

Meditation Week

January 15, 2022

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 | January 15

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 **Sexuality and Health –And Live Longer and Better, with Pepper Schwartz** Olmeca

MEAL HOURS	AVAILABLE FACILITIES
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	WHEN NO CLASS IS IN SESSION Milagro - Meditation Room 6:00 am to 9:00 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
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	
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 Juice Bar /Monday-Friday Smoothies: 2:45 pm	Pickleball 9 am Su, T, Th Sand Volleyball 4 pm Su - F

SUNDAY | January 16

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) Tolteca
 Introduction to Circuit Training (Su) Azteca
 Introduction to Pilates Mat: Fundamentals Progressive (Su) Pinetree
 Meditation with Sara Schairer (Su,M,W,F also 4pm T,Th) Oaktree
 Pickleball: Beginner (Su,T,Th) please wear court shoes Pickleball Courts
 Sculpt & Strengthen: Level 2 (Su,W) Olmeca
 Stretch (Su-F) Montaña

10:15 **Chant** (Su) Arroyo
 Dance: Zumba (Su,W) Kuchumaa
 Introduction to Circuit Training (Su) Azteca
 Pickleball: Intermediate (Su,T,Th,F) please wear court shoes Pickleball Courts
 Pilates Mat: Level 2 (Su,W,F) Pinetree
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Stretch (Su,M) Oaktree
 Yoga Fundamentals: All Levels (Su-F) Montaña

11:30 **Cardio Muscle Blast** (Su,W) Azteca
 Knitting for Wellness with David de la Paz 60 min Sign up Gazebo
 Shallow Water Workout (Su,T,Th) Activity Pool
 Stretch (Su,T,Th) Oaktree
 The Whys and Hows of Pole Use for Hiking Bring your hiking poles (Su) Meet outside Arroyo
 TRX Fundamentals (Su,M,Th) Tolteca
 Yoga: Level 2 60 mins (Su-F) Montaña

1:00 **Feldenkrais: Improving Posture and Balance with Donna Wood** Oaktree
 Jump-Start Your Skin Rejuvenation at the Ranch and Look Younger Today! with Teitsa Mann Tolteca

2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeve sleeves (Su,T,Th) Kuchumaa
 Deep Water Workout (Su,T,Th) Activity Pool
 Feldenkrais (Su) Oaktree
 Pilates Reformer: Fundamentals (Su,W,F also 3p Su,Th) Pilates Studio
 When Did We Forget to Be Human Beings? with Adriana Reid Arroyo

3:00 **Core Challenge** 30 mins (Su,T,Th) Olmeca
 Pilates Reformer: Fundamentals (Su,Th also 2p Su,W,F) Pilates Studio
 Sound Healing (Su-F also 4p Su) Oaktree
 Sand Volleyball (Su,W) Sand Volleyball Court
 Tai Chi (Su,T) Montaña

4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,T,Th) Montaña
 Sound Healing (Su also 3p Su-F) Oaktree
 Dating over 40, with Pepper Schwartz Olmeca

7:15 **Movie *Emma*** Library Lounge

8:00 **Concert: Great America Piano Music from Scott Joplin and George Gershwin to Billy Joel, with George Lopez** Oaktree

MONDAY | January 17

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) Tolteca
 Meditation with Sara Schairer (Su,M,W,F also 4pm T,Th) 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: Cardio Hip Hop: Body Rock! (M also 2p W) Kuchumaa
 Pilates Arc Barrel: Level 2 (M,Th) Pinetree
 Sculpt & Strengthen: Level 1 (M,W) Olmeca
 Stretch (Su,M) Oaktree
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga Fundamentals: All Levels (Su-F) Montaña
 Drawing with Jennifer 2 hours Art Studio

11:30 **Cycle 30: All Levels** 30 mins (M) Pai Pai
 Gyrokinesis® (M,T,W) Pinetree
 H2O Bootcamp (M,W) Activity Pool
 Release & Mobilize please wear socks (M,W,F) Oaktree
 The Bounce 30 mins (M,Th) Kuchumaa
 TRX Fundamentals (Su,M,Th) Tolteca
 Yoga: Level 2 60 mins (Su-F) Montaña

1:00 **The Great Microbiome: Our Greatest Ally for Optimal Health, with Norma Flood, MS, RDN** Olmeca
 Chakra Health: Opening and Balancing Exercises for Your Energy Centers with Jonelle Rutkauskas Arroyo
 Teitsa's Favorite Techniques for Smoother, Younger Skin Tolteca

2:00 **Balance & Coordination** (M) Olmeca
 Dance: Latin Fusion (M) Kuchumaa
 Shallow Water Workout (M,W) Activity Pool
 The Basics of Our Human Software? with Adriana Reid Arroyo
 Travel Journaling, with Jennifer 2 hours Art Studio

3:00 **Pilates Reformer: Level 2** (M,W,F) Pilates Studio
 Ranch Barre (M) Olmeca
 Sound Healing (Su-F also 4p Su) Oaktree
 Yoga Workshop: Rope Wall some yoga experience recommended (M,F) Montaña

4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña

4:30 **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 *Queen Bees*** Library Lounge

8:00 **Finding Your Creative Flow, with April Davila** Olmeca

TUESDAY | January 18

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
 Cardio Boxing (T) Kuchumaa
 Feldenkrais (S,M,T) Olmeca
 Pickleball: Beginner (Su,T,Th) 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: Intro. to Salsa (T) Kuchumaa
 Pickleball: Intermediate (Su,T,Th,F) please wear court shoes Pickleball Courts
 Pilates on the Ball: Level 2 (T) Olmeca
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Yoga Fundamentals: All Levels (Su-F) Montaña
 Watercolor with Jennifer 2 hours Art Studio

11:30 **Gyrokinesis®** (M,T,W) Pinetree
 Kettlebells 30 mins (T) Tolteca
 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
 Yoga: Level 2 60 mins (Su-F) Montaña

1:00 **The Top 10 Ways to Heal Your Gut & Maximize Your Microbiota! with Norma Flood, MS, RDN** Olmeca
 Teitsa's Skin Cocktail Recipe for Radiant Skin - Everyday! Tolteca
 Bean-to-Bar Chocolate class 90 mins. Register at ext. 631/640 Fee/ Departs from Admin Bldg.

2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,T,Th) Kuchumaa
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Watercolor Card Making with Jennifer 2 hours Art Studio
 Getting to Know Your Human, with Adriana Reid Arroyo

3:00 **Core Challenge** 30 mins (Su,T,Th) Olmeca
 Pilates Cadillac: Fundamentals (T) Pilates Studio
 Sound Healing (Su-F also 4p Su) Oaktree
 Tai Chi (Su,T) Montaña
 Dismantle Writer's Block, with April Davila Library Lounge

4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Meditation with Sara Schairer (T,Th also 9a Su,M,W,F) Oaktree
 Restorative Yoga (Su,T,Th) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Sara Polczynski. Register at Ext. 631/640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg.
 Behind the Scenes of Reality TV: The Evolution of Arranged Marriage on "Married at First Sight", with Pepper Schwartz Olmeca

5:00 **Concert: George Lopez Plays Chopin** Oaktree

7:15 **Documentary *The Hidden Life of Trees*** Library Lounge

8:00 **Wellness to Wellbeing, with Seth Serxner, Ph.D., M.P.H.** Olmeca

WEDNESDAY | January 19

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 with Sara Schairer** (Su,M,W,F also 4pm T,Th) Oaktree
- Nature Walk** 60 mins (W,F) Gazebo
- Pilates Mat: Fundamentals with Amy Havens** Progressive (M-F) Pinetree
- Sculpt & Strengthen: Level 2** (Su,W) Olmeca
- Stretch** (Su-F) Montaña
- Tennis Clinic: Level 1** (M,W) Tennis Courts
- 10:15 **Circuit Training** (M-F) Azteca
- Dance: Zumba** (Su,W) Kuchumaa
- Pilates Mat: Level 2** (Su,W,F) Pinetree
- Sculpt & Strengthen: Level 1** (M,W) Olmeca
- Tennis Clinic: Level 2** (M,W) Tennis Courts
- TRX HIIT - Circuit** (W,F) Tolteca
- Yoga Fundamentals: All Levels** (Su-F) Montaña
- Landscape Garden Walk** (W) Gazebo
- Landscape Sketching with Jennifer** 2 hours Art Studio
- 11:30 **Cardio Muscle Blast** (Su,W) Azteca
- Cycle 30 - Hip Hop: All Levels** 30 mins (W) Pai Pai
- Gyrokinesis®** (M,T,W) Pinetree
- H2O Bootcamp** (M,W) Activity Pool
- Ranch Ropes** (W,F) Olmeca
- Release & Mobilize** please wear socks (M,W,F) Oaktree
- Yoga: Level 2** 60 mins (Su-F) Montaña
- 1:00 **Epigenetics: Your DNA is NOT Your Destiny! with Norma Flood, MS, RDN** Olmeca
- Documentary: Tree of Life, The Living Legacy of Edmond Szekely** Library Lounge
- 2:00 **Dance: Cardio Hip Hop - Body Rock!** (W also 10:15a M) Kuchumaa
- Mountain Hike: Alex's Oak** 2 Miles (W,F) Gazebo
- Pilates Reformer: Fundamentals** (Su,W,F also 3p Su,Th) Pilates Studio
- Shallow Water Workout** (M,W) Activity Pool
- Travel Journaling with Jennifer** 2 hours Art Studio
- In contact with Your Inner Voice, with Adriana Reid** Arroyo
- 3:00 **Pilates Reformer: Level 2** (M,W,F) Pilates Studio
- Sand Volleyball** (Su,W) Sand Volleyball Court
- Sound Healing** (Su-F also 4p Su) Oaktree
- Stability Ball** 30 mins (W) Olmeca
- Writing Sensory Details, with April Davila** Library Lounge
- 4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
- Stretch & Relax** (M,W,F) Montaña
- Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Sara Polczynski.** Register at Ext. 631/640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin Bldg.
- Health Behavior Change, with Seth Serxner, Ph.D., M.P.H.** Olmeca
- 7:15 **Movie News of the World** Library Lounge
- 8:00 **An Evening with Sarah Livia Brightwood Szekely, President of Rancho La Puerta: An Informal Question and Answer Session Hosted by Barry Shingle, Program Director** Oaktree

THURSDAY | January 20

- 6:05 **Organic Garden Breakfast Hike** (T,W,Th,F) Moderate 4 Miles Gazebo * 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
- Pickleball: Beginner** (Su,T,Th) please wear court shoes Pickleball Courts
- Pilates Mat: Fundamentals with** Progressive (M-F) Pinetree
- Stretch** (Su-F) Montaña
- Hike to The Residences, with Karla** 60 mins sign up Main Lounge
- 10:15 **Circuit Training** (M-F) Azteca
- Dance: Move, Groove,Funk!** (Th) Kuchumaa
- Pickleball: Intermediate** (Su,T,Th,F) please wear court shoes Pickleball Courts
- Pilates Arc Barrel: Level 2** (M,Th) Pinetree
- Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
- Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:30 **Shallow Water Workout** (Su,T,Th) Activity Pool
- Stretch** (Su,T,Th) Oaktree
- The Bounce** 30 mins (M,Th) Kuchumaa
- TRX Fundamentals** (Su,M,Th) Tolteca
- Yoga: Level 2** 60 mins (Su-F) Montaña
- Mandala with Jennifer** 45 mins Art Studio
- 12:30 **Demo Yarn Painting with Tim Hinchliff** Dining Hall entrance
- 1:00 **Bringing it all together! How does Functional Medicine help YOU? with Norma Flood, MS, RDN** Olmeca
- Bean-to-Bar Chocolate Class** 60 mins Register at ext. 631/640 Fee/ Departs promptly 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,Th) Kuchumaa
- Circuit Training** (T,Th) Azteca
- Deep Water** (Su,T,Th) Activity Pool
- Watercolor Card Making with Jennifer** 2 hours Art Studio
- How Do I Create My Reality? with Adriana Reid** Arroyo
- 3:00 **Core Challenge** 30 mins (Su,T,Th) Olmeca
- Pilates Reformer: Fundamentals** (Su,Th also 2p Su,W,F) Pilates Studio
- Sound Healing** (Su-F also 4p Su) Oaktree
- Swim Stroke Clinic** 30 mins (Th) Activity Pool
- Character Development, with April Davila** Library Lounge
- 4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
- Meditation with Sara Schairer** (T,Th also 9a Su,M,W,F) Oaktree
- 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 Fee/ Departs promptly from Admin Bldg
- Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Sara Polczynski.** Register at Ext. 631 or 640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin Bldg.
- Self-care and Emotional Wellbeing, with Seth Serxner, Ph.D., M.P.H.** Olmeca
- 7:15 **Movie Dream Horse** Library Lounge
- Prayer Arrows with Tim Hinchliff** Main Lounge
- 8:00 **Concert with Kate Hatmaker, violin, Elizabeth Brown, cello and Batya Mac-Adam Somer** Oaktree

FRIDAY | January 21

! 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 **Mountain Meditation Hike, Alex Oak** (F) Gazebo
- 6:45 **Woodlands Hike** 2 Miles (M,W,F) Gazebo
- 9:00 **Circuit Training** (M,W,Th,F) Azteca
- Meditation with Sara Schairer** (Su,M,W,F also 4pm T,Th) 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: Intermediate** (Su,T,Th,F) please wear court shoes Pickleball Courts
- Pilates Mat: Level 2** (Su,W,F) Pinetree
- TRX HIIT - Circuit** (W, F) Tolteca
- Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:30 **Cardio Kickboxing** (F) Kuchumaa
- Deep Water** (F) Activity Pool
- Knitting for Wellness with David de la Paz** 60 min Sign up Gazebo
- Ranch Ropes** (W,F) Olmeca
- Release & Mobilize** please wear socks (M,W,F) Oaktree
- Yoga: Level 2** 60 mins (Su-F) Montaña
- 1:00 **How to Live Your Ranch Experience at Home** (F) Tolteca
- City of Covid, with John Rosenmiller** Olmeca
- 2:00 **Mountain Hike: Alex's Oak** 2 Miles (W,F) Gazebo
- Pilates Reformer: Fundamentals** (Su,W,F also 3p Su,Th) Pilates Studio
- Step Aerobics** (F) Kuchumaa
- Where Am I? The fascinating natural history of Tecate, Baja California, & Mexico, with Mike Wilken** Olmeca
- 3:00 **Pilates Reformer: Level 2** (M,W,F) Pilates Studio
- Sound Healing** (Su-F also 4p Su) Oaktree
- Yoga Workshop: Rope Wall** some yoga experience recommended (M,F) Montaña
- Writerly Self-Care, with April Davila** Library Lounge
- 4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
- 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