallerstein** (Su-F) (50 Min) Oaktree
- 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
- Navigating Pelvic Health & Pleasure from Midlife On, with Kathe Wallace, PT** Olmeca
- Hands-On Cooking Class with Visiting Teacher Kristine Kidd.** Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
- 5:00 **Floating Sound Bath** (30min) (Swimsuit, Sunglasses & hat recommended) Activity Pool
- Live Music with Sergio Ramos** Bazar Del Sol
- Exploring the Human Condition through a Television Show: Are You Being Serious?** with Josh Berman Olmeca
- 7:15 **Movie: Now You See Me** Library Lounge
- Prayer Arrows with Tim Hinchliff** Main Lounge
- 8:00 **Ensemble Concert - Piano, Cello, Flute & Violin Quartet - Jessie Chang, Ling Yan, Martha Aarons, Lev Polyakin** Oaktree

FRIDAY | JUNE 12

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, (T-F) 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 (T,F) 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 (M,W,F) Gazebo
- 8:00 **Pilates Concierge** (15 min) (Su-F) Pilates Studio in Arroyo
- 9:00 **Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) offered in Kuchumaa & Montaña
- Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Mat Foundations All Levels - Review & 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,F) Activity Pool
- Dance: Yoga Samba** Kuchumaa
- Pickleball Clinic: Intermediate** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Reformer Level 1** (M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: BOSU® Core & More** Olmeca
- Strength: Circuit Training** (M-F) Azteca
- Yoga Level 1 - Integration & Flow** (Su-F) Montaña
- 10:30 **Mercado Craft Sale, ongoing until 2:30 pm** Mercado Patio
 - **Mapache Arts & Crafts**
 - **La Casa del Chai**
- 11:00 **Specialty: Corrective Exercise & Myofascial Release: Full Body, Overall Restoration, & Fascia in Motion with Laura Gideon** (60 Min) Pinetree
- Aquatic: Liquid Drums (Shallow Water)** (M,F) Activity Pool
- Cardio: Mini Trampoline Express** (30 Min) Kuchumaa
- Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: Kettlebells** (30 Min) (Su,F) Tolteca
- Yoga Level 2 Slow Flow** (75 Min) (Su,M,W,F) Montaña
- 1:00 **Set Your Return to Home Intention with Jill T.** Tolteca
- 2:00 **Labyrinth** (T,F) Meet in Emily's Forest behind Kuchumaa Gym
- Longevity: Balance & Coordination** (T,F) Olmeca
- Recovery: Release & Mobilize** (M,W,F) Oaktree
- Yoga: Gentle Aerial Hammock (Low)** Please wear socks & long sleeves. (M,W,F) Kuchumaa
- 2:45 **Live Music and Smoothies** Juice Bar
- 3:00 **Inner Journey: Guided Meditation** (T,F) Milagro
- Mobility & Corrective: Postural Awareness** (T,F) Tolteca
- Strength: Core Express** (30 Min) Olmeca
- Yoga Workshop: Happy Hips & Low Back** Montaña
- Writing Workshop: Straw into Gold - Telling Your Story, with Katherine Ellison** Library Lounge
- 4:00 **Specialty: Sound and Breath: A Sacred Reset with Laura Gallerstein** (50 Min) Oaktree
- Recovery: Stretch and Relax** (M,W,F) Montaña
- Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge
- 5:45 **Shabbat Ceremony** (led by guests) Los Olivos
- 6:00 **Live Music with Rancho La Puerta Fiesta Band** (2 hrs) Dining Hall

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