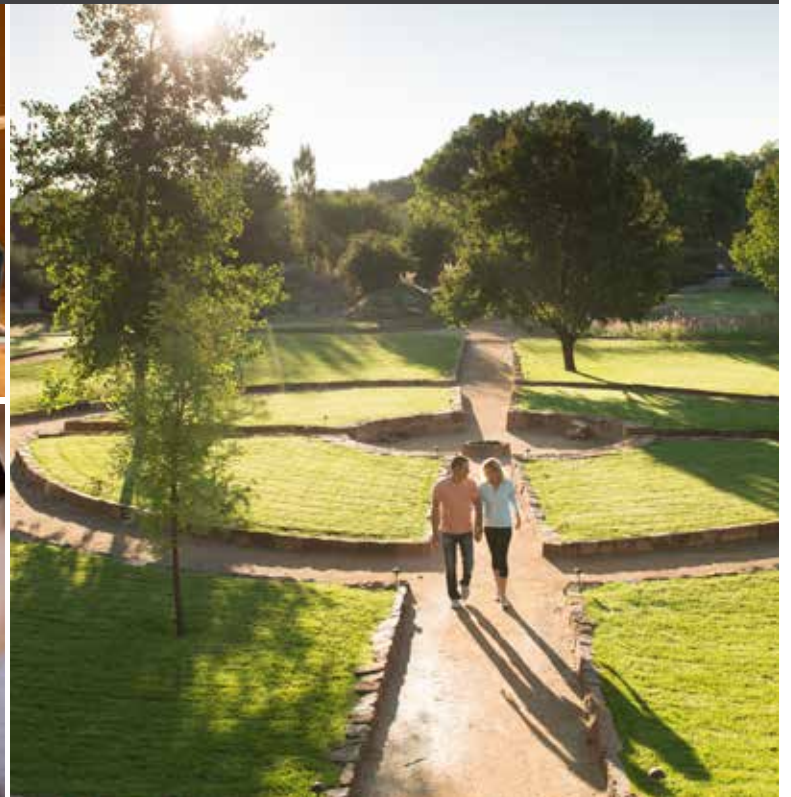




SUNRISE SPRINGS
AN OJO SPA RESORT
SANTA FE

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.

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

Red or Green? New Mexican Chile Sauce

Did you know that the state question of New Mexico is “red or green”? In this class, you will discover what your answer may be, as we will prepare both red chile and green chile sauces. You may find out that your answer is “Christmas!”, meaning that you love both flavors equally.

Calabacitas: A Traditional New Mexican Dish

“Calabaza” is Spanish for the word squash, so calabacitas literally translates to “little squash”. Calabacitas is a fresh and healthy traditional dish in New Mexican cuisine. In this class, we will combine foods native to this region to create a side dish so popular that it is often served with homemade tortillas as the main course.

Fruitful Harvest: Fruit Roll Ups & Preserves

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

Traditional Corn Tortillas

Learn how to make authentic handmade corn tortillas. Made from just three simple ingredients — masa harina, salt and water — these gluten-free tortillas will convince you to never buy tortillas in a store again.

Biscochitos: New Mexico’s State Cookie

These spicy, anise-flavored shortbread cookies are a holiday staple in the Land of Enchantment. Crisp, buttery and easy to make — they were declared New Mexico’s official state cookie.

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.

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 plant’s 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 vibrant meal enhancers from 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

Move, Write, Share: Seasonal Reflections

Let your body, mind and spirit catch up to yourself and the seasonal changes. We will do a simple writing exercise to tune in and share our reflections and integrate it all with Qigong meditative movement.

A Long Exhale: Mantras and Song

Through breath work, humming, chanting and singing, we will send a message of calm to the nervous system. Open your voice and heart. No previous singing experience required.

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

Meditative Expressions in Mixed Media

Find an intuitive place from which to express yourself in a variety of media, such as pen, pencil, sumi ink and pastels. No previous art or meditation experience necessary. Draw from nature, music, movement and poetry to inspire your unique creative expressions.

Open Art Studio: Prints, Cards and Canvas

You can continue in this class from the Printmaking Made Easy class or come in and learn a basic printing technique to enhance a card, small canvas bag or small banner.

Open Art Studio: Rocks, Paper, Scissors

Come into the Sages Art studio and explore our materials in free-form drawing or painting. Or collage a card, paint a rock or paint on a clay pot.

Ceramics: Decorative Design by You

Choose between already bisqued mugs, bowls or plates, and decorate 1 or 2 pieces with your choice of glazes. Or draw with charcoal and use a clear glaze so that your piece becomes your canvas of creative expression. We will fire it for you and ship it to you.

Abstract Geological Paintings

Never outgrew the what-a-cool-rock stage? In this class, we will paint miniature geological abstracts using a variety of materials and textures. Simple but rewarding. No two canvases are alike.

Spinning Wheels of Grace

Small wearable art inspired by Tibetan Prayer Wheels. Hand-painted and decorated by you, these pieces are beautiful and very personal.

Needle & Thread: Hand Embroidery

Do you feel the itch to stitch? Learn the basic backbone stitches that will get you started in this beautiful and soothing form of art. Take home a soft handkerchief adorned with your embroidered handiwork.

Ceramics: Make Your Own Cup

Create a lasting reminder of your time at Sunrise and in New Mexico. You'll use clay and be guided through easy techniques to make a one of kind cup or tea bowl. We will glaze, fire and ship your creation to you. It's a fun package to receive back home.

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 backlit 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.

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 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!

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

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.

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.

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 were they 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 raids.

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

Pranayama Breathing & Meditation

Pranayama or conscious breathing are sets of yogic breathing exercises that have the ability to increase our energy, release stress, and improve mental clarity and overall health. Pranayama is the foundation and integral part of yogic tradition and practice. Learn the basics of breath control that helps with powerful relaxation.

Moving through Sound

Open up the senses that guide our way throughout the day, releasing them from built-up stagnation that contracts our ability to move freely.

High Vibration — Sound Healing Journey

When we hold stress for sustained periods of time, our bodies and minds begin to fatigue and are knocked out of balance. Through sound-vibration, we are able to reintroduce a cohesive and harmonious state to the body and mind, relieving stress and regaining peace. Steep yourself in a healing sound bath and experience the journey toward restoration and health.

Bridging Waters

Journey with us as we break free from the dammed-up waters within, releasing stuck and stagnant thoughts that limit our connection to the Universal Solvent.

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

Mandala Coloring

Mandalas represent order and structure. They represent a microcosm of the entire universe. Mandala coloring is a de-stressing activity that facilitates concentration and focus, while providing orientation in space and time.



Experience the Zen magic of Mandala with the nostalgic bliss of coloring.

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 moisten 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 artesian 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.

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 to 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.

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.

Nature Walk

Nature awakens 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.

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

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SunriseSprings.com