

## Meditation Week & Yin Yoga Week

December 29, 2018

Your week begins...

Welcome to a most enjoyable and life-changing vacation, one filled with many accomplishments as well as blissful rest and retreat.

**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. Generally speaking, try to follow a vigorous, challenging class (i.e. Circuit Training) with something more restorative (i.e. Yoga or a spa treatment).

**Keep in mind** a few guidelines for the week:

- We are 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 Bldg.
- A few classes require signing up in advance on forms posted in the Main Lounge
- "Progressive" classes are a continuum over several days. Your knowledge of that particular discipline *and* your fitness level will grow with each passing day. If you miss the first day, don't despair; you can still drop in on subsequent days.
- Classes and activities begin on time and last 45 minutes unless noted otherwise.
- The Main Lounge is open 24/7 and is a hub for socializing and checking the bulletin boards. Coffee and tea are always available, as are new friends to talk with, daily newspapers, and a guitar and piano. Games are in the cabinets.

## SATURDAY | December 29

- 6:15  **Mountain Hike: Professor's** challenging 3.3 Miles Main Lounge
- 6:45  **Woodlands Hike** 2 Miles Main Lounge
- 9:00  **Stretch** Pinetree
- 10:00  **Circuit Training** Azteca  
 **Meditation** 30 mins Milagro
- 11:00  **Yoga: All Levels** Montaña
- 12:30 – 3:00 **Fitness Concierge** Dining Hall  
A fitness specialist is available to answer all questions
- 2:00  **Woodlands Hike** 2 Miles (Su,T,Th) Main Lounge
- 3:00  **Navigator: Balancing your Ranch Schedule** (60 mins) Olmeca  
 **Stretch** Pinetree
- 3:45  **Set Your Ranch Intention, Tips for a Magical Week** Return and First Time Guests welcome, Library Lounge
- 4:00  **Open Weight Room** Staffed Azteca
- 4:30  **Ranch Tour** (30 mins) First Time Guests encouraged Starts in Main Lounge
- 5:00  **First Time Guest Ranch Orientation** Tolteca  
 **Returning Guest Update** Olmeca
- 6:45  **Meet the Presenters** Dining Hall
- 7:30  **Movie: Coco** Library Lounge
- 8:00  **Reading Frida Kahlo: How Does Her Art Speak, with Renee Sandell, Ph.D.** 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

#### SUNDAY THROUGH 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

### AVAILABLE FACILITIES

#### WHEN NO CLASS IS IN SESSION

**Milagro - Meditation Room**  
6:00 am to 9:00 pm

**Activity Pool - Lap Swim**  
7:00 am to 6:00 pm

**Azteca Gym - Weight Room**  
7:00 am to 12:00 pm & 2:00 pm to 4:00 pm

#### UNSTAFFED PICK UP GAMES

Pickleball 9 am Su, T, Th, S  
Sand Volleyball 4 pm Su - F

## SUNDAY | December 30

\* Indicates classes with limited equipment. Arrive early to ensure a space.

- 6:15  **Mountain Hike: Pilgrim** Challenging 3.5 Miles (Su) Main Lounge
- 6:30  **Mountain Hike: Alex's Oak** 2 Miles (Su,W) Main Lounge
- 6:45  **Woodlands Hike** 2 Miles (Su,T,Th) Main Lounge
- 8:15  **Fitness Concierge** 30 mins (Su) Dining Hall
- 9:00  **Introduction to Pilates Mat: Fundamentals** Progressive (Su) Pinetree  
 **Introduction to Circuit Training** (Su) Azteca  
 **Meditation** (Su-F) Oaktree  
 **Sculpt & Strengthen: Level 2** (Su,W) Olmeca  
 **Stretch** (Su-F) Montaña  
 **Tennis Clinic: Level 1** (Su,T,Th) Tennis Courts
- 10:00  **Dance: Introduction to Salsa** (Su) Kuchumaa  
 **Feldenkrais** (Su,M,T) Oaktree  
 **Introduction to Circuit Training** (Su) Azteca  
 **Pilates Mat: Level 2** (Su,M,W,F) Pinetree  
\*  **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai  
 **Tennis Clinic: Level 2** (Su,T,Th) Tennis Courts  
\*  **TRX Fundamentals**, (Su,T,Th) Tolteca  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00  **Drenched: Cardio Kickboxing** 60 mins (Su) Kuchumaa  
 **Stretch** (Su,T,Th) Oaktree  
 **The Wave** (Su,T,W,Th,F) Activity Pool  
 **TRX Circuit: Level 2** (Su,W) Tolteca  
 **Yin Yoga** 90 mins (Su,T,Th) Montaña  
 **Visual Journaling: Visual Meditation and Hands-on Access to Your Creativity, with Renee Sandell, Ph.D.** Art Studio
- 12:00  **Gyrotonic Tower Demo** 30 mins (Su) Pilates Studio  
 **Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
- 1:00  **WATSU® WaterDance® Demonstration** (S) South Pool  
 **Posture, Balance and Flexibility: The Feldenkrais Method - Demo and Talk, with Donna Wood** Oaktree  
 **What is Craniosacral Therapy and Energy Medicine? with Michael Brightwood** Library Lounge
- 2:00 \*  **Cardio Drum Dance** (Su,W) Kuchumaa  
\*  **Deep Water Training** (Su,T,Th) Activity Pool  
 **Feldenkrais** (Su,M,T) Oaktree  
\*  **Pilates Reformer: Level 2** (Su,W) Pilates Studio  
 **Postural Therapy** (Su,Th) Tolteca  
 **Mexico: Past and Present, with José Guadalupe Flores, Ph.D.** Tolteca
- 3:00  **Cardio Equipment HIIT** 30 mins (Su) Azteca  
\*  **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio  
 **Pose Method of Running Technique** (Su,T,Th) Kuchumaa  
 **Sound Healing** (Su,M,,W,Th) Oaktree  
 **Stability Ball** 30 mins (Su) Olmeca
- 4:00 \*  **Aerial Silks - Low** please wear socks and sleeves (Su,T,W,Th) Kuchumaa  
 **Inner Journey: Guided Meditation** (Su,F) Oaktree  
 **Roll and Release** please wear socks (Su,T,Th) Tolteca  
 **Stretch & Relax** (Su,T,Th) Montaña
- 5:00  **Fiesta at the Bazar! Sangria and guacamole.** 60mins Bazar del Sol
- 7:30  **Movie: Crazy Rich Asians** Library Lounge
- 8:00  **How to Keep Refiring Your Life, with Ken Blanchard, Ph.D.** Oaktree

## MONDAY | December 31

\* Indicates classes with limited equipment. Arrive early to ensure a space.

- 6:15  **Mountain Hike: Professor's** Challenging 3.3 Miles (M,Th) Main Lounge
- 6:30  **Dove Meditation Hike** Moderate 1.2 miles (M) Main Lounge  
 **Introduction to Obstacle Course** 60 mins (M) Meet outside of Kuchumaa Gym
- 6:45  **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
- 9:00  **Bird Walk** (M,F) Gazebo  
 **Circuit Training** (M-F) Azteca  
 **Meditation** (Su-F) Oaktree  
\*  **Pickleball: Beginners** (M,W) Pickleball Courts  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Pump It: Level 2** (M.F) Tolteca  
 **Stretch** (Su-F) Montaña
- 10:00  **Aqua Strength & Tone** (M,W) Activity Pool  
 **Circuit Training** (M-F) Azteca  
 **Dance: Zumba** (M) Kuchumaa  
 **Feldenkrais** (Su,M,T) Oaktree  
\*  **Pickleball: Intermediate** (M,W) Pickleball Courts  
 **Pilates Mat: Level 2** (Su,M,W,F) Pinetree  
 **Sculpt & Strengthen: Level 1** (M,W) Olmeca  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00 \*  **Cycle 30: All Levels** 30 mins (M,F) Pai Pai  
 **Drenched: H2O Bootcamp** (M) Activity Pool  
 **Nature Walk** 60-75 mins (M,Th) Gazebo  
 **Ranch Ropes** 30 mins (M,F) Olmeca  
 **Release & Mobilize** please wear socks (M,W,F) Oaktree  
 **Yoga: Level 2** 75 mins (M,W,F) Montaña  
 **Visual Journaling: Visual Meditation and Hands-on Access to Your Creativity, with Renee Sandell, Ph.D.** Art Studio
- 1:00  **Happy Food, Happy Mood: How to Fight Fatigue, Anxiety, Stress & Depression through Diet, Lindsay Sherry** Olmeca  
 **Documentary: Tree of Life, The Living Legacy of Edmond Szekeley. Q&A with Rob Larson** Library Lounge
- 2:00  **Balance & Coordination** (M) Olmeca  
 **Swim Condition** (M,W) Activity Pool  
 **Feldenkrais** (Su,M,T) Oaktree  
\*  **Pilates Cadillac Fundamentals** (M,F) Pilates Studio  
 **Watercolor, with Jennifer Brandt** 90 mins Sign up Art Studio
- 3:00  **Core Challenge** 30 mins (M,Th) Olmeca  
 **Functional Mobility** (M) Tolteca  
 **Sound Healing** (Su,M,,W,Th) Oaktree  
 **Tai Chi** (M) Montaña  
 **Español /Spanish 101** Progressive (M-F) Library
- 4:00  **Yin Yoga** (M,W,F) Montaña  
 **Fine Art of Meditation** (M) Oaktree  
 **Design Your Own Jewelry, with Alejandro** 60 mins Sign up Art Studio
- \* \* Let's Celebrate Together the New Year! \* \*
- 5:30  **Cocktails**
- 6:00  **Dinner**
- 7:00  **Program – Your hosts Adam and DeRahn!**  
7:15 Stevan Pasero and his guitar  
7:45 Some Enchanted Evening!  
Efraín Solís, baritone, and Antonius Nazareth, piano  
8:15 Alma Latina show and dance
- 9:00  **New Year's Toast and Piñata Rancho La Puerta Time!!**
- 9:10  **Candlelit Walk to the Labyrinth led by Phyllis Pilgrim**

## TUESDAY | January 1

\* Indicates classes with limited equipment. Arrive early to ensure a space.

- 6:05  **Organic Garden Breakfast Hike** Moderate 4 Miles, Sign up, Option to return via van and/or visit the Professors Park (T-F) Main Lounge
- 6:15  **Mountain Hike: Coyote** Advanced 5.5 or 4 Miles (T,F) Main Lounge
- 6:45  **Woodlands Hike** 2 Miles (Su,T,Th) Main Lounge
- 9:00  **Bosu@ Fit** (T,Th) Olmeca  
 **Circuit Training** (M-F) Azteca  
 **Meditation** (Su-F) Oaktree  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Stretch** (Su-F) Montaña  
 **Tennis Clinic: Level 1** (Su,T,Th) Tennis Courts  
 **Make your New Year's Prayer Arrow with Tim Hinchliff and enjoy our Mexican hot chocolate & tamales. Stop in anytime from 9 to 11am!** Main Lounge
- 10:00  **Circuit Training** (M-F) Azteca  
 **Feldenkrais** (Su,M,T) Oaktree  
 **Pilates Arc Barrel: Level 2** (T,Th) Pinetree  
\*  **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai  
 **Tennis Clinic: Level 2** (Su,T,Th) Tennis Courts  
\*  **TRX Fundamentals**, (Su,T,Th) Tolteca  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00  **Stretch** (Su,T,Th) Oaktree  
\*  **The Bounce** 30 mins (T,Th) Kuchumaa  
 **The Wave** (Su,T,W,Th,F) Activity Pool  
 **Yin Yoga** 90 mins (Su,T,Th) Montaña  
 **Visual Journaling: Visual Meditation and Hands-on Access to Your Creativity, with Renee Sandell, Ph.D.** Art Studio
- 12:00  **Yarn Painting Demo, with Tim Hinchliff** Dining Room entrance
- 1:00  **Heal Your Gut, Transform Your Health, with Lindsay Sherry** Olmeca  
 **12 Step Program – Guests conduct** Maya Lounge  
 **Yarn Painting Workshop with Tim Hinchliff** Sign up (\$40 art kit fee) Up to two hours/ upstairs Dining Room balcony
- 2:00  **Dance: Introduction to Salsa** (T) Kuchumaa  
 **Circuit Training** (T,Th) Azteca  
\*  **Deep Water Training** (Su,T,Th) Activity Pool  
 **Feldenkrais** (Su,M,T) Oaktree  
\*  **Pilates Twenty / 20** (T,Th) Pilates Studio  
 **Design Your Own Jewelry, with Jennifer Brandt** 90 mins Sign up Art Studio
- 3:00 \*  **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio  
 **Pose Method of Running Technique** (Su,T,Th) Kuchumaa  
\*  **Yoga Workshop: Level 2: Rope Wall** (T) Montaña  
 **Español /Spanish 101** Progressive (M-F) Library  
 **Greeting the New Year: A special ritual celebration with Phyllis Pilgrim** (90 mins) Oaktree
- 4:00 \*  **Aerial Silks - Low** please wear socks and sleeves (Su,T,W,Th) Kuchumaa  
 **Roll and Release** please wear socks (Su,T,Th) Tolteca  
 **Stretch & Relax** (Su,T,Th) Montaña  
 **Hands-on Cooking Class at La Cocina Que Canta with Chef Nicole Aloni.** Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
- 5:00  **Dealing with Change that Happens to you, with Margie Blanchard, Ph.D.** Oaktree
- 7:30  **Movie: Won't You Be My Neighbor?** Library Lounge
- 8:00  **Concert with Stevan Pasero** Oaktree

## WEDNESDAY | January 2

\* Indicates classes with limited equipment. Please arrive early to ensure a space.

- 6:05**  **Organic Garden Breakfast Hike** 4 Miles, Option to stay and work in the Garden with Salvador (T-F) Main Lounge
- 6:15**  **Mountain Hike: Raven** Advanced Option of 4.5 or 3.5 Miles (W) Main Lounge
- 6:30**  **Mountain Hike: Alex's Oak** 2 Miles (Su,W) Main Lounge
- 6:45**  **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
- 9:00**  **Circuit Training** (M-F) Azteca  
 **Meditation** (Su-F) Oaktree  
 **Pickleball: Beginners** (M,W) Pickleball Courts  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Sculpt & Strengthen: Level 2** (Su,W) Olmeca  
 **Stretch** (Su-F) Montaña
- 10:00**  **Aqua Strength & Tone** (M,W) Activity Pool  
 **Circuit Training** (M-F) Azteca  
 **Cardio Boxing** (W) Kuchumaa  
 **Pickleball: Intermediate** (M,W) Pickleball Courts  
 **Landscape Garden Walk** (W) Gazebo  
 **Pilates Mat: Level 2** (Su,M,W,F) Pinetree  
 **Sculpt & Strengthen: Level 1** (M,W) Olmeca  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00**  **Cycle 30: Rhythm Ride - All Levels** 30 mins (W) Pai Pai  
 **Release & Mobilize** please wear socks (M,W,F) Oaktree  
 **TRX Circuit: Level 2** (M,W) Tolteca  
 **The Wave** (Su,T,W,Th,F) Activity Pool  
 **Yoga: Level 2 75 mins** (M,W,F) Montaña
- 1:00**  **Rewire: How to Change When Change is Hard: The Secret to Breaking Bad Habits and Conquering Self-Destructive Behavior, with Lindsay Sherry** Olmeca
- 2:00**  **Cardio Drum Dance** (Su,W) Kuchumaa  
 **Bosu Balance** (W) Olmeca  
 **Pilates Reformer: Level 2** (Su,W) Pilates Studio  
 **Swim Condition** (M,W) Activity Pool  
 **Woodlands Hike** 2 Miles (W) Main Lounge  
 **Sculpting Class, with José Ignacio Castañeda** (Sign up, 1.5 hrs) Art Studio
- 3:00**  **Baja Barre** (W,F) Olmeca  
 **Kettlebells All Levels** 30 mins (W,F) Tolteca  
 **Sound Healing** (Su,M,,W,Th) Oaktree  
 **World Drumming** (W) Kuchumaa  
 **Español /Spanish 101** Progressive (M-F) Library
- 4:00**  **Aerial Silks - Low** please wear socks and sleeves (Su,T,W,Th) Kuchumaa  
 **Yin Yoga** (M,W,F) Montaña  
 **Hands-on Cooking Class at La Cocina Que Canta with Chef Nicole Aloni.** Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.  
 **Design Your Own Jewelry, with Alejandro** 90 mins Sign up Art Studio
- 7:30**  **Movie: RBG** Library Lounge
- 8:00**  **Bingo with Barry!** Tolteca

## THURSDAY | January 3

! Confirm your return transportation at Front Admin Building or Concierge

- 6:05**  **Organic Garden Breakfast Hike** Moderate 4 Miles, Sign up, Option:  
to ride the van back to the Ranch (T-F) Main Lounge
- 6:10**  **Mountain Hike: 8 Mile Breakfast** Advanced with prerequisites, Sign Up (Th) Main Lounge
- 6:15**  **Mountain Hike: Professor's** Challenging 3.3 Miles (M,Th) Main Lounge
- 6:30**  **Obstacle Course** 60 mins (Th) Meet outside of Kuchumaa Gym
- 6:45**  **Woodlands Hike** 2 Miles (Su,T,Th) Main Lounge
- 9:00**  **Bosu® Fit** (T,Th) Olmeca  
 **Circuit Training** (M-F) Azteca  
 **Meditation** (Su-F) Oaktree  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Stretch** (Su-F) Montaña  
 **Tennis Clinic: Level 1** (Su,T,Th) Tennis Courts
- 10:00**  **Circuit Training** (M-F) Azteca  
 **Dance: Chair Striptease** (Th) Kuchuma  
 **Pilates Arc Barrel: Level 2** (T,Th) Pinetree  
 **Tennis Clinic: Level 2** (Su,T,Th) Tennis Courts  
 **TRX Fundamentals** (Su,T,Th) Tolteca  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00**  **Drenched: Yoga Sculpt** 60 mins (Th) Olmeca  
 **Nature Walk** 60-75 mins (M,Th) Gazebo  
 **Stretch** (Su,T,Th) Oaktree  
 **The Bounce** 30 mins (T,Th) Kuchumaa  
 **The Wave** (Su,T,W,Th,F) Activity Pool  
 **Yin Yoga** 90 mins (Su,T,Th) Montaña
- 12:00**  **Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
- 12:30**  **Yarn Painting Demo** Dining Hall
- 1:00**  **The Secret to Being Healthy in an Unhealthy World, with Lindsay Sherry** Olmeca
- 2:00**  **Circuit Training** (T,Th) Azteca  
 **Dance: Cardio Hip Hop: Body Rock** (Th) Kuchumaa  
 **Deep Water Training** (Su,T,Th) Activity Pool  
 **Pilates Twenty / 20** (T,Th) Pilates Studio  
 **Postural Therapy** (Su,Th) Tolteca  
 **Landscape Painting Demonstration, with Jennifer Brandt.** Art materials available. 90 mins Mercado
- 3:00**  **Core Challenge** 30 mins (M,Th) Olmeca  
 **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio  
 **Pose Method of Running Technique** (Su,T,Th) Kuchumaa  
 **Sound Healing** (Su,M,,W,Th) Oaktree  
 **Español /Spanish 101** Progressive (M-F) Library
- 4:00**  **Aerial Silks - Low** please wear socks and sleeves (Su,T,W,Th) Kuchumaa  
 **Roll and Release** Please wear socks (Su,T,Th) Tolteca  
 **Stretch & Relax** (Su,T,Th) Montaña  
 **Hands-on Cooking Class at La Cocina Que Canta with Chef Nicole Aloni.** Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.  
 **Art Exhibition with Jennifer Brandt and Ignacio Castañeda** (4:00 to 5:30 pm) Bazar del Sol
- 6:15**  **Silent Dinner** Sign up (W) Los Olivos (via Dining Hall balcony)
- 7:30**  **Movie: Goodbye Christopher Robin** Library Lounge
- 8:00**  **An Evening of Broadway!**  
Efrain Solis, baritone, and Antonius Nazareth, piano Oaktree

## FRIDAY | January 4

! Please sign up or confirm your return transportation at the Admin Building or Concierge Desk

- 6:05**  **Organic Garden Breakfast Hike** 4 Miles, Sign up (T-F) Main Lounge
- 6:15**  **Mountain Hike: Coyote** Advanced Option of 5.5 or Challenging 4 Miles (T,F) Main Lounge
- 6:30**  **Trail Run** Challenging 3-5 miles Lowlands (F) Main Lounge
- 6:45**  **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
- 9:00**  **Bird Walk** (M,F) Gazebo  
 **Circuit Training** (M-F) Azteca  
 **Meditation** (Su-F) Oaktree  
 **Pickleball: All Levels** (F) Pickleball Courts  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Pump It: Level 2** (M.F) Tolteca  
 **Stretch** (Su-F) Montaña
- 10:00**  **Circuit Training** (M-F) Azteca  
 **Dance: Cardio Hip Hop: Flashback 90's** (F) Kuchumaa  
 **Deep Water Training** (F) Activity Pool  
 **Pilates Mat: Level 2** (Su,M,W,F) Pinetree  
 **TRX Cardio: Level 2** (F) Tolteca  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00**  **Cycle 30: All Levels** 30 mins (M,F) Pai Pai  
 **Ranch Ropes** 30 mins (M,F) Olmeca  
 **Ranch History Walk: Explore the roots of the Ranch and its rich 78 year history, with Rob Larson** Gazebo  
 **Release & Mobilize** please wear socks (M,W,F) Oaktree  
 **The Wave** (Su,T,W,Th,F) Activity Pool  
 **Yoga: Level 2 75 mins** (M,W,F) Montaña
- 1:00**  **Master Your Metabolism, with DeRahn Johnson** Olmeca
- 2:00**  **Chant** (F) Milagro  
 **Dance: Step Aerobics** (F) Kuchumaa  
 **Mountain Hike: Alex's Oak** 2 Miles (F) Main Lounge  
 **Pilates Cadillac Fundamentals** (F also M at 2p) Pilates Studio
- 3:00**  **Baja Barre** (W,F) Olmeca  
 **How to Live Your Ranch Experience at Home,** Library Lounge  
 **Kettlebells All Levels** 30 mins (W,F) Tolteca  
 **Español /Spanish 101** Progressive (M-F) Library
- 4:00**  **Inner Journey: Guided Meditation** (Su,F) Oaktree  
 **Yin Yoga** (M,W,F) Montaña
- 5:30**  **Dine 'n' Dance** Dining Hall  
7:00 pm **Music with the Rancho La Puerta Fiesta Band!**  
7:50 pm **Dance, Dance, Dance with Alma Latina!**
- 7:30**  **Movie: Marvel's Black Panther** Library Lounge

Tomorrow's Saturday schedule can be found on bulletin boards in the Main Lounge, Concierge, Front Desk and the Dining Hall.