

Meditation Week with Sylvia Boorstein

August 6, 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 | August 6

- 6:15 **Mountain Hike: Professor's** challenging 3.3 Miles Gazebo
- 6:30 **Interpretive Nature Walk** (90mins), with **Mike Wilken** Gazebo
- 6:45 **Woodlands Hike** 2 Miles Gazebo
- 9:00 **Stretch** Pinetree
- 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 **Shallow Water workout** Activity Pool
 Sound Healing Oaktree
- 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 **Wellness to Wellbeing: A Different Mindset with Seth Serxner, PhD, MPH** 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 | August 7

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 (Su,T,Th,F) please wear court shoes Pickleball Courts
 Sculpt & Strengthen: Level 2 (Su,W) Olmecca
 Stretch (Su-F) Montaña
- 10:00 **Dance: Zumba** (Su) 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
 Shallow Water Workout (Su,T also 11aF) Activity Pool
 Stretch (Su) Oaktree
 Yoga Fundamentals: All Levels (Su -F) Montaña
- 11:00 **Gyrokinesis®** (Su,M,T) Pinetree
 Pilates Reformer: Fundamentals (Su,M also Su,M, 2,3p & F10) Pilates Studio
 Stretch (Su,T,Th) Oaktree
 Treadmill HIIT (Su,T,Th) Azteca
 TRX Fundamentals (Su,W) 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 **Feldenkrais: Improving Posture and Balance with Donna** Wood Oaktree
 Water Flow Therapy Demo South Pool
- 2:00 **Balance & Coordination** (Su) Olmecca
 Deep Water Workout (Su,T,Th) Activity Pool
 Feldenkrais (Su) Oaktree
 Pilates Reformer: Fundamentals (Su,M also Su 2&3p and F 10) Pilates Studio
 Change Your Mind, with Emily Boorstein Arroyo
- 3:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,M, F) Kuchumaa
 Core Challenge 30 mins (Su,T,F) Olmecca
 Pilates Reformer: Fundamentals (Su, M, also Su 2&3p & F10) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Tai Chi (Su,Tu) Montaña
- 4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su, T) Montaña
 Sound Healing (Su) Oaktree
- 7:30 **Movie *Emma*** Library Lounge
- 8:00 **Concert Bach and Beethoven, with Aleck Karis, piano** Oaktree

MONDAY | August 8

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) 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
- 10:00 **Circuit Training** (M-F) Azteca
 Dance: Burlesque (M) Kuchumaa
 Pilates Arc Barrel: Level 2 (M,Th) Pinetree
 Release & Mobilize please wear socks (M) Oaktree
 Sculpt & Strengthen: Level 1 (M,W) Olmecca
 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: All Levels 30 mins (M,W) Pai Pai
 Gyrokinesis® (Su,M,T) Pinetree
 H2O Bootcamp (M,W) Activity Pool
 Pilates Reformer: Fundamentals (Su,M also 10F, 2p Su & 3p Su) Pilates Studio
 Ranch Ropes 30mins (M,F) Olmecca
 Yoga: Level 2 75 mins (Su,M,W,Th,F) Montaña
 Drawing with Jennifer 2 hours Art Studio
- 1:00 **Chakra Health: Opening and Balancing Exercises for Your Energy Centers, with Jonelle Rutkauskas** Tolteca
 The Regenerative Farming Practices at our Organic Farm & Garden: How your eating habits shape the food system of the future, with Lindsey Hethcote, Education Director at Tres Estrellas Organic Farm & Garden at Rancho La Puerta Olmecca
- 2:00 **Aqua Strength & Tone** (M,W) Activity Pool
 Ballet Fundamentals (M) Olmecca
 Postural Awareness (M, T, W) Tolteca
 Release & Mobilize please wear socks (M,W & F 11a) Oaktree
 Travel Journaling, with Jennifer 2 hours Art Studio
 Healthy Inner Dialogue, with Emily Boorstein Arroyo
- 3:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,M,F) Kuchumaa
 Pilates Reformer: Level 2 (M,W,F) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Stability Ball 30 mins (M,Th) Olmecca
 Waterpolo on the Noodle (M also 2pm F) Activity Pool
- 4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
- 5:00 **Fiesta at the Bazar!** Joins us for Sangría & guacamole. 60 mins Bazar del Sol
- 6:15 **Silent Dinner** (M) Sign up, Los Olivos (via Dining Hall balcony)
- 7:30 **Movie *News of the World*** Library Lounge
- 8:00 **Cultivating Joy and Hope in the Midst of Stressful Times, with Sylvia Boorstein** Oaktree

TUESDAY | August 9

- 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 **BOSU® Fit** (T,Th) Olmecca
 Feldenkrais (Su,M,T) Tolteca
 Meditation (Su-F) Oaktree
 Pickleball: Beginner (Su,T,Th, F) please wear court shoes Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Hike to The Residences, with Karla 60 mins sign up Main Lounge
- 10:00 **Aqua Board** (T,Th also T,Th 11a) Central Pool
 Bootcamp (T) Kuchumaa
 Circuit Training (M-F) Azteca
 Foam Roller Fit (T) Olmecca
 Pickleball: Intermediate (Su,T,Th,F) please wear court shoes Pickleball Courts
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Shallow Water Workout (Su,T also 11aF) Activity Pool
 Yoga Fundamentals: All Levels (Su -F) Montaña
- 11:00 **Aqua Board** (T,Th, also T,Th 10a) Central Pool
 Gyrokinesis® (Su,M,T) Pinetree
 Kettlebells 30 mins (T,F) Tolteca
 Knitting for Wellness (T, F) 60 min Sign up Gazebo
 Stretch (Su,T,Th) Oaktree
 Treadmill HIIT (Su,T,Th) Azteca
 Yoga Sculpt: Level 2 60 mins (T) Olmecca
 Watercolor with Jennifer 2 hours Art Studio
- 1:00 **Wellbeing to Joy: Taking it to the next level with Seth Serxner, PhD, MPH** Olmecca
 Bean-to-Bar Chocolate Class 60 mins Register at ext. 631/640. Fee/ Departs promptly from Admin Bldg
- 2:00 **Chair Yoga** (T,F) Montaña
 Circuit Training (T,Th) Azteca
 Deep Water Workout (Su,T,Th) Activity Pool
 Postural Awareness (M, T,W) Tolteca
 Collage Card Making with Jennifer 2 hours Art Studio
 Permission to Feel, with Emily Boorstein Arroyo
- 3:00 **Core Challenge** 30 mins (Su,T,F) Olmecca
 Pilates Cadillac: Fundamentals (T,Th) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Tai Chi (Su,T) Montaña
- 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 Teacher Chef Debbie Kornberg. Register at Ext. 631/640. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- 5:30 **Mexican Fiesta!** Tecate craft beer and paletas! Dining Hall Patio Ranch Band!!
- 7:30 **Movie *Queen Bees*** Library Lounge

WEDNESDAY | August 10

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
- Regenerative Farming: Beyond Organic in the Garden and Kitchen** Fee. Sign up in Lounge (10 max). Departure at 6:05 am with the Organic Garden Breakfast hike; return 11:30am by van.
- 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
- Sunrise Yoga** (W,F) Montaña

- 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** (Su-F) Oaktree
- 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** (W,F) 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
- Ranch Barre** (W) Olmeca
- TRX Fundamentals** (Su,W) Tolteca
- Yoga: Level 2** 75 mins (Su,M,W,Th,F) Montaña
- Landscape Sketching with Jennifer** 2 hours Art Studio

- 1:00 **Health behavior change: Science to practice with Seth Serxner, PhD, MPH** Olmeca
- Documentary: Tree of Life, The Living Legacy of Edmond Szekely** Library Lounge

- 2:00 **Aqua Strength & Tone** (M,W) Activity Pool
- Postural Awareness** (M, T, W) Tolteca
- Release & Mobilize** please wear socks (M,W, & 11 am F) Oaktree
- Mandala with Jennifer** 1 hour Art Studio
- The Joy of Responsibility, with Emily Boorstein** Arroyo

- 3:00 **BOSU® Balance** (W, also Th 10 am) Olmeca
- Pilates Reformer: Level 2** (M,W,F) Pilates Studio
- Sound Healing** (Su-F also 4p Su) Oaktree

- 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 Teacher Chef Debbie Kornberg.** Register at Ext. 631/640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- Learning to Live with Less, with Amy Carstensen** Arroyo

- 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 | August 11

- 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 **BOSU® Fit** (T,Th) Olmeca
- Cardio Kickboxing** (Th) Kuchumaa
- Meditation** (Su-F) Oaktree
- Pickleball: Beginner** (Su,T,Th, F) please wear court shoes Pickleball Courts
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Stretch** (Su-F) Montaña
- Hike to The Residences, with Karla** 60 mins sign up Main Lounge

- 10:00 **Aqua Board** (T,Th also T,Th 11a) Central Pool
- BOSU® Balance** (Th) Tolteca
- 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

- 11:00 **Aqua Board** (T,Th, also T,Th 10a) Central Pool
- Bounce: mini trampoline** 30 mins (M,Th) Kuchumaa
- Mobility Sticks** (Th) Pinetree
- Stretch** (Su,T,Th) Oaktree
- Treadmill HIIT** (Su,T,Th) Azteca
- 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 **Self-care and emotional wellbeing: What's in it for me? with Seth Serxner, PhD, MPH** 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* Bazar del Sol

- 2:00 **Booty Blast** 30 mins (Th) Olmeca
- Circuit Training** (T,Th) Azteca
- Deep Water Workout** (Su,T,Th) Activity Pool
- Yoga Workshop: Hip Openers** previous yoga experience Recommended (Th) Montaña
- Create and Manifest Your Best Life, with Emily Boorstein** 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
- Labyrinth** (Th) Labyrinth
- 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 Teacher Chef Debbie Kornberg.** Register at Ext. 631/640. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- 5 Mistakes in Organizing, with Amy Carstensen** Arroyo

- 7:15 **Prayer Arrows with Tim Hinchliff** Main Lounge
- 7:30 **Documentary The Hidden Life of Trees** Library Lounge
- 8:00 **Beethoven's Magnificent Late Sonata Opus 106 (the "Hammerklavier") performed by Aleck Karis, piano** Oaktree

FRIDAY | August 12

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
- Sunrise Yoga** (W,F) Montaña

- 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** (Su-F) Oaktree
- Pickleball: Beginner** (Su,T,Th,F) 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

- 10:00 **Circuit Training** (M-F) Azteca
- Pickleball: Intermediate** (Su,T, Th, F) please wear court shoes Pickleball Courts
- Pilates Mat: Level 2** (Su,W,F) Pinetree
- Pilates Reformer: Fundamentals** (Su, M also Su 2&3, F10) Pilates Studio
- TRX HIIT - Circuit** (W,F) Tolteca
- Water Jogging** (W,F) Activity Pool
- Yoga Fundamentals: All Levels** (Su -F) Montaña

- 11:00 **Kettlebells** 30 mins (T,F) Tolteca
- Knitting for Wellness** (T, F) 60 min Sign up Gazebo
- Ranch Ropes** 30mins (M,F) Olmeca
- Release & Mobilize** please wear socks (F) Oaktree
- Shallow Water Workout** (F) Activity Pool
- 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 **Chair Yoga** (T,F) Montaña
- Waterpolo on the Noodle** (M also 2p F) Activity Pool
- Too Much Clutter? How Do I “Let It Go?” with Amy Carstensen** Arroyo

- 3:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,M,F) Kuchumaa
- Core Challenge** 30 mins (Su,T,F) Olmeca
- Pilates Reformer: Level 2** (M,W,F) Pilates Studio
- Sound Healing** (Su-F) Oaktree
- Where Am I? The fascinating natural history of Tecate, Baja California, & Mexico, with Mike Wilken** 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

- 7:30 **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