

SUNDAY, APRIL 09

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

MONDAY, APRIL 10

7:30a - 8:30a	Fitness	Power Walk in Nature	Meet at Willows	Joel
7:30a - 8:30a	Yoga	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Anjali
9:30a - 10:45a	Expressive Arts	Photo-ku: Meditative Photography & Haiku	Willows Art Studio	Diane
11:00a - 12:00p	Fitness	Mobility Class	Willows Fitness Studio	Joel
11:00a - 12:15p	Animal Interactions	Animal Interactions: Connecting with Silkies	Chicken Coop	Sue
2:00p - 3:15p	Expressive Arts	Journaling: Sunrise Moments	Sages Library	Diane
2:00p - 3:15p	Culinary	Kitchen Creations	Willows Kitchen	Sue
3:30p - 4:45p	Horticulture	Earth Dumplings	Willows Kitchen	Sue
3:30p - 4:45p	Expressive Arts	Open Art Studio Mixed Media Explorations	Willows Art Studio	Diane
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sages Puppy Studio	

TUESDAY, APRIL 11

7:30a - 8:30a	Yoga	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Tess
9:30a - 10:30a	Yoga	Springs Awaken Yoga	Sages Yoga Studio	Tess
9:30a - 10:45a	Mindfulness/Meditation	Finding Your Place on the Medicine Wheel	Medicine Wheel	Michael
11:00a - 12:00p	Animal Interactions	Animal Interactions: All About Assistance Dc	Sages Puppy Studio	Britte
11:00a - 12:00p	Fitness	Heart Conditioning	Willows Fitness Studio	Tess
2:00p - 3:15p	Expressive Arts	The Storyteller's Hearth	Cottonwood Common Rm, 2nd fl	Sue
2:00p - 3:15p	Horticulture	Seed to Harvest: Planning your garden	Greenhouse	Danielle
3:30p - 4:30p	Nature Based	MoveMEANT	Meet in Sages Yoga Studio	Brigita
3:30p - 4:45p	Horticulture	Herbal Incense & Smudge Sticks	Willows Kitchen	Danielle
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sages Puppy Studio	

WEDNESDAY, APRIL 12

7:30a - 8:30a	Yoga	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Anjali
9:30a - 10:45a	Culinary	Smoothies	Willows Kitchen	Brigita
9:30a -10:30a	Mindfulness/Meditation	Mindful Meditation	Sages Yoga Studio	Michael
11:00a - 12:15p	Animal Interactions	Animal Interactions: Heart Opener	Chicken Coop	Danielle
11:00a - 12:15p	Expressive Arts	Writing from the Heart	Willows Art Studio	Sue
11:00a - 12:00p		Property Tour	Meet at Guest Registratio	
12:30p - 12:50p	Mindfulness/Meditation	Stillness & Silence	Sages Library	Brigita
1:30p - 4:00p	Nature Based	Hike (*)	Meet at Registration	Dan
2:00p - 3:15p	Horticulture	Herbal Lotion Bars & Lip Balms	Willows Kitchen	Danielle
2:00p - 3:15p	Nature Based	Walk in Beauty	Willows Art Studio	Sue
3:30p - 4:45p	Expressive Arts	Open Art Studio	Willows Art Studio	Sue
3:30p - 4:45p	Fitness	Steel Mace Class	Willows Fitness Studio	Joel
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sages Puppy Studio	

THURSDAY, APRIL 13

7:30a - 8:30a	Yoga	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Tess
9:30a - 10:45a	Mindfulness/Meditation	Finding Your Place on the Medicine Wheel	Medicine Wheel	Michael
9:30a -10:30a	Yoga	Springs Awaken Yoga	Sages Yoga Studio	Tess
11:00a - 12:00p	Animal Interactions	Animal Interactions: Upbeat Canine Play	Sages Puppy Studio	Britte
11:00a - 12:15p	Health	Physician's Corner: Food as Medicine Q & A	Sages Library	Dr. Sally
12:30p - 12:50p	Mindfulness/Meditation	Stillness & Silence	Sages Library	Brigita
1:30p - 2:15p	Fitness	Body & Core Sculpting	Willows Fitness Studio	Tess
2:00p - 3:15p	Expressive Arts	Photo-ku: Meditative Photography & Haiku	Willows Art Studio	Diane
2:00p - 3:15p	Health	Physician's Corner: Stress & Relaxation Q &	Sages Library	Dr. Sally
3:30p - 4:45p	Horticulture	Natural Body Care	Sages Kitchen	Brigita
3:30p - 4:45p	Expressive Arts	Open Art Studio Mixed Media Explorations	Willows Art Studio	Diane
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sages Puppy Studio	

FRIDAY, APRIL 14

7:30a - 8:30a	Yoga	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Tess
9:30a - 10:30a	Yoga	Springs Awaken Yoga	Sages Yoga Studio	Tess
9:30a-10:45a	Expressive Arts	Journaling: Move, Write, Share	Willows Art Studio	Diane
11:00a - 12:15p	Health	Physicians Corner: Gut (GI) Health Q & A	Sages Library	Dr. Sally
11:00a - 12:00p	Fitness	Wholistic Functional Fitness	Willows Fitness Studio	Tess
12:30p - 12:50p	Mindfulness/Meditation	Stillness & Silence	Sages Library	Brigita
1:30p - 1:50p	Mindfulness/Meditation	Spirit Lodge Orientation	Meet at Ceremonial Circle	Diane
2:00p -3:00p	Mindfulness/Meditation	Self-Care Recharge & Qigong	Sages Yoga Studio	Diane
2:00p - 3:15p	Health	Physician Corner: Ancient Rhythms Q & A	Sages Library	Dr. Sally
2:00p - 3:15p	Horticulture	Herbal Salves	Willows Kitchen	Danielle
3:30p - 4:45p	Culinary	Fast Flavor: Sauces, Spices & Dressings	Sages Kitchen	Brigita
3:30p - 4:45p	Horticulture	Plant Myths, Magic and Folklore	Willows Kitchen	Danielle
3:30p - 4:45p	Expressive Arts	Open Art Studio Drop In	Willows Art Studio	Diane
5:30p - 7:30p	Mindfulness/Meditation	Spirit Lodge (*)(**)	Meet at Ceremonial Circle	Concha
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sage Puppy Studio	

SATURDAY, APRIL 15

7:30a - 8:30a	Yoga	Sunrise Warm Up Yoga	Sages Yoga Studio	Brigita
9:30a - 10:45a	Horticulture	Herbal Tea Making	Willows Kitchen	Danielle
9:30a - 10:45a	Mindfulness/Meditation	Meditation & Qigong	Sages Yoga Studio	Diane
11:00a - 12:15p	Animal Interactions	Animal Interactions: Silkie Chicken Play	Chicken Coop	Danielle
11:00a - 12:15p	Expressive Arts	The Joy of Voice	Willows Kitchen	Brigita
11:00a - 12:15p	Health	Physicians Corner: Nutrition Topics Q&A	Sages Library	Sally
1:00p - 1:45p	Fitness	Body & Core Sculpting	Willows Fitness Studio	Tess
1:30p - 4:00p	Nature Based	Hike (*)	Meet at Registration	Dan
2:00p - 3:00p	Fitness	Yoga & Fitness	Sages Yoga Studio	Tess
2:00p -3:15p	Mindfulness/Meditation	Finding Your Place on the Medicine Wheel	Sages Library	Diane
2:00p - 3:15p	Culinary	Ancestral Health & Wisdom	Sages Kitchen	Brigita
3:30p - 4:30p	Fitness	MoveMEANT	Meet in Sages Yoga Studio	Brigita
3:30p - 4:45p	Horticulture	Open Greenhouse: Engaging the Senses	Greenhouse	Danielle
3:30p - 4:45p	Expressive Arts	Body as Brush: Expressive Painting in Sumi I	Willows Art Studio	Diane
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sage Puppy Studio	

SUNDAY, APRIL 16

7:30a - 8:30a	Yoga	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Aaron
9:00a - 10:00a	Fitness	Open Fitness Studio	Willows Fitness Studio	Joel
9:30a - 10:45a	Culinary	Seasonal Culinary Adventure	Willows Kitchen	Sue
9:30a - 10:30a	Yoga	Deep Release Yoga	Sages Yoga Studio	Anjali
10:30a - 11:30a	Fitness	Mindful Strength Training	Willows Fitness Studio	Joel
11:00a - 12:15p	Animal Interactions	Heart Opener	Puppy Studio	Britte
11:00a - 12:00p	Mindfulness/Meditation	Qigong Mindful Movement	Sages Yoga Studio	Diane
2:00p - 3:00p	Fitness	Circuit Training	Willows Fitness Studio	Joel
2:00p - 3:15p	Expressive Arts	Photo-ku: Meditative Photography & Haiku	Willows Art Studio	Diane
3:30p - 4:45p	Expressive Arts	Open Art Studio: Mixed Media Explorations	Willows Art Studio	Diane
3:30p - 4:45p	Horticulture	Herbal Steams	Willows Kitchen	Sue
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sage 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

Moon House Lounge

Sunday – Thursday.....4:30 - 7:30p

Friday, Saturday.....3:00 - 8:00p