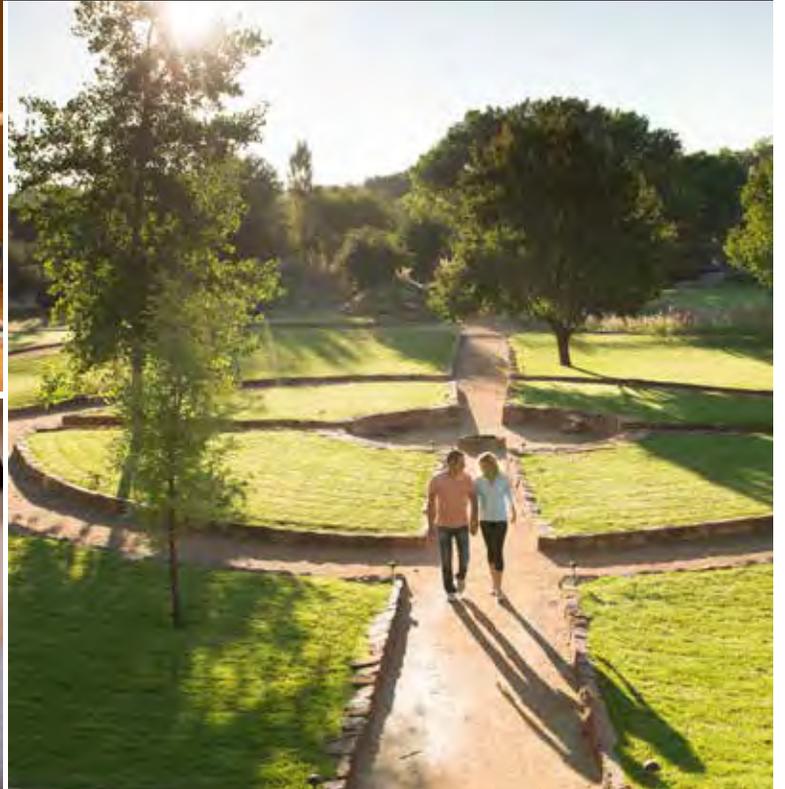




SUNRISE SPRINGS  
AN OJO SPA RESORT  
SANTA FE

## CLASS DESCRIPTIONS



## ANIMAL INTERACTIONS

### 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 assistance dogs.

### Catnip & Catnaps

Come snuggle, cuddle, pet and enjoy or even take a cat nap with our precious, adoptable feline friends. We have partnered with Española Humane to bring you this wonderful experience.

### Trainer Time

Let our spirited canines be your guide to a livelier approach to life. Engage your sense of wonder and play as you observe Assistance Dogs of the West dog trainers in action. Drop in on our training sessions and you might find us playing hide and seek, teaching task work, running through an agility course or mindfully walking the beautiful grounds at Sunrise Springs.

### 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.

### 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.

### Get Schooled! Assistance Dog University

Explore and practice the techniques used to train our Assistance Dogs-in-Training. Using positive reinforcement and relationship-based training, you will help these dogs get ready to change lives. Their future careers might include assisting a Veteran with PTSD manage anxiety, alerting a person with diabetes to control their blood sugar, calming a vulnerable victim of trauma or helping lower stress levels for those in the judicial system. They will open your heart and open doors for people and communities in need.

### 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.

## CULINARY

### Detoxifying Juice Tonics /Juice Shot

Discuss the incredible nutritional benefits juicing fruits, vegetables and herbs has to offer. Create and sample detoxifying juice blends high in vitamins, minerals, enzymes and antioxidants while learning helpful tips.

### Herbal Summertime Coolers

Refresh your body and revitalize your senses with homemade herbal beverages. In this class, we will learn about the healing properties of specific herbs and use our newfound knowledge to create a few specialized, ice-cold blends. After we experiment in the kitchen, we will enjoy them together.

### Watermelon Gazpacho

Gazpacho is a cold summertime soup, traditionally enjoyed in the heat of the Spanish sun. We will explore a traditional Spanish recipe with the added flair and hydration of refreshing, seasonal watermelon. Come to class with a bit of an appetite, as you will be enjoying this soup at the end of the demo.

### Fresh Wraps + Rolls

Create your own spring rolls wrapped with rice paper or fresh greens. We will fill our creations with tender veggies and herbs from the Sunrise Springs gardens and finish with tasty dipping sauces.

### Overnight Oats

Wake up to a nutritious and delicious breakfast. These quick, easy and versatile recipes will ensure you never walk out the door without eating your most important meal again! (30-minute class)



## **Superfood Granola**

Imagine a granola with all your favorite things! This easy-to-make snack will make for guiltless grazing—whether it's nutty, fruity, sweet or savory you crave. Have fun experimenting with all the benefits homemade granola has to offer!

## **Taste of India: Cooling Condiments**

Raita is a yogurt-based, cooling condiment that helps balance your favorite spicy food. Learn to make your own veggie raitas, seasoned with just the right touch of herbs and spices. Raita is flavorful and refreshing, and pairs well with rice pilafs, curries and naan.

## **Taste of India: Chai Time!**

Love 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.

## **Taste of India: Fruit Chutnies**

Learn how to make your own fruit chutneys, pack them in decorated gift jars, and give them to your family and friends. Grace your holiday table with sweet, tart and spicy fruit chutneys. Serve as an appetizer with crackers or as an accompaniment to savory dishes.

## **Salad Savvy**

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

## **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.

## **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.

## **Sharpen Up: Knife Skills**

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

## **Infused Oils + Vinegars**

Learn how to create your own oil and vinegar infusions. We will craft custom blends together using fresh herbs, aromatics and spices. Select your favorite infusion to take home and enjoy or give as a special gift.

## **No Pressure! Pressure Cooking**

Find out why this method of cooking that has been around for hundreds of years is now all the rage! Learn pressure cooking basics as well as easy, healthy and delicious meals that are ready in a fraction of the time.

## **DRAMATIC 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.

### **Sound Play**

Circle up with us as we strengthen our breath through the movement of sound, surrendering to the playfulness and spontaneity of every moment.

### **Barefoot Boogie**

A joyful movement class that includes the freedom to have fun and is designed for every BODY. Reclaim the playful and spontaneous parts of you with a little yoga, a little dance and unlimited creativity.

### **Heart Beat: Finding Pulse Through Rhythm**

Inside each of us is the timeless rhythm of life, yet we sometimes forget to listen. By tapping into this pervading pulse, we can more harmoniously align with the greater rhythm of life. Through hand drums, percussion instruments and various sound makers, we will allow our individual pulses to come forth and blend with the collective. No prior musical experience necessary.

### **Sacred Sounding: Healing Chanting and Mantra**

Science reinforces that we are bundles of vibrating energy exchanges. We, and the world around us, consist of vibrations, including sound, thoughts and emotions. Through this lens, we will share together in chanting, song, mantra and silence. Let your thoughts and words become your healing.

### **Your Year in Review**

Make space for new growth, write about what is going well and what could be better. Where will you go from here?

### **Wisdom Keepers**

Choose an Elder, family member or someone you respect from your life journey and write about their wisdom. Document what you have learned from them.

### **Dancing Down the Daykeepers**

The dance of the daily rhythms. Discover and align with what moves you today! There is something bigger that guides us!

## **VISUAL ARTS**

### **Honoring the Sacred Through Clay**

Each of us has our unique physical representation for the sacred, whether through our spirituality, special animals or flora. In this class, create a small sacred shape out of clay and other materials for your altar or another sacred contemplation space as a reminder of this moment in your life.

### **Printing on a Canvas Banner**

This class can be a follow up to Printmaking Made Easy or on its own. Make an 8x10-inch banner on lightweight canvas and/or cards from your prints.

### **Paint a Pot, Paint a Rock!**

Try your hand at decorating a 4-inch clay pot and/or rock to remind you of your stay at Sunrise Springs.

### **Pretty Papers in a Row**

Enjoy a sampler of paper crafting to alter existing paper surfaces. Experiment with marbling, watercolor, acrylic, batik and resins to change plain papers into dynamic mini pieces of artwork.

### **Design Your Own Tarot Card**

Swords and wands, cups and coins — tarot decks are beautiful little artworks full of symbolism and interpretation. Working with a variety of supplies and collage, make your own tarot card using classic tarot meanings or your own musings.

### **Moon in the Trees**

Experiment with a variety of art supplies to create a dramatic image of trees backlight against a full moon and vivid sky. This drawing class is quick and fast moving — no drawing skills required.

### **Kiln-Fired Ceramics: Pinch Pots, Coil Pots & More!**

Create your own pinch pots, coil pots or your own creative design. Learn to develop some of the clay techniques that have been used for thousands of years.

### **Kiln-Fired Ceramics: Mug, Bowl or Your Own Invention**

Create your own modern version of a mug or bowl based on the ancient art of working with clay.

### **The Moon and the Stars**

This is a drawing class exploring a variety of tools (markers, ink and watercolor) to create a dreamy one-of-a-kind portrait of trees caught in the light of a full moon. Simple and satisfying, no drawing skill needed.

### **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.

### **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!

### **Crowned Icons: Retablo meets Art Nouveau**

A modern twist of the classic retablo art form. Retablos are typically ornately embellished, metallic leaf paintings of saints. We 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 with 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!

### **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.

### **Printmaking Made Easy**

Enjoy 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, immediate art experience!

### **Clay Shaping: Kiln-Fired Clay**

Learn the beautiful art of hand-building with clay. Santa Fe is known for its pottery, from pueblo pots made from local clay to various contemporary art forms. In this class, you will learn the oldest form of creating pinch pots and more advanced techniques to create mugs, bowls, bottles or animal shapes. What you create is your choice, but you will be shown a way to get there.

### **Inspirational Affirmation Cards**

This class is about having fun, playing with color, and exploring many different mediums. You will leave with 4-5 affirmation cards that can be used to share or as miniature journal cards. Grab your favorite beverage and adventurous spirit and let's have some fun. This class is fast moving and gratifying!

### **Your Totem, Your Guide — Bringing It to Life**

*Have you felt drawn to an animal without knowing why? Does a kind of animal regularly appear in your life? Do you have a recurring dream about a certain animal, or one from childhood you cannot forget?* Unique animal guides, or totems, come in and out of our lives depending on what we may need help in illuminating along our journey. Get your hands into some clay and create your own animal totem to keep with you and guide you.

### **The Cosmic Color Pour**

Acrylic paint pours are an alternative to brush painting. With a little bit of practice, gravity and a cup, learn how to make a captivating piece of art. The result is a stunning abstract and colorful canvas, full of cells and character and that has a cosmic space feel. Like making galaxies, but on a mini canvas scale.

### **Paper Marbling Studio**

Float your own unpredictable swirls of paint on the water's surface, dip the paper and SHAZAM! Marbled paper! Make unique and colorful designs with a few simple tools.

### **Secret Keeper (Colorful Handmade Journal)**

From our fabulous stash of beautiful papers, make a custom journal filled with pockets and removable mini books. Vivid and colorful, this gem of a journal might be hard to not show off.

## **FITNESS, YOGA & MOVEMENT**

### **Healing Water Interval Work Out**

Alternate between swimming laps and playing with creative movement in this interval workout. Move at your own pace as you soak up the sun and healing energy of the water.



### **Water Workout: Body Sculpting in the Pool**

Work with the buoyancy and resistance of water and learn various techniques to strengthen and tone the body while protecting bones and joints. Dive into a new approach to wellness this summer!

### **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.

### **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.

### **Walking Meditation**

Step lightly, walk slowly and find stillness of the mind in this guided meditation class. We'll invite the surrounding scenery into our practice, instead of 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!



### **Gentle Yoga/Rest and Rejuvenate**

Take time to pause at the end of the day with delicious gentle yoga and an extended relaxation period concluding with silence.

### **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.

### **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.

### **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.

### **Guided Deep Relaxation**

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

### **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.

### **Core Strengthening**

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

### **Burn Off that Enchilada**

Workin' it at your own pace with interval training to tone and invigorate the body, mind and spirit. Sit-ups, push-ups, squats, weights, jumping rope, bouncing on the mini trampoline...and so much more. A fabulous cardio workout for Every BODY.

### **Booty Blaster**

With a focus on the lower extremities, this full body workout includes isolated muscle group exercises, as well as rounds of tabata that will tone your legs and booty, boost your metabolism, and have you torching calories for the rest of the day!

### **Armed and Dangerous: Arms, Back and Core**

Improve upper-body strength and core stability during this conditioning and resistance training class. Using free weights and bodyweight exercises, this is a workout you can perform anywhere, anytime!

### **Lengthen and Strengthen: Mat Pilates**

Perform exercises based on balance and control designed to stretch and strengthen your body — primarily the muscles of your core. Pilates is highly effective in building and maintaining core strength, improving overall posture and reducing back pain.

### **Tabata in 20**

Discovered by a Japanese scientist and used to train professional and Olympic athletes, just 20 minutes of this high intensity interval workout will boost your metabolism and improve aerobic and anaerobic systems.



## **Grounding Power**

Stabilize the foundation that supports the life you live. Move forward with your core engaged and your legs underneath you!

## **HISTORY & CULTURE**

### **History of the Tribes of New Mexico**

Go back in time and discover the tribes of New Mexico, their origins, their relationships, their spirit world and how their cultures were forever changed by the Euro-Americans. Learn about the Pueblo, Navajo, Apache and Comanche peoples and their connection to the Santa Fe area.

### **History of the La Cienega Valley and Sunrise Springs**

People have traveled through the La Cienega Valley for the last 8-10,000 years, including the people of the Archaic period, the Ancestral Pueblo People, the Pueblo People, the Spanish Colonists, the Mexican Revolutionaries and Anglo-Americans. Sunrise Springs was first opened in 1972 and look where we are now — how did we get here?

### **Traveling the Trails to Santa Fe**

What was it like to travel the El Camino de Tierra Adentro and the Santa Fe Trail in mule trains, wagon trains and caravans? How and why they were organized? What obstacles and challenges did they face? Learn about the trade connections between the Pueblo people, the Plains Indians, the mountain men and trappers, the merchants of Chihuahua and the manufacturers of the Eastern U.S.

### **Water, the Lifeblood of the Valley**

Water was and is the lifeblood for the people who inhabit the valleys of Northern New Mexico. The La Cienega Valley was first farmed by the Pueblo people. In the 1600's, the Spanish imported their culture of water and ways of farming, which have continued through today. The spring-fed La Cienega Valley is a unique geological feature in a high desert plateau and water is the foundation of its history.

### **The Trails of Santa Fe, the Trade Routes**

In its rich history, Santa Fe was an important trade center that over time linked goods between Mexico and Europe. Learn about the characters, the goods and the animals that made these historic journeys in the most difficult of conditions and under constant threat of raiding Indians.

## **HORTICULTURE**

### **Every Seed Has a Story**

When we plant a seed, we are continuing a practice that has taken place for millennia. The seeds at Sunrise Springs have been carefully selected to honor the history of the land and the people who came here before us. Tour the greenhouse and garden and learn some of the rich and ancient histories of our heirloom plants.

## **Flower Power Essence**

We all know how healing flowers are and how they make us feel. Practice the magic of co-creating with the power of the flower. Consciously breathe into the moment, alchemizing a flower essence created by you!

## **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 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.

## **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.

## **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!

## **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.

#### **Mini Meditation Garden**

Gardens offer a verdant path to meditation and mindfulness. Carry your garden wherever you go by creating a miniature meditation garden. Inspired by scenes of the southwest, this meditation garden will allow you to practice a mindful moment in your home or office.

#### **It's All About the Dirt!**

Take a deep dive into gardening! Learn the importance of soil and basic planting skills for vegetables and flowers. A great class for the beginning gardener.

## **MINDFULNESS / MEDITATION**

### **Write a Letter**

Letters needn't be sent to be effective. Whether we're writing to family, friends or partners, the act of putting our thoughts and feelings onto paper is powerful and allows energy to flow and for new perspectives to arrive. Explore the ancient art of letter writing and see where your words take you.

### **Traditional Tea Ceremony**

In a ceremony that draws upon several ancient traditions, you are invited to remember the subtleties of your senses. Tea, one of our earliest plant medicines, awakens the body and mind to timeless wisdom and the sacred space of awakened calm.

### **Clay Clearing**

Bringing your hands to clay is transformationally powerful. Clay is our most ancient expressive medium and we use it to shape sacred representations of the inner and spiritual realms. Our class is equal parts Creation and Letting Go.

### **Inward Journey**

In a quiet space, you will be led on a guided visualization, calming the mind with sound, sage and imagery. Then, gently blind-folded to limit distraction and focus on the inner, you will be given clay to begin working in whatever way you are drawn. An active meditation and exploration of the unconscious awaits.

### **Qigong: Ancient Healing for Modern Life**

Join in this age-old meditative and therapeutic practice to activate the vital life force and engage breath, mind and movement. Wear loose, comfortable clothing. Weather permitting, we can also take this class outdoors.

### **Self-Care Recharge and Qigong: Acupoints for Health**

Learn basic self-shiatsu (acupressure) massage techniques and breath awareness practices for relaxation and renewal. A hands-on approach to learning to unwind from the stressors in daily life.

### **Zen Qi Flow: Foundations of Meditation**

New to Meditation? Try this introductory class as we sit, walk, move and concentrate on the present moment.

### **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.

### **Guided Meditation**

This guided class provides simple techniques to bring clarity and calmness to your daily life. Set an Intention. Breathe. Let go...

### **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 life home with you.

### **Shaping Your Breath**

Our breathing is often influenced by our thoughts and state of mind, and conversely, our thoughts can be affected 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.

### **Silent Meditation**

Drop in and rest in the presence of silence. Following a brief introduction, we will practice 10 minutes of silence. Re-connect with the mystery, love and awareness that is your source. Sharing your experience is always optional.

### **Meditation Sampler**

Explore 4 types of Meditation to see what may work for you. We will practice a Guided Meditation, Metta/Loving Kindness Meditation, Silent Meditation and Walking Meditation. As we become quiet, and listen to our breath and feelings, we can grow a sense of stillness and clarity.

### **Meditative Mind: A Transformative Practice**

Meditation has long been used as a tool to quiet the chatter of the mind, heal the body and tap into our inner peace. Many of us cannot find the time or patience to practice long enough to gain such benefits. Through various guided meditations, pranayama (breath control) and other mindful-based practices, discover that the potent benefits of meditation are within reach!

### **The Power of Personal Ritual**

Create a personal ritual to honor the sacred in everyday living. Ritual ignites and brings a deeper meaning to the daily tasks that are most important to you. We discuss various rituals and take time to create and take home a simple personalized ritual that fits your lifestyle.

### **Shine Your Light — Intentional Yoga**

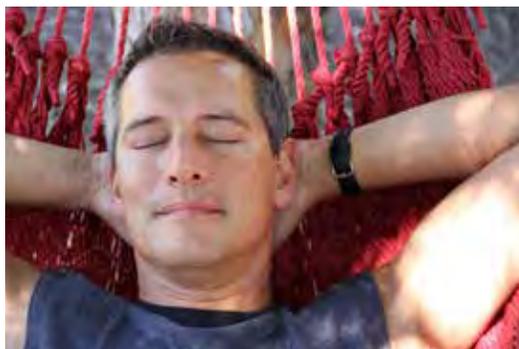
Empower your body, mind and spirit by speaking affirmations and intentions with a gentle yoga flow and breath work.

### **Meditation in Motion: Gentle Evening Yoga**

Move slowly and consciously as you listen deeply to your body. An extended relaxation period is included in this class.

### **Touch the Earth, Feel the Sky: Meditation Sampler**

Learn 4 different types of meditation to discover what works for you. Class is always held outside unless there is inclement weather.



## LIFESTYLE

### Sacred, Safe and Wild

It is not about your story. It is about the lessons you have learned and the next step you want to take. It may be simple, it may be outrageous. What are your deepest desires: to be human, embody the sacred, embrace the wild? Write, brainstorm and embody the possibilities to evoke an authentic expression of your true self.

### Clearing the Body, Inside and Out

Practice clearing and cleansing techniques to eliminate negativity from your home and body. Learn to protect, establish boundaries and release that which does not serve you. Practice visualizations to expand the light within.

### Intentional Incense

Discover the simple steps to creating your own incense while infusing your intentions into your creative process. Unlock the magic of the invisible.

### Potent Pendulums

Make your own pendulum with precious beads. Infuse your creation and program it so you get a clear reading when you use it. In this class, you will also learn how you use your pendulum.

### Chakra Essential Oil Rollers

Explore the major themes and lessons of the 7 major chakras to discover the energy centers in your body that need 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 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!

### Learn to Read Tarot Cards

You are the creator of your own destiny. Tarot cards offer powerful messages and guidance. Choose a deck you are attracted to, learn to clear energy and practice trusting yourself to choose the cards meant for you.

### Floral Face Mists

Face mists, or hydrosols, are used to bring balance back to the delicate skin of the face. These homemade mists combine natural ingredients to refresh, hydrate, prime and tone the skin. Learn how to develop a unique recipe with essential oils that addresses your skin care needs, allowing for your true radiance to shine.

### Vision Board

Create the life you want to live. You have probably heard the saying "Where intention goes, energy flows." So, let's create what you envision your life to look like by bringing it into reality with focus and intention. You can start your vision board here and continue it at home as new dreams emerge.

### Confetti Soap Art

Make handmade artisan soap. In this class we will use soap inclusions, dyes and essential oils to make one-of-a-kind soaps. This fun and casual class is a chance to commune with your 7-year-old mad scientist self as you whip up your own soap potion.

### Bath Fizzies

The healing power of a warm bath is as old as time. Join us in creating homemade bath bombs with rejuvenating essential oils and herbs.



## Positive Energy — Vastu Living

Vastu is the sister science of Yoga and Ayurveda and is similar to Feng-Shui. Vastu principles create harmony with an organic home for the soul, restore a sense of wellbeing in the workspace, and celebrate individuality.

## Power of 8 Directions

Explore the power of honoring 8 directions. According to the ancient Indian Vastu living principles, honoring these directions brings blessings in the form of happiness, health, success, prosperity and peace.

## Chakra Awareness

The openness and flow of energy through chakras determines our state of health and balance. Knowledge of our more-subtle energy system empowers us to maintain balance and harmony on the physical, mental and spiritual levels.

## Create Simplicity

Simplify to find focus and peace. We live in a world of overwhelming distractions and stress, and it is hard to be mindful. Find effective ways to create simplicity and bring back life energy.

## Numerology — Letters of Names

Numerology is the language of numbers and their significance. Learn how to decode your name with numerology — each letter in a name is associated with corresponding numbers. Find out the influence of the vibratory numbers in your name.

## RECREATION

### 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.

### Riflery

Discover the art of riflery on our small high-desert range. Learn the principles of marksmanship as you shoot at targets designed to strengthen your skills.



## Hatchet Throwing

Learn the fundamentals and techniques of hatchet throwing. Develop techniques to increase focus, concentration and patience while connecting your mental and physical performance.

## Get Your Rear in Gear: Hiking and Frisbee Golf

Hike 1/2 mile uphill to our Frisbee Golf Course and play 9 holes in the wild, wild Southwest.

## Dive into Spring: Interval Pool Workout

Variety is the spice of life! Rotate swimming laps, water exercises and yoga stretch.

## NATURE BASED

### Sunrise Nature Bath: Awaken the Senses

Honoring the Japanese practice of "Forest Bathing," enjoy a slow meditative walk to immerse yourself in our natural environment. Take time to notice the gifts of Mother Nature: walk barefoot in the grass, reflect on your observations, hug a tree, or write or draw about what you see.

### 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? Join us outside the Willows Art Studio and gaze at the features of our gorgeous New Mexico night skies.

### Nature Walk

Nature awakes the soul and invigorates the body, mind and spirit. Stroll the beautiful grounds and discover the many sacred spaces here at Sunrise Springs. Please dress for the weather with sturdy shoes and warm clothes for the season.

### What a Cool Rock

Discover our Ice Age travelers, pretty precipitates, crystals and fossils. Walk on a prehistoric ocean bottom and collect specimens. This is a specialized property tour of some of our geological curiosities.

### Mindful Bird Watching

The La Cienega Valley is a haven for birds. Class will include bird identification and time to enjoy the movement and beauty of our avian visitors.





# SUNRISE SPRINGS

AN OJO SPA RESORT

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SANTA FE

**For more information please visit the concierge  
or call 877.977.8212.**

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