**Prime of Life Yoga with Larry Payne**

**Pickleball with Roger BelAir**

**April 1, 2023 D R A F T**

***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|April 1

**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**  **Stretch** Pinetree

**3:00**   **Sound Healing** Oaktree

**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

**Returning Guest Update** Tolteca

**5:30** **First Time Guest Orientation** Olmeca

**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** **Movie *Emma*** Library Lounge

**8:00** **Transitions—Embrace Them! with Shirley Buccieri** 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 | April 2

*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,W @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) Arroyo

 **Core & More!** (Su) 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

 **Prime of Life Yoga: all levels** 75 mins(Su-F) Montaña

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

**Stretch** (Su,T,Th) Oaktree

* **TRX Fundamentals** (Su,M) Tolteca

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

**Swim Stroke Clinic** 30 mins(Su,Th) Activity Pool

**1:00**  **Feldenkrais: Improving Posture and Balance, with Donna**

**Wood** Oaktree

**Pickleball: Past, Present, and Prisons, with Roger BelAir** Olmeca

**Water Flow Therapy Demo** South Pool

**2:00**  **Deep Water** (Su,T,Th) Activity Pool

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

 **Fitness Walking** (Su,F) Running Track

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

* at 11, F at 10) Pilates Studio
*  **Ranch Ropes HIIT:** 30 mins(Su) Olmeca
*  **Inner Fitness Program. Empower Yourself to Live a Life of**
* **Purpose, Value and Vision, with Ann Van de Water** Arroyo

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

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

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

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

* Pilates Studio
* **Sound Healing** (Su-F also 4pm Su) Oaktree

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

* **Sound Healing** (Su, also M-F at 3) Oaktree

 **Restorative Yoga** (Su,T) Montaña

**Transformation—How Shirleyfest Can Become “[your name**

**here] Fest” with Shirley Buccieri** Arroyo

**5:00** **Playing with color to connect to intuition. For artists and art**

**lovers, with Linda Hugues** Olmeca

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

**8:00** **Acoustic Folk Concert + Q&A, with Amber Rubarth** Oaktree

MONDAY | April 3

*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

o **Wander and Wonder Walk about Birds, Nature, the Ranch and**

**more, with Jim Root** Gazebo

 **Workshop. Session 1**

**Paint the Ranch in Acrylics, with Linda Hugue – Sign up** Art Studio

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

**Dance: Broadway Dance** (M) Kuchumaa

 **Feldenkrais** (Su-T) Oaktree

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

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

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

**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**  **Booty Blast:** 30 mins (M) Olmeca

**Gyrokinesis®** (Su-T)Pinetree

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

* court shoes Pickleball Courts
* **Pilates Reformer: Fundamentals** (M, also F at 10) Pilates Studio
*  **Prime of Life Yoga: 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



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

* **Your Energy Centers with Jonelle Rutkauskas** Arroyo

**Diet and Nutraceuticals, with Dr. Jacqueline Chan, D.O.**

* Olmeca

**Feldenkrais** (M) Oaktree

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

short/long sleeves (M,F also 11 am T, 3pm W) Kuchumaa

 **Aqua Pilates** (M) Activity Pool

**Breathing Basics** (M) Tolteca

 **Release & Mobilize** please wear socks (M,W, and F at 11 am) Oaktree

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

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

*  **Inner Fitness Program. Get Clear About Your Life Purpose, with**
* **Ann Van de Water** Arroyo

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

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

**Travel - The Art of Becoming a Local with Shirley Buccieri**

Arroyo

**5:00** **Fiesta at the Bazar! All invited! Sangría & guacamole**

60mins Bazar del Sol

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

**8:00**  **The Magic of The Mystics: An Evening of Poetry, Song, and**

**Conversation****, with Marisa Handler** Oaktree

TUESDAY | April 4

**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 also W @11am) please wear

court shoes Pickleball Courts

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

**Stretch** (Su-F) Montaña

*  **Workshop. Session 2**
* **Paint the Ranch in Acrylics, with Linda Hugue – Sign up** Art Studio

**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 ,F and 3pm W) Kuchumaa

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

**Gyrokinesis®** (Su-T)Pinetree

 **Prime of Life Yoga: all levels** 75 mins(Su-F) Montaña

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

**Stretch** (Su,T,Th) Oaktree

**Treadmill HIIT** (T,Th) Azteca

* **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

**1:00** **The Ultimate Sleep Reset, with Dr. Jacqueline Chan, D.O.**

Olmeca

 **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**  **Cardio Drum Dance** (T) Kuchumaa

**Circuit Training** (T,Th) Azteca

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

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

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

*  **Inner Fitness Program. Living in Alignment with Your Core**
* **Values, with Ann Van de Water** Arroyo

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

*  **Pilates for Bone Health** (T) Pinetree
* **Sound Healing** (Su-F) Oaktree
* **Tai Chi** (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) Montaña

* **Hands-on Cooking Class at La Cocina Que Canta with**
* **Visiting Chef Joe Yonan.** Register at Ext. 640, 625, 626. Fee.
* Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
*  **Travel—The Nuts and Bolts of Travel Technology with**
* **Shirley Buccieri** Arroyo

**5:00** **Writing Session 1: The Mystic Voice, with Marisa Handler** Oaktree

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

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

**8:00** **Acoustic Folk Concert + Q&A, with Amber Rubarth** Oaktree

WEDNESDAY | April 5

*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

**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

 **Workshop. Session 3**

**Paint the Ranch in Acrylics, with Linda Hugue – Sign up** Art Studio

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

**Cycle Strength 45: All Levels** (W) Pai Pai

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

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

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

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

*  experience required Pilates Studio

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

* **Yoga: Level 2** (Su-F) Montaña

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

**11:00** **Kettlebells** 30 mins (W,F) Tolteca

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

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

* court shoes Pickleball Courts
*  **Pilates Level 2 -Konnections for the Mat** (W,Th) Pinetree

 **Prime of Life Yoga: all levels** 75 mins(Su-F) Montaña

 **Ranch Barre** (W) Olmeca

* **Water Jogging** (M,W) Activity Pool

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

* **Workshop: Accessing Your Deeper Creativity, with Amber**
* **Rubarth** Library Lounge

**1:00** **Soothe Your Mind, with Dr. Jacqueline Chan, D.O.** Olmeca

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

**2:00**  **Aqua Burst HIIT intervals** (W) Activity Pool

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

*  **Release & Mobilize** please wear socks (M,W, and F at 11 am) Oaktree
* **Yoga Workshop: for happy hips and low back** (W) Montaña

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

*  **Inner Fitness Program. Your Message is Your Magic, with Ann**
* **Van de Water** Arroyo

**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** (Su-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 Joe Yonan.** Register at Ext. 640, 625, 626. Fee.
* Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.

**5:00**  **Writing Session 2: Writing the Wild, with Marisa Handler** Oaktree

**7:30** **Movie *Gigi & Nate***

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

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

Oaktree

THURSDAY | April 6

**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

 **Workshop. Session 4**

**Paint the Ranch in Acrylics, with Linda Hugue – Sign up** Art Studio

**10:00**  **Cardio Sculpt Express: level 2** 30 mins(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** **Cycle Hip Hop 30: All Levels** (Th) Pai Pai

**Functional Strength: level 2** (Th) Olmeca

* **Mini trampoline: Balance & Core** (Th) Kuchumaa
*  **Pilates Level 2 -Konnections for the Mat** (W,Th) Pinetree
*  **Prime of Life Yoga: all levels** 75 mins(Su-F) Montaña
* **Stretch** (Su,T,Th) Oaktree
* **Treadmill HIIT** (T,Th) Azteca

**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** **Neuro-regenerative Practices to Build New Neural Pathways, with**

**Dr. Jacqueline Chan, D.O.** 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** **Circuit Training** (T,Th)Azteca

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

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

* **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. Your Big Vision is Calling You, with Ann**
* **Van de Water** Arroyo

**3:00** **How to Practice Your intention** (Th) Milagro

**Mobility Sticks** (Th) Pinetree

* **Sound Healing** (Su-F) Oaktree
* **Yoga Workshop: Rope Wall** \*previous yoga experience (Th) Montaña
*  **Spanish lessons at the Ranch: beginners** (M-F) Library Lounge

**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 Joe Yonan.** 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

**5:00**  **Writing Session 3: The Palace of Memory: Writing Memoir, with**

**Marisa Handler** Oaktree

**7:00**  ***Full Moon* Yoga:** 60 mins(M)Montaña

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

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

**8:00** **Game Night with CeCe** Olmeca

FRIDAY | April 7

*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) Arroyo

**Circuit Training** (M-F)Azteca

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

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

 **Step Aerobics** (F) Kuchumaa

**Yoga: Level 2** (Su-F) Montaña

**11:00**   **Kettlebells** 30 mins (W,F) Tolteca

 **Prime of Life Yoga: all levels** 75 mins(Su-F) Montaña

 **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)Tolteca

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

short/long sleeves (F) Kuchumaa

 **Fitness Walking** (Su,F) Running Track

**Labyrinth** (F) Labyrinth

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

* **Sound Healing** (Su-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

* **Where Am I? The fascinating natural history of Tecate,**
* **Baja California, and Mexico, with Mike Wilken** Library Lounge

**5:00**  **Writing Session 4: The Art of Awakening, with Marisa Handler**

Oaktree

**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*