

Meditation Week
July 24, 2021

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.

- 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.
 - "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.
 - **Sign up** for classes are posted in the main lounge cork board.
 - **Classes are limited** based on social distancing and equipment availability.
 - **Classes and activities begin on time** and last 45 minutes unless noted otherwise.

SATURDAY | July 24

6:15	<input type="checkbox"/>	Mountain Hike: Professor's	challenging 3.3 Miles Gazebo
6:45	<input type="checkbox"/>	Woodlands Hike	2 Miles Gazebo
9:00	<input type="checkbox"/>	Stretch	Pinetree
10:15	<input type="checkbox"/>	Meditation	Oaktree
11:30	<input type="checkbox"/>	Yoga: All Levels	Montaña
11:45– 1:30		Fitness Concierge	Dining Hall A fitness specialist is available to answer all questions
2:00	<input type="checkbox"/>	Shallow Water Workout	Activity Pool
	<input type="checkbox"/>	Sound Healing	Oaktree
3:15	<input type="checkbox"/>	Stretch	Pinetree
4:00	<input type="checkbox"/>	Set Your Ranch Intention, Tips for a Magical Week	Olmecca
5:00	<input type="checkbox"/>	Ranch Tour (recommended for first time guests)	Gazebo
	<input type="checkbox"/>	Returning Guest Update	Tolteca
5:30	<input type="checkbox"/>	First Time Guest Orientation	Olmecca
6:45	<input type="checkbox"/>	Meet the Presenters	Dining Hall
7:15	<input type="checkbox"/>	Movie <i>Knives Out</i>	Library Lounge
8:00	<input type="checkbox"/>	Live Your Great Story! with Jeanine Mancusi, Life Coach	Oaktree

MEAL HOURS	AVAILABLE FACILITIES WHEN NO CLASS IS IN SESSION
SATURDAY Breakfast 6:30 am to 9:00 am Lunch 11:30 am to 3:30 pm Dinner 5:30 pm to 7:30 pm	Milagro - Meditation Room 6:00 am to 9:00 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	Activity Pool - Lap Swim 7:00 am to 5:00 pm
	Azteca Gym - Weight Room Saturday: 7:00 am to 1:00 pm Sunday – Friday: 7:00 am to to 5:00 pm
SNACK TIMES	UNSTAFFED PICK UP GAMES
Main Lounge Sunday – Friday Fruit: 10:30 am Smoothies: 2:45 pm Veggies & Juice 4:30 pm	Pickleball 9 am Su,T,Th
	Sand Volleyball 4 pm Su - F

SUNDAY | July 25

Class spaces are limited to first come first served

6:15	<input type="checkbox"/>	Mountain Hike: Pilgrim	Advanced Option of 3.5 or Challenging 4.5 Miles (Su,W) Gazebo
6:30	<input type="checkbox"/>	Mountain Hike: Alex's Oak	2 Miles (Su,W) Gazebo
6:45	<input type="checkbox"/>	Quail Hike	2 Miles with an Option to do an Extra Moderate Half Mile (Su,T,Th) Gazebo
8:15	<input type="checkbox"/>	Fitness Concierge	30 mins (Su) Dining Hall
9:00	<input type="checkbox"/>	Feldenkrais (Su,M,T) Arroyo	
	<input type="checkbox"/>	Introduction to Circuit Training (Su) Azteca	
	<input type="checkbox"/>	Introduction to Pilates Mat: Fundamentals	Progressive (Su) Pinetree
	<input type="checkbox"/>	Meditation with Michele Hebert (Su-F) Oaktree	
	<input type="checkbox"/>	Pickleball: Beginner (Su,T) please wear court shoes	Pickleball Courts
	<input type="checkbox"/>	Sculpt & Strengthen: Level 2 (Su,W) Olmecca	
	<input type="checkbox"/>	Stretch (Su-F) Montaña	
	<input type="checkbox"/>	TRX HIIT - Circuit (Su,W also 10:15a F) Tolteca	
10:15	<input type="checkbox"/>	Dance: Latin Fusion (Su) Kuchumaa	
	<input type="checkbox"/>	Introduction to Circuit Training (Su) Azteca	
	<input type="checkbox"/>	Pickleball: Intermediate (Su,T) please wear court shoes	Pickleball Courts
	<input type="checkbox"/>	Pilates Mat: Level 2 (Su,W,F) Pinetree	
	<input type="checkbox"/>	Ranch Cycling: All Levels (Su,T,Th) Pai Pai	
	<input type="checkbox"/>	Chant (Su,Th) Arroyo	
	<input type="checkbox"/>	Yoga Fundamentals (Su-F) Montaña	
11:30	<input type="checkbox"/>	Cardio Muscle Blast (Su) Azteca	
	<input type="checkbox"/>	Gyrokinesis® (Su,M,W) Pinetree	
	<input type="checkbox"/>	Knitting for Wellness with David de la Paz	60 min Sign up Gazebo
	<input type="checkbox"/>	Stretch (Su,T,Th) Oaktree	
	<input type="checkbox"/>	Shallow Water Workout (Su,T,F) Activity Pool	
	<input type="checkbox"/>	The Whys and Hows of Pole Use for Hiking	Bring your hiking poles (Su) Meet outside Arroyo
	<input type="checkbox"/>	Yoga: Level 2	60 mins (Su,T,W,Th,F) Montaña
1:00	<input type="checkbox"/>	Feldenkrais: Improving Posture and Balance with Donna Wood	Oaktree
	<input type="checkbox"/>	Nutrition Wellness: Eating Right for Life – Dietary Nutrition, with Jody Miller, MA, RCEP	Olmecca
	<input type="checkbox"/>	WATSU® WaterDance® Demonstration: Swim attire required (S)	South Pool
2:00	<input type="checkbox"/>	Aerial Yoga: Gentle, Low hammock	please wear socks and sleeves (Su,M,Th,F) Kuchumaa
	<input type="checkbox"/>	Deep Water Training (Su,T,Th also 11:30a F) Activity Pool	
	<input type="checkbox"/>	Feldenkrais (Su,M) Arroyo	
	<input type="checkbox"/>	Pilates Reformer: Fundamentals (Su,M,F also 3:15p Su,F)	Pilates Studio
	<input type="checkbox"/>	Ranch Reset- Juice It Up! Lecture and Juice with Regina Montalvo, MS, LAc	Library Lounge
3:15	<input type="checkbox"/>	Ranch Barre (Su) Olmecca	
	<input type="checkbox"/>	Pilates Reformer: Fundamentals (Su,Th also 2p Su,M,F)	Pilates Studio
	<input type="checkbox"/>	Sound Healing (Su,M,T,Th,F) Oaktree	
4:30	<input type="checkbox"/>	Foam Roller Please wear socks (Su,T,Th) Tolteca	
	<input type="checkbox"/>	Yoga Nidra with Mehrad Nazari (Su) Oaktree	
	<input type="checkbox"/>	Inner Fitness: Healthy Inner Dialogue – Discover Your Joyous Adult, with Jeanine Mancusi, Life Coach	Arroyo
7:15	<input type="checkbox"/>	Movie <i>Rocketman</i>	Library Lounge
8:00	<input type="checkbox"/>	Concert: Solo Violin with Pei-Chun Tsai	Oaktree

MONDAY | July 26

Class spaces are limited to first come first served

6:15	<input type="checkbox"/>	Mountain Hike: Professor's	challenging 3.3 (M,Th) Gazebo
6:45	<input type="checkbox"/>	Woodlands Hike	2 Miles (M,W,F) Gazebo
9:00	<input type="checkbox"/>	Circuit Training (M,W,F) Azteca	
	<input type="checkbox"/>	Feldenkrais (Su,M,T) Arroyo	
	<input type="checkbox"/>	Meditation with Michele Hebert (Su-F) Oaktree	
	<input type="checkbox"/>	Pilates Mat: Fundamentals	Progressive (M-F) Pinetree
	<input type="checkbox"/>	Stretch (Su-F) Montaña	
	<input type="checkbox"/>	Tennis Clinic: Level 1 (M,W) Tennis Courts	
	<input type="checkbox"/>	Yoga Sculpt: Level 2	60 mins (M) Olmecca
10:15	<input type="checkbox"/>	Circuit Training (M-F) Azteca	
	<input type="checkbox"/>	Dance: Move, Groove & Funk (M) Kuchumaa	
	<input type="checkbox"/>	Pilates Arc Barrel: Level 2 (M,Th) Pinetree	
	<input type="checkbox"/>	Tennis Clinic: Level 2 (M,W) Tennis Courts	
	<input type="checkbox"/>	Yoga Fundamentals (Su-F) Montaña	
	<input type="checkbox"/>	Drawing with Jennifer	2 hours Art Studio
11:30	<input type="checkbox"/>	Gyrokinesis® (Su,M,W) Pinetree	
	<input type="checkbox"/>	H2O Bootcamp (M,W) Activity Pool	
	<input type="checkbox"/>	Ranch Ropes	30 mins (M,W) Olmecca
	<input type="checkbox"/>	Release & Mobilize	please wear socks (M,W,F) Oaktree
	<input type="checkbox"/>	TRX Fundamentals (M,Th) Tolteca	
1:00	<input type="checkbox"/>	Nutrition Wellness: Building Healthy Eating Patterns/Habits – Behavioral Nutrition with Jody Miller, MA, RECP	Olmecca
	<input type="checkbox"/>	The Functionality of Your Eye-Brain Connection	Integrating Periphery and Affecting Balance and Movement with Dana Dean, OD Oaktree
2:00	<input type="checkbox"/>	Aerial Yoga: Gentle, Low hammock	please wear socks and sleeves (Su,M,Th,F) Kuchumaa
	<input type="checkbox"/>	Feldenkrais (Su,M) Arroyo	
	<input type="checkbox"/>	Pilates Reformer: Fundamentals (Su,M,F also 3:15p Su,Th)	Pilates Studio
	<input type="checkbox"/>	Shallow Water Workout (M,W) Activity Pool	
	<input type="checkbox"/>	Inner Fitness: Emotional Fluency - Permission to Feel, with Jeanine Mancusi, Life Coach	Tolteca
	<input type="checkbox"/>	Travel Journaling, with Jennifer	2 hours Art Studio
3:15	<input type="checkbox"/>	Core Challenge	30 mins (M,F) Olmecca
	<input type="checkbox"/>	Pilates Reformer: Level 2 (M,W,F also 2p T) Pilates Studio	
	<input type="checkbox"/>	Sound Healing (Su,M,T,Th,F) Oaktree	
	<input type="checkbox"/>	Water Volleyball (M,W) Central Pool	
4:30	<input type="checkbox"/>	Stretch & Relax (M,W,F) Montaña	
	<input type="checkbox"/>	Inner Journey: Guided Meditation (M,F) Oaktree	
	<input type="checkbox"/>	Documentary: Tree of Life, The Living Legacy of Edmond Szekely	Library Lounge
5:00	<input type="checkbox"/>	Fiesta at the Bazar! All invited! Sangria and guacamole.	60mins Bazar del Sol
7:15	<input type="checkbox"/>	Movie <i>Little Women</i>	Library Lounge
8:00	<input type="checkbox"/>	The Power of Story, with Helen Pyne	Olmecca

TUESDAY | July 27

Class spaces are limited to first come first served

6:05	<input type="checkbox"/>	Organic Garden Breakfast Hike	Moderate 4 Miles Sign up (T,W,Th) Gazebo
6:15	<input type="checkbox"/>	Mountain Hike: Coyote	Advanced 5.5 or 4 Miles (T, F) Gazebo
6:45	<input type="checkbox"/>	Quail Hike	2 Miles with an Option to do an Extra Moderate Half Mile (Su,T,Th) Gazebo
9:00	<input type="checkbox"/>	Bird Walk (T,Th) Gazebo	
	<input type="checkbox"/>	Feldenkrais (Su,M,T) Arroyo	
	<input type="checkbox"/>	Meditation with Michele Hebert (Su-F) Oaktree	
	<input type="checkbox"/>	Pilates Mat: Fundamentals	Progressive (M-F) Pinetree
	<input type="checkbox"/>	Pickleball: Beginner (Su,T) please wear court shoes	Pickleball Courts
	<input type="checkbox"/>	Pump It: Level 2 (T,F) Tolteca	
	<input type="checkbox"/>	Stretch (Su-F) Montaña	
10:15	<input type="checkbox"/>	Circuit Training (M-F) Azteca	
	<input type="checkbox"/>	Dance: Cardio Hip Hop Body Rock (T) Kuchumaa	
	<input type="checkbox"/>	Pickleball: Intermediate (Su,T) please wear court shoes	Pickleball Courts
	<input type="checkbox"/>	Pilates on the Ball: Level 2 (T) Olmecca	
	<input type="checkbox"/>	Ranch Cycling: All Levels (Su,T,Th) Pai Pai	
	<input type="checkbox"/>	Yoga Fundamentals (Su-F) Montaña	
	<input type="checkbox"/>	Watercolor with Jennifer	2 hours Art Studio
11:30	<input type="checkbox"/>	Kettlebells	30 mins (T) Tolteca
	<input type="checkbox"/>	Stretch (Su,T,Th) Oaktree	
	<input type="checkbox"/>	The Bounce	30 mins (T,Th) Kuchumaa
	<input type="checkbox"/>	Shallow Water Workout (Su,T,F) Activity Pool	
	<input type="checkbox"/>	Yoga: Level 2	60 mins (Su,T,W,Th,F) Montaña
	<input type="checkbox"/>	Knitting for Wellness with David de la Paz	60 min Sign up Gazebo
1:00	<input type="checkbox"/>	Nutrition Wellness: Managing Cravings - Mindful/Intuitive Eating with Jody Miller, MA, RCEP	Olmecca
	<input type="checkbox"/>	How to Expand Visual Memory for the Aging Brain, a Hands on Experiential Class with Dana Dean, OD	Oaktree
	<input type="checkbox"/>	Bean-to-Bar Chocolate class – a delicious experience.	90 mins. Register at ext. 631 or 640/ Fee/ Departs from Admin Bldg.
2:00	<input type="checkbox"/>	Aqua Board (T,Th also 11:30a Th 3:15p T) Central Pool	
	<input type="checkbox"/>	Circuit Training (T,Th) Azteca	
	<input type="checkbox"/>	Deep Water Training (Su,T,Th also 11:30a F) Activity Pool	
	<input type="checkbox"/>	Pilates Reformer: Level 2 (T also 3:15p M,W,F) Pilates Studio	
	<input type="checkbox"/>	Inner Fitness: Powerful You - Ownership and Responsibility, with Jeanine Mancusi, Life Coach	Arroyo
	<input type="checkbox"/>	Watercolor Card Making with Jennifer	2 hours Art Studio
3:15	<input type="checkbox"/>	Aqua Board (T also 2p T, 11:30a Th) Central Pool	
	<input type="checkbox"/>	Balance & Coordination (T) Olmecca	
	<input type="checkbox"/>	Pilates Cadillac: Fundamentals (T) Pilates Studio	
	<input type="checkbox"/>	Sound Healing (Su,M,T,Th,F) Oaktree	
	<input type="checkbox"/>	Creative Writing Workshop: Finding Inspiration, with Helen Pyne	Library Lounge
4:30	<input type="checkbox"/>	Foam Roller Please wear socks (Su,T,Th) Tolteca	
	<input type="checkbox"/>	Restorative Yoga (T,Th) Montaña	
7:15	<input type="checkbox"/>	Movie <i>A Beautiful Day in the Neighborhood</i>	Library Lounge
8:00	<input type="checkbox"/>	Design Your Leadership Path, with Meredith Persily Lamel, MBA, PCC	Olmecca

WEDNESDAY July 28	
6:05	<input type="checkbox"/> Organic Garden Breakfast Hike Moderate 4 Miles Sign up (T,W,Th) Gazebo
6:15	<input type="checkbox"/> Mountain Hike: Pilgrim Advanced Option of 3.5 or Challenging 4.5 Miles (S,W) Gazebo
6:30	<input type="checkbox"/> Mountain Hike: Alex's Oak 2 Miles (Su,W) Gazebo
6:45	<input type="checkbox"/> Woodlands Hike 2 Miles (M,W,F) Gazebo
9:00	<input type="checkbox"/> Circuit Training (M,W,F) Azteca <input type="checkbox"/> Meditation with Michele Hebert (Su-F) Oaktree <input type="checkbox"/> Nature Walk 60 mins (W,F) Gazebo <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 <input type="checkbox"/> Tennis Clinic: Level 1 (M,W) Tennis Courts <input type="checkbox"/> TRX HIIT - Circuit (Su,W also 10:15a F) Tolteca
10:15	<input type="checkbox"/> Cardio Kickboxing! (W) Kuchumaa <input type="checkbox"/> Circuit Training (M-F) Azteca <input type="checkbox"/> Pilates Mat: Level 2 (Su,W,F) Pinetree <input type="checkbox"/> Tennis Clinic: Level 2 (M,W) Tennis Courts <input type="checkbox"/> Yoga Fundamentals (Su-F) Montaña <input type="checkbox"/> Landscape Garden Walk (W) Gazebo <input type="checkbox"/> Landscape Sketching with Jennifer 2 hours Art Studio
11:30	<input type="checkbox"/> Cycle Hip Hop: All Levels 30 mins (W) Pai Pai <input type="checkbox"/> Gyrokinesis® (Su,M,W) Pinetree <input type="checkbox"/> H2O Bootcamp (M,W) Activity Pool <input type="checkbox"/> Ranch Ropes 30 mins (M,W) Olmeca <input type="checkbox"/> Release & Mobilize please wear socks (M,W,F) Oaktree <input type="checkbox"/> Yoga: Level 2 60 mins (Su,T,W,Th,F) Montaña
1:00	<input type="checkbox"/> Nutrition Wellness: Appetite X Factors that Influence Eating – What Gets in our Way * includes a Sleep Meditation! with Jody Miller, MA, RCEP Olmeca
2:00	<input type="checkbox"/> Bosu Balance (W) Olmeca <input type="checkbox"/> Dance: Intro. to Salsa (W) Kuchumaa <input type="checkbox"/> Shallow Water Workout (M,W) Activity Pool <input type="checkbox"/> Inner Fitness: Create Your Best Life - How to Manifest Your Dreams, with Jeanine Mancusi, Life Coach Arroyo <input type="checkbox"/> Travel Journaling with Jennifer 2 hours Art Studio
3:15	<input type="checkbox"/> Pilates Reformer: Level 2 (M,W,F also 2p T) Pilates Studio <input type="checkbox"/> Postural Therapy (W) Tolteca <input type="checkbox"/> Stability Ball 30 mins (W) Olmeca <input type="checkbox"/> Water Volleyball (M,W) Central Pool
	<input type="checkbox"/> Creative Writing Workshop: Discovering Your Voice: Character Creation, with Helen Pyne Library Lounge
4:00	<input type="checkbox"/> Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Deborah Schneider. Register at ext 631 or 640. Fee. Departure at 4:00pm; approx. return 7:30pm. Meet at Admin. Bldg.
4:30	<input type="checkbox"/> Pranayama Breathwork with Michele Hebert (W) Oaktree <input type="checkbox"/> Stretch & Relax (M,W,F) Montaña <input type="checkbox"/> Goal Setting – How to Bring Greater Intention to Your Personal and Professional Life, with Meredith Persily Lamel, MBA, PCC Arroyo
7:15	<input type="checkbox"/> Movie <i>News of the World</i> Library Lounge
8:00	<input type="checkbox"/> An Evening with Deborah Szekely, Co-founder of Rancho La Puerta: An Informal Question and Answer Session Hosted by Barry Shingle, Program Director Oaktree

THURSDAY July 29	
! 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 to and from the Ranch (T,W,Th) Gazebo
6:10	<input type="checkbox"/> Mountain Hike: 7 Mile Breakfast Advanced with prerequisites, Sign Up (Th) Gazebo
6:15	<input type="checkbox"/> Mountain Hike: Professor's challenging 3.3 Miles (M,Th) Gazebo
6:45	<input type="checkbox"/> Quail Hike 2 Miles with an Option to do an Extra Moderate Half Mile (Su,T,Th) Gazebo
9:00	<input type="checkbox"/> Bird Walk (T,Th) Gazebo <input type="checkbox"/> BOSU® Fit (T,Th) Olmeca <input type="checkbox"/> Meditation with Michele Hebert (Su-F) Oaktree <input type="checkbox"/> Pilates Mat: Fundamentals Progressive (M-F) Pinetree <input type="checkbox"/> Stretch (Su-F) Montaña <input type="checkbox"/> Hike to The Residences, with Karla 60 mins sign up Main Lounge
10:15	<input type="checkbox"/> Chant (Su,Th) Arroyo <input type="checkbox"/> Circuit Training (M-F) Azteca <input type="checkbox"/> Dance: Zumba (Th) Kuchumaa <input type="checkbox"/> Pickleball: All Levels (Th,F) please wear court shoes Pickleball Courts <input type="checkbox"/> Pilates Arc Barrel: Level 2 (M,Th) Pinetree <input type="checkbox"/> Ranch Cycling: All Levels (Su,T,Th) Pai Pai <input type="checkbox"/> Yoga Fundamentals (Su-F) Montaña
11:30	<input type="checkbox"/> Aqua Board (Th also 2p T,Th, 3:15p Th) Central Pool <input type="checkbox"/> Stretch (Su,T,Th) Oaktree <input type="checkbox"/> The Bounce 30 mins (T,Th) Kuchumaa <input type="checkbox"/> Shallow Water Workout (Su,T,Th) Activity Pool <input type="checkbox"/> TRX Fundamentals (M,Th) Tolteca <input type="checkbox"/> Yoga: Level 2 60 mins (Su,T,W,Th,F) Montaña <input type="checkbox"/> Mandala with Jennifer 45 mins Art Studio
12:30	<input type="checkbox"/> Demo Yarn Painting with Tim Hinchliff Dining Hall entrance
1:00	<input type="checkbox"/> Nutrition Wellness: Metabolism and Healthy Weight, with Jody Miller, MA, RCEP Olmeca <input type="checkbox"/> Bean-to-Bar Chocolate class – a delicious experience. 90 mins Register at ext. 631 or 640/ Fee/ Departs from Admin Bldg. <input type="checkbox"/> Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff (\$40 art kit fee) Sign up Dining Hall balcony
2:00	<input type="checkbox"/> Aerial Yoga: Gentle, Low hammock please wear socks and sleeves (Su,M,Th,F) Kuchumaa <input type="checkbox"/> Aqua Board (T,Th also 3:15p T,Th) Central Pool <input type="checkbox"/> Circuit Training (T,Th) Azteca <input type="checkbox"/> Deep Water Training (Su,T,Th also 11:30a F) Activity Pool <input type="checkbox"/> Watercolor Card Making with Jennifer 2 hours Art Studio
3:15	<input type="checkbox"/> Pilates Reformer: Fundamentals (Su,Th also 2p Su,M,F) Pilates Studio <input type="checkbox"/> Sound Healing (Su,M,T,Th,F) Oaktree <input type="checkbox"/> Trust Water: Learn to Swim or Float (Th) Central Pool <input type="checkbox"/> Creative Writing Workshop: Using the Five Senses to Create Memorable Settings, with Helen Pyne Library Lounge
4:00	<input type="checkbox"/> Bean-to-Bar Chocolate class – a delicious experience. 90 mins. Register at ext. 631 or 640/ Fee/ Departs from Admin Bldg. <input type="checkbox"/> Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Deborah Schneider. Register at ext 626, 631 or 640/ Fee Departure at 4:00pm; approx. return 7:30pm. Meet at Admin. Bldg.
4:30	<input type="checkbox"/> Foam Roller Please wear socks (Su,T,Th) Tolteca <input type="checkbox"/> Restorative Yoga (T,Th) Montaña <input type="checkbox"/> Art Exhibition with resident artists Jennifer Brandt, José Ignacio Castañeda & Tim Hinchliff 90 mins Bazar del Sol <input type="checkbox"/> Strategic Delegation – How to Effectively Ask for Help! with Meredith Persily Lamel, MBA, PCC Arroyo
7:15	<input type="checkbox"/> Documentary <i>Kiss the Ground</i> (90 mins) Library Lounge <input type="checkbox"/> Prayer Arrows with Tim Hinchliff Main Lounge
8:00	<input type="checkbox"/> Computer Vision and the Effects of Blue Light and Sleep, with Dana Dean, OD Oaktree

FRIDAY July 30	
! Please sign up or confirm your return transportation at the Admin Building or Concierge Desk	
6:15	<input type="checkbox"/> Mountain Hike: Coyote Advanced 5.5 or 4 Miles (T,F) Gazebo
6:30	<input type="checkbox"/> Silent Mountain Meditation Hike: Alex Oak 2 Miles (F) Gazebo
6:45	<input type="checkbox"/> Woodlands Hike 2 Miles (M,W,F) Gazebo
9:00	<input type="checkbox"/> Circuit Training (M,W,F) Azteca <input type="checkbox"/> Meditation with Michele Hebert (Su-F) Oaktree <input type="checkbox"/> Nature Walk 60 mins (T,Th) Gazebo <input type="checkbox"/> Pilates Mat: Fundamentals Progressive (M-F) Pinetree <input type="checkbox"/> Pump It: Level 2 (T,F) Tolteca <input type="checkbox"/> Stretch (Su-F) Montaña
10:15	<input type="checkbox"/> Circuit Training (M-F) Azteca <input type="checkbox"/> Dance: Cardio Hip Hop: Flash Back 90's! (F) Kuchumaa <input type="checkbox"/> Pickleball: All Levels (Th,F) please wear court shoes Pickleball Courts <input type="checkbox"/> Pilates Mat: Level 2 (Su,W,F) Pinetree <input type="checkbox"/> TRX HIIT - Circuit (F also 9a Su,W) Tolteca <input type="checkbox"/> Yoga Fundamentals (Su-F) Montaña
11:30	<input type="checkbox"/> Cardio Boxing (F) Kuchumaa <input type="checkbox"/> Cycle 30: All Levels 30 mins (F) Pai Pai <input type="checkbox"/> Deep Water Training (Falso 2p Su,T,Th) Activity Pool <input type="checkbox"/> Release & Mobilize please wear socks (M,W,F) Oaktree <input type="checkbox"/> Yoga: Level 2 60 mins (Su,T,W,Th,F) Montaña
1:00	<input type="checkbox"/> Set Your Return to Home Intentions Tolteca <input type="checkbox"/> How to Shift from “Either-Or” to “Both-And” Thinking by Using Polarity Maps to Create New Possibilities, with Meredith Persily Lamel, MBA, PCC Arroyo
2:00	<input type="checkbox"/> Aerial Yoga: Gentle, Low hammock please wear socks and sleeves (Su,M,Th,F) Kuchumaa <input type="checkbox"/> Pilates Reformer: Fundamentals (Su,M,F also 3:15p Su,Th) Pilates Studio <input type="checkbox"/> Swim Stroke Clinic 30 mins (F) Activity Pool <input type="checkbox"/> Mandala/Metta Meditation with Jennifer 2 hours Meet at Art Studio (may go to Labyrinth)
3:15	<input type="checkbox"/> Core Challenge 30 mins (M,F) Olmeca <input type="checkbox"/> Pilates Reformer: Level 2 (M,W,F also 2p T) Pilates Studio <input type="checkbox"/> Sound Healing (Su,M,T,Th,F) Oaktree <input type="checkbox"/> Creative Writing Workshop: Building the World of Your Story, Scene by Scene, with Helen Pyne Library Lounge
4:30	<input type="checkbox"/> Inner Journey: Guided Meditation (M,F) Oaktree <input type="checkbox"/> Stretch & Relax (M,W,F) Montaña
6:00	<input type="checkbox"/> Music with Rancho La Puerta Fiesta Band Dining Hall
7:15	<input type="checkbox"/> Movie <i>The Good Liar</i> Library Lounge

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