

**SUNDAY**

7:00a	<b>Coffee, Tea &amp; Fruit</b>	Sages Café	
7:30a	<b>Sun Rise Up Gentle Yoga</b>	Sages Yoga Studio	Aaron
7:30a - 9:00a	<b>Breakfast</b>	Sages Café	
9:30a - 10:45a	<b>Herbal Tea Making</b>	Willows Kitchen	Danielle
10:00a	<b>Power Walk</b>	Meet at Willows	Tess
11:00a	<b>Animal Interactions: Upbeat Canine Play</b>	Sages Puppy Studio	Britte
11:30p	<b>Wholistic Functional Fitness</b>	Willows Fitness Studio	Tess
12:00p - 2:00p	<b>Lunch</b>	Blue Heron	
2:00p - 3:15p	<b>Plants of the Medicine Wheel</b>	Greenhouse	Danielle
5:30p	<b>Pre-Dinner Reception</b>	Moon House	
6:00p - 8:00p	<b>Dinner</b>	Blue Heron	
7:00p - 7:45p	<b>Open Puppy Studio</b>	Sages Puppy Studio	
8:00p	<b>Vocal Alchemy</b>	Sages Yoga Studio	Consuelo

**MONDAY**

7:00a	<b>Coffee, Tea &amp; Fruit</b>	Sages Café	
7:30a	<b>Sun Rise Up Gentle Yoga</b>	Sages Yoga Studio	Mario
7:30a - 9:00a	<b>Breakfast</b>	Sages Café	
9:00a - 9:30a	<b>Property Tour</b>	Meet at Guest Registration	Guest Services
9:30a - 10:45a	<b>Finding Your Place on the Medicine Wheel</b>	Medicine Wheel	Michael
9:30a - 10:45a	<b>Sewing: Herbal Eye Pillows</b>	Willows Kitchen	Sue
9:30a - 10:45a	<b>Open Greenhouse: Engaging the Senses</b>	Greenhouse	Danielle
11:00a - 12:15p	<b>Open Art Studio: Clay Play</b>	Willows Art Studio	Sue
11:00a - 12:15p	<b>Open Fitness Studio</b>	Willows Fitness Studio	Niko
11:00a - 12:15p	<b>Animal Interactions: Heart Opener</b>	Chicken Coop	Danielle
12:00p - 2:00p	<b>Lunch</b>	Blue Heron	
2:00p - 3:15p	<b>Art in Nature</b>	Willows Art Studio	Sue
2:00p - 3:15p	<b>Herbal Salves</b>	Willows Kitchen	Danielle
3:30p - 4:45p	<b>Open Art Studio: Painting</b>	Willows Art Studio	Sue
3:30p - 4:45p	<b>Moderate Yoga</b>	Sages Yoga Studio	Mario
5:30p	<b>Pre-Dinner Reception</b>	Moon House	
6:00p - 8:00p	<b>Dinner</b>	Blue Heron	
7:00p - 7:45p	<b>Open Puppy Studio</b>	Sages Puppy Studio	

**TUESDAY**

7:00a	<b>Coffee, Tea &amp; Fruit</b>	Sages Café	
7:30a	<b>Sun Rise Up Gentle Yoga</b>	Sages Yoga Studio	Tess
7:30a - 9:00a	<b>Breakfast</b>	Sages Café	
9:30a - 10:45a	<b>Mindful Meditation</b>	Sages Yoga Studio	Michael
9:30a - 10:45a	<b>Exploring Color and Movement</b>	Willows Art Studio	Sue
9:30a - 10:45a	<b>Open Greenhouse: Techniques</b>	Greenhouse	Danielle
11:00a - 12:15p	<b>Open Art Studio: Inside or out</b>	Willows Art Studio	Sue
11:00a	<b>Animal Interactions: All About Assistance Dogs! Puppies 101</b>	Sages Puppy Studio	Britte
12:00p - 2:00p	<b>Lunch</b>	Blue Heron	
2:00p - 3:15p	<b>Herbal First Aid Kit</b>	Willows Kitchen	Danielle
2:00p - 3:15p	<b>Guided Nature Exploration and Drawing</b>	Willows Art Studio	Sue
2:00p	<b>Wholistic Movement &amp; Functional Fitness</b>	Willows Fitness Studio	Tess
3:30p - 4:45p	<b>Open Art Studio: Poetry with Art</b>	Willows Art Studio	Sue
5:30p	<b>Pre-Dinner Reception</b>	Moon House	
6:00p - 8:00p	<b>Dinner</b>	Blue Heron	
7:00p - 7:45p	<b>Open Puppy Studio</b>	Sages Puppy Studio	

**WEDNESDAY**

7:00a	<b>Coffee, Tea &amp; Fruit</b>	Sages Café	
7:30a	<b>Sun Rise Up Gentle Yoga</b>	Sages Yoga Studio	Mario
7:30a - 9:00a	<b>Breakfast</b>	Sages Café	
9:00a - 9:30a	<b>Property Tour</b>	Meet at Guest Registration	Guest Services
9:30a - 10:45a	<b>Finding Your Place on the Medicine Wheel</b>	Medicine Wheel	Michael
9:30a - 10:45a	<b>Mindful Noting in Nature: Rocks, Trees, Water, Birds and You!</b>	Willows Art Studio	Diane
9:30a - 10:45a	<b>Open Greenhouse: Plant Care</b>	Greenhouse	Danielle
11:00a - 12:15p	<b>Open Art Studio: Indoors or Outdoors</b>	Willows Art Studio	Diane
11:00a - 12:15p	<b>Animal Interactions: Chicken Communication</b>	Chicken Coop	Danielle
12:00p - 2:00p	<b>Lunch</b>	Blue Heron	
2:00p	<b>Body Mind Connection</b>	Sages Yoga Studio	Diane
2:00p - 3:15p	<b>Herbal Lip Balms</b>	Willow Kitchen	Danielle
2:00p - 3:15p	<b>Open Fitness Studio</b>	Willow Fitness Studio	Niko
3:30p - 4:45p	<b>Creative Journaling: Getting to Haiku</b>	Sages Library	Diane
3:30p - 4:45p	<b>Moderate Yoga</b>	Sages Yoga Studio	Aaron
5:30p	<b>Pre-Dinner Reception</b>	Moon House	
6:00p - 8:00p	<b>Dinner</b>	Blue Heron	
7:00p - 7:45p	<b>Open Puppy Studio</b>	Sages Puppy Studio	

---

THURSDAY

---

7:00a	<b>Coffee, Tea &amp; Fruit</b>	Sages Café	
7:30a	<b>Sun Rise Up Gentle Yoga</b>	Sages Yoga Studio	Tess
7:30a - 9:00a	<b>Breakfast</b>	Sages Café	
9:30a - 10:45a	<b>Mindful Meditation</b>	Sages Yoga Studio	Michael
9:30a - 10:45a	<b>Collage Expressions</b>	Willows Art Studio	Diane
9:30a - 10:45a	<b>Open Greenhouse: Energy</b>	Greenhouse	Danielle
11:00a - 12:15p	<b>Open Art Studio: Card Making</b>	Willows Art Studio	Diane
11:00a - 12:15p	<b>Q&amp;A: Food as Medicine</b>	Moon House	Sally Fisher, M.D.
11:00a	<b>Animal Interactions: Heart Opener, Puppies</b>	Sages Puppy Studio	Britte
12:00p - 2:00p	<b>Lunch</b>	Blue Heron	
2:00p	<b>Qigong Mindful Movement</b>	Sages Yoga Studio	Diane
2:00p	<b>Body Sculpting &amp; Core Conditioning</b>	Willows Fitness Studio	Tess
3:30p - 4:45p	<b>Herbal Incense &amp; Smudge Sticks</b>	Willows Kitchen	Danielle
3:30p - 4:45p	<b>Creative Journaling: Finding Balance</b>	Sages Library	Diane
5:30p	<b>Pre-Dinner Reception</b>	Moon House	
6:00p - 8:00p	<b>Dinner</b>	Blue Heron	
7:00p - 7:45p	<b>Open Puppy Studio</b>	Sages Puppy Studio	

---

FRIDAY

---

7:00a	<b>Coffee, Tea &amp; Fruit</b>	Sages Café	
7:30a	<b>Sun Rise Up Gentle Yoga</b>	Sages Yoga Studio	Mario
7:30a - 9:00a	<b>Breakfast</b>	Sages Cafe	
9:30a - 10:45a	<b>Open Greenhouse: Growing with the Seasons</b>	Greenhouse	Sue
9:30a - 10:45a	<b>Expressive Drawing</b>	Willows Art Studio	Diane
11:00a - 12:15p	<b>Animal Interactions: Slowing down with Silkies</b>	Chicken Coop	Sue
11:00a - 12:15p	<b>Open Art Studio: Qi and Color</b>	Willows Art Studio	Diane
12:00p - 2:00p	<b>Lunch</b>	Blue Heron	
2:00p - 3:15p	<b>Horticulture: Miniature Spring Bulb Garden</b>	Willows Kitchen	Sue
2:00p	<b>Body Mind Connection</b>	Sages Yoga Studio	Diane
2:00p	<b>Wholistic Functional Fitness</b>	Willows Fitness Studio	Tess
3:30p - 4:45p	<b>Creative Journaling: Seasonal Shifts</b>	Sages Library	Diane
3:30p - 4:45p	<b>Pressed Flower &amp; Leaf Bookmarks</b>	Willows Art Studio	Sue
5:30p	<b>Pre-Dinner Reception</b>	Moon House	
6:00p - 8:00p	<b>Dinner</b>	Blue Heron	

SATURDAY

7:00a	<b>Coffee, Tea &amp; Fruit</b>	Sages Café	
7:30a	<b>Sun Rise Up Gentle Yoga</b>	Sages Yoga Studio	Mario
7:30a - 9:00a	<b>Breakfast</b>	Sages Café	
9:00a - 9:30a	<b>Property Tour</b>	Meet at Guest Registration	Guest Services
9:30a - 10:45a	<b>Culinary Adventure: Healthy Soups</b>	Willows Kitchen	Sue
9:30a - 10:45a	<b>Body as Brush</b>	Willows Art Studio	Diane
10:00a	<b>Wild Heart Meditation Walk</b>	Meet at Willows	Tess
11:00a - 12:15p	<b>Animal Interactions: Drawing Silkies</b>	Chicken Coop	Sue
11:00a - 12:15p	<b>Open Art Studio: Body as Brush Part II</b>	Willows Art Studio	Diane
11:30p	<b>Body Sculpting &amp; Core Conditioning</b>	Willows Fitness Studio	Tess
12:00p - 2:00p	<b>Lunch</b>	Blue Heron	
1:30p - 3:15p	<b>Nature Hike (*)</b>	Meet at Registration	Niko
2:00p - 3:15p	<b>Horticulture: Creating Herbal Steams</b>	Willows Sunroom	Sue
2:00p	<b>Finding Your Place on the Medicine Wheel</b>	Moon House	Diane
3:30p - 4:45p	<b>Creative Journaling: Medicine Wheel Reflections</b>	Sages Library	Diane
3:30p - 4:45p	<b>Being in Nature</b>	Willows Art Studio	Sue
5:30p	<b>Pre-Dinner Reception</b>	Moon House	
6:00p - 8:00p	<b>Dinner</b>	Blue Heron	
8:00p	<b>Emerge</b>	Sages Yoga Studio	Rick

**(\*) Registration Required for Nature Hike; Call extension "0" or visit Guest Registration to Sign Up**

*The secret of health for both mind and body is not to mourn for the past, not to worry about the future, not to anticipate the future, but to live the present moment wisely and earnestly.*

*Buddha*

**Wi-Fi**

Internet service is available 24/7 in your accommodations, however, we encourage you to make mindful choices when it comes to technology use during your stay.

**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**

We encourage you to journal about experiences throughout the day. Bring your journal with you to activities.

**Alcohol**

We offer locally sourced beer, wine and sparkling waters along with light appetizers at our evening reception from 5:30p-6:30p. Alcohol is not served or available at any other time or location on the property.

**Smoking**

Sunrise Springs is a smoke-free environment, including electronic cigarettes.

**Use of Electronic Devices**

During your stay at Sunrise Springs, we invite you to evaluate the presence of digital technology in your life. Please refrain from using electronic devices in public areas so that we can preserve the serene natural setting for all of our guests.

**Please do not enter classes or activities 10 minutes after start time.**

3.30.16 10am

**Animal Interactions: All About Assistance Dogs! Puppies 101**

Come meet our highly evolved, cuddly puppies and young dogs. These assistance dogs in training have particular qualities that make them ideal for future working dogs. Guests learn about the basics of purpose-bred dogs and the history of Assistance Dogs of the West (ADW) and their national reputation. Come help socialize our puppies and dogs by interacting with them in a fun and engaging activities

**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 Interactions: Drawing Silkies**

What better way to get to know our Silkie chickens than to draw them? Come to the chicken coop and make action drawings of these unusual looking chickens.

**Animal Interaction: Heart Opener, Puppies**

Take a moment to slow down and spend time with our young puppies. You can expect to pet, cuddle, and play with these energetic puppies as they explore their new world.

**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.

**Animal Interactions: Puppy Enrichment Program**

These amazing work dogs learn about their world through a program that helps them become confident, coordinated, competent adults. Guests work with ADW professionals to reinforce basic cues and learn how body language, voice, emotion and movement affect the way the dogs learn and respond to their human partners.

**Animal interactions: Upbeat Canine Play**

Play is an important part of growth and development in youngsters—both human and canine. Engage your “younger” side and play with our talented canines. The focus on this lesson is play. Guests can offer dogs toys and treats and movement to engage them in play. Agility activities, hide and seek, mindful walking and so much more.

**Art in Nature**

Artists have been enamored by nature over the centuries. Wander our grounds and see what resonates with you! Create in nature using the expressive arts form of your choice. Please dress appropriately for the weather. No experience needed.

**Being in Nature**

Slow down and immerse yourself in the beauty of nature at Sunrise Springs. Nature bathing is a meditative practice that reduces stress and encourages grounding. Drawing will be done to deepen the experience.

**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. Body as Brush 2: We add the component of Color for more Exploration of Feeling and Imagery. 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.

**Body Sculpting & Core Strengthening**

Focus on core activation and stabilization in this class using various pieces of equipment for strength and toning.

**Collage Expressions**

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.

**Creative Journaling**

Various themes and prompts are presented each week to pique your interest in putting words on a page as we move, write and share. Each class will have time for a body, mind, spirit check in as we word sketch thoughts, feelings, observations, reflections and recollections. Bring your pens and journals. No previous writing experience is necessary.

**Culinary Adventures: Healthy Soups**

Learn how to make miso soups that are both health promoting and healing. These light nurturing soups could sustain you this Spring.

**Emerge**

Crystal singing bowls and other instruments take you on an inner journey of restoration. Offering an opportunity for you to lay back, relax and let go of stress, tension and mental chatter. Allow the healing properties of sound to enhance your wellbeing on all levels, mind body and soul as you EMERGE and bring into being all that you are.

**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.

**Finding Your Place on the Medicine Wheel**

Discover the tradition and insight to the medicine Wheel and how it can enhance your stay at Sunrise Springs

**Guided Nature Exploration & Drawing**

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

**Herbal First Aid Kits**

Join us to create an herbal first aid kit that can travel with you anywhere you go. Learn basic herbal remedies for a variety of minor troubles from bumps and bruises to upset tummies and trouble sleeping. This is natural way to augment your first aid training.

**Herbal Incense & Smudge Sticks**

Take a journey 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 journey.

**Herbal Lip Balms**

Join us in creating custom herbal lip balms from plants grown at Sunrise Springs. Soothe your chapped lips as you learn about the properties of a variety of herbs and create your own lip balm to bring home.

**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.

**Horticulture: Creating Herbal Steams**

Learn how to make herbal steams at home using essential oils and fresh herbs. Herbal steams can be calming, healing or invigorating depending on your choice of ingredients. Experience steams you create and their nurturing qualities.

**Horticulture: Miniature Spring Bulb Garden**

Spring bulbs can uplift your spirits and add beauty to your home or office in the middle of winter. Learn about flower bulbs and plant a mini bulb garden in our warm greenhouse. Take home bulbs to plant for yourself.

**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: Growing with the Seasons**

The seasons of the year greatly influence what can be grown successfully. Come see what we are growing now!

**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.

**Mindful Meditation**

A 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: Rocks, Trees, Water, Birds and You!**

Slow down, breathe, notice your surroundings. Sketch, photograph or simply move with awareness and Qi 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 with a Gong Shaman**

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

**Open Art Studio**

Rotating themes will be presented as an invitation to enter the Art Studio. You can explore and create independently with our assortment of art materials, continue working on a project or start a new one. An instructor is available to guide the process. No previous art experience is necessary.

**Open Fitness Studio**

Join Niko for questions and answers on your fitness routine or helpful hints to jump start your program.

**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.

**Power Walk**

Join us for a scenic & aerobic walk around our property. All levels welcome.

**Pre-dinner Reception**

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

**Pressed Flower & Leaf Bookmarks**

Create a beautiful bookmark for yourself using flowers and leaves. Come hear plant stories, use a plant press and nurture your reading!

**Property Tour**

Walk and Talk tour is a great way to orient yourself to Sunrise Springs. Wear comfortable shoes.

**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.

**Sewing: Herbal Eye Pillows**

Have fun creating an herbal eye pillow using this traditional form of fiber arts. Hand sewing has long been both a meditative and social activity. Be nurtured as you make yourself a lovely gift.

**Sun Rise Up Gentle Yoga**

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

**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 Meditation Walk**

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.