

Week of October 24, 2026
IMPACT-X with Todd Durkin

Vitality in Motion with Tom McCook

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 scheduled 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 | OCTOBER 24

- 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
☐ Meditation Milagro

- 10:00 ☐ Strength: Circuit Training Azteca
☐ Pilates Mat All Levels Pinetree

- 11:00 ☐ Strength: TRX Full Body Express (30 Min) Pinetree
☐ Yoga: All Levels Montaña
☐ Pickleball Open Play unstaffed, Court shoes recommended.
Pickleball Courts

- 1:00 ☐ Fitness Concierge (60 Min) Dining Hall

- 2:00 ☐ Strength: Full Body All Levels Olmeca
☐ Pilates Reformer Level 1, Pilates Studio in Arroyo
☐ Yoga Workshop: Happy Hips & Low Back Montaña
☐ Set Your Intention: Tips for a Magical Week Tolteca

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

- 4:00 ☐ Recovery: Foam Roller Tolteca
☐ Sound Healing Oaktree

- 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 ☐ Unveiling Your Inner Wisdom: A Guide to Intuitive Living, with Kirsten Cameron, PhD Olmeca

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 02:45 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 4:00 pm (closed daily 12pm - 1pm)	
Health Centers Operating Hours MHC and WHC: Saturday-Thursdays: 9am-9pm, Friday 9am-6pm VHC: Saturday-Thursdays: 9am-9pm & Friday 9am-7pm COED: Sunday, Tuesday, Thursday 5:00 pm to 08:45 pm 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: 07:00 am to 05:00 pm (closed daily 1pm – 2pm) Tennis & Pickleball Courts - Open Play 7:00 am to 7:00 pm	

SUNDAY | OCTOBER 25

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 (S,Su,T,Th) 2 Miles Gazebo

- 7:00 ☐ Bird Walk (60 Min) Gazebo
☐ Sunrise Ceremony for Blessings and Gratitude with Chimalli Wash Fernández Villas Lawn

- 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 Entrance

- 9:00 ☐ Advanced: Full Body Strength (Su,W) Olmeca
☐ Meditation (Su-F) Oaktree
☐ Mobility: Stretch (S-F) offered Montaña & Kuchumaa
☐ Pickleball Clinic: Beginners (Su-Th) Court shoes recommended.
Pickleball Courts
☐ Pilates: Mat Foundations - Neutral & Spinal Articulation (Su-F) Pinetree
☐ Strength: Introduction to Circuit Training (Su) Azteca

- 10:00 ☐ Specialty: Vitality in Motion with Tom McCook (Su-F) Pinetree
☐ Chant: A Vocal Sound Practice (Su,W) Milagro
☐ Dance: Latin Fusion Kuchumaa
☐ Longevity: Strength Training (Su,Th) Olmeca
☐ Pickleball Clinic: Intermediate Court shoes recommended. (Su-Th)
Pickleball Courts
☐ Strength: Cardio Sculpt Express (30 Min) (Su) Tolteca
☐ Strength: Introduction to Circuit Training (Su) Azteca
☐ Yoga Level 1 (Su-F) Montaña

- 11:00 ☐ Specialty: IMPACT-X with Todd Durkin (Su-F) Olmeca
☐ Aquatic: Shallow Water Conditioning (Su,T,W,Th) Activity Pool
☐ Advanced: Cardio Muscle Blast (Su,Th) Azteca
☐ Mobility: Strength & Stretch with Stick Mobility (Su,W) Kuchumaa
☐ Mobility: Introduction to TRX Fundamentals (Su,Th) Pinetree
☐ Pilates: Reformer Level 2 (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ Yoga Level 2 Flow (Su,M,T,W,F) Montaña

- 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 Training (Su,M,T,Th) Activity Pool
☐ Breathwork (Su,W) Milagro
☐ Longevity: Lecture. How to Own Your Aging Process Library Lounge
☐ Pilates: Reformer Level 1 (Su,M,,F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ Yoga Workshop: Happy Hips & Low Back (Su,Th) Montaña

- 3:00 ☐ Sound Healing (Su-F) Oaktree
☐ Strength: the ABCs - Arms/Butt/Core (30 Min) (Su,F) Olmeca
☐ Tai Chi (Su,W) Montaña

- 4:00 ☐ Journaling for Joy (Su,T) Milagro
☐ Recovery: Foam Roller (Su,T,Th) Tolteca
☐ Sound Healing (Su) Oaktree
☐ Yoga: Restorative (Su,T,Th) Montaña
☐ Discover Your Soul's Purpose: Illuminating Your Unique Gifts, Kirsten Cameron, PhD Tipai

- 5:00 ☐ Journeying with the Mandala, with Joy Khoo Tipai

- 8:00 ☐ The Healing Arts Experience: Music as Medicine
An Evening of Calm, Connection, and Joy, with Karl Anthony Oaktree

MONDAY | OCTOBER 26

Class spaces are limited to first come first served.

- 6:15 ☐ Mountain Hike: Professor's Trail (S,M,Th) Advanced, 3.3 Miles, Gazebo
6:20 ☐ Ruck: Weighted Hiking (T) Intermediate, 2 Miles, Sign up. Gazebo
6:30 ☐ Meditation Hike: Dove Trail Moderate, 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 (S-F) offered in Montaña & Kuchumaa
☐ Pickleball Clinic: Beginners (Su-Th) Court shoes recommended.
Pickleball Courts
☐ Pilates: Mat Foundations - Flexion (Su-F) Pinetree
☐ Strength: Total Body with Bands (M,F) Olmeca
☐ Tennis Clinic: Level 1 (M,W) Court shoes recommended. Tennis Courts
☐ Walk: Guardians and Ancestors of Rancho La Puerta, Part I, with Chimalli Wash Fernández Gazebo

- 10:00 ☐ Specialty: Vitality in Motion with Tom McCook (Su-F) Pinetree
☐ Aquatic: Strength & Tone (Shallow Water) (M,Th) Activity Pool
☐ Dance: Move & Groove, Funk! Kuchumaa
☐ Pickleball Clinic: Intermediate Court shoes recommended. (Su-Th)
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 (Su-F) Montaña
☐ Tennis Clinic: Level 2 (M,W) Court shoes recommended. Tennis Courts

- 11:00 ☐ Specialty: IMPACT-X with Todd Durkin (Su-F) Olmeca
☐ Aquatic: Ranch Liquid Drums (Shallow Water) (M,F) Activity Pool
☐ Cardio: Cycle Hip Hop (30 Min) (M, also Cycle Exp. on W) Pai Pai
☐ Mobility: Stretch (M,Th) Oaktree
☐ Mobility: TRX Flexibility (Tu,F) Pinetree
☐ Pilates: Reformer Level 2 (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ Strength: Kettlebells (30 Min) (M,Th) Tolteca
☐ Yoga Level 2 Flow (Su,M,T,W,F) Montaña
☐ Friends of Bill W. (12 steps - Participant-guided) Library Lounge
☐ Nature Walk with Rob Larson (60 Min) Meet at Gazebo

- 1:00 ☐ A Perfect Lifestyle: Food, Drink, Sex and Chocolate, with Robert Vogel, MD Tipai
☐ Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST Library Lounge

- 2:00 ☐ Aquatic: Deep Water Training (Su,M,T,Th) Activity Pool
☐ Labyrinth (M,F) Meet at Emily's Forest behind Kuchumaa Gym
☐ Pilates: Reformer Level 1, (Su,M,F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ Recovery: Release & Mobilize (M,F) Oaktree
☐ Strength: Circuit Training (M,Th) Azteca
☐ Yoga: Gentle Aerial Hammock (Low) (M,W,F) Please wear socks sleeves.
Kuchumaa

- 3:00 ☐ Mobility & Corrective: Postural Awareness (M,F) Tolteca
☐ Sound Healing (Su-F) Oaktree
☐ Strength: Core Express (30 Min) (M,W) Olmeca
☐ Mandala Journey: Mapping the Self Through Time (105 min), with Joy Khoo Art Studio

- 4:00 ☐ Inner Journey: Guided Meditation (M) Milagro
☐ Recovery: Stretch and Relax (M,W,F) Montaña
☐ Yoga Nidra (M,W) Oaktree
☐ The Art of Confident Creation: Transforming Doubt into Desired Reality, with Kirsten Cameron, PhD Tipai

- 5:00 ☐ Guest Reception: Sangria & Guacamole Bazar del Sol

- 6:15 ☐ Silent Dinner (2 hrs) Sign up. Los Olivos

- 8:00 ☐ Introduction: Dying Responsibly: Checking in with Your Choices, with Baxley Andresen Olmeca

TUESDAY | OCTOBER 27

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
6:30 ☐ Sunrise Yoga (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
☐ Longevity Cardio Lab: From Zone 2 to HIIT (T,Th) Azteca
☐ Meditation (Su-F) Oaktree
☐ Mobility: Stretch (S-F) Montaña
☐ Pickleball Clinic: Beginners (Su-Th) Court shoes recommended.
Pickleball Courts

- ☐ Pilates: Mat Foundations - Extension (Su-F) Pinetree
☐ Walk: Guardians and Ancestors of Rancho La Puerta, Part 2, with Chimalli Wash Fernández Gazebo

- 10:00 ☐ Specialty: Vitality in Motion with Tom McCook (Su-F) Pinetree
☐ Dance: Intro to Salsa Kuchumaa
☐ Pickleball Clinic: Intermediate Court shoes recommended. (Su-Th)
Pickleball Courts
☐ Strength: BOSU® Core & More (T) Olmeca
☐ Strength: Barbell Workout Level 2 (T,F) Tolteca
☐ Strength: Circuit Training (M-F) Azteca
☐ Yoga Level 1 (Su-F) Montaña

- 11:00 ☐ Specialty: IMPACT-X with Todd Durkin (Su-F) Olmeca
☐ Aquatic: Shallow Water Conditioning (Su,T,W,Th) Activity Pool
☐ Cardio: Cycle Strength (Tu) Pai Pai
☐ 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: TRX & Kettlebells Level 2 Tolteca
☐ Yoga Level 2 Flow (Su,M,T,W,F) Montaña
☐ 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 ☐ Smoothie-Making Class with Chef Segundo and Chef César Dining Hall

- 1:00 ☐ From Labels to Longevity: Understanding Your Food, with Robert Vogel MD Tipai

- 2:00 ☐ Creating MAX IMPACT in your LIFE Lecture with Todd Durkin Tipai
☐ Aquatic: Deep Water Training (Su,M,T,Th) Activity Pool
☐ Longevity: Balance & Coordination (T,Th) Olmeca
☐ Pilates: Tower (All levels) (T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ Yoga Workshop: Chair Yoga (T) Montaña

- 3:00 ☐ Advanced: Bodyweight Blast (30 Min) (T,Th), Tolteca
☐ Longevity: Dynamic Mobility (T,Th) Olmeca
☐ Sound Healing (Su-F) Oaktree
☐ Embrace Your Grand Calling: Unearthing What You Were Meant to Do, with Kirsten Cameron, PhD Tipai

- 4:00 ☐ Inner Journey: Guided Chakra Meditation (T,F) Oaktree
☐ Journaling for Joy (Su,T) Milagro
☐ Recovery: Foam Roller (Su,T,Th) Tolteca
☐ Restorative Yoga (Su,T,Th) Montaña
☐ Finding Your Support Team: No One Dies Alone, with Baxley Andresen Tipai

- 5:00 ☐ 1st Time Visitor's Reception Los Olivos
☐ Tuesday Farm-to-Table Dining Experience with Cooking Instructor Theo Stephan and Head Chef Vivian Mercado with the Culinary Team. Fee \$150. Register at Ext.640/625.Return 7:30pm. Meet at Admin Bldg.

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

WEDNESDAY | OCTOBER 28

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. Back by 9 am.
- 6:15

Mountain Hike: Pilgrim Trail (Su,W) Advanced, 3.5 or 4.5 Miles, Gazebo
- 6:30

Meditation Hike: Rolling Hills (W) 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 (S-F) Oaktree

Mobility: Stretch (S-F) Montaña

Pickleball Clinic: Beginners (Su-Th) Court shoes recommended. Pickleball Courts

Pilates: Mat Foundations - Lateral Flexion (Su-F) Pinetree

Strength: Circuit Training (W,F) Azteca

Tennis Clinic: Level 1 (M,W) Court shoes recommended. Tennis Courts
- 10:00

Specialty: Vitality in Motion with Tom McCook (Su-F) Pinetree

Advanced: Battle Ropes HIIT (30 Min) Tolteca

Chant: A Vocal Sound Practice (Su,W) Milagro

Dance: Cardio Drumming Kuchumaa

Pickleball Clinic: Intermediate Court shoes recommended. (Su-Th) Pickleball Courts

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

Strength: Circuit Training (Su-F) Azteca

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

Yoga Level 1 (Su-F) Montaña

Landscape Garden Walk with Enrique Ceballos Gazebo
- 11:00

Specialty: IMPACT-X with Todd Durkin (Su-F) Olmeca

Aquatic: Shallow Water Conditioning (Su,T,W,Th) Activity Pool

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

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

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

Strength & Cardio: TRX Circuit Level 2 Tolteca

Yoga Level 2 Flow (Su,M,T,W,F) Montaña

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

Play with Paint and Collage, with Pamela Smlow Art Studio
- 12:00

Aquatic: Swim Stroke Clinic (30 Min) (Su,W) Activity Pool
- 1:00

The Science of Exercise: How to Get the Greatest Benefit from Working Out, with Robert Vogel, MD Tipai
- 2:00

Aquatic: H2O Bootcamp (Deep Water) (W) Activity Pool

Breathwork (Su,W) Milagro

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

Strength: TRX Pilates (W) Pinetree

Yoga: Gentle Aerial Hammock (Low) (M,W,F) Please wear socks & short or long sleeves. Kuchumaa

Art Walk with Rob Larson Meet at Gazebo

Design Your Dream Day: Crafting a Life of Exquisite Joy, with Kirsten Cameron, PhD Tipai
- 3:00

Sound Healing (Su-F) Oaktree

Strength: Core Express (30 Min) (M,W) Olmeca

Tai Chi (Su,W) Montaña
- 4:00

Forest Bathing Meet at Emily's Forest behind Kuchumaa Gym

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

Yoga Nidra (M,W) Oaktree

Hands on Cooking Class with Cooking Instructor Theo Stephan. Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.

Mandala Journey: Circles of Connection (105 min) with Joy Khoo Art Studio

Home Funerals and Natural Burial: The old is new again! with Baxley Andresen Tipai
- 5:00

Yomelahua Practice – Breathing and Movement, with Chimalli Wash Fernández Olmeca
- 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 | OCTOBER 29

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 award-winning Parque del Profesor after breakfast.** Learn about Rancho La Puerta's work in the community. Back by 9 am.
- 6:10

7-Mile Breakfast Hike (Th) Challenging, 6.8 Miles 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

Barre (T,Th) Olmeca

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

Meditation (S-F) Oaktree

Mobility: Stretch (S-F) Montaña

Pickleball Clinic: Beginners (Su-Th) Court shoes recommended. Pickleball Courts

Pilates: Mat Foundations - Rotation (Su-F) Pinetree
- 10:00

Specialty: Vitality in Motion with Tom McCook (Su-F) Pinetree

Aquatic: Strength & Tone (M,Th) Activity Pool

Dance: Salsa, Hip & Funk! (Th) Kuchumaa

Longevity: Strength Training (Su,Th) Olmeca

Pickleball Clinic: Intermediate Court shoes recommended. (Su-Th) Pickleball Courts

Strength: Circuit Training (M-F) Azteca

Yoga Level 1 (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: IMPACT-X with Todd Durkin (Su-F) Olmeca

Aquatic: Shallow Water Conditioning (Su,T,W,Th) Activity Pool

Advanced: Cardio Muscle Blast (Su,Th) Azteca

Mobility: Stretch (M,Th) Oaktree

Movement: Introduction to 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) (M,Th) Tolteca

Yoga Sculpt Level 2 (Th) Kuchumaa

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

Hands on Cooking Class with Cooking Instructor Theo Stephan. Fee \$145. Register at ext.640/625. Return at 2:30pm. Meet at Admin Bldg.

Ranch History Walk: Explore the Roots of the Ranch, with Rob Larson (60 min) Gazebo
- 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
- 1:00

Alzheimer's Disease and Other Dementias: Prevention, Diagnosis, Treatment, and Caregiving, with Robert Vogel, MD Tipai
- 2:00

Aquatic: Deep Water Training (Su,M,T,Th) Activity Pool

Longevity: Balance & Coordination,(T,Th) Olmeca

Pilates: Tower (All levels) (T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo

Strength: Circuit Training (M,Th) Azteca

Yoga Workshop: Hips & Low Back (Su,Th) Montaña
- 3:00

Advanced: Bodyweight Blast (T,Th) (30 Min) Tolteca

Longevity: Dynamic Mobility (T,Th) Olmeca

Sound Healing (Su-F) Oaktree

Spanish Lessons: Beginners Library Lounge

Mandala Journey: Returning to the Earth (45 min) with Joy Khoo Art Studio
- 4:00

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

Restorative Yoga (Su,T,Th) Montaña

Hike to the Residences (60 mins/wear comfortable shoes) Meet at Bazar del Sol

The Newest Options and Revisiting Your Choices, with Baxley Andresen Tipai
- Day of The Dead Celebration at the Dining Hall

5:00

Artistic Presentation & Welcome Reception: Enjoy a special performance, Mexican street corn (*esquites*), hot chocolate, *calientito*, and delicious canapés.

5:30

Dinner & Cultural Celebration: Join us for dinner, a special presentation traditional dances performed by an artistic ensemble. Explore booths featuring handmade creations by local artisans.

6:45

The Day of the Dead Altar: Meaning & Traditions. An introduction by José Guadalupe Flores, Ph.D. and Liz Encinas

7:00

Folkloric Dance

8:00

The Healing Arts Experience: The Heart of Service
An Evening of Rhythm, Gratitude, and Inspiration, with Karl Anthony Oaktree

FRIDAY | OCTOBER 30

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 for hike/van. Meet at Gazebo for the hike or van transportation available departs at 6:45 from Admin bldg. Back by 9 am.
- 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
- 7:00

Closing Ceremony, Blessings and Gratitude, with Chimalli Wash Fernández Villas Lawn
- 8:00

Pilates Concierge (15 min) (Su-F) Pilates Studio in Arroyo
- 9:00

Meditation (S-F) Oaktree

Mobility: Stretch (S-F) Montaña

Pickleball Open Play *unsupervised, court shoes recommended. Pickleball Courts

Pilates: Mat Foundations - Review & Flow (Su-F) Pinetree

Strength: Circuit Training (W,F) Azteca

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

Indigenous Wisdom Walk with Norma Meza Meet Outside Kuchumaa
- 10:00

Specialty: Vitality in Motion with Tom McCook (Su-F) Pinetree

Advanced: BOSU® & Battle Ropes (F) Olmeca

Pickleball Open Play *unsupervised, 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 (T,F) Tolteca

Strength: Circuit Training (Su-F) Azteca

Yoga Level 1 (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
- 11:00

Specialty: IMPACT-X with Todd Durkin (Su-F) Olmeca

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

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

Mobility: TRX Flexibility (T,F) Pinetree

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

Yoga Level 2 Flow (Su,M,T,W,F) Montaña
- 1:00

Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge
- 2:00

Aquatic: Water Polo on a Noodle (F) Activity Pool

Labyrinth (M,F) Meet at Emily's Forest behind Kuchumaa Gym

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

Recovery: Release & Mobilize (M,F) Oaktree

Yoga: Gentle Aerial Hammock (Low) Please wear socks & sleeves. (M,W,F) Kuchumaa

Gallery Walk of Mandalas Created by Guests *Open to All* Art Studio
- 3:00

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

Sound Healing (Su-F) Oaktree

Strength: the ABCs - Arms/Butt/Core (Su,F) Olmeca
- 4:00

Inner Journey: Guided Chakra Meditation (T,F) Oaktree

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