Week of August 1, 2026 Nurturing Abundance Week
Iyengar Yoga with Aman Keays
Water Week with Monica Picard

Stay Flexible, **i**n 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 -*** *B*ased on equipment availability.
- ***Classes & Activities begin on time and last 45 minutes*** unless noted otherwise.
- For the ***comfort and safety*** *of* our fellow guests, no open swim during schedule classes
- ***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 | AUGUST 1

6:15 ☐ **Mountain Hike: Professor's Trail** (S,M,Th) Advanced, 3.3 Miles, Gazebo
6:45 ☐ **Lowlands Hike: Woodlands Trail** (S,Su,T,Th) 2 Miles, Gazebo

9:00 ☐ **Meditation** (S-F) Milagro
☐ **Mobility: Stretch** (S-F) Montaña
☐ **Strength: TRX Full Body Express** (30 Min) Pinetree

10:00 ☐ **Pilates Mat All Levels** (S-F) Pinetree
☐ **Strength: Circuit Training** (S-F) Azteca

11:00 ☐ **Dance: Motown Lowdown** Kuchumaa
☐ **Mobility: TRX Flexibility** (S,M,Th) Pinetree
☐ **Pickleball Open Play** unstaffed, Court shoes recommended. Pickleball Courts
☐ **Yoga: All Levels** Montaña

1:00 ☐ **Fitness Concierge** (60 Min) Dining Hall
2:00 ☐ **Aquatic: Deep Water** Activity Pool
☐ **Mobility: Strength & Stretch with Stick Mobility** Kuchumaa
☐ **Strength: Full Body All Levels** Olmeca

3:00 ☐ **Mobility: Stretch** Montaña
☐ **Sound Healing** (S-F) Oaktree
☐ **Strength: the ABCs - Arms/Butt/Core** (30 Min) (S,Su,W) 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 Back Patio
8:00 ☐ **Concert: *Wild Women of Song - Jazz, Blues and Folk,* with Pamela Rose, Kristen Strom, Scott Sorkin, Ruth Davies, & Daria Johnson** Oaktree

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

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: Sunday - Friday
9:00 am to 12:00 pm & 1:00 pm 4:00 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 7:00 pm

SUNDAY | AUGUST 2

Class spaces are limited to first come first served.

6:15 ☐ **Mountain Hike: Pilgrim Trail** (Su,W) Advanced, 3.5 or 4.5-Miles Gazebo
6:30 ☐ **Mountain Hike: Alex's Oak Trail** Moderate 2 Miles Gazebo
6:45 ☐ **Lowlands Hike: Woodlands Trail** (Su,T,Th) 2 Miles 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

8:30 ☐ **Opening Ceremony, with Norma Meza and Tom Blue Wolf** Grass Area in Front of Dining Hall

9:00 ☐ **Advanced: Full Body Strength** (Su,W) Olmeca
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (Su-F) Montaña
☐ **Pilates: Mat Foundations All Levels - Neutral & Spinal Articulation** (Su-F) Pinetree
☐ **Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts

10:00 ☐ **Advanced: High Intensity Interval Training (HIIT)** (30 Min) Tolteca
☐ **Dance: Latin Fusion** Kuchumaa
☐ **Longevity: Strength Training** Olmeca
☐ **Pickleball Clinic: Intermediate** (Su-F) Court shoes recommended. Pickleball Courts
☐ **Strength: Introduction to Circuit Training** Azteca
☐ **Yoga Level 2 Slow Flow** (Su-F) Montaña

11:00 ☐ **Specialty: Iyengar Yoga with Aman Keays** (75 Min) (Su-F) Montaña
☐ **Specialty: The Wave (Shallow Water) with Monica Picard** (Su,F & M 10a)Activity Pool
☐ **Cardio: Mini Trampoline Express** (30 Min) (Su,F) Kuchumaa
☐ **Longevity Cardio Lab: From Zone 2 to HIIT** (Su,Th) Azteca
☐ **Pilates: Reformer Level 2** (Su,M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Strength: Core & More** (S,W) Olmeca
☐ **Strength: TRX Fundamentals** Pinetree

12:00 ☐ **Swim Stroke Clinic** (30 Min) (Su,Th) Activity Pool

1:00 ☐ **Master Your Metabolism, with DeRahn Johnson, FNS, CES** Tipai
☐ **Water Flow Therapy Demo** South Pool
☐ **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge

2:00 ☐ **Specialty: Deep Water Training with Monica Picard** (Su,Th,F) Activity Pool
☐ **Chant: A Vocal Sound Practice** Milagro
☐ **Longevity: Lecture. How to Own Your Aging Process** Library Lounge
☐ **Pilates: Reformer Level 1** Sign-up begins 8am at the Pilates Studio in Arroyo

3:00 ☐ **Specialty: Aqua Ease Shallow Water Stretch with Monica Picard** (30 Min) (Su,T) Activity Pool
☐ **Pilates: Reformer Level 1** (Su,M) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Sound Healing** (Su-F) Oaktree
☐ **Strength: the ABCs - Arms/Butt/Core** (30 Min) (S,Su,W) Olmeca
☐ **Tai Chi** (Su & W at 2p) Montaña

4:00 ☐ **Inner Journey: Guided Meditation** (Su,W,F) Oaktree
☐ **Recovery: Foam Roller** (Su,T,Th) Tolteca
☐ ***Inner Fitness:* Reclaim Your Joyful, Purposeful Self with Laura West** Tipai

5:00 ☐ **Frank Lloyd Wright, My Art and Me: An Unconventional Approach, with Pamela Smilow** Olmeca

8:00 ☐ **Bingo and Games with Barry!** Olmeca

MONDAY | AUGUST 3

Class spaces are limited to first come first served.

6:15 ☐ **Mountain Hike: Professor's Trail** (M,Th) Advanced, 3.3 Miles, Gazebo
6:45 ☐ **Lowlands Hike: Quail Trail** Moderate (M,W,F) 2 or 2.5 Miles, Gazebo

7:00 ☐ **Specialty: Water Walking with Monica Picard** (M,T) Central Pool
8:00 ☐ **Pilates Concierge** (15 min) (Su-F) Pilates Studio in Arroyo

9:00 ☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (Su-F) Montaña
☐ **Pilates: Mat Foundations All Levels - Flexion** (Su-F) Pinetree
☐ **Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
☐ **Strength: Total Body with Bands** (M,F) Olmeca
☐ **Tennis Clinic: Level 1** (M,W) Court shoes recommended. Tennis Courts

10:00 ☐ **Specialty: The Wave (Shallow Water) with Monica Picard** Activity Pool
☐ **Dance: Move & Groove Funk** Kuchumaa
☐ **Pickleball Clinic: Intermediate** (Su-F) Court shoes recommended. Pickleball Courts
☐ **Strength: Barbell Workout Level 2** (M,W) Tolteca
☐ **Strength: Circuit Training** (Su-F) Azteca
☐ **Tennis Clinic: Level 2** (M,W) Court shoes recommended. Tennis Courts
☐ **Yoga Level 2 Slow Flow** (Su-F) Montaña

11:00 ☐ **Specialty: Iyengar Yoga with Aman Keays** (75 Min) (Su-F) Montaña
☐ **Aquatic: Liquid Drums (Shallow Water)** (Sunglasses recommended) Activity Pool
☐ **Cardio: Cycle Strength** Pai Pai
☐ **Mobility: TRX Flexibility** (M,Th) Pinetree
☐ **Pilates: Reformer Level 2** (Su,M,W,F)) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Strength: Kettlebells** (30 Min) (M,Th) Tolteca
☐ **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
☐ **Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
☐ ***Art Class:* Art in Nature, with Pamela Smilow** Art Studio

12:30 ☐ **Behind the Ranch Menu – The Chef, the Nutritionist & the Fitness Expert –A 15-Minute Overview** Outdoor Dining Hall Patio

1:00 ☐ **Living Abundantly: How to Activate Your Body's Regenerative Capacity for Vitality and Longevity, with Dr. Sharon Bergquist, MD** Tipai

2:00 ☐ **Specialty: H20 Bootcamp (Deep Water) with Monica Picard** Activity Pool
☐ **Longevity: Balance & Coordination** (M,F) Olmeca
☐ **Pilates: Reformer Jumpboard** Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Recovery: Release & Mobilize** (M,W) Oaktree
☐ **Yoga: Gentle Aerial Hammock** (Low) (M,F) Please wear socks & long sleeves. Kuchumaa

3:00 ☐ **Advanced: Bodyweight Blast** (30 Min) (M,Th) Tolteca
☐ **Pilates: Reformer Level 1** (Su,M) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Sound Healing** (Su-F) Oaktree
☐ **Yoga Workshop: Happy Hips & Low Back** (M,W) Montaña

4:00 ☐ **Breathwork** (M,F) Milagro
☐ **Yoga: Restorative** (M,W) Montaña
☐ ***Inner Fitness:* Intuition as Your True North, with Laura West** Tipai

5:00 ☐ **Guest Reception: Sangría & Guacamole** Bazar del Sol

7:15 ☐ **Movie: *Mrs. Harris Goes to Paris*** Library Lounge

8:00 ☐ **The Book of the Great Remembering, with Tom Blue Wolf** Oaktree

TUESDAY | AUGUST 4

Class spaces are limited to first come first served.

6:05 ☐ **Organic Garden Breakfast Hike** (T-Th) 4 Miles. 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** (T,F) Advanced, 5.5 or 4 Miles, Gazebo
6:30 ☐ **Yoga: Sunrise All Levels** (60 Min) (T,Th) Montaña
6:45 ☐ **Lowlands Hike: Woodlands Trail** (Su,T,Th)2 Miles, Gazebo

7:00 ☐ **Specialty: Water Walking with Monica Picard** (M,T) Central Pool
☐ **Bird Walk** (60 Min) Gazebo

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

9:00 ☐ **Advanced: Cardio Muscle Blast** (T,F) Azteca
☐ **Barre** (T,Th) Olmeca
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (Su-F) 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
☐ **Advanced: Cardio Sculpt Express** (30 Min) (T,Th) Olmeca
☐ **Dance: 90s Pop Cardio** Kuchumaa
☐ **Pickleball Clinic: Intermediate** (Su-F) Court shoes recommended. Pickleball Courts
☐ **Strength: Circuit Training** (Su-F) Azteca
☐ **Yoga Level 2 Slow Flow** (Su-F) Montaña

11:00 ☐ **Specialty: Iyengar Yoga with Aman Keays** (75 Min) (Su-F) Montaña
☐ **Specialty: Strength & Tone (Shallow Water) with Monica Picard** (T,Th) Activity Pool
☐ **Aqua Board** (T,Th) Central Pool
☐ **Pilates: Reformer Level 1** (T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Strength: TRX & Kettlebells Level 2** Tolteca
☐ ***Art Class:* Art in Nature, with Pamela Smilow** Art Studio

1:00 ☐ **Making a Smoothie Class with Chef César** Juice Bar
☐ **A Conversation with Tom Blue Wolf** Oaktree

2:00 ☐ **Specialty: Water Jogging with Monica Picard** Activity Pool
☐ **Mobility: Strength & Stretch with Stick Mobility** (T,Th) Kuchumaa
☐ **Strength: Circuit Training** (ST,Th) Azteca
☐ **Yoga Workshop: Rope Wall** Montaña
☐ ***Inner Fitness:* The Art of Receiving Abundance, with Laura West** Tipai

3:00 ☐ **Specialty: Aqua Ease Shallow Water Stretch with Monica Picard** (30 Min) (Su,T) Activity Pool
☐ **Mobility & Corrective: Postural Awareness** (T,F) Tolteca
☐ **Mobility: Dynamic Stretch (30 Min)** (T,F) Pinetree
☐ **Sound Healing** (Su-F) Oaktree
☐ **Strength: Core Exp** (30 Min) (T,F) Olmeca

4:00 ☐ **Recovery: Foam Roller** (Su,T,Th) Tolteca
☐ **Recovery: Stretch and Relax** (T,Th) Montaña
☐ **Heirloom Bean Cooking Class with Chef Steve Sando of Rancho Gordo.** Fee $145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
☐ **Groundswell** *(Documentary • 94 minutes)* **Introduction by Executive Producer Pat Mitchell, followed by a Q&A session** Olmeca

5:00 ☐ **1st Time Visitor's Reception** Los Olivos

7:15 ☐ **Movie: Conclave** Library Lounge

8:00 ☐ **Bioharmony: *Restoring the Connection Between Your Body's Innate Intelligence, Community, and the Earth* with Dr. Sharon Bergquist, MD** Olmeca

WEDNESDAY I AUGUST 5

Class spaces are limited to first come first served.

6:05 ☐ **Organic Garden Breakfast Hike** (T-Th) 4 Miles, Sign up with Concierge, Gazebo Option after the hike: **Reclaiming Earth Wisdom: Applying Ecological Principles to Social Design, with Pandora Thomas and Tarah "Rah" Hines.** Back by 9:30 am.

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

6:45 ☐ **Lowlands Hike: Quail Trail** (M,W,F) Moderate, 2 or 2.5 Miles, 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) Montaña
☐ **Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
☐ **Pilates: Mat Foundations All Levels - Lateral Flexion** (S-F) Pinetree
☐ **Tennis Clinic: Level 1** (M,W) Court shoes recommended. Tennis Courts

10:00 ☐ **Dance: Motown Lowdown** Kuchumaa
☐ **Pickleball Clinic: Intermediate** (Su-F) Court shoes recommended. Pickleball Courts
☐ **Strength: Circuit Training** (Su-F) Azteca
☐ **Strength: Barbell Workout Level 2** (M,W) Tolteca
☐ **Tennis Clinic: Level 2** (M,W) Court shoes recommended. Tennis Courts
☐ **Yoga Level 2 Slow Flow** (Su-F) Montaña
☐ **Landscape Garden Walk with Enrique Ceballos** Gazebo

11:00 ☐ **Specialty: Iyengar Yoga with Aman Keays** (75 Min) (Su-F) Montaña
☐ **Aquatic: Shallow Water** Activity Pool
☐ **Cardio: Cycle Hip Hop** (30 Min) Kuchumaa
☐ **Pilates: Reformer Level 2** (Su,M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Strength: Core & More** (S,W) Olmeca
☐ **Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
☐ ***Art Class:*** **Art in Nature, with Pamela Smilow** Art Studio
☐ **Hands-On Cooking Class with Chef Steve Sando** Fee $145. Register at ext.640/625. Return at 2:30pm. Meet at Admin Bldg.

1:00 ☐ **Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST** Library Lounge
☐ ***Inner Fitness: Script Your Next Beautiful Chapter*****, with Laura West** Tipai

2:00 ☐ **Aquatic: Deep Water** Training Activity Pool
☐ **Recovery: Release & Mobilize** (M,W) Oaktree
☐ **Tai Chi** (W & Su 3pm) Montaña
☐ **Art Walk with Rob Larson** Meet at Gazebo

3:00 ☐ **Sound Healing** (Su-F) Oaktree
☐ **Strength: the ABCs - Arms/Butt/Core** (30 Min) (S,Su,W) Olmeca
☐ **Yoga Workshop: Happy Hips & Low Back** (M,W) Montaña

4:00 ☐ **Inner Journey: Guided Meditation** (Su,W,F) Oaktree
☐ **Yoga: Restorative** (M,W) Montaña

5:00 ☐ **Concert: *Wild Women of the '60s* – Singalong** Bazar del Sol

6:30 ☐ **Sunset Mountain Hike: Alex's Oak Trail** Moderate 2 Miles, Gazebo

7:15 ☐ **Movie: *One Life*** Library Lounge

8:00 ☐ **An Evening with Deborah Szekely, Co-founder of Rancho La Puerta, & Sarah Livia Brightwood Szekely, President and CEO, Hosted by Kris Billeter** Oaktree

THURSDAY | AUGUST 6

Class spaces are limited to first come first served.

6:05 ☐ **Organic Garden Breakfast Hike** (T-Th) 4 Miles. 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: Professor's Trail** (M,Th) Advanced, 3.3 Miles Gazebo

6:30 ☐ **Yoga: Sunrise All Levels** (60 Min) (T,Th) Montaña

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

7:00 ☐ **Bird Walk** (60 Min) Gazebo

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

9:00 ☐ **Barre** (T,Th) Olmeca
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (Su-F) Montaña
☐ **Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
☐ **Pilates: Mat Foundations All Levels –Rotation** (S-F) Pinetree

10:00 ☐ **Advanced: Cardio Sculpt Express** (30 Min) (T,Th) Olmeca
☐ **Aqua Board** (T,Th) Central Pool
☐ **Pickleball Clinic: Intermediate** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **Strength: Circuit Training** (Su-F) Azteca
☐ **Yoga Level 2 Slow Flow** (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: Iyengar Yoga with Aman Keays** (75 Min) (Su-F) Montaña
☐ **Specialty: Strength & Tone (Shallow Water) with Monica Picard** (T,Th) Activity Pool
☐ **Aqua Board** (T,Th) Central Pool
☐ **Longevity Cardio Lab: From Zone 2 to HIIT** (Su,Th) Azteca
☐ **Mobility: TRX Flexibility** (M,Th) Pinetree
☐ **Pilates: Reformer Level 1** (T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Strength: Kettlebells** (30 Min) (M,Th) Tolteca
☐ **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
☐ **Ranch History Walk: Explore the Roots of the Ranch, with Rob Larson** (60 min) Gazebo
☐ ***Art Class:*** **Art in Nature, with Pamela Smilow** Art Studio

12:00 ☐ **Swim Stroke Clinic** (30 Min) (Su,Th) Activity Pool
☐ **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 ☐ ***Inner Fitness:*** **Expand into Gratitude & Love, with Laura West** Tipai
☐ **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff.** Art Kit Fee $70 + tax. Sign up in the Main Lounge- Dining Hall Balcony

2:00 ☐ **Specialty: Deep Water Training with Monica Picard** (Su,Th,F) Activity Pool
☐ **Mobility: Strength & Stretch with Stick Mobility** (T,Th) Kuchumaa
☐ **Strength: Circuit Training** (Su,Th) Azteca
☐ ***Gaslit*****, featuring Jane Fonda: A Greenpeace USA Documentary with Carlos Prieto de León** Tipai

3:00 ☐ **Advanced: Bodyweight Blast** (30 Min) (M,Th) Tolteca
☐ **Longevity: Dynamic Mobility** Olmeca
☐ **Sound Healing** (Su-F) Oaktree
☐ **Spanish Lessons: Beginners Progressive** Library Lounge

4:00 ☐ **Recovery: Foam Roller** (Su,T,Th) Tolteca
☐ **Recovery: Stretch and Relax** (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
☐ **Heroes Among Us, with Kris Billeter** Oaktree

5:00 ☐ **Floating Sound Bath** (sunglasses, swimsuit & hat recommend) Activity Pool
☐ **Farm-to-Table Dining Experience with Chef Steve Sando of Rancho Gordo and Head Chef Vivian Mercado** Fee $150. Register at Ext.640/625. Return 7:30pm. Meet at Admin Bldg.

7:15 ☐ **Prayer Arrows with Tim Hinchliff** Main Lounge
☐ **Movie: F1 (Formula 1)** Library Lounge

8:00 ☐ **Restore Yourself. Regenerate the World, Pat Mitchell** Oaktree

FRIDAY | AUGUST 7

Class spaces are limited to first come first served.
****Please confirm your transportation at the Admin Building or Concierge Desk.***

6:15 ☐ **Mountain Hike: Coyote Trail** (T,F) Advanced, 5.5 or 4 Miles, Gazebo

6:30 ☐ **Meditation Hike: Alex's Oak Trail** Moderate, 2 Miles, Gazebo

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

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

9:00 ☐ **Advanced: Cardio Muscle Blast** (T,F) Azteca
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (Su-F) Montaña
☐ **Pickleball Open Play** unstaffed, Court shoes recommended. Pickleball Courts
☐ **Pilates: Mat Foundations All Levels- Rotation** (S-F) Pinetree
☐ **Strength: Total Body with Bands** (M,F) Olmeca

10:00 ☐ **Specialty: H20 Boot Camp (Deep Water) with Monica Picard** Activity Pool
☐ **Pickleball Open Play** unstaffed, Court shoes recommended. Pickleball Courts
☐ **Strength: BOSU® Fit** Olmeca
☐ **Strength: Circuit Training** (Su-F) Azteca
☐ **Yoga Level 2 Slow Flow** (Su-F) Montaña

10:30 ☐ **Mercado Craft Fair,** ongoing until 2:00 pm Mercado Patio
- *Delicias Mexicanas-Tradicional Mexican Sweets;*
- *Mapache Arts & Crafts*
- *Casa de los Cirios*
- *La Casa del Chai;*
- *Wayuu Bags*

11:00 ☐ **Specialty: Iyengar Yoga with Aman Keays** (75 Min) (Su-F) Montaña
☐ **Specialty: The Wave (Shallow Water) with Monica Picard** Activity Pool
☐ **Cardio: Mini Trampoline Express** (30 Min) (Su,F) Kuchumaa
☐ **Pilates: Reformer Level 2** (Su,M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Strength & Cardio: TRX Circuit** Tolteca

2:00 ☐ **Specialty: Deep Water Training with Monica Picard** (Su,Th,F) Activity Pool
☐ **Longevity: Balance & Coordination** (M,F) Olmeca
☐ **Yoga: Gentle Aerial Hammock** (Low) (M,F) Please wear socks & long sleeves. Kuchumaa

3:00 ☐ **Sound Healing** (Su-F) Oaktree
☐ **Mobility & Corrective: Postural Awareness** (T,F) Tolteca
☐ **Mobility: Dynamic Stretch** (30 Min) (T,F) Pinetree
☐ **Strength: Core Express** (30 Mins) (T,F) Olmeca
☐ **Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge

4:00 ☐ **Inner Journey: Guided Meditation** (Su,W,F) Oaktree
☐ **Breathwork** (M,F) Milagro

5:00 ☐ **Closing Ceremony with Norma Meza and Sarah Livia Szekely** Grass Area in Front of the Dining Hall

5:30 ☐ **Outdoor Art Exhibit Featuring the Work of Pam Smilow** Front Lawn of the Dining Hall

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