

SUNDAY, JUNE 25

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|-----------------|------------------------|--|------------------------|---------|
| 7:30a - 8:30a | Yoga | Rise + Shine Yoga | Sages Yoga Studio | Brigita |
| 9:30a-10:30a | Mindfulness/Meditation | Meditation & Qigong | Sages Yoga Studio | Diane |
| 9:30a - 10:30a | Nature Based | The Natural Workout: PLAY + MOVE | Meet in Fitness Studio | Brigita |
| 11:00a - 12:15p | Animal Interactions | Heart Opener | Puppy Studio | Britte |
| 11:00a - 12:15 | Expressive Arts | Photo-ku: Meditative Photography & Haiku | Willows Art Studio | Diane |
| 2:00p -3:15p | Expressive Arts | Body as Brush: Expressive Painting in Sumi ink | Willows Art Studio | Diane |
| 2:00p-3:15p | Nature Based | Flower Arrangements | Willows Kitchen | Brigita |
| 3:30p - 4:45p | Expressive Arts | Open Art Studio: Find Your Inner Artist! | Willows Art Studio | Diane |
| 3:30p - 4:30p | Mindfulness/Meditation | Crystalline Harmonic | Sages Yoga Studio | Brigita |
| 7:45p - 8:30p | Animal Interactions | Open Puppy Studio | Sage Puppy Studio | |

MONDAY, JUNE 26

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|-----------------|------------------------|--|-------------------------|---------|
| 7:30a - 8:30a | Yoga | Rise + Shine Yoga | Sages Yoga Studio | Brigita |
| 9:30a - 10:45a | Expressive Arts | Journaling: Move, Write, Share | Willows Art Studio | Diane |
| 9:30a - 10:45a | Mindfulness/Meditation | Mindfulness Meditation | Sages Yoga Studio | Michael |
| 11:00a - 12:00p | Fitness | Fit for Life Circuit | Meet out front of Sages | Brigita |
| 11:00a - 12:15p | Expressive Arts | Collage Expressions: Personal Themes | Willows Art Studio | Diane |
| 2:00p - 3:15p | Expressive Arts | Open Art Studio: Collage & Card Making | Willows Art Studio | Diane |
| 2:00p - 3:15p | Horticulture | Open Greenhouse: Tasting Tour | Willows Kitchen | Brigita |
| 3:30p-4:30p | Mindfulness/Meditation | Self-Care Recharge & Qigong | Sages Yoga Studio | Diane |
| 3:30p - 4:45p | Culinary | Ancestral Health + Wisdom | Willows Kitchen | Brigita |
| 7:45p - 8:30p | Animal Interactions | Open Puppy Studio | Sages Puppy Studio | |

TUESDAY, JUNE 27

| | | | | |
|-----------------|------------------------|--|---------------------|----------|
| 7:30a - 8:30a | Yoga | Rise + Shine Yoga | Sages Yoga Studio | Brigita |
| 9:30a - 10:45a | Culinary | Smoothies | Willows Kitchen | Brigita |
| 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 Dogs | Sages Puppy Studio | Britte |
| 11:00a - 12:00p | Expressive Arts | Calligraphy & Font | Willows Art Studio | Brigita |
| 2:00p - 3:15p | Horticulture | The Inner Garden | Willows Kitchen | Danielle |
| 2:00p - 3:15p | Nature Based | The Natural Workout: PLAY + MOVE | Meet at Pond Dock | Brigita |
| 3:30p - 4:30p | Horticulture | Seed to Harvest: Planning Your Garden | Willows Garden | Danielle |
| 3:30p - 4:45p | Mindfulness/Meditation | The Living Meditation | Meet at Sages Porch | Brigita |
| 7:45p - 8:30p | Animal Interactions | Open Puppy Studio | Sages Puppy Studio | |

WEDNESDAY, JUNE 28

| | | | | |
|-----------------|------------------------|-----------------------------------|----------------------------|----------|
| 7:30a - 8:30a | Yoga | Rise + Shine Yoga | Sages Yoga Studio | Brigita |
| 9:30a - 10:45a | Health | Natural Body Care | 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 | Yoga | Pool Yoga | Pool | Anjali |
| 11:00a - 12:00p | | Property Tour | Meet at Guest Registration | |
| 2:00p - 3:15p | Expressive Arts | Chakras Speak | Willows Art Studio | Anjali |
| 2:00p - 3:00p | Mindfulness/Meditation | Stillness + Silence | Pond Dock | Brigita |
| 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 | |

THURSDAY, JUNE 29

| | | | | |
|-----------------|------------------------|--|----------------------|-----------|
| 7:30a - 8:30a | Yoga | Sun Rise Up Gentle Yoga | Sages Yoga Studio | Anjali |
| 9:30a - 10:45a | Mindfulness/Meditation | Finding Your Place on the Medicine Wheel | Medicine Wheel | Michael |
| 9:30a - 10:30a | Yoga | Roll & Release | Sages Yoga Studio | Anjali |
| 10:30p - 1:00p | Nature Based | Hike (*) | Meet at Registration | Billy |
| 11:00a - 12:00p | Animal Interactions | Animal Interactions: Upbeat Canine Play | Sages Puppy Studio | Danielle |
| 11:00a - 12:15p | Health | Food As Medicine: Dr. Sally Q and A | Sages Library | Dr. Sally |
| 2:00p - 3:15p | Expressive Arts | Symbol Painting on Canvas Banner | Willows Art Studio | Diane |
| 2:00p - 3:15p | Health | Stress & Relaxation: Dr. Sally Q and A | Sages Library | Dr. Sally |
| 3:30p - 4:45p | Horticulture | Herbal First Aid | Willows Kitchen | Danielle |
| 3:30p - 4:45p | Expressive Arts | Open Art Studio: Banners& Rock Painting | Willows Art Studio | Diane |
| 7:45p - 8:30p | Animal Interactions | Open Puppy Studio | Sages Puppy Studio | |

FRIDAY, JUNE 30

| | | | | |
|-----------------|------------------------|--|---------------------------|-----------|
| 7:30a - 8:30a | Yoga | Sun Rise Up Gentle Yoga | Sages Yoga Studio | Anjali |
| 9:30a - 10:30a | Culinary | Raw Cashew Cheesecake | Willows Kitchen | Anjali |
| 9:30a-10:45a | Horticulture | Open Garden: Dig in! | Willows Garden | Danielle |
| 11:00a - 12:15p | Health | Gut (GI) Health: Dr. Sally Q and A | Sages Library | Dr. Sally |
| 11:00a - 12:15p | Yoga | Pool Yoga | Pool | Anjali |
| 1:30p - 1:50p | Mindfulness/Meditation | Spirit Lodge Orientation | Meet at Ceremonial Circle | Diane |
| 2:00p - 3:00p | Mindfulness/Meditation | Finding Your Place on the Medicine Wheel | Meet at Medicine Wheel | Diane |
| 2:00p - 3:15p | Health | Ancient Rhythms in Health: Dr. Sally 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 Circle | Concha |
| 7:45p - 8:30p | Animal Interactions | Open Puppy Studio | Sage Puppy Studio | |

SATURDAY, JULY 01

| | | | | |
|-----------------|---------------------|--|----------------------|----------|
| 7:30a - 8:30a | Yoga | Sun Rise Up Gentle Yoga | Sages Yoga Studio | |
| 9:30a - 10:45a | Horticulture | Herbal Tea Making | Willows Kitchen | Danielle |
| 9:30a - 10:45a | Expressive Arts | Paper Making | Willows Art Studio | Ruth |
| 10:30p - 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 | Trending Food Topics: Dr. Sally Q & A | Sages Library | Sally |
| 2:00p - 3:00 p | Expressive Arts | Open Art Studio | Willows Art Studio | Ruth |
| 2:00p - 3:15p | Horticulture | Herbal Salves | Willows Kitchen | Danielle |
| 3:30p - 4:45p | Expressive Arts | Little Library of Joy | Willows Art Studio | Ruth |
| 3:30p - 4:45p | Horticulture | Seed to Harvest: Planning Your Garden | Willows Garden | Danielle |
| 7:45p - 8:30p | Animal Interactions | Open Puppy Studio | Sage Puppy Studio | |

SUNDAY, JULY 02

| | | | | |
|-----------------|------------------------|--|------------------------|---------|
| 7:30a - 8:30a | Yoga | Rise + Shine Yoga | Sages Yoga Studio | Brigita |
| 9:30a-10:30a | Mindfulness/Meditation | Meditation & Qigong | Sages Yoga Studio | Diane |
| 9:30a - 10:45a | Nature Based | Floral Arrangements | Willows Kitchen | Brigita |
| 11:00a - 12:15p | Animal Interactions | Heart Opener | Puppy Studio | Britte |
| 11:00a - 12:15 | Expressive Arts | Photo ku: Meditative Photography& Haiku | Willows Art Studio | Diane |
| 2:00p -3:00p | Nature Based | The Natural Workout: PLAY + MOVE | Meet in Fitness Studio | Brigita |
| 2:00p-3:15p | Expressive Arts | Body as Brush: Expressive Painting in sumi ink | Willows Art Studio | Diane |
| 3:30p - 4:45p | Expressive Arts | Open Art Studio: Find your Inner Artist! | Willows Art Studio | Diane |
| 3:30p - 4:30p | Mindfulness/Meditation | Crystalline Harmonic | Sages Yoga Studio | Brigita |
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*

Advanced sign up required.

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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

Blue Heron Restaurant

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