

Yoga for EveryBODY Week

May 21, 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 21

6:15 **Mountain Hike: Professor's** challenging 3.3 Miles Gazebo
6:45 **Woodlands Hike** 2 Miles Gazebo

9:00 **Stretch** Pinetree
 Local Ethnobotany-Plant Uses for Medicines, Food, Clothing and Shelter /Outdoor Field Experience with Judie Lincer 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 **Folklore and Stories: A Window to the Soul, with Rabbi Michael Zedek** Oaktree

<u>MEAL HOURS</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
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
<u>SNACK TIMES</u>	
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

SUNDAY | May 22

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
 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,Th) Arroyo
 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,Th,F) Pinetree
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Stretch (Su,M) Oaktree
 Yoga for EveryBODY with River & Shayne Morgan All Levels (Su -F) Montaña

11:00 **Cardio Muscle Blast** (Su) Azteca
 Gyrokinesis® (Su,M,T) Pinetree
 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) Oaktree
 TRX Fundamentals (Su,W) Tolteca
 Yoga: Level 2 75 mins (Su-F) Montaña

12:00 **Gyrotonic Tower Demo** 30 mins (Su) Pilates Studio

1:00 **Feldenkrais: Improving Posture and Balance with Donna Wood** Oaktree
 Water Flow Therapy Demo South Pool

2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,T,Th) Kuchumaa
 Deep Water Workout (Su,T,Th) Activity Pool
 Feldenkrais (Su) 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
 Sound Healing (Su-F) Oaktree
 Swim Stroke Clinic 30 mins (Su,Th) Activity Pool

4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Restorative Meditation with River & Shayne Morgan (Su,T,Th) Montaña

5:00 **Miracles of the Ordinary: A Journey to Everyday Spirituality, with Rabbi Michael Zedek** Arroyo

7:30 **Movie Emma** Library Lounge
8:00 **Optimizing your Circadian Rhythm and Cardiovascular Health through Intermittent Fasting, with Pam Taub, MD** Olmecca

MONDAY | May 23

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,F) Azteca
 Feldenkrais (Su,M,T) Olmecca
 Meditation (M-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 Mat: Level 2 (Su,M,W,Th,F) Pinetree
 Sculpt & Strengthen: Level 1 (M,W) Olmecca
 Stretch (Su,M) Oaktree
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga for EveryBODY with River & Shayne Morgan 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,W) Activity Pool
 Kettlebells 30 mins (M,F) Tolteca
 Pickleball: All Levels (M,W) please wear court shoes Pickleball Courts
 Yoga: Level 2 75 mins (Su-F) Montaña
 Drawing with Jennifer 2 hours Art Studio

1:00 **Scientifically Proven Strategies for Improving Cardiac Health & Increasing Longevity, with Pam Taub, MD** Olmecca

2:00 **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
 Live Your Great Story! with Jeanine Mancusi Arroyo

3:00 **Pilates Reformer: Level 2** (M,W,F) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Waterpolo on the Noodle (M,F) Activity Pool

4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Stories for Leaders, with Rabbi Michael Zedek Arroyo

5:00 **Fiesta at the Bazar! All invited! Sangría & 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 **Power Your Pelvis: Foundations, with Dawn Sandalcidi, PT, RCMT, BCB-PMD and Kathe Wallace, PT** Olmecca

TUESDAY | May 24

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 (M-F) Oaktree
 Pickleball: Beginner (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 (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 for EveryBODY with River & Shayne Morgan All Levels (Su -F) Montaña

11:00 **Aqua Board** (T,Th also 2p T,Th) Central Pool
 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-F) Montaña
 Watercolor with Jennifer 2 hours Art Studio

1:00 **Power Your Pelvis: Types of Pelvic Floor Exercises (Kegels) for Pelvic Health, with Dawn Sandalcidi, PT, RCMT, BCB-PMD and Kathe Wallace, PT** Olmecca
 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
 Aqua Board (T,Th also 11a T,Th) Central Pool
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Collage Card Making with Jennifer 2 hours Art Studio
 Healthy Inner Dialogue – Discover Your Joyous Adult with Jeanine Mancusi Arroyo

3:00 **Pilates Cadillac: Fundamentals** (T,Th) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Stability Ball 30 mins (T) Olmecca
 Tai Chi (T,W) Montaña

4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Restorative Meditation with River & Shayne Morgan (Su,T,Th) Montaña

Food and Wine Pairing Dinner, with Jill Silverman Hough. Register at Ext. 631/640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg
 Sing Along with Laura: standards, folk songs, musicals and pop favorites Oaktree

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

8:00 **How I Did It: 20 Steps to Changing Your Life, with Pamela Redmond** Oaktree

WEDNESDAY | May 25

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,F) Azteca
 Meditation (M-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
 Dance: Latin Fusion! (W) Kuchumaa
 Pilates Mat: Level 2 (Su,M,W,Th,F) Pinetree
 Sculpt & Strengthen: Level 1 (M,W) Olmeca
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 TRX HIIT - Circuit (W,F) Toltca
 Yoga for EveryBODY with River & Shayne Morgan 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
 H2O Bootcamp (M,W) Activity Pool
 Pickleball: All Levels (M,W) please wear court shoes Pickleball Courts
 Pilates Reformer: Fundamentals (Su,W also 2p Su,F, & 3p Su,) Pilates Studio
 TRX Fundamentals (Su,W) Toltca
 Yoga: Level 2 75 mins (Su-F) Montaña
 Landscape Sketching with Jennifer 2 hours Art Studio
 The Five-Minute Writer Workshop 1 with Pamela Redmond Gazebo
- 1:00** **Hidden Triggers of Early Aging, with Erica Oberg, ND, MPH** Olmeca
 Documentary: Tree of Life, The Living Legacy of Edmond Szekely Library Lounge
 Bean-to-Bar Chocolate Class 60 mins Register at ext. 631/640. Fee/ Departs promptly from Admin Bldg.
- 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
 Emotional Fluency – Permission to Feel, with Jeanine Mancusi Arroyo
- 3:00** **Core Challenge** 30 mins (Su,W,F) Olmeca
 Pilates Reformer: Level 2 (M,W,F) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Tai Chi (T,W) Montaña
- 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 Jill Silverman Hough. Register at Ext. 631/640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg.
 Power your Pelvis: Behaviors for Best Pelvic Health, with Dawn Sandalcidi and Kathe Wallace Olmeca
 Bean-to-Bar Chocolate Class 60 mins Register at ext. 631/640 Fee/ Departs promptly from Admin Bldg.
- 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 26

- 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 (M-F) Oaktree
 Pickleball: Beginner (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** **Chant** (Su,Th) Arroyo
 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 Mat: Level 2 (Su,M,W,Th,F) Pinetree
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Yoga for EveryBODY with River & Shayne Morgan All Levels (Su -F) Montaña
- 11:00** **Aqua Board** (T,Th also 2p T,Th) Central Pool
 Bounce: mini trampoline 30 mins (M,Th) Kuchumaa
 Ranch Barre (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-F) Montaña
 Mandala with Jennifer 1 hour Art Studio
 The Five-Minute Writer Workshop 2 with Pamela Redmond Gazebo
- 12:30** **Demo Yarn Painting with Tim Hinchliff** Dining Hall entrance
- 1:00** **A Better Brain, with Erica Oberg, ND, MPH** Olmeca
 Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff (\$60 art kit fee) Sign up Dining Hall balcony
- 2:00** **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,T,Th) Kuchumaa
 Aqua Board (T,Th also 11a T,Th) Central Pool
 Circuit Training (T,Th) Azteca
 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
 Powerful You – Ownership and Responsibility, with Jeanine Mancusi Arroyo
- 3:00** **Pilates Cadillac: Fundamentals** (T,Th) Pilates Studio
 Sand Volleyball (Th) Sand Volleyball
 Sound Healing (Su-F) Oaktree
 Swim Stroke Clinic 30 mins (Su,Th) Activity Pool
 Power your Pelvis: Sexuality and the Pelvic Floor, with Dawn Sandalcidi and Kathe Wallace Olmeca
- 4:00** **Foam Roller** Please wear socks (Su,T,Th) Toltca
 Restorative Meditation with River & Shayne Morgan (Su,T,Th) Montaña
 Art Exhibition with Tim Hinchliff 90 mins Bazar del Sol
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Jill Silverman Hough. Register at Ext. 631/640. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- 5:45** **Live the Bocuse d'Or Culinary Experience at Amores Restaurant– 8 course menu with wine pairings.** Sign up /Payment at Amores/ 10 minutes from the Ranch. Prompt departure 5:45 pm; back at the Ranch by 9 pm. 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 of the Westward Expansion: Songs of Heart and Place on the American Frontier, with pianist Laura Dean** Oaktree

FRIDAY | May 27

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,F) Azteca
 Meditation (M-F) Oaktree
 Nature Walk 60 mins (W,F) Gazebo
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Pump It – Barbell Strength: Level 2 (M,F) Toltca
 Stretch (Su-F) Montaña
- 10:00** **Circuit Training** (M-F) Azteca
 Dance: Cardio Hip Hop – Flashback 90s (F) Kuchumaa
 Pilates Mat: Level 2 (Su,M,W,Th,F) Pinetree
 TRX HIIT - Circuit (W,F) Toltca
 Yoga for EveryBODY with River & Shayne Morgan All Levels (Su -F) Montaña
- 11:00** **Cardio Boxing** (F) Kuchumaa
 Deep Water (F) Activity Pool
 Kettlebells 30 mins (M,F) Toltca
 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-F) Montaña
- 1:00** **How to Live Your Ranch Experience at Home** (F) Toltca
 The Five-Minute Writer Workshop 3 with Pamela Redmond Gazebo
- 2:00** **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 (M,F) Activity Pool
 Create Your Best Life – How to Manifest Your Dreams, with Jeanine Mancusi Arroyo
- 3:00** **Core Challenge** 30 mins (Su,W,F) Olmeca
 Pilates Reformer: Level 2 (M,W,F) Pilates Studio
 Sound Healing (Su-F) Oaktree
- 4:00** **Inner Journey: Guided Meditation** (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Where Am I? The fascinating natural history of Tecate, Baja California, & Mexico, with Mike Wilken Olmeca
- 6:00** **Music with Rancho La Puerta Fiesta Band** Dining Hall
- 7:15** **Setting Your Return to Home Intention** (F) Los Olivos
- 7:30** **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