

Week of July 11, 2026 **DRAFT**

The Art of Receiving: A Daily Sound Healing

Journey with Gary “Dhyanjot” Grenus

Water Week with Jenni Lynn Patterson-LaCour

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.
- 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 | JULY 11

6:15 **Mountain Hike: Professor's Trail** Advanced, 3.3 Miles, Gazebo

6:45 **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo

9:00 **Meditation** Milagro
 Mobility: Stretch Montaña

10:00 **Pilates: Mat All Levels** Pinetree
 Dance: Pop, Funk, & Jazz Kuchumaa
 Strength: Circuit Training Azteca

11:00 **Pilates: Reformer Level 1** Sign-up begins 8am at the Pilates Studio in Arroyo
 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
 Strength: Full Body All Levels Olmecca

3:00 **Mobility: Stretch** Montaña
 Sound Healing Oaktree

5:00 **Ranch Tour** (Recommended for first time guests) Gazebo
 Returning Guest Update Tolteca

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

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

8:00 Lecture TBD

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| <p>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</p> <p>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</p> <p>Snack Times: Sunday- Friday Fruit 10:30 am Main Lounge Smoothies 2:45 pm Juice Bar Veggies/Juice 4:30 pm Main Lounge</p> <p>Bazar Del Sol: Saturday- Friday 6:00 am to 9:00 pm</p> <p>Juice Bar: Saturday - Friday 9:00 am to 12:00 pm & 1:00 pm 4:00 pm</p> | <p>Available Facilities* *when no class is in session</p> <p>Milagro - Meditation Room 6:00 am to 9:00 pm</p> <p>Activity Pool - Lap Swim 7:00 am to 6:00 pm *No open swim during scheduled classes</p> <p>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)</p> <p>Tennis & Pickleball Courts - Open Play 7:00 am to 5:00 pm</p> |
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SUNDAY | JULY 12

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) (Su,Th) Dining Hall

Ranch Tour and Orientation (For first time guests)
 Dining Hall Main Entrance

9:00 **Advanced: Full Body Strength** (Su,W) Olmecca

Meditation (Su-F) Oaktree

Mobility: Stretch (Su-F) Montaña

Pickleball Clinic: Beginners (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts

Pilates: Mat Foundations All Levels - Neutral & Spinal Articulation (Su-F) Pinetree

10:00 **Dance: Latin Fusion** Kuchumaa

Forest Bathing with Lisa Gregory (Su,W) Labyrinth

Longevity: Strength Training Olmecca

Pickleball Clinic: Intermediate (Su-Th) Court shoes and safety glasses are 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: S'WET Shallow Water Conditioning with Jenni Lynn Patterson-LaCour** (Su,T,W,Th) Activity Pool

Longevity Cardio Lab: From Zone 2 to HIIT (Su,Th) Azteca

Mobility: Strength & Stretch with Stick Mobility (Su,Th) Kuchumaa

Pilates: Reformer Level 2 (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo

Strength: Kettlebells (30 Min) (Su,Th) Tolteca

Yoga Level 2 Slow Flow (Su,M,W,F) (75 Min) Montaña

Marbled & Collaged Art, with Brent Hedstrom Art Studio

1:00 **Master Your Metabolism, with DeRahn Johnson, FNS, CES**

Tipai

Water Flow Therapy Demo South Pool

2:00 **Specialty: S'WET Deep Water Training with Jenni Lynn Patterson-LaCour** (Su,T,W,Th,F) Activity Pool

Breathwork (Su, Th) Milagro

Longevity: Lecture. How to Own Your Aging Process Library Lounge

Pilates: Reformer Level 1 (Su,T,Th)De Sign-up begins 8am at the Pilates Studio in Arroyo

3:00 **Specialty Lecture: The Art of Receiving: The Sound Healing Journey & Vedic Astrology with Dhyanjot Oaktree**

Pilates: Tower Level 1 (Su,Th) Sign-up begins 8am at the Pilates Studio in Arroyo

Strength: the ABCs - Arms/Butt/Core (30 Min) (Su,W) Olmecca

Tai Chi (Su & W at 2p) Montaña

4:00 **Ranch Sound Healing** (Su,W) Oaktree

Recovery: Foam Roller (Su,T,Th) Tolteca

Yoga: Restorative (Su,T,Th) Montaña

5:00 **Inner Fitness: Nothing Changes Until You Do! with Emily Boorstein Tipai**

7:15 **Movie: F1 (Formula 1)** Library Lounge

8:00 **Specialty Sound Healing: The Art of Receiving - An Immersive Gong and Sound Journey with Dhyanjot Oaktree**

MONDAY | JULY 13

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

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

9:00 **Meditation** (Su-F) Oaktree

Mobility: Stretch (Su-F) Montaña

Pickleball Clinic: Beginners (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts

Pilates: Mat Foundations All Levels - Flexion (Su-F) Pinetree

Strength: Total Body with Bands (M,F) Olmecca

Tennis Clinic: Level 1 (M,W) Court shoes recommended. Tennis Courts

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

Chant Milagro

Dance: Move & Groove, Funk! Kuchumaa

Pickleball Clinic: Intermediate (Su-Th) Court shoes and safety glasses are 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 Tolteca

Tennis Clinic: Level 2 (M,W) Court shoes recommended.

Yoga Level 1 - Balance (Su-F) Montaña

11:00 **Advanced: Cardio Sculpt Express** (30 min) (M,F) Olmecca

Aquatic: Liquid Drums (Shallow Water) (M,F) Sunglasses recommended. Activity Pool

Cardio: Cycle Express (30 Min) (M,W) Pai Pai

Mobility: TRX Flexibility (M,F) Pinetree

Pilates: Reformer Level 2 (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo

Yoga Slow Flow: Level 2 (75 Min) (S,M,W,F) Montaña

Friends of Bill W. (12 steps - Participant-guided) Library Lounge

Nature Walk with Rob Larson (60 Min) Meet at Gazebo

Marbled & Collaged Art, with Brent Hedstrom 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 **Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST** Tipai

2:00 **Aquatic: Water Polo on a Noodle** Activity Pool

Forest Bathing with Lisa Gregory (M,Th) Meet at the Labyrinth

Pilates: Reformer Jumpboard (M,W) Sign-up begins 8am at the Pilates Studio in Arroyo

Recovery: Release & Mobilize (M,F) Tolteca

Strength: Circuit Training (M,Th) Azteca

Inner Fitness: Healthy Inner Dialogue, with Emily Boorstein Tipai

3:00 **Specialty: Sound Bath - Root Chakra (Muladhara) with Dhyanjot** (M-F) Oaktree

Advanced: Bodyweight Blast (30 Min) (M-Th) Tolteca

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

Yoga Workshop: Happy Hips & Low Back Montaña

4:00 **Inner Journey: Guided Meditation** (M,F) Oaktree

Recovery: Stretch and Relax (M,W,F) Montaña

Art Walk: Sculptures, with Rob Larson Meet at Gazebo

5:00 **Guest Reception. Meet all of our Guest Chefs. Appetizers will be served.**

Bazar del Sol

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

8:00 **The Science and Secrets of Happiness, with Bijal Choksi, MA, PCC, CHPC** Olmecca

TUESDAY | JULY 14

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 **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) Olmecca

Meditation (Su-F) Oaktree

Mobility: Stretch (Su-F) Montaña

Pickleball Clinic: Beginners (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts

Pilates: Mat Foundations All Levels - Extension (Su-F) Pinetree

10:00 **Aqua Board** (T,Th) Central Pool

Dance: Cardio Drumming Kuchumaa

Pickleball Clinic: Intermediate (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts

Pilates: Mat Level 2 (Su,T,Th) Pinetree

Strength: BOSU@ Core & More Olmecca

Strength: Circuit Training (T,W,F) Azteca

Yoga Level 1 - Strength (Su-F) Montaña

11:00 **Specialty: S'WET Shallow Water Conditioning with Jenni Lynn Patterson-LaCour** (Su,T,W,Th) Activity Pool

Aqua Board (T,Th) Central Pool

Cardio: Mini Trampoline Express (30 Min) (T,F) Kuchumaa

Pilates: Reformer Level 2 (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo

Strength & Cardio: TRX Circuit Tolteca

Yoga Sculpt: Level 2 (60 Min) (Tu,Th) Olmecca

Hands-On Cooking Class with Master Chef Claudia Sandoval at La Cocina que Canta. Fee \$145. Register at ext.640/625. Return at 2:30pm. Meet at Admin Bldg.

Friends of Bill W. (12 steps - Participant-guided) Library Lounge

12:00 **Live Music with Sergio Ramos at Open Fire Dining Hall Patio**

1:00 **Making a Smoothie Class with Chef César** Juice Bar

2:00 **Specialty: S'WET Deep Water Training with Jenni Lynn Patterson-LaCour** (Su,T,W,Th,F) Activity Pool

Labyrinth (T,F) Meet in Emily's Forest Behind Kuchumaa Gym

Longevity: Balance & Coordination (T,F) Olmecca

Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo

Inner Fitness: Feel It to Heal It, with Emily Boorstein Tipai

3:00 **Specialty: Sound Bath - Sacral Chakra (Svadhsthana) with Dhyanjot** (M-F) Oaktree

Mobility & Corrective: Postural Awareness (Tu,F) Tolteca

Strength: Core Exp (30 Min) (Tu,F) Olmecca

4:00 **Recovery: Foam Roller** (Su,T,Th) Tolteca

Yoga: Restorative (Su,T,Th) Montaña

Hands-On Cooking Class with Chef Javier Plascencia at La Cocina que Canta. Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg

Biohacking for Busy People: Micro-Shifts, Big Results, with Bijal Choksi, MA, PCC, CHPC Tipai

5:00 **1st Time Visitor's Reception with Barry Shingle, Director of Guest Experience** Los Olivos

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

8:00 **Bing and Games! with Barry Olmecca**

WEDNESDAY | JULY 15

Class spaces are limited to first come first served.

- 6:05 **Organic Garden Breakfast Hike** (T-Th) 4 Miles, Sign up with Concierge, Gazebo
- 6:15 **Mountain Hike: Pilgrim Trail** (Su,W) Advanced, 3.5 or 4.5 Miles, Gazebo
- 6:30 **Meditation Hike: Rolling Hills** 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: Full Body Strength** (Su,W) Olmeca
- Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) Montaña
- Pickleball Clinic: Beginners** (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts
- Pilates: Mat Foundations All Levels - Lateral Flexion** (Su-F) Pinetree
- Tennis Clinic: Level 1** (M,W) Court shoes recommended Tennis Courts
- Art Walk: Crafts, with Rob Larson** Meet at Gazebo
- 10:00 **Dance: Intro to Salsa** Kuchumaa
- Forest Bathing with Lisa Gregory** (Su,W) Meet at the Labyrinth
- Pickleball Clinic: Intermediate** (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts
- Pilates: Reformer Level 1** (M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: Circuit Training** (Su,M,W,F) Azteca
- Tennis Clinic: Level 2** (M,W) Court shoes recommended Tennis Courts
- Yoga Level 1 - Centering** (Su-F) Montaña
- Landscape Garden Walk with Enrique Ceballos** Gazebo
- 11:00 **Specialty: S'WET Shallow Water Conditioning with Jenni Lynn Patterson-LaCour** (Su,T,W,Th) Activity Pool
- Cardio: Cycle Express** (30 Min) (M,W) Pai Pai
- 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) (S,M,W,F) Montaña
- Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
- Marbled & Collaged Art, with Brent Hedstrom** Art Studio
- 1:00 **The Great Microbiome: Our Greatest Ally for Optimal Health, with Norma Flood, MS, RDN** Tipai Room
- 2:00 **Specialty: S'WET Deep Water Training with Jenni Lynn Patterson-LaCour** (Su,T,W,Th,F) Activity Pool
- Pilates: Reformer Jumpboard** (M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
- Tai Chi** (W & Su 2pm) Montaña
- Yoga: Gentle Aerial Hammock (Low)** Please wear socks & long sleeves. (W,F) Kuchumaa
- Inner Fitness: The Inner Fitness Workout with Emily Boorstein** Tipai
- 3:00 **Specialty: Sound Bath - Solar Plexus Chakra (Manipura) with Dhyanjot** (M-F) Oaktree
- Pilates: Reformer Level 1** (M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: the ABCs - Arms/Butt/Core** (Su,W) Olmeca
- Yoga Workshop: Rope Wall** Montaña
- HAIR CARE: Finding the right style, color and cut for you at any age, with Lisa Gregory** Tipai
- 4:00 **Ranch Sound Healing** (Su,W) Oaktree
- Recovery: Stretch and Relax** (M,W,F) Montaña
- Art Walk: Sculptures, with Rob Larson** Meet at Gazebo
- Ranch Tour** (Recommended for first time guests) Gazebo
- Biohacking for Everyday Energy, with Bijal Choksi, MA, PCC, CHPC** Tipai
- Hands-On Cooking Class with Chef Michelle Mathelin at La Cocina que Canta.** Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg
- 5:00 **Concert with April Mosebrook and Mia Mosebrook** Oaktree
- 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 Barry Shingle, Director of Guest Experiences** Oaktree

THURSDAY | JULY 16

- 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
- 8:15 **Fitness Concierge** (30 Min) (Su,Th) Dining Hall
- 9:00 **Advanced: Cardio Muscle Blast** (T,Th) Azteca
- Barre** (T,Th) Olmeca
- Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) Montaña
- Pickleball Clinic: Beginners** (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts
- Pilates: Mat Foundations All Levels – Rotation** (Su-F) Pinetree
- 10:00 **Advanced: BOSU® & Battle Ropes** Olmeca
- Aqua Board** (T,Th) Central Pool
- Dance: Country Line** Kuchumaa
- Pickleball Clinic: Intermediate** (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts
- Pilates: Mat Level 2** (Su,T,Th) Pinetree
- 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: S'WET Shallow Water Conditioning with Jenni Lynn Patterson-LaCour** (Su,T,W,Th) Activity Pool
- Aqua Board** (T,Th) Central Pool
- Longevity Cardio Lab: From Zone 2 to HIIT** (Su,Th) Azteca
- Mobility: Strength & Stretch with Stick Mobility** (Su,Th) Kuchumaa
- Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: Kettlebells** (30 Min) (Su,Th) Tolteca
- Yoga Sculpt Level 2** (60 Min) (M,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
- Marbled & Collaged Art, with Brent Hedstrom** Art Studio
- 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
- The Top 10 Ways to Heal Your Gut & Maximize Microbiota, with Norma Flood,MS, RDN** Tipai Room
- 2:00 **Specialty: S'WET Deep Water Training with Jenni Lynn Patterson LaCour** (Su,T,W,Th,F) Activity Pool
- Breathwork** (Su,Th) Milagro
- Forest Bathing with Lisa Gregory** (M,Th) Meet at the Labyrinth
- Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: Circuit Training** (M,Th) Azteca
- Inner Fitness: Your Future Self, with Emily Boorstein** Tipai
- 3:00 **Specialty: Sound Bath - Heart Chakra (Anahata) with Dhyanjot** Oaktree
- Advanced: Bodyweight Blast** (30 Min) (M,Th) Tolteca
- Longevity: Dynamic Mobility** Olmeca
- Pilates: Tower Level 1** (Su,Th) Arroyo
- Spanish Lessons: Beginners Progressive** Library Lounge
- 4:00 **Recovery: Foam Roller** (Su,T,Th) Tolteca
- Yoga: Restorative** (Su,T,Th) Montaña
- Hike to the Residences** (60 Min/wear comfortable shoes) Meet at Bazar del Sol
- Art, Stories and Poetry, with Tim Hinchliff** (90 Min) Bazar del Sol
- The Science and Secrets of Happiness, with Bijal Choksi, MA, PCC, CHPC** Tipai
- 5:00 **Floating Sound Bath** Sunglasses, swimsuit & hat recommend. Activity Pool
- Yoga: Restorative** (Su,T,Th) Montaña
- Live Music with Sergio Ramos** Bazar Del Sol
- A Farm-to-Table Feast with All Chefs at La Cocina que Canta.** Fee \$150. Register at Ext.640/625. Return 7:30pm. Meet at Admin Bldg.
- 7:15 **Prayer Arrows with Tim Hinchliff** Main Lounge
- Movie: Now You See Me** Library Lounge
- 8:00 **Concert with April Mosebrook and Mia Mosebrook** Oaktree

FRIDAY | JULY 17

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 **Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) Montaña
- Pickleball Open Play** *unsupervised, court shoes and safety glasses are recommended. Pickleball Courts
- Pilates: Mat Foundations All Levels – Rotation** (Su-F) Pinetree
- Strength: Total Body with Bands** (M,F) Olmeca
- 10:00 **Aquatic: H2O Boot Camp** (Deep Water) (M,F) Activity Pool
- Dance: Broadway** Kuchumaa
- Pickleball Open Play** *unsupervised, court shoes and safety glasses are recommended. Pickleball Courts
- Pilates: Reformer Level 1** (M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: Circuit Training** (Su,M,W,F) Azteca
- Yoga Level 1 - Integration & Flow** (Su-F) Montaña
- 10:30 **Mercado Craft Sale, ongoing until 2:00 pm** Mercado Patio
- Delicias Mexicanas Tradicional Mexican Sweets, MAPACHE ARTS & CRAFTS, Casa de los Cirios**
- 11:00 **Aquatic: Liquid Drums (Shallow Water)** (M,F) Sunglasses recommended. Activity Pool
- Cardio: Mini Trampoline Express** (30 Min) (T,F) Kuchumaa
- Mobility: TRX Flexibility** (M,F) Pinetree
- Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Yoga Level 2 Slow Flow** (75 Min) (Su,M,W,F) Montaña
- 1:00 **Set Your Return to Home Intention** Tolteca
- BONE DEEP: Everything that Matters for Better Bone Health! with Norma Flood, MS, RDN** Tipai Room
- 2:00 **Specialty: S'WET Deep Water Training with Jenni Lynn Patterson LaCour** (Su,T,W,Th,F) Activity Pool
- Labyrinth** (T,F) Meet at Emily's Forest Behind Kuchumaa Gym
- Longevity: Balance & Coordination** (T,F) Olmeca
- Recovery: Release & Mobilize** (M,F) Tolteca
- Yoga: Gentle Aerial Hammock (Low)** (W,F) Please wear socks & long sleeves. Kuchumaa
- 3:00 **Specialty: Sound Bath - Throat Chakra (Vishuddha) with Dhyanjot** (M-F) Oaktree
- Mobility & Corrective: Postural Awareness** (Tu,F) Tolteca
- Pilates: Reformer Level 1** (M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: Core Express** (30 Min) (Tu,F) Olmeca
- Yoga Workshop: Chair Yoga** Montaña
- Spanish Lessons: Beginners Progressive** Library Lounge
- 4:00 **Inner Journey: Guided Meditation** (M,F) Milagro
- 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