

## Deconstructing Yoga: Jenni Fox & Paul Gould

January 28, 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 28

- 6:15  **Mountain Hike: Professor's** challenging 3.3 Miles Gazebo  
 6:45  **Woodlands Hike** 2 Miles Gazebo  
 7:00  **Interpretive Nature Walk** (60 mins) 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  **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 (also 7:15 pm 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 Week** (Can bring Dessert upstairs) Los Olivos

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

- 8:00  **Inner Fitness Lesson 1: Are You Living as a Human Being or as a Human Doer?** with Adriana Reid Tolteca

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

## SUNDAY | January 29

*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 M at 11am) 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  
 **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  
 **Ranch Barre** (Su, also W, F at 11am) Olmeca  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña

- 11:00  **Cardio Muscle Blast** (Su) Azteca  
 **Cycle 30: All Levels** (Su,T,Th) Pai Pai  
 **Deconstructing Yoga:** All levels 75 mins (Su-F) Montaña  
 **Mini trampoline Express:** 30 mins (Su,W) Kuchumaa  
 **Pilates Reformer: Fundamentals** (Su,M,W & F at 10, also Su at 2&3) Arroyo  
 **Shallow Water Workout** (Su,T, F) Activity Pool  
 **Stretch** (Su,T,Th) Oaktree

- 1:00  **Water Flow Therapy Demo** South Pool

- 2:00  **Chair Yoga** (Su,W,F) Montaña  
 **Deep Water** (Su,T,Th) Activity Pool  
 **Feldenkrais** (Su, also M at 1pm) Oaktree  
 **Pilates Reformer: Fundamentals** (also Su at 3,M,W at 11, F at 10) Arroyo  
 **Posture Awareness** (Su,M) Tolteca  
 **Ranch Ropes HIIT:** 30 mins (Su,also Th at 11 ) Olmeca  
 **Inner Fitness Lesson 2: It's all about LOVE, with Adriana Reid** Library Lounge

- 3:00  **Core Challenge** 30 mins (Su,T,F) Olmeca  
 **Labyrinth** (Su, also 2pm F) Labyrinth  
 **Pilates Reformer: Fundamentals** (also M,W at 11, F at 10) 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,T,Th) Montaña  
 **Sound Healing** (Su) Oaktree

- 7:30  **Movie Ticket to Paradise** Library Lounge

- 8:00  **Work is Life: Overcoming the Work-Life Balance Trade-off, with John Foster** Olmeca

## MONDAY | January 30

*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  
 **Sunrise Yoga** (M,W) (60 mins) 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  
 **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  
 **Ranch Cycling: All Levels** (M) Pai Pai  
 **Sculpt & Strengthen: Level 1** (M,W) Olmeca  
 **Tennis Clinic: Level 2** (M,W) Tennis Courts  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña  
 **Jewelry Making with Alejandro** 60mins (M, also 11am F) Sign up Art Studio

- 11:00  **Core & More!** (M, also Th at 10am) Olmeca  
 **Deconstructing Yoga:** All levels 75 mins (Su-F) Montaña  
 **Pickleball: Beginner** (M also T,Th,F at 9am) please wear court shoes Pickleball Courts  
 **Pilates Reformer: Fundamentals** (M,W also F at 10) Arroyo  
 **Treadmill HIIT** (M,Th) Azteca  
 **TRX Fundamentals** (M) Tolteca  
 **Water Jogging** (M,W) Activity Pool  
 **Drawing with Jennifer** (2 hours) Art Studio

- 1:00  **Feldenkrais** (M) Oaktree  
 **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 also T,Th at 11 ) Kuchumaa  
 **Aqua Burst HIIT Intervals** (M) Activity Pool  
 **Posture Awareness** (Su,M) Tolteca  
 **Release & Mobilize** please wear socks (M,W, also F at 11 am) Oaktree  
 **Woodlands Hike** (M) 2 Miles Gazebo  
 **Travel Journaling, with Jennifer** 2 hours Art Studio  
 **Inner Fitness Lesson 3: Inner Voice Vs. Mind Chatter – Connection, with Adriana Reid** Library Lounge

- 3:00  **Knitting for Wellness** (M, also 2pm W) 60 min Sign up Gazebo  
 **Pilates Reformer: Level 2** (M,W) Arroyo  
 **Sound Healing** (Su-F) Oaktree  
 **Stability Ball** 30 mins (M,W) Olmeca  
 **Tai Chi** (M,W) Montaña  
 **Thriving in the Perimenopause, part I, with Amanda Williams, MD, MPH, FACOG** Library Lounge

- 4:00  **Inner Journey: Guided Meditation** (M,W,F) Oaktree  
 **Stretch & Relax** (M,W,F) Montaña  
 **Growth Mindset, with John Foster** Olmeca

- 4:30  **Fiesta at the Bazar! All invited! Sangría & guacamole** 60mins Bazar del Sol

- 6:15  **Silent Dinner** (M) Sign up, Los Olivos (via Dining Hall balcony)

- 7:30  **Documentary The Hidden Life of Trees** Library Lounge  
 8:00  **Books - A Producing Partnership, with Paula Mazur and Mitchell Kaplan** Olmeca

## TUESDAY | January 31

- 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

- 9:00  **BOSU® Fit** (T,Th) Olmeca  
 **Chant** (T also F at 10am) Milagro  
 **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  
 **The Residences**, a community dedicated to wellness, friendships, and sustainable living 60 min (T,F) Sign up. Meet at Bazar del Sol

- 10:00  **Circuit Training** (M-F) Azteca  
 **Dance: Latin Fusion** (Tu) 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** (Tu) Olmeca  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña

- 11:00  **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (T,Th, also T at 2pm) Kuchumaa  
 **Cycle 30: All Levels** (Su,T,Th) Pai Pai  
 **Deconstructing Yoga:** All levels 75 mins (Su-F) Montaña  
 **Gyrokinesis®** (T,W) Pinetree  
 **Shallow Water Workout** (Su,T, F) Activity Pool  
 **Stretch** (Su,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 also Th at 11 ) Kuchumaa  
 **Balance & Coordination** (T) Olmeca  
 **Breathing Basics** (T) Tolteca  
 **Circuit Training** (T,Th) Azteca  
 **Deep Water** (Su,T,Th) Activity Pool  
 **Pilates Cadillac: Fundamentals** (T,Th) Arroyo  
 **Collage Card Making with Jennifer** 2 hours Art Studio  
 **Inner Fitness Lesson 4: Free yourself from your inner blocks- Letting Go, with Adriana Reid** Library Lounge

- 3:00  **Core Challenge** 30 mins (Su,T,F) Olmeca  
 **Mobility Sticks** (T also Th at 11am) Pinetree  
 **Reformer/Cadillac Combo: Level 2** (T,Th) \*prior reformer/cadillac experience required Arroyo  
 **Sound Healing** (Su-F) Oaktree  
 **Yoga Workshop: for hip and low back** (T) \*previous yoga experience Montaña  
 **Thriving in the Perimenopause, part 2, with Amanda Williams, MD, MPH, FACOG** 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.  
 **Everyday Presence, with John Foster** Olmeca

- 8:00  **Movie: Guernsey Literary and Potato Peel Pie, introduced by Paula Mazur** Olmeca

## WEDNESDAY | February 1

*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** (60 mins) (M,W) Montaña
- 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  
 **Cycle Strength 45:** All Levels (W) Pai Pai  
 **Dance: "Move, Groove and Funk"** (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  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña  
 **Landscape Garden Walk** (W) Gazebo
- 11:00**  **Deconstructing Yoga:** All levels 75 mins (Su-F) Montaña  
 **Gyrokinesis®** (T,W) Pinetree  
 **Kettlebells** 30 mins (W, also F at 10) Tolteca  
 **Mini trampoline Express:** 30 mins (Su,W) Kuchumaa  
 **Pilates Reformer: Fundamentals** (W, also F at 10) Arroyo  
 **Ranch Barre** (W,F) Olmeca  
 **Water Jogging** (M,W,F) Activity Pool  
 **Landscape Sketching with Jennifer** 2 hours Art Studio
- 12:00**  **Swim Stroke Clinic** 30 mins (W) Activity Pool
- 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** (Su,W,F) Montaña  
 **Knitting for Wellness** (W) 60 min Sign up Gazebo  
 **Release & Mobilize** please wear socks (M,W, also F at 11am) Oaktree  
 **Mandala with Jennifer** 1 hour Art Studio  
 **Inner Fitness Lesson 5: How Do I Create my Reality? – The two forces behind our perception of reality, with Adriana Reid** Library Lounge
- 3:00**  **Pilates Reformer: Level 2** (M,W) Arroyo  
 **Sound Healing** (Su-F) Oaktree  
 **Stability Ball** 30 mins (M,W) Olmeca  
 **Tai Chi** (M,W) Montaña  
 **Thriving in the Postmenopause, part 1, with Amanda Williams, MD, MPH, FACOG** 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.  
 **Refined Self Awareness, with John Foster** Olmeca
- 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 | February 2

- 6:05**  **Organic Garden Breakfast Hike** (T,W,Th,F ) Moderate 4 Miles Sign Up Gazebo \*Option to tour Professor Park / RLP Foundation, back by 9am. \* Option to ride the van to and from the Ranch.
- 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
- 10:00**  **Circuit Training** (M-F) Azteca  
 **Core & More!** (Th) Olmeca  
 **H2O Bootcamp:** deep water workout (T,Th) Activity Pool  
 **Mini trampoline: Balance and Core** (Th) Kuchumaa  
 **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**  **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (Th) Kuchumaa  
 **Cycle Hip Hop 30: All Levels** (Th) Pai Pai  
 **Deconstructing Yoga:** All levels 75 mins (Su-F) Montaña  
 **Mobility Sticks** (Th) Pinetree  
 **Ranch Ropes HIIT:** 30 mins (Th) Olmeca  
 **Stretch** (Su,T,Th) Oaktree  
 **Treadmill HIIT** (M,Th) Azteca
- 12:00**  **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.  
 **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**  **Cardio Sculpt Express:** 30 mins (Th) Olmeca  
 **Circuit Training** (T,Th) Azteca  
 **Deep Water** (Su,T,Th) Activity Pool  
 **Pilates Cadillac: Fundamentals** (T,Th) Arroyo  
 **My Journey as a Bookseller, with Mitchell Kaplan** Library Lounge
- 3:00**  **Reformer/Cadillac Combo: Level 2** (T,Th) \*prior reformer/cadillac experience required Arroyo  
 **Sound Healing** (Su-F) Oaktree  
 **Yoga Workshop: Sun Salutations** (Th) \*previous yoga experience Montaña  
 **Thriving in the Postmenopause, part 2, with Amanda Williams, MD, MPH, FACOG** 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.  
 **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  
 **Make It Happen, with John Foster** Olmeca
- 7:15**  **Prayer Arrows with Tim Hinchliff** Main Lounge
- 7:30**  **Movie: *The Good House*** Library Lounge
- 8:00**  **Concert with Loudon Wainwright III** Oaktree

## FRIDAY | February 3

*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
- 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  
 **The Residences**, a community dedicated to wellness, friendships, & sustainable living 60 min (T,F) Sign up. Meet at Bazar del Sol
- 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  
 **Pilates Reformer: Fundamentals** (F) Arroyo  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00**  **Cardio Boxing** (F) Kuchumaa  
 **Deconstructing Yoga:** All levels 75 mins (Su-F) Montaña  
 **Ranch Barre** (F) Olmeca  
 **Release & Mobilize** please wear socks(F) Oaktree  
 **Shallow Water Workout** (F) Activity Pool  
 **Jewelry Making with Alejandro** 60mins (F) Sign up Art Studio
- 1:00**  **Set Your Return to Home Intention** (F, also 5pm in Milagro) Tolteca
- 2:00**  **Chair Yoga** (Su,W,F) Montaña  
 **Mountain Hike: Alex's Oak** 2 Miles (F) Gazebo  
 **Labyrinth** (F) Labyrinth
- 3:00**  **Core Challenge** 30 mins (F) Olmeca  
 **Sound Healing** (Su-F) Oaktree
- 4:00**  **Inner Journey: Guided CHAKRA Meditation** (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
- 5:00**  **Set Your Return to Home Intention** (F) Milagro
- 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*