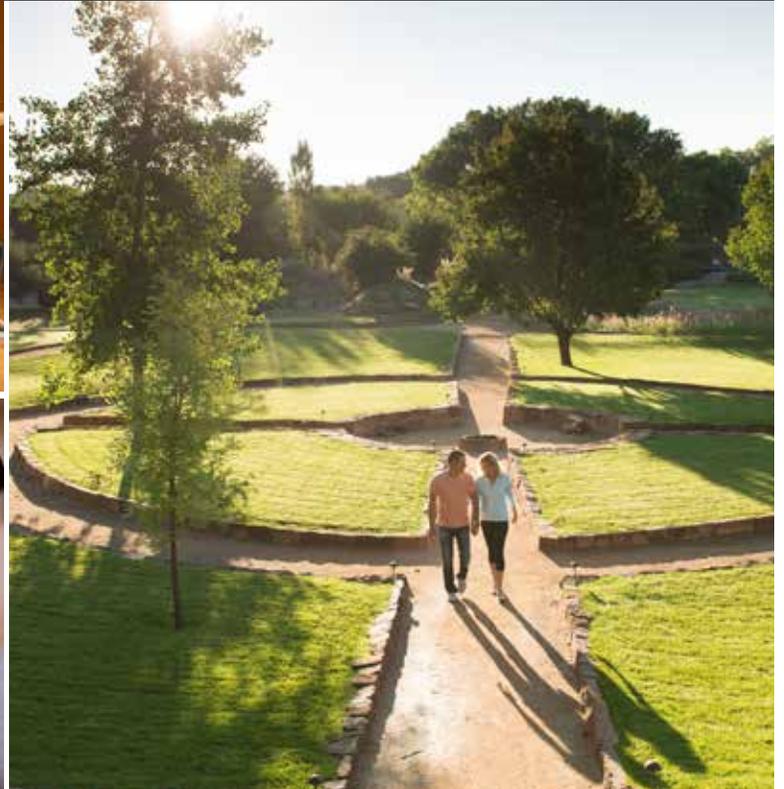




SUNRISE SPRINGS
AN OJO SPA RESORT
SANTA FE

CLASS DESCRIPTIONS



ANIMAL INTERACTIONS

Puppies: Heart Opener

Science confirms that spending time with our canine companions makes us (and them) feel good! Just looking at a dog lowers our blood pressure, reduces cortisol levels, and slows our heart rate. Take time to gaze deep into sweet, puppy-dog eyes.

Silkie Chicken Play

Enter the playful realm of Silkie chickens, as they coo, cackle, and dance around the coop. Feel a lightness of spirit and mind as you let yourself embrace play here and now.

Silkies: Heart Opener

Experience the gift of slowing down and finding peace through interaction with our soft Silkie chickens. Depending on your comfort level, you can feed, embrace, or simply observe this unique breed.

All About Assistance Dogs!

Wagging tails and wet kisses await you as you enter the Sunrise Springs Puppy Enrichment Center. Actively engage with the energetic, eager-to-learn canines of Assistance Dogs of the West and help prepare them to be future assistance dogs.

Upbeat Canine Play

Let our spirited canines be your guides to a livelier approach to life. Engage your sense of wonder and play as you participate in agility activities, hide and seek, mindful walking, and more.

Puppy Preschool

Cuddle with a curious canine, play an animated game, or help a young dog learn a new skill. This is your time to tune in and connect with another living being in a way that furthers your journey and theirs.



CULINARY

Chai Time

Ever had a cup of delicious Chai but have never been able to replicate it at home? In this unique class, you can learn to brew your own Indian Chai! Chai is a creamy, sweet, and spiced tea steeped with a variety of spices: cardamom, cinnamon, ginger, cloves, black pepper, and more. Experience a wonderful sense of well-being with tastes of different spiced Chai.

Fresh Baked: Biscuits & Scones

Homemade biscuits and scones are easy to make, don't require fancy baking equipment and are satisfying in sweet or savory dishes. Learn about the "biscuit method" of baking, explore creative flavor combinations and make a tasty baked treat.

Fruitful Harvest: Leather, Preserves and Sauce

Fresh picked from fruit trees on the property; apples, pears and peaches will be transformed for use throughout the season. Learn how to make homemade fruit leather, sauces and preserves.

Salad Savvy

Craft a vibrant and tasty salad that incorporates all parts of a plant. Learn about the structure and function of a plant's roots, stems, leaves, flowers, fruits, and seeds. Discover a simple formula for creating delicious salads.

Fall Storage: Preserving the Harvest

Interested in local food? Learn how to store that bounty for the winter months! There are so many options for preserving fruit, vegetables, even eggs! We'll discuss the ins and outs eating through the seasons.

Fast Flavor: Sauces, Spices & Dressings

Learn how to easily enliven everyday foods with flavorful sauces, spices, and dressings that have tremendous healing and medicinal qualities. Use simple tools and

straightforward techniques to craft delicious and vibrant meal enhancers from a variety of seasonal herbs and exotic spices.

Cooking School: Knife Skills

Knives are our kitchens most basic and important tools. Learn the parts of a knife, knife selection, sharpening, handling and basic chopping technique and terminology.

Super Food Smoothies

Explore the health benefits of super foods and learn a variety of smoothie recipes while you enjoy a tasty and healthy dairy-free treat.

Raw Recipes

Raw recipes use ingredients that are fresh, whole and unrefined. In a raw diet, plant-based foods are consumed in their natural state, without cooking or steaming. In this class, we will prepare vibrant raw recipes that use wholesome ingredients to create nutritious treats that are energizing and filling.

EXPRESSIVE ARTS

3 Card Story:

Step into the magical world of archetypes and the hero's journey through a guided creative writing experience. Tap into ancient creative energy and discover what untold stories lie dormant in you, waiting to be heard.

Pressed Flowers

Explore the stunning landscape of the Sunrise Springs property, collecting flowers and leaves that inspire you. Learn a quick and easy method to press your materials and craft a beautiful homemade card.

Furry Fashion: Dapper Dogs & Fashionable Felines

Handcraft an accessory that you and your pets will love; selecting either a bandana, necktie, bow, or bow tie. Take home the pattern from your project and create accessories for all the dapper dogs and fashionable

felines in your life.

Ahh Jewelry 101: Open Studio Concentration

Discover a variety of jewelry making techniques: wire wrapping, cold forging, and metal stamping to make a unique pair of earrings or a one of a kind wrist cuff from a variety of unique materials.

Writing Haiku: Sunrise Moments

Word sketch images, experiences, moods or aspects of the season and of your time at Sunrise Springs. Find the essentials and let's make Haiku! (Japanese short poems).

Body as Brush: Expressive Painting in Sumi-e Ink

Bend the knees, move the hips, connect from the feet to your hands and extend through to the bamboo brush as we experience free-form calligraphy. Feel the energy (Qi) and make your mark using traditional Japanese Sumi-e ink.

Clay Shaping

Close your eyes, feel the texture of the clay in your hands as you press, roll, coil, pinch, sculpt, and shape clay into unique tactile expressions. Relax the mind and explore this earthy medium. Your adult self at play!

Calligraphy & Font

Inspired by lettering from around the world, this class explores font and calligraphy as an expressive art form. Discover how color, font, and size influence the meaning. Bring a poem, quote, or song lyrics to calligraph.

Contour Drawing In Nature

Walk our lovely grounds and keen your senses as we sketch lines of form, movement and expression in the trees, rocks, plants, water, fish and clouds. A mindfully creative way to explore something different during your stay. (We will find the shady spots on a sunny day.)



Crowned Icons: Retablo meets Art Nouveau

A modern twist the classic retablo art form. Retablos are typically ornately embellished and metallic leaf paintings of saints. This class will use a wood substrate embellished polymer clay to make your own personalized retablo embellished with metallic paints and rhinestones to showcase a raised medallion showcasing feminine figures, botanical prints or a robot!

Mixed Media Expressions

Want to explore a new medium? Curious about sketching? How do you respond to colors? You never know what you might discover from being in the art studio by yourself or with others!

Little Library of Joy

Make a personal, tiny book treasure that fits into the palm of your hand. Use varied materials, special papers, and techniques to decorate the book. Or use it to illustrate a favorite saying.

Palm-sized Southwest Totems

Craft a personalized Southwest-themed totem from clay components handmade by a local Santa Fe artist. Embellish with copper, metal, glass and painted accents for a uniquely southwestern memento.

Rocks, Paper, Scissors:

Card Making and Rock Painting

Paint a stone for your garden, home or office. Make a series of cards of appreciation and gratitude to send to friends, loved ones and even a message to yourself.

Printmaking Made Easy

Come into the Willows art studio for a simple and fun introduction to the world of printmaking. Your print can be made into a card or its own stand-alone representation. We will use common materials for an expressive and immediate art experience!

FITNESS, YOGA & MOVEMENT

Slow Release Yin Yoga

With emphasis on long-held, passive stresses of the deeper connective tissues, Yin Yoga mobilizes and strengthens our joints, ligaments and deep fascial networks. Accessible to all ages and fitness levels, this evening practice will help balance the yang energy from your day and prepare your body for deep sleep.

Soma Yoga

A restorative and deeply relaxing somatic experience. Inspired by the Feldenkrais Method and hatha yoga from

the region of Goa, India, this class rewires the brain and nervous system for connections within the body and within our lives. A meditation in the body.

Reversing Structural Aging

Learn how to use simple, gentle movement to prevent, and even reverse, Structural Aging, which is the slow decline of mobility in the body.

Gentle Morning Yoga

Begin your morning blissfully with gentle movements for the whole body. Special focus is placed on opening areas that tend to be overworked and stiff. Receive gentle guidance toward quiet mindfulness.

Roll and Release

Stimulate tissue in the body and relax the mind in this self-massage class. Discover how to use body weight and simple props to massage the neck, shoulders, lower back, hamstrings, and feet.

Water Workout, Tone & Sculpt

Burn calories and build muscle while staying cool! Water exercise reduces pressure and stress to the joints, adds buoyancy to our movement and is a fun way to get fit. Gentle and effective, this workout will leave you feeling refreshed!

Slow Burn Vinyasa

A challenging vinyasa class built around holding poses longer and slowing the transitions between poses to keep awareness in our bodies, to feel into the postures and break a sweat.

Pool Yoga

Enjoy the practice of gentle yoga and stretching in the cool luxury of our outdoor swimming pool. We will take advantage of water's low gravity to develop flexibility, balance, core and breath work. Similar to a regular yoga class, we will end with floating relaxation.

Note: Please wear a bathing suit that allows for movement. Hats and other sun protection are encouraged. Though we will not be swimming, please be comfortable in and around water.

Walking Meditation

Step lightly, walk slowly, and find stillness of the mind in this guided Walking Meditation class. We'll invite the surrounding scenery into our practice, rather than shutting it out.

Vinyasa Yoga

Vinyasa Yoga is the yoga of joining movement with breath. Enjoy creative, breath-centered sequencing that flows from one pose to another. This class is most

appropriate for experienced yoga practitioners who are comfortable with a moderately rigorous yoga class.

Rise + Shine Yoga

Designed for all bodies, this class breaks down different poses to their fundamental parts. Along with gaining mobility and strength, you'll gain an understanding of human movement that is life changing!

The Art of Archery

Archery, an East Asian mindfulness practice, draws on the artistry of standing meditation to synchronize body and mind, and to find inner stillness. Learn basic archery techniques and then allow the craft's playful nature heighten your awareness. Class is limited to four guests.

Spirit Lodge

Gather inside our stone and wood lodge for a steam and heat ceremony of purification, clarification and renewal. Your leader will pour water over hot stones to create steam while using cedar, sage and tobacco to balance and focus the senses. There's plenty of water and breaks to cool down and our spring-fed ponds are just outside the door if you care to take a plunge.

Spirit Lodge Orientation

Just a quick overview of what you will experience in what we think is one of our most unique and wonderful Native American inspired offerings.

Circuit Training

Cycle through a variety of workout stations including Bosu Ball trainers, TRX Suspension Straps, weighted balls and battle ropes. Challenge your balance, stability and endurance while strengthening your body and core.

Hearty Cardio

Focusing on the heart, this class implements dynamic movement of the body to strengthen the cardiovascular system. This class is great for those looking to increase their endurance while maintaining a calmness and focus.



Guided Deep Relaxation

Tap into the peace and serenity that exists within you, explore the inner workings of surrender and rejuvenation. Through the process of yoga nidra, or yogic "sleep", you will experience the restorative powers of deep relaxation.

Functional Fitness: Movement Mechanics

Reprogram the body to move better through training techniques that break down the 5 basic movement patterns. Create more stability through the core, pelvis and major joints to allow for improved functioning in everyday living.

Hit The Hills Trail Run

A 30 minute guided morning run on our new trails through the beautiful rolling foothills of the New Mexican desert scape.

TRX Suspension Training

A full body resistance-training workout using the TRX suspension system. This training teaches us to move consciously and fluidly while bringing ease and strength to our daily routines.

Suspension Pilates

A 30-minute workout focusing on the foundational movements of Pilates rooted exercises using the TRX suspension trainer.

Core Strengthening

20 minutes of non-traditional abdominal strengthening for a stronger more stable core.

Booty Blaster

A 20-minute routine focusing on the posterior region of the body for improved muscle strength and firmness. Using only your bodyweight, this workout is fun and can be performed anywhere, anytime!



Neck and Shoulder Care

Ailments of the neck and shoulders are common in our society and usually linked to a deeper imbalance in the body. This class will look at typical causes of neck and shoulder discomfort, practice a variety of stretches and exercises designed to alleviate pain, and design a custom tool belt for neck and shoulder health.

Play-Ground

Play-Ground, Sunrise Springs's natural movement program is a system of moving that builds strength, mobility and stamina through the use of our own body weight. Get back to the foundational movements that inform all other motion in a workout that awakens play and creativity.

HEALTH

Dr. Sally's Q & A and Discussion

Join our Medical Director, Sally Fisher, MD for a compelling session tailored to the specific interests of the participants. Dr. Sally is board certified in Preventive/Integrative/Holistic Medicine and is a Physician Nutrition Specialist.

The Floating Brain and The Breathing Heart

Learn about stress and stress hormones, their effects on our brain and bodies and what approaches help—according to medical research and individual experiences.

Fall's Ancient Rhythms

Fall beckons us to take note of our sleep patterns, our exposure to sunlight and darkness, hydration, Vitamin D and the rhythms of our lives.

Autumn Harvest: Food As Medicine

A conversation on current research in the areas of food broadly and other wellness topics as they arise. Always a different class based on the group's interests.

Trending Food Topics

Discuss the latest news and controversies in nutrition, from diets to vitamins.



Topics in Digestive Health and Wellness

A discussion focusing on food and digestive health especially as related to emerging research on the fascinating microbiome.

Food As Medicine

A conversation on current research in the areas of food broadly and other wellness topics as they arise.

"The Doctor is In"

Did you read an article or see an ad which made points about health and wellness that were intriguing, thought-provoking or utterly baffling to you, and would you like to ask our board certified MD to help make sense of it all? Come with your questions to this brief session for a fun and informative look at what's out there.

Blue Zones

Come to this brief session to ponder the lives of the most long-lived groups on the planet, in areas that National Geographic terms "Blue Zones". What characterizes their experiences and habits? Enjoy a brief look at places such as Ikaria, Greece and Okinawa, Japan, and the lifestyle of the centurians who live there.

Medical Hypotheses

Join our Medical Director for a fun look at what's brewing in her favorite medical journal, Medical Hypotheses, where some novel and intriguing thoughts about illness and health emerge on a monthly basis.

HISTORY

The History of the Valley

Take a trip through time, from the early Paleo People to your stay at Sunrise Springs. Over the last 7-10,000 years people have found the La Cienega Valley a place to rest and gather themselves. Includes a history of area's Pueblo People, the arrival of the Spanish and how Sunrise Springs Spa Resort came to be.

HORTICULTURE

Worm Composting 101

Greenhouse

Vermicomposting, or worm composting, provides an outlet for your food waste and yields nutrient-rich organic fertilizer for your garden. Learn how to create a DIY worm bin, keep your worms healthy, and utilize castings to fertilize.

Extending Your Season In the Garden

By using a few simple season-extending techniques and plant-protection devices, you can shield your plants from the extremes of weather and stretch your gardening season by a few months. Learn about row covers, wind breaks, mulching, shade netting and cold frames.

Microgreens & Sprouts

Microgreens and Sprouts are an adorable and delicious addition to your home, taking up little space and packing a nutritional punch. Learn how to grow your own sprouts and microgreens and keep your kitchen stocked with fresh tender greens all year round.

Ikebana: Japanese flower arranging

Connect with the natural landscape of Sunrise Springs in this exploration of Japanese flower Arranging known as Ikebana. We walk the land, learning the foundations of Ikebana and choosing plants for crafting our own arrangements back at the Willows Greenhouse.

Open Garden — Dig In!

Discover the joy that lies in communal gardening as you dig into the soil, transplant seedlings, and water our abundant plants.

Herbal Salves

Salves combine the healing power of plants with the nourishing, emollient properties of olive oil and beeswax. Make your own herbal salve to heal yourself and nurture others.

Seed to Harvest: Planning Your Garden

Deepen your gardening skills. Explore organic gardening methods that help ensure the seeds you plant have an opportunity to stretch and grow to their full potential.

Botanical Drawing/ Painting

Quiet your mind and breathe deeply. The tranquil green space of the greenhouse and garden will inspire your sketches as you study the intricate lines of leaves, stems, and petals. No art experience is required, only a desire to explore the simple secrets of botanical art!

Botany for Gardeners

Have you ever wondered what secrets lie beneath the seed coat? How roots navigate beneath the soil's surface? Take a leap into botany with tips, tricks and wisdom aimed to improve your understanding of the plant world and make you a better gardener in the process!

Gardening for Mindfulness

Gardening, like mindfulness, provides a path through which you can discover a sense of calm and well-being. Explore Willows garden through contemplative gardening practices, projects, and meditations. Begin your day with an increased sense of connection to the natural world and awareness of the present moment.

Botanical Drawing

Quiet your mind and breathe deeply. The tranquil green space of the greenhouse and garden will inspire your sketches as you study the intricate lines of leaves, stems, and petals. No art experience is required, only a desire to explore the simple secrets of botanical art!

Tiny Terrariums

Imagine a forest in miniature; lush, green and abundant. Create your own terrarium filled to the brim with miniature plants. A perfect way to add a little green into your life!

Floating Gardens

Imagine a garden of moss globes suspended from your ceiling or adorning your desk or kitchen counter. Guided by the simple principles of the Japanese horticultural art known as Kokedama, we will handcraft a stunning self-contained garden.

The Herbal Apothecary:

Botanical Beauty for Men & Women

For thousands of years plants have helped to heal and rejuvenate the body. Take a step into the world of soothing botanicals as you handcraft your own botanical beauty products to enhance your daily self-care practice.

MINDFULNESS / MEDITATION

Access Ayurveda

Join in as we navigate the basics of a 5,000-year-old healthcare tradition. We will discover the 5 elements and how they impact our Body, Mind and Spirit.

Finding Your Place on the Medicine Wheel

The Medicine Wheel offers insights into our present life and its focus. Our spiritual, mental, physical, and emotional lives come to light in this interactive and fun exploration of the Medicine Wheel.

Taproot

In our culture we rarely create time to be with the Earth. In this class, we will learn a handful of techniques to renew and reenergize ourselves, connecting back to what truly supports us.

Mindful Meditation

This guided class provides simple mental and physical techniques to add focus and calm to your daily life, as well as ideas to deepen your practice.

Crystalline Harmonic

In this rejuvenating and centering sound immersion, guests lie down to rest and listen to tones of crystal bowls meeting tones of the human voice.

The Living Meditation

Through discussion and practice, let's seek to weave the overall principles of meditation (stillness, presence, silence, focus, listening) into our everyday lives.

Meditation and Qigong

Join in as we pause, breathe, relax the mind, and be present. Integrating mindfulness, we flow from seated and walking positions to the moving meditation of Qigong.

Qigong Mindful Movement

Qigong (pronounced chee-gong) is an age-old health, meditation, and movement practice to enhance concentration, vitality, and wellbeing. Awaken your Qi!

Self-Care Recharge and Qigong

Let this class show you how to restore your energy naturally. Understand rhythms and cycles of change through guided visualization, full body breathing, self-shiatsu massage, and Qigong meditative movement.

Walking Meditation

While we usually equate meditation with sitting quietly, a walking meditation is about creating mindfulness while in motion. Take this practice of appreciating your surroundings while moving through your life home with you.

Sensory Chakra Immersion

According to many Eastern traditions, there are seven major chakras, or wheels of energy, in the body. Learn about these energy centers' major themes, their physical location, and symptoms of their imbalance. Enhance this knowledge with a sensory experience using essential oils, singing bowls and herbal tea to explore the scents, sounds and tastes associated with each chakra.

Shaping Your Breath

Breathing is the first thing we do when we are born and we will take about half a billion breaths in our life. Our breathing is often influenced by our thoughts and state of mind, and conversely, our thoughts can be affected
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by our breath. Come learn a variety of ways to access and refine your breath and hone this valuable tool to restoring balance in the mind and body.

LIFESTYLE

Chakra Essential Oil Rollers

Explore the major themes and lessons of the seven major chakras to discover the energy centers in your body that need some extra care. After choosing an area to focus on, you will create a personalized essential oil roller with scents that bring balance and harmony to that particular chakra.

Lotion Bars

Explore which essential oils you can use to benefit your skin, smell delicious, and even support your emotional well-being. We'll make lotion bars with yummy ingredients that moisturize your skin and leave you feeling healthy and beautiful.

Aromatherapy Roller Bottles

Learn about essential oils and their amazing benefits. In an easy process that you can replicate at home we will put together roller bottles that you can carry with you in your purse or use at home to affect your outlook on life, support your emotional well being, or simply smell delicious. Or all of the above!

Soap Making

In an easy do-it-yourself-style, we teach the art of soap making. You can take these techniques home and replicate them with the same ingredients, or experiment with different essential oils. Learn about essential oils and all of their uplifting benefits, while having fun!

NATURE BASED

Star Gazing: Oh Look! Shiny!

Ever wonder what the stars look like magnified? Curious about features the moon? Maybe take a peek at planets on the horizon? Please join us outside the Willows Art Studio and gaze at some of the features of our gorgeous New Mexico night skies.

For more information please visit the concierge or call 877.977.8212.



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