**Feldenkrais Week**

**December 17, 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 17

**6:15** **Mountain Hike: Professor’s** challenging 3.3 Miles 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** **Cycle 30: All levels** Pai Pai

**Yoga: All levels** Montaña

**12:15** **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

**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** **Tales from the Outdoor Adventure Medical Tent, with Brandee**

**Waite, MD** 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 | December 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.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

 **TRX HIIT - Circuit** (S,W) Tolteca

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

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

**Dance: Zumba** (Su) Kuchumaa

**Feldenkrais Specialty** (Su,M,W,F also T,Th @10) 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 Fundamentals: All Levels** (Su-F) Montaña

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

**Cardio Muscle Blast** (Su) Azteca

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

**Pilates Reformer: Fundamentals** (Su,M,Th, also Su@2&3, F@10)

Pilates Studio

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

**Stretch** (Su,T,Th) Oaktree

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

**12:00** **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

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

* **Edmond Szekely** Library Lounge

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

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

**Pilates Reformer: Fundamentals** (also Su @3, M,Th@ 11am, F@10)

Pilates Studio

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

**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, F@10)

* Pilates Studio
* **Sound Healing** (Su-F) Oaktree

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

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

* **Fun with Poker – Basics of Texas Hold’em, with**
* **Lorraine Clayton** (Su,T)Olmeca

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

**8:00**  **Strengthen Your Mindset: The Foundation, with Randy Kamen**

Oaktree

MONDAY | December 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,F) 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: Latin Fusion** (M) Kuchumaa

**Feldenkrais Specialty** (Su,M,W,F also T,Th @10) 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 Fundamentals: All Levels** (Su-F) Montaña

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



**11:00**  **Pilates Reformer: Fundamentals** (M,Th also F@10)

Pilates Studio

**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,W.Th, F) Montaña

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

**Writing Workshop for Poets, Songwriters or Prose Writers,**

**with Laura Veirs** Arroyo

**1:00** **Chakra Health: Opening and Balancing Exercises for**

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

**Busy But Fit: Exercises Strategies for Busy Professionals**

**and Retirees, with Brandee Waite, MD** Olmeca

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

sleeves (M,T,Th) Kuchumaa

**Aqua Strength & Tone** (M,W,F) Activity Pool

* **Healthy Shoulder & Rotator Cuff Secrets** (M) 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

**Build Your Capacity to ‘Take in the Good’, with Randy**

**Kamen** Arroyo

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

* **Sound Healing** (Su-F) Oaktree
* **Stability Ball** 30 mins(M,W) Olmeca
*  **Tai Chi** (M,W) Montaña

**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** **Anatomy of Making an Independent Feature Film, with Rachel**

**Feldman** Olmeca

TUESDAY | December 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 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: Hip Hop** (Su,T,Th) Pai Pai

**Dance: Burlesque** (T) Kuchumaa

* **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

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

**11:00** **Gyrokinesis®** (T,W,Th)Pinetree

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

* **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

* **Yoga Sculpt: Level 2** 60 mins (T) Olmeca

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

**Writing Workshop for Poets, Songwriters or Prose Writers,**

**with Laura Veirs** Arroyo

**1:00** **An Apple a Day Version 2022: Eating and Exercising Your**

**Way out of Medical Problems, with Brandee Waite, MD**

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
* **Feldenkrais Specialty** (T,Th also W,F @10) Oaktree
* **Healthy Back Secrets** (T) Tolteca
* **Pilates Cadillac: Fundamentals** (T,Th) Pilates Studio
* **Collage Card Making with Jennifer** 2 hours Art Studio
* **How to Grow Your Self-Compassion, with Randy Kamen**
* Arroyo

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

**Mobility Sticks** (T,Th) Pinetree

* **Sound Healing** (Su-F) Oaktree
*  **Directing Film & Television, with Rachel**
* **Feldman** Library Lounge

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

*  **Restorative Yoga** (Su,T,Th) Montaña
* **Hands-on Cooking Class at La Cocina Que Canta with**
* **Visiting Chef Natasha Feldman.** Register at Ext. 631/640. Fee.
* Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
* **Fun with Poker – Basics of Texas Hold’em, with**
* **Lorraine Clayton** (Su,T)Olmeca

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

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

**8:00** **Mothers & Murderers, with Katherine Ellison** Olmeca

WEDNESDAY | December 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**  **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

 **TRX HIIT - Circuit** (S,W) Tolteca

* **Whose Scat is that? And Other Signs of Wildlife/**
* **Outdoor Field Experience, with Judie Lincer** Gazebo

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

 **Core & More!** (W) Olmeca

**Dance: Intro. to Salsa** (W) Kuchumaa

**Feldenkrais Specialty** (W,F alsoTh @10) 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 Fundamentals: All Levels** (Su-F) Montaña

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

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

**Gyrokinesis®** (T,W,Th)Pinetree

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

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

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

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

**Writing Workshop for Poets, Songwriters or Prose Writers,**

**with Laura Veirs** Arroyo

**1:00** **Ask Me Anything about Sports Medicine & Joint Health**

* **Longevity and Lifestyle-Medicine Intersection, with Brandee**
* **Waite, MD** Olmeca

 **Cardio Writing Workshop with Katherine Ellison** Library Lounge

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

**2:00** **Aqua Strength & Tone** (M,W,F) Activity Pool

**Chair Yoga** (Su,W) Montaña

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

* **Reformer/Cadillac Combo: Level 2** (W) \*prior reformer/cadillac
* experience required Pilates Studio

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

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

**Strengthen Your Relationships Now, with Randy Kamen**

Arroyo

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

* **Sound Healing** (Su-F) Oaktree
* **Stability Ball** 30 mins(M,W) Olmeca
*  **Tai Chi** (M,W) Montaña
*  **Memoir, with Rachel Feldman** Library Lounge

**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 Natasha Feldman.** Register at Ext. 631/640. Fee.
* Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
* **More Fun with Poker – Beyond Basics of Texas Hold’em,**
* **with Lorraine Clayton** Olmeca

**5:00** **PRACTICE for Texas Hold'em tournament with**

* **Lorraine Clayton** 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 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 (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

**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

**Bird and Nature Walk, with Judie Lincer** Gazebo

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

**Circuit Training** (M-F)Azteca

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

**Dance: Move, Groove & Funk!** (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** (Su-F) Montaña

**11:00** **Gyrokinesis®** (T,W,Th)Pinetree

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

Pilates Studio

**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,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** **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.

 **Cardio Writing Workshop with Katherine Ellison** Library Lounge

**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

* **Feldenkrais Specialty** (Th also F @10) Oaktree

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

* **Discover Your Life Vision, with Randy Kamen** Arroyo

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

* **Sound Healing** (Su-F) Oaktree
*  **Adaptation, with Rachel Feldman** Library Lounge

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

*  **Restorative Yoga** (Su,T,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 Natasha Feldman.** 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

**Most Fun Finale – Rancho La Puerta Texas Hold’em Poker**

**Tournament, with Lorraine Clayton** 90 mins Olmeca

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

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

**8:00** **Concert with Laurie Veirs** Oaktree

FRIDAY | December 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

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**  **Gift of Gratitude Dove Meditation Hike** 1.2 Miles (M,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: Cardio Hip Hop Flashback 90’s** (Th)Kuchumaa

**Feldenkrais Specialty** (F) Oaktree

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

**Pilates Reformer: Fundamentals** (Th, also F@10) Pilates Studio

* **Yoga Fundamentals: All Levels** (Su-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,W.Th, F) Montaña

**1:00** **Set Your Return to Home Intention** (also 5pm F)Tolteca

 **Cardio Writing Workshop with Katherine Ellison** Library Lounge

**2:00** **Aqua Strength & Tone** (M,W,F) Activity Pool

**Circuit Training** (T,Th,F)Azteca

**Labyrinth** (F) Labyrinth

**Music of Hope with the Orquesta Guadalupana, with children of**

**Tijuana and Director Ron Wakefield** Oaktree

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

* **Sound Healing** (Su-F) Oaktree

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

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

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

**Stretch & Relax** (M,W,F) Montaña

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

* **Edmond Szekely** Library Lounge

**5:00** **Set Your Return to Home Intention** (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*