**Therapeutic Yoga Week with Stacey Filice**

**March 25, 2023 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|March 25

**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

**1:00**  **Ranch Tour** 30 mins Start outside Dining Hall

**2:00**  **Sound Healing** Oaktree

**3:00**  **Stretch** Pinetree

**Woodlands Hike** 2 Miles Gazebo

**4:00**   **Set Your Ranch Intention, Tips for a Magical Week** Olmeca

(also 7:15 pm Los Olivos)

**5:00** **Ranch Tour** (recommended for first time guests) Gazebo

**5:30** **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** **How to Age, with Richard Leider** 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 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 | March 26

*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,Tu) 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

**Full Body Strength: Level 2** (Su,W) Olmeca

**Meditation** (Su-F) Oaktree

**Pickleball: Beginner** (Su,T,Th,F also M @11am) please wear

court shoes Pickleball Courts

**Stretch** (Su-F) Montaña

 **TRX Fundamentals** (Su, also Su,M at 11 am) Tolteca

**The Whys and Hows of Pole Use for Hiking** Bring your

* hiking poles (Su) Meet outside Arroyo

**10:00** **Chant** (Su,F) Milagro

 **Core & More!** (Su,Th) Olmeca

**Dance: Cardio Hip Hop: Bodyrock** (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

 **TRX HIIT - Circuit** (Su, Tu also 9 am W) Tolteca

**Yoga: Level 2** (Su-F) Montaña

**11:00** **Cycle 30: All Levels** (Su,T,Th) Pai Pai

**Gyrokinesis®** (Su-T)Pinetree

**Mini trampoline Express:** 30 mins (Su,W) Kuchumaa

**Pilates Reformer: Fundamentals**

(Su,M, also F at 10, also Su at 2&3) Pilates Studio

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

**Stretch** (Su,T,Th) Arroyo

 **Therapeutic Yoga Specialty: all levels** 75 mins(Su-F) Montaña

* **TRX Fundamentals** (Su,M) Tolteca
*  **The Science of Songwriting Day 1:**
* **Introductions/Demonstration/Analysis with Matt Brewster,**
* **Salvatore Manalo** Oaktree

**12:00**  **Gyrotonic Tower Demo** 30 mins(Su) Arroyo

**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

**Macronutrients, Blood Sugar & Their Effects on Your Health and**

**Energy Level, with Jodie Goodman Block, MS, RD, CDN** Olmeca

**2:00**  **Dance: Cardio Disco Dance** (Su)Kuchumaa

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

**Feldenkrais** (Su, also M at 1pm) Oaktree

**Pilates Reformer: Fundamentals** (also Su at 3,M at 11,

* F at 10) Pilates Studio
*  **Ranch Ropes HIIT:** 30 mins(Su,also Th at 11am) Olmeca
*  **Inner Fitness Program. Lesson 1: Change Your Mind, with**
* **Emily Boorstein** Arroyo

**3:00** **Aerial Yoga: Gentle,** **Low hammock** please wear socks and

short/long sleeves (Su,W also 11 am T, 2pm T,F) Kuchumaa

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

**Pilates Reformer: Fundamentals** (also M at 11, F at 10)

* Pilates Studio
* **Sound Healing Experience with Anne** (Su,W,F) Oaktree

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

* **Ranch Sound Healing** (Su, also M,T,Th at 3pm ) Oaktree

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

**Hand-Binding a Sketchbook with Clayton Merrell, MFA**

(90 mins)Art Studio

**7:30** **Movie *Ticket to Paradise*** Library Lounge

**8:00**  **How to Unlock Your Purpose, with Richard Leider** Olmeca

MONDAY | March 27

*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

**How to Create a Life of Purpose** (M) Milagro

**10:00**  **Cycle Strength 45: All Levels** (M) Pai Pai

**Circuit Training** (M-F)Azteca

**Dance: Latin Fusion** (M) Kuchumaa

 **Feldenkrais** (Su-T) Oaktree

 **Full Body Strength: Level 1** (M,W) Olmeca

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

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

**Yoga: Level 2** (Su-F) Montaña

**Jewelry Making with Alejandro** 60mins (M also 11am F)

Sign up Art Studio

**11:00**  **Dance: Nia** (also W at 9am, F at 3pm) Kuchumaa

**Gyrokinesis®** (Su-T)Pinetree

**Pickleball: Beginner** (M, Also T,Th,F @9 am) please wear

* court shoes Pickleball Courts
* **Pilates Reformer: Fundamentals** (M also F at 10) Pilates Studio
*  **Ranch Barre** (M) Olmeca
*  **Therapeutic Yoga Specialty: all levels** 75 mins(Su-F) Montaña
* **TRX Fundamentals** (Su,M) Tolteca
* **Water Jogging** (M,W) Activity Pool

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

*  **The Science of Songwriting Day 2: What makes a Song? with Matt**
* **Brewster, Salvatore Manalo** Oaktree

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

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

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

**Find Your Balance Between What You Want to Eat and What You**

**Should Eat: Dieting Versus Intuitive Eating, with Jodie Goodman**

**Block, MS, RD, CDN** Olmeca

**2:00** **Breathing Basics** (M) Tolteca

 **Cardio Drum Dance** (M) Kuchumaa

**Nia in the Pool** (M,W also 10 am F) Activity Pool

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

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

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

 **Inner Fitness Program. Lesson 2: Healthy Inner Dialogue,**

**with Emily Boorstein** Arroyo

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

* **Ranch Sound Healing** (M,T,Th) Oaktree
* **Stability Ball** 30 mins(M,W) Olmeca
* **Tai Chi** (M,T) Montaña
*  **Spanish lessons at the Ranch: beginners** (M-F) Library Lounge

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

**Stretch & Relax** (M,W,F) Montaña

**Color Perception:  New Eyes, with Clayton Merrell, MFA**

(75 mins)Meet atArroyo, then to Art Studio

**5:00** **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**  **How to Live The Good Life, with Richard Leider** Olmeca

TUESDAY | March 28

**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,Tu) Gazebo

**Mountain Trail Run (**2 to 4 Miles) (T) Gazebo

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

**9:00** **Bootcamp** (T) Kuchumaa

**BOSU® Fit** (T,Th) Olmeca

**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: Burlesque** (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 Stability Ball: Level 2** (T)Olmeca
*  **TRX HIIT - Circuit** (Su, Tu also 9 am W) Tolteca
* **Yoga: Level 2** (Su-F) Montaña

**11:00** **Aerial Yoga: Gentle,** **Low hammock** please wear socks and

short/long sleeves (also 2pm T,F and 3pm W) Kuchumaa

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

**Gyrokinesis®** (Su-T)Pinetree

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

**Stretch** (Su,T,Th) Arroyo

**Treadmill HIIT** (T,Th) Azteca

 **Therapeutic Yoga Specialty: all levels** 75 mins(Su-F) Montaña

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

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

*  **Visit a brand-new Casita at The Residences (TWThF)** Meet at Bazar
*  **The Science of Songwriting Day 3: Writing Preparation – Music**
* **with Matt Brewster, Salvatore Manalo** Oaktree

**1:00**  **Bean-to-Bar Chocolate class** 90 mins. Register at Ext. 640, 625, 626.

Fee/ Departs from Admin Bldg

**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,F also 3pm W) Kuchumaa

**Circuit Training** (T,Th) Azteca

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

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

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

**Collage Card Making with Jennifer** 2 hours Art Studio

 **Inner Fitness Program. Lesson 3: Permission to Feel, with**

**Emily Boorstein** Arroyo

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

* **Ranch Sound Healing** (M,T,Th) Oaktree
* **Tai Chi** (M,T) Montaña
*  **Spanish lessons at the Ranch: beginners** (M-F) Library Lounge
*  **Join for a glass of wine in a brand-new Casita at The Residences**
* **(TWThF)** Meet at Bazar del Sol

**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 Kim O’Donnel.** Register at Ext. 640, 625, 626. Fee.
* Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
* **Color Preferences:  Learning to Love All Colors, with Clayton**
* **Merrell, MFA** (75 mins)Meet atArroyo, then to Art Studio

**7:30** **Movie *The Woman King*** Library Lounge

**8:00** **The Surprising Secrets of Happy Couples, with Pepper**

**Schwartz, Ph.D.** Olmeca

WEDNESDAY | March 29

*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

**Dance: Nia** (also F at 3pm) Kuchumaa

**Full Body Strength: Level 2** (Su,W) Olmeca

**Meditation** (Su-F) Oaktree

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

 **Stretch** (Su-F) Montaña

**Tennis Clinic: Level 1** (M,W) Tennis Courts

 **TRX HIIT - Circuit** (W) Tolteca

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

**Dance: Motown Lowdown** (W) Kuchumaa

 **Full Body Strength: Level 1** (M,W) Olmeca

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

**Ranch Cycling: All Levels** (W) Pai Pai

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

* **Yoga: Level 2** (Su-F) Montaña

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

**11:00**  **Better Balance** (also Th at 3, F at 2) Olmeca

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

**Mini trampoline Express:** 30 mins (Su,W) Kuchumaa

 **Reformer/Cadillac Combo: Level 2** (W) \*prior reformer/cadillac

*  experience required Pilates Studio
*  **Therapeutic Yoga Specialty: all levels** 75 mins(Su-F) Montaña
* **Water Jogging** (M,W) Activity Pool

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

*  **The Science of Songwriting Day 4: Writing, with Matt Brewster,**
* **Salvatore Manalo** Oaktree

**1:00**  **Sexuality and Health- and live longer and better! with Pepper**

**Schwartz, Ph.D.** Olmeca

o **Friends of Bill W.** **(12 steps - Participant-guided)** Library Lounge

**2:00** **Mountain Hike: Alex’s Oak** 2 Miles (W) Gazebo

**Nia in the Pool** (W also 10 am F) Activity Pool

*  **Release & Mobilize** please wear socks (M,W,F) Oaktree
* **Yoga Workshop: for happy hips and low back** (W) Montaña

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

*  **Inner Fitness Program. Lesson 4: The Joy of Responsibility,**
* **with Emily Boorstein** Library Lounge

**3:00**  **Aerial Yoga: Gentle,** **Low hammock** please wear socks and

short/long sleeves (also F at 2pm) Kuchumaa

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

* **Sound Healing Experience with Anne** (Su,W,F) Oaktree
* **Stability Ball** 30 mins(M,W) Olmeca
*  **Spanish lessons at the Ranch: beginners** (M-F) 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 Kim O’Donnel.** Register at Ext. 640, 625, 626. Fee.
* Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
* **Complicated Color:  Looking Closer with Clayton Merrell,**
* **MFA** (75 mins)Meet atArroyo, then to Art Studio

**7:30** **Movie *Gigi & Nate***

**8:00**  **An Evening with Deborah Szekely, Co-founder of Rancho La**

**Puerta, and Sarah Livia Brightwood Szekely, President and CEO,**

**Hosted by Barry Shingle, Director of Guest Experiences** Oaktree

THURSDAY | March 30

**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**   **Core & More!** (Su,Th) Olmeca

**Circuit Training** (M-F)Azteca

**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: Level 2** (Su-F) Montaña

**11:00** **Booty Blast:** 30 mins (Th) Olmeca

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

* **Mini trampoline: Balance & Core** (Th) Kuchumaa
* **Stretch** (Su,T,Th) Arroyo
*  **Therapeutic Yoga Specialty: all levels** 75 mins(Su-F) Montaña
* **Treadmill HIIT** (T,Th) Azteca
*  **The Science of Songwriting Day 5: Refinement with Matt Brewster,**
* **Salvatore Manalo** Oaktree

**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**  **Behind the scenes of Reality TV: What Married at First Sight has**

**taught me about love & marriage, with Pepper Schwartz, Ph.D.**

Olmeca

 **Bean-to-Bar Chocolate Class** 90 mins Register at Ext. 640, 625, 626

* Fee. Departs promptly from Admin Bldg.

 **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff**

* ($60 art kit fee)Sign upDining Hall balcony

**2:00** **Cardio Sculpt Express: level 2** 30 mins(Th) Olmeca

**Circuit Training** (T,Th)Azteca

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

* **Pilates Cadillac: Fundamentals** (T,Th) Pilates Studio
*  **Yoga Beyond The Mat Part 1:** the Yoga Sutras of Patanjali
* (Th, also F at 3pm) Tolteca
*  **Inner Fitness Program. Lesson 5:  Create and Manifest Your**
* **Best Life, with Emily Boorstein** Library Lounge

**3:00**  **Better Balance** (also F at 2) Olmeca

**How to Practice Your intention** (Th) Milagro

**Ranch Sound Healing** (M,T,Th) Oaktree

*  **Yin Yoga Specialty with Stacey Filice**  (Th) Montaña
*  **Spanish lessons at the Ranch: beginners** (M-F) 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 Kim O’Donnel** Register at Ext. 640, 625, 626. Fee.
* Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.

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

*  **Bean-to-Bar Chocolate Class** 90 mins Register at Ext. 640, 625, 626.

Fee/ Departs promptly from Admin Bldg

**Intrinsic and Extrinsic Color:  Color Truths and Color Lies with Clayton Merrell, MFA** (75 mins)Meet atArroyo, then to

Art Studio

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

**7:30** **Movie: *The Good House*** Library Lounge

**8:00** **Concert with Matt Brewster and Salvatore Manalo** Oaktree

FRIDAY | March 31

*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

**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**  **Chant** (F) Milagro

**Circuit Training** (M-F)Azteca

**Nia in the Pool** (F) Activity Pool

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

**Pilates Reformer: Fundamentals** (F) Pilates Studio

**Yoga: Level 2** (Su-F) Montaña

**11:00**   **Better Balance** (F) Olmeca

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

**Mobility Sticks** (F) Pinetree

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

 **Therapeutic Yoga Specialty: all levels** 75 mins(Su-F) Montaña

 **Jewelry Making with Alejandro** 60mins (F)

Sign up Art Studio

*  **The Science of Songwriting Day 6: Recording and Performing,**
* **with Matt Brewster, Salvatore Manalo** Oaktree

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

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

short/long sleeves (F) Kuchumaa

**Labyrinth** (F) Labyrinth

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

* **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

**Dance: Nia** (F) Kuchumaa

* **Sound Healing Experience with Anne** (Su,W,F) Oaktree
*  **Yoga Beyond The Mat Part 2:** the Yoga Sutras of Patanjali
* (F) Tolteca
*  **Spanish lessons at the Ranch: beginners** (M-F) Library Lounge

**4:00** **Inner Journey: Guided CHAKRA Meditation** (F) Oaktree

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

**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*