

Sound Healing Week with Gary ‘Dhyanjot’ Grenus September 17, 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 | September 17

- 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
- 10:15 **Ranch Tour** 30 mins Start outside Dining Hall
- 11:00 **Ranch Cycling: All Levels** Pai Pai
 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
- 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 **It All Starts with YOU—and How You Come Across to Others, with Denise Dudley** Olmecca

SUNDAY | September 18

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-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: Move & Groove: Funk!** (Su) Kuchumaa
 Gyrokinesis® (Su also M,T,W at 11 am) Pinetree
 Introduction to Circuit Training (Su) Azteca
 H2O Conditioning & Toning (Su,Th) Activity Pool
 Pickleball: Intermediate (Su,T, Th) please wear court shoes Pickleball Courts
 Pilates Reformer: Fundamentals (Su,F also M 11am & Su 2,3) Pilates Studio
 Rhythm Cycle: All Levels (Su) Pai Pai
 Stretch (Su) Oaktree
 Yoga Fundamentals: All Levels (Su -F) Montaña
- 11:00 **Cardio Muscle Blast** (Su) Azteca
 Shallow Water Workout (Su,T,F) Activity Pool
 Stretch (Su,T,Th) Oaktree
 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** Oaktree
 Water Flow Therapy Demo South Pool
- 2:00 **Chair Yoga** (Su) Montaña
 Deep Water (Su,T,Th) Activity Pool
 Feldenkrais (Su) Oaktree
 Pilates Reformer: Fundamentals (Su also 10am Su,F) Pilates Studio
 Live Your Great Story! with Jeanine Mancusi Arroyo
- 3:00 **Core Challenge** 30 mins (Su,T,F) Olmecca
 Pilates Reformer: Fundamentals (Su also Salso Fat 10) Pilates Studio
 Learn the Art of Sound and the Vedic Astrology of the week (Su) Oaktree
 Tai Chi (Su,Tu) Montaña
- 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,Th) Montaña
 Sound Healing (Su,Th) Oaktree
- 7:30 **Movie *Emma*** Library Lounge
- 8:00 **Planetary Gong Sound Bath Journey, with Dhyanjot** Oaktree

MONDAY | September 19

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,Th) Tolteca
 Circuit Training (M,W,F) Azteca
 Feldenkrais (Su-T) Olmecca
 Meditation (Su-F) Oaktree
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (M,W) Tennis Courts
- 10:00 **Aqua Pilates** (M also Fat 2pm) Activity Pool
 Circuit Training (M-F) Azteca
 Dance: Zumba (M) Kuchumaa
 Pilates Mat: Level 2 (M,W,F) Pinetree
 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,F) Kuchumaa
 Cycle Hip Hop: 30 mins (M,W) Pai Pai
 Gyrokinesis® (M-W) 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
- 12:00 **Musical Meditation, with Natalie Dalschaert, piano, and Brice Martin, flute** Oaktree
- 1:00 **The Secrets of the Healthy Cook, with Chef Kate Sherwood** Olmecca
 Chakra Health: Opening and Balancing Exercises for Your Energy Centers with Jonelle Rutkauskas Tolteca
- 2:00 **Aqua Ease** (M,W) Activity Pool
 Booty Blast 30 mins (M) Olmecca
 Postural Awareness (M,Tu) Tolteca
 Release & Mobilize please wear socks (M,W, & F at 11) Oaktree
 Travel Journaling, with Jennifer 2 hours Art Studio
 Healthy Inner Dialogue – Discover Your Joyous Adult with Jeanine Mancusi Arroyo
- 3:00 **Men & Women Self Defense** (M, also That 2pm) Kuchumaa
 Pilates Reformer: Level 2 (M,W also 11 am Tu) Pilates Studio
 Sound Healing Specialty (M-F) Oaktree
 Stability Ball 30 mins (M,W) Olmecca
 Waterpolo on the Noodle (M,W) Activity Pool
- 4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
- 5:00 **Fiesta at the Bazar! All invited! Sangría & guacamole. Live Music with Jim Buhisan** 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 **The Functionality of Your Eye-Brain Connection Integrating Periphery and Affecting Balance and Movement, with Dana Dean, OD** Tolteca

TUESDAY | September 20

- 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-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 11a T,Th) Central Pool
 Circuit Training (M-F) Azteca
 Dance: Cardio Hip Hop: Bodyrock (T) Kuchumaa
 Pickleball: Intermediate (Su,T, Th) please wear court shoes Pickleball Courts
 Pilates on the Ball: Level 2 (T) Olmecca
 Ranch Cycling: All Levels (T,Th) Pai Pai
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Aqua Board** (T,Th also 10a T,Th) Central Pool
 Gyrokinesis® (M-W) Pinetree
 Kettlebells 30 mins (T,F) Tolteca
 Pilates Reformer: Level 2 (Tu also 3pm W) Pilates Studio
 Ranch Barre (T) Olmecca
 Shallow Water Workout (Su,T,F) Activity Pool
 Stretch (Su,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
 How to Expand Visual Memory for the Aging Brain: A Hands on Experiential Class with Dana Dean, OD Arroyo
- 1:00 **CSPI: Transforming the Food System, with Jane Welna** 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 short/long sleeves (T,W,F) Kuchumaa
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Pilates Cadillac: Fundamentals (T,also 3pTh) Pilates Studio
 Postural Awareness (M,Tu) Tolteca
 Collage Card Making with Jennifer 2 hours Art Studio
 Emotional Fluency – Permission to Feel, with Jeanine Mancusi Arroyo
- 3:00 **Core Challenge** 30 mins (Su,T,F) Olmecca
 Sound Healing Specialty (M-F) Oaktree
 Tai Chi (Su,T) Montaña
- 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Yoga Nidra (T) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Kate Sherwood. Register at Ext. 631/640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- 7:30 **Movie *Queen Bees*** Library Lounge
- 8:00 **Personal Response Styles: Passive, Aggressive and Assertive, with Denise Dudley** 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

WEDNESDAY | September 21

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 (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) Olmecca
 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 (M,W,F) Pinetree
 Sculpt & Strengthen: Level 1 (M,W) Olmecca
 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
 Gyrokinesis@ (M,T,W) Pinetree
 H2O Bootcamp (M,W) Activity Pool
 TRX Fundamentals (Su,W) Tolteca
 Yoga Sculpt: Level 2 60 mins (W) Olmecca
 Computer Vision and the Effects of Blue Light and Sleep, with Dana Dean, OD Arroyo
- 1:00 **Speaking and Listening: The "Give and Take" of Successful Communication, with Denise Dudley** Olmecca
 Documentary: Tree of Life, The Living Legacy of Edmond Szekely Library Lounge
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (T,W,F) Kuchumaa
 Aqua Ease (M,W) Activity Pool
 Ballet Fundamentals (W) Olmecca
 Release & Mobilize please wear socks(M,W & 11 am F) Oaktree
 Mandala with Jennifer 60mins Art Studio
 Powerful You – The Joy of Responsibility, with Jeanine Mancusi Arroyo
- 3:00 **Mobility Sticks** (W) Pinetree
 Pilates Reformer: Level 2 (M,W) Pilates Studio
 Sound Healing Specialty (M-F) Oaktree
 Stability Ball 30 mins (M,W) Olmecca
 Waterpolo on the Noodle (M,W) Activity Pool
- 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 Kate Sherwood. Register at Ext. 631/640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg
- 5:00 **Live Music with Jim Buhisan** Bazar del Sol
- 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 | September 22

- 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 **Barbell Strength: Level 2** (M,Th) Tolteca
 BOSU@ Fit (T,Th) Olmecca
 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 11a T,Th) Central Pool
 Chant (Th) back patio of Arroyo
 Circuit Training (M-F) Azteca
 Dance: Cardio Hip Hop: Flashback 90's (Th) Kuchumaa
 H2O Conditioning & Toning (Su,Th) Activity Pool
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Pilates Arc Barrel Level 2 (Th) Pinetree
 Ranch Cycling: All Levels (,T,Th) Pai Pai
 Yoga Fundamentals: All Levels (Su -F) Montaña
- 11:00 **Aqua Board** (T,Th also 10a T,Th) Central Pool
 Stretch (Su,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 **When Relationship Difficulties Arise: Assertive Problem Solving, with Denise Dudley** Arroyo
 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 Dining Hall balcony
- 2:00 **Circuit Training** (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Men & Women Self Defense (M also Th at 2pm) Kuchumaa
 Tabata 30: 30 mins (Th) Olmecca
 Yoga Workshop: Rope Wall (Th)*previous yoga experience Montaña
 Create Your Best Life – How to Manifest Your Dreams, with Jeanine Mancusi Arroyo
- 3:00 **Hard CORE Roller** (Th) Tolteca
 Pilates Cadillac: Fundamentals (Th) Pilates Studio
 Sound Healing Specialty (M-F) Oaktree
- 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,Th) Montaña
 Sound Healing (Su,Th) Oaktree
 Art Exhibition with Tim Hinchliff 90 mins Bazar del Sol
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Kate Sherwood. 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 **Classicals and Originals for Flute and Piano, with Brice Martin and Natalie Dalschaert** Oaktree

FRIDAY | September 23

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 Sign Up 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 60 mins(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 **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: Broadway (F) Kuchumaa
 Pilates Mat: Level 2 (M,W,F) Pinetree
 Pilates Reformer: Fundamentals (F) Pilates Studio
 TRX HIIT - Circuit (W,F) Tolteca
 Water Jogging (W,F) Activity Pool
 Yoga Fundamentals: All Levels (Su -F) Montaña
- 11:00 **Bounce: mini trampoline** 30 mins (M,F) Kuchumaa
 Kettlebells 30 mins (T,F) Tolteca
 Ranch Ropes 30mins (M,F) Olmecca
 Release & Mobilize please wear socks(F) Oaktree
 Shallow Water Workout (Su,T,F) Activity Pool
 Yoga: Level 2 75 mins (Su,M,T,Th,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 short /long sleeves (T,W,F) Kuchumaa
 Aqua Pilates (M) Activity Pool
 Balance and Coordination (F) Olmecca
 Where Am I? The fascinating natural history of Tecate, Baja California, and Mexico, with Mike Wilken Olmecca
- 3:00 **Core Challenge** 30 mins (Su,T,F) Olmecca
 Sound Healing Specialty (M-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
- 7:30 **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