

Therapeutic Yoga Week with Stacey Filice
March 25, 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 | March 25

6:15	<input type="checkbox"/>	Mountain Hike: Professor's challenging 3.3 Miles Gazebo
6:45	<input type="checkbox"/>	Woodlands Hike 2 Miles Gazebo
9:00	<input type="checkbox"/>	Stretch Pinetree
10:00	<input type="checkbox"/>	Circuit Training Azteca
	<input type="checkbox"/>	Meditation Milagro
10:15	<input type="checkbox"/>	Ranch Tour 30 mins Start outside Dining Hall
11:00	<input type="checkbox"/>	Cycle 30: All Levels Pai Pai
	<input type="checkbox"/>	Yoga: All levels Montaña
1:00	<input type="checkbox"/>	Ranch Tour 30 mins Start outside Dining Hall
2:00	<input type="checkbox"/>	Sound Healing Oaktree
3:00	<input type="checkbox"/>	Stretch Pinetree
	<input type="checkbox"/>	Woodlands Hike 2 Miles Gazebo
4:00	<input type="checkbox"/>	Set Your Ranch Intention, Tips for a Magical Week Olmeca (also 7:15 pm Los Olivos)
5:00	<input type="checkbox"/>	Ranch Tour (recommended for first time guests) Gazebo
	<input type="checkbox"/>	Returning Guest Update Tolteca
5:30	<input type="checkbox"/>	First Time Guest Orientation Olmeca
6:45	<input type="checkbox"/>	Meet the Presenters Dining Hall
7:15	<input type="checkbox"/>	Set Your Ranch Intention, Tips for a Magical Week (Can bring Dessert upstairs) Los Olivos
7:30	<input type="checkbox"/>	Movie Emma Library Lounge
8:00	<input type="checkbox"/>	How to Age, with Richard Leider Olmeca

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

SUNDAY | March 26

Class spaces are limited to first come first served

6:15	<input type="checkbox"/>	Mountain Hike: Pilgrim Advanced Option of 3.5 or Challenging 4.5 Miles (Su,W) Gazebo
6:30	<input type="checkbox"/>	Mountain Hike: Alex's Oak 2 Miles (Su,Tu) Gazebo
6:45	<input type="checkbox"/>	Woodlands Hike 2 Miles (Su,T,Th) Gazebo
8:15	<input type="checkbox"/>	Docent Led Tour and Orientation Dining Hall
	<input type="checkbox"/>	Fitness Concierge 30 mins (Su) Dining Hall
9:00	<input type="checkbox"/>	Introduction to Circuit Training (Su) Azteca
	<input type="checkbox"/>	Introduction to Pilates Mat: Fundamentals Progressive (Su-F) Pinetree
	<input type="checkbox"/>	Full Body Strength: Level 2 (Su,W) Olmeca
	<input type="checkbox"/>	Meditation (Su-F) Oaktree
	<input type="checkbox"/>	Pickleball: Beginner (Su,T,Th,F also M at11am) please wear court shoes Pickleball Courts
	<input type="checkbox"/>	Stretch (Su-F) Montaña
	<input type="checkbox"/>	TRX Fundamentals (Su, also Su,M at 11 am) Tolteca
	<input type="checkbox"/>	The Whys and Hows of Pole Use for Hiking Bring your hiking poles (Su) Meet outside Arroyo
10:00	<input type="checkbox"/>	Chant (Su,F) Arroyo
	<input type="checkbox"/>	Core & More! (Su,Th) Olmeca
	<input type="checkbox"/>	Dance: Cardio Hip Hop: Bodyrock (Su) Kuchumaa
	<input type="checkbox"/>	Feldenkrais (Su-T) Oaktree
	<input type="checkbox"/>	Introduction to Circuit Training (Su) Azteca
	<input type="checkbox"/>	Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
	<input type="checkbox"/>	Pilates Mat: Level 2 (Su,M,W,F) Pinetree
	<input type="checkbox"/>	TRX HIIT - Circuit (Su, Tu also 9 am W) Tolteca
	<input type="checkbox"/>	Yoga: Level 2 (Su-F) Montaña
11:00	<input type="checkbox"/>	Cycle 30: All Levels (Su,T,Th) Pai Pai
	<input type="checkbox"/>	Gyrokinesis® (Su-T) Pinetree
	<input type="checkbox"/>	Mini trampoline Express : 30 mins (Su,W) Kuchumaa
	<input type="checkbox"/>	Pilates Reformer: Fundamentals (Su,M, also F at 10, also Su at 2&3) Pilates Studio
	<input type="checkbox"/>	Shallow Water Workout (Su,T, F) Activity Pool
	<input type="checkbox"/>	Stretch (Su,T,Th) Arroyo
	<input type="checkbox"/>	Therapeutic Yoga Specialty: all levels 75 mins (Su-F) Montaña
	<input type="checkbox"/>	TRX Fundamentals (Su,M) Tolteca
	<input type="checkbox"/>	The Science of Songwriting Day 1: Introductions/Demonstration/Analysis with Matt Brewster, Salvatore Manalo Oaktree
12:00	<input type="checkbox"/>	Gyrotonic Tower Demo 30 mins (Su) Pilates Studio
	<input type="checkbox"/>	Swim Stroke Clinic 30 mins (Su,Th) Activity Pool
1:00	<input type="checkbox"/>	Feldenkrais: Improving Posture and Balance, with Donna Wood Oaktree
	<input type="checkbox"/>	Water Flow Therapy Demo South Pool
	<input type="checkbox"/>	Macronutrients, Blood Sugar & Their Effects on Your Health and Energy Level, with Jodie Goodman Block, MS, RD, CDN Olmeca
2:00	<input type="checkbox"/>	Dance: Cardio Disco Dance (Su) Kuchumaa
	<input type="checkbox"/>	Deep Water (Su,T,Th) Activity Pool
	<input type="checkbox"/>	Feldenkrais (Su, also M at 1pm) Oaktree
	<input type="checkbox"/>	Pilates Reformer: Fundamentals (also Su at 3,M at 11, F at 10) Pilates Studio
	<input type="checkbox"/>	Ranch Ropes HIIT: 30 mins (Su) Olmeca
	<input type="checkbox"/>	Inner Fitness Program. Lesson 1: Change Your Mind, with Emily Boorstein Arroyo
3:00	<input type="checkbox"/>	Aerial Yoga: Gentle, Low hammock please wear socks and short/long sleeves (Su,W also 11 am T, 2pm T,F) Kuchumaa
	<input type="checkbox"/>	Core Challenge 30 mins (Su,T,F) Olmeca
	<input type="checkbox"/>	Pilates Reformer: Fundamentals (also M at 11, F at 10) Pilates Studio
	<input type="checkbox"/>	Sound Healing Experience with Anne (Su,W,F) Oaktree
4:00	<input type="checkbox"/>	Foam Roller Recovery Please wear socks (Su,T,Th) Tolteca
	<input type="checkbox"/>	Ranch Sound Healing (Su, also M,T,Th at 3pm) Oaktree
	<input type="checkbox"/>	Restorative Yoga (Su,T,Th) Montaña
	<input type="checkbox"/>	Hand-Binding a Sketchbook with Clayton Merrell, MFA (90 mins) Art Studio
7:30	<input type="checkbox"/>	Movie Ticket to Paradise Library Lounge
8:00	<input type="checkbox"/>	How to Unlock Your Purpose, with Richard Leider Olmeca

MONDAY | March 27

Class spaces are limited to first come first served

6:15	<input type="checkbox"/>	Mountain Hike: Professor's challenging 3.3 (M,Th) Gazebo
6:30	<input type="checkbox"/>	Dove Meditation Hike 1.2 Miles (M,W) Gazebo
	<input type="checkbox"/>	Sunrise Yoga (M,W) (60 mins) Montaña
6:45	<input type="checkbox"/>	Quail Hike 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo
9:00	<input type="checkbox"/>	Barbell Strength: Level 2 (M,F) Tolteca
	<input type="checkbox"/>	Circuit Training (M,W,F) Azteca
	<input type="checkbox"/>	Meditation (Su-F) Oaktree
	<input type="checkbox"/>	Pilates Mat: Fundamentals Progressive (M-F) Pinetree
	<input type="checkbox"/>	Stretch (Su-F) Montaña
	<input type="checkbox"/>	Tennis Clinic: Level 1 (M,W) Tennis Courts
	<input type="checkbox"/>	How to Create a Life of Purpose (M) Milagro
	<input type="checkbox"/>	Wander and Wonder Walk about Birds, Nature, the Ranch and more, with Jim Root Gazebo
10:00	<input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Cycle Strength 45: All Levels (M) Pai Pai
	<input type="checkbox"/>	Dance: Latin Fusion (M) Kuchumaa
	<input type="checkbox"/>	Feldenkrais (Su-T) Oaktree
	<input type="checkbox"/>	Full Body Strength: Level 1 (M,W) Olmeca
	<input type="checkbox"/>	Pilates Mat: Level 2 (Su,M,W,F) Pinetree
	<input type="checkbox"/>	Tennis Clinic: Level 2 (M,W) Tennis Courts
	<input type="checkbox"/>	Yoga: Level 2 (Su-F) Montaña
	<input type="checkbox"/>	Jewelry Making with Alejandro 60mins (M also 11am F) Sign up Art Studio
11:00	<input type="checkbox"/>	Dance: Nia (also W at 9am, F at 3pm) Kuchumaa
	<input type="checkbox"/>	Gyrokinesis® (Su-T) Pinetree
	<input type="checkbox"/>	Pickleball: Beginner (M, also T,Th,F at 9 am) please wear court shoes Pickleball Courts
	<input type="checkbox"/>	Pilates Reformer: Fundamentals (M also F at 10) Pilates Studio
	<input type="checkbox"/>	Ranch Barre (M) Olmeca
	<input type="checkbox"/>	Therapeutic Yoga Specialty: all levels 75 mins (Su-F) Montaña
	<input type="checkbox"/>	TRX Fundamentals (Su,M) Tolteca
	<input type="checkbox"/>	Water Jogging (M,W) Activity Pool
	<input type="checkbox"/>	Drawing with Jennifer (2 hours) Art Studio
	<input type="checkbox"/>	The Science of Songwriting Day 2: What makes a Song? with Matt Brewster, Salvatore Manalo Oaktree
1:00	<input type="checkbox"/>	Feldenkrais (M) Oaktree
	<input type="checkbox"/>	Chakra Health: Opening and Balancing Exercises for Your Energy Centers with Jonelle Rutkauskas Tolteca
	<input type="checkbox"/>	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	<input type="checkbox"/>	Breathing Basics (M) Tolteca
	<input type="checkbox"/>	Cardio Drum Dance (M) Kuchumaa
	<input type="checkbox"/>	Nia in the Pool (M,W also 10 am F) Activity Pool
	<input type="checkbox"/>	Release & Mobilize please wear socks (M,W,F) Oaktree
	<input type="checkbox"/>	Woodlands Hike (M) 2 Miles Gazebo
	<input type="checkbox"/>	Travel Journaling, with Jennifer 2 hours Art Studio
	<input type="checkbox"/>	Inner Fitness Program. Lesson 2: Healthy Inner Dialogue, with Emily Boorstein Arroyo
3:00	<input type="checkbox"/>	Pilates Reformer: Level 2 (M,W) Pilates Studio
	<input type="checkbox"/>	Ranch Sound Healing (M,T,Th) Oaktree
	<input type="checkbox"/>	Stability Ball 30 mins (M,W) Olmeca
	<input type="checkbox"/>	Tai Chi (M,T) Montaña
	<input type="checkbox"/>	Spanish lessons at the Ranch: beginners (M-F) Library Lounge
4:00	<input type="checkbox"/>	Inner Journey: Guided Meditation (M,W,F) Oaktree
	<input type="checkbox"/>	Stretch & Relax (M,W,F) Montaña
	<input type="checkbox"/>	Color Perception: New Eyes, with Clayton Merrell, MFA (75 mins) Meet at Arroyo, then to Art Studio
5:00	<input type="checkbox"/>	Fiesta at the Bazar! All invited! Sangría & guacamole 60mins Bazar del Sol
6:15	<input type="checkbox"/>	Silent Dinner (M) Sign up, Los Olivos (via Dining Hall balcony)
7:30	<input type="checkbox"/>	Documentary Kiss the Ground (90 mins) Library Lounge
8:00	<input type="checkbox"/>	How to Live The Good Life, with Richard Leider Olmeca

TUESDAY | March 28

6:05	<input type="checkbox"/>	Organic Garden Breakfast Hike Moderate 4 Miles Sign up (T,W,Th,F) Gazebo
6:15	<input type="checkbox"/>	Mountain Hike: Coyote Advanced 5.5 or 4 Miles (T, F) Gazebo
6:30	<input type="checkbox"/>	Mountain Hike: Alex's Oak 2 Miles (Su,T) Gazebo
	<input type="checkbox"/>	Mountain Trail Run (2 to 4 Miles) (T) Gazebo
6:45	<input type="checkbox"/>	Woodlands Hike 2 Miles (Su,T,Th) Gazebo
9:00	<input type="checkbox"/>	Bootcamp (T) Kuchumaa
	<input type="checkbox"/>	BOSU® Fit (T,Th) Olmeca
	<input type="checkbox"/>	Meditation (Su-F) Oaktree
	<input type="checkbox"/>	Pickleball: Beginner (Su,T,Th,F) please wear court shoes Pickleball Courts
	<input type="checkbox"/>	Pilates Mat: Fundamentals Progressive (M-F) Pinetree
	<input type="checkbox"/>	Stretch (Su-F) Montaña
10:00	<input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Dance: Burlesque (Tu) Kuchumaa
	<input type="checkbox"/>	Feldenkrais (Su-T) Oaktree
	<input type="checkbox"/>	H2O Bootcamp: deep water workout (T,Th) Activity Pool
	<input type="checkbox"/>	Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
	<input type="checkbox"/>	Pilates on the Stability Ball: Level 2 (T) Olmeca
	<input type="checkbox"/>	TRX HIIT - Circuit (Su, Tu also 9 am W) Tolteca
	<input type="checkbox"/>	Yoga: Level 2 (Su-F) Montaña
11:00	<input type="checkbox"/>	Aerial Yoga: Gentle, Low hammock please wear socks and short/long sleeves (also 2pm T,F and 3pm W) Kuchumaa
	<input type="checkbox"/>	Cycle 30: All Levels (Su,T,Th) Pai Pai
	<input type="checkbox"/>	Gyrokinesis® (Su-T) Pinetree
	<input type="checkbox"/>	Shallow Water Workout (Su,T, F) Activity Pool
	<input type="checkbox"/>	Stretch (Su,T,Th) Arroyo
	<input type="checkbox"/>	Treadmill HIIT (T,Th) Azteca
	<input type="checkbox"/>	Therapeutic Yoga Specialty: all levels 75 mins (Su-F) Montaña
	<input type="checkbox"/>	Yoga Sculpt: Level 2 60 mins (T) Olmeca
	<input type="checkbox"/>	Watercolor with Jennifer 2 hours Art Studio
	<input type="checkbox"/>	Visit a brand-new Casita at The Residences (T-F) Meet at Bazar
	<input type="checkbox"/>	The Science of Songwriting Day 3: Writing Preparation – Music with Matt Brewster, Salvatore Manalo Oaktree
1:00	<input type="checkbox"/>	Bean-to-Bar Chocolate class 90 mins. Register at Ext. 640/625. Fee. Departs from Admin Bldg
	<input type="checkbox"/>	Documentary: Tree of Life, The Living Legacy of Edmond Szekely Library Lounge
2:00	<input type="checkbox"/>	Aerial Yoga: Gentle, Low hammock please wear socks and short/long sleeves (T,F also 3pm W) Kuchumaa
	<input type="checkbox"/>	Circuit Training (T,Th) Azteca
	<input type="checkbox"/>	Deep Water (Su,T,Th) Activity Pool
	<input type="checkbox"/>	Knitting for Wellness (T) 60 min Sign up Gazebo
	<input type="checkbox"/>	Pilates Cadillac: Fundamentals (T,Th) Pilates Studio
	<input type="checkbox"/>	Postural Awareness (T) Tolteca
	<input type="checkbox"/>	Collage Card Making with Jennifer 2 hours Art Studio
	<input type="checkbox"/>	Inner Fitness Program. Lesson 3: Permission to Feel, with Emily Boorstein Arroyo
3:00	<input type="checkbox"/>	Core Challenge 30 mins (Su,T,F) Olmeca
	<input type="checkbox"/>	Ranch Sound Healing (M,T,Th) Oaktree
	<input type="checkbox"/>	Tai Chi (M,T) Montaña
	<input type="checkbox"/>	Spanish lessons at the Ranch: beginners (M-F) Library Lounge
	<input type="checkbox"/>	Join for a glass of wine in a brand-new Casita at The Residences (T-F) Meet at Bazar del Sol
4:00	<input type="checkbox"/>	Foam Roller Recovery Please wear socks (Su,T,Th) Tolteca
	<input type="checkbox"/>	Restorative Yoga (Su,T,Th) Montaña
	<input type="checkbox"/>	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.
	<input type="checkbox"/>	Color Preferences: Learning to Love All Colors, with Clayton Merrell, MFA (75 mins) Meet at Arroyo, then to Art Studio
7:30	<input type="checkbox"/>	Movie The Woman King Library Lounge
8:00	<input type="checkbox"/>	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	<input type="checkbox"/>	Organic Garden Breakfast Hike Moderate 4 Miles Sign up (T,W,Th,F) Gazebo
6:15	<input type="checkbox"/>	Mountain Hike: Pilgrim Advanced Option of 3.5 or Challenging 4.5 Miles (S,W) Gazebo
6:30	<input type="checkbox"/>	Dove Meditation Hike 1.2 Miles (M,W) Gazebo
	<input type="checkbox"/>	Sunrise Yoga (60 mins) (M,W) Montaña
6:45	<input type="checkbox"/>	Quail Hike 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo
9:00	<input type="checkbox"/>	Circuit Training (M,W,F) Azteca
	<input type="checkbox"/>	Dance: Nia (also F at 3pm) Kuchumaa
	<input type="checkbox"/>	Full Body Strength: Level 2 (Su,W) Olmeca
	<input type="checkbox"/>	Meditation (Su-F) Oaktree
	<input type="checkbox"/>	Pilates Mat: Fundamentals Progressive (M-F) Pinetree
	<input type="checkbox"/>	Stretch (Su-F) Montaña
	<input type="checkbox"/>	Tennis Clinic: Level 1 (M,W) Tennis Courts
	<input type="checkbox"/>	TRX HIIT - Circuit (W) Tolteca
10:00	<input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Dance: Motown Lowdown (W) Kuchumaa
	<input type="checkbox"/>	Full Body Strength: Level 1 (M,W) Olmeca
	<input type="checkbox"/>	Pilates Mat: Level 2 (Su,M,W,F) Pinetree
	<input type="checkbox"/>	Ranch Cycling: All Levels (W) Pai Pai
	<input type="checkbox"/>	Tennis Clinic: Level 2 (M,W) Tennis Courts
	<input type="checkbox"/>	Yoga: Level 2 (Su-F) Montaña
	<input type="checkbox"/>	Landscape Garden Walk (W) Gazebo
11:00	<input type="checkbox"/>	Better Balance (also Th at 3, F at 2) Olmeca
	<input type="checkbox"/>	Kettlebells 30 mins (W,F) Tolteca
	<input type="checkbox"/>	Mini trampoline Express: 30 mins (Su,W) Kuchumaa
	<input type="checkbox"/>	Reformer/Cadillac Combo: Level 2 (W) *prior reformer/cadillac experience required Pilates Studio
	<input type="checkbox"/>	Therapeutic Yoga Specialty: all levels 75 mins (Su-F) Montaña
	<input type="checkbox"/>	Water Jogging (M,W) Activity Pool
	<input type="checkbox"/>	Landscape Sketching with Jennifer 2 hours Art Studio
	<input type="checkbox"/>	The Science of Songwriting Day 4: Writing, with Matt Brewster, Salvatore Manalo Oaktree
1:00	<input type="checkbox"/>	Sexuality and Health- and live longer and better! with Pepper Schwartz, Ph.D. Olmeca
	<input type="checkbox"/>	Friends of Bill W. (12 steps - Participant-guided) Library Lounge
2:00	<input type="checkbox"/>	Mountain Hike: Alex’s Oak 2 Miles (W) Gazebo
	<input type="checkbox"/>	Nia in the Pool (W also 10 am F) Activity Pool
	<input type="checkbox"/>	Release & Mobilize please wear socks (M,W,F) Oaktree
	<input type="checkbox"/>	Yoga Workshop: for happy hips and low back (W) Montaña
	<input type="checkbox"/>	Mandala with Jennifer 1 hour Art Studio
	<input type="checkbox"/>	Inner Fitness Program. Lesson 4: The Joy of Responsibility, with Emily Boorstein Arroyo
3:00	<input type="checkbox"/>	Aerial Yoga: Gentle, Low hammock please wear socks and short/long sleeves (also F at 2pm) Kuchumaa
	<input type="checkbox"/>	Pilates Reformer: Level 2 (M,W) Pilates Studio
	<input type="checkbox"/>	Sound Healing Experience with Anne (Su,W,F) Oaktree
	<input type="checkbox"/>	Stability Ball 30 mins (M,W) Olmeca
	<input type="checkbox"/>	Spanish lessons at the Ranch: beginners (M-F) Library Lounge
4:00	<input type="checkbox"/>	Inner Journey: Guided Meditation (M,W,F) Oaktree
	<input type="checkbox"/>	Stretch & Relax (M,W,F) Montaña
	<input type="checkbox"/>	Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Kim O’Donnel. Register at Ext. 640/625. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
	<input type="checkbox"/>	Complicated Color: Looking Closer with Clayton Merrell, MFA (75 mins) Meet at Arroyo, then to Art Studio
7:30	<input type="checkbox"/>	Movie <i>Gigi & Nate</i>
8:00	<input type="checkbox"/>	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	<input type="checkbox"/>	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	<input type="checkbox"/>	Mountain Hike (extreme): 8 Mile Breakfast Advanced with prerequisites, Sign Up (Th) Gazebo
6:15	<input type="checkbox"/>	Mountain Hike: Professor’s challenging 3.3 Miles (M,Th) Gazebo
6:45	<input type="checkbox"/>	Woodlands Hike 2 Miles (Su,T,Th) Gazebo
9:00	<input type="checkbox"/>	BOSU® Fit (T,Th) Olmeca
	<input type="checkbox"/>	Cardio Kickboxing (Th) Kuchumaa
	<input type="checkbox"/>	Meditation (Su-F) Oaktree
	<input type="checkbox"/>	Pickleball: Beginner (Su,T,T,Th,F) please wear court shoes Pickleball Courts
	<input type="checkbox"/>	Pilates Mat: Fundamentals Progressive (M-F) Pinetree
	<input type="checkbox"/>	Stretch (Su-F) Montaña
10:00	<input type="checkbox"/>	Core & More! (Su,Th) Olmeca
	<input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Dance: Cardio Hip Hop: Flashback 90’s (Th) Kuchumaa
	<input type="checkbox"/>	H2O Bootcamp: deep water workout (T,Th) Activity Pool
	<input type="checkbox"/>	Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
	<input type="checkbox"/>	Pilates Arc Barrel: Level 2 (Th) Pinetree
	<input type="checkbox"/>	Yoga: Level 2 (Su-F) Montaña
11:00	<input type="checkbox"/>	Booty Blast: 30 mins (Th) Olmeca
	<input type="checkbox"/>	Cycle Hip Hop 30: All Levels (Th) Pai Pai
	<input type="checkbox"/>	Mini trampoline: Balance & Core (Th) Kuchumaa
	<input type="checkbox"/>	Stretch (Su,T,Th) Arroyo
	<input type="checkbox"/>	Therapeutic Yoga Specialty: all levels 75 mins (Su-F) Montaña
	<input type="checkbox"/>	Treadmill HIIT (T,Th) Azteca
	<input type="checkbox"/>	The Science of Songwriting Day 5: Refinement with Matt Brewster, Salvatore Manalo Oaktree
12:00	<input type="checkbox"/>	Swim Stroke Clinic 30 mins (Su,Th) Activity Pool
	<input type="checkbox"/>	Documentary <i>Tree of Life, The Living Legacy of Edmond Szekely</i> Library Lounge
12:30	<input type="checkbox"/>	Demo Yarn Painting with Tim Hinchliff Dining Hall entrance
1:00	<input type="checkbox"/>	Behind the scenes of Reality TV: What Married at First Sight has taught me about love & marriage, with Pepper Schwartz, Ph.D. Olmeca
	<input type="checkbox"/>	Bean-to-Bar Chocolate Class 90 mins Register at Ext. 640, 625, 626 Fee. Departs promptly from Admin Bldg.
	<input type="checkbox"/>	Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff (\$60 art kit fee) Sign up Dining Hall balcony
2:00	<input type="checkbox"/>	Cardio Sculpt Express: level 2 30 mins (Th) Olmeca
	<input type="checkbox"/>	Circuit Training (T,Th) Azteca
	<input type="checkbox"/>	Deep Water (Su,T,Th) Activity Pool
	<input type="checkbox"/>	Pilates Cadillac: Fundamentals (T,Th) Pilates Studio
	<input type="checkbox"/>	Yoga Beyond The Mat Part 1: the Yoga Sutras of Patanjali (Th, also F at 3pm) Tolteca
	<input type="checkbox"/>	Inner Fitness Program. Lesson 5: Create and Manifest Your Best Life, with Emily Boorstein Arroyo
3:00	<input type="checkbox"/>	Better Balance (also F at 2) Olmeca
	<input type="checkbox"/>	Ranch Sound Healing (M,T,Th) Oaktree
	<input type="checkbox"/>	Yin Yoga Specialty with Stacey Filice (Th) Montaña
	<input type="checkbox"/>	Spanish lessons at the Ranch: beginners (M-F) Library Lounge
4:00	<input type="checkbox"/>	Foam Roller Recovery Please wear socks (Su,T,Th) Tolteca
	<input type="checkbox"/>	Restorative Yoga (Su,T,Th) Montaña
	<input type="checkbox"/>	Set Your Return to Home Intention (also F at 1pm) Library Lounge
	<input type="checkbox"/>	Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Kim O’Donnel Register at Ext. 640/625. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
	<input type="checkbox"/>	Art, Stories and Poetry, with Tim Hinchliff 90 mins Bazar del Sol
	<input type="checkbox"/>	Bean-to-Bar Chocolate Class 90 mins Register at Ext. 640/625. Fee/ Departs promptly from Admin Bldg
	<input type="checkbox"/>	Intrinsic and Extrinsic Color: Color Truths and Color Lies with Clayton Merrell, MFA (75 mins) Meet at Arroyo, then to Art Studio
7:15	<input type="checkbox"/>	Prayer Arrows with Tim Hinchliff Main Lounge
7:30	<input type="checkbox"/>	Movie: <i>The Good House</i> Library Lounge
8:00	<input type="checkbox"/>	Concert with Hiroki: 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	<input type="checkbox"/>	Organic Garden Breakfast Hike (T,W,Th,F) Moderate 4 Miles Sign up Gazebo
6:15	<input type="checkbox"/>	Mountain Hike: Coyote Advanced 5.5 or 4 Miles (T,F) Gazebo
6:30	<input type="checkbox"/>	Mountain Meditation Hike: Alex’s Oak 2 Miles (F) Gazebo
6:45	<input type="checkbox"/>	Quail Hike 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo
9:00	<input type="checkbox"/>	Barbell Strength: Level 2 (M,F) Tolteca
	<input type="checkbox"/>	Circuit Training (M,W,F) Azteca
	<input type="checkbox"/>	Meditation (Su-F) Oaktree
	<input type="checkbox"/>	Pickleball: Beginner (Su,T,Th,F) please wear court shoes Pickleball Courts
	<input type="checkbox"/>	Pilates Mat: Fundamentals Progressive (M-F) Pinetree
	<input type="checkbox"/>	Stretch (Su-F) Montaña
10:00	<input type="checkbox"/>	Chant (F) Arroyo
	<input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Nia in the Pool (F) Activity Pool
	<input type="checkbox"/>	Pilates Mat: Level 2 (Su,M,W,F) Pinetree
	<input type="checkbox"/>	Pilates Reformer: Fundamentals (F) Pilates Studio
	<input type="checkbox"/>	Yoga: Level 2 (Su-F) Montaña
11:00	<input type="checkbox"/>	Better Balance (F) Olmeca
	<input type="checkbox"/>	Kettlebells 30 mins (W,F) Tolteca
	<input type="checkbox"/>	Mobility Sticks (F) Pinetree
	<input type="checkbox"/>	Shallow Water Workout (F) Activity Pool
	<input type="checkbox"/>	Therapeutic Yoga Specialty: all levels 75 mins (Su-F) Montaña
	<input type="checkbox"/>	Jewelry Making with Alejandro 60mins (F) Sign up Art Studio
	<input type="checkbox"/>	The Science of Songwriting Day 6: Recording and Performing, with Matt Brewster, Salvatore Manalo Oaktree
1:00	<input type="checkbox"/>	Set Your Return to Home Intention (F) Tolteca
2:00	<input type="checkbox"/>	Aerial Yoga: Gentle, Low hammock please wear socks and short/long sleeves (F) Kuchumaa
	<input type="checkbox"/>	Labyrinth (F) Labyrinth
	<input type="checkbox"/>	Release & Mobilize please wear socks(M,W,F) Oaktree
	<input type="checkbox"/>	Where Am I? The fascinating natural history of Tecate, Baja California, and Mexico, with Mike Wilken Library Lounge
3:00	<input type="checkbox"/>	Core Challenge 30 mins (F) Olmeca
	<input type="checkbox"/>	Dance: Nia (F) Kuchumaa
	<input type="checkbox"/>	Sound Healing Experience with Anne (Su,W,F) Oaktree
	<input type="checkbox"/>	Yoga Beyond The Mat Part 2: the Yoga Sutras of Patanjali (F) Tolteca
	<input type="checkbox"/>	Spanish lessons at the Ranch: beginners (M-F) Library Lounge
4:00	<input type="checkbox"/>	Inner Journey: Guided CHAKRA Meditation (F) Oaktree
	<input type="checkbox"/>	Stretch & Relax (M,W,F) Montaña
6:00	<input type="checkbox"/>	Music with Rancho La Puerta Fiesta Band Dining Hall
7:30	<input type="checkbox"/>	Movie: <i>Jerry and Marge</i> Library Lounge

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