

## Dance Week with Milo Levell

### Breathwork for Spiritual Connection with

### R. Christian Minson

### October 1, 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 | October 1

- 6:15  **Mountain Hike: Professor's** challenging 3.3 Miles Gazebo  
 6:45  **Woodlands Hike** 2 Miles Gazebo  
 7:00  **Interpretive Nature Walk** 90mins, with **Mike Wilken** Gazebo
- 9:00  **Stretch** Pinetree
- 10:00  **Circuit Training** Azteca  
 **Meditation** Milagro
- 11:00  **Ranch Cycling** Pai Pai
- 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** (also 7:15 pm) 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  **Set Your Ranch Intention, Tips for a Magical Week** Olmecca
- 7:30  **Documentary *Kiss the Ground*** (90 mins) Library Lounge
- 8:00  **Attitude Awareness Tune up, with Julie Fotos, PCC, CPCC** Oaktree

MEAL HOURS	
<b>SATURDAY</b>	
Breakfast	7:00 am to 9:00 am
Lunch	11:30 am to 3:30 pm
Dinner	5:30 pm to 7:30 pm
<b>SUNDAY THROUGH FRIDAY</b>	
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	
<b>Main Lounge / Sunday – Friday</b>	
Fruit:	10:30 am
Smoothies:	2:45 pm (Sunday only)
Veggies & Juice	4:30 pm
<b>Juice Bar /Monday-Friday</b>	
Smoothies:	2:45 pm

AVAILABLE FACILITIES WHEN NO CLASS IS IN SESSION	
<b>Milagro - Meditation Room</b>	
6:00 am to 9:00 pm	
<b>Activity Pool - Lap Swim</b>	
7:00 am to 6:00 pm	
<b>Azteca Gym - Weight Room</b>	
Saturday: 6:30 am to 1:30 pm	
Sunday – Friday: 7:00 am to 5:00 pm	
UNSTAFFED PICK UP GAMES	
<b>Sand Volleyball</b>	
4 pm Su - F	

## SUNDAY | October 2

*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  **Introduction to Circuit Training** (Su) Azteca  
 **Introduction to Pilates Mat: Fundamentals** Progressive (Su-F) Pinetree  
 **Meditation** (Su-F) Oaktree  
 **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  
 **Acrylic, Torn Paper Collage, Watercolor, with Erin Gafill** Art Studio
- 10:00  **Chant** (Su,Th) back patio of Arroyo  
 **Dance Specialty: Cardio Funk** (Su-F) Kuchumaa  
 **Feldenkrais** (Su,M,T) Oaktree  
 **Introduction to Circuit Training** (Su) Azteca  
 **H2O Conditioning & Toning** (Su,Th) Activity Pool  
 **Pilates Mat: Level 2** (Su,M,T,F) Pinetree  
 **Pilates Reformer: Fundamentals** (Su,F also 11a Su,M & 2p Su) Pilates Studio  
 **Ranch Cycling: All Levels** (Su,T) Pai Pai  
 **Yoga Fundamentals: All Levels** (Su -F) Montaña
- 11:00  **Cardio Muscle Blast** (Su) Azteca  
 **Intro: Breathwork for Spiritual Connection** 75 mins \*1<sup>st</sup> class recommended (Su also M,W,F at 11 – T,Th at 2pm will be 45 mins) Oaktree  
 **Gyrokinesis®** (Su-T) Pinetree  
 **Pilates Reformer: Fundamentals** (Su,M also Su at 2p, F at 10a) Pilates Studio  
 **Shallow Water Workout** (Su,T,F also 2pmF) Activity Pool  
 **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  
 **Swim Stroke Clinic** 30 mins (Su,F) Activity Pool
- 1:00  **Feldenkrais: Improving Posture and Balance with Donna Wood** Oaktree  
 **Water Flow Therapy Demo** South Pool
- 2:00  **Balance and Coordination** (Su) Olmecca  
 **Cardio Disco Dance** (Su) Kuchumaa  
 **Deep Water** (Su,T,Th) Activity Pool  
 **Feldenkrais** (Su also M at 1pm) Oaktree  
 **Pilates Reformer: Fundamentals** (Su, also M at 11 am & F at 10) Pilates Studio  
 **Inner Fitness: Slay Your Inner Critic, with Julie Fotos** Arroyo
- 3:00  **Ballet Fundamentals** (Su) Pinetree  
 **Core Challenge** 30 mins (Su,T,F) Olmecca  
 **Hard CORE Roller** (Su,also W at 10 am) Tolteca  
 **Sound Healing** (Su -F) Oaktree
- 4:00  **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca  
 **Restorative Yoga** (Su, T,Th) Montaña  
 **Sound Healing** (Su) Oaktree  
 **Secrets of the iPhone Camera Revealed: Getting Started, with Susan and Neil Silverman** Arroyo
- 7:30  **Movie *Emma*** Library Lounge
- 8:00  **Karl Anthony Concert - Look Up: Original Songs, Star Light & The Singing Drum** Oaktree

## MONDAY | October 3

*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  **Barbell Strength: Level 2** (M,F) Tolteca  
 **Circuit Training** (M,W,F) Azteca  
 **Meditation** (Su-F) Oaktree  
 **Pickleball: Beginner** (M-F) please wear court shoes Pickleball Courts  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Stretch** (Su-F) Montaña  
 **Acrylic, Torn Paper Collage, Watercolor, with Erin Gafill** Art Studio
- 10:00  **Circuit Training** (M-F) Azteca  
 **Dance Specialty: Cardio Funk** (Su-F) Kuchumaa  
 **Feldenkrais** (Su,M,T) Oaktree  
 **Pickleball: Intermediate** (M-Th) please wear court shoes Pickleball Courts  
 **Pilates Mat: Level 2** (Su,M,T,F) Pinetree  
 **Sculpt & Strengthen: Level 1** (M,W) Olmecca  
 **Water Jogging** (M) Activity Pool  
 **Yoga Fundamentals: All Levels** (Su -F) Montaña
- 11:00  **Bounce: mini trampoline** 30 mins (M,W) Kuchumaa  
 **Breathwork for Spiritual Connection** (M,W,F at 11 – T,Th at 2pm) Oaktree  
 **Cycle Hip Hop: All Levels** 30 mins (M) Pai Pai  
 **Gyrokinesis®** (Su,M,Tu) Pinetree  
 **H2O Bootcamp** (M,W) Activity Pool  
 **Pilates Reformer: Fundamentals** (M also F at 10am) Pilates Studio  
 **Ranch Ropes** 30mins (M, F) Olmecca  
 **Yoga: Level 2** 75 mins (Su,M,T,Th,F) Montaña  
 **Drawing with Jennifer** 2 hours Art Studio
- 1:00  **Understanding the Mediterranean Diet, with Linda Illingworth, RDN** Olmecca  
 **Feldenkrais** (Su,M) Oaktree
- 2:00  **Aqua Ease** (M,W) Activity Pool  
 **Booty Blast** 30 mins (M) Olmecca  
 **Release & Mobilize** please wear socks (M,W, F & F at 11) Oaktree  
 **Travel Journaling, with Jennifer** 2 hours Art Studio  
 **Inner Fitness: Create a More Powerful Version of You, with Julie Fotos** Arroyo
- 3:00  **Pilates Reformer: Level 2** (M,W also 11 am T) Pilates Studio  
 **Sound Healing** (Su-F) Oaktree  
 **Stability Ball** 30 mins (M,W) Olmecca  
 **Waterpolo on the Noodle** (M,Th) Activity Pool
- 4:00  **Inner Journey: Guided Meditation** (M,W,F) Oaktree  
 **Stretch & Relax** (M,W,F) Montaña  
 **Secrets of the iPhone Camera Revealed: Diving Deeper, with Susan and Neil Silverman** Arroyo
- 5:00  **Fiesta at the Bazar! All invited! Sangría & guacamole** 60mins 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  **Blood, Biotechnology and Well-Being – Overviews of Genetics, Cellular Therapies and Aging, with David Wellis, Ph.D.** Olmecca

## TUESDAY | October 4

- 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  
 **Meditation** (Su-F) Oaktree  
 **Pickleball: Beginner** (M-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  
 **Acrylic, Torn Paper Collage, Watercolor, with Erin Gafill** Art Studio
- 10:00  **Aqua Board** (T,Th also 11a T,Th) Central Pool  
 **Circuit Training** (M-F) Azteca  
 **Dance Specialty: Cardio Funk** (Su-F) Kuchumaa  
 **Feldenkrais** (Su,M,T) Oaktree  
 **Pickleball: Intermediate** (M-Th) please wear court shoes Pickleball Courts  
 **Pilates Mat: Level 2** (Su,M,T,F) Pinetree  
 **Ranch Cycling: All Levels** (Su,T) Pai Pai  
 **TRX HIIT - Circuit** (T,F) Tolteca  
 **Yoga Fundamentals: All Levels** (Su -F) Montaña
- 11:00  **Aqua Board** (T,Th also 10a T,Th) Central Pool  
 **Gyrokinesis®** (Su-T) Pinetree  
 **Kettlebells** 30 mins (T,Th) Tolteca  
 **Pilates Reformer: Level 2** (T also 3pm W) Pilates Studio  
 **Shallow Water Workout** (Su,T,F also 2pmF) Activity Pool  
 **Stretch** (T,Th) Oaktree  
 **Treadmill Training** (T,Th) Azteca  
 **Yoga: Level 2** 75 mins (Su,M,T,Th,F) Montaña  
 **Watercolor with Jennifer** 2 hours Art Studio
- 1:00  **Blood, Biotechnology and Well-Being – DNA and Genetics, with David Wellis, Ph.D.** 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 (T,W,F) Kuchumaa  
 **Breathwork for Spiritual Connection** (M,W,F at 11, T,Th at 2pm) Oaktree  
 **Circuit Training** (T,Th) Azteca  
 **Deep Water** (Su,T,Th) Activity Pool  
 **Pilates Cadillac: Fundamentals** (T,Th) Pilates Studio  
 **Postural Awareness** (T,W) Tolteca  
 **Collage Card Making with Jennifer** 2 hours Art Studio  
 **Inner Fitness: Drop the Drama and Create Better Relationships, with Julie Fotos** Arroyo
- 3:00  **Core Challenge** 30 mins (Su,T,F) Olmecca  
 **Sound Healing** (Su-F) Oaktree  
 **Labyrinth** (T) Labyrinth
- 4:00  **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca  
 **Restorative Yoga** (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.  
 **Secrets of the iPhone Camera Revealed: Going All in, with Susan and Neil Silverman** Arroyo
- 7:30  **Movie *Queen Bees*** Library Lounge
- 8:00  **Awaken the Artist Within, with Erin Gafill** Olmecca

## WEDNESDAY | October 5

*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  
 **Sunrise Yoga** 60mins (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** (M-F) please wear court shoes Pickleball Courts  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Sculpt & Strengthen: Level 2** (Su,W) Olmeca  
 **Stretch** (Su-F) Montaña
- 10:00  **Aqua Groove** (W,F) Activity Pool  
 **Circuit Training** (M-F) Azteca  
 **Dance Specialty: Cardio Funk** (Su-F) Kuchumaa  
 **Hard CORE Roller** (W) Tolteca  
 **Pickleball: Intermediate** (M-Th) please wear court shoes Pickleball Courts  
 **Sculpt & Strengthen: Level 1** (M,W) Olmeca  
 **Yoga Fundamentals: All Levels** (Su -F) Montaña  
 **Landscape Garden Walk** (W) Gazebo
- 11:00  **Bounce: mini trampoline** 30 mins (M,W) Kuchumaa  
 **Breathwork for Spiritual Connection** (M,W,F at 11 – T,Th at 2pm) Oaktree  
 **Cycle 30: All Levels** 30 mins (W) Pai Pai  
 **H2O Bootcamp** (M,W) Activity Pool  
 **Reformer/Cadillac Combo** (W) Pilates Studio  
 **TRX Fundamentals** (Su,W) Tolteca  
 **Yoga Sculpt: Level 2** 60 mins (W) Olmeca  
 **Landscape Sketching with Jennifer** 2 hours Art Studio
- 1:00  **Blood, Biotechnology and Well-Being – Cellular Therapies, with David Wellis** Olmeca  
 **Documentary: Tree of Life, The Living Legacy of Edmond Szekely** Library Lounge
- 2:00  **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (T,W,F) Kuchumaa  
 **Aqua Ease** (M,W) Activity Pool  
 **Postural Awareness** (T,W) Tolteca  
 **Release & Mobilize** please wear socks(M,W,F & 11 am F) Oaktree  
 **Mandala with Jennifer** 1 hour Art Studio  
 **Inner Fitness: (Re)Claim Your Authentic Self, with Julie Fotos** Arroyo
- 3:00  **Mobility Sticks** (W, also11am Th) Pinetree  
 **Pilates Reformer: Level 2** (M,W) Pilates Studio  
 **Sound Healing** (Su-F) Oaktree  
 **Stability Ball** 30 mins (M,W) Olmeca
- 4:00  **Inner Journey: Guided Meditation** (M,W,F) Oaktree  
 **Stretch & Relax** (M,W,F) 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  
 **Secrets of the iPhone Camera Revealed: Wrapping it up, with Susan and Neil Silverman** Arroyo
- 7:30  **Movie Dream Horse** Library Lounge
- 8:00  **Jazz standards, Neo-romantic and New Age Solo Piano, with Loren Wilken** Oaktree

## THURSDAY | October 6

- 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** (M-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 11a T,Th) Central Pool  
 **Chant** (Su,Th) Arroyo (back patio)  
 **Circuit Training** (M-F) Azteca  
 **Dance Specialty: Cardio Funk** (Su-F) Kuchumaa  
 **H2O Conditioning & Toning** (Su,Th) Activity Pool  
 **Pickleball: Intermediate** (M-Th) please wear court shoes Pickleball Courts  
 **Pilates Arc Barrel Level 2** (Th) Pinetree  
 **Rhythm Cycle: All Levels** (Th) Pai Pai  
 **Yoga Fundamentals: All Levels** (Su -F) Montaña
- 11:00  **Aqua Board** (T,Th also 10a T,Th) Central Pool  
 **Kettlebells** 30 mins (T,Th) Tolteca  
 **Mobility Sticks** (Th) Pinetree  
 **Ranch Barre** (Th) Olmeca  
 **Stretch** (T,Th) Oaktree  
 **Treadmill Training** (T,Th) Azteca  
 **Yoga: Level 2** 75 mins (Su,M,T,Th,F) Montaña
- 12:30  **Demo Yarn Painting with Tim Hinchliff** Dining Hall entrance
- 1:00  **Blood, Biotechnology and Well-Being – Aging, with David Wellis** Olmeca  
 **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  **Breathwork for Spiritual Connection** (M,W,F at11 – T,Th at 2pm) Oaktree  
 **Circuit Training** (T,Th) Azteca  
 **Deep Water** (Su,T,Th) Activity Pool  
 **Pilates Cadillac: Fundamentals** (T,Th) Pilates Studio  
 **Yoga Workshop: Hip openers** (Th) \*previous yoga experience Montaña
- 3:00  **Sound Healing** (Su-F) Oaktree  
 **Tabata 30:** 30 mins (Th) Olmeca  
 **Waterpolo on the Noodle** (M,Th) Activity Pool
- 4:00  **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca  
 **Restorative Yoga** (Su, T,Th) Montaña  
 **Art Exhibition with Tim Hinchliff** 90 mins Bazar del Sol  
 **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  
 **Bean-to-Bar Chocolate Class** 60 mins Register at ext. 631/640 Fee/ Departs promptly from Admin Bldg.
- 7:15  **Prayer Arrows with Tim Hinchliff** Main Lounge
- 7:30  **Documentary The Hidden Life of Trees** Library Lounge
- 8:00  **Karl Anthony Concert - Hold The Sky** Oaktree

## FRIDAY | October 7

*Please sign up or confirm your return transportation at the Admin Building or Concierge Desk*

- 6:05  **Organic Garden Breakfast Hike** (T,W,Th,F ) Moderate 4 Miles 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** 60mins (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  **Barbell Strength: Level 2** (M,F) Tolteca  
 **Bootcamp** (F) Kuchumaa  
 **Circuit Training** (M,W,F) Azteca  
 **Meditation** (Su-F) Oaktree  
 **Pickleball: Beginner** (M-F) please wear court shoes Pickleball Courts  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Stretch** (Su-F) Montaña
- 10:00  **Aqua Groove** (W,F) Activity Pool  
 **Circuit Training** (M-F) Azteca  
 **Dance Specialty: Cardio Funk** (Su-F) Kuchumaa  
 **Pilates Mat: Level 2** (Su,M,T,F) Pinetree  
 **Pilates Reformer: Fundamentals** (F) Pilates Studio  
 **TRX HIIT - Circuit** (T,F) Tolteca  
 **Yoga Fundamentals: All Levels** (Su -F) Montaña
- 11:00  **Breathwork for Spiritual Connection** (F) Oaktree  
 **Cardio Boxing** (F) Kuchumaa  
 **Ranch Ropes** 30mins (F) Olmeca  
 **Shallow Water Workout** (F also 2pmF) Activity Pool  
 **Yoga: Level 2** 75 mins (F) Montaña
- 12:00  **Swim Stroke Clinic** 30 mins (Su,F) Activity Pool
- 1:00  **How to Live Your Ranch Experience at Home** (F) Tolteca
- 2:00  **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (T,W,F) Kuchumaa  
 **Release & Mobilize** please wear socks(M,W,F) Oaktree  
 **Shallow Water Workout** (F) Activity Pool  
 **Where Am I? The fascinating natural history of Tecate, Baja California, and Mexico, with Mike Wilken** Library Lounge
- 3:00  **Core Challenge** 30 mins (Su,T,F) Olmeca  
 **Sound Healing** (Su-F) Oaktree
- 4:00  **Inner Journey: Guided Meditation** (M,W,F) Oaktree  
 **Stretch & Relax** (M,W,F) Montaña
- 5:00  **Concert with Orquesta Guadalupana Baja California with Children from Tijuana and Ron Wakefield, OFS Music Director and Kaylene Campbell at the piano** Oaktree
- 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*