

Week of May 30, 2026

Fusion Workouts with Helen Vanderburg

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 | MAY 30

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** Olmecca

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

4:00 ☐ **Set Your Intention; Tips for a Magical Week with Jill T.** Tolteca

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

7:15 ☐ **Movie: *The Upside*** Library Lounge

8:00 ☐ **Folklore and Stories: A Window to the Soul, with Michael Zedek** Oaktree

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

SUNDAY | MAY 31

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

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

☐ **Meditation** (Su-F) Oaktree

☐ **Mobility: Stretch** (Su-F) offered in Kuchumaa & Montaña

☐ **Pickleball Clinic: Beginners** (Su-F) Court shoes recommended.

☐ Pickleball Courts

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

☐ **Strength: Introduction to Circuit Training** Azteca

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

☐ **Free Flow: Rooted In Feldenkrais** (Su,Th) Oaktree

☐ **Longevity: Strength Training** (Su,Th), Olmecca

☐ **Pickleball Clinic: Intermediate** (Su-F) Court shoes 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: Fusion: A'Line with Helen Vandenburg** (Su,W) Pinetree

☐ **Aquatic: Shallow Water** (Su,W) Activity Pool

☐ **Cardio: Mini Trampoline Express** (30 Min) Kuchumaa

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

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

☐ **Yoga Level 2 Slow Flow** (Su,T,W,Th,F) (75 Min) Montaña

☐ **Lecture: What to Eat to be Nourished and How to Make It Happen (in Real Life), with Lia Huber** Tipai

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

1:00 ☐ **Nutrition Wellness- Metabolism and Healthy Weight, with Jody Miller** Tipai

☐ **Water Flow Therapy Demo** South Pool

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

2:00 ☐ **Aquatic: Deep Water** (Su,W,Th) Activity Pool

☐ **Longevity: Lecture. How to Own Your Aging Process** Olmecca

☐ **Mobility: TRX Flexibility** (Su,Th) Pinetree

☐ **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 Best Year, with Karen Kimsey-House Tipai

3:00 ☐ **Mobility & Corrective: Postural Awareness** (Su,Th) Tolteca

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

☐ **Sound Healing** (Su-F) Oaktree

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

☐ **Tai Chi** (Su & W 3p) Montaña

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

☐ **Sound Healing** Oaktree

☐ **Yoga: Restorative** (Su,T,Th) Montaña

☐ **Taking Miracles Seriously: A Journey to Everyday Spirituality, with Michael Zedek** Tipai

8:00 ☐ **Frank Lloyd Wright, My Art and Me: An Unconventional Approach, with Pamela Smilow** Olmecca

MONDAY | JUNE 1

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 Hiike: 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 ☐ **Meditation** (Su-F) Oaktree

☐ **Mobility: Stretch** (Su-F) offered in Kuchumaa & Montaña

☐ **Pickleball Clinic: Beginners** (Su-F) Court shoes recommended.

Pickleball Courts

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

☐ **Strength: Circuit Training** (M,W,F) Azteca

☐ **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

☐ **Dance: High / Low Aerobics** Kuchumaa

☐ **Pickleball Clinic: Intermediate** (Su-F) Court shoes 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** (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 ☐ **Specialty: Fusion D'Fine with Helen Vandenburg** (M,Th) Pinetree

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

☐ **Cardio: Cycle Hip Hop** (30 Min) Pai Pai

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

☐ **Strength: Kettlebells** (30 Min) (M,W) Tolteca

☐ **Yoga Sculpt: Level 2** (60 Min) Olmecca

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

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

☐ **Play with Paint and Collage, with Pamela Smilow** Art Studio

1:00 ☐ **Stronger Bones, Longer Life! GLP1 Medications Will Be Discussed, with Dr. Lani Simpson** DC, CCD Tipai

☐ **Your Body is Talking. Are You Listening?** with Jonelle Rutkauskas, HHP, RCST Library Lounge

2:00 ☐ **Aquatic: Water Jogging (Deep Water)** Activity Pool

☐ **Chant: A Vocal Sound Practice** (M,Th) Milagro

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

☐ **Recovery: Release & Mobilize** (M,F) Oaktree

☐ **Yoga: Gentle Aerial Hammock** (Low) (M,W) Please wear socks & long sleeves.

☐ **Inner Fitness: Choose Your Perspective, with Karen Kimsey-House** Tipai

3:00 ☐ **Advanced: Bodyweight Blast** (30 Min) (M,W) Tolteca

☐ **Longevity: Dynamic Mobility** Olmecca

☐ **Cardio HIIT: Intro to Heart Rate Training with Jody Miller** Azteca

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

☐ **Sound Healing** (Su-F) Oaktree

☐ **Health-Rhythms Drum Circle with Karl Anthony** Kuchumaa

4:00 ☐ **Breathwork** (M,Th) Milagro

☐ **Inner Journey: Guided Meditation** (M,W,F) Oaktree

☐ **Mobility: Stretch and Relax** (M,W,F) Montaña

☐ **Art Walk: Sculptures, with Rob Larson** Meet at Gazebo

☐ **Stories for Leaders, with Michael Zedek** Tipai

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 ☐ **What is Quality Chocolate? An Indulgent and Educational Tasting Session, with Chloé Doutre-Roussel** Olmecca

TUESDAY | JUNE 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.

6:15 ☐ **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 ☐ **Advanced: Cardio Muscle Blast** (T,Th) Azteca

☐ **Meditation** (Su-F) Oaktree

☐ **Barre** (T,Th) Olmecca

☐ **Mobility: Stretch** (Su-F) offered in Kuchumaa & 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

☐ **Dance: Cardio Drumming** Kuchumaa

☐ **Pickleball Clinic: Intermediate** (Su-F) Court shoes recommended.

Pickleball Courts

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

☐ **Strength: BOSU® Fit** Olmecca

☐ **Strength: Circuit Training** (M-F) Azteca

☐ **Yoga Level 1 - Strength** (Su-F) Montaña

11:00 ☐ **Specialty: Fusion Refine with Helen Vandenburg** (Tu,F) Pinetree

☐ **Advanced: Cardio Sculpt Express** (30 Min) (T,F) Olmecca

☐ **Aqua Board** (T,Th) Central Pool

☐ **Aquatic: Strength & Tone (Shallow Water)** (T,Th) Activity Pool

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

☐ **Yoga Level 2 Slow Flow** (Su,T,W,Th,F) (75 Min) Montaña

☐ **Play with Paint and Collage, with Pamela Smilow** Art Studio

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

☐ **Bone Density Testing, Lab Tests and Osteoporosis Diagnosis. Fractures as an Indicator of Fragile Bones, with Dr. Lani Simpson** DC, CCD Tipai

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

☐ **Longevity: Balance & Coordination** (T,F) Olmecca

☐ **Mobility: Strength & Stretch with Stick Mobility** Kuchumaa

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

☐ **Inner Fitness: Emotional Fluency** with Karen Kimsey-House Tipai

3:00 ☐ **Pilates: Tower Level 1** (T,F) Sign-up begins 8am at the Pilates Studio in Arroyo

☐ **Sound Healing** (Su-F) Oaktree

☐ **Strength: Stability Ball** (30 Min) Olmecca

☐ **Yoga Workshop: Rope Wall** Montaña

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

☐ **Yoga: Restorative** (Su,T,Th) Montaña

☐ **Hands-On Cooking Class with Visiting Teacher Lia Huber.** Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.

☐ **What Does an Orchestra Conductor Actually Do, with James Conlon** Tipai

5:00 ☐ **1st 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 Olmecca

WEDNESDAY | JUNE 3

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 **Advanced: Full Body Strength** (Su,W) Olmeca
- Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) offered in Kuchumaa & Montaña
- Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Mat Foundations All Levels - Lateral Flexion** (Su-F) Pinetree
- Strength: Circuit Training** (M,W,F) Azteca
- Tennis Clinic: Level 1** (M,W) Court shoes recommended Tennis Courts
- Art Walk: Crafts, with Rob Larson** Meet at Gazebo

- 10:00 **Dance: Cardio Disco** Kuchumaa
- Pickleball Clinic: Intermediate** (Su-F) Court shoes 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** (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 **Specialty: Specialty: Fusion A'Line with Helen Vandenburg** (Su,W) Pinetree
- Aquatic: Shallow Water** (Su,W) Activity Pool
- Cardio & Strength: Mini Trampoline Build & Bounce** Kuchumaa
- Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: Kettlebells** (30 Min) Tolteca
- Yoga Level 2 Slow Flow** (75 Min) (S,T,W,Th,F) Montaña
- Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
- Play with Paint and Collage, with Pamela Smilow** Art Studio

- 12:00 **Aquatic: Swim Stroke Clinic** (30 Min) (Su,W) Activity Pool

- 1:00 **Nutrition and Digestive Health for Strong Bones, with Dr. Lani Simpson DC, CCD** Tipai

- 2:00 **Aquatic: Deep Water** (Su,W,Th) Activity Pool
- Gentle Spinal Mobility** (W,F) Pinetree
- Pilates: Reformer Jumpboard** (M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
- Recovery: Release & Mobilize** (M,W,F) Oaktree
- Tai Chi** (W & Su 2pm) Montaña
- Yoga: Gentle Aerial Hammock (Low)** Please wear socks & long sleeves.(M,W) Kuchumaa
- Inner Fitness: Know Your Values, with Karen Kimsey-House** Tipai

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

- 4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
- Set and Live Your Intention with Jill T. Milagro**
- Recovery: Stretch and Relax** (M,W,F) Montaña
- Art Walk: Sculptures, with Rob Larson** Meet at Gazebo
- Hands-On Cooking Class with Visiting Teacher Lia Huber.** Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
- The Oblique Censor: Version 2026, with James Conlon** Tipai

- 5:00 **Handpan Concert with Karl Anthony** Bazar del Sol
- Ranch Tour** (Recommended for first time guests) Gazebo

- 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, and Sarah Livia Brightwood Szekely, President and CEO, Hosted by Barry Shingle, Director of Guest Experiences** Oaktree

THURSDAY | JUNE 4

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

- 9:00 **Advanced: Cardio Muscle Blast** (T,Th) Azteca
- Barre** (T,Th) Olmeca
- Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) Montaña
- Mobility: Stretch** (Su-Th) Kuchumaa
- Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Mat Foundations All Levels - Rotation** (Su-F) Pinetree

- 10:00 **Aqua Board** (T,Th) Central Pool
- Dance: Broadway** Kuchumaa
- Free Flow: Rooted In Feldenkrais** (Su,Th) Oaktree
- Longevity: Strength Training** (M,Th) Olmeca
- Pickleball Clinic: Intermediate** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Mat Level 2** (Su,T,Th) Pinetree
- 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 **Specialty: Fusion D'Fine with Helen Vandenburg** (M,Th) Pinetree
- Aqua Board** (T,Th) Central Pool
- Aquatic: Strength & Tone (Shallow Water)** (T,Th) Activity Pool
- Longevity Cardio Lab: From Zone 2 to HIIT** (Su,Th) Azteca
- Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Yoga Level 2 Slow Flow** (75 Min) (S,T,W,Th,F)) Montaña
- Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
- Ranch History Walk: Explore the Roots of the Ranch, with Rob Larson** Gazebo
- Play with Paint and Collage, with Pamela Smilow** 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 **Exercise for Strong Bones. GLP-1 Medications and Bone and Muscle Loss - how serious is this? with Dr. Lani Simpson DC, CCD** Tipai
- Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff.** Sign up in the Main Lounge, Art Kit Fee \$70 + tax. Dining Hall Balcony

- 2:00 **Aquatic: Deep Water** (Su,W,Th) Activity Pool
- Chant: A Vocal Sound Practice** (M,Th) Milagro
- Longevity: Lecture - Planning your Home Practice** Olmeca
- Mobility: TRX Flexibility** (Su,Th) Pinetree
- 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: Create Your Best Life, with Karen Kimsey-House** Tipai

- 3:00 **Mobility & Corrective: Postural Awareness** (Su,Th) Tolteca
- Sound Healing** (Su-F) Oaktree
- Strength: the ABCs - Arms/Butt/Core** (30 Min) (Su,Th) Olmeca
- Spanish Lessons: Beginners Progressive** Library Lounge

- 4:00 **Breathwork** (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
- Hands-On Cooking Class with Visiting Teacher Lia Huber.** Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.

- 5:00 **Floating Sound Bath** (sunglasses, swimsuit & hat recommend) Activity Pool
- Live Music with Sergio Ramos** Bazar Del Sol

- 7:15 **Movie: Now You See Me** Library Lounge
- Prayer Arrows with Tim Hinchliff** Main Lounge

- 8:00 **Concert: The Healing Arts Experience: Music as Medicine, with Karl Anthony** Oaktree

FRIDAY | JUNE 5

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 **Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) Montaña
- Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Mat Foundations All Levels - Review & Flow** (Su-F) Pinetree
- Strength: Circuit Training** (M,W,F) Azteca
- Strength: Total Body with Bands** (M,F) Olmeca

- 10:00 **Advanced: BOSU® & Battle Ropes** Olmeca
- Aquatic: H2O Boot Camp (Deep Water)** (M,F) Activity Pool
- Pickleball Clinic: Intermediate** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Reformer Level 1** (M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: Circuit Training** (M-F) Azteca
- Yoga Level 1 - Integration & Flow** (Su-F) Montaña

- 10:30 **Mercado Craft Sale,** ongoing until 2:30 pm Mercado Patio
- Delicias Mexicanas - Traditional Mexican Sweets, Mapache Arts & Crafts, Punto & Nudo Home Decor, Casa de los Cirios, PH Cosmetics, Lu'um Essential Oils, Wayuu Bags**

- 11:00 **Specialty: Fusion Refine with Helen Vandenburg** (T,F) Pinetree
- Advanced: Cardio Sculpt Express** (30 min) (T,F) Olmeca
- Aquatic: Liquid Drums (Shallow Water)** (M,F) (Sunglasses recommended) Activity Pool
- Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Yoga Level 2 Slow Flow** (75 Min) (Su,T,W,Th,F) Montaña

- 1:00 **Set Your Return to Home Intention with Jill T. Tolteca**
- Myths and Challenges behind Cacao and Chocolate Quality and Wellbeing Benefits, with Chloé Doutre-Roussel** Tipai

- 2:00 **Gentle Spinal Mobility** (W,F) Pinetree
- Labyrinth** Meet in Emily's Forest behind Kuchumaa
- Longevity: Balance & Coordination** (T,F) Olmeca
- Recovery: Release & Mobilize** (M,W,F) Oaktree
- Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge

- 2:45 **Live Music and Smoothies** Juice Bar

- 3:00 **Pilates: Tower Level 1,(T,F)** Sign-up begins 8am at the Pilates Studio in Arroyo
- Sound Healing** (Su-F) Oaktree
- Strength: Core Express** (30 Mins) Olmeca
- Yoga Workshop: Chair Yoga for Alignment** Montaña
- Spanish Lessons: Beginners Progressive** Library Lounge

- 4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
- Recovery: Stretch and Relax** (M,W,F) Montaña

- 5:00 **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