

SUNDAY, AUGUST 21

7:30a - 8:30a	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Aaron
9:00a - 10:00a	Open Fitness Studio	Willows Fitness Studio	Joel
9:30a - 10:45a	Culinary Oils and Vinegars	Willows Kitchen	Sue
10:30a - 11:30a	Mindful Strength Training	Willows Fitness Studio	Joel
11:00a - 12:15	Open Art Studio: Calligraphy and Font	Willows Art Studio	Diane
11:00a - 12:15	Animal Interactions: Heart Opener	Puppy Studio	Britte
12:30p - 1:30p	Lunch: Harvest Salad	Sages Kitchen	Brigita
1:30p - 1:50p	Stillness and Silence	Dock	Brigita
2:00p - 3:00p	Circuit Training	Willows Fitness Studio	Joel
3:30p - 4:45p	Nature Art	Willows Kitchen Studio	Sue
3:30p - 4:45p	Daily Groove for a Vibrant Life	Sages Library	Brigita
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	
8:30p - 9:30p	The Art of Seeing	Sages Yoga Studio	Heather

MONDAY, AUGUST 22

7:30a - 8:30a	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Mario
7:30a - 8:30a	Power Walk in Nature	Meet at Willows	Joel
9:30a - 10:30a	Mindful Meditation	Sages Yoga Studio	Michael
11:00a - 12:00p	Mobility Class	Willows Fitness Studio	Joel
11:00a - 12:15p	Animal Interactions: Slowing Down w/ Silkies	Chicken Coop	Sue
1:30p - 1:50p	Stillness and Silence	Dock	Brigita
2:00p - 3:15p	Kitchen Creations: Apples!	Willows Kitchen	Sue
2:00p - 3:15p	Floral Arrangements	Willows Art Studio	Brigita
3:30p - 4:45p	Open Art Studio	Willows Art Studio	Sue
3:30p - 4:45p	Movemeant!	Sages Yoga Studio	Brigita
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	

TUESDAY, AUGUST 23

7:30a - 8:30a	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Tess
9:30a - 10:30a	Springs Awaken Yoga	Sages Yoga Studio	Tess
9:30a - 10:45a	Finding Your Place on the Medicine Wheel	Medicine Wheel	Michael
9:30a - 10:45a	Guided Nature Exploration	Willows ArtStudio	Sue
11:00a - 12:00p	Animal Interactions: All About Assistance Dogs	Sages Puppy Studio	Britte
11:00a - 12:00p	Heart Conditioning	Willows Fitness Studio	Tess
1:30p - 1:50p	Stillness and Silence	Dock	Brigita
2:00p - 3:15p	Flower Essences	Willows Kitchen	Danielle
2:00p - 3:15p	Words and Images	Willows Art Studio	Sue
3:30p - 4:45p	Culinary: Probiotic Veggies	Sages Kitchen	Brigita
3:30p - 4:45p	Herbal Primer	Willows Kitchen	Danielle
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	

WEDNESDAY, AUGUST 24

7:30a - 8:30a	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Mario
7:30a - 10:30a	Hike (*)	Meet at Registration	Dan
9:30a - 10:45a	Open Garden: Engaging the Senses	Garden	Danielle
9:30a - 10:30a	Mindful Meditation	Sages Yoga Studio	Michael
11:00a - 12:15p	Animal Interactions: Heart Opener	Chicken Coop	Danielle
11:00a - 12:15p	Herbal Eye Pillows	Willows Kitchen	Sue
11:00a - 12:00p	Property Tour	Meet at Guest Registration	
1:30p - 1:50p	Stillness and Silence	Dock	Brigita
2:00p - 3:15p	Herbal Incense and Smudge Sticks	Willows Kitchen	Danielle
2:00p - 3:15p	Exploring Color and Movement	Willows Art Studio	Sue
3:30p - 4:45p	Culinary: Healthy Harvest Meals	Willows Kitchen	Brigita
3:30p - 4:45p	Circuit Training	Willows Fitness Studio	Joel
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	

THURSDAY, AUGUST 25

7:30a - 8:30a	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Tess
9:30a - 10:45a	Finding Your Place on the Medicine Wheel	Medicine Wheel	Michael
9:30a - 10:45a	Springs Awaken Yoga	Sages Yoga Studio	Tess
11:00a - 12:00p	Animal Interactions: Upbeat Canine Play	Sages Puppy Studio	Britte
11:00a - 12:15p	Physician's Corner: Food as Medicine Q&A	Willows Kitchen	Sally Fisher, MD
1:00p - 1:45p	Body and Core Sculpting	Willows Fitness Studio	Tess
1:30p - 1:50p	Stillness and Silence	Dock	Brigita
2:00p - 3:15p	Medicine Wheel Themes: Collage/Paint	Willows Art Studio	Diane
2:00p - 3:15p	Physician's Corner: Stress & Relaxation Q&A	Willows Kitchen	Sally Fisher, MD
3:30p - 4:45p	Herbal Salves	Willows Kitchen	Danielle
3:30p - 4:45p	Open Studio Explorations: Collage/Paint	Willows Art Studio	Diane
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	
8:15p - 9:00p	Candlelight Yoga	Sages Yoga Studio	Brigita

FRIDAY, AUGUST 26

7:30a - 8:30a	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Tess
8:00a - 8:20a	Stillness and Silence	Pond Dock	Brigita
9:30a - 10:45a	Banner Symbol Painting	Willows Art Studio	Diane
9:30a - 10:45a	Springs Awaken Yoga	Sages Yoga Studio	Tess
11:00a - 12:15p	Physician's Corner: Gut (GI) Health Q&A	Sages Library	Sally Fisher, MD
11:00a - 12:00p	Wholistic Functional Fitness	Willows Fitness Studio	Tess
1:00p - 1:30p	Spirit Lodge Orientation	Meet at Ceremonial Circle	Diane
2:00p - 3:15p	Herbal Lotion Bars & Lip Balms	Willows Kitchen	Danielle
2:00p - 3:00p	Self-care Recharge and Qigong	Sages Yoga Studio	Diane
2:00p - 3:15p	Physician's Corner: Ancient Rhythms Q&A	Sages Library	Sally Fisher, MD
3:30p - 4:45p	Creative Journaling: Finding Balance	Sages Library	Diane
3:30p - 4:45p	Culinary: Fast Flavor, Sauces and Dressings	Sages Kitchen	Brigita
5:00p - 5:20p	Stillness and Silence	Sages Patio	Brigita
5:30p - 7:30p	Spirit Lodge (*)(**)	Meet at Ceremonial Circle	
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	

SATURDAY, AUGUST 27

7:30a - 10:30a	Hike (*)	Meet at Registration	Dan
7:30a - 8:15a	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Brigita
8:30a - 9:15a	Culinary Breakfast: Smoothies	Willows Kitchen	Brigita
9:30a - 10:45a	Herbal Tea Making	Willows Kitchen	Danielle
9:30a - 10:45a	Finding Your Place on the Medicine Wheel	Moon House	Diane
11:00a - 12:15p	Animal Interactions: Silkie Chicken Play	Chicken Coop	Danielle
11:00a - 12:15p	Physician's Corner: Nutrition Topics Q&A	Sages Library	Sally Fisher, MD
1:00p - 1:45p	Body and Core Sculpting	Willows Fitness Studio	Tess
1:30p - 1:50p	Stillness and Silence	Pond Dock	Brigita
2:00p - 3:00p	Yoga and Fitness	Willows Fitness Studio	Tess
2:00p - 3:15p	Body as Brush	Willows Art Studio	Diane
2:00p - 3:15p	Culinary: Healthy Harvest Meals	Sages Kitchen	Brigita
3:30p - 4:45p	Open Art Studio: Energy and Expression	Willows Art Studio	Diane
3:30p - 4:45p	Floral Arrangements	Willows Kitchen	Brigita
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	
8:30p - 9:30p	Emerge	Sages Yoga Studio	Rick

* **Advanced sign up required.**

** **There is an additional fee.**

Please call Guest Services at extension 0, or visit Guest Registration to sign up.

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

**Wi-Fi**

Internet service is available 24/7 in your room.

Fitness Studio Hours

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

Open Studio & Open Garden

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

Spa Appointments

Please check in at the Spa 10 minutes prior to your appointment

Bring Your Journal

Bring your journal with you to activities so you can write about your experiences throughout the day.

Outdoor Classes

When outdoors we recommend bringing a hat, sunscreen and water.

Alcohol

We offer locally sourced beer, wine and sparkling waters along with light appetizers at our evening reception from 5:00-6:00p. This is the only time alcohol is served or available.

Smoking

Sunrise Springs is a smoke-free environment. Electronic cigarettes are not permitted.

Cell Phones

In an effort to preserve the serene natural setting for all of our guests, we ask that cell phones not be used in public areas.

Dining

7:00a – Light Breakfast, Sages

7:30 - 9:30a – Breakfast, Sages

12:00 - 2:00p – Lunch, Blue Heron

5:00 - 6:00p – Pre-dinner reception, Moon House

6:00 - 8:00p – Dinner, Blue Heron