



WELLNESS WORKSHOPS

Saturday, August 24

Take one or two classes, or spend the day with us for this transformative experience.

THE BEST KEPT SECRET IN MEDICINE

10:30am – 12:00pm | Aspen

Dr. Sally Fisher, Medical Advisor

Discover the best kept secret of medicine. We invite you to dive into the benefits of a plant-based diet and lifestyle viewed through the lens of up-to-date research. Class is \$50.

EMBODYING SPIRIT

1:00 – 2:30pm | Sages Yoga Studio

Alexis Cintron, Energy Intuitive

Through movement and breathwork, we can embody the rhythmic beat that flows through and sings out our inner truth, welcoming the voice of our spirit to come out and play. Class is \$50.

POWER OF AYURVEDIC HEALING HERBS

3:30 – 5:00pm | Willows Kitchen

Aditti Thatte, Ayurvedic Chef

The wisdom of herbal energetics and plant remedies can connect us all to the vital roots of existence. Ayurvedic herbs are considered to have powerful digestive therapeutic effects. Learn how to incorporate the secrets of healing herbs in this Ayurvedic culinary workshop. Class is \$50.



SUNRISE SPRINGS

AN OJO SPA RESORT

SANTA FE

sunrisesprings.com