

## Meditation Week October 16, 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 | October 16

- 6:15**  **Mountain Hike: Professor's** challenging 3.3 Miles Gazebo  
**6:45**  **Woodlands Hike** 2 Miles Gazebo
- 9:00**  **Stretch** Pinetree
- 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**  **Sound Healing** Oaktree  
 **Woodlands Hike** 2 Miles Gazebo
- 3:00**  **Stretch** Pinetree  
**3:45**  **Set Your Ranch Intention, Tips for a Magical Week** Olmecca
- 4:45**  **Ranch Tour** (recommended for first time guests) Gazebo
- 5:00**  **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**  **Love Secrets from the Masters, with Linda Carroll** Oaktree

MEAL HOURS	AVAILABLE FACILITIES WHEN NO CLASS IS IN SESSION
<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>Milagro - Meditation Room</b> 6:00 am to 9:00 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	<b>Activity Pool - Lap Swim</b> 7:00 am to 5:00 pm
<b>SNACK TIMES</b> <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>Azteca Gym - Weight Room</b> Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to to 5:00 pm
	<b>UNSTAFFED PICK UP GAMES</b> <b>Pickleball</b> 9 am Su,T,Th
	<b>Sand Volleyball</b> 4 pm Su - F

### SUNDAY | October 17

*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) 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,M) Milagro  
 **Introduction to Circuit Training** (Su) Azteca  
 **Introduction to Pilates Mat: Fundamentals** Progressive (Su) Pinetree  
 **Meditation with Michele Hebert** (Su-F) Oaktree  
 **Pickleball: Beginner** (Su,T) please wear court shoes Pickleball Courts  
 **Sculpt & Strengthen: Level 2** (Su,W) Olmecca  
 **Stretch** (Su-F) Montaña
- 10:15**  **Dance: Latin Fusion** (Su) Kuchumaa  
 **Introduction to Circuit Training** (Su) Azteca  
 **Pickleball: Intermediate** (Su,T) please wear court shoes Pickleball Courts  
 **Pilates Mat: Level 2** (Su,M,W,Th) Pinetree  
 **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai  
 **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  
 **The Whys and Hows of Pole Use for Hiking** Bring your hiking poles (Su) Meet outside Arroyo  
 **Yoga: Level 2** 60 mins (Su,T,W,F) Montaña
- 1:00**  **Feldenkrais: Improving Posture and Balance with Donna Wood** Oaktree  
 **WATSU® WaterDance® Demonstration & Lecture** (S) South Pool
- 2:00**  **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,T,W,Th) Kuchumaa  
 **Deep Water Workout** (Su,T,Th) Activity Pool  
 **Feldenkrais** (Su) Oaktree  
 **Pilates Reformer: Fundamentals** (Su,F also 3p Su,W) Pilates Studio
- 3:00**  **Core Challenge** 30 mins (Su,W) Olmecca  
 **Pilates Reformer: Fundamentals** (Su,W also 2p S,F) Pilates Studio  
 **Sound Healing** (Su,T,W,Th,F) Oaktree  
 **Swim Stroke Clinic** 30 mins (Su) Activity Pool
- 4:00**  **Foam Roller** Please wear socks (Su,T,Th) Tolteca  
 **Yoga Nidra with Mehrad Nazari (with live violin music)** (Su,W) Oaktree  
 **The BIG SHIFT: Mindfulness in Life and Love, with Linda Carroll** Olmecca
- 7:15**  **Movie *Rocketman*** Library Lounge
- 8:00**  **Laughter (and Chocolate) is the Best Medicine, with Joe Weiss, MD** Olmecca

### MONDAY | October 18

*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  
 **Feldenkrais** (Su,M) Milagro  
 **Labyrinth** (M) Labyrinth  
 **Meditation with Michele Hebert** (Su-F) Oaktree  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Stretch** (Su-F) Montaña  
 **Tennis Clinic: Level 1** (M,W) Tennis Courts  
 **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: Salsa** (T) Kuchumaa  
 **Pilates Mat: Level 2** (S,M,W,Th) Pinetree  
 **Sculpt & Strengthen: Level 1** (M,W) Olmecca  
 **Tennis Clinic: Level 2** (M,W) Tennis Courts  
 **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  
 **H2O Bootcamp** (M,W) Activity Pool  
 **TRX Fundamentals** (Su,M,Th) Tolteca  
 **Yoga Sculpt: Level 2** 60 mins (M,Th) Olmecca
- 1:00**  **Food for Thought, with Joe Weiss, MD** Gazebo  
 **Chakra Health: Opening and Balancing Exercises for Your Energy Centers with Jonelle Rutkauskas** Tolteca
- 2:00**  **Balance & Coordination** (M) Olmecca  
 **Shallow Water Workout** (M,W) Activity Pool  
 **Travel Journaling, with Jennifer** 2 hours Art Studio  
 **Love Cycles in All Our Relationships, with Linda Carroll** Tolteca
- 3:00**  **Pilates Reformer: Level 2** (M,T,F) Pilates Studio  
 **Ranch Barre** (M) Olmecca  
 **Tai Chi** (M,W) Montaña  
 **Rhythm and Melody 101with Nahre Sol** Oaktree
- 4:00**  **Inner Journey: Guided Meditation** (M,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**  **Get your Nature Groove on! Be Dazzled by Signs of Wildlife up Close and Personal, with Judie Lincer** Olmecca

### TUESDAY | October 19

- 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 Michele Hebert** (Su-F) Oaktree  
 **Pickleball: Beginner** (Su,T) please wear court shoes Pickleball Courts  
 **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  
 **Dance: Cardio Hip Hop: Body Rock** (T) Kuchumaa  
 **Pickleball: Intermediate** (S,T) please wear court shoes Pickleball Courts  
 **Pilates on the Ball: Level 2** (T) Olmecca  
 **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai  
 **Yoga Fundamentals** (Su-F) Montaña  
 **Watercolor with Jennifer** 2 hours Art Studio
- 11:30**  **Cardio Muscle Blast** (Su,T) Azteca  
 **Gyrokinesis®** (T,W) Pinetree  
 **Knitting for Wellness with David de la Paz** 60 min Sign up Gazebo  
 **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**  **Gut Feelings: Genes, Microbes & Brain, with Joe Weiss, MD** Gazebo  
 **Bean-to-Bar Chocolate class** 90 mins. Register at ext. 631 or 640/ Fee/ Departs from Admin Bldg.
- 2:00**  **Aqua Board** (T,Th) Central Pool  
 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,T,W,Th) Kuchumaa  
 **Circuit Training** (T,Th) Azteca  
 **Deep Water** (Su,T,Th) Activity Pool  
 **Watercolor Card Making with Jennifer** 2 hours Art Studio
- 3:00**  **Pilates Reformer: Level 2** (M,T,F) Pilates Studio  
 **Sound Healing** (Su,T,W,Th,F) Oaktree  
 **Stability Ball** 30 mins (T,Th) Olmecca  
 **How to Create Your Own Nature Space-A Wildlife Innovation and Invitation, with Judie Lincer** Gazebo
- 4:00**  **Foam Roller** Please wear socks (Su,T,Th) Tolteca  
 **Restorative Yoga** (T,Th) Montaña  
 **Hands-on Cooking Class at La Cocina Que Canta with Visiting Teacher Risa Groux, CN** Register at Ext. 631 or 640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- Changing the World, One Ripple at a Time, with Linda Carroll; and music with the Orquesta Guadalupana Baja California with Children from Tijuana and Ron Wakefield, OFS Music Director** Gazebo
- 7:15**  **Movie *Knives Out*** Library Lounge
- 8:00**  **Music Meets Mindfulness: an immersive concert experience with Michele, Nahre, and Monique** Oaktree

## WEDNESDAY | October 20

*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
- 6:45**  **Woodlands Hike** 2 Miles (M,W,F) Gazebo
- 7:00**  **Whose Scat is That? And Other Signs of Wildlife** **OUTDOOR FIELD EXPERIENCE, with Judie Lincer** Gazebo
- 9:00**  **Circuit Training** (M,W,Th,F) Azteca  
 **Meditation with Michele Hebert** (Su-F) Oaktree  
 **Nature Walk** 60 mins (W,F) Gazebo  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Sculpt & Strengthen: Level 2** (Su,W) Olmeca  
 **Stretch** (Su-F) Montaña  
 **Tennis Clinic: Level 1** (M,W) Tennis Courts  
 **TRX HIIT - Circuit** (W also F 10:15) Tolteca
- 10:15**  **Cardio Boxing** (W) Kuchumaa  
 **Circuit Training** (M-F) Azteca  
 **Pilates Mat: Level 2** (Su,M,W,Th) Pinetree  
 **Sculpt & Strengthen: Level 1** (M,W) Olmeca  
 **Tennis Clinic: Level 2** (M,W) Tennis Courts  
 **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®** (T,W) Pinetree  
 **H2O Bootcamp** (M,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**  **Quest for Immortality, with Joe Weiss, MD** Gazebo  
 **Documentary: Tree of Life, The Living Legacy of Edmond Szekely** Library Lounge
- 2:00**  **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,T,W,Th) Kuchumaa  
 **Mountain Hike: Alex's Oak** 2 Miles (W) Gazebo  
 **Postural Therapy: Healthy Shoulder & Rotator Cuff Secrets** (W) Tolteca  
 **Shallow Water Workout** (M,W) Activity Pool  
 **Travel Journaling with Jennifer** 2 hours Art Studio  
 **Five Basic Skills in Communication (PAUSE), with Linda Carroll** Olmeca
- 3:00**  **Core Challenge** 30 mins (Su,W) Olmeca  
 **Pilates Reformer: Fundamentals** (Su,W also 2 Su,F) Pilates Studio  
 **Sound Healing** (Su,T,W,Th,F) Oaktree  
 **Tai Chi** (M,W) Montaña
- 4:00**  **Stretch & Relax** (M,W,F) Montaña  
 **Yoga Nidra with Mehrad Nazari (with live violin music)** (Su,W) Oaktree  
 **Hands-on Cooking Class at La Cocina Que Canta with Visiting Teacher Risa Groux, CN** Register at Ext. 631 or 640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg.  
 **Where Am I? The fascinating natural history of Tecate, Baja California, and Mexico, with Mike Wilken** Olmeca
- 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 | October 21

! Confirm your return transportation at Front Admin Building or Concierge

- 6:05**  **Organic Garden Breakfast Hike** (T,W,Th,F) Moderate 4 Miles Sign up Option: to ride the van to and from the Ranch 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 Michele Hebert** (Su-F) Oaktree  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Stretch** (Su-F) Montaña
- 10:15**  **Circuit Training** (M-F) Azteca  
 **Dance: Move, Groove & Funk** (Th) Kuchumaa  
 **Pickleball: All Levels** (Th,F) please wear court shoes Pickleball Courts  
 **Pilates Mat: Level 2** (Su,M,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**  **How to Listen to Classical Music, with Nahre Sol** Oaktree  
 **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**  **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,T,W,Th) Kuchumaa  
 **Aqua Board** (T,Th) Central Pool  
 **Circuit Training** (T,Th) Azteca  
 **Deep Water** (Su,T,Th) Activity Pool  
 **Watercolor Card Making with Jennifer** 2 hours Art Studio
- 3:00**  **Pilates Cadillac: Fundamentals** (Th) Pilates Studio  
 **Stability Ball** 30 mins (T,Th) Olmeca  
 **Sound Healing** (Su,T,W,Th,F) Oaktree  
 **Nature Walk: Native Plants and their Traditional Uses, with Mike Wilken** Gazebo
- 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 Teacher Risa Groux, CN** Register at Ext. 631 or 640. Fee. Departure at 4:00pm; return 7:30pm. 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: Music, Magic and Mayhem, with Marshall Chapman** Oaktree

## FRIDAY | October 22

! 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
- 9:00**  **Circuit Training** (M,W,Th,F) Azteca  
 **Meditation with Michele Hebert** (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  
 **Dance: Cardio Hip Hop: Flashback 90's** (F) Kuchumaa  
 **Pickleball: All Levels** (Th,F) please wear court shoes Pickleball Courts  
 **Pilates Arc Barrel: Level 2** (F) Pinetree  
 **TRX HIIT - Circuit** (F also 9a T ) 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  
 **Ranch Ropes** 30 mins (F) Olmeca  
 **Release & Mobilize** please wear socks (M,W,F) Oaktree  
 **Deep Water** (F) Activity Pool  
 **Yoga: Level 2** 60 mins (Su,T,W,F) Montaña
- 1:00**  **City of Covid with John Rosenmiller, Photographer** Olmeca  
 **How to Live Your Ranch Experience at Home** (F) Tolteca
- 2:00**  **Pilates Reformer: Fundamentals** (Su,F also 3p Su,W) Pilates Studio  
 **Postural Therapy: Healthy Lower Back** (F) Tolteca  
 **Local Ethnobotany-Plant Uses for Medicines, Food, Clothing and Shelter** **OUTDOOR FIELD EXPERIENCE with Judie Lincer** Gazebo
- 3:00**  **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (F) Kuchumaa  
 **Pilates Reformer: Level 2** (M,T,F) Pilates Studio  
 **Sound Healing** (Su,T,W,Th,F) Oaktree
- 4:00**  **Inner Journey: Guided Meditation** (M,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