**Meditation, Gyrokinesis & Pickleball Week**

**October 8, 2022 – DRAFT SUBJECT TO CHANGE**

***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 8

**6:15** **Mountain Hike: Professor’s** challenging 3.3 Miles Gazebo

**6:45** **Woodlands Hike** 2 Miles Gazebo

**7:00** **Interpretive Nature Walk (1 hr), with Mike Wilken** 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** **Sound Healing** Oaktree

**Woodlands Hike** 2 Miles Gazebo

**3:00**  **Stretch** Pinetree

**4:00** **Set Your Ranch Intention, Tips for a Magical Week** (also 7:15 pm) 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** **Set Your Ranch Intention, Tips for a Magical Week** Olmeca

**7:30** **Documentary *Kiss the Ground*** (90 mins)Library Lounge

**8:00** **Learning to Live with Less and Why it Matters, with Amy**

**Carlston** Olmeca

**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 to 5:00 pm

**UNSTAFFED PICK UP GAMES**

**Pickleball**

9 am M,W,F

**Sand Volleyball**

4 pm Su - F

**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

SUNDAY | October 9

*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

**Pickleball: Beginner** (Su,T,Th,F) 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
* **I Can’t Draw and You Can Too! Session 1, with Tom**
* **Birmingham** Art Studio

**10:00** **Chant** (Su,Th) Arroyo (back patio)

**Dance: Latin Fusion** (Su) Kuchumaa

**Feldenkrais** (Su,M,T) Oaktree

**Introduction to Circuit Training** (Su) Azteca

* **H2O Bootcamp** (Su,T,Th) Activity Pool
* **Pickleball: Intermediate** (Su,T,Th,F) please wear
* court shoes Pickleball Courts

**Pilates Mat: Level 2** (Su,M,T,F)Pinetree

**Pilates Reformer: Fundamentals** (Su,Th also Su,M,F@ 11am, Su@2)

Pilates Studio

**Ranch Cycling: All Levels** (Su,T) Pai Pai

**Yoga Fundamentals: All Levels** (Su -F) Montaña

**11:00** **Cardio Muscle Blast** (Su) Azteca

**Gyrokinesis®** 75 mins(Su-F)Pinetree

* **Pickleball: All Levels** (Su,M,W) please wear
* court shoes Pickleball Courts
* **Pilates Reformer: Fundamentals** (Su,M,F@ 11am,Th@10 Su@2)
* Pilates Studio

**Shallow Water Workout** (Su,T,Th) Activity Pool

* **TRX Fundamentals** (Su,W) Tolteca

**Yoga: Level 2** 75 mins (Su,M,T,Th,F) Montaña

**1:00** **Feldenkrais: Improving Posture and Balance with Donna Wood**

Oaktree

**Water Flow Therapy Demo** South Pool

**How to Use Essential Oils in Self-Care Rituals for Beauty, Balance**

**and Well-Being with Tara Grodjesk** Arroyo

**2:00**  **Ranch Ropes:** 30 mins(Su also Th@11 ) Olmeca

**Deep Water** (Su,T,Th) Activity Pool

**Feldenkrais** (Su also M @1pm) Oaktree

**Pilates Reformer: Fundamentals** (Su,M,F 11 am , Th@10)

Pilates Studio

**Change Your Mind, with Emily Boorstein** Arroyo

**3:00** **Core Challenge** 30 mins (Su,T,F) Olmeca

**Hard CORE Roller** (Su,also W @10 am) Tolteca

* **Labyrinth** (Su) Labyrinth
* **Sound Healing** (Su -F) Oaktree
* **Swim Stroke Clinic** 30 mins(Su,M,W)

**4:00** **Foam Roller Recovery** Please wear socks (Su,T,Th)Tolteca

 **Restorative Yoga** (Su, T) Montaña

* **Sound Healing** (Su) Oaktree

**7:30** **Movie *Emma*** Library Lounge

**8:00**  **KARL ANTHONY concert - LOOK UP**

ORIGINAL SONGS, Star Light & the SINGING DRUM Oaktree

MONDAY | October 10

*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

**Pilates Mat: Fundamentals** Progressive (M-F) Pinetree

**Stretch** (Su-F) Montaña

**Tennis Clinic: Level 1** (M,W) Tennis Courts

* **I Can’t Draw and You Can Too! Session 2, with Tom Birmingham**
* Art Studio

**10:00**  **Circuit Training** (M-F)Azteca

**Dance: Zumba** (M) Kuchumaa

**Feldenkrais** (Su,M,T) Oaktree

**Hike (pre and post) Mobility** (M,W alsoF@11am) Kuchumaa \*meet outside

* **Pickleball: Open Play** (M,W) please wear
* court shoes Pickleball Courts

**Pilates Mat: Level 2** (Su,M,T,F)Pinetree

**Sculpt & Strengthen: Level 1** (M,W) Olmeca

**Tennis Clinic: Level 2** (M,W) Tennis Courts

**Water Jogging** (M,W,F) Activity Pool

**Yoga Fundamentals: All Levels** (Su -F) Montaña



**11:00**  **Bounce: mini trampoline** 30 mins (M,W) Kuchumaa

**Cycle 30: All Levels** 30 mins (M) Pai Pai

**Gyrokinesis®** 75 mins(Su-F)Pinetree 

* **Pickleball: All Levels** (Su,M,W) please wear
* court shoes Pickleball Courts

**Pilates Reformer: Fundamentals** (M,F Th @10am)

Pilates Studio

**Yoga: Level 2** 75 mins (Su,M,T,Th,F) Montaña

**Drawing with Jennifer** 2 hours Art Studio

**1:00** **How to Maintain Your Skin’s Radiance and Vibrancy at Any Age**

* **with Tara Grodjesk** Arroyo

**Your Energy Centers with Jonelle Rutkauskas** Tolteca

**Feldenkrais** (Su,M) Oaktree

**2:00** **Aqua Fit** (M,W,F) Activity Pool

**Balance and Coordination** (M) Olmeca

 **Release & Mobilize** please wear socks (M,W, F) Oaktree

**TRX Flexibility** (M,Th) Tolteca

**Woodlands Hike** 2 Miles (M,F) Gazebo

**Travel Journaling, with Jennifer** 2 hours Art Studio

 **Healthy Inner Dialogue, with Emily Boorstein** 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) Olmeca
* **Swim Stroke Clinic** 30 mins(Su,M,W)

**4:00** **Inner Journey: Guided Meditation** (M,W,F) Oaktree

**Stretch & Relax** (M,W,F) Montaña

**Too Much Clutter?  How Do I “Let It Go?” , with Amy Carlston**

Arroyo

**5:00** **Fiesta at the Bazar! All invited! Sangría & guacamole**

60mins Bazar del Sol

**7:30** **Movie *News of the World*** Library Lounge

**8:00** **Nutritional Resilience and Performance with Patti T.**

**Milligan, PhD, RD, CNS** Olmeca

TUESDAY | October 11

**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) Olmeca

**Meditation** (Su-F) Oaktree

**Outdoor Fit: Strength & Cardio** (T,Th) Kuchumaa \*meet outside

**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

* **I Can’t Draw and You Can Too! Session 3, with Tom Birmingham**
* Art Studio

**10:00**  **Circuit Training** (M-F)Azteca

**Dance: Cardio Hip Hop: Bodyrock** (Tu) Kuchumaa

**Feldenkrais** (Su,M,T) Oaktree

* **H2O Bootcamp** (Su,T,Th) Activity Pool

**Feldenkrais** (Su,M,T) Oaktree

**Pickleball: Intermediate** (Su,T,Th,F) 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** (Tu,F) Tolteca

**Yoga Fundamentals: All Levels** (Su -F) Montaña

**11:00** **Gyrokinesis®** 75 mins(Su-F)Pinetree

**Kettlebells** 30 mins (T,Th) Tolteca

**Pilates Reformer: Level 2** (Tu also 3pm W) Pilates Studio

**Ranch Barre** (T) Olmeca

**Shallow Water Workout** (Su,T,Th) Activity Pool

**Stretch** (T,Th) Oaktree

**Treadmill Training** (T,F) Azteca

**Yoga: Level 2** 75 mins (Su,M,T,Th,F) Montaña

**Watercolor with Jennifer** 2 hours Art Studio

**1:00** **Unlocking the Keys to EAT this WAY and FEEL That!**

**with Patti T. Milligan, PhD, RD, CNS** Olmeca

* **Explore Sound for Self-Healing, with Lisa Rafel**  Oaktree

**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

**Circuit Training** (T,Th) Azteca

**Deep Water** (Su,T,Th) Activity Pool

**Pilates Cadillac: Fundamentals** (T,Th) Pilates Studio

**Postural Awareness** (T,W) Tolteca

**Permission to Feel, with Emily Boorstein** Arroyo

**Collage Card Making with Jennifer** 2 hours Art Studio

**3:00** **Core Challenge** 30 mins (Su,T,F) Olmeca

* **Sound Healing** (Su-F) Oaktree
* **Tai Chi** (T) Montaña

**4:00**  **Foam Roller Recovery** Please wear socks (Su,T,Th)Tolteca

*  **Restorative Yoga** (Su, T) Montaña
* **Hands-on Cooking Class at La Cocina Que Canta with**
* **Visiting Chef David Cohen.** Register at Ext. 631/640. Fee.
* Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.

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

**8:00** **Cultivating Joy and Hope in the Midst of Stressful Times,**

**with Sylvia Boorstein** Oaktree

WEDNESDAY | October 12

*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** (W,F) Montaña (60 mins)

**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: Move, Groove & Funk!** (W) Kuchumaa

**Hard CORE Roller** (W) Tolteca

**Hike (pre and post) Mobility** (M,W also F@11) Kuchumaa \*meet outside

* **Pickleball: Open Play** (M,W) please wear
* court shoes Pickleball Courts
* **Reformer/Cadillac Combo** (W) Pilates Studio

 **Sculpt & Strengthen: Level 1** (M,W) Olmeca

**Tennis Clinic: Level 2** (M,W) Tennis Courts

**Water Jogging** (M,W,F) Activity Pool

**Yoga Fundamentals: All Levels** (Su -F)Montaña

 **Landscape Garden Walk** (W) Gazebo

**11:00** **Bounce: mini trampoline** 30 mins (M,W) Kuchumaa

**Cycle Hip Hop: All Levels** 30 mins (W) Pai Pai

**Gyrokinesis®** 75 mins(Su-F)Pinetree

* **Pickleball: All Levels** (Su,M,W) please wear
* court shoes Pickleball Courts
* **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** **Unlocking the Keys to EAT this WAY and FEEL That!**

**Part II with Patti T. Milligan, PhD, RD, CNS** Olmeca

**Sound Healing for Opening Your**

**Heart with Lisa Rafel** Oaktree

**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 Fit** (M,W,F) Activity Pool

**Postural Awareness** (T,W) Tolteca

 **Release & Mobilize** please wear socks(M,W,F) Oaktree

**Mandala with Jennifer** 1 hour Art Studio

**The Joy of Responsibility, with Emily Boorstein** Arroyo

**3:00**  **Pilates Reformer: Level 2** (M,W) Pilates Studio

* **Sound Healing** (Su-F) Oaktree
* **Stability Ball** 30 mins(M,W) Olmeca
* **Swim Stroke Clinic** 30 mins(Su,M,W)

**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 David Cohen.** Register at Ext. 631/640. Fee.
* Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.

**5:00** **A Conversation with Deborah Szekely, Co-founder of Rancho**

**La Puerta, and Sarah Livia Brightwood Szekely, President of**

**Rancho La Puerta, Hosted by Barry Shingle, Program Director**

Oaktree

**7:30** **Movie *Dream Horse*** Library Lounge

**8:00** **Awaken the Artist Within, with Erin Gafill** Olmeca

THURSDAY | October 13

**6:05** **Organic Garden Breakfast Hike** (T,W,Th,F ) Moderate 4 Miles

Gzebo \*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

**Outdoor Fit: Strength & Cardio** (T,Th) Kuchumaa \*meet outside

**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**  **Chant** (Su,Th) Arroyo (back patio)

**Circuit Training** (M-F)Azteca

**Dance: Intro to Salsa** (Th) Kuchumaa

* **H2O Bootcamp** (Su,T,Th) Activity Pool
* **Pickleball: Intermediate** (Su,T,Th,F) please wear
* court shoes Pickleball Courts

**Pilates Arc Barrel Level 2** (Th)Pinetree

**Pilates Reformer: Fundamentals** (Th also F@11) Pilates Studio

**Rhythm Cycle: All Levels** (Th) Pai Pai

**Yoga Fundamentals: All Levels** (Su -F) Montaña

**11:00** **Gyrokinesis®** 75 mins(Su-F)Pinetree

**Kettlebells** 30 mins (T,Th) Tolteca

**Ranch Ropes** 30mins(Th) Olmeca

**Shallow Water Workout** (Su,T,Th) Activity Pool

 **Stretch** (T,Th) Oaktree

**Yoga: Level 2** 75 mins (Su,M,T,Th,F) Montaña

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

**1:00** **Make Sounds to Help Someone**

**Else with Lisa Rafel** Oaktree

**Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff**

* ($60 art kit fee)Sign upDining Hall balcony
* **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

* **Deep Water** (Su,T,Th) Activity Pool
* **Pilates Cadillac: Fundamentals** (T,Th) Pilates Studio
* **TRX Flexibility** (M,Th) Tolteca
* **Yoga Workshop: Rope Wall** (Th) \*previous yoga experience **Montaña**
*  **Create and Manifest Your Best Life, with Emily Boorstein**
* Arroyo

**3:00** **Mobility Sticks** (Th) Pinetree

**Sound Healing** (Su-F) Oaktree

* **Tabata 30:** 30 mins (Th)Olmeca

**4:00**  **Foam Roller Recovery** Please wear socks (Su,T,Th)Tolteca

 **Yoga Nidra** (Th) Montaña

**Art Exhibition with Tim Hinchliff** 90 mins Bazar del Sol

* **Hands-on Cooking Class at La Cocina Que Canta with**
* **Visiting Chef David Cohen.** Register at Ext. 631/640. Fee.
* Depart 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

**6:15** **Silent Dinner** (Th ) Sign up, Los Olivos (via Dining Hall balcony)

**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 14

*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 \*Option to tour Professor Park / RLP Foundation,

back by 9am. \* Ride the van to and from the Ranch. Sign Up

**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 (60 mins)

**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** (Su,T,Th,F) 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: Cardio Hip Hop: Flashback 90’s** (F) Kuchumaa

**Pickleball: Intermediate** (Su,T,Th,F) please wear

court shoes Pickleball Courts

**Pilates Mat: Level 2** (Su,M,T,F)Pinetree

 **TRX HIIT - Circuit** (Tu,F) Tolteca

**Water Jogging** (M,W,F) Activity Pool

* **Yoga Fundamentals: All Levels** (Su -F) Montaña

**11:00**  **Cardio Boxing** (F) Kuchumaa

**Gyrokinesis®** 75 mins(Su-F)Pinetree

**Hike (pre and post) Mobility** (F) Kuchumaa \*meet outside

**Pilates Reformer: Fundamentals** (F) Pilates Studio

**Treadmill Training** (T,F) Azteca

**Yoga: Level 2** 75 mins (Su,M,T,Th,F) Montaña

**Sound to Assist with Your Energy Field with Lisa Rafel**

Oaktree

**1:00** **How to Live Your Ranch Experience at Home** (also 5pm F)

Tolteca

**Discover your “inner voice,” with Lisa Rafel** Oaktree

* **City of Covid, with John Rosenmiller** Olmeca

**2:00** **Aerial Yoga: Gentle,** **Low hammock** please wear socks and

sleeves (T,W,F) Kuchumaa

**Aqua Fit** (M,W,F) Activity Pool

 **Release & Mobilize** please wear socks(M,W,F) Oaktree

**Woodlands Hike** 2 Miles (M,F) Gazebo

 **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** **How to Live Your Ranch Experience at Home** (F)Tolteca

**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*