

# Myofascial Release & Corrective Exercise with Laura Gideon

## Sound Healing with Laura Gallerstein

### September 14, 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 | September 14

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**  
\*Unsupervised, please wear court shoes Pickleball Courts  
 **Yoga: All Levels** Montaña

12:00  **Core Express** 30 mins Olmeca

1:00  **Fitness Concierge** Dining Hall  
 **Ranch Tour** 30 mins Start outside Dining Hall

2:00  **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  
 **Violin with Pei-Chun Tsai** 30 mins Bazar del Sol

5:30  **First Time Guest Orientation** Olmeca

6:45  **Meet the Presenters** Dining Hall

7:15  **Movie: *Ticket to Paradise*** Library Lounge

8:00  **Cultivating the Art of Being Present with Yourself,**  
with Laura Francis Olmeca

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

### SUNDAY | September 15

\* **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 (also F) Gazebo  
6:45  **Low Lands Hike: Woodlands** 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  
 **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  
 **Full Body Strength: Level 2** (Su,W,F) Olmeca  
 **Stretch** (Su-F) Montaña  
 **TRX Fundamentals** (Su, also M,Th at 10a) Tolteca  
 **Why's and How's of Hiking Poles** (Su) Meet Outside Arroyo  
 **Nature Walk with Rob Larson** Meet at Gazebo

10:00  **BOSU@ Fit** (Su) Olmeca  
 **Chant** (Su,F) Milagro  
 **Introduction to Circuit Training** (Su) Azteca  
 **Pickleball: Intermediate** (Su,T,Th) please wear court shoes Pickleball Courts  
 **Dance: Latin Fusion** (Su) Kuchumaa  
 **Gyrokinesis** (Su-W) Arroyo  
 **Pilates Mat: Level 2** (Su, Tu, Th, F) Pinetree  
 **TRX Strength HIIT** : Level 2 Tolteca  
 **Yoga Fundamentals** (Su-T) Montaña  
 **Complimentary Shiatsu or Reflex Massage (5 mins/10am – 12:30pm)**Villas Pool

11:00  **Cardio Blast:** Level 2 (Su) Azteca  
 **Mini Trampoline: Balance and Core** 45 Min (Su, also 30 min on W) Kuchumaa  
 **Myofascial Release & Corrective Exercise** (Su,M,W,F, also T,Th at 2p) Pinetree  
 **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,F also Su 2&3p) Pilates Studio  
 **Ranch Barre** (Su, also W at 3p, Th at 10a, F at 9a) Olmeca  
 **Shallow Water Workout** (Su,M,W,F) Activity Pool  
 **Stretch** (Su,T,Th) Oaktree  
 **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  
 **Secrets to Better Pickleball** (Su) Tolteca  
 **Water Flow Therapy Demo** South Pool

2:00  **Breathwork: Calm the Mind** (Su, also 11a M) Oaktree  
 **Deep Water** (Su,Th, also T at 3p) Activity Pool  
 **Pilates Reformer: Fundamentals** (also Su at 3p, & M,W, at 11a) Pilates Studio  
 **Postural Awareness** (Su,W at 11a) Tolteca  
 **Organic Tea Tasting** (30 mins) Juice Bar  
 **Inner Fitness. Embracing the Gift of Connection: Using Curiosity in Being Present with Others,** with Laura Francis Arroyo

3:00  **Pilates Reformer: Fundamentals** (also M,W, at 11a) Pilates Studio  
 **Specialty: Sound Healing** (Su-F, also Su at 4p) Oaktree  
 **Stability Ball** 30 mins (Su) Olmeca  
 **Tai Chi** (Su, T) Montaña

4:00  **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca  
 **Specialty: Sound Healing** (Su, also M-F at 3p) Oaktree  
 **Restorative Yoga** (Su) Montaña  
 **Knitting For Wellness** Sign up – max 8 60 mins (Su) Gazebo  
 **Live Music with Sergio Ramos** 60mins Bazar del Sol

5:00  **Christian Gathering** (led by guests) Los Olivos

5:30  **Mexico's Independence Day Celebration!** Central Pool

7:15  **Movie: *What Happens Later*** Library Lounge

8:00  **Concert with Pei-Chun Tsai, violin, and Tina Chong, piano** Oaktree

### MONDAY | September 16

**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

7:00  **Bird Walk** Meet at Gazebo

9:00  **Barbell Strength** (M,F) Tolteca  
 **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  
 **Core & More!** (M, also F at 10a) Olmeca  
 **Stretch** (Su-F) Montaña  
 **Tennis Clinic: Level 1** (M,W) Tennis Courts

10:00  **Circuit Training** (M-F) Azteca  
 **H2O Bootcamp:** deep water workout (M,W,F) Activity Pool  
 **Ranch Cycling: All Levels** (M) Pai Pai  
 **Dance: Cardio Hip Hop Bodyrock** (M) Kuchumaa  
 **Gyrokinesis** (Su-W) Arroyo  
 **Pilates on the Stability Ball: Level 2** (M) Olmeca  
 **Tennis Clinic: Level 2** (M,W) Tennis Courts  
 **Yoga Fundamentals** (Su-T) Montaña  
 **Complimentary Shiatsu or Reflex Massage (5 mins/10 am – 12:30pm)** Villas Pool

11:00  **Breathwork: Calm the Mind** (M) Oaktree  
 **Booty Blast** 30 min (M, Th) Olmeca  
 **Myofascial Release & Corrective Exercise**(Su,M,W,F, also T,Th at 2p) Pinetree

**Pickleball: Beginner** (M,W also T, Th, F at 9a) please wear court shoes Pickleball Courts  
 **Pilates Reformer: Fundamentals** (M,W,F, also Th at 2p) Pilates Studio  
 **Shallow Water Workout** (Su,M,W,F) Activity Pool  
 **TRX Flexibility** Tolteca  
 **Yoga Level 2** 75 mins (Su,M,W,Th,F) Montaña  
 **Drawing with Jennifer** (2 hours) Art Studio

1:00  **Chakra Health: Opening and Balancing Exercises for Your Energy Centers, with Jonelle Rutkauskas** 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 (M,T,F also active Th at 11a) Kuchumaa  
 **Balance and Coordination** (M,Th) Olmeca  
 **TRX Core** 30 Min (M, also W at 3p) Tolteca  
 **Water Jogging** Deep Water Workout (M,W) Activity Pool  
 **Watercolor, with Jennifer** 2 hours Art Studio  
 **Inner Fitness: The Gift of Inquiry- Strengths and Saboteurs, with Laura Francis** Arroyo

3:00  **Mini Trampoline: Express** 30 mins (M, also W at 11a) Kuchumaa  
 **Pilates Reformer: Level 2** (M,W) Pilates Studio  
 **Specialty: Sound Healing** (Su-F) Oaktree  
 **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

5:00  **Guest Reception. Join us for Sangria and Guacamole** 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  **Boosting Brain Health, with Samantha Heller, MS, RDN** Olmeca

### TUESDAY | September 17

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  **Beach Bootcamp** (T) Sand Volleyball Court  
 **Meditation** (Su-F) Oaktree  
 **Pickleball: Beginner** (Su,Tu,Th,F, also W at 11a) please wear court shoes Pickleball Courts  
 **Pilates Mat: Fundamentals** Progressive (Su-F) Pinetree  
 **Stretch** (Su-F) Montaña  
 **Nature Walk with Rob Larson** Meet at Gazebo

10:00  **Aqua Board** (T,Th also 11 a T,Th) Central Pool  
 **Circuit Training** (M-F) Azteca  
 **Pickleball: Intermediate** (Su,T,Th) please wear court shoes Pickleball Courts  
 **Dance: Zumba** (Tu,F) Kuchumaa  
 **Create a Life of Purpose** (Tu) Milagro  
 **Gyrokinesis** (Su-W) Arroyo  
 **Pilates Mat: Level 2** (Su- F) Pinetree  
 **Upper Body Blast: All Levels** 30 min (T) Olmeca  
 **TRX Flexibility** (T, also Th at 3p) Tolteca  
 **Yoga Fundamentals** (Su-T) Montaña  
 **Complimentary Shiatsu or Reflex Massage (5 mins/10am– 12:30p)** Villas Pool

11:00  **Aqua Board** (T,Th also 10 am Th) Central Pool  
 **Aqua Strength & Tone** shallow water workout (T,Th, also F at 3p) Activity Pool  
 **Bungee Fitness: Level 2** Please wear pants, requires the use of a harness device (T,Th) Pinetree

**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  
 **Landscape Sketching, with Jennifer** 120 mins Juice Bar

1:00  **Living with a Healthy Heart, with Samantha Heller, MS, RDN** Olmeca

2:00  **Deep Water** (T,Th) Activity Pool  
 **Dance: Burlesque** (T) Kuchumaa  
 **Circuit Training** (T,Th) Azteca  
 **Myofascial Release & Corrective Exercise** (T,Th, also Su,M,W,F at 11a) Pinetree

**Healthy Back Secrets** (T) Tolteca  
 **Pilates Cadillac Fundamentals** (T, also Th at 11a) Pilates Studio  
 **Release Stress with Tapping** (Tu) Oaktree  
 **Watercolor Collage Cards with Jennifer** 2 hours Art Studio  
 **Inner Fitness: Life Design at Any Age and Stage, with Laura Francis** Arroyo

3:00  **Aqua Ease** Shallow Water Stretch 30 Min (T,Th) Activity Pool  
 **Healthy Shoulder and Rotator Cuff Secrets** (T) Tolteca  
 **Specialty: Sound Healing** (Su-F) Oaktree  
 **Stability Ball** 30 Min (T) Olmeca  
 **Tai Chi** (T) Montaña  
 **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) Oaktree  
 **Hands-On Cooking Classes with Chef Jill Silverman Hough.** Register at Ext.640/625. Fee. Depart 4pm; return by 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  **It All Starts with YOU—and How You Come Across to Others, with Denise Dudley** Olmeca

## WEDNESDAY | September 18

***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  **Bird Walk** Meet at 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 11a) \*unsupervised please wear court shoes Pickleball Courts  
 **Stretch** (Su-F) Montaña  
 **Specialty: Pilates Mat: Fundamentals** Progressive (Su-F) Pinetree  
 **Tennis Clinic: Level 1** (M,W) Tennis Courts  
 **TRX Strength HIIT: Level 2** (W) Tolteca
- 10:00  **Circuit Training** (M-F) Azteca  
 **Cycle Strength: All Levels** (W) Pai Pai  
 **Full Body Strength: Level 1** (W) Olmeca  
 **H2O Bootcamp:** deep water workout (M,W,F) Activity Pool  
 **Dance: Intro to Salsa** (W) Kuchumaa  
 **Gyrokinesis** (Su-W) Arroyo  
 **Pilates Arc Barrel: Level 2** (Su- F) Pinetree  
 **Tennis Clinic: Level 2** (M,W) Tennis Courts  
 **Yoga Level 1** (W-F) Montaña  
 **Landscape Garden Walk** (W) Main Lounge
- 11:00  **Cardio & Core Challenge** 30 min (W) Olmeca  
 **Mini Trampoline Express:** 30 mins (W) Kuchumaa  
 **Myofascial Release & Corrective Exercise** (Su,M,W,F, also T,Th at 2p) Pinetree  
 **Pickleball: Beginner** (W, also Th,F at 9a) please wear court shoes Pickleball Courts  
 **Pilates Reformer: Fundamentals**(M,W,F, also Th at 2p) Pilates Studio  
 **Postural Awareness** (W) Tolteca  
 **Shallow Water Workout** (Su,M,W,F) Activity Pool  
 **Yoga Level 2** 75 mins (Su,M,W,Th,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  
 **Secrets to a Healthy Life, with Samantha Heller, MS, RDN** Olmeca
- 2:00  **Aerial Yoga: Gentle Low hammock** please wear socks and short/long sleeves (T,F also active Th at 11 am) Kuchumaa  
 **Release & Mobilize** please wear socks (W) Oaktree  
 **Water Jogging** Deep Water Workout (W) Activity Pool  
 **Inner Fitness: The Secret to Living in Flow, with Laura Francis** Arroyo
- 3:00  **TRX Core** 30 mins (W) Tolteca  
 **Pilates Reformer: Level 2** (M,W) Pilates Studio  
 **Specialty: Sound Healing** (Su-F) Oaktree  
 **Ranch Barre** (W, also Th at 10a, F at 9a) Olmeca  
 **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 by 7:30pm. Meet at Admin Bldg.  
 **Natural Wine Tasting - The Universe is Conspiring in Your Favor, with Sergio Medal** Swing by Central Pool
- 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 | September 19

- 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  **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 (Su-F) Pinetree  
 **BOSU & Ropes: Level 2** (Th) Olmeca  
 **Stretch** (Su-F) Montaña  
 **Nature Walk with Rob Larson** Meet at Gazebo
- 9:30  **Valle de Guadalupe Tour. Pijoan Vineyard, first stop. Adobe Guadalupe, second stop and lunch destination.** Register at Ext.640/625. Depart 9:30 am; back by 5:30 pm. Cost is \$290 per person (tax included). Meet at Admin. Bldg.
- 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  
 **Ranch Barre** (Th, also F at 9a) Olmeca  
 **Dance: Move & Groove, Funk!** (Th) Kuchumaa  
 **Pilates Mat: Level 2** (Su- 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, also F at 3p) Activity Pool  
 **Bungee Fitness: Level 2** Please wear pants, requires the use of a harness device (T,Th) Pinetree  
 **Booty Blast** 30 Min (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  
 **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  **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** Sign up (\$60 art kit fee) Dining Hall balcony
- 2:00  **Balance & Coordination** (M,Th) Olmeca  
 **Myofascial Release & Corrective Exercise** (T,Th, also Su,M,W,F at 11a) Pinetree  
 **Circuit Training** (T,Th) Azteca  
 **Deep Water** (Su,T,Th) Activity Pool  
 **Pilates Reformer: Fundamentals** (Th, also F at 11a) Pilates Studio  
 **Cooking Demo** 30 mins Juice Bar
- 3:00  **Aqua Ease** Shallow Water Stretch 30 Min (T,Th) Activity Pool  
 **Specialty: Sound Healing** (Su-F) Oaktree  
 **Strength & Stretch with Stick Mobility** (Th) Pinetree  
 **Yoga Sculpt: Level 2** (Th) Olmeca  
 **Spanish lessons at the Ranch: beginners** (M-F) Library Lounge  
 **Foam Roller Recovery** Please wear socks (Th) Tolteca  
 **Yoga Nidra** (T,Th) Oaktree  
 **Art, Stories and Poetry, with Tim Hinchliff** 90 mins Bazar del Sol
- 5:00  **5 Course Dinner Experience with Chef Jill Silverman Hough.** Register at Ext. 640/625. Fee. Depart 5:00pm; return by 8:00 pm. Meet at AdminBldg.
- 7:00  **Prayer Arrows with Tim Hinchliff** Main Lounge  
 **Movie: *The Fabelmans*** (2hrs 31 min) Library Lounge
- 8:00  **Get Your Nature Groove on! Be Dazzled by Signs of Wildlife up Close and Personal, with Judie Lincer, M.S. Ed.** Olmeca

## FRIDAY | September 20

***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** (F) Tolteca  
 **Circuit Training** (M,W,F) Azteca  
 **Meditation** (Su-F) Oaktree  
 **Pickleball: Beginner** (F) please wear court shoes Pickleball Courts  
 **Pilates Mat: Fundamentals** Progressive (Su-F) Pinetree  
 **Ranch Barre** (F) Olmeca  
 **Stretch** (Su-F) Montaña  
 **Ethnobotany-How Native Americans Used Plants for Food, Shelter, Medicine, and more. Nature Field Experience, with Judie Lincer** Gazebo
- 10:00  **Core & More!** (F) Olmeca  
 **Chant** (F) Milagro  
 **Circuit Training** (F) Azteca  
 **Dance: Zumba** (F) Kuchumaa  
 **H2O Bootcamp:** deep water workout (M,W,F) Activity Pool  
 **Pilates Mat: Level 2** (Su- F) Pinetree  
 **Yoga Level 1** (F) Montaña
- 11:00  **Cycle 30: All Levels** (F) Pai Pai  
 **Kettlebells** 30 mins (F) Tolteca  
 **Myofascial Release & Corrective Exercise** (Su,M,W,F, also T,Th at 2p) Pinetree  
 **Pickleball: Open Play all Levels** ,(F) \*unsupervised please wear court shoes Pickleball Courts  
 **Pilates Reformer: Fundamentals** (F) Pilates Studio  
 **Shallow Water Workout** (F) Activity Pool  
 **Yoga Level 2** 75 mins (F) Montaña  
 **Make an Ancestor Altar, with Jennifer** (2 hours) Art Studio
- 11:30  **Mercado's Craft Sale** (11:30 am to 2:30 pm) Mercado
- 1:00  **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  
 **Core Express** 30 mins (F) Olmeca  
 **Mandala with Jennifer** (60 mins) Art Studio
- 2:45  **Live Music and Smoothies** Juice Bar
- 3:00  **Aqua Strength & Tone** shallow water workout (F) Activity Pool  
 **Labyrinth** (F) Labyrinth  
 **Specialty: Sound Healing** (Su-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*