

Meditation Week

July 2, 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 | July 2

- 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
- Shallow water workout** Activity Pool
- 3:00 **Stretch** Pinetree
- 4:00 **Set Your Ranch Intention, Tips for a Magical Week** Olmeca
- 5:00 **Ranch Tour** (recommended for first time guests) Gazebo
- Returning Guest Update** Tolteca
- 5:30 **First Time Guest Orientation** Olmeca
- 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 **Secrets from the Masters, with Linda Carroll** 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 6:00 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	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 | July 3

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 with Michele Hebert** (Su-F) Oaktree
- Pickleball: Beginner** (Su,T,Th,F also 10a Su & 11a M) please wear court shoes Pickleball Courts
- Sculpt & Strengthen: Level 2** (Su,W) Olmeca
- 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 (back patio)
- Dance: Disco** (Su) Kuchumaa
- Introduction to Circuit Training** (Su) Azteca
- Pickleball: Beginner** (Su, also 9a Su,T,Th,F & 11a M) 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
- 11:00 **Cardio Muscle Blast** (Su,Th) Azteca
- Gyrokinesis®** (Su-Tu) Pinetree
- Knitting for Wellness** 60 min Sign up Gazebo
- Pickleball: Intermediate** (Su,W also 10a T,Th) please wear court shoes Pickleball Courts
- Pilates Reformer: Fundamentals** (Su, M,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 also 10a Th) Tolteca
- Yoga: Level 2** 75 mins (Su,M,W,Th,F) Montaña
- 12:00 **Gyrotonic Tower Demo** 30 mins (Su) Pilates Studio
- Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
- 1:00 **Water Flow Therapy Demo** South Pool
- Nutrition Wellness: Metabolism and Healthy Weight, with Jody Miller, MA, RCEP** Olmeca
- 2:00 **Dance: Move & groove: Funk!** (Su) Kuchumaa
- Deep Water Workout** (Su,T,Th) Activity Pool
- Feldenkrais** (Su) Oaktree
- Pilates Reformer: Fundamentals** (Su,F also 11a Su,M & 3p Su) Pilates Studio
- Postural Awareness** (Su, M) Tolteca
- The BIG SHIFT: Mindfulness in Life and Love, with Linda Carroll** Arroyo
- 3:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (Su,W, also 2pm Th,F) Kuchumaa
- Core Challenge** 30 mins (Su,T,F) Olmeca
- Mobility Sticks** (Su) Pinetree
- Pilates Reformer: Fundamentals** (Su) Pilates Studio
- Sound Healing** (Su-F) Oaktree
- Waterpolo on the Noodle** (Sun also 2p F) Activity Pool
- 4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
- Yoga Nidra with Mehrad Nazari** (Su,Th) Oaktree
- Labyrinth** (Su,Tu) Labyrinth
- 7:30 **Movie *Emma*** Library Lounge
- 8:00 **Move! The New Science of Body over Mind, with Caroline Williams**

Olmeca

MONDAY | July 4

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,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
- Feldenkrais** (Su,M,T) Olmeca
- Meditation with Michele Hebert** (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 Bodyrock** (M) 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
- Water Jogging** (M,W) Activity Pool
- Yoga Fundamentals: All Levels** (Su -F) Montaña
- 11:00 **Bounce: mini trampoline** 30 mins (M,Th) Kuchumaa
- Cycle 30: All Levels** 30 mins (M,W) Pai Pai
- Gyrokinesis®** (Su-Tu) Pinetree
- H2O Bootcamp** (M,W) Activity Pool
- Pickleball: Beginner** (M,W also 9a Su,T,Th,F & 10a Su) please wear court shoes Pickleball Courts
- Pilates Reformer: Fundamentals** (Su, M,also 2p Su,F & 3p Su) Pilates Studio
- Ranch Ropes** 30mins (M,F) Olmeca
- Yoga: Level 2** 75 mins (Su,M,W,Th,F) Montaña
- Drawing with Jennifer** 2 hours Art Studio
- 1:00 **The Creative Mind, with Caroline Williams** Olmeca
- 2:00 **Dance: Zumba** (M) Kuchumaa
- Postural Awareness** (Su, M) Tolteca
- Release & Mobilize** please wear socks(M,W, & 11 am F) Oaktree
- Shallow Water Workout** (M,W also 11a Su,T,Th) Activity Pool
- Travel Journaling, with Jennifer** 2 hours Art Studio
- Love Cycles in All Our Relationships, with Linda Carroll** Arroyo
- 3:00 **Breathing Techniques for Balance** (M,F) Montaña
- Pilates Reformer: Level 2** (M,W,F) Pilates Studio
- Sound Healing** (Su-F) Oaktree
- Stability Ball** 30 mins (M,Th) Olmeca
- 4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
- Stretch & Relax** (M,W,F) Montaña

Happy 4th of July!

- 4:30 **Fiesta at the Bazar! Sangria & guacamole**
60mins Bazar del Sol
- 5:30 **Dinner by the Central Pool featuring live music with Rancho La Puerta Fiesta Band!**
- 7:30 **Blues, Boogie and Americana with Steve Wills and Ruth Davies** Central Pool

- 6:15 **Silent Dinner** Sign up (M) Los Olivos (via Dining Hall balcony)
- 7:30 **Movie *News of the World*** Library Lounge

TUESDAY | July 5

- 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) Olmeca
- Feldenkrais** (Su,M,T) Tolteca
- Meditation with Michele Hebert** (Su-F) Oaktree
- Pickleball: Beginner** (Su,T,Th,F also 10a Su & 11a M) please wear court shoes Pickleball Courts
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Stretch** (Su-F) Montaña
- 10:00 **Aqua Board** (T,Th also 11a T,Th) Central Pool
- Circuit Training** (M-F) Azteca
- Dance: Intro. to Salsa** (T) Kuchumaa
- Pickleball: Intermediate** (T,Th, also 11a Su,W) 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
- 11:00 **Aqua Board** (T,Th also 10a T,Th) Central Pool
- Gyrokinesis®** (Su-Tu) Pinetree
- Kettlebells** 30 mins (T,F) Tolteca
- Shallow Water Workout** (Su,T,Th also 2p M,W) Activity Pool
- Stretch** (Su,T,Th) Oaktree
- Yoga Sculpt: Level 2** 60 mins (T) Olmeca
- Watercolor with Jennifer** 2 hours Art Studio
- 1:00 **Chakra Health: Opening and Balancing Exercises for Your Energy Centers, with Jonelle Rutkauskas** Tolteca
- Bean-to-Bar Chocolate Class** 60 mins Register at ext. 631/640. Fee/ Departs promptly from Admin Bldg
- 2:00 **Circuit Training** (T,Th) Azteca
- Dance: Basic Tap Dance** *tennis shoes (T) Kuchumaa
- Deep Water Workout** (Su,T,Th) Activity Pool
- Collage Card Making with Jennifer** 2 hours Art Studio
- 3:00 **Core Challenge** 30 mins (Su,T,F) Olmeca
- Pilates Cadillac: Fundamentals** (T,Th) Pilates Studio
- Sound Healing** (Su-F) Oaktree
- Yoga Workshop: Rope Wall** previous yoga experience recommended (T) Montaña
- 4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
- Labyrinth** (Su, Tu) Labyrinth
- Restorative Yoga** (T) Montaña
- Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Natasha Feldman.** Register at Ext. 631/640. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- 5:00 **Changing the World, One Ripple at a Time, with Linda Carroll; and music with the Orquesta Guadalupana Baja California with Children from Tijuana and Ron Wakefield, OFS Music Director** Oaktree
- 7:30 **Movie *Queen Bees*** Library Lounge
- 8:00 **Get Your Nature Groove on! Be Dazzled by Signs of Wildlife up Close and Personal with Judie Lincer** Olmeca

WEDNESDAY | July 6

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 (M,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 with Michele Hebert** (Su-F) Oaktree
- Nature Walk** (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,W,F) Pinetree
- Sculpt & Strengthen: Level 1** (M,W) Olmeca
- Tennis Clinic: Level 2** (M,W) Tennis Courts
- TRX HIIT - Circuit** (W,F) Tolteca
- Water Jogging** (M,W) Activity Pool
- Yoga Fundamentals: All Levels** (Su -F) Montaña
- Landscape Garden Walk** (W) Gazebo

- 11:00 **Cardio Boxing** (W) Kuchumaa
- Cycle 30: All Levels** 30 mins (M,W) Pai Pai
- H2O Bootcamp** (M,W) Activity Pool
- Pickleball: Intermediate** (Su,W also 10a T,Th,F) please wear court shoes Pickleball Courts
- PiYO: A mat pilates and yoga combo!** (W,Th) Pinetree
- TRX Fundamentals** (Su,W also 10a Th) Tolteca
- Yoga: Level 2** 75 mins (Su,M,W,Th,F) Montaña
- Landscape Sketching with Jennifer** 2 hours Art Studio

- 1:00 **Breathing and the Brain, with Caroline Williams** Olmeca
- Documentary: Tree of Life, The Living Legacy of Edmond Szekely** Library Lounge

- 2:00 **Better Balance and Brains** (W,F) Olmeca
- Release & Mobilize** please wear socks (M,W, & 11 am F) Oaktree
- Shallow Water Workout** (M,W also 11a Su,T,Th) Activity Pool
- World Drumming** (W) Kuchumaa
- Mandala with Jennifer** 1 hour Art Studio

- 3:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (Su,W, also 2pm Th,F) Kuchumaa
- Pilates Reformer: Level 2** (M,W,F) Pilates Studio
- Sound Healing** (Su-F also 4p Su) Oaktree
- Tai Chi** (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 Natasha Feldman.** Register at Ext. 631/640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- Whose Scat is That? And Other Signs of Wildlife around Us With Judie Lincer** Gazebo

- 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 | July 7

- 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
- Cardio Kickboxing** (Th) Kuchumaa
- Meditation with Michele Hebert** (Su-F) Oaktree
- Pickleball: Beginner** (Su,T,Th,F also 10a Su & 11a M) please wear court shoes Pickleball Courts
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Stretch** (Su-F) Montaña

- 10:00 **Aqua Board** (T,Th also 11a T,Th) Central Pool
- Chant** (Su,Th) Arroyo (back patio)
- Circuit Training** (M-F) Azteca
- Dance: Cardio Hip Hop: Flashback 90's** (Th) Kuchumaa
- Pickleball: Intermediate** (T,Th, also 11a Su,W) please wear court shoes Pickleball Courts
- Pilates Arc Barrel: Level 2** (M,Th) Pinetree
- Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
- TRX Fundamentals** (Th also 11a Su,W) Tolteca
- Yoga Fundamentals: All Levels** (Su -F) Montaña

- 11:00 **Aqua Board** (T,Th also 10a T,Th) Central Pool
- Bounce: mini trampoline** 30 mins (M,Th) Kuchumaa
- Cardio Muscle Blast** (Su,Th) Azteca
- PiYO: A mat Pilates and yoga combo!** (W,Th) Pinetree
- 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,M,W,Th,F) Montaña

- 12:00 **Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool

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

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

- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (Th,F) Kuchumaa
- Circuit Training** (T,Th) Azteca
- Deep Water Workout** (Su,T,Th) Activity Pool
- Five Basic Skills in Communication, with Linda Carroll** Arroyo

- 3:00 **Pilates Cadillac: Fundamentals** (T,Th) Pilates Studio
- Sound Healing** (Su-F) Oaktree
- Stability Ball** 30 mins (M,Th) Olmeca

- 4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
- Yoga Nidra with Mehrad Nazari** (Su,Th) Oaktree
- 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 Natasha Feldman.** 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 **Concert with Steve Willis and Ruth Davies** Oaktree

FRIDAY | July 8

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 with Michele Hebert** (Su-F) Oaktree
- Nature Walk** (W,F) Gazebo
- Pickleball: Beginner** (Su,T,Th, F) also 10a Su & 11a M) please wear court shoes Pickleball Courts
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Pump It – Barbell Strength: Level 2** (M,F) Tolteca
- Stretch** (Su-F) Montaña
- Hike to The Residences, with Karla** 60 mins sign up Main Lounge

- 10:00 **Circuit Training** (M-F) Azteca
- Dance: Saturday Night Fever** (F) Kuchumaa
- Pilates Mat: Level 2** (Su,W,F) Pinetree
- TRX HIIT - Circuit** (W,F) Tolteca
- Yoga Fundamentals: All Levels** (Su -F) Montaña

- 11:00 **Dance: Jazz** (F) Kuchumaa
- Deep Water** (F) Activity Pool
- Kettlebells** 30 mins (T,F) Tolteca
- Knitting for Wellness** 60 min Sign up Gazebo
- Ranch Ropes** 30mins (M,F) Olmeca
- Release & Mobilize** please wear socks (F also & 2p M,W) Oaktree
- Yoga: Level 2** 75 mins (Su,M,W,Th,F) Montaña

- 1:00 **How to Live Your Ranch Experience at Home** (F) Tolteca

- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (Th,F also 2pm S,W) Kuchumaa
- Better Balance and Brains** (W,F) Olmeca
- Pilates Reformer: Fundamentals** (Su,F also 11a Su,M & 3p Su) Pilates Studio
- Waterpolo on the Noodle** (F) Activity Pool
- Where Am I? The fascinating natural history of Tecate, Baja California, & Mexico, with Mike Wilken** Library Lounge

- 3:00 **Breathing Techniques for Balance** (M,F) Montaña
- Core Challenge** 30 mins (Su,T,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

- 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