

**SUNDAY, MARCH 05**

7:30a - 8:30a	Yoga	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Aaron
9:30a - 10:30a	Fitness	Deep Release Yoga	Sages Yoga Studio	Anjali
9:30a - 10:45a	Expressive Arts	Open Art Studio: Retablos and Cards	Willows Art Studio	Diane
11:00a - 12:15	Expressive Arts	Retablo Painting: San Pasquale	Willows Art Studio	Diane
2:00p - 3:00p	Expressive Arts	Open Studio	Willows Art Studio	Ruth
2:00p - 3:15p	Mindfulness/Meditatio	Finding Your Place on the Medicine Wheel	Sages Yoga Studio	Diane
3:30p - 4:45p	Mindfulness/Meditatio	Meditation & Qigong	Sages Yoga Studio	Diane
3:30p - 4:45p	Expressive Arts	Brushless Painting	Willows Art Studio	Ruth
7:45p - 8:30p	Horticulture	Open Puppy Studio	Sages Puppy Studio	

**MONDAY, MARCH 06**

7:30a - 8:30a	Yoga	Sunrise Up Gentle Yoga	Sages Yoga Studio	Anjali
9:30a - 10:45a	Mindfulness/Meditatio	Mindful Meditation	Sages Yoga Studio	Michael
11:00a - 12:15p	Expressive Arts	Open Art Studio: Rocks, Paper, Scissors	Willows Art Studio	Diane
2:00p - 3:15p	Mindfulness/Meditatio	Self Care Recharge & Qigong	Sages Yoga Studio	Diane
2:00p - 3:15p	Mindfulness/Meditatio	Finding Your Place on the Medicine Wheel	Medicine Wheel	Michael
3:30p - 4:45p	Expressive Arts	Journaling: Sunrise Moments	Sages Library	Diane
3:30p - 4:45p	Expressive Arts	Little Library of Joy	Willows Art Studio	Ruth
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sages Puppy Studio	

**TUESDAY, MARCH 07**

7:30a - 8:30a	Yoga	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Brigita
9:30a - 10:30a	Horticulture	Open Greenhouse: Engaging the Senses	Greenhouse	Danielle
9:30a - 10:45a	Mindfulness/Meditatio	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	Nature Based	MoveMEANT	Sages Yoga Studio	Brigita
2:00p - 3:15p	Expressive Arts	Flags of Gratitude	Willows Art Studio	Brigita
2:00p - 3:15p	Horticulture	The Inner Garden	Willows Kitchen	Danielle
3:30p - 4:45p	Mindfulness/Meditatio	The Living Meditation	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, MARCH 08**

7:30a - 8:30a	Yoga	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Brigita
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	Calligraphy and Font	Willows Art Studio	Brigita
11:00a - 12:00p		Property Tour	Meet at Guest Registrati	
2:00p - 3:15p	Health	Natural Body Care	Willows Kitchen	Brigita
2:00p - 3:00p	Horticulture	Seed to Harvest: Planning Your Garden	Greenhouse	Danielle
3:30p - 4:45p	Expressive Arts	Garden Stone Painting	Willows Art Studio	Ruth
3:30p - 4:45p	Fitness	High Intensity Circuit	Willows Fitness Studio	Brigita
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sages Puppy Studio	

**THURSDAY, MARCH 09**

7:30a - 8:30a	Yoga	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Brigita
9:30a - 10:45a	Mindfulness/Meditation	Finding Your Place on the Medicine Wheel	Medicine Wheel	Michael
9:30a - 10:30a	Mindfulness/Meditation	Qi Gong Mindful Movement	Sages Yoga Studio	Diane
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
2:00p - 3:15p	Expressive Arts	Collage Expressions: Medicine Wheel Theme	Willows Art Studio	Diane
2:00p - 3:15p	Health	Physician's Corner: Stress & Relaxation Q & A	Sages Library	Dr. Sally
3:30p - 4:45p	Culinary	Fast Flavor: Sauces, Spices & Dressings	Willows Kitchen	Brigita
3:30p - 4:45p	Expressive Arts	Open Studio Mixed Media Explorations	Willows Art Studio	Diane
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sages Puppy Studio	

**FRIDAY, MARCH 10**

7:30a - 8:30a	Yoga	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Brigita
9:30a - 10:30a	Horticulture	Herbal Salves	Willows Kitchen	Danielle
9:30a-10:45a	Expressive Arts	Body as Brush: Expressive Painting Sumi Ink	Willows Art Studio	Diane
11:00a - 12:15p	Health	Physicians Corner: Gut (GI) Health Q & A	Willows Kitchen	Dr. Sally
11:00a - 12:00p	Animal Interactions	Silkie Chicken Play	Chicken Coop	Danielle
1:30p - 1:50p	Mindfulness/Meditatio	Spirit Lodge Orientation	Meet at Ceremonial Circ	Diane
2:00p - 3:00p	Mindfulness/Meditatio	Meditation & Qigong	Sages Yoga Studio	Diane
2:00p - 3:15p	Health	Physician Corner: Ancient Rhythms Q & A	Willows Kitchen	Dr. Sally
3:30p - 4:30p	Nature Based	MoveMEANT!	Sages Yoga Studio	Brigita
3:30p - 4:45p	Expressive Arts	Open Art Studio Drop In!	Willows Art Studio	Diane
5:30p - 7:30p	Mindfulness/Meditatio	Spirit Lodge (*)(**)	Meet at Ceremonial Circ	Concha
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sage Puppy Studio	

**SATURDAY, MARCH 11**

7:30a - 8:30a	Yoga	Sunrise Warm Up Yoga	Sages Yoga Studio	Aaron
9:30a - 10:45a	Horticulture	Herbal Tea Making	Willows Kitchen	Danielle
9:30a - 10:45a	Mindfulness/Meditatio	Meditation & Qigong	Sages Yoga Studio	Diane
10:30a - 1:00p	Nature Based	Hike (*)	Meet at Registration	Billy
11:00a - 12:15p	Animal Interactions	Animal Interactions: Silkie Chicken Play	Chicken Coop	Danielle
11:00a - 12:15p	Health	Physicians Corner: Nutrition Topics Q&A	Willows Kitchen	Sally
2:00p-3:15p	Mindfulness/Meditatio	Finding Your Place on the Medicine Wheel	Moon House Deck	Diane
2:00p - 3:15p	Horticulture	Plant Myths, Magic and Folklore	Willows Kitchen	Danielle
3:30p-4:45p	Expressive Arts	Collage: Medicine Wheel Themes	Willows Art Studio	Diane
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sages Puppy Studio	

**SUNDAY, MARCH 12**

7:30a - 8:30a	Yoga	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Aaron
9:30a - 10:45a	Expressive Arts	Banner Symbol Painting	Willows Art Studio	Diane
9:30a - 10:30a	Yoga	Deep Release Yoga	Sages Yoga Studio	Anjali
11:00a - 12:15p	Animal Interactions	Heart Opener	Puppy Studio	Britte
11:00a - 12:15	Expressive Arts	Open Studio	Willows Art Studio	Diane
2:00p - 3:00p	Expressive Arts	Little Library of Joy	Willows Art Studio	Ruth
2:00p - 3:00p	Mindfulness/Meditation	Meditation & Qigong	Sages Yoga Studio	Diane
3:30p - 4:45p	Expressive Arts	Garden Stone Painting	Willows Art Studio	Ruth
3:30p - 4:45p	Mindfulness/ Meditation	Finding Your Place on the Medicine Wheel	Sages Yoga Studio	Diane
7:45p - 8:30p	Animal Interactions	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

Moon House Lounge

Sunday – Thursday.....4:30 - 7:30p

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