

**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	Horticulture	Herbal Salves	Willows Kitchen	Danielle
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	Sages Yoga Studio	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
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	Expressive Arts	Open Art studio: Drop In!	Willows Art Studio	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 studio	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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