

Gyrokinesis™ Week

March 9, 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 | March 9

- 6:15 **Mountain Hike: Pilgrim** Challenging 3.5 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
- 11:45 – 2:00 **Fitness Concierge** Dining Hall
A fitness specialist is available to answer all questions
- 2:00 **Sound Healing** Oaktree
 Woodlands Hike 2 Miles 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
 Mexico, Past and Present, with José Guadalupe Flores, Ph.D. Arroyo
- 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 **Discovering Ourselves through Acts of Creation: The Healing Tools of Journaling, with Andrea Peck** Oaktree

SUNDAY | March 10

* 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 **Feldenkrais** (Su,M,T) Oaktree
 Introduction to Pilates Mat: Fundamentals Progressive (Su) Pinetree
 Introduction to Circuit Training (Su) Azteca
 Meditation (Su,M,T,W,F) Millagro
 Running Clinic (Su) Meet outside of Kuchumaa Gym
 Sculpt & Strengthen: Level 2 (Su,W) Olmeca
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (Su,T,W) Tennis Courts
- 10:00 **Dance: Intro. to Salsa** (Su) Kuchumaa
 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,W) Tennis Courts
 TRX Fundamentals (Su,Th) Tolteca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Gyrokinesis@** 75 mins (Su-F) Pinetree
 Ranch Soaked: Ranch Sampler: Level 2 60 mins (Su) Kuchumaa
 Stretch (Su,T,Th) Oaktree
 The Wave (Su,M,T,Th,F) Activity Pool
 The Whys and Hows of Pole Use for Hiking Bring your hiking poles (Su) Meet at the Quote Board
 TRX Circuit: Level 2 (Su,W) Tolteca
 Yoga: Level 2 75 mins (Su-F) Montaña
- 12:00 **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
 The Tree of Life: The Living Legacy of Edmond Szekely, with Ludwig Max Fischer, Ph.D. Arroyo
- 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
 Amplitude4Life - Lecture (Su) Olmeca
- 3:00 **Cardio Equipment HIIT** 30 mins (Su) Azteca
 Gyrokinesis@ (Su,T,Th) Pinetree
 Pilates Reformer: Fundamentals (Su,T,Th) Pilates Studio
 Sound Healing (Su,M,T,W,F) Oaktree
 Stability Ball All Levels 30 mins (Su,T) Olmeca
 Unleashing Creativity - Journal Writing Workshop, with Andrea Peck Library Lounge
- 4:00 **Gyrotonic Tower Demo** 30 mins (Su also W at 3p) Pilates Studio
 Inner Journey: Guided Meditation (Su,T) Oaktree
 Restorative Yoga (Su,T,Th) Montaña
 Roll and Release please wear socks (Su,T,Th) Tolteca
- 5:00 **Master Your Metabolism, with DeRahn Johnson** Olmeca
- 7:30 **Movie: A Star is Born** Library Lounge
- 8:00 **Sexuality and Health – And Live Longer and Better, with Pepper Schwartz, Ph.D.** Olmeca

MONDAY | March 11

* 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 **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
 Feldenkrais (Su,M,T) Oaktree
 Meditation (Su,M,T,W,F) Millagro
 Pickleball: Beginners (M,Th) 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: Zumba (M) Kuchumaa
 Pickleball: Intermediate (M) Pickleball Courts
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 Sculpt & Strengthen: Level 1 (M,W,F) Olmeca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Cycle 30: All Levels** 30 mins (M,F) Pai Pai
 Gyrokinesis@ 75 mins (Su-F) Pinetree
 Nature Walk 60-75 mins (M,Th) Gazebo
 Release & Mobilize please wear socks (M,W,F) Oaktree
 The Wave (Su,M,T,Th,F) Activity Pool
 Yoga: Level 2 75 mins (Su-F) Montaña
- 1:00 **Food for Thought, with Joe Weiss, MD** Olmeca
 "Bean-to-Bar" Chocolate class – a delicious experience. 90 mins /Register at ext. 625/ Fee/ Departing from Admin.Bldg.
- 2:00 **Balance & Coordination** (M) Olmeca
 Dance: Move, Groove & Funk (M) Kuchumaa
 Feldenkrais (Su,M,T) Oaktree
 Sleep Well: Siesta Time (M) Arroyo
 Swim Condition (M,W) Activity Pool
 Pilates Cadillac Fundamentals (M,Th) Pilates Studio
 Watercolor, with Jennifer Brandt 90 mins Sign up Art Studio
 The Big Shift: Love or Fear—What does mindfulness have to do with relationships, with Linda Carroll, Life Coach Arroyo
- 3:00 **Core Challenge** 30 mins (M) Olmeca
 Functional Mobility (M) Tolteca
 Gentle Bounce 30 mins (M,Th) Kuchumaa
 Sound Healing (Su,M,T,W,F) Oaktree
 Español /Spanish 101 Progressive (M- F) Library
 Left/Right Brain - Journal Writing Workshop, with Andrea Peck Library Lounge
- 4:00 **The Fine Art of Meditation** (M) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Dating Over 40, with Pepper Schwartz, Ph.D. Olmeca
- 5:00 **Fiesta at the Bazar!! All invited! Sangria and guacamole.** 5:00 to 6:00 pm Bazar del Sol
- 7:00 **Design Your Own Jewelry, with Alejandro** 1.5 hrs Sign up Art Studio
 Gentle Yoga & Rejuvenation by Candlelight (M) Montaña
- 7:30 **Movie: RBG** Library Lounge
- 8:00 **Concert with Juan Pablo Andrade, piano, Martha Aarons, flute and Lev Polyakin, violin** Oaktree

TUESDAY | March 12

* 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
- 7:00 **Sunrise Yoga** (T) Montaña
- 9:00 **BOSU@ Fit** (T,Th) Olmeca
 Cardio Boxing (T) Kuchumaa
 Circuit Training (M-F) Azteca
 Feldenkrais (Su,M,T) Oaktree
 Meditation (Su,M,T,W,F) Millagro
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (Su,T,W) Tennis Courts
- 10:00 **Circuit Training** (M-F) Azteca
 Dance: Hot Latin Cardio Fusion (T) Kuchumaa
 Pilates Arc Barrel: Level 2 (T,Th) Pinetree
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Tennis Clinic: Level 2 (Su,T,W) Tennis Courts
 TRX Plus (T) Tolteca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Gyrokinesis@** 75 mins (Su-F) Pinetree
 Ranch Ropes 30 mins (T,F) Olmeca
 Stretch (Su,T,Th) Oaktree
 The Bounce 30 mins (T,Th) Kuchumaa
 The Wave (Su,M,T,Th,F) Activity Pool
 Yoga: Level 2 75 mins (Su-F) Montaña
- 1:00 **Gut Feelings: Genes, Microbes & Brain, with Joe Weiss, MD** Olmeca
 12 Step Program – Guests conduct Maya Lounge
 Energy Medicine, with Jonelle Rutkauskas Tolteca
- 2:00 **Circuit Training** (T,Th) Azteca
 Amplitude4Life (T,Th) Olmeca
 Dance: Cardio Hip Hop: Body Rock (T) Kuchumaa
 Deep Water Training (Su,T,Th) Activity Pool
 Feldenkrais (Su,M,T) Oaktree
 Pilates Twenty / 20 (T also F at 11a) Pilates Studio
 A Healthy Inner Dialogue – Why inner communication is the first step to healthy outer communication, with Linda Carroll, Life Coach Oaktree
- 3:00 **Gyrokinesis@** (Su,T,Th) Pinetree
 Pilates Reformer: Fundamentals (Su,T,Th) Pilates Studio
 Kettlebells All Levels 30 mins (T,Th) Tolteca
 Sound Healing (Su,M,T,W,F) Oaktree
 Stability Ball All Levels 30 mins (Su,T) Olmeca
 World Drumming (T) Kuchumaa
 Español /Spanish 101 Progressive (M- F) Library
 Dialoguing - Journal Writing Workshop, with Andrea Peck Library Lounge
- 4:00 **Aerial Silks - Low** please wear socks and sleeves (T,W,Th also F at 3p) Kuchumaa
 Inner Journey: Guided Meditation (Su,T) Oaktree
 Restorative Yoga (Su,T,Th) Montaña
 Roll and Release please wear socks (Su,T,Th) Tolteca
 Hands-on Cooking Class at La Cocina Que Canta with Chef Romney 'Nani' Steele. Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
- 5:00 **Traditional Stories/New Media: Universal Themes of Humanity Found in a Hit Television Series, with Josh Berman** Olmeca
- 7:30 **Movie: Won't You Be My Neighbor?** Library Lounge
- 8:00 **An Evening with Deborah Szekely, co-founder of Rancho La Puerta, for an informal question and answer session. Hosted by Barry Shingle, Program Director** Oaktree

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

WEDNESDAY | March 13

* 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,M,T,W,F) Millagro
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Sculpt & Strengthen: Level 2 (Su,W) Olmeca
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (Su,T,W) Tennis Courts
- 10:00 **Circuit Training** (M-F) Azteca
 Dance: Cardio Hip Hop: Body Rock (W) Kuchumaa
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 Landscape Garden Walk (W) Gazebo
 Sculpt & Strengthen: Level 1 (M,W,F) Olmeca
 Tennis Clinic: Level 2 (Su,T,W) Tennis Courts
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 * **Cycle 30: Rhythm Ride - All Levels** 30 mins (W) Pai Pai
 Gyrokinesis@ 75 mins (Su-F) Pinetree
 Ranch Soaked: Yoga Sculpt: Level 2 60 mins (Su) Olmeca
 Release & Mobilize please wear socks (M,W,F) Oaktree
 TRX Circuit: Level 2 (Su,W) Tolteca
 H2O Bootcamp (W) Activity Pool
 Yoga: Level 2 75 mins (Su-F) Montaña
- 1:00 **Quest for Immortality, with Joe Weiss, MD** Olmeca
 Behind the Scenes of Reality TV: The Evolution of Arranged Marriage or "Married at First Sight," with Pepper Schwartz, Ph.D. Arroyo
- 2:00 **BOSU@ Balance** (W) Olmeca
* **Cardio Drum Dance** (Su,W) Kuchumaa
* **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
 Emotional Literacy– Neuroplasticity and the eight essential keys to emotional fitness, with Linda Carroll, Life Coach Oaktree
- 3:00 **Baja Barre** (W,F) Olmeca
 Gyrotonic Tower Demo 30 mins (W) Pilates Studio
 Sand Volleyball (W) Sand Volleyball Court
 Sound Healing (Su,M,T,W,F) Oaktree
 Español /Spanish 101 Progressive (M- F) Library
 Life as Your Palette - Journal Writing Workshop, with Andrea Peck Library Lounge
- 4:00 * **Aerial Silks - Low** please wear socks and sleeves (T,W,Th also F at 3p) Kuchumaa
 Stretch & Relax (M,W,F) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Chef Romney 'Nani' Steele. Register at ext 625/ Fee/ Departure at 4:00pm; return 7:30pm. Meet at Admin Bldg.
 Design Your Own Jewelry, with Alejandro 90 mins Sign up Art Studio
 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
- 5:00 **Spiritual Underpinning of a Hit TV Show: The Inspiration for Drop Dead Diva, with Josh Berman** Olmeca
- 7:30 **Movie: Marvel's Black Panther** Library Lounge
- 8:00 **Bingo with Barry!** Olmeca

THURSDAY | March 14

! 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
 Chant (Th) Milagro
* **Pickleball: Beginners** (M,W) Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
- 10:00 **Circuit Training** (M-F) Azteca
 Dance: Stiptease (Th) Kuchumaa
 Pilates Arc Barrel: Level 2 (T,Th) Pinetree
* **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
* **TRX Fundamentals** (Su,Th) Tolteca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Gyrokinesis**@ 75 mins (Su-F) Pinetree
 Nature Walk 60-75 mins (M,Th) Gazebo
 Stretch (Su,T,Th) Oaktree
* **The Bounce** 30 mins (T,Th) Kuchumaa
 The Wave (Su,M,T,Th,F) Activity Pool
 Yoga: Level 2 75 mins (Su-F) Montaña
 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 **Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
- 12:30 **Yarn Painting Demo** Dining Hall
- 1:00 **"Bean-to-Bar" Chocolate class – a delicious experience.** 90 mins /Register at ext. 625/ Fee/ Departing from Admin.Bldg.
 A Casual Conversation about the Early Days at the Ranch, with Manuelita Ching Library Lounge
 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 **Amplitude4Life** (T,Th) Olmeca
 Circuit Training (T,Th) Azteca
* **Deep Water Training** (Su,T,Th) Activity Pool
* **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio
 Landscape Painting Demonstration, with Jennifer Brandt. Art materials available. 90 mins Mercado
 Powerful You: Our Impact on others and three magic words (that are not "I love you"), with Linda Carroll, Life Coach Oaktree
- 3:00 **Booty Blast** 30 mins (Th) Olmeca
* **Gentle Bounce** 30 mins (M,Th) Kuchumaa
 Gyrokinesis@ (Su,T,Th) Pinetree
 Intention Meditation Walk 75 mins (Th) Main Lounge
 Kettlebells All Levels 30 mins (T,Th) Tolteca
* **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
 Español /Spanish 101 Progressive (M- F) Library
- 4:00 * **Aerial Silks - Low** please wear socks & sleeves (T,W,Th also F at 3p) Kuchumaa
 Roll and Release Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,T,Th) Montaña
 Yoga Philosophy: Part I (Th,F) Oaktree
 Hands-on Cooking Class at La Cocina Que Canta with Chef Romney 'Nani' Steele. Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
 Art Exhibition with Tim Hinchliff, Jennifer Brandt and Ignacio Castañeda (4:00 to 5:30 pm) Bazar del Sol
- 6:15 **Silent Dinner** Sign up (Th) Los Olivos (via Dining Hall balcony)
- 7:30 **Movie: First Man** Library Lounge
- 8:00 **Exploring the Human Condition through a Television Show: Are You Being Serious?, with Josh Berman** Olmeca

FRIDAY | March 15

! 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,M,T,W,F) Millagro
* **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: Flash Back! (F) Kuchumaa
* **Deep Water Training** (F) Activity Pool
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 Sculpt & Strengthen: Level 1 (M,W,F) Olmeca
* **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
 Gyrokinesis@ 75 mins (Su-F) Pinetree
* **Pilates Twenty / 20** (F) Pilates Studio
 Ranch History Walk: Explore the roots of the Ranch and its rich 78 year history, with Rob Larson Gazebo
 Ranch Ropes 30 mins (T,F) Olmeca
 Release & Mobilize please wear socks (M,W,F) Oaktree
 The Wave (Su,M,T,Th,F) Activity Pool
 Yoga: Level 2 75 mins (Su-F) Montaña
- 11:30 **Magical Meanings and Stories of the Dining Room's Art, with Tim Hinchliff** Meet at Dining Room entrance
- 1:00 **How to Live Your Ranch Experience at Home,** Library Lounge
 Make a Prayer Arrow, with Tim Hinchliff Sign up (no fee) Main Lounge
- 2:00 **Dance: Step Aerobics** (F) Kuchumaa
 Mountain Hike: Alex's Oak 2 Miles (F) Main Lounge
 Postural Therapy (Su,F) Tolteca
- 3:00 * **Aerial Silks - Low** please wear socks & sleeves (F) Kuchumaa
 Baja Barre (W,F) Olmeca
 Sound Healing (Su,M,T,W,F) Oaktree
 Español /Spanish 101 Progressive (M- F) Library
 Create Your Best Life: What "wholehearted" really means in love and life, with Linda Carroll, Life Coach Oaktree
- 4:00 **Chant** (Th) Milagro
 Stretch & Relax (M,W,F) Montaña
 Yoga Philosophy: Part II (Th,F) Oaktree
 Twelve Aphorisms of Edmond Szekely, and How They Can Change our Lives. Meet Professor Ludwig Max Fischer for wine and conversation Bazar del Sol
- 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 **Documentary: Flight of the Butterflies** Library Lounge

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