

## Week of June 27, 2026

### Mindfulness and Sound with Lynette Toma

### Pilates: Rock Your Powerhouse with Kira Lamb

*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 | JUNE 27

- 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, court shoes recommended.  
 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** 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  **The Signals That Shape Your Style: Mastering the Elements of Expression, with Denise Dudley, PhD** Olmeca

<p><b>Meal Hours: Saturday</b>          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><b>Meal Hours: Sunday- Friday</b>          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><b>Snack Times: Sunday- Friday</b>          Fruit 10:30 am Main Lounge          Smoothies 2:45 pm Juice Bar          Veggies/Juice 4:30 pm Main Lounge</p> <p><b>Bazar Del Sol: Saturday- Friday</b>          6:00 am to 9:00 pm</p> <p><b>Juice Bar: Saturday - Friday</b>          9:00 am to 12:00 pm &amp; 1:00 pm 4:00 pm</p>	<p><b>Available Facilities*</b>          *when no class is in session</p> <p><b>Milagro - Meditation Room</b>          6:00 am to 9:00 pm</p> <p><b>Activity Pool - Lap Swim</b>          7:00 am to 6:00 pm          *No open swim during scheduled classes</p> <p><b>Azteca Gym - Weight Room</b>          Saturday: 6:30 am to 1:30 pm          Sunday – Friday: 7:00 am to 5:00 pm          (closed daily 1-2pm )</p> <p><b>Tennis &amp; Pickleball Courts - Open Play</b>          7:00 am to 7:00 pm</p>
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## SUNDAY | JUNE 28

*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  **Specialty Pilates: Rock your Powerhouse - Progressive Mat All Levels with Kira Lamb** (Su-F) Pinetree  
 **Advanced: Full Body Strength** (Su,W) Olmeca  
 **Meditation** (Su-F) Oaktree  
 **Mobility: Stretch** (Su-F) offered in Kuchumaa & Montaña  
 **Pickleball Clinic: Beginners** (Su-Th) Court shoes recommended.  
 Pickleball Courts  
 **Strength: Introduction to Circuit Training** Azteca

- 10:00  **Specialty Pilates: Dynamic Spine & Juicy Joints - Intermediate Mat with Kira Lamb** (Su,T,Th) Pinetree  
 **Dance: Latin Fusion** Kuchumaa  
 **Free Flow: Rooted In Feldenkrais** Oaktree  
 **Longevity: Strength Training** (Su,Th), Olmeca  
 **Pickleball Clinic: Intermediate** (Su-Th) Court shoes recommended.  
 Pickleball Courts  
 **Strength: Introduction to Circuit Training** Azteca  
 **Yoga Level 1 - Foundations** (Su-F) Montaña

- 11:00  **Aquatic: Shallow Water** (Su,W) Activity Pool  
 **Longevity Cardio Lab: From Zone 2 to HIIT** (Su,Th) Azteca  
 **Mobility: Strength & Stretch with Stick Mobility** (Su,Th) Kuchumaa  
 **Mobility: TRX Fundamentals** (Su,Th) Pinetree  
 **Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo  
 **Strength: Kettlebells** (30 Min) (Su,W) Tolteca  
 **Yoga Level 2 Slow Flow** (Su,M,W,F) (75 Min) Montaña  
 **Art Class: Color with Intention (Art Journal) Design Principle: Layout, balance, and focal points with Williford Art Studio (sign up)**

- 12:00  **Aquatic: Swim Stroke Clinic** (30 Min) 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  **Aquatic: Deep Water** (Su,M,T,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  
 **Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge

- 3:00  **Specialty: Grounding Immersive Sound Journey with Lynette Toma** (Su,W) Oaktree  
 **Pilates: Reformer Level 1** (Su,M,W) Sign-up begins 8am at the Pilates Studio in Arroyo  
 **Strength: the ABCs - Arms/Butt/Core** (30 Min) (Su,W) Olmeca  
 **Tai Chi** (Su & W at 3p) Montaña  
 **Water Volleyball** (Su,T,Th) Central Pool

- 4:00  **Recovery: Foam Roller** (Su,T,Th) Tolteca  
 **Ranch Sound Healing** (Su,W) Oaktree  
 **Yoga: Restorative** (Su,T,Th) Montaña  
 **Passive, Aggressive, or Assertive? The Goldilocks Guide to Finding Your "just-right" Voice, with Denise Dudley, PhD** Tipai

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

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

- 8:00  **Concert: The Way I Tell the Story, with David Wilcox** Oaktree

## MONDAY | JUNE 29

*Class spaces are limited to first come first served.*

- 6:15  **Mountain Hike: Professor's Trail** (M,Th) Advanced, 3.3 Miles, Gazebo  
 6:30  **Meditation Hike: Dove Trail** 1.2 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  **Specialty Pilates: Rock your Powerhouse - Progressive Mat All Levels with Kira Lamb** (Su-F) Pinetree  
 **Meditation** (Su-F) Oaktree  
 **Mobility: Stretch** (Su-F) offered in Kuchumaa & Montaña  
 **Pilates: Mat Foundations All Levels - Flexion** (Su-F) Pinetree  
 **Pickleball Clinic: Beginners** (Su-Th) Court shoes recommended.  
 Pickleball Courts  
 **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  **Specialty Pilates: Mat & Magic Circle - Intermediate with Kira Lamb** (M,W,F) Pinetree  
 **Aquatic: H2O Boot Camp** (Deep Water) (M,F)Activity Pool  
 **Dance: Move, Groove & Funk!** Kuchumaa  
 **Pickleball Clinic: Intermediate** (Su-Th) Court shoes recommended.  
 Pickleball Courts  
 **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  **Advanced: Battle Ropes HIIT** (30 Min), Olmeca  
 **Aquatic: Liquid Drums (Shallow Water)** (M,Th) (Sunglasses recommended)  
 Activity Pool  
 **Cardio & Strength: Mini Trampoline Build & Bounce** (M,W) Kuchumaa  
 **Mobility: TRX Flexibility** (M,W) Pinetree  
 **Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo  
 **Yoga Level 2 Slow Flow** (Su,M,W,F) (75 Min) Montaña  
 **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge  
 **Nature Walk with Rob Larson** (60 Min) Meet at Gazebo  
 **Art Class: The Power of Composition (Collage) Design Principle: Layout, balance, and focal points with Christi Williford 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  **Digestive Wellness with Ayurveda, with Siva Mohan, MD, MPH** Tipai  
 **Your Body is Talking. Are You Listening?** with Jonelle Rutkauskas, HHP, RCST Library Lounge

- 2:00  **Aquatic: Deep Water** (Su,M,T,Th) Activity Pool  
 **Pilates: Reformer Jumpboard** (M,W) Sign-up begins 8am at the Pilates Studio in Arroyo  
 **Recovery: Release & Mobilize** (M,F) Tolteca  
 **Yoga: Gentle Aerial Hammock (Low)** (M,W,F) Please wear socks & long sleeves. Kuchumaa  
 **Inner Fitness: Healthy Inner Dialogue, with Emily Boorstein** Tipai

- 3:00  **Specialty: Chakra Healing Immersive Sound Journey with Lynette Toma** (M,Th) Oaktree  
 **Advanced: Bodyweight Blast** (30 Min) (M,Th) Tolteca  
 **Mobility: Dynamic Stretch** (30 min) Pinetree  
 **Pilates: Reformer Level 1** (Su,M,W) Sign-up begins 8am at the Pilates Studio in Arroyo  
 **Yoga Workshop: Rope Wall** Montaña

- 4:00  **Chant: A Vocal Sound Practice** (M,Th) Milagro  
 **Inner Journey: Guided Meditation** (M,F) Oaktree  
 **Mobility: Stretch and Relax** (M,W,F) Montaña  
 **Art Walk: Sculptures, with Rob Larson** Meet at Gazebo

- 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  **Unlock the Power of iPhoneography: Creativity, Mindfulness & Visual Storytelling, with Yoni Mayeri** Olmeca

## TUESDAY | JUNE 30

*Class spaces are limited to first come first served.*

- 6:05  **Organic Garden Breakfast Hike** (T-F) 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  
 6:20  **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** (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  **Specialty Pilates: Rock your Powerhouse - Progressive Mat All Levels with Kira Lamb** (Su-F) Pinetree  
 **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-Th) Court shoes recommended.  
 Pickleball Courts

- 10:00  **Specialty Pilates: Dynamic Spine & Juicy Joints - Intermediate Mat with Kira Lamb** (Su,T,Th) Pinetree  
 **Aqua Board** (T,Th) Central Pool  
 **Dance: Broadway!** Kuchumaa  
 **Pickleball Clinic: Intermediate** (Su-Th) Court shoes recommended.  
 Pickleball Courts  
 **Strength: BOSU® Fit** Olmeca  
 **Strength: Circuit Training** (M-F) Azteca  
 **Yoga Level 1 - Strength** (Su-F) Montaña

- 10:30  **Mercado Craft Sale**, ongoing until 2:00 pm Mercado Patio  
     \* Punto & Nudo Deco                      \* Delicias Mexicanas  
     \* La Casa del Chai                        \* Mapache Arts & Crafts  
     \* Lu'um Essential Oils                    \* Ph Cosmetics

- 11:00  **Aqua Board** (T,Th) Central Pool  
 **Aquatic: Strength & Tone (Shallow Water)** (T,F) Activity Pool  
 **Gyrokinesis** (T,F) Pinetree  
 **Longevity: Cycle Sprint / Zone 2 Intervals** (35 min) (T,F) Pai Pai  
 **Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo

- Strength: TRX & Toys Circuit** Tolteca  
 **Yoga Sculpt Level 2** (60 Min) (T,Th) Olmeca  
 **Art Class: Designing a Visual Mantra – Hand-Lettering. Fine Art Focus: Typography + personal affirmations, with Christi Williford Art Studio**  
 **Cooking with the Seasons, with Head Chef Vivian Mercado.** Fee \$100. Register at Ext. 640/625. Return 2:30pm. Meet at Admin Bldg.

- 12:00  **Live Music with Sergio Ramos at Openfire lunch** Dining Hall

- 1:00  **Making a Smoothie Class with Chef César** Juice Bar  
 **Eating for Healthy Aging, with Siva Mohan, MD, MPH** Tipai

- 2:00  **Aquatic: Deep Water** (Su,M,T,Th) Activity Pool  
 **Labyrinth** (T,F) Meet in Emily's Forest (behind Kuchumaa)  
 **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: Feel It to Heal It, with Emily Boorstein** Tipai

- 3:00  **Specialty: Manifesting Immersive Sound Journey with Lynette Toma** (T,F) Oaktree  
 **Strength: Stability Ball** (30 min) Olmeca  
 **Mobility & Corrective: Postural Awareness** (T,F) Tolteca  
 **Pilates: Tower Level 1** (T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo  
 **Water Volleyball** (Su,T,Th) Central Pool  
 **Your Creative Potential: Mastering the iPhone Camera, with Yoni Mayeri** Tipai

- 4:00  **Specialty: Restorative Breathwork and Soothing Sound Journey with Lynette Toma** (T,F) Oaktree  
 **Recovery: Foam Roller** (Su,T,Th) Tolteca  
 **Yoga: Restorative** (Su,T,Th) Montaña  
 **Hands-On Cooking Class with Chef Doug Settle.** Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.

- 5:00  **1<sup>st</sup> Time Visitor's Reception with Barry Shingle, Director of Guest Experience** Los Olivos  
 **Live Music with Sergio Ramos** Bazar Del Sol

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

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

## WEDNESDAY | JULY 1

***Class spaces are limited to first come first served.***

- 6:05  **Organic Garden Breakfast Hike** (T-F) 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  **Specialty Pilates: Rock your Powerhouse - Progressive Mat All Levels with Kira Lamb** (Su-F) Pinetree
  - Advanced: Full Body Strength** (Su,W) Olmeca
  - Meditation** (Su-F) Oaktree
  - Mobility: Stretch** (Su-F) offered in Kuchumaa & Montaña
  - Pickleball Clinic: Beginners** (Su-Th) Court shoes recommended. Pickleball Courts
  - Strength: Circuit Training** (M,W,F) Azteca
  - Tennis Clinic: Level 1** (M,W) Court shoes recommended Tennis Courts
  
- 10:00  **Specialty Pilates: Mat & Magic Circle - Intermediate with Kira Lamb** (M,W,F) Pinetree
  - Dance: Cardio Disco** Kuchumaa
  - Pickleball Clinic: Intermediate** (Su-Th) Court shoes recommended. Pickleball Courts
  - 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 - Centering** (Su-F) Montaña
  - Landscape Garden Walk with Enrique Ceballos** Gazebo
  
- 11:00  **Aquatic: Shallow Water** (Su,W) Activity Pool
- Cardio & Strength: Mini Trampoline Build & Bounce** (M,W) Kuchumaa
- Mobility: TRX Flexibility** (M,W) Pinetree
- Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
  - Strength: Kettlebells** (30 Min) (Su,W) Tolteca
  - Yoga Level 2 Slow Flow** (75 Min) (S,M,W,F) Montaña
  - Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
  - Hands-On Cooking Class with Chef Doug Settle.** Fee \$145. Register at ext.640/625. Return at 2:30pm. Meet at Admin Bldg.
- Art Class: Sacred Symbols – Mixed Media Collage, Fine Art Focus: Symbolism + intuitive composition, with Christi Williford** Art Studio
  
- 1:00  **Ayurveda Superfoods, with Siva Mohan, MD, MPH** Tipai
  
- 2:00  **Aquatic: Water Polo on a Noodle** (W,F) Activity Pool
- Pilates: Reformer Jumpboard** (M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
  - Tai Chi** (W & Su 3pm) 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: The Inner Fitness Workout, with Emily Boorstein** Tipai
  
- 3:00  **Specialty: Grounding Immersive Sound Journey with Lynette Toma** (Su,W) Oaktree
  - Pilates: Reformer Level 1** (Su,M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
  - Strength: The ABC's - Arms/Butt/Core** (30 Min) (Su,W) Olmeca
  - Yoga Workshop: Chair Yoga** Montaña
  - The Art of Editing with the Photos App, with Yoni Mayeri** Tipai
  
- 4:00  **Recovery: Stretch and Relax** (M,W,F) Montaña
- Ranch Sound Healing** (Su,W) Oaktree
- Salsa and Salsa: Dancing to the Beat of Flavor, with Head Chef Vivian Mercado and Manuel Velázquez.** Fee \$100. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
- Tasting of Guadalupe Valley Wines, includes cheese board** (60min). Fee \$55. To Sign Up Call Ext.113 or visit the Main Lounge (Minimum 6 guests required) 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 Barry Shingle, Director of Guest Experiences** Oaktree

## THURSDAY | JULY 2

***Class spaces are limited to first come first served.***

- 6:05  **Organic Garden Breakfast Hike** (T-F) 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.
- 6:10  **Mountain Hike: 7-Mile Breakfast** Challenging, Sign up Gazebo
- 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  **Specialty Pilates: Rock your Powerhouse - Progressive Mat All Levels with Kira Lamb** (Su-F) Pinetree
  - Advanced: Cardio Muscle Blast** (T,Th) Azteca
  - Barre** (T,Th) Olmeca
  - Meditation** (Su-F) Oaktree
  - Mobility: Stretch** (Su-F) offered in Montaña & Kuchumaa
  - Pickleball Clinic: Beginners** (Su-Th) Court shoes recommended. Pickleball Courts
  
- 10:00  **Specialty Pilates: Dynamic Spine & Juicy Joints - Intermediate Mat with Kira Lamb** (Su,T,Th) Pinetree
  - Aqua Board** (T,Th) Central Pool
  - Dance: 90's Pop Cardio** Kuchumaa
  - Longevity: Strength Training** (M,Th) Olmeca
  - Pickleball Clinic: Intermediate** (Su-Th) Court shoes recommended. Pickleball Courts
  - 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  **Aqua Board** (T,Th) Central Pool
- Aquatic: Liquid Drums** (Shallow Water) (M,Th) Sunglasses recommended. Activity Pool
- Longevity Cardio Lab: From Zone 2 to HIIT** (Su,Th) Azteca
- Mobility: Strength & Stretch with Stick Mobility** (Su,Th) Kuchumaa
- Movement: Introduction to TRX Fundamentals** (Su,Th) Pinetree
- 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
  - History Walk: Explore the Roots of the Ranch, with Rob Larson** (60 Min) Gazebo
  - Art Class: Sacred Symbols – Mixed Media Collage, Fine Art Focus: Symbolism + intuitive composition, with Christi Williford** 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
- An Emotional Basis of Digestive Disorders, with Siva Mohan, MD, MPH** Tipai
  
- 2:00  **Aquatic: Deep Water** (Su,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: Your Future Self, with Emily Boorstein** Tipai
  
- 3:00  **Specialty: Chakra Healing Immersive Sound Journey with Lynette Toma** (M,Th) Oaktree
  - Advanced: Bodyweight Blast** (30 Min) (Su,Th) Tolteca
  - Longevity: Dynamic Mobility** Olmeca
  - Pilates: Tower Level 1** (T,Th) Arroyo
  - Water Volleyball** (Su,T,Th) Central Pool
  - Spanish Lessons: Beginners Progressive** Library Lounge
  - Top Ten Tips for Mobile Photography, with Yoni Mayeri** Tipai
  
- 4:00  **Chant: A Vocal Sound Practice** (M,Th) Milagro
- Recovery: Foam Roller** (Su,T,Th) Tolteca
- 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
  
- 5:00  **Floating Sound Bath** (sunglasses, swimsuit & hat recommend) Activity Pool
- Live Music with Sergio Ramos** Bazar Del Sol
- Farm-to-Table Dining Experience with Chef Doug Settle and Head Chef Vivian Mercado** Fee \$150. Register at Ext.640/625. Return 7:30pm. Meet at Admin Bldg.
- 7:15  **Movie: *Now You See Me*** Library Lounge
- Prayer Arrows with Tim Hinchliff** Main Lounge
  
- 8:00  **Concert: The Way I Tell the Story: Part II, with David Wilcox** Oaktree

## FRIDAY | JULY 3

***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** (T-F) 4 Miles, 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** (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  **Specialty Pilates: Rock your Powerhouse - Progressive Mat All Levels with Kira Lamb** (Su-F) Pinetree
  - Meditation** (Su-F) Oaktree
  - Mobility: Stretch** (Su-F) offered in Montaña & Kuchumaa
  - Pickleball Open Play** \*unstaffed are recommended. Pickleball Courts
  - Strength: Circuit Training** (M,W,F) Azteca
  - Strength: Total Body with Bands** (M,F) Olmeca
  - Indigenous Wisdom Walk, with Norma Meza** Kuchumaa
  
- 10:00  **Specialty Pilates: Mat & Magic Circle - Intermediate with Kira Lamb** (M,W,F) Pinetree
  - Advanced: BOSU® & Battle Ropes** Olmeca
  - Aquatic: H2O Boot Camp (Deep Water)** (M,F) Activity Pool
  - Dance: Cardio Hip Hop Bodyrock** Kuchumaa
  - Pickleball Open Play**, unstaffed, Court shoes recommended. Pickleball Courts
  - Strength: Circuit Training** (M-F) Azteca
  - Yoga Level 1 - Integration & Flow** (Su-F) Montaña
  
- 11:00  **Aquatic: Strength & Tone (Shallow Water)** (T,F) Activity Pool
- Cardio: Mini Trampoline Express** (30 Min) Kuchumaa
- Gyrokinesis** (T,F) Pinetree
- Longevity: Cycle Sprint / Zone 2 Intervals** (35 min) (T,F) Pai Pai
- 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
  
- 2:00  **Aquatic: Water Polo on a Noodle** (W,F) Activity Pool
- Labyrinth** (T,F) Meet in Emily's Forest (behind Kuchumaa)
- Longevity: Balance & Coordination** (T,F) Olmeca
- Recovery: Release & Mobilize** (M,F) Tolteca
- Yoga: Gentle Aerial Hammock (Low)** (M,W,F) Please wear socks & long sleeves. Kuchumaa
- Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge
  
- 3:00  **Specialty: Manifesting Immersive Sound Journey with Lynette Toma** (T,F) Oaktree
  - Yoga Workshop: Happy Hips & Low Back** Montaña
  - Mobility & Corrective: Postural Awareness** (T,F) Tolteca
  - Strength: Core Express** (30 Mins) Olmeca
  - Spanish Lessons: Beginners Progressive** Library Lounge
  
- 4:00  **Specialty: Restorative Breathwork and Soothing Sound Journey with Lynette Toma** (T, F) Oaktree
  - Inner Journey: Guided Meditation** (M,F) Milagro
  - Recovery: Stretch and Relax** (M,W,F) Montaña
  
- 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*