

Iyengar Yoga Week

October 5, 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 | October 5

- 6:30** **Mountain Hike: Alex's Oak** 2 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 – 1:45** **Fitness Concierge** Dining Hall
A fitness specialist is available to answer all questions
- 2:00** **Shallow Water Workout** Activity Pool
 Sound Healing Oaktree
- 3:00** **Navigator: Balancing your Ranch Schedule** (60 mins) Olmeca
 Stretch Pinetree
- 4:00** **Open Weight Room** Staffed Azteca
 Set Your Ranch Intention, Tips for a Magical Week Return and First Time Guests welcome, Library Lounge
- 5:00** **Ranch Tour** (30 mins) First Time Guests encouraged
Starts in Main Lounge
 Returning Guest Update Olmeca
 Mexico Past and Present, with José Guadalupe Flores, Ph.D. Library Lounge
- 5:30** **First Time Guest Ranch Orientation** Tolteca
- 6:45** **Meet the Presenters** Dining Hall
- 7:15** **Movie: A Star is Born** Library Lounge
- 8:00** **The Importance of Being Wrong, with Leslie McGuirk** 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 | October 6

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

- 6:05** **Mountain Hike: Pilgrim** Advanced Option of 4.5 or Challenging 3.5 Miles (Su,W) Main Lounge
- 6:30** **Mountain Hike: Alex's Oak** 2 Miles (Su,W) Main Lounge
- 6:45** **Woodlands Hike** 2 Miles (Su,W) Main Lounge
- 7:30** **Fitness Concierge** 30 mins (Su) Villas Pool
- 8:15** **Fitness Concierge** 30 mins (Su) Dining Hall
- 9:00** **Chant** (Su) Milagro
 Feldenkrais (Su,M,T) Oaktree
 Introduction to Pilates Mat: Fundamentals Progressive (Su) Pinetree
* **Introduction to Circuit Training** (Su) Azteca
* **Pickleball: Beginners** (Su,W) Pickleball Courts
 Sculpt & Strengthen: Level 2 (Su,W) Olmeca
 Stretch (Su-F) Montaña
- 10:00** **Dance: Intro. to Salsa!** (M) Kuchumaa
* **Introduction to Circuit Training** (Su) Azteca
 Pilates Mat: Level 2 (Su,T,W,Th) Pinetree
* **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
* **TRX Fundamentals** (Su,Th) Tolteca
 Yoga: Level 2 (Su-F) Montaña
- 11:00** **Gyrokinesis®** (Su-F) Pinetree
 Iyengar Yoga:All Levels 90 mins (Su-F) Montaña
 Stretch (Su,T,Th) Oaktree
 The Wave (Su,T,Th,F) Activity Pool
 The Whys and Hows of Pole Use for Hiking Bring your hiking poles (Su) Meet outside Arroyo
 TRX Circuit: Level 2 (Su) Tolteca
- 12:00** **Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
- 1:00** **Posture, Balance and Flexibility: Feldenkrais in action, with Donna Wood** Oaktree
 WATSU® WaterDance® Demonstration (S) South Pool
- 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
- 3:00** **Core Challenge** 30 mins (Su,F) Olmeca
 Kettlebells: All Levels (Su,T) Tolteca
* **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
 Sound Healing (Su,M,Th,F) Oaktree
- 4:00** **Inner Journey: Guided Meditation** (Su,M,W,F) Oaktree
 Restorative Yoga (Su,T,Th) Montaña
 Roll and Release please wear socks (Su,Th) Tolteca
- 5:00** **Quest for Inspiration | Leslie McGuirk** Tolteca
- 7:15** **Movie: Mary Poppins Returns** Library Lounge
- 8:00** **The Art of the Interview: An Evening with Truman Capote, Miles Davis, Allen Ginsberg, and Debbie Reynolds. Writer Larry Grobel** shows video interviews he did with these icons and discusses what he's learned from four decades of talking to such people. Olmeca

MONDAY | October 7

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

- 6:05** **Mountain Hike: Professor's** Challenging 3.3 Miles (M,Th) Main Lounge
- 6:30** **Dove Meditation Hike** Moderate 1.2 miles (M) Main Lounge
- 6:45** **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,Th) Main Lounge
- 9:00** **Bird Walk** (M,F) Gazebo
* **Circuit Training** (M-F) Azteca
 Feldenkrais (Su,M,T) Oaktree
 Meditation (M,W,F) Milagro
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Pump It: Level 2 (M,F) Tolteca
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (M,T,Th) Tennis Courts
- 10:00** * **Circuit Training** (M-F) Azteca
 Dance: Cardio Hip Hop: Body Rock! (M) Kuchumaa
 Pilates Arc Barrel: Level 2 (M.F) Pinetree
 Sculpt & Strengthen: Level 1 (M,F) Olmeca
 Tennis Clinic: Level 2 (M,T,Th) Tennis Courts
 Yoga: Level 2 (Su-F) Montaña
- 11:00** **Athlete Action: Level 2** (M) Tolteca
* **Cycle 30: All Levels** 30 mins (M,F) Pai Pai
 Gyrokinesis® (Su-F) Pinetree
 H2O Bootcamp (M,W) Activity Pool
 Iyengar Yoga:All Levels 90 mins (Su-F) Montaña
 Nature Walk 60-75 mins (M,Th) Gazebo
 Release & Mobilize please wear socks (M,W,F) Oaktree
 Chakra Health: Opening and Balancing Exercises for your Energy Centers, with Jonelle Rutkauskas Library Lounge
- 12:00** **Gyrotonic Tower Demo** 30 mins (M Pilates Studio)
- 1:00** **Food for Thought, with Joe Weiss, MD** Olmeca
- 2:00** **Balance & Co-ordination** (M) Olmeca
 Dance: Zumba! (M) Kuchumaa
 Feldenkrais (Su,M,T) Oaktree
* **Pilates Cadillac Fundamentals** (M) Pilates Studio
 Water Yoga (M,W) Activity Pool
- 3:00** **Chair Exercise Workout** (M) Olmeca
 Functional Mobility (M) Tolteca
 Sound Healing (Su,M,T,Th,F) Oaktree
 Treadmill Hiking 30 mins (M) Azteca
- 4:00** * **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (M,T) Kuchumaa
 Inner Journey: Guided Meditation (Su,M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
- 5:00** **Fiesta at the Bazar!! All invited! Sangria and guacamole.** 5:00 to 6:00 pm Bazar del Sol
- 7:15** **Movie: Ride** Library Lounge
- 8:00** **Bingo with Barry!** Olmeca
- 8:00** **An Evening with Deborah Szekely, co-founder of Rancho La Puerta, with an informal question and answer session. Hosted by Barry Shingle, Program Director** Oaktree

TUESDAY | October 8

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

- 6:05** **Mountain Hike: Ember of the Valley** Challenging 4 Miles (T,F) Main Lounge
- 6:10** **Organic Garden Breakfast Hike** Moderate 4 Miles, Sign up, Professor Park / RLP Foundation Tour offered (T,W,Th,F) Main Lounge
- 6:45** **Rolling Hills Hike** 2 Miles (T,F) Main Lounge
- 7:00** **Sunrise Yoga** (T) Montaña
- 9:00** **BOSU® Fit** (T,Th) Olmeca
* **Circuit Training** (M-F) Azteca
 Feldenkrais (Su,M,T) Oaktree
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (M,T,Th) Tennis Courts
- 10:00** **Dance: Country Line** (T) Kuchumaa
* **Circuit Training** (M-F) Azteca
 Pilates Mat: Level 2 (Su,T,W,Th) Pinetree
* **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
 Tennis Clinic: Level 2 (M,T,Th) Tennis Courts
 TRX Plus (T) Tolteca
 Yoga: Level 2 (Su-F) Montaña
- 11:00** * **The Bounce** 30 mins (T,Th) Kuchumaa
 Gyrokinesis® (Su-F) Pinetree
 Iyengar Yoga:All Levels 90 mins (Su-F) Montaña
 Ranch Ropes 30 mins (T) Olmeca
 Stretch (Su,T,Th) Oaktree
 The Wave (Su,T,Th,F) Activity Pool
- 1:00** **Gut Feelings: Genes, Microbes & Brain, with Joe Weiss, MD** Olmeca
 "Bean-to-Bar" Chocolate class – a delicious experience. 90 mins /Register at ext. 625/ Fee/ Departing from Admin.Bldg.
 12 Step Program – Guests conduct Maya Lounge
- 2:00** **Circuit Training** (T,Th) Azteca
 Dance: Cardio Hip Hop: Flashback 90's (T) Kuchumaa
* **Deep Water Training** (Su,T,Th) Activity Pool
 Feldenkrais (Su,M,T) Oaktree
* **Pilates Twenty / 20** (T,F) Pilates Studio
 Kettlebells: All Levels (Su,T) Tolteca
* **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
 Ranch Barre (T,Th) Olmeca
* **World Drumming** (T) Kuchumaa
- 4:00** * **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (M,T) Kuchumaa
 Restorative Yoga (Su,T,Th) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Chef Kim O'Donnel. Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
 Design Your Own Jewelry, with Alejandro 60mins Sign up Art Studio
- 5:00** **The Art of the Interview:** John Huston, Shelley Winters, Sylvester Stallone, Alex Haley, Dudley Moore, Joan Collins, and Norman Mailer. Writer **Larry Grobel** shows video interviews he did with these icons and discusses what he's learned from four decades of talking to such people. Olmeca
- 7:15** **Documentary: RBG** Library Lounge
- 8:00** **Bingo with Barry!** Olmeca

WEDNESDAY | October 9

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

- 6:05** **Mountain Hike: Pilgrim** Advanced Option of 4.5 or Challenging 3.5 Miles (Su,W) Main Lounge
- 6:10** **Organic Garden Breakfast Hike** 4 Miles, (T,W,Th,F) Main Lounge
- 6:30** **Mountain Hike: Alex's Oak** 2 Miles (Su,W) Main Lounge
- 6:45** **Woodlands Hike** 2 Miles (Su,W) Main Lounge
- 9:00** * **Circuit Training** (M-F) Azteca
 Meditation (M,W,F) Milagro
 * **Pickleball: Beginners** (Su,W) Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Sculpt & Strengthen: Level 2 (Su,W) Olmeca
 Stretch (Su-F) Montaña
- 10:00** **Dance: Zumba** (W) Kuchumaa
 Chair Exercise Workout (W) Olmeca
 * **Circuit Training** (M-F) Azteca
 * **Pickleball: Intermediate** (W) Pickleball Courts
 Pilates Mat: Level 2 (Su,T,W,Th) Pinetree
 Landscape Garden Walk (W) Gazebo
 Yoga: Level 2 (Su-F) Montaña
- 11:00** * **Cycle 30: Rhythm Ride - All Levels** 30 mins (W) Pai Pai
 Gyrokinesis® (Su-F) Pinetree
 H2O Bootcamp (M,W) Activity Pool
 Iyengar Yoga:All Levels 90 mins (Su-F) Montaña
 Release & Mobilize please wear socks (M,W,F) Oaktree
 RLP Heat: Yoga Sculpt: Level 2 (W) Olmeca
 * **TRX: Flexibility** (W) Tolteca
- 1:00** **Quest for Immortality, with Joe Weiss, MD** Olmeca
- 2:00** **Bosu Balance** (W) Olmeca
 * **Cardio Drum Dance** (Su,W) Kuchumaa
 * **Pilates Reformer: Level 2** (Su,W) Pilates Studio
 Water Yoga (M,W) Activity Pool
 Sculpting Class, with José Ignacio Castañeda (Sign up, 1.5 hrs) Art Studio
- 3:00** * **Boga Fitmat: Level 2** (W,Th) Central Pool
 Booty Blast (W) Olmeca
 Yoga Workshop: Rope Wall (W) Montaña
- 4:00** * **Aerial Yoga: Hip Height: Level 2** please wear socks and sleeves (W,Th) Kuchumaa
 Inner Journey: Guided Meditation (Su,M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Chef Kim O'Donnel. 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
- 5:00** **This Wasn't on My Bucket List, with Pat Harrison** Library Lounge
- 7:15** **Movie: Marvel's Black Panther** Library Lounge
- 8:00** **The Hows and Whys of Astrology, with Leslie McGuirk** Tolteca

THURSDAY | October 10

! Confirm your return transportation at Front Admin Building or Concierge

- 6:05** **Mountain Hike: Professor's** Challenging 3.3 Miles (M,Th) Main Lounge
- 6:10** **Organic Garden Breakfast Hike** Moderate 4 Miles, Sign up, Option: to ride the van back to the Ranch (T,W,Th,F) Main Lounge
- 6:45** **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,Th) Main Lounge
- 9:00** **BOSU® Fit** (T,Th) Olmeca
 * **Circuit Training** (M-F) Azteca
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (M,T,Th) Tennis Courts
 Mexican Silver Jewelry Trunk Show (9 am to 6 pm) Mercado
- 10:00** **Cardio Boxing** (Th) Kuchumaa
 * **Circuit Training** (M-F) Azteca
 Pilates Mat: Level 2 (Su,T,W,Th) Pinetree
 * **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
 Tennis Clinic: Level 2 (M,T,Th) Tennis Courts
 * **TRX Fundamentals** (Su,Th) Tolteca
 Yoga: Level 2 (Su-F) Montaña
- 11:00** **Gyrokinesis®** (Su-F) Pinetree
 Iyengar Yoga:All Levels 90 mins (Su-F) Montaña
 Nature Walk 60-75 mins (M,Th) Gazebo
 Stretch (Su,T,Th) Oaktree
 * **The Bounce** 30 mins (Tu,Th) Kuchumaa
 The Wave (Su,T,Th,F) Activity Pool
 Soft Mosaic Workshop, Session 1, with Tim Hinchliff Sign up, (\$40 one-time art kit fee) Dining Hall balcony
- 12:00** **Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
- 12:30** **Yarn Painting Demo** Dining Hall
- 1:00** **Astrology: The Power of Mercury, with Leslie McGuirk** Tolteca
 "Bean-to-Bar" Chocolate class – a delicious experience. 90 mins /Register at ext. 625/ Fee/ Departing from Admin.Bldg.
 Soft Mosaic Workshop, Session 2, with Tim Hinchliff Sign up, (\$40 one-time art kit fee) Dining Hall balcony
 Documentary: Tree of Life, The Living Legacy of Edmond Szekely. Q& A with Rob Larson Library Lounge
- 2:00** * **Circuit Training** (T,Th) Azteca
 * **Deep Water Training** (Su,T,Th) Activity Pool
 * **Pilates Cadillac: Level 2** (Th) Pilates Studio
 Postural Therapy: Spine, Shoulders, Neck and Head (Th) Tolteca
- 3:00** * **Boga Fitmat: Level 2** (W,Th) Central Pool
 * **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
 Ranch Barre (T,Th) Olmeca
 Sound Healing (Su,M,Th,F) Oaktree
- 4:00** * **Aerial Yoga: Hip Height: Level 2** please wear socks and sleeves (W,Th) Kuchumaa
 Chant (Th)Milagro
 Roll and Release Please wear socks (Su,Th) Tolteca
 Restorative Yoga (Su,T,Th) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Chef Kim O'Donnel. Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
- 4:30** **Art Exhibition with Tim Hinchliff and José Ignacio Castañeda** (4:30 to 6:00 pm) Bazar del Sol
- 5:00** **The Art of the Interview: Larry Grobel shows video interviews he did with Hollywood icons and discusses what he's learned from four decades of talking to such people.** Olmeca
- 6:15** **Silent Dinner** Sign up (Th) Los Olivos
- 7:15** **Movie: First Man** Library Lounge
- 8:00** **Concert with Corina Rose -- a unique blend of soul, jazz, reggae, and pop** Oaktree

FRIDAY | October 11

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

- 6:05** **Mountain Hike: Ember of the Valley** Challenging 4 Miles (T,F) Main Lounge
- 6:10** **Organic Garden Breakfast Hike** Moderate 4 Miles, Sign up, Option: to ride the van back to the Ranch (T,W,Th,F) Main Lounge
- 6:30** **Silent Mountain Meditation Hike: Alex Oak** 2 Miles (F) Main Lounge
- 6:45** **Rolling Hills Hike** 2 Miles (T,F) Main Lounge
- 9:00** **Bird Walk** (M F) Gazebo
 * **Circuit Training** (M-F) Azteca
 Meditation (M,W,F) Milagro
 * **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** **Dance: Chair Striptease** (F) Kuchumaa
 * **Deep Water Training** (Su,T,Th) Activity Pool
 * **Circuit Training** (M-F) Azteca
 Pilates Arc Barrel: Level 2 (M.F) Pinetree
 Sculpt & Strengthen: Level 1 (M,F) Olmeca
 TRX Cardio: Level 2 (F) Tolteca
 Yoga: Level 2 (Su-F) Montaña
- 11:00** * **Cycle 30: All Levels** 30 mins (M,F) Pai Pai
 Gyrokinesis® (Su-F) Pinetree
 Iyengar Yoga:All Levels 90 mins (Su-F) Montaña
 Ranch Ropes Plus 30 mins (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,Th,F) Activity Pool
- 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** (Th) Library Lounge
 Make a Prayer Arrow, with Tim Hinchliff Sign up (no fee) Main Lounge
 Unseen Cuba, with John Rosenmiller Olmeca
- 2:00** **Dance: Step Aerobics!** (F) Kuchumaa
 * **Pilates Twenty / 20** (T,F) Pilates Studio
 Water Polo on the Noodle (F) Activity Pool
- 3:00** **Core Challenge** 30 mins (Su,F) Olmeca
 Sound Healing (Su,M,Th,F) Oaktree
 * **TRX: Flexibility** (W) Tolteca
- 4:00** **Inner Journey: Guided Meditation** (Su,M,W,F) Oaktree
 Stretch & Relax (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!**
- 7:15** **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.