

SAMPLE SCHEDULE - CLASSES AND TIMES ARE SUBJECT TO CHANGE

Sample Class Week

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

- 6:15 **Mountain Hike: Professor's** challenging 3.3 Miles Gazebo
- 6:45 **Woodlands Hike** 2 Miles Gazebo
- 7:00 **Interpretive Nature Walk with Mike Wilken** 60mins 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 in 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** (can bring Dessert upstairs) Los Olivos
- 7:30 **Documentary Kiss the Ground** (90 mins) Library Lounge
- 8:00 **Threshold Moments, with Molly Davis & Kristine Patterson** Oaktree

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

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 PICKUP GAMES

Pickleball
9 am M,W,F
Sand Volleyball
4 pm Su - F

SUNDAY

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
 Meditation (Su-F) Oaktree
 Pickleball: Beginner (Su,T,Th,F also T, at 11 am) please wear court shoes Pickleball Courts
 Sculpt & Strengthen: Level 2 (Su,W) Olmeca
 Stretch (Su-F) Montaña
 TRX HIIT - Circuit (S,W) Tolteca
 The Whys and Hows of Pole Use for Hiking Bring your hiking poles (Su) Meet outside Arroyo
- 10:00 **Chant** (Su,T,F) Milagro
 Dance: Motown Lowdown (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-F) Pinetree
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Bounce: mini trampoline** 30 mins (Su,T) Kuchumaa
 Cardio Muscle Blast (Su) Azteca
 Cycle 30: All Levels (Su,T,Th) Pai Pai
 Gyrokinesis® (Su,M,T) Pinetree
 Pilates Reformer: Fundamentals (Su,M,Th, also Su at 2p F at 10p) Arroyo
 Shallow Water Workout (Su,T,F) Activity Pool
 Stretch (Su,T,Th) Oaktree
 Yoga: Level 2 75 mins (Su,M,W,Th, F) Montaña
- 12:00 **Gyrotonic Tower Demo** 30 mins (Su) Arroyo
 Swim Stroke Clinic 30 mins (Su,Th) Activity Pool
- 1:00 **Feldenkrais: Improving Posture and Balance with Donna Wood** Oaktree
 Water Flow Therapy Demo South Pool
 Jump-Start Your Skin Rejuvenation at the Ranch and Look Younger Today! with Teitsa Mann Tolteca
- 2:00 **Deep Water** (Su,T,W,Th) Activity Pool
 Feldenkrais (Su, also M at 1) Oaktree
 Labyrinth (Su, also M,F at 3) Labyrinth
 Pilates Reformer: Fundamentals (Su also M,Th at 11am, F at 10am) Arroyo
 Ranch Ropes HIIT: 30 mins (Su, also 11am Th) Olmeca
 Inner Fitness. Lesson 1: Are you living as a human being or as a human doer? with Adriana Reid Library Lounge
 Singing Circle with Jill Thiry and Kate Oshea Milagro
- 3:00 **Chair Yoga** (Su also F at 2) Montaña
 Core Challenge 30 mins (Su,T,F) Olmeca
 Sound Healing Experience with Anne (Su,W) Oaktree
- 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th)-Tolteca
 Restorative Yoga (Su,T) Montaña
 Ranch Sound Healing (Su) Oaktree
 Workshop #1: Standing at The Threshold, with Molly Davis & Kristine Patterson Olmeca
- 5:00 **Documentary: Tree of Life, The Living Legacy of Edmond Szekeley** Library Lounge
- 7:30 **Movie Emma** Library Lounge
- 8:00 **Concert / Believe, Part I, with Lara Downes** Oaktree

MONDAY

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) 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
 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-F) Pinetree
 Ranch Cycle 45: 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 Sign up (M also F at 11) Art Studio
- 11:00 **Core & More!** (M, also Th at 10) Olmeca
 Gyrokinesis® (Su,M,T) Pinetree
 Pilates Reformer: Fundamentals (M,Th, also F at 10) Arroyo
 Treadmill HIIT (M,Th) Azteca
 TRX Fundamentals (M) Tolteca
 Water Jogging (M,W) Activity Pool
 Yoga: Level 2 75 mins (Su,M,W,Th, F) Montaña
 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
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (M,W,Th) Kuchumaa
 Aqua Burst HIIT intervals (M) Activity Pool
 Better Balance & Brains (M,Th,F) Olmeca
 Posture Awareness (M,T) Tolteca
 Release & Mobilize please wear socks (M,W,also F at 11) Oaktree
 Woodlands Hike (M) 2 Miles Gazebo
 Travel Journaling, with Jennifer 2 hours Art Studio
 Inner Fitness. Lesson 2: It's all about LOVE, with Adriana Reid Library Lounge
- 3:00 **Labyrinth** (M,F) Labyrinth
 Pilates Reformer: Level 2 (M,W) Arroyo
 Ranch Sound Healing (M,T,Th, also F at 2) Oaktree
 Stability Ball 30 mins (M,W) Olmeca
- 4:00 **Inner Journey: Guided Meditation** (M,W) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Teitsa's Favorite Techniques for Smoother, Younger Skin Tolteca
- 4:30 **Fiesta at the Bazar! All invited! Sangría & guacamole** 60mins Bazar del Sol
- 7:30 **Movie News of the World** Library Lounge
- 8:00 **Retain / Reclaim a Clear Creative Mind: Cognitive Health Map, with Leni Felton, Clinical Nutritionist** Olmeca

TUESDAY

- 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 **BOSU® Fit** (T,Th) Olmeca
 Meditation (Su-F) Oaktree
 Pickleball: Beginner (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 mins (Sign up) **Meet at Main Lounge**
- 10:00 **Chant** (Su,T,F) Milagro
 Circuit Training (M-F) Azteca
 Dance: Burlesque (T) 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 Mat: Level 2 (Su-F) Pinetree
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Bounce: mini trampoline** 30 mins (Su,T) Kuchumaa
 Cycle 30: All Levels (Su,T,Th) Pai Pai
 Gyrokinesis® (Su,M,T) Pinetree
 Knitting for Wellness (T,W) 60 min Sign up Gazebo
 Pickleball: Beginner (T, also Th,F at 9 am) please wear court shoes Pickleball Courts
 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 **A Body and Mind Unburdened & The Activity of Sleep, with Leni Felton, Clinical Nutritionist** Olmeca
 Bean-to-Bar Chocolate class 90 mins. Register at ext. 631/640. Fee/ Departs from Admin Bldg.
- 2:00 **Cardio: Drum Dance** -Sign up (T) Kuchumaa
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,W,Th) Activity Pool
 Pilates Cadillac: Fundamentals (T,Th) Arroyo
 Posture Awareness (M,T) Tolteca
 Collage Card Making with Jennifer 2 hours Art Studio
 Inner Fitness. Lesson 3: Inner Voice Vs. Mind Chatter - Connection, with Adriana Reid Library Lounge
- 3:00 **Core Challenge** 30 mins (Su,T,F) Olmeca
 Mobility Sticks (T,Th) Pinetree
 Reformer/Cadillac Combo: Level 2 (T) *prior reformer/cadillac experience required Arroyo
 Ranch Sound Healing (M,T,Th, also F at 2) Oaktree
 Tai Chi (T) Montaña
 Teitsa's Skin Cocktail Recipe for Radiant Skin - Everyday! Tolteca
- 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 Executive Chef Reyna Venegas. Register at Ext. 631/640. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
 Workshop #2: Discernment: The Practice of Choosing Wisely, with Molly Davis and Kristine Patterson Olmeca
- 6:15 **Silent Dinner** (T) Sign up, Los Olivos (via Dining Hall balcony)
- 7:30 **Movie Queen Bees** Library Lounge
- 8:00 **Concert with David Wilcox** Oaktree

SAMPLE SCHEDULE - CLASSES ARE SUBJECT TO CHANGE

WEDNESDAY | January 11

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 **Sunrise Yoga** 60 mins (W,F) Montaña
- 6:45 **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
- 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 (S,W) Tolteca
- 10:00 **Circuit Training** (M-F) Azteca
 Cycle Strength 45: (all levels) (W) Pai Pai
 Dance: Latin Fusion (W) Kuchumaa
 Pilates Mat: Level 2 (Su-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 **Ballet Fundamentals** (W) Olmeca
 Breathing Basics (W) Tolteca
 Knitting for Wellness (T,W) 60 min Sign up Gazebo
 Water Jogging (M,W) Activity Pool
 Yoga: Level 2 75 mins (Su,M,W,Th,F) Montaña
 Landscape Sketching with Jennifer 2 hours Art Studio
- 1:00 **Energy and Mental Clarity: They Have Their Roots in Food, with Leni Felton, Clinical Nutritionist** Olmeca
 Friends of Bill W. (12 step - participant guided) Library Lounge
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (M,W,Th) Kuchumaa
 Booty Blast: 30 mins (W) Olmeca
 Deep Water (Su,T,W,Th) Activity Pool
 Release & Mobilize please wear socks (M,W, also F at 11am) Oaktree
 Mandala with Jennifer 1 hour Art Studio
 Inner Fitness. Lesson 4: Free yourself from your inner blocks- Letting Go, with Adriana Reid Library Lounge
- 3:00 **Pilates Reformer: Level 2** (M,W) Arroyo
 Sound Healing Experience with Anne (Su,W) Oaktree
 Stability Ball 30 mins (M,W) Olmeca
 Yoga Workshop: for hip & low back (W) *previous yoga experience Montaña
- 4:00 **Inner Journey: Guided Meditation** (M,W) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Executive Chef Reyna Venegas. Register at Ext. 631/640. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
 Workshop #3: The 3x5 Card, with Molly Davis & Kristine Patterson Olmeca
- 7:30 **Movie Dream Horse** Library Lounge
- 8:00 **An Evening with Deborah Szekely, Co-founder of Rancho La Puerta, and Sarah Livia Brightwood Szekely, President of Rancho La Puerta, Hosted by Barry Shingle, Director of Guest Experiences** Oaktree

THURSDAY | January 12

- 6:05 **Organic Garden Breakfast Hike** (T,W,Th,F) Moderate 4 Miles Gazebo *Option to tour Professor Park / RLP Foundation, back by 9am. * Ride the van to and from the Ranch. Sign Up
- 6:10 **Mountain Hike (extreme): 8 Mile Breakfast** Advanced with prerequisites, Sign Up (Th) Gazebo
- 6:15 **Mountain Hike: Professor's** challenging 3.3 Miles (M,Th) Gazebo
- 6:45 **Woodlands Hike** 2 Miles (Su,T,Th) Gazebo
- 9:00 **BOSU® Fit** (T,Th) Olmeca
 Cardio Kickboxing (Th) Kuchumaa
 Meditation (Su-F) Oaktree
 Pickleball: Beginner (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
 Dance: Swing (Th) Kuchumaa
 H2O Bootcamp: deep water workout (T,Th) Activity Pool
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Pilates Mat: Level 2 (Su-F) Pinetree
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Cycle Hip Hop 30: All Levels** (Th) Pai Pai
 Kettlebells 30 mins (Th) Tolteca
 Pilates Reformer: Fundamentals (Th, also F at 10) Arroyo
 Ranch Ropes HIIT: 30 mins (Th) Olmeca
 Stretch (Su,T,Th) Oaktree
 Treadmill HIIT (M,Th) Azteca
 Yoga: Level 2 75 mins (Su,M,W,Th, F) Montaña
- 12:00 **Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
- 12:30 **Demo Yarn Painting with Tim Hinchliff** Dining Hall entrance
 Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff (\$60 art kit fee) Sign up Dining Hall balcony
 Bean-to-Bar Chocolate class 90 mins. Register at ext. 631/640. Fee/ Departs from Admin Bldg.
- 1:00 **The Gut-Brain Connection & Bio-Compatible Living, with Leni Felton, Clinical Nutritionist** Olmeca
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and short/lon sleeves (M,W,Th) Kuchumaa
 Better Balance & Brains (M,Th,F) Olmeca
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,W,Th) Activity Pool
 Pilates Cadillac: Fundamentals (Tu,Th) Arroyo
 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 **Chair Workout** (Th) Olmeca
 Mobility Sticks (T,Th) Pinetree
 Ranch Sound Healing (M,T,Th, also F at 2) Oaktree
 Yoga Workshop: Rope Wall (Th) *previous yoga experience Montaña
- 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Yoga Nidra (Th) Montaña
 Art, Stories and Poetry, with Tim Hinchliff 90 mins Bazar del Sol
 Hands-on Cooking Class at La Cocina Que Canta with Executive Chef Reyna Venegas. 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 from Admin Bldg.
 Singing Circle with Jill Thiry and Kate Oshea Milagro
- 7:15 **Prayer Arrows with Tim Hinchliff** Main Lounge
- 7:30 **Documentary The Hidden Life of Trees** Library Lounge
- 8:00 **Concert I Believe, Part II, with Lara Downes** Oaktree

FRIDAY | January 13

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 4miles 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 (Su.F) Gazebo
 Sunrise Yoga 60 mins (W,F) Montaña
- 6:45 **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo
- 9:00 **Barbell Strength: Level 2** (M,F) Tolteca
 Circuit Training (M,W,F) Azteca
 Meditation (Su-F) Oaktree
 Pickleball: Beginner (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 mins (Sign up) **Meet at Main Lounge**
- 10:00 **Chant** (Su,T,F) Milagro
 Circuit Training (M-F) Azteca
 Dance: Cardio Disco Dance (F) Kuchumaa
 Pilates Mat: Level 2 (Su-F) Pinetree
 Pilates Reformer: Fundamentals (F) Arroyo
 Ranch Barre (F) Olmeca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Cardio Boxing** (F) Kuchumaa
 Pilates/Yoga (F) Pinetree
 Release & Mobilize please wear socks(F) Oaktree
 Shallow Water Workout (F) Activity Pool
 Yoga: Level 2 75 mins (Su,M,W,Th, F) Montaña
 Jewelry Making with Alejandro 60mins (F) Sign up Art Studio
- 1:00 **Set Your Return to Home Intention** (F) Tolteca
 Documentary: Tree of Life, The Living Legacy of Edmond Szekely Library Lounge
 Just Move! The Why of Body & Braining Training, with Leni Felton, Clinical Nutritionist Olmeca
- 2:00 **Better Balance & Brains** (M,Th,F) Olmeca
 Chair Yoga (F) Montaña
 Ranch Sound Healing (F) Oaktree
 Putting it all Together: Live with Sparkling Clarity & Vitality! with Leni Felton, Clinical Nutritionist Olmeca
- 3:00 **Core Challenge** 30 mins (F) Olmeca
 Labyrinth (Su, also M,F at 3) Labyrinth
 A New Year's Special Program: Sound Healing, Wordboarding, Intention Setting and Letter Writing for a kind New Year's gift to Yourself, with Jill Thiry (2 hours) **Hot Chocolate served** Oaktree
- 4:00 **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 **David's Musical Medicine Session** Oaktree
- 6:00 **Music with Rancho La Puerta Fiesta Band** Dining Hall
- 7:30 **Documentary The Truffle Hunters** Library Lounge

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

