

**SUNDAY**

7:00a	<b>Coffee, Tea &amp; Fruit</b>	Sages Café	
7:30a	<b>Gentle Yoga</b>	Sages Yoga Studio	Aaron
7:30a - 9:30a	<b>Breakfast</b>	Sages Café	
9:30a - 10:45a	<b>Herbal Tea Making</b>	Willows Kitchen	Danielle
9:30a - 10:45a	<b>Collage/Painting</b>	Willows Art Studio	Diane
11:00a	<b>Animal Interaction: All About Silkies - Connecting</b>	Chicken Coop	Danielle
11:00a - 12:15p	<b>Wild Heart Nature Hike</b>	Meet at Willows	Tess
11:00a - 12:30p	<b>Open Art Studio</b>	Willows Art Studio	Diane
12:00p - 2:00p	<b>Lunch</b>	Sages Café	
1:00p	<b>Open Puppy Studio</b>	Sages Puppy Studio	Britte
2:00p - 3:15p	<b>Qigong Mindful Movement</b>	Sages Yoga Studio	Diane
2:00p - 3:15p	<b>Plants of the Medicine Wheel</b>	Greenhouse	Danielle
3:45p - 5:00p	<b>Wholistic Functional Fitness</b>	Willows Fitness Studio	Tess
3:45p - 5:00p	<b>Creative Journaling</b>	Sages Library	Diane
5:45p - 6:30p	<b>Pre-dinner Reception</b>	Sages Library	
6:30p - 8:30p	<b>Dinner</b>	Sages Café	
7:00p	<b>Open Puppy Studio</b>	Sages Puppy Studio	
7:30p	<b>Musical Voyage</b>	Library	

**MONDAY**

7:00a	<b>Coffee, Tea &amp; Fruit</b>	Sages Café	
7:30a	<b>Gentle Yoga</b>	Sages Yoga Studio	Mario
7:30a - 9:30a	<b>Breakfast</b>	Sages Café	
9:30a	<b>Introduction to Medicine Wheel</b>	Moon House	Michael
9:30a - 10:45a	<b>Exploring Color &amp; Movement</b>	Willows Art Studio	Sue
9:30a - 10:45a	<b>Open Greenhouse: Engaging the Senses</b>	Greenhouse	Danielle
11:00a - 12:30p	<b>Open Art Studio</b>	Willows Art Studio	Sue
11:00a	<b>Animal Interaction: All About Silkies - Heart Opener</b>	Chicken Coop	Danielle
12:00p - 2:00p	<b>Lunch</b>	Sages Café	
2:00p - 3:15p	<b>Guided Nature Exploration &amp; Drawing</b>	Willows Art Studio	Sue
2:00p - 3:15p	<b>Herbal Lip Balm Making</b>	Greenhouse	Danielle
3:45p - 5:00p	<b>Open Art Studio</b>	Willows Art Studio	Sue
3:45p - 5:00p	<b>Moderate Yoga</b>	Sages Yoga Studio	Mario
5:45p - 6:30p	<b>Pre-dinner Reception</b>	Sages Library	
6:30p - 8:30p	<b>Dinner</b>	Sages Café	
7:00p	<b>Open Puppy Studio</b>	Sages Puppy Studio	

---

**TUESDAY**

---

7:00a	<b>Coffee, Tea &amp; Fruit</b>	Sages Café	
7:30a	<b>Gentle Yoga</b>	Sages Yoga Studio	Mario
7:30a - 9:30a	<b>Breakfast</b>	Sages Café	
9:00a - 9:30a	<b>Mindful Meditation</b>	Sages Yoga Studio	Michael
9:30a - 12:15p	<b>Creating Our Own Story</b>	Willows Art Studio	Sue
9:30a - 10:45a	<b>Open Greenhouse: Techniques</b>	Greenhouse	Danielle
11:00a- 12:15p	<b>Open Puppy Studio</b>	Sages Puppy Studio	Britte
12:00p - 2:00p	<b>Lunch</b>	Sages Café	
2:00p - 3:15p	<b>Nature Bathing &amp; Storytelling</b>	Willows Art Studio	Sue
2:00p - 3:15p	<b>Planting with Intention</b>	Greenhouse	Danielle
3:45p- 5:00p	<b>Open Art Studio</b>	Willows Art Studio	Sue
3:45p- 5:00p	<b>Wholistic Functional Fitness</b>	Willows	Tess
5:45p- 6:30p	<b>Pre-dinner Reception</b>	Sages Library	Aaron
6:30p- 8:30p	<b>Dinner</b>	Sages Café	
7:00p	<b>Open Puppy Studio</b>	Sages Puppy Studio	
8:45p	<b>Candle Light Yoga</b>	Sages Yoga Studio	Brigita

---

**WEDNESDAY**

---

7:00a	<b>Coffee, Tea &amp; Fruit</b>	Sages Café	
7:30a	<b>Gentle Yoga</b>	Sages Yoga Studio	Mario
7:30a - 9:30a	<b>Breakfast</b>	Sages Café	
9:30a - 10:45a	<b>Mindful Noting in Nature</b>	Willows Art Studio	Diane
9:30a - 10:45a	<b>Open Greenhouse: Plant Care</b>	Greenhouse	Danielle
11:00a - 12:30p	<b>Open Art Studio</b>	Willows Art Studio	Diane
11:00a	<b>Animal Interaction: All About Silkies - Communication</b>	Chicken Coop	Danielle
12:00p - 2:00p	<b>Lunch</b>	Sages Café	
2:00p - 3:15p	<b>Body, Mind Connection</b>	Sages Yoga Studio	Diane
2:00p - 3:15p	<b>Herbariums Past &amp; Present</b>	Greenhouse	Danielle
3:45p- 5:00p	<b>Creative Journaling</b>	Sages Library	Diane
3:45p- 5:00p	<b>Moderate Yoga</b>	Sages Yoga Studio	Aaron
5:45p- 6:30p	<b>Pre-dinner Reception</b>	Sages Library	
6:30p- 8:30p	<b>Dinner</b>	Sages Café	
7:00p	<b>Open Puppy Studio</b>	Sages Puppy Studio	

**THURSDAY**

7:00a	<b>Coffee, Tea &amp; Fruit</b>	Sages Café	
7:30a	<b>Gentle Yoga</b>	Sages Yoga Studio	Mario
7:30a - 9:30a	<b>Breakfast</b>	Sages Café	
9:00a - 9:30a	<b>Mindful Meditation</b>	Sages Yoga Studio	Michael
9:30a - 10:45a	<b>Banner with Personal Glyph</b>	Willows Art Studio	Diane
9:30a - 10:45a	<b>Open Greenhouse: Energy</b>	Greenhouse	Danielle
11:00a - 12:15p	<b>Open Art Studio</b>	Willows Art Studio	Diane
11:00a - 12:15p	<b>Open Puppy Studio</b>	Sages Puppy Studio	Britte
11:00a - 12:15p	<b>Q&amp;A: Food As Medicine</b>	Moon House	Sally Fisher, M.D.
12:00p - 2:00p	<b>Lunch</b>	Sages Café	
2:00p - 3:15p	<b>Qigong Mindful Movement</b>	Sages Yoga Studio	Diane
2:00p - 3:15p	<b>Herbal Incense &amp; Smudge Sticks</b>	Willows Kitchen	Danielle
3:45p- 5:00p	<b>Wholistic Movement &amp; Functional Fitness</b>	Willows Fitness Studio	Tess
3:45p- 5:00p	<b>Creative Journaling</b>	Sages Library	Diane
5:45p- 6:30p	<b>Pre-dinner Reception</b>	Sages Library	
6:30p- 8:30p	<b>Dinner</b>	Sages Café	
7:00p	<b>Open Puppy Studio</b>	Sages Puppy Studio	

**FRIDAY**

7:00a	<b>Coffee, Tea &amp; Fruit</b>	Sages Café	
7:30a	<b>Gentle Yoga</b>	Sages Yoga Studio	Mario
7:30a - 9:30a	<b>Breakfast</b>	Sages Café	
9:30a - 10:45a	<b>Open Garden: Connecting with Earth</b>	Greenhouse	Sue
9:30a - 10:45a	<b>Medicine Wheel Collage</b>	Willows Art Studio	Diane
11:00a - 12:15p	<b>Silkie: Facts &amp; Interactions</b>	Chicken Coop	Sue
11:00a - 12:15p	<b>Open Art Studio</b>	Willows Art Studio	Diane
12:00p - 2:00p	<b>Lunch</b>	Sages Café	
2:00p - 3:15p	<b>Miniature Spring Bulb Gardens</b>	Greenhouse	Sue
2:00p - 3:15p	<b>Body, Mind Connection</b>	Sages Yoga Studio	Diane
3:30p	<b>Wholistic Functional Fitness</b>	Willows Fitness Studio	Tess
3:45p- 5:00p	<b>Creative Journaling</b>	Moon House	Diane
3:45p- 5:00p	<b>Culinary Adventures: Probiotic Veggies</b>	Sages Kitchen	Brigita
5:45p- 6:30p	<b>Pre-dinner Reception</b>	Sages Library	
6:30p- 8:30p	<b>Dinner</b>	Sages Café	
7:30p	<b>Ageless Living: Vitality and Resilience from the Inside Out</b>	Sages Yoga Studio	Al Faaet
8:45p	<b>Candle Light Yoga</b>	Sages Yoga Studio	Brigita

**SATURDAY**

7:00a	<b>Coffee, Tea &amp; Fruit</b>	Sages Café	
7:30a	<b>Gentle Yoga</b>	Sages Yoga Studio	Mario
7:30a - 9:30a	<b>Breakfast</b>	Sages Café	
9:30a - 10:45a	<b>Culinary Adventure: Winter Squash &amp; Apple Soup</b>	Willows Kitchen	Sue
9:30a - 10:45a	<b>Body as Brush</b>	Willows Art Studio	Diane
11:00a	<b>Wild Heart Nature Hike</b>	Meet at Willows	Tess
11:00a - 12:15p	<b>Open Art Studio</b>	Willows Art Studio	Diane
11:00a - 12:15p	<b>Animal Interaction: All About Silkies - Facts &amp; Interactions</b>	Chicken Coop	Sue
12:45p	<b>Lunch</b>	Sages Café	
2:00p - 3:15p	<b>Creating Herbal Steams</b>	Willows Kitchen	Sue
2:00p - 3:15p	<b>Qigong Mindful Movement</b>	Sages Yoga Studio	Diane
3:30p	<b>Wholistic Functional Fitness</b>	Willows Fitness Studio	Tess
3:45p - 5:00p	<b>Creative Journaling</b>	Sages Library	Diane
5:45p - 6:30p	<b>Pre-dinner Reception</b>	Sages Library	
6:30p - 8:30p	<b>Dinner</b>	Sages Café	
7:30p	<b>Musical Voyage</b>	Library	

**Wi-Fi Hours**

6:30 - 7:30a / 1:00 - 2:30p / 9:00 - 10:30p

**Fitness Studio Hours**

7:30a - 9:30p - Located in Willows on the second floor.

**Class Times**

All classes are one hour unless otherwise noted.

**Open Studio & Open Greenhouse**

These activities allow guests time for projects of their choosing. There will be an instructor present to guide and assist.

**Phone Policy**

Cell phone use is not permitted in any public areas.

**Spa Appointments**

Please check in at Guest Registration 10 minutes prior to your appointment.

**Bring Your Journal**

Many activities and classes include journaling.

**Additional Appointments:**

---



---



---



---



---



---



---



---

**Ageless Living: Vitality and Resilience from the Inside Out**

Learn strategies for creating greater resilience and maximizing lifelong vitality, well-being and youthfulness at any age.

**Animal Interaction: All About Silkies - Chickens 101**

Come meet our unique breed of Silkie chickens in our chicken coop. This activity offers a fun, light-hearted, hands-on experience with our fluffy-feathered birds. Feeding and holding chickens is always optional.

**Animal Interaction: All About Silkies - Connecting**

Explore the world of our fluffy-feathered Silkie chickens. Collect fresh eggs, listen to their soft coos and cackles, and hear them purr! Holding chickens is always optional.

**Animal Interaction: All About Silkies - Chicken Communications**

Our friendly Silkie chickens are always clucking, cackling and crowing. Join us as we listen in on the conversation. Enjoy hands-on opportunities to interact and join the flock. Feeding and holding chickens is always optional.

**Animal Interaction: All About Silkies - Heart Opener**

Our Silkie chickens are small, soft, and ready to melt your heart! Join them in our chicken coop with hands-on opportunities to pet and feed these fluffy feathered birds. Holding is always optional.

**Animal Interaction: All About Silkies - Chicken Play**

Cluck, crow, and flap about with our fluffy Silkie chickens. Engage your playful side with hands-on opportunities to feed, hold and pet the chickens. Participate at your own level of comfort.

**Animal Interaction: All About Silkies - Facts & Interactions**

Spend time with our friendly, furry flock of Silkie chickens. Learn fun facts, watch how they interact with each other, feed them, and feel the calming effects of holding a chicken.

**Animal Interaction: Open Puppy Studio**

Learn handling techniques, practice activities with the adult dogs and puppies, take walks, or simply find a peaceful place to cuddle. Guaranteed to make you smile.

**Banner with Personal Glyph of Symbol**

Gesso and paint your unique symbol or image on a canvas banner to serve as a reminder of your creative explorations at Sunrise Springs. References to the Medicine Wheel, petroglyphs and ancient writing can serve to stimulate your imagination.

**Body as Brush**

This class is all about the Qi, the present moment and exploration! Allow your body to move freely and connect to the earth and let the energy and Sumi ink flow onto the paper to capture individual and unique energetic and emotional states. No previous art experience necessary.

**Body Mind Connection**

Relax, breathe deeply and identify signals, symptoms and solutions to stress conditions in your body and mind. Guided body scan visualizations, Qi gong and shiatsu self-massage techniques. Wear loose, comfortable clothing. Bring your journal.

**Collage/Painting**

Rip, tear, cut, paste and find meaning and connections in mixed media applications that can be used as a template for a painting or stand-alone collage. Find out what can be revealed in this process.

**Creating Herbal Steams**

Learn how to make herbal steams using essential oils and fresh herbs. Herbal steams can be calming, healing or invigorating depending upon your choice of ingredients. Nurture yourself with the herbal steams you create.

**Creating Our Own Story**

Our own personal stories can be told in many ways at different times in our lives. Create images that tell the story of your life to date and your desired future using visual arts. No previous art experience required.

**Creative Journaling**

Move, write and share as we word sketch thoughts, feelings, observations, reflections and recollections with various writing prompts and movement. Bring your pens and journals. No previous writing experience necessary.

**Culinary Adventures: Winter Squash and Apple Soup**

Learn how to create a delicious, nurturing winter soup. Making a pot of soup on the weekend could sustain you through a busy week this winter.

**Exploring Color & Movement**

Participate in playful, movement exercises and make colorful, energetic paintings. Journaling will be done to deepen and reflect on your experience.

**Expressive Drawing**

Bring a sense of play with you to allow the body to move to the energy of music or word cues as we capture line, rhythm, Qi, feelings, gestures and movement on paper. Let go and let it flow.

**Gentle Yoga**

A beautiful way to start the day with gentle stretches, postures, breathing and meditation.

**Guided Nature Exploration & Drawing**

Experience the natural world and tune into yourself through guided nature bathing and inspired drawing.

**Herbal Incense & Smudge Sticks**

Take a journey with us into the aromatic world of herbal incenses and smudge sticks. Learn about the history, folklore and current uses of aromatic herbs as you create your own incense blends and smudge sticks to enhance your personal journey.

**Herbal Salves**

Join us in creating custom herbal salves from plants grown at Sunrise Springs. You will learn about the properties of a variety of herbs as you create your own salve to take home and share.

**Herbal Tea Making**

Explore the world of herbs through each of your senses as you make your own tea blends to try and share. With more than 20 organic herbs and spices to choose from, the possibilities are endless.

**Herbariums Past and Present**

Explore the heated greenhouse to discover plants that can be harvested and preserved in your very own herbarium. Learn to use a plant press and record the unique qualities of each plant you collect.

**Horticulture: Open Greenhouse - Connecting with Earth**

Come care for the plants and enjoy the grounding experience of gardening. Learn about the many kinds of plants we are growing and what they need to flourish.

**Horticulture: Open Greenhouse - Energy**

Explore the wild and wonderful world of plants in our heated greenhouse. Did you know there are plants that respond to touch, dance to music, and regenerate from cuttings? Join us to discover these and more.

**Horticulture: Open Greenhouse - Engaging the Senses**

Missing the warm summer days? Join us in our heated greenhouse to engage your senses in the myriad of culinary and medicinal herbs. Smell, touch, taste and learn to grow, harvest and make a sachet from these aromatic plants.

**Horticulture: Open Greenhouse - Plant Care**

Become an integral part of the Sunrise Springs heated greenhouse. Help pot seedlings, water plants, and explore the bounty of herbs, vegetables and flowers growing in the middle of winter.

**Horticulture: Open Greenhouse - Techniques**

Have you ever wanted to grow something but didn't know where to start? Join us in the heated greenhouse to try different growing techniques that you can use in your own home or garden.

**Horticulture: Planting with Intention**

Create an intention to be planted in your own life and in the gardens of Sunrise Springs by mindfully planting a symbolic seed. A reminder and activity will be sent to you after you return home.

**Introduction to Medicine Wheel: Medicine Wheel/Collage**

Find connection to our Sunrise Springs Medicine Wheel and its' deeper meaning in your life with discussion and collage. Create a palette of words and imagery to describe personal themes in your life journey.

**Mindful Meditation**

A 30-minute guided meditation. Calm your mind, settle your body and find a softer focus to your day. Beginners to practicing meditators will benefit from this class.

**Mindful Noting in Nature**

Slow down, breathe, notice your surroundings. Sketch, photograph or simply move with awareness and nature bathe in the beauty of Sunrise Springs. Dress for plein air walking. Bring your journal.

**Moderate Yoga**

Through yoga postures learn a deep awareness of alignment and poses to energize the body.

**Musical Voyage**

Join artist and musician, Al Faet in a deeply meditative experience with sacred sounds and orchestral harmonics.

**Nature Bathing & Storytelling**

Take time to slow down and immerse yourself in nature. You will create a nature-inspired story from this experience. Please dress appropriately for the outdoors. No previous storytelling experience required.

**Nurturing Flower Bulbs for Winter Bloom**

Learn about flower bulbs and how to nurture them to bloom in the winter for an early burst of life and color, in your home or office.

**Open Art Studio**

Explore and create with visual arts and writing materials of your choice. Continue working on a project, start a new one, experiment with materials or journal about your day. Instructor available to guide the process. No previous art experience is needed.

**Open Garden: Connecting with Earth**

Come care for the plants and enjoy the grounding experience of gardening. Learn about the many kinds of plants we are growing and what they need to flourish.

**Plants of the Medicine Wheel**

Immerse yourself in the teachings of the Native American Medicine Wheel. Explore plants with qualities that resonate with each emotional state, stage of life and cycle of the year. Create your own Medicine Wheel seed kit to take home.

**Pre-dinner Reception**

A wonderful way to end the day with light appetizers, beer, wine, and sparkling water.

**Q&A: Food As Medicine**

Join Sally Fisher, M.D. to learn about how to eat freshly grown and nutrient rich food to prevent, treat and even reverse a myriad of health conditions.

**Qigong Mindful Movement**

Relax with an easy, repetitive, therapeutic breath and movement practice with stretching warm-ups to build awareness, concentration, balance, vitality and wellbeing. Wear loose, comfortable clothing. Weather permitting, part of the class will be held outdoors.

**Wholistic Movement & Functional Fitness**

Keep your body vibrant and young by focusing on increasing or regaining range of motion in all joints and strengthening the structure of our body. Class exercises include cardiovascular, body resistance with ball and weights and stretching and breath work.

**Wild Heart Nature Hike**

Connect with your authentic self and explore our spacious 70-acre New Mexico landscape. Walk pace will vary. Physical movement activates the heart center and restores our energy or Chi. Weather permitting.