

Feldenkrais Week

February 23, 2019

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 | February 23

6:15	<input type="checkbox"/>	Mountain Hike: Pilgrim Challenging 3.5 Miles Main Lounge
6:45	<input type="checkbox"/>	Woodlands Hike 2 Miles Main Lounge
9:00	<input type="checkbox"/>	Stretch Pinetree
10:00	<input type="checkbox"/>	Circuit Training Azteca. <input type="checkbox"/> Meditation 30 mins Milagro
11:00	<input type="checkbox"/>	Yoga: All Levels Montaña
12:30 – 3:00		Fitness Concierge Dining Hall A fitness specialist is available to answer all questions
2:00	<input type="checkbox"/>	Sound Healing (Su-F) Oaktree <input type="checkbox"/> Woodlands Hike 2 Miles Main Lounge
3:00	<input type="checkbox"/>	Navigator: Balancing your Ranch Schedule (60 mins) Olmeca <input type="checkbox"/> Stretch Pinetree
3:45	<input type="checkbox"/>	Set Your Ranch Intention, Tips for a Magical Week Return and First Time Guests welcome, Library Lounge
4:00	<input type="checkbox"/>	Open Weight Room Staffed Azteca
4:30	<input type="checkbox"/>	Ranch Tour (30 mins) First Time Guests encouraged Starts in Main Lounge
5:00	<input type="checkbox"/>	First Time Guest Ranch Orientation Tolteca <input type="checkbox"/> Returning Guest Update Olmeca
6:45	<input type="checkbox"/>	Meet the Presenters Dining Hall
7:30	<input type="checkbox"/>	Movie: Coco Library Lounge
8:00	<input type="checkbox"/>	The Wild Beasts: Bucolic landscapes or a bomb thrown in the face of public tastes, with Jennifer Riddell Olmeca

SUNDAY | February 24

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

6:15	<input type="checkbox"/>	Mountain Hike: Pilgrim Challenging 3.5 Miles (Su) Main Lounge
6:30	<input type="checkbox"/>	Mountain Hike: Alex's Oak 2 Miles (Su,W) Main Lounge
6:45	<input type="checkbox"/>	Woodlands Hike 2 Miles (Su,T,Th) Main Lounge
8:15	<input type="checkbox"/>	Fitness Concierge 30 mins (Su) Dining Hall
9:00	<input type="checkbox"/>	Introduction to Pilates Mat: Fundamentals Progressive (Su) Pinetree <input type="checkbox"/> Introduction to Circuit Training (Su) Azteca <input type="checkbox"/> Running Clinic (Su) Meet outside of Kuchumaa Gym <input type="checkbox"/> Sculpt & Strengthen: Level 2 (Su,W) Olmeca <input type="checkbox"/> Stretch (Su-F) Montaña <input type="checkbox"/> Tennis Clinic: Level 1 (Su,T,Th) Tennis Courts <input type="checkbox"/> Ranch Reset 2019: Mini Fasts, with Dr. Michael Finkelstein Library Lounge
10:00	<input type="checkbox"/>	Dance: Intro. to Salsa (Su) Kuchumaa <input type="checkbox"/> Introduction to Circuit Training (Su) Azteca <input type="checkbox"/> Pilates Mat: Level 2 (Su,M,W,F) Pinetree * <input type="checkbox"/> Ranch Cycling: All Levels (Su,T,Th) Pai Pai <input type="checkbox"/> Tennis Clinic: Level 2 (Su,T,Th) Tennis Courts * <input type="checkbox"/> TRX Fundamentals (Su,Th) Tolteca <input type="checkbox"/> Yoga Fundamentals: All Levels (Su-F) Montaña
11:00	<input type="checkbox"/>	Feldenkrais 75 mins (Su-F) Oaktree <input type="checkbox"/> Gyrokinesis® (Su-W) Pinetree <input type="checkbox"/> Ranch Soaked: Cardio Kickboxing 60 mins (Su) Kuchumaa <input type="checkbox"/> Stretch (Su,T,Th) Arroyo <input type="checkbox"/> The Wave (Su,M,T,Th,F) Activity Pool <input type="checkbox"/> TRX Circuit: Level 2 (Su,W) Tolteca <input type="checkbox"/> Yoga: Level 2 75 mins (Su-F) Montaña
12:00	<input type="checkbox"/>	Gyrotonic Tower Demo 30 mins (Su) Pilates Studio <input type="checkbox"/> Swim Stroke Clinic 30 mins (Su,Th) Activity Pool
1:00	<input type="checkbox"/>	Master Your Metabolism, with DeRahn Johnson Olmeca <input type="checkbox"/> WATSU® WaterDance® Demonstration (S) South Pool <input type="checkbox"/> Posture, Balance and Flexibility: The Feldenkrais Method - Demo and Talk, with Donna Wood Arroyo <input type="checkbox"/> What is Craniosacral Therapy and Energy Medicine? with Michael Brightwood Library Lounge
2:00	* <input type="checkbox"/>	Cardio Drum Dance (Su,W) Kuchumaa * <input type="checkbox"/> Deep Water Training (Su,T,Th) Activity Pool * <input type="checkbox"/> Pilates Reformer: Level 2 (Su,W) Pilates Studio <input type="checkbox"/> Postural Therapy (Su,Th) Tolteca <input type="checkbox"/> The Tree of Life: The Living Legacy of Edmond Szekely, with Ludwig Max Fischer, Ph.D. Library Lounge
3:00	<input type="checkbox"/>	Cardio Equipment HIIT 30 mins (Su) Azteca * <input type="checkbox"/> Pilates Reformer: Fundamentals (Su,T,Th) Pilates Studio <input type="checkbox"/> Sound Healing (Su,M,W,Th,F) Oaktree <input type="checkbox"/> Tai Chi (Su,W) Montaña <input type="checkbox"/> Female Abstract Expressionists in the 1950s, with Jennifer Riddell Arroyo
4:00	<input type="checkbox"/>	Inner Journey: Guided Meditation (Su,T,W) Oaktree <input type="checkbox"/> Restorative Yoga (Su,T,Th) Montaña <input type="checkbox"/> Roll and Release please wear socks (Su,T,Th) Tolteca <input type="checkbox"/> The 91st Academy Awards – Red Carpet Olmeca
5:00	<input type="checkbox"/>	The 91st Academy Awards Olmeca
7:30	<input type="checkbox"/>	Movie: Crazy Rich Asians Library Lounge

MONDAY | February 25

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

6:15	<input type="checkbox"/>	Mountain Hike: Professor's Challenging 3.3 Miles (M,Th) Main Lounge
6:30	<input type="checkbox"/>	Introduction to Obstacle Course 60 mins (M) Meet outside of Kuchumaa Gym
6:45	<input type="checkbox"/>	Quail Hike 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
9:00	<input type="checkbox"/>	Bird Walk (M,F) Gazebo <input type="checkbox"/> Circuit Training (M-F) Azteca <input type="checkbox"/> Meditation (M,T,W) Milagro * <input type="checkbox"/> Pickleball: Beginners (M,W) Pickleball Courts <input type="checkbox"/> Pilates Mat: Fundamentals Progressive (M-F) Pinetree <input type="checkbox"/> Pump It: Level 2 (M.F) Tolteca <input type="checkbox"/> Stretch (Su-F) Montaña <input type="checkbox"/> Detox and Cleansing for Vibrant Health, with Dr. Michael Finkelstein Library Lounge
10:00	<input type="checkbox"/>	Circuit Training (M-F) Azteca <input type="checkbox"/> Dance: Zumba (M) Kuchumaa * <input type="checkbox"/> Pickleball: Intermediate (M,W) Pickleball Courts <input type="checkbox"/> Pilates Mat: Level 2 (Su,M,W,F) Pinetree <input type="checkbox"/> Sculpt & Strengthen: Level 1 (M,W,F) Olmeca <input type="checkbox"/> Yoga Fundamentals: All Levels (Su-F) Montaña
11:00	* <input type="checkbox"/>	Cycle 30: All Levels 30 mins (M,F) Pai Pai <input type="checkbox"/> Feldenkrais 75 mins (Su-F) Oaktree <input type="checkbox"/> Gyrokinesis® (Su-W) Pinetree <input type="checkbox"/> Nature Walk 60-75 mins (M,Th) Gazebo <input type="checkbox"/> Release & Mobilize please wear socks (M,W,F) Arroyo <input type="checkbox"/> The Wave (Su,M,T,Th,F) Activity Pool <input type="checkbox"/> Yoga: Level 2 75 mins (Su-F) Montaña
1:00	<input type="checkbox"/>	Food for Thought, with Joe Weiss, MD Olmeca <input type="checkbox"/> “Bean-to-Bar” Chocolate class – a delicious experience. 90 mins /Sign up/ Fee/ Meet at Admin.Bldg. for transportation to Kajkab, across the street. <input type="checkbox"/> Documentary: Tree of Life, The Living Legacy of Edmond Szekely. Q& A with Rob Larson Library Lounge
2:00	<input type="checkbox"/>	Balance & Coordination (M) Olmeca <input type="checkbox"/> Dance: Cardio Hip Hop: Body Rock (M) Kuchumaa <input type="checkbox"/> Functional Mobility (M) Tolteca <input type="checkbox"/> Swim Condition (M,W) Activity Pool * <input type="checkbox"/> Pilates Cadillac Fundamentals (M,Th) Pilates Studio <input type="checkbox"/> Watercolor, with Jennifer Brandt 90 mins Sign up Art Studio
3:00	<input type="checkbox"/>	Core & More with the Foam Roller (M,W) Tolteca * <input type="checkbox"/> Gentle Bounce 30 mins (M,Th) Kuchumaa <input type="checkbox"/> Sound Healing (Su,M,W,Th,F) Oaktree <input type="checkbox"/> Stability Ball All Levels 30 mins (M,W) Olmeca <input type="checkbox"/> Español /Spanish 101 Progressive (M- F) Library
4:00	* <input type="checkbox"/>	Aerial Silks - Low please wear socks and sleeves (M,T,W,Th) Kuchumaa <input type="checkbox"/> The Fine Art of Meditation (M) Oaktree <input type="checkbox"/> Stretch & Relax (M,W,F) Montaña <input type="checkbox"/> Modern Art: I could have done that! with Jennifer Riddell Olmeca
4:30	<input type="checkbox"/>	Fiesta at the Bazar!! All invited! Sangria and guacamole. 4:30 to 5:30 pm Bazar del Sol
7:00	<input type="checkbox"/>	Design Your Own Jewelry, with Alejandro 1.5 hrs Sign up Art Studio <input type="checkbox"/> Gentle Yoga & Rejuvenation by Candlelight (M) Montaña
7:30	<input type="checkbox"/>	Movie: RBG Library Lounge
8:00	<input type="checkbox"/>	Positive Resourcing – Making Use of the Ancient Wisdom Brain for Health & Transformation, with Brooke Medicine Eagle Oaktree

TUESDAY | February 26

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

6:05	<input type="checkbox"/>	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	<input type="checkbox"/>	Mountain Hike: Coyote Advanced 5.5 or 4 Miles (T,F) Main Lounge
6:45	<input type="checkbox"/>	Woodlands Hike 2 Miles (Su,T,Th) Main Lounge
7:00	<input type="checkbox"/>	Sunrise Yoga (T) Montaña
9:00	<input type="checkbox"/>	Bosu® Fit (T,Th) Olmeca <input type="checkbox"/> Circuit Training (M-F) Azteca <input type="checkbox"/> Meditation (M,T,W) Milagro <input type="checkbox"/> Pilates Mat: Fundamentals Progressive (M-F) Pinetree <input type="checkbox"/> Stretch (Su-F) Montaña <input type="checkbox"/> Tennis Clinic: Level 1 (Su,T,Th) Tennis Courts
10:00	<input type="checkbox"/>	Cardio Boxing (T) Kuchumaa <input type="checkbox"/> Circuit Training (M-F) Azteca <input type="checkbox"/> Pilates Arc Barrel: Level 2 (T,Th) Pinetree * <input type="checkbox"/> Ranch Cycling: All Levels (Su,T,Th) Pai Pai <input type="checkbox"/> Tennis Clinic: Level 2 (Su,T,Th) Tennis Courts * <input type="checkbox"/> TRX Plus (T) Tolteca <input type="checkbox"/> Yoga Fundamentals: All Levels (Su-F) Montaña
11:00	<input type="checkbox"/>	Feldenkrais 75 mins (Su-F) Oaktree <input type="checkbox"/> Gyrokinesis® (Su-W) Pinetree <input type="checkbox"/> Ranch Ropes 30 mins (T,F) Olmeca <input type="checkbox"/> Stretch (Su,T,Th) Arroyo * <input type="checkbox"/> The Bounce 30 mins (T,Th) Kuchumaa <input type="checkbox"/> The Wave (Su,M,T,Th,F) Activity Pool <input type="checkbox"/> Yoga: Level 2 75 mins (Su-F) Montaña
1:00	<input type="checkbox"/>	Gut Feelings: Genes, Microbes & Brain, with Joe Weiss, MD Olmeca <input type="checkbox"/> 12 Step Program – Guests conduct Maya Lounge <input type="checkbox"/> Energy Medicine, with Jonelle Rutkauskas Tolteca
2:00	<input type="checkbox"/>	Circuit Training (T,Th) Azteca <input type="checkbox"/> Dance: Swing (T) Kuchumaa * <input type="checkbox"/> Deep Water Training (Su,T,Th) Activity Pool * <input type="checkbox"/> Pilates Twenty / 20 (T,F) Pilates Studio <input type="checkbox"/> Positive Resourcing – Making Use of the Ancient Wisdom White Buffalo Calf Woman – Her Ways of Wholeness (women only), with Brooke Medicine Eagle Oaktree
3:00	<input type="checkbox"/>	Baja Barre (T,F) Olmeca * <input type="checkbox"/> Pilates Reformer: Fundamentals (Su,T,Th) Pilates Studio <input type="checkbox"/> Kettlebells All Levels 30 mins (T,F) Tolteca * <input type="checkbox"/> World Drumming (T) Kuchumaa <input type="checkbox"/> Español /Spanish 101 Progressive (M- F) Library <input type="checkbox"/> An Introduction to the Work of Edmond Szekely, Major Prophetic Voice and Profound Visionary of the Twentieth Century, with Ludwig Max Fischer, Ph.D. Library Lounge
4:00	* <input type="checkbox"/>	Aerial Silks - Low please wear socks and sleeves (M,T,W,Th) Kuchumaa <input type="checkbox"/> Inner Journey: Guided Meditation (Su,T,W) Oaktree <input type="checkbox"/> Restorative Yoga (Su,T,Th) Montaña <input type="checkbox"/> Roll and Release please wear socks (Su,T,Th) Tolteca <input type="checkbox"/> Hands-on Cooking Class at La Cocina Que Canta with Chef Dahlia Haas. Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg. <input type="checkbox"/> Vermeer: The Artist Everyone Knows, with Jennifer Riddell Olmeca
5:00	<input type="checkbox"/>	Present Moment Awareness in Everyday Life, with Dea Rivera, LMFT Oaktree
7:30	<input type="checkbox"/>	Movie: Won't You Be My Neighbor? Library Lounge
8:00	<input type="checkbox"/>	An Evening with Deborah Szekely, co-founder of Rancho Puerta, for an informal question and answer session. Hosted by Barry Shingle, Program Director Tolteca

MEAL HOURS		AVAILABLE FACILITIES WHEN NO CLASS IS IN SESSION	
SATURDAY		Milagro - Meditation Room 6:00 am to 9:00 pm	
Breakfast	7:00 am to 9:00 am	Activity Pool - Lap Swim 7:00 am to 6:00 pm	
Lunch	11:30 am to 3:30 pm	Azteca Gym - Weight Room 7:00 am to 12:00 pm & 2:00 pm to 4:00 pm	
Dinner	5:30 pm to 7:30 pm	UNSTAFFED PICK UP GAMES Pickleball 9 am Su,T,Th,S Sand Volleyball 4 pm Su - F	
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		

WEDNESDAY | February 27

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

6:05	<input type="checkbox"/>	Organic Garden Breakfast Hike 4 Miles, Option to stay and work in the Garden with Salvador (T-F) Main Lounge
6:15	<input type="checkbox"/>	Mountain Hike: Raven Advanced Option of 4.5 or 3.5 Miles (W) Main Lounge
6:30	<input type="checkbox"/>	Dove Meditation Hike Moderate 1.2 miles (W) Main Lounge
	<input type="checkbox"/>	Mountain Hike: Alex's Oak 2 Miles (Su,W) Main Lounge
6:45	<input type="checkbox"/>	Quail Hike 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
9:00	<input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Meditation (M,T,W) Milagro
	* <input type="checkbox"/>	Pickleball: Beginners (M,W) Pickleball Courts
	<input type="checkbox"/>	Pilates Mat: Fundamentals Progressive (M-F) Pinetree
	<input type="checkbox"/>	Sculpt & Strengthen: Level 2 (Su,W) Olmeca
	<input type="checkbox"/>	Stretch (Su-F) Montaña
10:00	<input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Dance: Cardio Hip Hop: Flash Back! (W) Kuchumaa
	* <input type="checkbox"/>	Pickleball: Intermediate (M,W) Pickleball Courts
	<input type="checkbox"/>	Pilates Mat: Level 2 (Su,M,W,F) Pinetree
	<input type="checkbox"/>	Landscape Garden Walk (W) Gazebo
	<input type="checkbox"/>	Sculpt & Strengthen: Level 1 (M,W,F) Olmeca
	<input type="checkbox"/>	Yoga Fundamentals: All Levels (Su-F) Montaña
11:00	* <input type="checkbox"/>	Cycle 30: Rhythm Ride - All Levels 30 mins (W) Pai Pai
	<input type="checkbox"/>	Feldenkrais 75 mins (Su-F) Oaktree
	<input type="checkbox"/>	Gyrokinesis® (Su-W) Pinetree
	<input type="checkbox"/>	Ranch Soaked: Barre 60 mins (Su) Olmeca
	<input type="checkbox"/>	Release & Mobilize please wear socks (M,W,F) Arroyo
	<input type="checkbox"/>	TRX Circuit: Level 2 (Su,W) Tolteca
	<input type="checkbox"/>	H2O Bootcamp (W) Activity Pool
	<input type="checkbox"/>	Yoga: Level 2 75 mins (Su-F) Montaña
1:00	<input type="checkbox"/>	Quest for Immortality, with Joe Weiss, MD Olmeca
	<input type="checkbox"/>	Sit Now –Don't Do Anything, with Dea Rivera, LMFT Oaktree
2:00	<input type="checkbox"/>	Bosu® Balance (W) Olmeca
	* <input type="checkbox"/>	Cardio Drum Dance (Su,W) Kuchumaa
	* <input type="checkbox"/>	Pilates Reformer: Level 2 (Su,W) Pilates Studio
	<input type="checkbox"/>	Swim Condition (M,W) Activity Pool
	<input type="checkbox"/>	Woodlands Hike 2 Miles (W) Main Lounge
	<input type="checkbox"/>	Sculpting Class, with José Ignacio Castañeda (Sign up, 1.5 hrs) Art Studio
	<input type="checkbox"/>	Walking the Path of Heart (women only), with Brooke Medicine Eagle Oaktree
3:00	<input type="checkbox"/>	Core & More with the Foam Roller (M,W) Tolteca
	<input type="checkbox"/>	Sand Volleyball (W) Sand Volleyball Court
	<input type="checkbox"/>	Sound Healing (Su,M,W,Th,F) Oaktree
	<input type="checkbox"/>	Stability Ball All Levels 30 mins (M,W) Olmeca
	<input type="checkbox"/>	Tai Chi (Su,W) Montaña
	<input type="checkbox"/>	Español /Spanish 101 Progressive (M- F) Library
4:00	* <input type="checkbox"/>	Aerial Silks - Low please wear socks and sleeves (M,T,W,Th) Kuchumaa
	<input type="checkbox"/>	Inner Journey: Guided Meditation (Su,T,W) Oaktree
	<input type="checkbox"/>	Stretch & Relax (M,W,F) Montaña
	<input type="checkbox"/>	Hands-on Cooking Class at La Cocina Que Canta with Chef Dahlia Haas. Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
	<input type="checkbox"/>	Design Your Own Jewelry, with Alejandro 90 mins Sign up Art Studio
5:00	<input type="checkbox"/>	Twelve Aphorisms of Edmond Szekely,and How They Can Change our Lives. Meet Professor Ludwig Max Fischer for wine and conversation Bazar del Sol
7:30	<input type="checkbox"/>	Movie: First Man Library Lounge
8:00	<input type="checkbox"/>	Bingo with Barry! Tolteca

THURSDAY | February 28

! Confirm your return transportation at Front Admin Building or Concierge

6:05	<input type="checkbox"/>	Organic Garden Breakfast Hike Moderate 4 Miles, Sign up, Option: to ride the van back to the Ranch (T-F) Main Lounge
6:10	<input type="checkbox"/>	Mountain Hike: 8 Mile Breakfast Advanced with prerequisites, Sign Up (Th) Main Lounge
6:15	<input type="checkbox"/>	Mountain Hike: Professor's Challenging 3.3 Miles (M,Th) Main Lounge
6:30	<input type="checkbox"/>	Obstacle Course 60 mins (Th) Meet outside of Kuchumaa Gym
6:45	<input type="checkbox"/>	Woodlands Hike 2 Miles (Su,T,Th) Main Lounge
9:00	<input type="checkbox"/>	Bosu® Fit (T,Th) Olmeca
	<input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Chant (Th) Milagro
	<input type="checkbox"/>	Pilates Mat: Fundamentals Progressive (M-F) Pinetree
	<input type="checkbox"/>	Stretch (Su-F) Montaña
	<input type="checkbox"/>	Tennis Clinic: Level 1 (Su,T,Th) Tennis Courts
10:00	<input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Dance: Move,Groove & Funk (Th) Kuchumaa
	<input type="checkbox"/>	Pilates Arc Barrel: Level 2 (T,Th) Pinetree
	* <input type="checkbox"/>	Ranch Cycling: All Levels (Su,T,Th) Pai Pai
	<input type="checkbox"/>	Tennis Clinic: Level 2 (Su,T,Th) Tennis Courts
	* <input type="checkbox"/>	TRX Fundamentals (Su,Th) Tolteca
	<input type="checkbox"/>	Yoga Fundamentals: All Levels (Su-F) Montaña
11:00	<input type="checkbox"/>	Feldenkrais 75 mins (Su-F) Oaktree
	<input type="checkbox"/>	Nature Walk 60-75 mins (M,Th) Gazebo
	<input type="checkbox"/>	Stretch (Su,T,Th) Arroyo
	* <input type="checkbox"/>	The Bounce 30 mins (T,Th) Kuchumaa
	<input type="checkbox"/>	The Wave (Su,M,T,Th,F) Activity Pool
	<input type="checkbox"/>	Yoga: Level 2 75 mins (Su-F) Montaña
	<input type="checkbox"/>	Yarn Painting Workshop, Session 1, with Tim Hinchliff Sign up (\$40 one-time art kit fee) Can come to one or both sessions, upstairs balcony of Dining Room
12:00	<input type="checkbox"/>	Swim Stroke Clinic 30 mins (Su,Th) Activity Pool
12:30	<input type="checkbox"/>	Yarn Painting Demo Dining Hall
1:00	<input type="checkbox"/>	“Bean-to-Bar” Chocolate class – a delicious experience. 90 mins /Sign up/ Fee/ Meet at Admin.Bldg. for transportation to Kajkab, across the street.
	<input type="checkbox"/>	A Casual Conversation about the Early Days at the Ranch, with Manuelita Ching Library Lounge
	<input type="checkbox"/>	Yarn Painting Workshop, Session 2, with Tim Hinchliff Sign up (\$40 one-time art kit fee) Can come to one or both sessions, upstairs balcony of Dining Room
2:00	<input type="checkbox"/>	Circuit Training (T,Th) Azteca
	<input type="checkbox"/>	Dance: Cardio Hip Hop: Body Rock (Th) Kuchumaa
	* <input type="checkbox"/>	Deep Water Training (Su,T,Th) Activity Pool
	* <input type="checkbox"/>	Pilates Cadillac Fundamentals (M,Th) Pilates Studio
	<input type="checkbox"/>	Postural Therapy (Su,Th) Tolteca
	<input type="checkbox"/>	Landscape Painting Demonstration, with Jennifer Brandt. Art materials available. 90 mins Mercado
	<input type="checkbox"/>	The Power of Your Ancestors – The Modern Science of Epigenetics (women only), with Brooke Medicine Eagle Oaktree
3:00	<input type="checkbox"/>	Booty Blast 30 mins (Th) Olmeca
	* <input type="checkbox"/>	Gentle Bounce 30 mins (M,Th) Kuchumaa
	<input type="checkbox"/>	Intention Meditation Walk 75 mins (Th) Main Lounge
	* <input type="checkbox"/>	Pilates Reformer: Fundamentals (Su,T,Th) Pilates Studio
	<input type="checkbox"/>	Sound Healing (Su,M,W,Th,F) Oaktree
	<input type="checkbox"/>	Español /Spanish 101 Progressive (M- F) Library
4:00	* <input type="checkbox"/>	Aerial Silks - Low please wear socks and sleeves (M,T,W,Th) Kuchumaa
	<input type="checkbox"/>	Roll and Release Please wear socks (Su,T,Th) Tolteca
	<input type="checkbox"/>	Restorative Yoga (Su,T,Th) Montaña
	<input type="checkbox"/>	Yoga Philosophy: Part I (Th,F) Oaktree
	<input type="checkbox"/>	Hands-on Cooking Class at La Cocina Que Canta with Chef Dahlia Haas Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
	<input type="checkbox"/>	Art Exhibition with Tim Hinchliff, Jennifer Brandt and Ignacio Castañeda (4:00 to 5:30 pm) Bazar del Sol
5:00	<input type="checkbox"/>	The Path to Self-Love and Self-Compassion, with Dea Rivera, LMFT Oaktree
6:15	<input type="checkbox"/>	Silent Dinner Sign up (Th) Los Olivos (via Dining Hall balcony)
7:30	<input type="checkbox"/>	Movie: Goodbye Christopher Robin Library Lounge
8:00	<input type="checkbox"/>	Concert with Natalie Dalschaert, piano, and Brice Martin, flute Oaktree

FRIDAY | March 1

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

6:05	<input type="checkbox"/>	Organic Garden Breakfast Hike 4 Miles, Sign up (T-F) Main Lounge
6:15	<input type="checkbox"/>	Mountain Hike: Coyote Advanced Option of 5.5 or Challenging 4 Miles (T,F) Main Lounge
6:30	<input type="checkbox"/>	Trail Run Challenging 3-5 miles Lowlands (F) Main Lounge
6:45	<input type="checkbox"/>	Quail Hike 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
9:00	<input type="checkbox"/>	Bird Walk (M,F) Gazebo
	<input type="checkbox"/>	Circuit Training (M-F) Azteca
	* <input type="checkbox"/>	Pickleball: All Levels (F) Pickleball Courts
	<input type="checkbox"/>	Pilates Mat: Fundamentals Progressive (M-F) Pinetree
	<input type="checkbox"/>	Pump It: Level 2 (M.F) Tolteca
	<input type="checkbox"/>	Stretch (Su-F) Montaña
10:00	<input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Dance: Disco! (F) Kuchumaa
	* <input type="checkbox"/>	Deep Water Training (F) Activity Pool
	<input type="checkbox"/>	Pilates Mat: Level 2 (Su,M,W,F) Pinetree
	<input type="checkbox"/>	Sculpt & Strengthen: Level 1 (M,W,F) Olmeca
	* <input type="checkbox"/>	TRX: Cardio: Level 2 (F) Tolteca
	<input type="checkbox"/>	Yoga Fundamentals: All Levels (Su-F) Montaña
11:00	* <input type="checkbox"/>	Cycle 30: All Levels 30 mins (M,F) Pai Pai
	<input type="checkbox"/>	Feldenkrais 75 mins (Su-F) Oaktree
	<input type="checkbox"/>	Ranch History Walk: Explore the roots of the Ranch and its rich 78 year history, with Rob Larson Gazebo
	<input type="checkbox"/>	Ranch Ropes 30 mins (T,F) Olmeca
	<input type="checkbox"/>	Ranch Soaked: Sampler 60 mins (Su) Kuchumaa
	<input type="checkbox"/>	Release & Mobilize please wear socks (M,W,F) Arroyo
	<input type="checkbox"/>	The Wave (Su,M,T,Th,F) Activity Pool
	<input type="checkbox"/>	Yoga: Level 2 75 mins (Su-F) Montaña
11:30	<input type="checkbox"/>	Magical Meanings and Stories of the Dining Room's Art, with Tim Hinchliff Meet at Dining Room entrance
1:00	<input type="checkbox"/>	How to Live Your Ranch Experience at Home, Library Lounge
	<input type="checkbox"/>	Make a Prayer Arrow, with Tim Hinchliff Sign up (no fee) Main Lounge
2:00	<input type="checkbox"/>	Dance: Step Aerobics (F) Kuchumaa
	<input type="checkbox"/>	Mountain Hike: Alex's Oak 2 Miles (F) Main Lounge
	* <input type="checkbox"/>	Pilates Twenty / 20 (T,F) Pilates Studio
	<input type="checkbox"/>	Life Is Too Important to be Taken Seriously – Finding Happiness Within, with Dea Rivera, LMFT Oaktree
3:00	<input type="checkbox"/>	Baja Barre (W,F) Olmeca
	<input type="checkbox"/>	Kettlebells All Levels 30 mins (T,F) Tolteca
	<input type="checkbox"/>	Sound Healing (Su,M,W,Th,F) Oaktree
	<input type="checkbox"/>	Español /Spanish 101 Progressive (M- F) Library
4:00	<input type="checkbox"/>	Yoga Philosophy: Part II (Th,F) Oaktree
	<input type="checkbox"/>	Stretch & Relax (M,W,F) Montaña
5:30	<input type="checkbox"/>	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	<input type="checkbox"/>	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.