

Pickleball Week

Refresh & Renew with Sound Week

May 14, 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 14

- 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
- 7:30 **Documentary *Kiss the Ground*** (90 mins) Library Lounge
- 8:00 **Elevate Your Life Force: Create Your Healthy State, with Oliveyah Fisch** Olmecca

<u>MEAL HOURS</u>	<u>AVAILABLE FACILITIES WHEN NO CLASS IS IN SESSION</u>
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 6:00 pm
	Azteca Gym - Weight Room Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to 5:00 pm
<u>SNACK TIMES</u>	<u>UNSTAFFED PICK UP GAMES</u>
Main Lounge / Sunday – Friday Fruit: 10:30 am Smoothies: 2:45 pm (Sunday only) Veggies & Juice 4:30 pm	Pickleball 9 am M,W,F
Juice Bar /Monday-Friday Smoothies: 2:45 pm	Sand Volleyball 4 pm Su - F

SUNDAY | May 15

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 **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 **Feldenkrais** (Su,M,T) Tolteca
 Introduction to Circuit Training (Su) Azteca
 Introduction to Pilates Mat: Fundamentals Progressive (Su-F) Pinetree
 Meditation (Su-F) Oaktree
 Pickleball: Beginner with Nancy Meyer (Su,T,Th also 10a Su) please wear court shoes Pickleball Courts
 Sculpt & Strengthen: Level 2 (Su,W) Olmecca
 Stretch (Su-F) Montaña
- 10:00 **Dance: Move, Groove & Funk** (Su) Kuchumaa
 Introduction to Circuit Training (Su) Azteca
 Pickleball: Beginner with Nancy Meyer (Su also 9am Su,T,Th) please wear shoes Pickleball Courts
 Pilates Mat: Level 2 (Su,W,Th,F) Pinetree
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Stretch (Su,M) Oaktree
 Yoga Fundamentals: All Levels (Su -F) Montaña
- 11:00 **Cardio Muscle Blast** (Su) Azteca
 Gyrokinesis® (Su,M,T) Pinetree
 Pickleball: Intermediate with Nancy Meyer (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) Oaktree
 TRX Fundamentals (Su,W) Tolteca
 Yoga: Level 2 75 mins (Su,M,T,Th,F) Montaña
- 12:00 **Gyrotonic Tower Demo** 30 mins (Su) Pilates Studio
- 1:00 **Feldenkrais: Improving Posture and Balance with Donna Wood Arroyo**
 Water Flow Therapy Demo South Pool
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,F also 3p T,Th) Kuchumaa
 Deep Water Workout (Su,T,Th) Activity Pool
 Feldenkrais (Su,M,T) Arroyo
 Pilates Reformer: Fundamentals (Su,F also 11a Su,W & 3p Su) Pilates Studio
- 3:00 **Core Challenge** 30 mins (Su,W,F) Olmecca
 Pilates Reformer: Fundamentals (Su also 2p Su,F,& 11a Su,W) Pilates Studio
 The Art of Sound Healing with Gongs, with Gary 'Dhyanjot' Grenus Oaktree
 Swim Stroke Clinic 30 mins (Su,Th) Activity Pool
 Tai Chi (Su,M) Montaña
- 4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,T) Montaña
 Sound Healing (Su,W) Oaktree
 Workshop Day 1: Your Empowered State: Making Time for What Matters, with Oliveyah Fisch Arroyo
- 7:30 **Movie *Emma*** Library Lounge
- 8:00 **Planetary Gong Sound Bath Journey, with Dhyanjot** Oaktree

MONDAY | May 16

Class spaces are limited to first come first served

- 6:15 **Mountain Hike: Professor's** challenging 3.3 (M,Th) 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
 Feldenkrais (Su,M,T) Olmecca
 Meditation (Su-F) 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 Arc Barrel: Level 2 (M) Pinetree
 Sculpt & Strengthen: Level 1 (M,W) Olmecca
 Stretch (Su,M) Oaktree
 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
 Gyrokinesis® (Su,M,T) Pinetree
 H2O Bootcamp (M) Activity Pool
 Kettlebells 30 mins (M,F) Tolteca
 Pickleball: All Levels with Nancy Meyer (M,W also 10a F) please wear court shoes Pickleball Courts
 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 **Diet and Nutraceuticals, with Dr. Jacqueline Chan, D.O.** Olmecca
- 2:00 **Balance & Coordination** (M) Olmecca
 Feldenkrais (Su,M,T) Tolteca
 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
 Are You Living as a Human Being or as a Human Doing? with Adriana Reid Arroyo
- 3:00 **Pilates Reformer: Level 2** (M,W,F) Pilates Studio
 Gong Sound Bath, with Dhyanjot (M-F) Oaktree
 Tai Chi (Su,M) Montaña
- 4:00 **Inner Journey: Guided Meditation** (M,Th,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Workshop Day 2: Your Powerful State: Integrating the 5 Pillars of Health, with Oliveyah Fisch 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 **Folklore and Stories: A Window to the Soul, with Rabbi Michael Zedek** Oaktree

TUESDAY | May 17

- 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
 Feldenkrais (Su,M,T) Tolteca
 Meditation (Su-F) Oaktree
 Pickleball: Beginner with Nancy Meyer (Su,T,Th also 10a Su) 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: Intro. to Salsa (T) Kuchumaa
 Pickleball: Intermediate with Nancy Meyer (T,Th also 11a Su) 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: All Levels (Su -F) Montaña
- 11:00 **Gyrokinesis®** (Su,M,T) Pinetree
 Knitting for Wellness with David de la Paz 60 min Sign up Gazebo
 Ranch Ropes 30mins (T,F) Olmecca
 Shallow Water Workout (Su,T,Th also 2p M,W) Activity Pool
 Stretch (Su,T,Th) Oaktree
 Yoga: Level 2 75 mins (Su,M,T,Th,F) Montaña
 Watercolor with Jennifer 2 hours Art Studio
- 1:00 **The Ultimate Sleep Reset, with Dr. Jacqueline Chan, D.O.** Olmecca
 Bean-to-Bar Chocolate class 90 mins. Register at ext. 631/640. Fee/ Departs from Admin Bldg.
- 2:00 **Circuit Training** (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Feldenkrais (Su,M,T) Tolteca
 Step Aerobics (T,Th) Kuchumaa
 Collage Card Making with Jennifer 2 hours Art Studio
 Free Yourself from Your Inner Blocks, with Adriana Reid Arroyo
- 3:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (T,Th also 2p Su,F) Kuchumaa
 Pilates Cadillac: Fundamentals (T,Th) Pilates Studio
 Gong Sound Bath, with Dhyanjot (M-F) Oaktree
 Stability Ball 30 mins (T) Olmecca
- 4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,T) 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
 Workshop 3: Your Effortless State: Coping Strategies for Stress and Uncertainty, with Oliveyah Fisch Arroyo
 The SoulSong Process™, with Gary Malkin Oaktree
- 7:30 **Movie *Queen Bees*** Library Lounge
- 8:00 **Concert: Music, Magic and Mayhem, with Marshall Chapman** Oaktree

WEDNESDAY | May 18

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** 1.2 Miles (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-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

- 10:00** **Circuit Training** (M-F) Azteca
- Pilates Mat: Level 2** (Su,W,Th,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** **Cardio Kickboxing** (W) Kuchumaa
- Cycle 30: All Levels** 30 mins (W) Pai Pai
- Pickleball: All Levels with Nancy Meyer** (M,W also 10a F) please wear court shoes Pickleball Courts
- Pilates Reformer: Fundamentals** (Su,W,also 2p Su,F,& 3p Su,) Pilates Studio
- TRX Fundamentals** (Su,W) Tolteca
- Water Circuit** (W also 10a F) Activity Pool
- Yoga Sculpt Level 2** 60 mins (W) Olmeca
- Landscape Sketching with Jennifer** 2 hours Art Studio

- 1:00** **Soothe Your Mind, with Dr. Jacqueline Chan, D.O.** Olmeca
- Miracles of the Ordinary: A Journey to Everyday Spirituality, with Rabbi Michael Zedek** Tolteca
- 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
- Getting to Know Your Human, with Adriana Reid** Arroyo

- 3:00** **Core Challenge** 30 mins (Su,W,F) Olmeca
- Pilates Reformer: Level 2** (M,W,F) Pilates Studio
- Gong Sound Bath, with Dhyanjot** (M-F) Oaktree
- Sand Volleyball** (W) Sand Volleyball Court

- 4:00** **Sound Healing** (Su,W) 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

- 5:00** **The SoulSong Process™, with Gary Malkin** Oaktree
- 6:30** **Mountain Hike: Alex's Oak** 2 Miles (W) Gazebo

- 7:30** **Movie Dream Horse** 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 | May 19

- 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-F) Oaktree
- Pickleball: Beginner with Nancy Meyer** (Su,T,Th also 10a Su) 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: Zumba!** (Th) Kuchumaa
- Pickleball: Intermediate with Nancy Meyer** (T,Th also 11a Su) please wear court shoes Pickleball Courts
- Pilates Mat: Level 2** (Su,W,Th,F) 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
- Ranch Barre** (M,Th) Olmeca
- Shallow Water Workout** (Su,T,Th also 2p M,W) Activity Pool
- Stretch** (Su,T,Th) Oaktree
- 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** **Neuro-regenerative Practices to Build New Neural Pathways, with Dr. Jacqueline Chan, D.O.** 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** (\$60 art kit fee) Sign up Dining Hall balcony

- 2:00** **Circuit Training** (T,Th) Azteca
- Deep Water** (Su,T,Th) Activity Pool
- Step Aerobics** (T,Th) Kuchumaa
- Collage Card Making with Jennifer** 2 hours Art Studio
- Hike to The Residences, with Karla** 60 mins sign up Main Lounge
- Inner Voice vs. Mind Chatter, 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
- Gong Sound Bath, with Dhyanjot** (M-F) Oaktree
- Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool

- 4:00** **Foam Roller** Please wear socks (Su,T,Th) Tolteca
- Inner Journey: Guided Meditation** (M,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. Depart 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** **Music is Medicine for the Body, Heart and Soul: An Interactive Evening about the Healing Power of Music, with Gary Malkin** Oaktree

FRIDAY | May 20

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** **Circuit Training** (M,W,Th,F) Azteca
- Meditation** (Su-F) Oaktree
- 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: Cardio Hip Hop – Flashback 90s** (F) Kuchumaa
- Pickleball: All Levels with Nancy Meyer** (F also 11am M,W) please wear court shoes Pickleball Courts
- Pilates Mat: Level 2** (Su,W,Th,F) Pinetree
- TRX HIIT - Circuit** (W,F) Tolteca
- Water Circuit** (F also 11a W) Activity Pool
- Yoga Fundamentals: All Levels** (Su -F) Montaña

- 11:00** **Cardio Boxing** (F) Kuchumaa
- Deep Water** (F) Activity Pool
- 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
- Stories for Leaders, with Rabbi Michael Zedek** Arroyo

- 2:00** **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,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
- How Do I Create My Reality? with Adriana Reid** Arroyo

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

- 4:00** **Inner Journey: Guided Meditation** (M,Th,F) Oaktree
- Stretch & Relax** (M,W,F) Montaña
- Whose Scat is That? And Other Signs of Wildlife/ Outdoor Field Experience, with Judie Lincer** Gazebo

- 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