

Week of October 24, 2026 **D R A F T Subject to change**

Vitality in Motion with Tom McCook

IMPACT-X with Todd Durkin

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

☐ Yoga: All Levels Montaña

☐ Strength: TRX Full Body Express (30 Min) Pinetree

☐ 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 Tolteca

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 (Su,T,Th) 2 Miles Gazebo
- 7:00

☐ Bird Walk (60 Min) Gazebo
- 7:00

☐ 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 (Su,M) Offered in both 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

☐ 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

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

☐ Strength: Introduction to Circuit Training (Su) Azteca

☐ Yoga Level 1 (Su,T,Th) Montaña
- 11:00

☐ Specialty: IMPACT-X with Todd Durkin

☐ Aquatic: Shallow Water Conditioning 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

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

☐ Yoga Level 2 Flow (M,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,T,Th) Activity Pool

☐ Breathwork (Su,W) Milagro

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

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

☐ Yoga Workshop: Happy Hips & Low Back (Su) 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,F) Milagro

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

☐ Sound Healing (Su,Th) 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 (M,Th) Advanced, 3.3 Miles, Gazebo
- 6:20

☐ Ruck: Weighted Hiking (T) Intermediate, 2 Miles, Sign up in Concierge. Meet in 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 (Su,M) Offered in both Montaña & Kuchumaa

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

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

☐ 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

☐ Walk: Guardians and Ancestors of Rancho La Puerta, Part I, with Chimalli Wash Fernández Gazebo
- 10:00

☐ Specialty: Vitality in Motion with Tom McCook

☐ 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,T,Th) Montaña

☐ Tennis Clinic: Level 2 (M,W) Court shoes recommended. Tennis Courts
- 11:00

☐ Specialty: IMPACT-X with Todd Durkin

☐ 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 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 Tolteca

☐ Yoga Level 2 Flow (M,W,F) Montaña

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

☐ Nature Walk with Rob Larson (60 Min) Meet at Gazebo
- 12:30

☐ Behind the Ranch Menu – The Chef, the Nutritionist & the Fitness Expert –A 15-Minute Overview Outdoor Dining Hall Patio
- 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 (M,W) Activity Pool

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

☐ Pilates: Reformer Level 1, 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 & short or long 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,W) Oaktree

☐ 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: Sangría & Guacamole Bazar del Sol
- 6:15

☐ Silent Dinner Sign up in the main lounge (M) Los Olivos

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

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. 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 (T-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

☐ 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 Tolteca

☐ Strength: Circuit Training (M-F) Azteca

☐ Yoga Level 1 (Su,T,Th) Montaña
- 11:00

☐ Specialty: IMPACT-X with Todd Durkin

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

☐ Cardio: Mini Trampoline Express (30 Min) (T,Th) 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 (M,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.
- 1:00

☐ Making a Smoothie Class with Chef César Juice Bar

☐ From Labels to Longevity: Understanding Your Food, with Robert Vogel MD Tipai
- 2:00

☐ Specialty: True Strength Lecture with Todd Durkin Tipai

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

☐ Longevity: Balance & Coordination (T,F) Olmeca

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

☐ Yoga Workshop: Rope Wall (T) Montaña

☐ Drum of Light Healing Session, with Chimalli Wash Fernández Oaktree
- 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

☐ 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
- 5:00

☐ 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** (Su-F) Oaktree

☐ **Mobility: Stretch** (T-F) Montaña

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

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

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

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

☐
- 10:00

☐ **Specialty: Vitality in Motion with Tom McCook**

☐ **Advanced: Battle Ropes HIIT** (30 Min), Olmeca

☐ **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

☐ **Landscape Garden Walk with Enrique Ceballos** Gazebo
- 11:00

☐ **Specialty: IMPACT-X with Todd Durkin**

☐ **Aquatic: Shallow Water Conditioning** 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** (M,W,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

☐ **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)** (M,W,F) Activity Pool

☐ **Breathwork** (Su,W) Milagro

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

☐ **Strength: TRX Pilates** Pinetree

☐ **Yoga: Gentle Aerial Hammock** (Low) (M,W) 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) (Su,W) Olmeca

☐ **Tai Chi** (Su,W) Montaña

☐ **Mandala Journey: Circles of Connection (105 min) with Joy Khoo** Art Studio
- 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.

☐ **Home Funerals and Natural Burial: The old is new again! with Baxley Andresen** Tipai

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. 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) Montana
- 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
- 8:00

☐ **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** (Su-F) Oaktree

☐ **Mobility: Stretch** (T-F) Montaña

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

☐ **Pilates: Mat Foundations - Rotation** (Su-F) Pinetree

☐ **Specialty: Vitality in Motion with Tom McCook**

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

☐ **Dance: Intro to Salsa** 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,T,Th) Montaña
- 10:00

☐ **Valle de Guadalupe Tour: Pijoan Vineyard & Adobe Guadalupe.** Fee \$290. Register at Ext.640/625. Return 5:30 pm. Meet at Admin Bldg.

☐ **Specialty: IMPACT-X with Todd Durkin**

☐ **Aquatic: Shallow Water Conditioning** (T,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) (Su,Th) Tolteca

☐ **Yoga Sculpt Level 2** (T,Th) Kuchumaa

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

☐ **Ranch History Walk: Explore the Roots of the Ranch, with Rob Larson** (60 min) Gazebo

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

☐ **Specialty: IMPACT NOW! Creating the Life & Legacy You Desire Lecture with Todd Durkin** Tipai

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

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

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

☐ **Strength: Circuit Training** (Su,Th) Azteca

☐ **Yoga Workshop: Iyengar Chair Yoga** Montaña
- 3:00

☐ **Advanced: Bodyweight Blast** (M,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

☐ **Sound Healing** (Su,Th) Oaktree

☐ **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
- 6:45

☐ **The Day of the Dead Altar: *An Introduction to Its Meaning and Traditions.*** Presented by José Guadalupe Flores, Ph.D. Dining Hall
- 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 and María Corona** Villas Lawn
- 8:00

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

☐ **Meditation** (Su-F) Oaktree

☐ **Mobility: Stretch** (T-F) Montaña

☐ **Pickleball Open Play** *unsupervised, court shoes and safety glasses are recommended. Pickleball Courts

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

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

☐ **Strength: Total Body with Bands** (M,F) Olmeca
- 10:00

☐ **Specialty: Vitality in Motion with Tom McCook**

☐ **Advanced: BOSU® & Battle Ropes** (F) Olmeca

☐ **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: Barbell Workout Level 2** (T,F) Tolteca

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

☐ **Yoga Level 2 Slow Flow** (M,W,F) Montaña
- 10:30

☐ **Mercado Craft Fair,** ongoing until 2:00 pm Mercado Patio
MAPACHE ARTS & CRAFTS, Casa de los Cirios, Delicias
Mexicanas/Tradicional Mexican Sweets, PH cosmetics, Lu um Oils
- 11:00

☐ **Specialty: IMPACT-X with Todd Durkin**

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

☐ **Cardio: Mini Trampoline Express** (30 Min) 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** (M,W,F) Montaña
- 1:00

☐ **Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge

☐ **Take The Ranch Home: Goal & Intention Setting** (F) Tolteca
- 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,T,Th,F) Sign-up begins 8am at the Pilates Studio in Arroyo

☐ **Recovery: Release & Mobilize** Oaktree

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

☐ **Gallery Walk of Mandalas Created by Guests (45 min) 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** (Tu,F) Oaktree

☐ **Journaling for Joy** (Su,F) Milagro

☐ **Recovery: Stretch and Relax** (M,W,F) Montana
- 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