**Yoga Samba & Sound Healing Week**

**December 10, 2022 DRAFT**

***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|December 10

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

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

**7:00** **Interpretive Nature Walk with Mike Wilken** 60mins Gazebo

**9:00** **Stretch** Pinetree

**10:00** **Circuit Training** Azteca

* **Meditation** Milagro

**10:15** **Ranch Tour (**30 mins) Start outside Dining Hall

**11:00** **Cycle 30: All levels** Pai Pai

**Yoga: All levels** Montaña

**12:00** **Ranch Tour (**30 mins) Start outside Dining Hall

**2:00** **Sound Healing** Oaktree

**3:00**  **Stretch** Pinetree

 **Woodlands Hike** 2 Miles Gazebo

**3:45** **Set Your Ranch Intention, Tips for a Magical Week** Olmeca

 (Also 7:15 in Los Olivos)

**4:30** **Ranch Tour** (recommended for first time guests) Gazebo

**5:00** **First Time Guest Orientation** Olmeca

**Returning Guest Update** Tolteca

**6:45** **Meet the Presenters** Dining Hall

**7:15**  **Set Your Ranch Intention, Tips for a Magical**

(Can bring Dessert upstairs) Los Olivos

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

**8:00** **Somatic Remembrance, The Art of Transforming Pain**

 **into Potential, with Coco Swanson** Oaktree

**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 | December 11

 *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.T) Gazebo

**6:45** **Woodlands Hike** 2 Miles (Su,T,Th) Gazebo

**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 also T,@11 am) 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) back patio of Arroyo

 **Cycle 30: All Levels** (Su.T,Th) Pai Pai

**Dance: Zumba** (Su) Kuchumaa

**Feldenkrais** (Su-T) Oaktree

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

* **Pickleball: Intermediate** (Su,T,Th) please wear
* court shoes Pickleball Courts

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

**Yoga Samba: all levels** (Su.M,W,F)Montaña

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

**Cardio Muscle Blast** (Su) Azteca

 **Core & More!** (Su, also W @10) Olmeca

**Gyrokinesis®** (Su-Tu)Pinetree

**Knitting for Wellness** (Su) 60 min Sign up Gazebo

**Pilates Reformer: Fundamentals** (Su,M,Th@ 11am, Su@2&3)

 Arroyo

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

**Stretch** (Su,T,Th) Oaktree

**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,Th) Activity Pool

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

Oaktree

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

**2:00**  **Chair Yoga** (Su,F) Montaña

  **Dance: Motown Lowdown** (Su) Kuchumaa

* **Deep Water** (Su,T,Th) Activity Pool
* **Feldenkrais** (Su, also M@1) Oaktree

**Pilates Reformer: Fundamentals** (also Su @3, M,Th@ 11am)

 Arroyo

**Ranch Ropes HIIT:** 30 mins(Su, also 11 amTh) Olmeca

**Inner Fitness: Creating a Compelling Future|, with Deborah**

 **Colman** Tolteca

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

**Labyrinth** (Su also M@4pm,F@2) Labyrinth

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

* Arroyo
* **Ranch Sound Healing** (Su,M,W,F, also 4pm Su) Oaktree

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

 **Restorative Yoga** (Su,T) Montaña

**Sound Healing** (Su) Oaktree

 **Rolfing® Structural Integration: Manual Therapy for Moving**

 **Smarter and Standing Taller, with Melissa Schneider** Olmeca

**5:00** **Suffering into Radiance, with Coco Swanson** Oaktree

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

**8:00**  **Discover 7 Surefire Ways to Power Up Your Bones, with Susan**

 **McCandless, RDN, CLT, IFNCP** Olmeca

MONDAY | December 12

*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

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

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

**Feldenkrais** (Su-T) Oaktree

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

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

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

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

**Yoga Samba: all levels** (Su.M,W,F)Montaña

**Jewelry Making with Alejandro** 60mins (M) Art Studio



**11:00**  **Gyrokinesis®** (Su-Tu)Pinetree

**Pilates Reformer: Fundamentals** (M,Th)

 Arroyo

**Ranch Barre** (M) Olmeca

**Ranch Cycle 45: All levels** (M.W) Pai Pai

**Treadmill HIIT** (M,F) Azteca

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

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

 **Forest Bathing, with****Coco Swanson** Meet at Labyrinth

**1:00** **Feldenkrais** (M) Oaktree

**Chakra Health: Opening and Balancing Exercises for**

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

 **The Calcium Conundrum, with Susan McCandless, RDN, CLT,**

 **IFNCP** Olmeca

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

 sleeves (M,T,Th) Kuchumaa

**Aqua Burst HIIT intervals** (M,W) Activity Pool

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

 **Release & Mobilize** please wear socks (M,W,also F@11) Oaktree

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

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

**Inner Fitness: Cultivating Healthy Inner Dialogue – Being Your Best**

 **Friend, with Deborah Colman** Olmeca

**3:00**  **Better Balance and Brains** (M,Th) Tolteca

**Pilates Reformer: Level 2** (M,W) Arroyo

* **Ranch Sound Healing** (Su,M,W,F) Oaktree
* **Stability Ball** 30 mins(M,W) Olmeca

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

**Labyrinth** ( M, also F@2) Labyrinth

**Stretch & Relax** (M,W,F) Montaña

**4:30** **Fiesta at the Bazar! All invited! Sangría & guacamole**

60mins Bazar del Sol

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

**8:00** **Concert with Pei-Chun Tsai, violin** Oaktree

 TUESDAY | December 13

**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 Hike: Alex’s Oak** 2 Miles (Su.T) Gazebo

**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

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

 court shoes Pickleball Courts

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

**Stretch** (Su-F) Montaña

**The Residences,** a community dedicated to wellness, friendships,

 & sustainable living60 mins (Sign up in Main Lounge) **Meet at Luna 12**

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

**Cycle 30: All Levels** (Su,T,Th) Pai Pai

**Dance: Burlesque** (T) Kuchumaa

**Feldenkrais** (Su-T) Oaktree

* **H2O Bootcamp:** deep water workout(T,Th) Activity Pool

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

 court shoes Pickleball Courts

**Pilates on the ball: level 2** (T) Olmeca

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

**Yoga Fundamentals: All Levels** (T,Th also W@11) Montaña

**11:00** **Gyrokinesis®** (Su-Tu)Pinetree

* **Pickleball: Beginner** (T, also Th,F @9 am) please wear
* court shoes Pickleball Courts

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

**Stretch** (Su,T,Th) Oaktree

* **Tabata HIIT 30:** Cardio & Strength (W) Olmeca
* **Yoga: Level 2** 75 mins (Su,M,T,Th, F) Montaña

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

* **The Regenerative Nature of Forgiveness**: **Coco Swanson**
* Oaktree

**1:00** **The Protein Paradox, with Susan McCandless, RDN, CLT,**

 **IFNCP** Olmeca

 **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 (M,T,Th) Kuchumaa

**Circuit Training** (T,Th,F) Azteca

* **Deep Water** (Su,T,Th) Activity Pool
* **Pilates Cadillac: Fundamentals** (T,Th) Arroyo
* **Postural Awareness** (M,T) Tolteca
* **Collage Card Making with Jennifer** 2 hours Art Studio
* **Inner Fitness: Emotional Fluency – Permission to Feel,**
* **with Deborah Colman** Tolteca

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

**Mobility Sticks** (T,Th) Pinetree

* **Sound Healing Specialty** (T,Th) Oaktree
* **Traditional Mexican Posada** Meet at Admin Bldg

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

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

**6:45** **Performance by Tuna de Universidad de Baja California** Dining Hall

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

**8:00** **Fire Up Your Sex Life! with Debra Haffner** Olmeca

 WEDNESDAY | December 14

*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) Main Lounge

**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

 **Core & More!** (W) Olmeca

**Dance: Cardio Disco Dance** (W) Kuchumaa

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

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

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

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

**Yoga Samba: all levels** (Su.M,W,F)Montaña

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

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

**Kettlebells** 30 mins (W,F) Tolteca

**Ranch Cycle 45: All levels** (M.W) Pai Pai

* **Reformer/Cadillac Combo: Level 2** (W) \*prior reformer/cadillac
* experience required Arroyo
* **Yoga Sculpt: Level 2** 60 mins (W) Olmeca
* **Yoga Fundamentals:** All Levels (W, also Th@10) Montaña

 **Landscape Sketching with Jennifer** 2 hours Art Studio

**Magic in the Mundane, with****Coco Swanson** Oaktree

**1:00** **The Gut-Bone Connection, with Susan McCandless, RDN, CLT,**

 **IFNCP** Olmeca

o **Friends of Bill** **(12 step participant guided)** Library Lounge

**2:00** **Aqua Burst HIIT intervals** (M,W) Activity Pool

**Mountain Hike: Alex’s Oak** 2 Miles (W) Gazebo

 **Release & Mobilize** please wear socks(M,W, also F@11) Oaktree

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

**Inner Fitness: The Joy of Responsibility, with Deborah Colman**

Tolteca

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

* **Ranch Sound Healing** (Su,M,W,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

* **Hands-on Cooking Class at La Cocina Que Canta with**
* **Visiting Chef Alejandra Martín.** Register at Ext. 631/640. Fee.
* Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.

 **Fire Up Your Relationship, with Debra Haffner** Olmeca

**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: Hosted by Barry Shingle, Director of Guest**

 **Experiences** Oaktree

THURSDAY | December 15

**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 (extreme): 8 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

  **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

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

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

**Dance: Cardio Hip Hop Flashback 90’s** (Th)Kuchumaa

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

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

* **Yoga Fundamentals:** All Levels (Th) Montaña

**11:00** **Pilates Reformer: Fundamentals** (Th)

 Arroyo

**Ranch Ropes HIIT:** 30 mins(Th) Olmeca

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

 **Stretch** (Su,T,Th) Oaktree

* **TRX Fundamentals** (M,Th) Tolteca
* **Yoga: Level 2** 75 mins (Su,M,T,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 upDining 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

 sleeves (M,T,Th) Kuchumaa

**Booty Blast:** 30 mins (Th) Olmeca

**Circuit Training** (T,Th,F)Azteca

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

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

**Inner Fitness: Creating Your Best Life, with Deborah**

 **Colman** Tolteca

**3:00**   **Better Balance and Brains** (M,Th) Tolteca

**Mobility Sticks** (T,Th) Pinetree

* **Sound Healing Specialty** (T,Th) Oaktree
* **Yoga Workshop: Rope Wall** (Th) \*previous yoga experience Montaña

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

 **Yoga Nidra** (Th) Montaña

**Art, Stories and Poetry, with Tim Hinchliff** 90 mins Bazar del Sol

* **Hands-on Cooking Class at La Cocina Que Canta with**
* **Visiting Chef Alejandra Martín.** 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

**Fire Up Sex and Intimacy Back at Home, with Debra**

 **Haffner** Olmeca

**7:15** **Prayer Arrows with Tim Hinchliff** Main Lounge

**7:30** **Documentary *The Hidden Life of Trees*** Library Lounge

**8:00** **Inflammation, Stress and Disease, with Shannon Cheffet, DO**

Olmeca

FRIDAY | December 16

 *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** (F) please wear

 court shoes Pickleball Courts

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

**Stretch** (Su-F) Montaña

**The Residences,** a community dedicated to wellness, friendships,

 & sustainable living60 mins (Sign up in Main Lounge) **Meet at**

 **Luna 12**

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

**Dance: Country Cardio** (F)Kuchumaa

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

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

* **Yoga Samba: all levels** (Su.M,W,F)Montaña

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

**Kettlebells** 30 mins (W,F) Tolteca

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

**Shallow Water Workout** (F) Activity Pool

**Treadmill HIIT** (M,F) Azteca

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

**1:00** **Menopause & Weight Gain, Is It Inevitable?, with Shannon**

 **Cheffet, DO** Olmeca

  **Documentary: Tree of Life, The Living Legacy of**

* **Edmond Szekely** Library Lounge

**2:00** **Chair Yoga** (Su,F) Montaña

**Circuit Training** (T,Th,F)Azteca

**Labyrinth** (F) Labyrinth

**Where Am I? The fascinating natural history of Tecate,**

* **Baja California, and Mexico, with Mike Wilken** Library Lounge

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

* **Ranch Sound Healing** (Su,M,W,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*