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EVENTS CALENDAR

— great specialty week themes, entertainment, and presentations... every week

Presenters for the week of February 16, 2008

Pilates Week | *Laura Sepulveda*

Culinary Experiences at La Cocina Que Canta | *Creative Chef Jes?s Gonz?lez*

Love's Four Journeys | *Linda Carroll*

Point of Impact | *Pat Harrison*

Concert | *Ensemble Mira*



Pilates Week | *Laura Sepulveda*

Laura Sepulveda will make her Ranch debut to present a week of dynamic, efficient and focused Pilates classes. Laura, a native New Yorker, has been dancing since age five and has over 20 years of fitness, dance, Pilates and movement experience. She holds a BS in Dance Therapy from New York University. During her studies, she performed regularly with NYU's Kaleidoscope and Washington Square Repertory dance companies. Laura received her Pilates certification from The Pilates Institute of Southern California. She founded Gotham Pilates La Jolla, CA in 2005, where her passion is helping her clients function more efficiently for today and the future. Her approach to teaching is an amalgam of the full spectrum of her exposure to the art of movement. She combines elements of ideokinesis, yoga, dance, and a variety of Pilates modalities into a flowing, refreshing class.

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Culinary Experiences at La Cocina Que Canta | *Creative Chef Jes?s Gonz?lez*

La Cocina Que Canta's Creative Chef Jes?s Gonz?lez teaches classes on a weekly basis, as well as representing Rancho La Puerta's [culinary center](#) at culinary events far and wide. An at the Golden Door for 14 years, working side by side with famed spa chef Michel Stroot. A native of Mexico City, Jes?s joined the culinary team at Rancho La Puerta as Creative Chef in 2004 where, along with co-founder Deborah Szekely, he completely revised the spa menu. He is known for the resort's organic, modified-vegetarian menu (which also features fresh seafood), and he regularly receives accolades from guests and food writers alike. An experienced culinary teacher, his hands-on classes offer a fun experience, delicious food and new cooking techniques.

Chef Jes?s offers hands-on cooking classes during which you will enjoy preparing your own meal along with fellow cooks, and a demonstration class with tastings included. Classes take place at [La Cocina Que Canta](#). You also will have the opportunity to harvest produce you use from our organic garden, [Tres Estrellas](#). Transportation will be provided.

For more information and registration, please [click here](#). information. "

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Love's Four Journeys | *Linda Carroll*

Relationships are a series of stages through which we travel -- from romantic bliss to rude awakening to disillusionment and sometimes despair -- until, finally and ideally, we reach a resting place where love has grown deeper, richer and more settled. Each of the journeys we'll explore is based on a synthesis of the current literature on marriage, intimacy, biology and poetry through the ages.

Linda Carroll Barraud, M.S., psychotherapist and writer, has worked extensively with couples since 1980 in her private practice in Oregon, throughout the US, and New Zealand. She is also a Masters Pairs teacher, a licensed Imago therapist, and teaches courses in "Hot Monogamy." She and her husband have educated thousands of couples and singles with a 100-hour course blended from years of training in several modalities. She is presently completing a book about the cycles of relationships.

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Point of Impact – Bring your camera | *Pat Harrison*

Award-winning professional photographer Pat Harrison will show you how to take better vacation photographs by paying attention to the POINT OF IMPACT. Using her beautiful photographs from the Kremlin, the Yukon and Down Under as examples, Pat will help you improve your travel photography. In addition she will share portrait tips to improve your photographs of people. Digital and film cameras will be discussed.