

**SUNDAY, FEBRUARY 12**

7:30a - 8:30a	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Aaron
9:00a - 10:00a	Open Fitness Studio	Willows Fitness Studio	Joel
9:30a - 10:30a	Deep Release Yoga	Sages Yoga Studio	Anjali
9:30a - 10:45a	Culinary Adventure	Willows Kitchen	Sue
10:30a - 11:30a	Mindful Strength Training	Willows Fitness Studio	Joel
11:00a - 12:15p	Animal Interactions: Heart Opener	Puppy Studio	Britte
11:00a - 12:15	Open Art Studio	Willows Art Studio	Ruth
2:00p - 3:00p	Circuit Training	Willows Fitness Studio	Joel
2:00p - 3:15p	Little Books with Words	Willows Art Studio	Ruth
3:30p - 4:45p	Herbal Steams	Willows Kitchen	Sue
3:30p - 4:45p	Brayer Painting	Willows Art Studio	Ruth
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	

**MONDAY, FEBRUARY 13**

7:30a - 8:30a	Power Walk in Nature	Meet at Willows	Joel
7:30a - 8:30a	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Anjali
9:30a - 10:45a	Deep Release Yoga	Sages Yoga Studio	Anjali
11:00a - 12:00p	Mobility Class	Willows Fitness Studio	Joel
11:00a - 12:15p	Animal Interactions: Slowing Down w/ Silkies	Chicken Coop	Sue
2:00p - 3:15p	Finding Your Place on the Medicine Wheel	Medicine Wheel	Michael
2:00p - 3:15p	Kitchen Creations	Willows Kitchen	Sue
3:30p - 4:45p	Nurturing Flower Bulbs for Winter Bloom	Willows Kitchen	Sue
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	

**TUESDAY, FEBRUARY 14**

7:30a - 8:30a	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Tess
9:30a - 10:30a	Springs Awaken Yoga	Sages Yoga Studio	Tess
9:30a - 10:45a	Finding Your Place on the Medicine Wheel	Medicine Wheel	Michael
11:00a - 12:00p	Animal Interactions: All About Assistance Dogs	Sages Puppy Studio	Britte
11:00a - 12:00p	Heart Conditioning	Willows Fitness Studio	Tess
2:00p - 3:15p	The Storyteller's Hearth	Cottonwood Common Rm, 2nd fl	Sue
2:00p - 3:15p	The Inner Garden	Willows Kitchen	Danielle
3:30p - 4:45p	Herbal Salves	Willows Kitchen	Danielle
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	

**WEDNESDAY, FEBRUARY 15**

7:30a - 8:30a	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Anjali
9:30a - 10:45a	Culinary: Smoothies	Willows Kitchen	Brigita
9:30a -10:30a	Mindful Meditation	Sages Yoga Studio	Michael
11:00a - 12:15p	Animal Interactions: Heart Opener	Chicken Coop	Danielle
11:00a - 12:15p	Herbal Eye Pillows	Willows Kitchen	Sue
11:00a - 12:00p	Property Tour	Meet at Guest Registration	
2:00p - 3:15p	Lip Balms & Lotion Bars	Willows Kitchen	Danielle
2:00p - 3:15p	Weaving Together	Willows Art Studio	Sue
3:30p - 4:45p	Open Art Studio	Willows Art Studio	Sue
3:30p - 4:45p	Steel Mace Class	Willows Fitness Studio	Joel
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	

**THURSDAY, FEBRUARY 16**

7:30a - 8:30a	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Tess
9:30a - 10:45a	Finding Your Place on the Medicine Wheel	Medicine Wheel	Michael
9:30a -10:30a	Springs Awaken Yoga	Sages Yoga Studio	Tess
11:00a - 12:00p	Animal Interactions: Upbeat Canine Play	Sages Puppy Studio	Britte
11:00a - 12:15p	Physician's Corner: Food as Medicine Q & A	Sages Library	Dr. Sally
1:30p - 2:15p	Body & Core Sculpting	Willows Fitness Studio	Tess
2:00p - 3:15p	Crystalline Harmonic	Sages Yoga Studio	Brigita
2:00p - 3:15p	Physician's Corner: Stress & Relaxation Q & A	Sages Library	Dr. Sally
3:30p - 4:45p	Herbal Recipes for Fall & Winter	Willows Kitchen	Danielle
3:30p - 4:45p	Culinary: Fast Flavor	Sages Kitchen	Brigita
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	

**FRIDAY, FEBRUARY 17**

7:30a - 8:30a	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Tess
9:30a - 10:30a	Springs Awaken Yoga	Sages Yoga Studio	Tess
9:30a-10:45a	Expressive Drawing & Painting	Willows Art Studio	Diane
11:00a - 12:15p	Physicians Corner: Gut (GI) Health Q & A	Sages Library	Dr. Sally
11:00a - 12:00p	Wholistic Functional Fitness	Willows Fitness Studio	Tess
1:30p - 1:50p	Spirit Lodge Orientation	Meet at Ceremonial Circle	Diane
2:00p - 3:15p	Culinary: Fast Flavor- Dressings and Sauces	Willows Kitchen	Brigita
2:00p - 3:15p	Physician Corner: Ancient Rhythms Q & A	Sages Library	Dr. Sally
3:30p - 4:45p	MoveMEANT	Sages Gallery	Brigita
3:30p - 4:45p	Open Art Studio Drop In!	Willows Art Studio	Diane
5:30p - 7:30p	Spirit Lodge (*)(**)	Meet at Ceremonial Circle	Concha
7:45p - 8:30p	Open Puppy Studio	Sage Puppy Studio	

**SATURDAY, FEBRUARY 18**

7:30a - 8:30a	Sunrise Warm Up Yoga	Sages Gallery	Brigita
9:30a - 10:45a	MoveMEANT	Sages Gallery	Brigita
9:30a - 10:45a	Body as Brush: Expressive Painting with Sumi In!	Willows Art Studio	Diane
11:00a - 12:15p	Crystalline Harmonic	Sages Gallery	Brigita
11:00a - 12:15p	Physicians Corner: Nutrition Topics Q&A	Sages Library	Sally
1:00p - 1:45p	Body & Core Sculpting	Willows Fitness Studio	Tess
1:30p - 4:00p	Hike (*)	Meet at Registration	Billy
2:00p - 3:00p	Yoga & Fitness	Willows Fitness Studio	Tess
2:00p - 3:15p	Finding Your Place on the Medicine Wheel	Willows Art Studio	Diane
2:00p - 3:15p	The Living Meditation	Sages Library	Brigita
3:30p - 4:45p	Culinary: Ancestral Health & Wisdom	Willows Kitchen	Brigita
3:30p - 4:45p	Open Art Studio: Collage Personal Themes	Willows Art Studio	Diane
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	

**SUNDAY, FEBRUARY 19**

7:30a - 8:30a	Sun Rise Up Gentle Yoga	Sages Gallery	Aaron
9:00a - 10:00a	Open Fitness Studio	Willows Fitness Studio	Joel
9:30a - 10:30a	Deep Release Yoga	Sages Gallery	Anjali
9:30a - 10:45a	Culinary Adventure	Willows Kitchen	Sue
10:30a - 11:30a	Mindful Strength Training	Willows Fitness Studio	Joel
11:00a - 12:15p	Animal Interactions: Heart Opener	Puppy Studio	Britte
11:00a - 12:15	Symbol Painting on Canvas Banner	Willows Art Studio	Diane
2:00p - 3:00p	Circuit Training	Willows Fitness Studio	Joel
2:00p - 3:15p	Open Art Studio: Banners & Rock Painting	Willows Art Studio	Diane
3:30p - 4:45p	Herbal Steams	Willows Kitchen	Sue
3:30p - 4:45p	Meditation & Qi Gong	Sages Gallery	Diane
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	

\* **Advanced sign up required.**

\*\* **There is an additional fee.**

Please call Guest Services at extension 0, or visit Guest Registration to sign up.

Please do not enter classes or activities 10 minutes after start time.

**Wi-Fi**

Internet service is available 24/7 in your room.

**Fitness Studio Hours**

7:30a - 9:30p – Located in Willows on the second floor.

**Open Studio & Open Garden**

These activities allow guests time for projects of their choosing. There will be an instructor present to guide and assist.

**Spa Appointments**

Please check in at the Spa 10 minutes prior to your appointment

**Bring Your Journal**

Bring your journal with you to activities so you can write about your experiences throughout the day.

**Outdoor Classes**

When outdoors we recommend bringing a hat, sunscreen and water.

**Alcohol**

We offer locally sourced beer, wine and sparkling waters at Lunch and Dinner in our Blue Heron Restaurant.

**Smoking**

Sunrise Springs is a smoke-free environment. Electronic cigarettes are not permitted.

**Cell Phones**

To preserve the serene natural setting for all our guests, we ask that cell phones are not used in any public spaces.

**Dining**

**Sages Cafe**

Light Breakfast.....7:00a  
Breakfast.....7:30 - 930a

**Blue Heron Restaurant**

Sunday Brunch.....11:00 - 2:00p  
Lunch.....12:00 - 2:00p  
Dinner (Sunday – Thursday)....6:00 - 8:00p  
Dinner (Friday, Saturday).....6:00 - 9:00p