

SUNDAY, MARCH 26

7:30a - 8:30a	Yoga	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Aaron
9:30a - 10:45a	Nature Based	MoveMEANT	Meet at Sages Library	Brigita
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	Qigong Mindful Movement	Sages Gallery	Diane
2:00p - 3:00p	Nature Based	Floral Arrangements	Willows Kitchen	Brigita
2:00p - 3:15p	Expressive Arts	Symbol Painting on Canvas Banner	Willows Art Studio	Diane
3:30p - 4:45p	Expressive Arts	Open Art Studio: Banners & Rock Painting	Willows Art Studio	Diane
3:30p - 4:45p	Mindfulness/Meditation	Crystalline Harmonic	Sages Yoga Studio	Brigita
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sages Puppy Studio	

MONDAY, MARCH 27

7:30a - 8:30a	Yoga	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Anjali
9:30a - 10:45a	Expressive Arts	Journaling: Mindful Noting in Nature	Willows Art Studio	Diane
9:30a - 10:45a	Mindfulness/Meditation	Mindfulness Meditation	Sages Yoga Studio	Michael
11:00a - 12:00p	Health	Daily Groove	Sages Yoga Studio	Brigita
2:00p - 3:15p	Mindfulness/Meditation	Self-Care Recharge & Qigong	Sages Yoga Studio	Diane
2:00p - 3:15p	Culinary	Probiotic Veggies	Willows Kitchen	Brigita
3:30p - 4:45p	Expressive Arts	Rocks, Paper, Scissors!	Willows Art Studio	Diane
3:30p - 4:45p	Nature Based	MoveMEANT	Meet at Sages Yoga Studio	Brigita
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sages Puppy Studio	

TUESDAY, MARCH 28

7:30a - 8:30a	Yoga	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Brigita
9:30a - 10:30a	Expressive Arts	The Joy of Voice	Sages Yoga Studio	Brigita
9:30a - 10:45a	Mindfulness/Meditation	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	Mindfulness/Meditation	The Living Meditation	Sages Yoga Studio	Brigita
2:00p - 3:15p	Fitness	Back Care, Strength & Mobility	Willows Fitness Studio	Brigita
2:00p - 3:15p	Horticulture	The Inner Garden	Willows Kitchen	Danielle
3:30p - 4:45p	Expressive Arts	Garden Stone Painting	Willows Art Studio	Ruth
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 29

7:30a - 8:30a	Yoga	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Brigita
9:30a - 10:30a	Culinary	Smoothies	Willows Kitchen	Brigita
9:30a - 10:30a	Mindfulness/Meditation	Mindful Meditation	Sages Yoga Studio	Michael
11:00a - 12:15p	Animal Interactions	Heart Opener	Chicken Coop	Danielle
11:00a - 12:00p	Nature Based	MoveMEANT	Meet at Sages Yoga Stu	Brigita
11:00a - 12:00p		Property Tour	Meet at Guest Registrat	
2:00p - 3:15p	Horticulture	Lotion Bars & Lip Balms	Willows Kitchen	Danielle
2:00p - 3:15p	Nature Based	Floral Arrangements	Willows Art Studio	Brigita
3:30p - 4:45p	Horticulture	Seed to Harvest: Planning Your Garden	Greenhouse	Danielle
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	

THURSDAY, MARCH 30

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	Culinary	Fast Flavor: Sauces, Spices & Dressings	Willows Kitchen	Brigita
11:00a - 12:00p	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 Them	Willows Art Studio	Diane
2:00p - 3:15p	Health	Physician's Corner: Stress & Relaxation Q &	Sages Library	Dr. Sally
3:30p - 4:45p	Horticulture	Herbal Eye Pillows	Willows Kitchen	Danielle
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, MARCH 31

7:30a - 8:30a	Yoga	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Anjali
9:30a - 10:30a	Horticulture	Herbal Tea Making	Willows Kitchen	Danielle
9:30a-10:45a	Expressive Arts	Photo-ku: Meditative Photography & Haiku	Willows Art Studio	Diane
11:00a - 12:15p	Health	Physicians Corner: Gut (GI) Health Q & A	Sages Library	Dr. Sally
11:00a - 12:00p	Horticulture	Herbal Salves	Willows Kitchen	Danielle
1:30p - 1:50p	Mindfulness/Meditation	Spirit Lodge Orientation	Meet at Ceremonial Cir	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
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 Cir	Concha
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sage Puppy Studio	

SATURDAY, APRIL 01

7:30a - 8:30a	Yoga	Sunrise Warm Up Yoga	Sages Yoga Studio	Anjali
9:30a - 10:45a	Horticulture	Herbal Tea Making	Willows Kitchen	Danielle
9:30a - 10:45a	Mindfulness/Meditation	Meditation & Qigong	Sages Yoga Studio	Diane
10:30a - 1:00p	Nature Based	Hike (*)	Meet at Registration	Billy
11:00a - 12:15p	Animal Interactions	Silkie Chicken Play	Chicken Coop	Danielle
11:00a - 12:15p	Health	Physicians Corner: Nutrition Topics Q&A	Sages Library	Sally
2:00p-3:15p	Mindfulness/Meditation	Finding your Place on the Medicine Wheel	Willows Art Studio	Diane
3:30p-4:45p	Expressive Arts	Collage Expressions: Personal Themes	Willows Art Studio	Diane
3:30p - 4:45p	Horticulture	Open Greenhouse: Engaging the Senses	Greenhouse	Danielle
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sage Puppy Studio	

SUNDAY, APRIL 02

7:30a - 8:30a	Yoga	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Brigita
9:30a - 10:45a	Nature Based	MoveMEANT	Sages Yoga Studio	Brigita
9:30a - 10:30a	Expressive Arts	Finding Your Place on the Medicine Wheel	Willows Art Studio	Diane
11:00a - 12:15p	Animal Interactions	Animal Interactions: Heart Opener	Puppy Studio	Britte
11:00a - 12:00p	Mindfulness/Meditation	Qigong Mindful Movement	Sages Gallery	Diane
2:00p -3:00p	Nature Based	Floral Arrangements	Willows Kitchen	Brigita
2:00p -3:00p	Mindfulness/Meditation	Retablo Painting: San Pasquale Kitchen San	Sages Yoga Studio	Diane
3:30p - 4:45p	Mindfulness/Meditation	Crystalline Harmonic	Sages Yoga Studio	Brigita
3:30p - 4:45p	Expressive Arts	Open Art Studio: Retablos& Card Making	Willows Art Studio	Diane
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