

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 Eye Pillows	Willows Kitchen	Sue
3:30p - 4:45p	Meditation & Qi Gong	Sages Gallery	Diane
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	

MONDAY, FEBRUARY 20

7:30a - 8:30a	Power Walk in Nature	Meet at Willows	Joel
7:30a - 8:30a	Sun Rise Up Gentle Yoga	Sages Gallery	Anjali
9:30a - 10:30a	Mindful Meditation	Sages Gallery	Michael
9:30a - 10:45a	Clay Shaping	Willows Art Studio	Diane
11:00a - 12:15p	Animal Interactions: Slowing Down w/ Silkies	Chicken Coop	Sue
2:00p - 3:15p	Journaling: Getting to Haiku	Sages Library	Diane
2:00p - 3:15p	Kitchen Creations	Willows Kitchen	Sue
3:30p - 4:45p	Nurturing Flower Bulbs for Winter Bloom	Willows Kitchen	Sue
3:30p - 4:45p	Self Care Recharge & Qi Gong	Sages Yoga Studio	Diane
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	

TUESDAY, FEBRUARY 21

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	Winter Inspiration Walk	Willows Art Studio	Brigita
2:00p - 3:15p	The Inner Garden	Willows Kitchen	Danielle
3:30p - 4:45p	Open Greenhouse: Enagaging the Senses	Greenhouse	Danielle
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	

WEDNESDAY, FEBRUARY 22

7:30a - 8:30a	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Anjali
9:30a - 10:45a	Culinary: Spice Mixtures & Healing Properties	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 - 12:00p	Property Tour	Meet at Guest Registration	
2:00p - 3:15p	Lip Balms & Lotion Bars	Willows Kitchen	Danielle
2:00p - 3:15p	MoveMEANT	Sages Yoga Studio	Brigita
3:30p - 4:45p	Open Art Studio	Willows Art Studio	Danielle
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	

THURSDAY, FEBRUARY 23

7:30a - 8:30a	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Brigita
9:30a - 10:45a	Finding Your Place on the Medicine Wheel	Medicine Wheel	Michael
9:30a -10:30a	MoveMEANT	Sages Yoga Studio	Brigita
11:00a - 12:00p	Animal Interactions: Upbeat Canine Play	Sages Puppy Studio	Britte
11:00a - 12:00p	Physician's Corner: Food as Medicine Q & A	Sages Library	Dr. Sally
2:00p - 3:15p	Herbal Remedies for Fall & Winter	Willows Kitchen	Danielle
2:00p - 3:15p	Photo-ku: Meditative Photography & Haiku	Willows Art Studio	Diane
2:00p - 3:15p	Physician's Corner: Stress & Relaxation Q & A	Sages Library	Dr. Sally
3:30p - 4:45p	Herbal Incense & Smudge Sticks	Willows Kitchen	Danielle
3:30p - 4:45p	Open Art Studio: Mixed Media Explorations	Willows Art Studio	Diane
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	

FRIDAY, FEBRUARY 24

7:30a - 8:30a	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Brigita
9:30a - 10:30a	Springs Awaken Yoga	Sages Yoga Studio	Brigita
9:30a-10:45a	Paint Like Matisse	Willows Art Studio	Diane
11:00a - 12:00p	Culinary: Fast Flavor- Sauces & Dressings	Willows Kitchen	Brigita
1:30p - 1:50p	Spirit Lodge Orientation	Meet at Ceremonial Circle	Diane
2:00p - 3:15p	Herbal Salves	Willows Kitchen	Danielle
2:00p -3:00p	Meditation & Qigong	Sages Yoga Studio	Diane
3:30p - 4:45p	Plant Myths, Magic and Folklore	Willows Kitchen	Danielle
3:30p - 4:45p	Open Art Studio Drop In!	Willows Art Studio	Diane
5:30p - 7:30p	Spirit Lodge (*)(**)	Meet at Ceremonial Circle	Concha

SATURDAY, FEBRUARY 25

7:30a - 8:30a	Sunrise Warm Up Yoga	Sages Yoga Studio	Brigita
9:30a - 10:45a	Culinary: Healing Herbs & Spices	Willows Kitchen	Brigita
9:30a - 10:45a	Body as Brush: Expressive Painting with Sumi Ink	Willows Art Studio	Diane
11:00a - 12:15p	Animal Interactions: Silkie Chicken Play	Chicken Coop	Danielle
11:00a - 12:15p	Physicians Corner: Nutrition Topics Q&A	Willows Kitchen	Dr. Sally
1:30p - 4:00p	Hike (*)	Meet at Registration	Billy
2:00p - 3:00p	MoveMEANT	Sages Yoga Studio	Brigita
2:00p - 3:15p	Finding Your Place on the Medicine Wheel	Willows Art Studio	Diane
3:30p - 4:45p	Open Greenhouse: Engaging the Senses	Greenhouse	Danielle
3:30p - 4:45p	Open Art Studio: Collage Medicine Wheel Themes	Willows Art Studio	Diane

SUNDAY, FEBRUARY 26

7:30a - 8:30a	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Aaron
9:30a - 10:30a	Deep Release Yoga	Sages Yoga Studio	Anjali
9:30a - 10:45a	Culinary: Smoothies	Willows Kitchen	Brigita
11:00a - 12:15p	Crystalline Harmonic	Sages Yoga Studio	Brigita
11:00a - 12:15	Banner Symbol Painting	Willows Art Studio	Diane
2:00p -3:00p	Open Art Studio	Willows Art Studio	Ruth
2:00p-3:15p	Finding Your Place on the Medicine Wheel	Sages Yoga Studio	Diane
3:30p - 4:45p	Meditation & Qi Gong	Sages Yoga Studio	Diane
3:30p - 4:45p	Brushless Painting	Willows Art Studio	Ruth

* **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

