

Strength Training for Longevity with Pete McCall

Sound Healing with Gary ‘Dhyanjot’ Grenus

August 3, 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 | August 3

- 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 please wear court shoes Pickleball Courts
 Yoga: All Levels Montaña
- 1:00** **Fitness Concierge** Dining Hall
 Ranch Tour 30 mins Start outside Dining Hall
- 2:00** **Core Express** 30 mins Olmeca
 Sound Healing Oaktree
- 3:00** **Stretch** Pinetree
- 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
- 8:00** **Awaken the Artist Within (includes slide show), with Erin Gafill** Olmeca

<u>MEAL HOURS</u>	
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
SUNDAY THROUGH 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
<u>SNACK TIMES Sunday -Friday</u>	
Fruit	10:30 am <u>Central Pool</u>
Electrolytes	10:30 am <u>Gazebo</u>
Smoothies	2:45 pm <u>Juice Bar</u>
Veggies/Juice	4:30 pm <u>Lounge</u>

<u>AVAILABLE FACILITIES WHEN NO CLASS IS IN SESSION</u>	
Milagro - Meditation Room 6:00 am to 9:00 pm	
Activity Pool - Lap Swim 7:00 am to 6:00 pm	
Azteca Gym - Weight Room Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to 5:00 pm	
<u>UNSTAFFED PICK-UP GAMES</u>	
Pickleball open play: all levels 11am: Su,T,Th,F 9am: M,W	

SUNDAY | August 4

* **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
- 6:45** **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** **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
 Strength Specialty: (Su-F) Olmeca
 Stretch (Su-F) Montaña
 TRX Fundamentals (Su, also 10a Th) Tolteca
 Awaken the Artist Within, with Erin Gafill Art Studio
- 10:00** **BOSU® Fit** (Su) Olmeca
 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,Th,F) Pinetree
 TRX Strength HIIT: Level 2 (Su) Tolteca
 Yoga Fundamentals (Su-T) Montaña
 Complimentary Shiatsu or Reflex Massage (5 mins/10am – 12:30pm) Villas Pool
- 11:00** **Mini Trampoline: Balance and Core** (Su, also 30 min on W) Kuchumaa
 Pickleball: Open Play all Levels (Su,T,Th,F also M,W at 9a) *unsupervised - please wear court shoes Pickleball Courts
 Pilates Reformer: Fundamentals (Su,M,W also Su 2&3p) Pilates Studio
 Ranch Barre (Su) Olmeca
 Shallow Water Workout (Su,M,W,F) Activity Pool
 Stretch (Su,T,Th) Arroyo
 Yoga Level 2 75 mins (Su,M,W,Th,F) Montaña
 Inner Fitness: Change Your Mind, Change Your Life, with Emily Boorstein Arroyo
- 12:00** **Swim Stroke Clinic:** 30 mins (Su) Activity Pool
- 1:00** **Feldenkrais: Improving Posture and Balance - Lecture with Donna Wood** Oaktree
 Water Flow Therapy Demo South Pool
 Hand-Stitching and Group Quilting, with Emily Birmingham Main Lounge
- 2:00** **Breathing for Enhanced Health** (Su) Montana
 Deep Water (Su,T,Th) Activity Pool
 Pilates Reformer: Fundamentals (also Su at 3p, M,W, at 11p) Pilates Studio
 Ranch Ropes HIIT: Level 2 30 mins (Su) Olmeca
 Specialty Lecture: Exercise for Longevity with Pete McCall (Su, Tu) Tolteca
 Organic Tea Tasting (30 mins) Juice Bar
- 3:00** **Pilates Reformer: Fundamentals** (also M,W, at 11a) Pilates Studio
 Specialty Lecture: The Art of Sound Healing & Vedic Astrology (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
 I Can’t Draw and You Can, Too! *A line is a dot that goes for a walk,* with Tom Birmingham Art Studio
- 5:00** **Christian Gathering** (led by guests) Los Olivos
- 7:15** **Movie: *What Happens Later*** Library Lounge
- 8:00** **Concert: Gong Sound Bath Journey with Dhyanjot** Oaktree

MONDAY | August 5

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** **Circuit Training** (M,W,F) Azteca
 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
 Strength Specialty: (Su-F) Olmeca
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (M,W) Tennis Courts
 TRX Flexibility (M also T at 10, Th at 3) Tolteca
 Awaken the Artist Within, with Erin Gafill Art Studio
- 10:00** **Circuit Training** (M-F) Azteca
 Dance: Cardio Hip Hop Bodyrock (M,F) Kuchumaa
 H2O Bootcamp: deep water workout (M,W) Activity Pool
 Pilates on the Stability Ball: Level 2 (M) Olmeca
 Ranch Cycling: All Levels (M) Pai Pai
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga Fundamentals (Su-T) Montaña
- 11:00** **Bungee Fitness: Level 2** Please wear pants, requires the use of a harness device (M) Pinetree
 Cardio Sculpt Express: Level 2 30 min (M) Olmeca
 Cardio Drum Dance (M, also Th at 9a) Kuchumaa
 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 Core Tolteca
 Yoga Level 2 75 mins (Su,M,W,Th,F) Montaña
 Drawing with Jennifer (2 hours) Art Studio
 Inner Fitness: Healthy Inner Dialogue, with Emily Boorstein Arroyo
- 1:00** **Hand-Stitching and Group Quilting, with Emily Birmingham** Main Lounge
 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 (M,T,F also active Th at 11 a) Kuchumaa
 Balance and Coordination (M,Th) Olmeca
 Release & Mobilize please wear socks (M,W also F at 11a) Oaktree
 Water Polo on a Noodle (M) Activity Pool
 Watercolor, with Jennifer 2 hours Art Studio
- 3:00** **Mini Tramp and Core :** 30 mins (M, also W at 11a) Kuchumaa
 Pilates Reformer: Level 2 (M,W) Pilates Studio
 Specialty: Sound Healing (M-F) Oaktree
 Tai Chi (M,W) Montaña
 Spanish lessons at the Ranch: beginners progressive (M-F) Library Lounge
- 4:00** **Inner Journey Guided Meditation** (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 I Can’t Draw and You Can, Too! *Introducing point of view,* with Tom Birmingham Art Studio
- 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: *La La Land*** Library Lounge
- 8:00** **Boost Brain Health: Holistic Solutions for Memory, Focus & Clarity with Kim Ross, MS, RD, CDN** Olmeca

TUESDAY | August 6

- 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: Burlesque** (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
 Strength Specialty: (Su-F) Olmeca
 Stretch (Su-F) Montaña
 Awaken the Artist Within, with Erin Gafill Art Studio
- 10:00** **Aqua Board** (T,Th also 11 a 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 Mat Level 2 (Su,T,Th,F) Pinetree
 Tabata HIIT 30: Level 2 (T) Olmeca
 TRX Flexibility (T, also Th at 3p) Tolteca
 Yoga Fundamentals (Su-T) Montaña
- 11:00** **Aqua Board** (T,Th also 10 am Th) Central Pool
 Aqua Strength & Tone shallow water workout (T,Th) Activity Pool
 Cycle 30: All Levels (T,Th,F) Pai Pai
 Kettlebells 30 mins (T,F) Tolteca
 Pickleball: Open Play all Levels (T,Th,F also W at 9a) *unsupervised please wear court shoes Pickleball Courts
 Stretch (Su,T,Th) Oaktree
 Yoga Sculpt: Level 2 60 mins (T, also Th at 3p) Olmeca
 Inner Fitness: Emotions! How to Feel Fully and Communicate Wisely! with Emily Boorstein Arroyo
- 1:00** **Detox Your Life: Easy Nutrition & Wellness Tips with Kim Ross, MS, RD, CDN** Olmeca
 Hand-Stitching and Group Quilting, with Emily Birmingham Main Lounge
- 2:00** **Aerial Yoga: Gentle Low hammock** please wear socks and short/long sleeves (T,F also active Th at 11 am) Kuchumaa
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Pilates Cadillac Fundamentals (T, also Th at 11a) Pilates Studio
 Specialty Lecture: Smarter Recovery: How to Maximize Your Training Results with Pete McCall (Tu) Tolteca
- 3:00** **Specialty: Sound Healing** (M-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 (Sign up – max 8) 60 mins (T) Gazebo
 Ranch Sound Healing (T,Th)
 I Can’t Draw and You Can, Too! *Portrait Roulette,* with Tom Birmingham Art Studio
 Hands-On Cooking Classes with Chef Cody Requejo Register at Ext.640/625. Fee. Depart 4pm; return 7:30pm. Meet at Admin Bldg.
- Wine & Chocolate. Enjoy a tasting of Guadalupe Valley wines and artisanal chocolate from Oaxaca. \$25 per person. Sign up required, call Ext. 600. Bazar del Sol**
- 6:30** **Sunset Mountain Hike: Alex’s Oak** 2 Miles (T) Gazebo
- 7:15** **Documentary *Kiss the Ground*** (90 mins) Library Lounge
- 8:00** **Starting Your Novel: Elements of Story + Outline, with Karina Evans** Olmeca

WEDNESDAY | August 7

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
 Meditation (Su-F) Oaktree
 Pickleball: Open Play all Levels (W, also Th,F at 11a) *unsupervised please wear court shoes Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Strength Specialty (Su-F) Olmeca
 Tennis Clinic: Level 1 (M,W) Tennis Courts
 TRX Core: 30 mins (W) Tolteca
 Awaken the Artist Within, with Erin Gaffill Art Studio
- 10:00** **Circuit Training** (M-F) Azteca
 Dance: Intro to Salsa (W) Kuchumaa
 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** **BOSU Fit** (W) Olmeca
 Cycle Strength: All Levels (W) Pai Pai
 Dynamic Stretch: 30 mins (Th) Pinetree
 Mini Trampoline Express: 30 mins (W) Kuchumaa
 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
 Inner Fitness: How We Grow and Learn! with Emily Boorstein Arroyo
 Make an Ancestor Altar, with Jennifer (2 hours) Art Studio
- 1:00** **Ranch Tour** 30 mins Start outside Dining Hall
 Friends of Bill W. (12 steps - Participant-guided) Library Lounge
 Everything You Want to Know about Nutrition: Q&A with Kim Ross, MS, RD, CDN @ the Juice Bar
 Writing Workshop: Writing Prompt, with Karina Evans Arroyo
 Hand-Stitching and Group Quilting, with Emily Birmingham Main Lounge
- 2:00** **Decompress & Motion:** 30 mins (W) Pinetree
 Forest Bathing (W) Meet at the Labyrinth
 Release & Mobilize please wear socks (M,W, also F at 11a) Oaktree
 Lecture: Words on Paper: Writing and Revising 101, with Karina Evans Arroyo
 Mandala with Jennifer (60 mins) Art Studio
- 3:00** **Core Express** 30 mins (W,F) Olmeca
 Pilates Reformer: Level 2 (M,W) Pilates Studio
 Specialty: 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 Cody Requejo Register at Ext.640/625. Fee. Depart 4pm; return 7:30pm. Meet at Admin Bldg.
 I Can't Draw and You Can, Too! *The Color Green*, with Tom Birmingham Art Studio
- 7:15** **Movie *The Farewell*** Library Lounge
- 8:00** **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 | August 8

- 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 - Outdoors** (60 mins) (Th) Meet in Montaña
- 6:45** **Woodlands Hike** 2 Miles (Su,T,Th) Gazebo
- 9:00** **Cardio Drum Dance** (Th) Kuchumaa
 Meditation (Su-F) Oaktree
 Pickleball: Beginner (Su,T,Th,F) please wear court shoes Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Strength Specialty (Su-F) Olmeca
 Stretch (Su-F) Montaña
 Awaken the Artist Within, with Erin Gaffill Art Studio
- 10:00** **Aqua Board** (also 11 am Th) Central Pool
 BOSU® & Ropes Level 2 30 mins (Th) Olmeca
 Circuit Training (M-F) Azteca
 Dance: Zumba (Th) Kuchumaa
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Pilates Mat Level 2 (Su,T,Th,F) Pinetree
 TRX Fundamentals (Th) Tolteca
 Yoga Level 1 (W-F) Montaña
- 11:00** **Aqua Board** (Th) Central Pool
 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
 Booty Blast: 30 mins (Th) Olmeca
 Cycle Hip Hop 30: All Levels (Th,F) Pai Pai
 Pickleball: Open Play all Levels (Th,F) *unsupervised please wear court shoes Pickleball Courts
 Pilates Cadillac Fundamentals (Th) Pilates Studio
 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
 Inner Fitness: Create and Manifest Your Best Life, with Emily Boorstein Arroyo
- 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** **Weight Management for Mental Clarity, Energy & Longevity with Kim Ross, MS, RD, CDN** Olmeca
 Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff Sign up (\$60 art kit fee) Dining Hall balcony
 Writing Workshop: Writing Prompt, with Karina Evans Arroyo
 Hand-Stitching and Group Quilting, with Emily Birmingham Main Lounge
- 2:00** **Balance & Coordination** (M,Th) Olmeca
 Breathwork: Find your Calm (Th) Montaña
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Cooking Demo 30 mins Juice Bar
 Lecture: Navigating Publishing: Query Letters + Agents & Editors, with Karina Evans Arroyo
- 3:00** **Specialty: 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
 Ranch Sound Healing (Th) Oaktree
 Yoga Nidra (Th) Montaña
 Art, Stories and Poetry, with Tim Hinchliff 90 mins Bazar del Sol
- 4:45** **Farm-to-Table Seafood Delights, with Chef Cody Requejo.** Register at Ext. 640/625. Fee. Depart 4:45pm; return 7:30pm. Meet at Admin Bldg.
- 7:00** **Prayer Arrows with Tim Hinchliff** Main Lounge
 Movie: *The Fabelmans* (2hrs 31 min) Library Lounge
- 8:00** **Concert with Yam Beat!** Oaktree

FRIDAY | August 9

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** **Cardio Kickboxing** (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
 Strength Specialty (F) Olmeca
 Stretch (Su-F) Montaña
- 10:00** **Cardio Sculpt Express** 30 Min (F) Olmeca
 Chant (F) Milagro
 Circuit Training (F) Azteca
 Dance: Cardio Hip Hop Flashback 90's (F) Kuchumaa
 Pilates Mat Level 2 (F) Pinetree
 Yoga Level 1 (F) Montaña
- 11:00** **Core & More** (F) Olmeca
 Cycle 30: All Levels (F) Pai Pai
 Kettlebells 30 mins (F) Tolteca
 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
 Yoga Level 2 75 mins (F) Montaña
- 1:00** **Set Your Return Home Intention** (F) Tolteca
 Documentary *Tree of Life, The Living Legacy of Edmond Szekely* (26 mins) Library Lounge
- 2:00** **Aerial Yoga: Gentle Low hammock** please wear socks and short/long sleeves (F) Kuchumaa
 Water Volleyball (F) Central Pool
- 2:45** **Live Music and Smoothies** Juice Bar
- 3:00** **Core Express** 30 mins (F) Olmeca
 Labyrinth (F) Labyrinth
 Specialty: 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
- 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