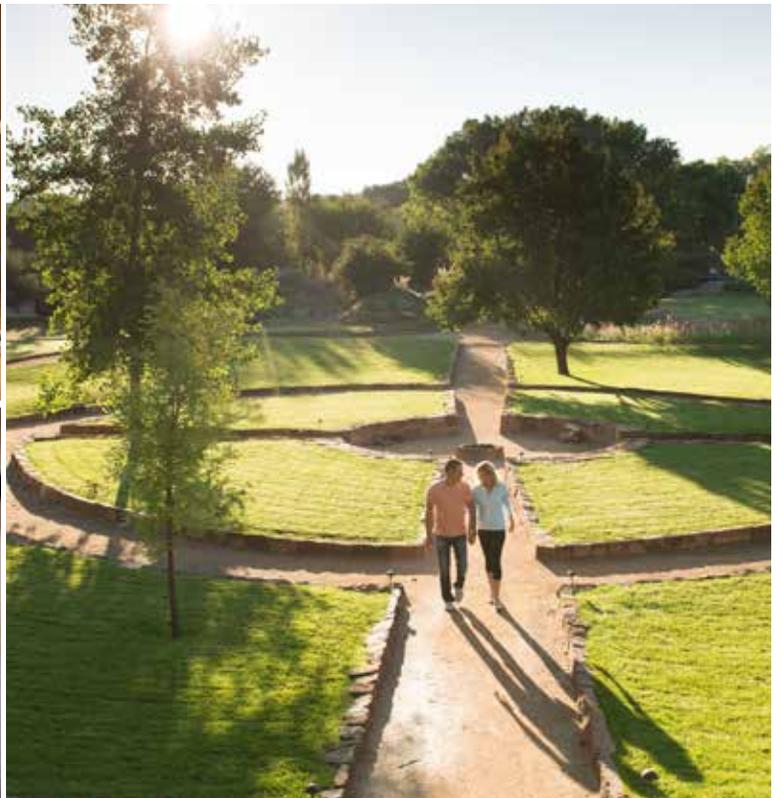
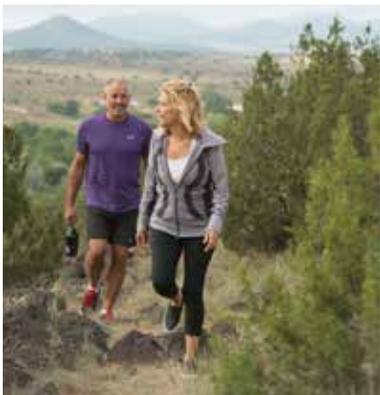




SUNRISE SPRINGS  
SPA RESORT

## CLASS DESCRIPTIONS



## ANIMAL INTERACTIONS

### **Puppies: Heart Opener**

Science confirms that spending time with our canine companions makes us (and them) feel good! Just looking at a dog lowers our blood pressure, reduces cortisol levels, and slows our heart rate. Take time to gaze deep into sweet, puppy-dog eyes.

### **Silkie Chicken Play**

Enter the playful realm of Silkie chickens, as they coo, cackle, and dance around the coop. Feel a lightness of spirit and mind as you let yourself embrace play here and now.

### **Connecting With Silkies**

Experience the gift of slowing down and finding peace with our Silkie chickens. Embrace a Silkie chicken with feathers soft as fur, close to your heart and calm down together. Being with animals and touching them can be calming. Decide your comfort level and whether you'd like to feed, hold a chicken or just be in the presence of this unique breed.

### **All About Assistance Dogs!**

Wagging tails and wet kisses await you as you enter the Sunrise Springs Puppy Enrichment Center. Actively engage with the energetic, eager-to-learn canines of Assistance Dogs of the West and help prepare them to be future assistance dogs.

### **Upbeat Canine Play**

Let our spirited canines be your guides to a livelier approach to life. Engage your sense of wonder and play as you participate in agility activities, hide and seek, mindful walking, and more.

### **Puppy Preschool**

Cuddle with a curious canine, play an animated game, or help a young dog learn a new skill. This is your time to tune in and connect with another living being in a way that furthers your journey and theirs.

## CULINARY

### **Kombucha to Pickles: A Fermented Feast**

Learn how to make traditional homemade pickles, sauerkraut, relish, and more with just salt and water! Taste a variety of fermented foods before making a batch of seasonal fermented veggies. Learn the basics of home lacto-fermentation.

### **Smoothies**

Our smoothie combinations include diverse seasonal produce, rich in nutrients. Join us as we pick fresh greens and herbs from the garden and then blend our own personalized smoothies. Learn to maximize health while minimizing time in the kitchen.

### **The Secret Life of Herbs & Spices**

Did you know that the herbs in your dressing and the spices in your soup can enhance your health? We discuss the healing and medicinal properties of more than 20 different herbs and spices while creating mixtures to taste and take home.

### **Fast Flavor: Sauces, Spices & Dressings**

Learn how to easily enliven everyday foods with flavorful sauces, spices, and dressings that have tremendous healing and medicinal qualities. Use simple tools and straightforward techniques to craft delicious and vibrant meal enhancers from a variety of seasonal herbs and exotic spices.

### **Ancestral Health & Wisdom**

Indigenous cultures around the world have long understood the healing power of certain foods. We discuss the why and how of various practices that make our food more delicious, digestible, and nutrient dense. Learn easy methods to make your home cooking quicker and better for you!

### **Raw Cashew Cheesecakes**

Whip up a wholesome vegan treat that is frozen instead of baked. These plant-based 'cheesecakes' are delightfully simple, easy to digest, and refreshing on hot summer days.

### **Garden Tasting Tour**

Take a walk through our gardens, tasting the season's flavorful herbs, fruits, vegetables, and greens. Explore flavor profiles, textures, and varied methods of preparation and preservation.

### **Dipping Chocolate**

Make the purest chocolate imaginable, blending five natural ingredients to create a chocolate sauce that lets all its flavors shine through. Dip farm-fresh fruits into the sauce for a delightfully tasty summertime treat.

### **Sensational Seasonal Salads**

Craft a vibrant and tasty salad that incorporates all parts of a plant. Learn about the structure and function of a plant's roots, stems, leaves, flowers, fruits, and seeds. Discover a simple formula for creating delicious salads.

## EXPRESSIVE ARTS

### **Body as Brush: Expressive Painting in Sumi-e Ink**

Bend the knees, move the hips, connect from the feet to your hands and extend through to the bamboo brush as we experience free-form calligraphy. Feel the energy (Qi) and make your mark using traditional Japanese Sumi-e ink.

### **Brushless Painting**

Brushless painting lets you explore unfettered creativity. Use a variety of tools, techniques, and paints to play in the realm of the unexpected and revel in the joyful surprise of serendipity that intuitive art can be.

### **Clay Shaping**

Close your eyes, feel the texture of the clay in your hands as you press, roll, coil, pinch, sculpt, and shape clay into unique tactile expressions. Relax the mind and explore this earthy medium. Your adult self at play!

### **Chakras Speak**

According to many Eastern traditions, there are seven major chakras, or wheels of energy, in the body. Learn about these life-enhancing chakras, then briefly meditate on each, giving them space to "speak" to your conscious mind. Record the experience through words, drawings, and more.

### **Calligraphy & Font**

Inspired by lettering from around the world, this class explores font and calligraphy as an expressive art form. Discover how color, font, and size influence the meaning. Bring a poem, quote, or song lyrics to calligraph.

### **Journaling: Move, Write, and Share**

Let's write haiku! Warm up with Qigong meditative movements as you find a "quiet miracle that seeks no attention." Notice textures, colors, smells, and seasonal changes. Describe a Sunrise Springs moment or reflect on the Medicine Wheel's meanings. Sharing is optional.

### **Open Art Studio**

Start or continue a project, connecting with the wonder and flexibility of the artist within you. Experiment with various medium or journal about your day. An instructor will be available to assist you in creative explorations.

### **Open Art Studio: Drop In!**

Come see what's happening at the Willows Art Studio, which serves as a creative resource for you during your stay. An instructor is available to guide you in exploring various media.

### **Open Studio Mixed Media Explorations**

Want to explore a new medium? Curious about sketching? How do you respond to colors? You never know what you might discover from being in the art studio by yourself or with others!

### **Photo-ku**

Immerse in meditative photography and writing haiku, or Japanese short poems. Stroll the property quietly and use your camera to mindfully observe and record Sunrise Moments.

### **Rock Painting**

For this rock painting class, find an intriguing stone that feels good to the touch. Paint and embellish it with words, symbols, and color to represent your connection with nature.

### **Silk Hoop Painting**

Find or create a personal symbol or image; explore its meaning, sketch, and then use it for the final rendition on a 10" stretched silk hoop to represent your stay at Sunrise Springs!

### **Symbol Painting on a Canvas Banner**

Design a personal symbol or image to remind you of your stay at Sunrise Springs! We'll guide you through the process of capturing and creating something unique and meaningful.

### **Tiny Library of Joy**

Make a personal, tiny book treasure that fits into the palm of your hand. Use varied materials, special papers, and techniques to decorate the book. Or use it to illustrate a favorite saying.

### **Zen Doodles**

Engage in mindful reflection. Zen Doodling allows you to shift your attention to a new perspective of art making. Begin with one simple line and repeat to create intricate and compelling designs.

### **Art Dolls**

Construct a 10-inch, posable art doll made of recycled and new objects, batik fabric, and beads. You'll make your mystical doll under the direction of an artist featured recently in Art Doll Quarterly.

## **FITNESS, YOGA & MOVEMENT**

### **Reversing Structural Aging**

Learn how to use simple, gentle movement to prevent, and even reverse, Structural Aging, which is the slow decline of mobility in the body.

### **Gentle Morning Yoga**

Begin your morning blissfully with gentle movements for the whole body. Special focus is placed on opening areas that tend to be overworked and stiff. Receive gentle guidance toward quiet mindfulness.

### **Roll and Release**

Stimulate tissue in the body and relax the mind in this self-massage class. Discover how to use body weight and simple props to massage the neck, shoulders, lower back, hamstrings, and feet.

### **Chakra Checkup**

Understand how chakras, or wheels of energy, in the body influence our health and wellbeing. We will assess our personal chakra systems and determine ways to bring about a steady flow of energy.

### **Walking Meditation**

Step lightly, walk slowly, and find stillness of the mind in this guided Walking Meditation class. We'll invite the surrounding scenery into our practice, rather than shutting it out.

### **Playful Movement**

Reconnect with your curious and playful nature, while also enjoying the many health benefits of unstructured physical activity. Guidance, activities, and games will be offered throughout the class.

### **Rise + Shine Yoga**

Designed for all bodies, this class breaks down different poses to their fundamental parts. Along with gaining mobility and strength, you'll gain an understanding of human movement that is life changing!

### **Fit for Life Circuit**

When we move in a way that is naturally aligned, our everyday movements can become our workout. Take 30 minutes to understand biomechanics; then complete a 20-minute circuit followed by a 10-minute cooldown.

### **Pool Yoga**

Practice gentle yoga and stretching in the cool luxury of our outdoor swimming pool. We will take advantage of water's low gravity to develop flexibility, balance, core, and breath work, ending with floating relaxation.

*Note:* Please wear a bathing suit that allows for movement.

Though we will not be swimming, please be comfortable in and around water. In the event of rain or thunder, we will practice Gentle Yoga in the Sages Yoga Studio.

### **Breathe + Move Flow**

A flowing yoga class that uses foundational yoga postures and long, full breaths to draw our attention and this experience to the present moment.

### **The Art of Archery**

Archery, an East Asian mindfulness practice, draws on the artistry of standing meditation to synchronize body and mind, and to find inner stillness. Learn basic archery techniques and then allow the craft's playful nature heighten your awareness. Class is limited to four guests.

### **Flow Yoga**

Experience this dynamic flow class that will leave you feeling open, centered, and strong. All levels encouraged to attend

### **Deep Relaxation**

Rest and unwind in this Deep Relaxation class. Gentle floor-based stretching and a guided body scan will lead you into your "Rest and Digest" response, which supports immune system function, helps the body break down fat, reduces cortisol and so much more. Deep Relaxation encourages you to experience a sense of internal peace and allows you to feel relaxed, present and rejuvenated.

## **HEALTH**

### **Dr. Sally's Q & A and Discussion**

Join our Medical Director, Sally Fisher, MD for a compelling session tailored to the specific interests of the participants. Dr. Sally is board certified in Preventive/Integrative/Holistic Medicine and is a Physician Nutrition Specialist.

### **Food as Medicine**

A discussion of the anthropology, history, evolution, botany, psychology, and medicine of food.

### **Stress and Relaxation**

Learn about stress and stress hormones, our relationship to stress, and what helps — according to medical research and individual experiences.

### **Gut (GI) Health**

Understand the relationship between food and gut health. Learn about gut bacteria, detoxification, and more.

### **Ancient Rhythms in Health**

Ponder sleep, daily rhythms, seasons, sunlight and darkness, hydration, Vitamin D, and more.

### **Trending Food Topics**

Discuss the latest news and controversies in nutrition, from diets to vitamins to food taboos.

### **Natural Body Care**

Get back to basics with a lesson in naturally, gently caring for your skin, mouth, and hair. Learn how to make your own tooth scrub and deodorant. Discover how to protect the beneficial bacteria on our body.

## **HORTICULTURE**

### **Garden Soul Journal**

Learn to plan, adapt, and evolve with each phase of the growing season as you create a journal in class to document your journey tending to the soul of your garden.

### **Open Garden — Dig In!**

Discover the joy that lies in communal gardening as you dig into the soil, transplant seedlings, and water our abundant plants.

### **Plant Myths, Magic and Folklore**

Behind every familiar plant lies a story of mythical proportions. Explore plant myth and legend and allow Spirit to guide you in creating a talisman to help manifest your life's great design.

### **Seed to Harvest: Planning Your Garden**

Deepen your gardening skills. Explore organic gardening methods that help ensure the seeds you plant have an opportunity to stretch and grow to their full potential.

### **Herbal Incense & Smudge Sticks**

Journey into the aromatic world of herbal incenses and smudge sticks, which are bundles of dried herbs that are burned to purify and bless. Learn the history and then create your own incense blends and smudge sticks.

### **Herbal Salves**

Salves combine the healing power of plants with the nourishing, emollient properties of olive oil and beeswax. Make your own herbal salve to heal yourself and nurture others.

### **Herbal Tea Making**

Engage each of your senses as you taste, smell, touch, and view a beautiful selection of organic herbs and spices as you experiment with crafting a tantalizing herbal tea.

### **Herbal Lotion Bars & Lip Balms**

Indulge your skin in nourishing moisture and soothing scents as you create homemade lotion bars and lip balms from organic and wild-crafted herbs.

### **Herbal First Aid Kits**

Plants have an incredible capacity to heal our aches and pains. Learn basic herbal remedies for a variety of minor troubles, from bumps and bruises to upset tummies and restless sleeping.

### **Herbal Eye Pillows**

Gather around our cozy farm table to hand sew an herbal eye pillow that will encourage restful sleep. Anything you need to know about sewing will be taught.

### **Flower Essences**

Throughout cultures worldwide there is a long tradition of collecting the dew from flowers to heal emotional and psycho-spiritual ills. Each flower is believed to offer its own "medicine" that gains in strength from the place that it grows and the power of the sun. Experience the process for yourself as you make own flower essence infused with your personal intention from the flowers growing at Sunrise Springs.

## **MINDFULNESS / MEDITATION**

### **Finding Your Place on the Medicine Wheel**

The Medicine Wheel offers insights into our present life and its focus. Our spiritual, mental, physical, and emotional lives come to light in this interactive and fun exploration of the Medicine Wheel.

### **Mindful Meditation**

This guided class provides simple mental and physical techniques to add focus and calm to your daily life, as well as ideas to deepen your practice.

### **Crystalline Harmonic**

In this rejuvenating and centering sound immersion, guests lie down to rest and listen to tones of crystal bowls meeting tones of the human voice.

### **The Living Meditation**

Through discussion and practice, let's seek to weave the overall principles of meditation (stillness, presence, silence, focus, listening) into our everyday lives.

### **Meditation and Qigong**

Join in as we pause, breathe, relax the mind, and be present. Integrating mindfulness, we flow from seated and walking positions to the moving meditation of Qigong.

### **Qigong Mindful Movement**

Qigong (pronounced chee-gong) is an age-old health, meditation, and movement practice to enhance concentration, vitality, and wellbeing. Awaken your Qi!

### **Self-Care Recharge and Qigong**

Let this class show you how to restore your energy naturally. Understand rhythms and cycles of change through guided visualization, full body breathing, self-shiatsu massage, and Qigong meditative movement.

## **NATURE BASED**

### **Floral Arrangements**

Harvest a variety of flowers, branches, evergreen boughs, and dried berries to make a beautiful arrangement that you can take back to your room to enjoy during your stay.

### **MoveMEANT!**

Experience the outdoors while engaging in the PLAY of our bodies through yoga, slow movement, bodyweight training, and natural motion.

**For more information please visit the concierge  
or call 877.977.8212.**



**SUNRISE SPRINGS**  
SPA RESORT

Sunrise Springs Spa Resort  
242 Los Pinos Rd, Santa Fe, NM 87507  
SunriseSprings.com