

Feldenkrais Week

May 7, 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 | May 7

- 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

- 10:00 **Circuit Training** Azteca
 Meditation Milagro

- 10:15 **Ranch Tour** (30 mins) Start outside Dining Hall

- 11:00 **Yoga: All Levels** Montaña

- 12:15 **Ranch Tour** (30 mins) Start outside Dining Hall

- 2:00 **Sound Healing** Oaktree
 Woodlands Hike 2 Miles Gazebo

- 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 **Setting Your Ranch Intention** (Can bring Dessert upstairs) Los Olivos

- 7:30 **Documentary *Kiss the Ground*** (90 mins) Library Lounge
 8:00 **The Giants of 20th Century Mexican Art: Rivera, Orozco, Siqueiros, and Kahlo, with Diane Arkin** Olmecca

MEAL HOURS	
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
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	
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

AVAILABLE FACILITIES WHEN NO CLASS IS IN SESSION

Milagro - Meditation Room
6:00 am to 9:00 pm

Activity Pool - Lap Swim
7:00 am to 6:00 pm

Azteca Gym - Weight Room
Saturday: 6:30 am to 1:30 pm
Sunday – Friday: 7:00 am to 5:00 pm

UNSTAFFED PICK UP GAMES

Pickleball
9 am M,W,F

Sand Volleyball
4 pm Su - F

SUNDAY | May 8

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 **Woodlands Hike** 2 Miles (Su,T,Th) Gazebo

- 7:30 **Fitness Concierge** 30 mins (Su) Villas Pool
 8:15 **Docent Led Tour and Orientation** Dining Hall
 Fitness Concierge 30 mins (Su) Dining Hall

- 9:00 **Introduction to Circuit Training** (Su) Azteca
 Introduction to Pilates Mat: Fundamentals Progressive (Su-F) Pinetree

- Meditation** (Su-Th) Oaktree
 Pickleball: Beginner (Su,T,Th also 10a Su) please wear court shoes Pickleball Courts

- Sculpt & Strengthen: Level 2** (Su,W) Olmecca
 Stretch (Su-F) Montaña
 The Whys and Hows of Pole Use for Hiking Bring your hiking poles (Su) Meet outside Arroyo

- 10:00 **Chant** (Su) Milagro
 Dance: Zumba (Su) Kuchumaa
 Introduction to Circuit Training (Su) Azteca
 Pickleball: Beginners (Su also 9am Su,T,Th) please wear shoes Pickleball Courts
 Pilates Mat: Level 2 (Su.M,W,F) Pinetree
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Stretch (Su,M) Arroyo
 Yoga Fundamentals: All Levels (Su -F) Montaña

- 11:00 **Cardio Muscle Blast** (Su) Azteca
 Feldenkrais with Ilana Nachoum 75 mins (Su-F) Oaktree
 Pickleball: Intermediate (Su also 10a T,Th) please wear court shoes Pickleball Courts
 Pilates Reformer: Fundamentals (Su,W,also 2p Su,F,& 3p Su,) Pilates Studio
 Shallow Water Workout (Su,T,Th also 2p M,W) Activity Pool
 Stretch (Su,T,Th) Arroyo
 TRX Fundamentals (Su,W) Tolteca
 Yoga: Level 2 75 mins (Su,M,T,Th,F) Montaña

- 1:00 **Water Flow Therapy Demo** South Pool

- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,M,F also 3p T,Th) Kuchumaa
 Deep Water Workout (Su,T,Th) Activity Pool
 Pilates Reformer: Fundamentals (Su,F also 11a Su,W & 3p Su) Pilates Studio
 Are You Living as a Human Being or as a Human Doing? with Adriana Reid Arroyo

- 3:00 **Core Challenge** 30 mins (Su,F) Olmecca
 Pilates Reformer: Fundamentals (Su also 2p Su,F,& 11a Su,W) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Tai Chi (Su,M,W) Montaña

- 4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,T) Montaña

- 7:30 **Movie *Emma*** Library Lounge

- 8:00 **Dances and Fantasies for Two Violins & Piano, with Monique Mead and Gregory & Lori Walker** Oaktree

MONDAY | May 9

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** 1.2 Miles (M) Gazebo

- 6:45 **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo

- 9:00 **Circuit Training** (M,W,Th,F) Azteca
 Meditation (Su-Th) Oaktree
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Pump It – Barbell Strength: Level 2 (M,F) Tolteca
 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

- 10:00 **Circuit Training** (M-F) Azteca
 Dance: Cardio Hip Hop: Body Rock (M) Kuchumaa
 Pilates Mat: Level 2 (Su.M,W,F) Pinetree
 Sculpt & Strengthen: Level 1 (M,W) Olmecca
 Stretch (Su,M) Arroyo
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga Fundamentals: All Levels (Su -F) Montaña

- 11:00 **Bounce: mini trampoline** 30 mins (M,Th) Kuchumaa
 Cycle 30 - Hip Hop: All Levels 30 mins (M) Pai Pai
 Feldenkrais with Ilana Nachoum 75 mins (Su-F) Oaktree
 Gyrokinesis® (M,T,W) Pinetree
 H2O Bootcamp (M,W) Activity Pool
 Kettlebells 30 mins (M,F) Tolteca
 Ranch Barre (M,Th) Olmecca
 Yoga: Level 2 75 mins (Su,M,T,Th,F) Montaña
 Drawing with Jennifer 2 hours Art Studio

- 1:00 **Yogic Principles for Peak Performance, with Monique Mead** Olmecca

- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,M,F also 3p T,Th) Kuchumaa
 Balance & Coordination (M) Olmecca
 Release & Mobilize please wear socks (M,W,F) Oaktree
 Shallow Water Workout (M,W also 11a Su,T,Th) Activity Pool
 Travel Journaling, with Jennifer 2 hours Art Studio
 Free Yourself from Your Inner Blocks, with Adriana Reid Arroyo

- 3:00 **Pilates Reformer: Level 2** (M,W,F) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Tai Chi (Su,M,W) Montaña

- 4:00 **Inner Journey: Guided Meditation** (M,W,Th,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Vincent Van Gogh: Dispelling the Myths, with Diane Arkin Arroyo

- 5:00 **Fiesta at the Bazar! All invited! Sangria & guacamole** 60mins Bazar del Sol

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

- 7:30 **Movie *News of the World*** Library Lounge

- 8:00 **Letting Go of Anxiety, with Victoria Maizes, MD** Olmecca

TUESDAY | May 10

- 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 Trail Run** (2 to 4 Miles (T) Gazebo
 6:45 **Woodlands Hike** 2 Miles (Su,T,Th) Gazebo

- 9:00 **Bird Walk** (T,Th) Gazebo
 BOSU® Fit (T,Th) Olmecca
 Meditation (Su-Th) Oaktree
 Pickleball: Beginner (Su,T,Th) please wear court shoes Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña

- 10:00 **Circuit Training** (M-F) Azteca
 Dance: Nia (T also 2p Th) Kuchumaa
 Pickleball: Intermediate (T,Th also 11a Su) please wear Court shoes Pickleball Courts
 Pilates Arc Barrel: Level 2 (T,Th) Pinetree
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Yoga Fundamentals: All Levels (Su -F) Montaña

- 11:00 **Feldenkrais with Ilana Nachoum** 75 mins (Su-F) Oaktree
 Gyrokinesis® (M,T,W) Pinetree
 Ranch Ropes 30mins (T,F) Olmecca
 Shallow Water Workout (Su,T,Th also 2p M,W) Activity Pool
 Stretch (Su,T,Th) Arroyo
 Yoga: Level 2 75 mins (Su,M,T,Th,F) Montaña
 Watercolor with Jennifer 2 hours Art Studio

- 1:00 **Nourishing Your Health by Living Green, with Victoria Maizes, MD** Olmecca
 Bean-to-Bar Chocolate class 90 mins. Register at ext. 631/640. Fee/ Departs from Admin Bldg.

- 2:00 **Dance: Boomerise® - The Groovy 60's Workout** (T also 10a F) Kuchumaa
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Collage Card Making with Jennifer 2 hours Art Studio
 Getting to Know Your Human, with Adriana Reid Arroyo

- 3:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (T,Th also 2p Su,M,F) Kuchumaa
 Pilates Cadillac: Fundamentals (T,Th) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Stability Ball 30 mins (T) Olmecca

- 4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,T) Montaña
 Gregory: The One-Drop Rule: A Brief History of Multi-Racial Musicians Olmecca
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Isabel Cruz and Jean Courtney. Register at Ext. 631/640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg

- 7:30 **Movie *Queen Bees*** Library Lounge

- 8:00 **Tangos and Spanish Flair, with violinist Monique Mead and guitarist Mircea Gogoncea** Oaktree

WEDNESDAY | May 11

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 **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo

- 9:00 **Circuit Training** (M,W,Th,F) Azteca
- Meditation** (Su-Th) 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

- 10:00 **Cardio Kickboxing** (W) Kuchumaa
- Circuit Training** (M-F) Azteca
- Pilates Mat: Level 2** (Su,M,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

- 11:00 **Cycle 30: All Levels** 30 mins (W) Pai Pai
- Feldenkrais with Ilana Nachoum** 75 mins (Su-F) Oaktree
- Gyrokinesis®** (M,T,W) Pinetree
- H2O Bootcamp** (M,W) Activity Pool
- Pilates Reformer: Fundamentals** (Su,W,also 2p Su,F,& 3p Su,) Pilates Studio
- TRX Fundamentals** (Su,W) Tolteca
- Yoga Sculpt Level 2** 60 mins (W) Montaña
- Landscape Sketching with Jennifer** 2 hours Art Studio

- 1:00 **Vibrantly Healthy Women, with Victoria Maizes, MD.** Olmeca
- Documentary: Tree of Life, The Living Legacy of Edmond Szekely** Library Lounge

- 2:00 **Release & Mobilize** please wear socks (M,W,F) Oaktree
- Shallow Water Workout** (M,W also 11a Su,T,Th) Activity Pool
- Travel Journaling with Jennifer** 2 hours Art Studio
- World Drumming** (W) Kuchumaa
- Inner Voice vs. Mind Chatter, with Adriana Reid** Arroyo

- 3:00 **Pilates Reformer: Level 2** (M,W,F) Pilates Studio
- Sound Healing** (Su-F) Oaktree
- Tai Chi** (Su,M,W) Montaña

- 4:00 **Inner Journey: Guided Meditation** (M,W,Th,F) Oaktree
- Stretch & Relax** (M,W,F) Montaña
- Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Isabel Cruz and Jean Courtney.** Register at Ext. 631/640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg
- Spanish Surrealism: The Magic of Miro and the Dilemma of Dali, with Diane Arkin** Arroyo

- 5:00 **Monique Mead introduces the Orquesta Guadalupana Baja California with Children from Tijuana and Ron Wakefield, OFS, Music Director** Oaktree

- 7:30 **Movie *Dream Horse*** Library Lounge

- 8:00 **An Evening with Deborah Szekely, Co-founder of Rancho La Puerta, and Sarah Livia Brightwood Szekely, President of Rancho La Puerta: An Informal Question and Answer Session Hosted by Barry Shingle, Program Director** Oaktree

THURSDAY | May 12

- 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 **Woodlands Hike** 2 Miles (Su,T,Th) Gazebo

- 9:00 **Bird Walk** (T,Th) Gazebo
- BOSU® Fit** (T,Th) Olmeca
- Circuit Training** (M,W,Th,F) Azteca
- Meditation** (Su-Th) Oaktree
- Pickleball: Beginner** (Su,T,Th) please wear court shoes Pickleball Courts
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Stretch** (Su-F) Montaña

- 10:00 **Circuit Training** (M-F) Azteca
- Dance: Move, Groove & Funk!** (Th) Kuchumaa
- Pickleball: Intermediate** (T,Th also 11a Su) please wear court shoes Pickleball Courts
- Pilates Arc Barrel: Level 2** (T,Th) Pinetree
- Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
- Yoga Fundamentals: All Levels** (Su -F) Montaña

- 11:00 **Bounce: mini trampoline** 30 mins (M,Th) Kuchumaa
- Feldenkrais with Ilana Nachoum** 75 mins (Su-F) Oaktree
- Ranch Barre** (M,Th) Olmeca
- Shallow Water Workout** (Su,T,Th also 2p M,W) Activity Pool
- Stretch** (Su,T,Th) Arroyo
- Yoga: Level 2** 75 mins (Su,M,T,Th,F) Montaña
- Mandala with Jennifer** 1 hour Art Studio

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

- 1:00 **Enjoying Modern Art, with Diane Arkin** Arroyo
- 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** (\$60 art kit fee) Sign up Dining Hall balcony

- 2:00 **Circuit Training** (T,Th) Azteca
- Dance: Nia** (Th also 10a T) Kuchumaa
- Deep Water** (Su,T,Th) Activity Pool
- Collage Card Making with Jennifer** 2 hours Art Studio
- Hike to The Residences, with Karla** 60 mins sign up Main Lounge
- How Do I Create My Reality? with Adriana Reid** Arroyo

- 3:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (T,Th also 2p Su,M,F) Kuchumaa
- Pilates Cadillac: Fundamentals** (T,Th) Pilates Studio
- Sound Healing** (Su-F) Oaktree
- Swim Stroke Clinic** 30 mins (Th) Activity Pool

- 4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
- Inner Journey: Guided Meditation** (M,W,Th,F) Oaktree
- Yoga Nidra** (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 Isabel Cruz and Jean Courtney.** Register at Ext. 631/640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg

- 7:15 **Prayer Arrows with Tim Hinchliff** Main Lounge
- 7:30 **Documentary *The Hidden Life of Trees*** Library Lounge

- 8:00 **Romantic Guitars with husband and wife duo, Ashley Lucero and Mircea Gogoncea** Oaktree

FRIDAY | May 13

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** 2 miles (F) Gazebo
- 6:45 **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo

- 9:00 **Cardio Boxing** (F) Kuchumaa
- Circuit Training** (M,W,Th,F) Azteca
- Nature Walk** 60 mins (W,F) Gazebo
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Pump It – Barbell Strength: Level 2** (M,F) Tolteca
- Stretch** (Su-F) Montaña

- 10:00 **Circuit Training** (M-F) Azteca
- Dance: Boomerise® - The Groovy 60's Workout** (F also 2p Tu) Kuchumaa
- Pickleball: All Levels** (F) please wear court shoes Pickleball Courts
- Pilates Mat: Level 2** (Su,M,W,F) Pinetree
- TRX HIIT - Circuit** (W,F) Tolteca
- Yoga Fundamentals: All Levels** (Su -F) Montaña

- 11:00 **Deep Water** (F) Activity Pool
- Feldenkrais with Ilana Nachoum** 75 mins (Su-F) Oaktree
- Kettlebells** 30 mins (M,F) Tolteca
- Knitting for Wellness with David de la Paz** 60 min Sign up Gazebo
- Ranch Ropes** 30mins (T,F) Olmeca
- Yoga: Level 2** 75 mins (Su,M,T,Th,F) Montaña

- 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 (Su,M,F also 3p T,Th) Kuchumaa
- Pilates Reformer: Fundamentals** (Su,F also 11a T & 3p Su) Pilates Studio
- Release & Mobilize** please wear socks (M,W,F) Oaktree
- Waterpolo on the Noodle** (F) Activity Pool

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

- 4:00 **Inner Journey: Guided Meditation** (M,W,Th,F) Oaktree
- Stretch & Relax** (M,W,F) Montaña
- Interactive Concert with Mircea** Bazar del Sol

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

- 7:30 **Setting Your Return to Home Intention** (F) Los Olivos
- Documentary *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