

Prime of Life Yoga Week November 27, 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 | November 27

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 Milagro

11:30 **Yoga: All Levels** Montaña

12:15– 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** Olmeca

4:30 **Ranch Tour** (recommended for first time guests) Gazebo

5:00 **Returning Guest Update** Tolteca

5:15 **First Time Guest Orientation** Olmeca

6:45 **Meet the Presenters** Dining Hall

7:15 **Movie *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 WHEN NO CLASS IS IN SESSION
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	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: 6:30 am to 1:30 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 (Sunday only) Veggies & Juice 4:30 pm	Pickleball 9 am Su,T,Th
Juice Bar /Monday-Friday Smoothies: 2:45 pm	Sand Volleyball 4 pm Su - F

SUNDAY | November 28

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,T) Oaktree
 Introduction to Circuit Training (Su) Azteca
 Introduction to Pilates Mat: Fundamentals Progressive (Su) Pinetree
 Sculpt & Strengthen: Level 2 (Su,W) Olmeca
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (Su,T) Tennis Courts
 TRX Fundamentals (Su, W also 11:30a M,Th) Tolteca

10:15 **Chant** (Su also 9a Th) Arroyo
 Dance: Zumba (Su,W) Kuchumaa
 Introduction to Circuit Training (Su) Azteca
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Running Clinic (Su) Meet outside Kuchumaa - on the running track
 Tennis Clinic: Level 2 (Su,T) Tennis Courts
 Yoga: Level 2 (Su,T,W,F) Montaña

11:30 **Cardio Muscle Blast** (Su,W) Azteca
 Pilates Mat: Level 2 (Su,W,F) Pinetree
 Prime of Life Yoga with Larry Payne 60 mins (Su-F) Montaña
 Stretch (Su,T,Th) Oaktree
 Shallow Water Workout (Su,T,Th) Activity Pool
 The Whys and Hows of Pole Use for Hiking Bring your hiking poles (Su) Meet outside Arroyo

1:00 **Feldenkrais: Improving Posture and Balance with Donna Wood** Oaktree

2:00 **Dance: Cardio Hip Hop: Body Rock** (S) Kuchumaa
 Deep Water Workout (Su,T,Th) Activity Pool
 Feldenkrais (Su) Oaktree
 Pilates Reformer: Fundamentals (Su also 3p Su,F) Pilates Studio
 Inner Fitness: Healthy Inner Dialogue – Discover Your Joyous Adult, with Emily Boorstein, Life Coach Arroyo

3:00 **Pilates Reformer: Fundamentals** (Su,F also 2p Su) Pilates Studio
 Ranch Barre (Su,T) Olmeca
 Sound Healing (Su,M,T,Th,F also 4p Su) Oaktree

4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,T,Th) Montaña
 Sound Healing (Su also 3p Su,M,T,Th,F) Oaktree

7:15 **Movie *Rocketman*** Library Lounge

8:00 **Blood, Biotechnology and Well-Being – Overviews of Genetics, Cellular Therapies and Aging, with David Wellis, Ph.D.** Olmeca

MONDAY | November 29

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,W) Gazebo
6:45 **Woodlands Hike** 2 Miles (M,W,F) Gazebo

9:00 **BOSU® Fit** (M,Th) Olmeca
 Circuit Training (M,W,Th,F) Azteca
 Feldenkrais (Su,M,T) 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
 Gyrokinesis® (M,T) Pinetree
 Pickleball: Intermediate (M,W,F) please wear court shoes Pickleball Courts
 Sculpt & Strengthen: Level 1 (M,W) Olmeca

11:30 **Cycle 30: All Levels** 30 mins (M,W) Pai Pai
 H2O Bootcamp (M,W) Activity Pool
 Pilates on the Ball: Level 2 (M) Olmeca
 Prime of Life Yoga with Larry Payne 60 mins (Su-F) Montaña
 Release & Mobilize please wear socks (M,W,F) Oaktree
 TRX Fundamentals (M,Th) Tolteca

1:00 **Nutritional Resilience and Performance with Patti T. Milligan, PhD, RD, CNS** Olmeca
 Chakra Health: Opening and Balancing Exercises for Your Energy Centers with Jonelle Rutkauskas Tolteca

2:00 **Balance & Coordination** (M) Olmeca
 Dance: Cardio Hip Hop: Flashback 90's (M) Kuchumaa
 Shallow Water Workout (M,W) Activity Pool
 Inner Fitness: Emotional Fluency – Permission to Feel, with Emily Boorstein, Life Coach Arroyo

3:00 **Core Challenge** 30 mins (M,W) Olmeca
 Pilates Reformer: Level 2 (M,W) Pilates Studio
 Sound Healing (Su,M,T,Th,F also 4p Su) Oaktree

4:00 **Inner Journey: Guided Meditation** (M,W) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Blood, Biotechnology and Well-Being – DNA and Genetics, with David Wellis, Ph.D. Arroyo

4:30 **Fiesta at the Bazar! All invited! Sangria and guacamole.** 60mins Bazar del Sol

7:15 **Documentary *Kiss the Ground*** (90 mins) Library Lounge

8:00 **How I Became a *New York Times* Bestseller: A Very Improbable Story with Firoozeh Dumas** Oaktree

TUESDAY | November 30

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
 Feldenkrais (Su,M,T) Oaktree
 Meditation (T,W,F) Milagro
 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
 Gyrokinesis® (M,T) Pinetree
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Tennis Clinic: Level 2 (Su,T) Tennis Courts
 Yoga: Level 2 (Su,T,W,F) Montaña

11:30 **Pilates Arc Barrel: Level 2** (T,Th) Pinetree
 Prime of Life Yoga with Larry Payne 60 mins (Su-F) Montaña
 Ranch Ropes 30 mins (T) Olmeca
 Stretch (Su,T,Th) Oaktree
 Shallow Water Workout (Su,T,Th) Activity Pool
 The Bounce 30 mins (T,Th) Kuchumaa

1:00 **Unlocking the Keys to EAT this WAY and FEEL That! with Patti T. Milligan, PhD, RD, CNS** Tolteca

2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (T,F also 3p Th) Kuchumaa
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Pickleball: All Levels (T) please wear court shoes Pickleball Courts
 Inner Fitness: Powerful You – Ownership and Responsibility, with Emily Boorstein, Life Coach Arroyo

3:00 **Pilates Cadillac: Fundamentals** (T) Pilates Studio
 Ranch Barre (Su,T) Olmeca
 Sound Healing (Su,M,T,Th,F also 4p Su) Oaktree
 Blood, Biotechnology and Well-Being – Cellular Therapies, with David Wellis, Ph.D. Arroyo

4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,T,Th) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Kristine Kidd. Register at Ext. 631 or 640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg.
 Writing Workshop: How to Tell Your Story, with Firoozeh Dumas Library Lounge

7:15 **Movie *Queen Bees*** Library Lounge

8:00 **Jazz standards and originals with guitarist extraordinaire Mimi Fox and swinging bassist Cindy Browne** Oaktree

WEDNESDAY | December 1

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 **Dove Meditation Hike** Moderate 1.2 miles (M,W) Gazebo
- 6:45 **Woodlands Hike** 2 Miles (M,W,F) Gazebo

- 9:00 **Circuit Training** (M,W,Th,F) Azteca
- Meditation** (T,W,F) Milagro
- Nature Walk** 60 mins (W,F) Gazebo
- Pickleball: Beginner** (M,W) please
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Sculpt & Strengthen: Level 2** (Su,W) Olmeca
- Stretch** (Su-F) Montaña
- TRX Fundamentals** (Su, W also 11:30a M,Th) Tolteca

- 10:15 **Circuit Training** (M-F) Azteca
- Dance: Zumba** (Su,W) Kuchumaa
- Pickleball: Intermediate** (M,W,F) please wear court shoes Pickleball Courts
- Sculpt & Strengthen: Level 1** (M,W) Olmeca
- TRX HIIT - Circuit** (W,F) Tolteca
- Yoga: Level 2** (Su,T,W,F) Montaña
- Landscape Garden Walk** (W) Gazebo

- 11:30 **Cardio Kickboxing** (W) Kuchumaa
- Cardio Muscle Blast** (Su,W) Azteca
- Cycle 30: All Levels** 30 mins (M,W) Pai Pai
- H2O Bootcamp** (M,W) Activity Pool
- Kettlebells** 30 mins (W) Tolteca
- Pilates Mat: Level 2** (Su,W,F) Pinetree
- Prime of Life Yoga with Larry Payne** 60 mins (Su-F) Montaña
- Release & Mobilize** please wear socks (M,W,F) Oaktree

- 1:00 **Unlocking the Keys to EAT this WAY and FEEL That! Part II with Patti T. Milligan, PhD, RD, CNS** Tolteca
- Documentary: Tree of Life, The Living Legacy of Edmond Szekely** Library Lounge

- 2:00 **Mountain Hike: Alex's Oak** 2 Miles (W,F) Gazebo
- Postural Therapy: Healthy Shoulder & Rotator Cuff Secrets** (W) Tolteca
- Shallow Water Workout** (M,W) Activity Pool
- Inner Fitness: Create Your Best Life – How to Manifest Your Dreams, with Emily Boorstein, Life Coach** Arroyo

- 3:00 **Core Challenge** 30 mins (M,W) Olmeca
- Pilates Reformer: Level 2** (M,W) Pilates Studio
- Tai Chi** (W,F) Montaña
- Blood, Biotechnology and Well-Being – Aging, with David Wellis** Arroyo

- 4:00 **Inner Journey: Guided Meditation** (M,W) Oaktree
- Stretch & Relax** (M,W,F) Montaña
- Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Kristine Kidd.** Register at Ext. 631 or 640. Fee Departure at 4:00pm; return 7:30pm. Meet at Admin Bldg.
- Writing Workshop: How to Tell Your Story with Firoozeh Dumas** Library Lounge

- 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 | December 2

- 6:05 **Organic Garden Breakfast Hike** (T,W,Th,F) Moderate 4 Miles Gazebo *Option to tour Professor Park / RLP Foundation, back by 9am. * Ride the van to and from the Ranch, sign up.
- 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
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Stretch** (Su-F) Montaña

- 10:15 **Chant** (Th also 4p F) Arroyo
- Circuit Training** (M-F) Azteca
- Dance: Latin Fusion** (Th) Kuchumaa
- Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
- Yoga Sculpt: Level 2** 60 mins (Th) Olmeca

- 11:30 **Pilates Arc Barrel: Level 2** (T,Th) Pinetree
- Prime of Life Yoga with Larry Payne** 60 mins (Su-F) Montaña
- Shallow Water Workout** (Su,T,Th) Activity Pool
- Stretch** (Su,T,Th) Oaktree
- The Bounce** 30 mins (T,Th) Kuchumaa
- TRX Fundamentals** (M,Th) Tolteca

- 12:30 **Demo Yarn Painting with Tim Hinchliff** Dining Hall entrance

- 1:00 **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** (\$40 art kit fee) Sign up Dining Hall balcony
- Bean-to-Bar Chocolate Class** 60 mins Register at ext. 631/640 Departs promptly from Admin Bldg.

- 2:00 **Circuit Training** (T,Th) Azteca
- Dance: Step Aerobics** (Th) Kuchumaa
- Deep Water** (Su,T,Th) Activity Pool

- 3:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Th also 2p T,F) Kuchumaa
- Sound Healing** (Su,M,T,Th,F also 4p Su) Oaktree

- 4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
- Restorative Yoga** (Su,T,Th) Montaña
- Art Exhibition with Tim Hinchliff** 90 mins Bazar del Sol
- Bean-to-Bar Chocolate Class** 60 mins Register at ext. 631/640 Departs promptly from Admin Bldg
- Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Kristine Kidd.** Register at Ext. 631 or 640. Fee Departure at 4:00pm; return 7:30pm. Meet at Admin Bldg.
- Hike to The Residences, with Karla** 60 mins sign up Main Lounge
- Writing Workshop: How to Tell Your Story with Firoozeh Dumas** Library Lounge

- 6:15 **Silent Dinner** Sign up (Th) Los Olivos (via Dining Hall balcony)

- 7:15 **Movie Dream Horse** Library Lounge
- Prayer Arrows with Tim Hinchliff** Main Lounge

- 8:00 **Concert with Mimi Fox and Cindy Browne -- from Ella Fitzgerald to the Beatles!** Oaktree

FRIDAY | December 3

! 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 **Trail Run: Lowlands** 3 to 5 Miles (F) Gazebo
- 6:45 **Woodlands Hike** 2 Miles (M,W,F) Gazebo

- 9:00 **Circuit Training** (M,W,Th,F) Azteca
- Gratitude Labyrinth with Jill Thiry** Meet at Labyrinth
- Meditation** (T,W,F) Milagro
- Nature Walk** 60 mins (W,F) Gazebo
- Pickleball: Beginner** (M,W,F) please
- 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: Step Aerobics** (F) Kuchumaa
- Pickleball: Intermediate** (M,W,F) please wear court shoes Pickleball Courts
- TRX HIIT - Circuit** (W, F) Tolteca
- Yoga: Level 2** (Su,T,W,F) Montaña

- 11:30 **Cardio Boxing** (F) Kuchumaa
- Deep Water** (F) Activity Pool
- Pilates Mat: Level 2** (Su,W,F) Pinetree
- Prime of Life Yoga with Larry Payne** 60 mins (Su-F) Montaña
- Release & Mobilize** please wear socks (M,W,F) Oaktree

- 1:00 **How to Live Your Ranch Experience at Home** (F) Tolteca
- Where Am I? The fascinating natural history of Tecate, Baja California, & Mexico, with Mike Wilken** Olmeca

- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (T,F also 3p Th) Kuchumaa
- Mountain Hike: Alex's Oak** 2 Miles (W,F) Gazebo
- Postural Therapy: Healthy Lower Back Secrets** (F) Tolteca

- 3:00 **Pilates Reformer: Fundamentals** (Su,F also 2p Su) Pilates Studio
- Tai Chi** (W,F) Montaña
- Sound Healing** (Su,M,T,Th,F also 4p Su) Oaktree

- 4:00 **Chant** (F also 10:15 a Su,Th) Arroyo
- Stretch & Relax** (M,W,F) Montaña

- 6:00 **Music with Rancho La Puerta Fiesta Band** Dining Hall

- 7:15 **Movie The Truffle Hunters** Library Lounge

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