

THE RANCH™

Restorative Weekly Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
7:00am Rise and shine yoga	7:00am Rise and shine yoga	7:00am Rise and shine yoga	7:00am Rise and shine yoga	7:00am Rise and shine yoga	7:00am Rise and Shine yoga
8:00am Breakfast	8:00am Breakfast	8:00am Breakfast	8:00am Breakfast	8:00am Breakfast	8:00am Breakfast
10:30am Daily workshop - <i>Breathwork</i>	10:30am Daily workshop – <i>Vitality</i>	10:30am Daily workshop – <i>Cooking</i> <i>Class</i>	10:30am Daily workshop – <i>Ranch</i> <i>Farm Experience</i>	10:30am Daily workshop – <i>Aroma</i> <i>Fusion</i>	10:00am Check-out & Ranch Van to LAX Departs
11:30am Lunch	11:30am Garden lunch	11:30am Pool lunch	11:30pm Beach lunch	11:30pm Lunch & Cooking Demo	
12:30pm Nutrition Talk					
1:00pm & 2:00pm & 3:00pm Fitness and massages	1:00pm & 2:00pm & 3:00pm Pool fitness and massages	1:00pm & 2:00pm & 3:00pm Fitness and massages	1:00pm & 2:00pm & 3:00pm Pool Volleyball & Massages	1:00pm & 2:00pm & 3:00pm Fitness and massages	
4:00pm & 5:00pm Restorative yoga and massages	4:00pm & 5:00pm Restorative yoga and massages	4:00pm & 5:00pm Restorative yoga and massages	4:00pm & 5:00pm Restorative yoga and massages	4:00pm & 5:00pm Sound bath and Massages	
6:30pm Dinner	6:30pm Dinner	6:30pm Dinner	6:30pm Dinner	6:00pm Mocktails at the pool	
7:30pm After dinner talk – Microbiome Health		7:30pm Sunset Hike/Walk		6:30pm Dinner	