

SUNDAY, JULY 09

8:00a - 9:00a	Yoga	Rise + Shine Yoga	Sages Yoga Studio	Brigita
8:30a - 11:30a	Nature Based	Hike (*)	Meet at Registration	Jennifer
10:00a - 11:00a	Expressive Arts	Journal Making	Willows Art Studio	Ruth
10:00a - 11:00a	Nature Based	Floral Arrangements	Willows Kitchen	Brigita
11:15a - 12:15p	Animal Interactions	Heart Opener	Puppy Studio	Britte
11:15a - 12:15p	Expressive Arts	Open Art Studio	Willows Art Studio	Ruth
11:15a - 12:15p	Yoga	Breathe + Move Flow	Sages Yoga Studio	Brigita
2:00p - 3:00p	Nature Based	MoveMEANT:The Natural Workout	Meet on Sages Porch	Brigita
2:00p-3:15p	Expressive Arts	Garden Stone Painting	Willows Art Studio	Ruth
2:00p-3:15p	Horticulture	Herbal First Aid	Willows Kitchen	Danielle
3:30p - 4:45p	Horticulture	Plant Myth, Magic & Folkore	Willows Kitchen	Danielle
3:30p - 4:30p	Mindfulness/Meditation	Crystalline Harmonic	Sages Yoga Studio	Brigita
7:45p - 8:30p	Animal Interactions	Puppy Preschool	Sage Puppy Studio	

MONDAY, JULY 10

8:00a - 9:00a	Yoga	Rise + Shine Yoga	Sages Yoga Studio	Brigita
8:00a - 10:30a	Nature Based	Hike (*)	Meet at Registration	Jennifer
10:00a - 11:00a	Expressive Arts	Photo-ku: Photography & Haiku	Willows Art Studio	Diane
10:00a - 11:00a	Mindfulness/Meditation	Mindfulness Meditation	Sages Yoga Studio	Michael
11:15a - 12:15p	Animal Interactions	Connecting with Silkies	Chicken Coop	Jennifer
11:15a - 12:15p	Fitness	Fit for Life	Willows Fitness Studio	Brigita
11:15a - 12:15p	Expressive Arts	Silk Hoop Painting	Willows Art Studio	Diane
2:00p - 3:15p	Expressive Arts	Open Art studio	Willows Art Studio	Diane
2:00p - 3:15p	Culinary	Ancestral Health + Wisdom	Willows Kitchen	Brigita
2:00p - 3:15p	Horticulture	Open Garden- Dig In!	Willows Garden	Danielle
3:30p-4:30p	Mindfulness/Meditation	Self-Care Recharge & Qigong	Sages Yoga Studio	Diane
3:30p - 4:45p	Horticulture	Herbal Lip Balms & Lotion Bars	Willows Kitchen	Danielle
7:45p - 8:30p	Animal Interactions	Puppy Preschool	Sages Puppy Studio	

TUESDAY, JULY 11

8:00a - 9:00a	Yoga	Rise + Shine Yoga	Sages Yoga Studio	Brigita
8:00a - 10:30a	Nature Based	Hike (*)	Meet at Registration	Jennifer
10:00a - 11:00a	Culinary	Smoothies	Willows Kitchen	Brigita
10:00a - 11:00a	Mindfulness/Meditation	Finding Your Place on the Medicine Wheel	Medicine Wheel	Michael
11:15a - 12:15p	Animal Interactions	All About Assistance Dogs	Sages Puppy Studio	Britte
11:15a - 12:15p	Horticulture	Herbal Eye Pillows	Willows Kitchen	Jennifer
2:00p - 3:15p	Horticulture	Flower Essences	Willows Kitchen	Danielle
2:00p - 3:15p	Yoga	Slow Flow Yoga	Sages Yoga Studio	Jennifer
2:00p - 3:15p	Nature Based	MoveMEANT: The Natural Workout	Meet on Sages Porch	Brigita
3:30p - 4:30p	Horticulture	Herbal Incense & Smudge Sticks	Willows Kitchen	Danielle
3:30p - 4:45p	Expressive Arts	Calligraphy & Font	Willows Art Studio	Brigita
7:45p - 8:30p	Animal Interactions	Puppy Preschool	Sages Puppy Studio	

WEDNESDAY, JULY 12

8:00a - 9:00a	Yoga	Rise + Shine Yoga	Sages Yoga Studio	Brigita
10:00a - 11:00a	Health	Natural Body Care	Willows Kitchen	Brigita
10:00a - 11:00a	Mindfulness/Meditation	Mindful Meditation	Sages Yoga Studio	Michael
11:15a - 12:15p	Fitness	Reversing Structural Aging	Sages Yoga Studio	Anjali
11:15a - 12:15p	Culinary	Fermented: A Cultural Tour	Willows Kitchen	Brigita
11:00a - 12:00p		Property Tour	Meet at Guest Registration	
2:00p - 3:15p	Yoga	Pool Yoga	Pool	Anjali
2:00p - 3:00p	Yoga	Move + Breathe Flow	Sages Yoga Studio	Brigita
3:30p - 4:45p	Expressive Arts	Garden Stone Painting	Willows Art Studio	Ruth
3:30p - 4:45p	Horticulture	Herbal First Aid	Willows Kitchen	Danielle
7:45p - 8:30p	Animal Interactions	Puppy Preschool	Sages Puppy Studio	

THURSDAY, JULY 13

8:00a - 9:00a	Yoga	Gentle Morning Yoga	Sages Yoga Studio	Anjali
8:30a - 11:30a	Nature Based	Hike (*)	Meet at Registration	Billy
10:00a - 11:00a	Mindfulness/Meditation	Finding Your Place on the Medicine Wheel	Medicine Wheel	Michael
10:00a - 11:00a	Fitness	Roll & Release	Sages Yoga Studio	Anjali
11:15 - 12:15a	Fitness	Archery	Meet at Medicine Wheel	Anjali
11:15a - 12:15p	Animal Interactions	Upbeat Canine Play	Sages Puppy Studio	Danielle
11:15a - 12:15p	Health	Food As Medicine: Dr. Sally Q and A	Sages Library	Dr. Sally
2:00p - 3:15p	Expressive Arts	Body as Brush	Willows Art Studio	Diane
2:00p - 3:15p	Fitness	Sunrise Select Fitness	Willows Fitness Studio	Sabrina
2:00p - 3:15p	Health	Stress & Relaxation: Dr. Sally Q and A	Sages Library	Dr. Sally
3:30p - 4:45p	Fitness	Open Fitness Studio	Willows Fitness Studio	Sabrina
3:30p - 4:45p	Horticulture	Herbal Tea Making	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	Puppy Preschool	Sages Puppy Studio	

FRIDAY, JULY 14

8:00a - 9:00a	Yoga	Gentle Morning Yoga	Sages Yoga Studio	Anjali
8:30a - 11:30a	Nature Based	Hike (*)	Meet at Registration	Daniel
10:00a - 11:00a	Mindfulness/Meditation	Deep Relaxation	Sages Yoga Studio	Anjali
10:00a - 11:00a	Mindfulness/Meditation	Qigong Mindful Movement	Meet at Medicine Wheel	Diane
11:15a - 12:15p	Health	Gut (GI) Health: Dr. Sally Q and A	Sages Library	Dr. Sally
11:15a - 12:15p	Mindfulness/Meditation	Qigong Mindful Movement	Sages Yoga Studio	Diane
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 Willows Art stuio	Diane
2:00p - 3:15p	Fitness	Sunrise Select Fitness	Willows Fitness Studio	Sabrina
2:00p - 3:15p	Health	Ancient Rhythms in Health: Dr. Sally Q & A	Sages Library	Dr. Sally
3:30p - 4:45p	Animal Interactions	Silkie Chicken Play	Chicken Coop	Ruth
3:30p - 4:45p	Fitness	Open Fitness Studio	Willows Fitness Studio	Sabrina
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	Puppy Preschool	Sage Puppy Studio	

SATURDAY, JULY 15

8:00a - 9:00a	Yoga	Gentle Morning Yoga	Sages Yoga Studio	Anjali
8:30a - 11:30a	Nature Based	Hike	Meet at Registration	Billy
10:00a - 11:00a	Fitness	Open Fitness Studio	Willows Fitness Studio	Sabrina
10:00a - 11:00a	Horticulture	Open Garden- Dig In!	Willows Garden	Jennifer
10:00a - 11:00a	Fitness	Roll & Release	Sages Yoga Studio	Anjali
11:15a - 12:15p	Fitness	Sunrise Select Fitness	Willows Fitness Studio	Sabrina
11:15a - 12:15p	Expressive Arts	Rock Painting	Willows Art Studio	Diane
1:30p - 1:50p	Mindfulness/Meditation	Spirit Lodge Orientation	Meet at Ceremonial Circle	Diane
2:00 p -3:15 p	Expressive Arts	Body as Brush: Expressive Painting sumi ink	Willows Art Studio	Diane
2:00 p -3:15 p	Fitness	Sunrise Select Fitness	Willows Fitness Studio	Sabrina
2:00p - 3:15p	Culinary	Botanical Salads	Willows Kitchen	Jennifer
3:30p - 4:45p	Expressive Arts	Open Art Studio: Mixed Media Explorations	Willows Art Studio	Diane
3:30p - 4:45p	Fitness	Open Fitness Studio	Willows Fitness Studio	Sabrina
3:30p - 4:45p	Animal Interactions	Connecting with Silkies	Chicken Coop	Jennifer
5:30p - 7:30p	Mindfulness/Meditation	Spirit Lodge (*)(**)	Meet at Ceremonial Circle	
7:45p - 8:30p	Animal Interactions	Puppy Preschool	Sage Puppy Studio	

SUNDAY, JULY 16

8:00a - 9:00a	Yoga	Rise + Shine Yoga	Sages Yoga Studio	Brigita
8:30a - 11:30a	Nature Based	Hike (*)	Meet at Registration	Daniel
10:00a - 11:00a	Mindfulness/Meditation	Meditation & Qigong	Sages Yoga Studio	Diane
10:00a - 11:00a	Culinary	Dipping Chocolate	Willows Kitchen	Anjali
11:15a - 12:15p	Animal Interactions	Heart Opener	Puppy Studio	Britte
11:15a - 12:15p	Mindfulness/Meditation	Qigong Mindful Movement	Meet at Sages Yoga studio	Diane
2:00p - 3:00p	Horticulture	Herbal Salves	Willows Kitchen	Danielle
2:00p - 3:00p	Yoga	Pool Yoga	Pool	Anjali
2:00p - 3:15p	Expressive Arts	Photo-ku: Photography & Haiku	Willows Art Studio	Diane
3:30p - 4:45p	Horticulture	Plant Myth, Magic & Folkore	Willows Kitchen	Danielle
3:30p - 4:30p	Mindfulness/Meditation	Crystalline Harmonic	Sages Yoga Studio	Brigita
7:45p - 8:30p	Animal Interactions	Puppy Preschool	Sage Puppy Studio	

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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

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

Daily.....	3:00 - 9:00p
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