

SUNDAY, MAY 21

7:30a - 8:30a	Yoga	Rise & Shine Yoga	Sages Yoga Studio	Brigita
9:30a - 10:45a	Culinary	Smoothies	Willows Kitchen	Brigita
9:30a - 10:30a	Mindfulness/Meditation	Meditation & Qigong	Sages Yoga Studio	Diane
11:00a - 12:15p	Animal Interactions	Heart Opener	Puppy Studio	Britte
11:00a - 12:00p	Expressive Arts	Photo-ku: Meditative Photography & Haiku	Willows Art Studio	Diane
2:00p - 3:00p	Fitness	Circuit Training	Willows Fitness Studio	Brigita
2:00p - 3:15p	Expressive Arts	Symbol Painting on Banner Canvas	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	Sage Puppy Studio	

MONDAY, MAY 22

7:30a - 8:30a	Yoga	Rise and 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	Nature Based	Natural Movement	Meet in Sages Yoga Studio	Brigita
11:00a - 12:15p	Expressive Arts	Body as Brush: Expressive Painting in Sumi ink	Willows Art Studio	Diane
2:00p - 3:15p	Expressive Arts	Open Art Studio: Mixed Media Explorations	Willows Art Studio	Diane
2:00p - 3:15p	Health	Daily Groove	Meet in Sages Yoga Studio	Brigita
3:30p - 4:45p	Nature Based	Floral Arrangements	Willows Kitchen	Brigita
3:30p - 4:45p	Mindfulness/Meditation	Qigong Mindful Movement	Sages Yoga Studio	Diane
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sages Puppy Studio	

TUESDAY, MAY 23

7:30a - 8:30a	Yoga	Rise and Shine Yoga	Sages Yoga Studio	Brigita
9:30a - 10:30a	Fitness	Circuit Training	Willows Fitness 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	Culinary	Healing Properties of Herbs and Spices	Willows Kitchen	Brigita
2:00p - 3:15p	Mindfulness/Meditation	The Living Meditation	Sage Yoga Studio	Brigita
2:00p - 3:15p	Horticulture	Seed to Harvest: Planning Your Garden	Greenhouse	Danielle
3:30p - 4:30p	Expressive Arts	Seeded Intention Paper	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, MAY 24

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	Heart Opener	Chicken Coop	Danielle
11:00a - 12:15p	Fitness	Reversing Structural Aging	Sages Yoga Studio	Anjali
11:00a - 12:00p		Property Tour	Meet at Guest Registration	
2:00p - 3:15p	Nature Based	Natural Movement	Meet at Sages Yoga Studio	Brigita
2:00p - 3:15p	Expressive Arts	Chakras Speak	Willows Art Studio	Anjali
3:30p - 4:45p	Expressive Arts	Little Library of Joy	Willows Art Studio	Ruth
3:30p - 4:45p	Horticulture	Garden Soul Journal	Willows Kitchen	Danielle
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sages Puppy Studio	

THURSDAY, MAY 25

7:30a - 8:30a	Yoga	Gentle Morning 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
10:30a - 1:00p	Nature Based	Hike (*)	Meet at Registration	Billy
11:00a - 12:00p	Mindfulness/Meditation	Chakra Checkup	Sages Yoga Studio	Anjali
11:00a - 12:00p	Animal Interactions	Upbeat Canine Play	Sages Puppy Studio	Britte
2:00p - 3:15p	Horticulture	Herbal Lip Balms & Lotion Bars	Willows Kitchen	Danielle
2:00p - 3:15p	Expressive Arts	Clay Shaping	Willows Art Studio	Diane
3:30p - 4:45p	Horticulture	Herbal Incense & Smudge Sticks	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, MAY 26

7:30a - 8:30a	Yoga	Gentle Morning Yoga	Sages Yoga Studio	Anjali
9:30a - 10:30a	Nature Based	Playful Movement	Meet at Sages Yoga Studio	Anjali
9:30a-10:45a	Expressive Arts	Photo-ku: Meditative Photography & Haiku	Willows Art Studio	Diane
11:00a - 12:15p	Horticulture	The Inner Garden	Willows Kitchen	Danielle
11:00a - 12:00p	Yoga	Deep Relaxation	Sages Yoga Studio	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	Willows Art Studio	Diane
2:00p - 3:15p	Horticulture	Herbal Salves	Willows Kitchen	Danielle
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, MAY 27

7:30a - 8:30a	Yoga	Gentle Morning Yoga	Sages Yoga Studio	Anjali
9:30a - 10:45a	Horticulture	Herbal Tea Making	Willows Kitchen	Danielle
9:30a - 10:30a	Nature Based	Playful Movement	Meet at Sages Yoga Studio	Anjali
10:30a - 1:00p	Nature Based	Hike (*)	Meet at Registration	Billy
11:00a - 12:15p	Expressive Arts	Brushless Painting	Willows Art Studio	Ruth
11:00a - 12:15p	Yoga	Roll & Release	Sages Yoga Studio	Anjali
2:00p - 3:15p	Expressive Arts	Make A Journal	Willows Art Studio	Ruth
2:00p - 3:15p	Horticulture	Herbal First Aid	Willows Kitchen	Danielle
3:30p - 4:45p	Expressive Arts	Open Art Studio	Willows Art Studio	Ruth
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sage Puppy Studio	

SUNDAY, MAY 28

7:30a - 8:30a	Yoga	Rise & Shine Yoga	Sages Yoga Studio	Brigita
9:30a - 10:45a	Mindfulness/Meditation	Meditation & Qigong	Sages Yoga Studio	Diane
9:30a - 10:30a	Culinary	Smoothies	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	Natural Movement	Meet in Sages Yoga 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	Expressive Drawing & Painting	Willows Art Studio	Diane
3:30p - 4:45p	Meditation/Mindfulness	Crystalline Harmonic	Sages Yoga Studio	Brigita
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sage Puppy Studio	

*

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

Light Breakfast.....	7:00a
Breakfast.....	7:30 - 9:30a
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