

Tai Chi & Qigong with Cari Shurman

Pickleball with Vicki Foster

January 21, 2023

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 | January 21

- 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
- 3:00 **Stretch** Pinetree
 Woodlands Hike 2 Miles Gazebo
- 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 **It All Starts with YOU—and How You Come Across to Others, with Denise Dudley** Olmeca

<u>MEAL HOURS</u>		<u>AVAILABLE FACILITIES</u>	
SATURDAY		WHEN NO CLASS IS IN SESSION	
Breakfast	7:00 am to 9:00 am	Milagro - Meditation Room	
Lunch	11:30 am to 3:30 pm	6:00 am to 9:00 pm	
Dinner	5:30 pm to 7:30 pm		
SUNDAY THROUGH FRIDAY		Activity Pool - Lap Swim	
Breakfast	7:30 am to 9:00 am	7:00 am to 6:00 pm	
Lunch	12:00 pm to 1:30 pm		
Dinner	5:30 pm to 7:30 pm		
<u>SNACK TIMES</u>		<u>UNSTAFFED PICK UP GAMES</u>	
Main Lounge / Sunday – Friday		Pickleball	
Fruit: 10:30 am		9 am M,W,F	
Smoothies: 2:45 pm (Sunday only)		Sand Volleyball	
Veggies & Juice 4:30 pm		4 pm Su - F	
Juice Bar /Monday-Friday			
Smoothies: 2:45 pm			

SUNDAY | January 22

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,M,T,Th also M,W at 3pm) please wear court shoes Pickleball Courts
- Sculpt & Strengthen: Level 2** (Su,W) Olmeca
- Stretch** (Su-F) Montaña
- TRX HIIT - Circuit** (Su,W) Tolteca
- The Whys and Hows of Pole Use for Hiking** Bring your hiking poles (Su) Meet outside Arroyo
- 10:00 **Chant** (Su,F also T at 9am) Milagro
 Introduction to Circuit Training (Su) Azteca
 Pickleball: Intermediate (Su,M,T,Th) please wear court shoes Pickleball Courts
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 Step Aerobics (Su) Kuchumaa
 Tai Chi Specialty with Cari (Su-F) Oaktree
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Cardio Muscle Blast** (Su) Azteca
 Cycle 30: All Levels (Su,T,Th) Pai Pai
 Feldenkrais (Su, also 1pm Su) Oaktree
 Gyrokinesis® (Su,M,T) Pinetree
 Mini trampoline Express: 30 mins (Su,W) Kuchumaa
 Pilates Reformer: Fundamentals (Su,M,W,F, also Su at 2&3pm) Arroyo
 Shallow Water Workout (Su,T, F) Activity Pool
 Yoga: Level 2 75 mins (Su,M,W,Th, F) Montaña
- 12:00 **Gyrotonic Tower Demo** 30 mins (Su) Arroyo
 Swim Stroke Clinic 30 mins (Su,Th) Activity Pool
- 1:00 **Feldenkrais** (Su) Oaktree
 Water Flow Therapy Demo South Pool
- 2:00 **Deep Water** (Su,T,Th) Activity Pool
 Pilates Reformer: Fundamentals(also Su at 3,M,W,F at 11am) Arroyo
 Posture Awareness (Su,M) Tolteca
 Qigong Specialty (Su-F) Oaktree
 Ranch Ropes HIIT: 30 mins (Su,also Th at 11) Olmeca
- 3:00 **Chair Yoga** (S, also W,F at 2pm) Montaña
 Core Challenge 30 mins (Su,T,F) Olmeca
 Labyrinth (Su, also 2pm F) Labyrinth
 Pilates Reformer: Fundamentals (also M,W,F at 11) Arroyo
 Sound Healing (Su-F, also Su at 4pm) Oaktree
- 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,Tu) Montaña
 Sound Healing (Su) Oaktree
 Personal Response Styles: Passive, Aggressive and Assertive, with Denise Dudley Olmeca
- 7:30 **Movie Ticket to Paradise** Library Lounge
- 8:00 **Concert with Anne Pinsker and Janet Guggenheim: Works by Dvorak, Schumann, de Falla, Rachmaninoff, Gershwin** Oaktree

MONDAY | January 23

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 (Su,M,T,Th also M,W at 3pm) please wear court shoes Pickleball Courts
 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
 Pickleball: Intermediate (Su,M,T,Th) please wear court shoes Pickleball Courts
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 Ranch Cycling: All Levels (M,W) Pai Pai
 Sculpt & Strengthen: Level 1 (M,W) Olmeca
 Tai Chi Specialty (Su-F) Oaktree
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga Fundamentals: All Levels (Su-F) Montaña
 Jewelry Making with Alejandro 60mins (M) Sign up Art Studio
- 11:00 **Core & More!** (M) Olmeca
 Gyrokinesis® (Su,M,T) Pinetree
 Knitting for Wellness (M, also 2pm W) 60 min Sign up Gazebo
 Pilates Reformer: Fundamentals (M,W,F) Arroyo
 Release & Mobilize please wear socks (M,W,F) Oaktree
 Treadmill HIIT (M,Th) Azteca
 TRX Fundamentals (M,Th) Tolteca
 Water Jogging (M,W) Activity Pool
 Drawing with Jennifer (2 hours) Art Studio
 Yoga: Level 2 75 mins (Su,M,W,Th, F) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Palma Bellinghieri. Register at Ext. 631/640. Fee. Depart 11am; return 2:30pm. Meet at Admin. Bldg.
- 1:00 **Chakra Health: Opening and Balancing Exercises for Your Energy Centers with Jonelle Rutkauskas** Tolteca
 Food as Medicine, with Jill Nussinow Olmeca
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (M,T,Th also T,F at 11) Kuchumaa
 Aqua Burst HIIT Intervals (M) Activity Pool
 Cardio Sculpt Express: 30 mins (M) Olmeca
 Posture Awareness (Su,M) Tolteca
 Qigong Specialty (Su-F) Oaktree
 Woodlands Hike (M) 2 Miles Gazebo
 Travel Journaling, with Jennifer 2 hours Art Studio
- 3:00 **Pickleball: Beginner** (M,W also T,Th at 9am) please wear court shoes Pickleball Courts
 Pilates Reformer: Level 2 (M,W) Arroyo
 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
 Speaking and Listening: The "Give and Take" of Successful Communication, with Denise Dudley Olmeca
- 4:30 **Fiesta at the Bazar! All invited! Sangría & guacamole** 60mins Bazar del Sol
- 7:30 **Documentary The Hidden Life of Trees** Library Lounge
- 8:00 **Secrets from the Masters, with Linda Carroll** Oaktree

TUESDAY | January 24

- 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
 Woodlands Hike 2 Miles (Su,T,Th) Gazebo
- 6:45 **BOSU® Fit** (T,Th) Olmeca
 Chant (T also F at 10am) Milagro
 Meditation (Su-F) Oaktree
 Pickleball: Beginner (Su,T,Th,F also T at 11 am) 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, and sustainable living 60 min (T,F) Sign up. Meet at Admin. Bldg.
- 10:00 **Circuit Training** (M-F) Azteca
 Dance: Latin Fusion (Tu) Kuchumaa
 H2O Bootcamp: deep water workout (T,Th) Activity Pool
 Pickleball: Intermediate (Su,M,T,Th) please wear court shoes Pickleball Courts
 Pilates on the ball: level 2 (Tu) Olmeca
 Tai Chi Specialty (Su-F) Oaktree
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (T, also T,Th at 2pm) Kuchumaa
 Cycle 30: All Levels (Su,T,Th) Pai Pai
 Gyrokinesis® (Su,M,T) Pinetree
 Shallow Water Workout (Su,T, F) Activity Pool
 Stretch (T,Th) Oaktree
 Yoga Sculpt: Level 2 60 mins (T) Olmeca
 Watercolor with Jennifer 2 hours Art Studio
- 1:00 **Bean-to-Bar Chocolate class** 90 mins. Register at ext. 631/640. Fee. Departs from Admin Bldg.
 Documentary Tree of Life, The Living Legacy of Edmond Szekely Library Lounge
 Superfoods and Supplements: What Do You Really Need?, with Jill Nussinow Olmeca
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (T,Th also F at 11) Kuchumaa
 Breathing For Enhanced Health (T) Montaña
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Pilates Cadillac: Fundamentals (T,Th) Arroyo
 Qigong Specialty (Su-F) Oaktree
 Collage Card Making with Jennifer 2 hours Art Studio
 The BIG SHIFT: Mindfulness in Life and Love, with Linda Carroll Tolteca
- 3:00 **Core Challenge** 30 mins (Su,T,F) Olmeca
 Mobility Sticks (T) Pinetree
 Reformer/Cadillac Combo: Level 2 (T,Th) *prior reformer/cadillac experience required Arroyo
 Sound Healing (Su-F) Oaktree
- 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,Tu) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Palma Bellinghieri. Register at Ext. 631/640. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
 When Relationship Difficulties Arise: Assertive Problem Solving, with Denise Dudley Olmeca
- 5:00 **Music of Hope with the Orquesta Guadalupana, with children of Tijuana and Director Ron Wakefield, introduced by Linda Carroll** Oaktree
- 6:15 **Silent Dinner** (T) Sign up, Los Olivos (via Dining Hall balcony)
- 7:30 **Movie The Woman King** Library Lounge
- 8:00 **Introduction to iPhoneography, with Yoni Mayeri** Olmeca

WEDNESDAY | January 25

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) Olmeca
- Stretch** (Su-F) Montaña
- Tennis Clinic: Level 1** (M,W) Tennis Courts
- TRX HIIT - Circuit** (Su,W) Tolteca
- 10:00 **Circuit Training** (M-F) Azteca
- Dance:” Move, Groove and Fun** (W) Kuchumaa
- Pilates Mat: Level 2** (Su,M,W,F) Pinetree
- Ranch Cycling: All Levels** (M,W) Pai Pai
- Sculpt & Strengthen: Level 1** (M,W) Olmeca
- Tai Chi Specialty** (Su-F) Oaktree
- Tennis Clinic: Level 2** (M,W) Tennis Courts
- Yoga Fundamentals: All Levels** (Su-F) Montaña
- Landscape Garden Walk** (W) Gazebo
- 11:00 **Ballet Fundamentals** (Th) Olmeca
- Kettlebells** 30 mins (W, also F at 10) Tolteca
- Mini trampoline Express:** 30 mins (Su,W) Kuchumaa
- Pilates Reformer: Fundamentals** (W,F) Arroyo
- Release & Mobilize** please wear socks (M,W,F) Oaktree
- Water Jogging** (M,W,F) Activity Pool
- Yoga: Level 2** 75 mins (Su,M,W,Th, F) Montaña
- Landscape Sketching with Jennifer** 2 hours Art Studio
- Editing: How to take your Images from ordinary to extraordinary and How to Organize Your Photos, with Yoni Mayeri** Library Lounge
- 1:00 **Friends of Bill W. (12 steps - Participant-guided)** Library Lounge
- Nutrition for Best Brain Health and Good Sleep, with Jill Nussinow** Olmeca
- 2:00 **Booty Blast:** 30 mins (W) Olmeca
- Cardio Drum Dance** (W) Kuchumaa
- Chair Yoga** (W,F) Montaña
- Knitting for Wellness** (W) 60 min Sign up Gazebo
- Qigong Specialty** (Su-F) Oaktree
- Mandala with Jennifer** 1 hour Art Studio
- Love Cycles in All Our Relationships, with Linda Carroll** Tolteca
- 3:00 **Pickleball: Beginner** (W also Th at 9am) please wear court shoes Pickleball Courts
- Pilates Reformer: Level 2** (M,W) Arroyo
- Sound Healing** (Su-F) Oaktree
- Stability Ball** 30 mins (M,W) Olmeca
- Yoga Workshop: for hip and low back** (W) *previous yoga experience Montaña
- 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 Palma Bellinghieri.** Register at Ext. 631/640. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- 5:00 **Living & Giving: Women Transforming Philanthropy, with Leena Barakat, moderator, and Quinn Delaney, Donna Hall, and Jessica Ozberker, panelists** Oaktree
- 7:30 **Movie Gigi & Nate**
- 8:00 **An Evening with Deborah Szekely, Co-founder of Rancho La Puerta, and Sarah Livia Brightwood Szekely, President, Hosted by Barry Shingle, Director of Guest Experiences** Oaktree

THURSDAY | January 26

- 6:05 **Organic Garden Breakfast Hike** (T,W,Th,F) Moderate 4 Miles Gazebo *Option to tour Professor Park / RLP Foundation, back by 9. * Option to 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** (Th) 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: Improv** (Th) Kuchumaa
- H2O Bootcamp:** deep water workout (T,Th) Activity Pool
- Pickleball: Intermediate** (Su,M,T,Th) please wear court shoes Pickleball Courts
- Pilates Arc Barrel: Level 2** (Th) Pinetree
- Tai Chi Specialty** (Su-F) Oaktree
- Yoga Fundamentals: All Levels** (Su-F) Montaña
- Trunk Show with Vicky La Jolla** (10am to 12pm) Patio Mercado
- 11:00 **Cycle 30: All Levels** (Th) Pai Pai
- Pilates/Yoga** (Th) Pinetree
- Ranch Ropes HIIT:** 30 mins (Th) Olmeca
- Stretch** (T,Th) Oaktree
- Treadmill HIIT** (M,Th) Azteca
- TRX Fundamentals** (M,Th) Tolteca
- Yoga: Level 2** 75 mins (Su,M,W,Th, F) Montaña
- More Apps for Mobile Photography and Image Creation, with Yoni Mayeri** Library Lounge
- 12:00 **Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
- Documentary *Tree of Life, The Living Legacy of Edmond Szekely*** Library Lounge
- 12:30 **Demo Yarn Painting with Tim Hinchliff** Dining Hall entrance
- 1:00 **Bean-to-Bar Chocolate Class** 90 mins Register at ext. 631/640. Fee/ Departs promptly from Admin Bldg.
- Trunk Show with Vicky La Jolla** (1 to 3:30 pm) Patio Mercado
- Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** (\$60 art kit fee) Sign up Dining Hall balcony
- Your Gut, Your Health: Probiotics and Beyond, with Jill Nussinow** Olmeca
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (Th, also F at 11am) Kuchumaa
- Circuit Training** (T,Th) Azteca
- Deep Water** (Su,T,Th) Activity Pool
- Mountain Hike: Alex's Oak** 2 Miles (Th) Gazebo
- Pilates Cadillac: Fundamentals** (T,Th) Arroyo
- Qigong Specialty** (Su-F) Oaktree
- Five Basic Skills in Communication, with Linda Carroll** Tolteca
- 3:00 **Reformer/Cadillac Combo: Level 2** (T,Th) *prior reformer/cadillac experience required Arroyo
- Sound Healing** (Su-F) Oaktree
- Tabata HIIT 30:** Cardio & Strength (Th) Olmeca
- 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
- Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Palma Bellinghieri.** Register at Ext. 631/640. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- Bean-to-Bar Chocolate Class** 90 mins Register at ext. 631/640 Fee. Departs promptly from Admin Bldg
- Art, Stories and Poetry, with Tim Hinchliff** 90 mins Bazar del Sol
- Prayer Arrows with Tim Hinchliff** Main Lounge
- 7:15 **Movie: *The Good House*** Library Lounge
- 7:30 **Concert with Anne Pinsker and Janet Guggenheim, Part II** Oaktree
- 8:00

FRIDAY | January 27

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's 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 **Barbell Strength: Level 2** (M,F) Tolteca
- Bootcamp** (F) Kuchumaa
- Circuit Training** (M,W,F) Azteca
- Meditation** (Su-F) Oaktree
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Stretch** (Su-F) Montaña
- The Residences**, a community dedicated to wellness, friendships, & sustainable living 60 min (T,F) Sign up. Meet at Admin. Bldg.
- 10:00 **Chant** (F) Milagro
- Circuit Training** (M-F) Azteca
- Dance: Cardio Hip Hop: Flashback 90's** Kuchumaa
- Kettlebells** 30 mins (F) Tolteca
- Pilates Mat: Level 2** (Su,M,W,F) Pinetree
- Tai Chi Specialty** (Su-F) Oaktree
- Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (Th, also F at 11am) Kuchumaa
- Pilates Reformer: Fundamentals** (F) Arroyo
- Ranch Barre** (F) Olmeca
- Release & Mobilize** please wear socks(F) Oaktree
- Shallow Water Workout** (F) Activity Pool
- Yoga: Level 2** 75 mins (Su,M,W,Th, F) Montaña
- Top Ten Tips for iPhoneography, with Yoni Mayeri** Library Lounge
- 1:00 **Set Your Return to Home Intention** (F) Tolteca
- 2:00 **Chair Yoga** (W,F) Montaña
- Labyrinth** (F) Labyrinth
- Qigong Specialty** (Su-F) Oaktree
- 3:00 **Core Challenge** 30 mins (F) Olmeca
- Sound Healing** (Su-F) Oaktree
- 4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
- Stretch & Relax** (M,W,F) Montaña
- Where Am I? The fascinating natural history of Tecate, Baja California, and Mexico, with Mike Wilken** Library Lounge
- 6:00 **Music with Rancho La Puerta Fiesta Band** Dining Hall
- 7:30 **Movie: *Jerry and Marge*** Library Lounge

Tomorrow's Saturday schedule can be found on bulletin boards in the Main Lounge, Concierge, Front Desk and the Dining Hall