

## Meditation Week September 25, 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 | September 25

- 6:15  **Mountain Hike: Professor's** challenging 3.3 Miles Gazebo
- 6:45  **Woodlands Hike** 2 Miles Gazebo
- 9:00  **Stretch** Pinetree
- Nature Walk: Native Plants and their Traditional Uses, with Mike Wilken** Gazebo
- 10:15  **Circuit Training** Azteca
- Meditation** Oaktree
- 11:30  **Yoga: All Levels** Montaña
- 11:45– 1:30 **Fitness Concierge** Dining Hall  
A fitness specialist is available to answer all questions
- 2:00  **Deep Water Workout** Activity Pool
- Sound Healing** Oaktree
- 3:00  **Stretch** Pinetree
- 4:00  **Set Your Ranch Intention, Tips for a Magical Week** Olmecca
- 5:00  **Ranch Tour** (recommended for first time guests) Gazebo
- Returning Guest Update** Tolteca
- 5:30  **First Time Guest Orientation** Olmecca
- 6:45  **Meet the Presenters** Dining Hall
- 7:15  **Documentary *Walking the Camino*** Library Lounge
- 8:00  **Inner Fitness: Love or Fear- The Big Shift!--It's Your Choice!** with Emily Boorstein, Life Coach Oaktree

MEAL HOURS	AVAILABLE FACILITIES
<b>SATURDAY</b> Breakfast 7:00 am to 9:00 am Lunch 11:30 am to 3:30 pm Dinner 5:30 pm to 7:30 pm	<b>WHEN NO CLASS IS IN SESSION</b> <b>Milagro - Meditation Room</b> 6:00 am to 9:00 pm  <b>Activity Pool - Lap Swim</b> 7:00 am to 5:00 pm  <b>Azteca Gym - Weight Room</b> Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to 5:00 pm
<b>SUNDAY THROUGH FRIDAY</b> Breakfast 7:30 am to 9:00 am Lunch 12:00 pm to 1:30 pm Dinner 5:30 pm to 7:30 pm	
SNACK TIMES	UNSTAFFED PICK UP GAMES
<b>Main Lounge / Sunday – Friday</b> Fruit: 10:30 am Smoothies: 2:45 pm (Sunday only) Veggies & Juice 4:30 pm <b>Juice Bar /Monday-Friday</b> Smoothies: 2:45 pm	<b>Pickleball</b> 9 am Su,T,Th  <b>Sand Volleyball</b> 4 pm Su - F

### SUNDAY | September 26

*Class spaces are limited to first come first served*

- 6:15  **Mountain Hike: Pilgrim** Advanced Option of 3.5 or Challenging 4.5 Miles (Su,W) Gazebo
- 6:30  **Mountain Hike: Alex's Oak** 2 Miles (Su,W) Gazebo
- 6:45  **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (Su,T,Th) Gazebo
- 8:15  **Fitness Concierge** 30 mins (Su) Dining Hall
- 9:00  **Feldenkrais** (Su) Arroyo
- Introduction to Circuit Training** (Su) Azteca
- Introduction to Pilates Mat: Fundamentals** Progressive (Su) Pinetree
- Meditation with Jacques-Pierre Cole** (Su-F) Oaktree
- Sculpt & Strengthen: Level 2** (Su,W) Olmecca
- Stretch** (Su-F) Montaña
- Tennis Clinic: Level 1** (Su,T) Tennis Courts
- 10:15  **Aqua Burst HIIT** (Su) Activity Pool
- Disco Cardio Dance** (Su) Kuchumaa
- Introduction to Circuit Training** (Su) Azteca
- Pilates Mat: Level 2** (Su,W,Th) Pinetree
- Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
- Tennis Clinic: Level 2** (Su,T) Tennis Courts
- Yoga Fundamentals** (Su-F) Montaña
- 11:30  **Cardio Muscle Blast** (Su,T) Azteca
- Stretch** (Su,T,Th) Oaktree
- Shallow Water Workout** (Su,T,Th) Activity Pool
- TRX Fundamentals** (Su,M,Th) Tolteca
- Yoga: Level 2** 60 mins (Su,T,W,F) Montaña
- 1:00  **Feldenkrais: Improving Posture and Balance with Donna Wood** Arroyo
- WATSU® WaterDance® Demonstration & Lecture:** Swim attire required (S) South Pool
- 2:00  **Deep Water Workout** (Su,T,Th) Activity Pool
- Feldenkrais** (Su) Arroyo
- Pilates Reformer: Fundamentals** (Su,F also 3p Su,Th) Pilates Studio
- 3:00  **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,F also 2p T) Kuchumaa
- Pilates Reformer: Fundamentals** (Su,Th also 2p S,F) Pilates Studio
- Sound Healing** (Su,T,W,Th,F) Oaktree
- Swim Stroke Clinic** 30mins (Su,M) Activity Pool
- 4:00  **Foam Roller** Please wear socks (Su,T,Th) Tolteca
- Inner Journey: Guided Meditation** (Su,M,W,F) Oaktree
- Inner Fitness: Healthy Inner Dialogue – Discover Your Joyous Adult, with Emily Boorstein, Life Coach** Arroyo
- 7:15  **Movie *Rocketman*** Library Lounge
- 8:00  **Who was Setsuko and what was her secret?** with Shirley Ann Higuchi, David Ono, Vanessa Saito Yuille, and Kathy Saito Yuille Olmecca

### MONDAY | September 27

*Class spaces are limited to first come first served*

- 6:15  **Mountain Hike: Professor's** challenging 3.3 (M,Th) Gazebo
- 6:30  **Dove Meditation Hike** Moderate 1.2 miles (M) Gazebo
- 6:45  **Woodlands Hike** 2 Miles (M,W,F) Gazebo
- 9:00  **BOSU® Fit** (M,Th) Olmecca
- Circuit Training** (M,W,Th,F) Azteca
- Meditation with Jacques-Pierre Cole** (Su-F) Oaktree
- Pickleball: Beginner** (M,W) please wear court shoes Pickleball Courts
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Stretch** (Su-F) Montaña
- Ranch History Walk: Explore the roots of the Ranch and its rich history with Rob Larson** (M) Gazebo
- 10:15  **Circuit Training** (M-F) Azteca
- Dance: Move, Groove & Funk** (M) Kuchumaa
- Pickleball: Intermediate** (M,W) please wear court shoes Pickleball Courts
- Pilates Arc Barrel: Level 2** (M,F) Pinetree
- Sculpt & Strengthen: Level 1** (M,W) Olmecca
- Yoga Fundamentals** (Su-F) Montaña
- Drawing with Jennifer** 2 hours Art Studio
- 11:30  **Cycle 30: All Levels** 30 mins (M) Pai Pai
- Release & Mobilize** please wear socks (M,W,F) Oaktree
- Deep Water Workout** (M,F) Activity Pool
- TRX Fundamentals** (Su,M,Th) Tolteca
- Yoga Sculpt: Level 2** 60 mins (M,Th) Olmecca
- 1:00  **Discover 7 Surefire Ways to Power Up Your Bones, with Susan McCandless, RDN, CLT, IFNCP** Olmecca
- 2:00  **Better Balance & Brains** (M,W,F) Olmecca
- Dance: Cardio Hip Hop: Body Rock** (M) Kuchumaa
- Shallow Water Workout** (M,W) Activity Pool
- Travel Journaling, with Jennifer** 2 hours Art Studio
- Inner Fitness: Emotional Fluency – Permission to Feel, with Emily Boorstein, Life Coach** Tolteca
- 3:00  **Pilates Reformer: Level 2** (M,T,F) Pilates Studio
- Ranch Barre** (M) Olmecca
- Swim Stroke Clinic** 30mins (Su,M) Activity Pool
- 4:00  **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.** 60mins Bazar del Sol
- 6:15  **Silent Dinner** Sign up (M) Los Olivos (via Dining Hall balcony)
- 7:15  **Movie *Emma*** Library Lounge
- 8:00  **What Was Heart Mountain Incarceration Site? with David Ono, Shirley Ann Higuchi, Vanessa Saito Yuille, and Kathy Saito Yuille** Olmecca

### TUESDAY | September 28

- 6:05  **Organic Garden Breakfast Hike** Moderate 4 Miles Sign up (T,W,Th,F) Gazebo
- 6:15  **Mountain Hike: Coyote** Advanced 5.5 or 4 Miles (T, F) Gazebo
- 6:45  **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (Su,T,Th) Gazebo
- 9:00  **Bird Walk** (T,Th) Gazebo
- Meditation with Jacques-Pierre Cole** (Su-F) Oaktree
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Pump It: Level 2** (T,F) Tolteca
- Stretch** (Su-F) Montaña
- Tennis Clinic: Level 1** (Su,T) Tennis Courts
- 10:15  **Circuit Training** (M-F) Azteca
- Dance: Intro. to Salsa** (T) Kuchumaa
- Pilates on the Ball: Level 2** (T) Olmecca
- Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
- Tennis Clinic: Level 2** (Su,T) Tennis Courts
- Yoga Fundamentals** (Su-F) Montaña
- 11:30  **Aqua Board** (T, also 2p T,Th also 3p Th) Central Pool
- Cardio Muscle Blast** (Su,T) Azteca
- Ranch Ropes** 30 mins (T) Olmecca
- Stretch** (Su,T,Th) Oaktree
- Shallow Water Workout** (Su,T,Th) Activity Pool
- The Bounce** 30 mins (T,Th) Kuchumaa
- Yoga: Level 2** 60 mins (Su,T,W,F) Montaña
- 1:00  **The Calcium Conundrum, with Susan McCandless, RDN, CLT, IFNCP** Olmecca
- Bean-to-Bar Chocolate class** 90 mins. Register at ext. 631 or 640/ Fee/ Departs from Admin Bldg.
- 2:00  **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (T also 3p Su,F) Kuchumaa
- Aqua Board** (T,Th also 3p Th) Central Pool
- Circuit Training** (T,Th) Azteca
- Deep Water** (Su,T,Th) Activity Pool
- Inner Fitness: Powerful You – Ownership and Responsibility, with Emily Boorstein, Life Coach** Tolteca
- Knitting for Wellness with David de la Paz** 60 min Sign up Gazebo
- Watercolor with Jennifer** 2 hours Art Studio
- 3:00  **Core Challenge** 30 mins (T,Th) Olmecca
- Pilates Reformer: Level 2** (M,T,F) Pilates Studio
- Sound Healing** (Su,T,W,Th,F) Oaktree
- 4:00  **Foam Roller** Please wear socks (Su,T,Th) Tolteca
- Restorative Yoga** (T,Th) Montaña
- FACEism, with David Ono** Omeca
- Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Jill Silverman Hough.** Register at Ext. 631 or 640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- 5:00  **Concert: Singing Drum -- Karl Anthony with Jennifer Brandt, Artist- in a residence** Bazar del Sol
- 7:15  **Movie *Knives Out*** Library Lounge
- 8:00  **A Life without Shame: Engaging the Power of Vulnerability, with Fay Zenoff** Olmecca

## WEDNESDAY | September 29

Class spaces are limited to first come first served

- 6:05  **Organic Garden Breakfast Hike** Moderate 4 Miles Sign up (T,W,Th,F,) Gazebo
- 6:15  **Mountain Hike: Pilgrim** Advanced Option of 3.5 or Challenging 4.5 Miles (S,W) Gazebo
- 6:30  **Mountain Hike: Alex's Oak** 2 Miles (Su,W) Gazebo
- 6:45  **Woodlands Hike** 2 Miles (M,W,F) Gazebo
- 7:00  **Water Jogging** (W,F) Activity Pool
- 9:00  **Circuit Training** (M,W,Th,F) Azteca
- Meditation with Jacques-Pierre Cole** (Su-F) Oaktree
- Nature Walk** 60 mins (W,F) Gazebo
- Pickleball: Beginner** (M,W) please wear court shoes Pickleball Courts
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Sculpt & Strengthen: Level 2** (Su,W) Olmeca
- Stretch** (Su-F) Montaña
- 10:15  **Cardio Kickboxing** (W) Kuchumaa
- Circuit Training** (M-F) Azteca
- Pickleball: Intermediate** (M,W) please wear court shoes Pickleball Courts
- Pilates Mat: Level 2** (Su,W,Th) Pinetree
- Sculpt & Strengthen: Level 1** (M,W) Olmeca
- Yoga Fundamentals** (Su-F) Montaña
- Landscape Garden Walk** (W) Gazebo
- Landscape Sketching with Jennifer** 2 hours Art Studio
- 11:30  **Cycle Hip Hop: All Levels** 30 mins (W) Pai Pai
- Gyrokinesis@** (W) Pinetree
- H2O Bootcamp** (W) Activity Pool
- Kettlebells** 30 mins (W) Tolteca
- Release & Mobilize** please wear socks (M,W,F) Oaktree
- Yoga: Level 2** 60 mins (Su,T,W,F) Montaña
- 1:00  **The Protein Paradox, with Susan McCandless, RDN, CLT, IFNCP** Olmeca
- Documentary: Tree of Life, The Living Legacy of Edmond Szekely** Library Lounge
- 2:00  **Better Balance & Brains** (M,W,F) Olmeca
- Dance: Cardio Hip Hop: Flashback 90's** (W) Kuchumaa
- Shallow Water Workout** (M,W) Activity Pool
- Travel Journaling with Jennifer** 2 hours Art Studio
- Inner Fitness: Create Your Best Life – How to Manifest Your Dreams, with Emily Boorstein, Life Coach** Tolteca
- 3:00  **Stability Ball** 30 mins (T) Olmeca
- Pilates Cadillac: Fundamentals** (W) Pilates Studio
- Sound Healing** (Su,T,W,Th,F) Oaktree
- 4:00  **Inner Journey: Guided Meditation** (Su,M,W,F) Oaktree
- Stretch & Relax** (M,W,F) Montaña
- Book Talk: Inside Setsuko's Secret: Heart Mountain & the Legacy of the Japanese American Incarceration, with Shirley Ann Higuchi and Ray Locker** Olmeca
- Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Jill Silverman Hough.** Register at Ext. 631 or 640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- 7:15  **Movie News of the World** Library Lounge
- 8:00  **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 | September 30

! 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 to and from the Ranch (T,W,Th,F) Gazebo
- 6:10  **Mountain Hike: 7 Mile Breakfast** Advanced with prerequisites, Sign Up (Th) Gazebo
- 6:15  **Mountain Hike: Professor's** challenging 3.3 Miles (M,Th) Gazebo
- 6:45  **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (Su,T,Th) Gazebo
- 9:00  **Bird Walk** (T,Th) Gazebo
- BOSU@ Fit** (M,Th) Olmeca
- Circuit Training** (M,W,Th,F) Azteca
- Meditation with Jacques-Pierre Cole** (Su-F) Oaktree
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Stretch** (Su-F) Montaña
- 10:15  **Circuit Training** (M-F) Azteca
- Dance: Zumba** (Th) Kuchumaa
- Pilates Mat: Level 2** (Su,W,Th) Pinetree
- Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
- Yoga Fundamentals** (Su-F) Montaña
- 11:30  **Shallow Water Workout** (Su,T,Th) Activity Pool
- Stretch** (Su,T,Th) Oaktree
- The Bounce** 30 mins (T,Th) Kuchumaa
- TRX Fundamentals** (S,M,Th) Tolteca
- Yoga Sculpt: Level 2** 60 mins (M,Th) Olmeca
- Mandala with Jennifer** 45 mins Art Studio
- 12:30  **Demo Yarn Painting with Tim Hinchliff** Dining Hall entrance
- 1:00  **The Gut-Bone Connection, with Susan McCandless, RDN, CLT, IFNCP** Olmeca
- Bean-to-Bar Chocolate class** 90 mins Register at ext. 631 or 640/ Fee/ Departs from Admin Bldg.
- Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** (\$40 art kit fee) Sign up Dining Hall balcony
- 2:00  **Aqua Board** (T, Th also 3p Th) Central Pool
- Circuit Training** (T,Th) Azteca
- Dance: Motown Cardio Lowdown** (Th) Kuchumaa
- Deep Water** (Su,T,Th) Activity Pool
- Watercolor Card Making with Jennifer** 2 hours Art Studio
- Exploring Recovery as a Wellness Modality, with Fay Zenoff** Arroyo
- 3:00  **Aqua Board** (T,Th also 2p T,Th) Central Pool
- Core Challenge** 30 mins (T,Th) Olmeca
- Pilates Reformer: Fundamentals** (Su,Th also 2p Su,F) Pilates Studio
- Sound Healing** (Su,T,W,Th,F) Oaktree
- 4:00  **Foam Roller** Please wear socks (Su,T,Th) Tolteca
- Restorative Yoga** (T,Th) Montaña
- Art Exhibition with Tim Hinchliff** 90 mins Bazar del Sol
- Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Jill Silverman Hough.** Register at Ext. 631 or 640. Fee. Departure at 4:00pm; approx. return 7:30 pm Meet at Admin. Bldg.
- Bean-to-Bar Chocolate class** 90 mins Register at ext. 631 or 640/ Fee/ Departs from Admin Bldg.
- Hike to The Residences, with Karla** 60 mins sign up Main Lounge
- 7:15  **Documentary Kiss the Ground** (90 mins) Library Lounge
- Prayer Arrows with Tim Hinchliff** Main Lounge
- 8:00  **Concert: Hold the Sky with Karl Anthony** Oaktree

## FRIDAY | October 1

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

- 6:05  **Organic Garden Breakfast Hike** Moderate 4 Miles Sign up (T,W,Th,F) Gazebo
- 6:15  **Mountain Hike: Coyote** Advanced 5.5 or 4 Miles (T,F) Gazebo
- 6:30  **Silent Mountain Meditation Hike: Alex Oak** 2 Miles (F) Gazebo
- 6:45  **Woodlands Hike** 2 Miles (M,W,F) Gazebo
- 7:00  **Water Jogging** (W,F) Activity Pool
- 9:00  **Circuit Training** (M,W,Th,F) Azteca
- Meditation with Jacques-Pierre Cole** (Su-F) Oaktree
- Nature Walk** 60 mins (W,F) Gazebo
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Pump It: Level 2** (T,F) Tolteca
- Stretch** (Su-F) Montaña
- 10:15  **Circuit Training** (M-F) Azteca
- Pickleball: All Levels** (F) please wear court shoes Pickleball Courts
- Dance: Saturday Night Fever Disco** (F) Kuchumaa
- Pilates Arc Barrel: Level 2** (M,F) Pinetree
- TRX HIIT - Circuit** (F) Tolteca
- Yoga Fundamentals** (Su-F) Montaña
- 11:30  **Cardio Boxing** (F) Kuchumaa
- Knitting for Wellness with David de la Paz** 60 min Sign up Gazebo
- Release & Mobilize** please wear socks (M,W,F) Oaktree
- Deep Water** (M,F) Activity Pool
- Yoga: Level 2** 60 mins (Su,T,W,F) Montaña
- 1:00  **How to Live Your Ranch Experience at Home** (F) Tolteca
- ¡Viva Mexico! The Fascinating Natural and Cultural History of our Region, with Mike Wilken** Olmeca
- 2:00  **Better Balance & Brains** (M,W,F) Olmeca
- Dance: Step Aerobics** (F) Kuchumaa
- Pilates Reformer: Fundamentals** (S,F also 3p Su,Th) Pilates Studio
- Mandala/Metta Meditation with Jennifer** 2 hours Meet at Art Studio (may go to Labyrinth)
- Practicing the Art of Forgiveness, with Fay Zenoff** Arroyo
- 3:00  **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,F also 2p T) Kuchumaa
- Pilates Reformer: Level 2** (M,T,F) Pilates Studio
- Sound Healing** (Su,T,W,Th,F) Oaktree
- 4:00  **Inner Journey: Guided Meditation** (Su,M,W,F) Oaktree
- Stretch & Relax** (M,W,F) Montaña
- 6:00  **Music with Rancho La Puerta Fiesta Band** Dining Hall
- 7:15  **Documentary Miracle in a Box: A piano reborn, narrated by John Lithgow** (56 mins) Library Lounge

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