

SUNDAY, NOVEMBER 13

7:30a - 8:30a	Meditation & Qigong	Sages Yoga Studio	Diane
9:00a - 10:00a	Open Fitness Studio	Willows Fitness Studio	Joel
9:30a - 10:45a	Culinary Adventure	Willows Kitchen	Sue
9:30a - 10:30a	Finding Your Place on the Medicine Wheel	Moon House	Diane
10:30a - 11:30a	Mindful Strength Training	Willows Fitness Studio	Joel
11:00a - 12:15p	Animal Interactions: Heart Opener	Puppy Studio	Britte
11:00a - 12:15	Paint Like Matisse: Guided Art Process	Willows Art Studio	Diane
2:00p - 3:00p	Circuit Training	Willows Fitness Studio	Joel
2:00p - 3:15p	Open Art Studio: Mixed Media Explorations	Willows Art Studio	Diane
3:30p - 4:45p	Herbal Eye Pillows	Willows Kitchen	Sue
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	
8:30p - 9:30p	Musical Voyage with a Gong Shaman	Sages Yoga Studio	Al

MONDAY, NOVEMBER 14

7:30a - 8:30a	Power Walk in Nature	Meet at Willows	Joel
7:30a - 8:30a	Self-Care Recharge & Qigong	Sages Yoga Studio	Diane
9:30a - 10:30a	Mindful Meditation	Sages Yoga Studio	Michael
9:30a - 10:45a	Expressive Drawing & Painting	Willows Art Studio	Diane
11:00a - 12:00p	Mobility Class	Willows Fitness Studio	Joel
11:00a - 12:15p	Animal Interactions: Slowing Down w/ Silkies	Chicken Coop	Sue
2:00p - 3:15p	Creative Journaling: Defining Lifestyle	Sages Library	Diane
2:00p - 3:15p	Kitchen Creations	Willows Kitchen	Sue
3:30p - 4:45p	Nurturing Flower Bulbs for Winter Bloom	Willows Kitchen	Sue
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	

TUESDAY, NOVEMBER 15

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	Painting for the Soul	Willows Art Studio	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
2:00p - 3:15p	Guided Nature Exploration	Willows Art Studio	Sue
2:00p - 3:15p	Herbal Salves	Willows Kitchen	Danielle
3:30p - 4:45p	Herbal First Aid	Willows Kitchen	Danielle
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	

WEDNESDAY, NOVEMBER 16

7:30a - 8:30a	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Mario
9:30a - 10:30a	Herbal Incense and Smudge Sticks	Willows Kitchen	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	
12:30p - 12:50p	Stillness & Silence	Pond Dock	Brigita
1:30p - 4:00p	Hike (*)	Meet at Registration	Dan
2:00p - 3:15p	Culinary: Holiday Culinary Gifts	Willows Kitchen	Brigita
2:00p - 3:15p	Nature Art	Willows Art Studio	Sue
3:30p - 4:45p	Open Art Studio	Willows Art Studio	Sue
3:30p - 4:45p	Steel Mace Class	Willows Fitness Studio	Joel
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	

THURSDAY, NOVEMBER 17

7:30a - 8:30a	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Tess
8:30a - 9:15a	Culinary: Breakfast Tea & Scones	Willows Kitchen	Brigita
9:30a - 10:45a	Finding Your Place on the Medicine Wheel	Medicine Wheel	Michael
9:30a - 10:30a	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	Sages Library	Dr. Sally
1:30p - 2:15p	Body & Core Sculpting	Willows Fitness Studio	Tess
1:30p - 1:50p	Stillness & Silence	Pond Dock	Brigita
2:00p - 3:15p	Floral Arrangements: Fall Foliage	Willows Kitchen	Brigita
2:00p - 3:15p	Physician's Corner: Stress & Relaxation Q & A	Sages Library	Dr. Sally
3:30p - 4:45p	Herbal Recipes for Fall and Winter	Willows Kitchen	Danielle
3:30p - 4:45p	Open Studio: Calligraphy & Font	Willows Art Studio	Brigita
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	
8:15p - 9:00p	Candlelight Yoga	Sages Yoga Studio	Brigita

FRIDAY, NOVEMBER 18

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	Rock Painting	Willows Art Studio	Diane
11:00a - 12:15p	Physician's Corner: Gut (GI) Health Q & A	Sages Library	Dr. Sally
11:00a - 12:00p	Wholistic Functional Fitness	Willows Fitness Studio	Tess
1:30p - 1:50p	Spirit Lodge Orientation	Meet at Ceremonial Circle	Diane
1:30p - 1:50p	Stillness & Silence	Pond Dock	Brigita
2:00p - 3:15p	Lotion Bars & Lip Balms	Willows Kitchen	Danielle
2:00p - 3:15p	Physician Corner: Ancient Rhythms Q & A	Sages Library	Dr. Sally
2:00p - 3:00p	Meditation & Qigong	Sages Yoga Studio	Diane
3:30p - 4:45p	Plant Myths, Magic and Folklore	Willows Kitchen	Danielle
3:30p - 4:45p	Open Art Studio: Drop In!	Willows Art Studio	Diane
3:30p - 4:45p	Culinary: Thanksgiving Vegetables & Healthy Desses	Sages Kitchen	Brigita
5:30p - 7:30p	Spirit Lodge (*)(**)	Meet at Ceremonial Circle	Concha
7:45p - 8:30p	Open Puppy Studio	Sage Puppy Studio	

SATURDAY, NOVEMBER 19

7:30a - 8:15a	Sunrise Warm Up Yoga	Sages Yoga Studio	Brigita
9:30a - 10:45a	Herbal Tea Making	Willows Kitchen	Danielle
9:30a - 10:30 a	Body as Brush: Expressive Painting with Sumi Ink	Willows Art Studio	Diane
11:00a - 12:15p	Animal Interactions: Silkie Chicken Play	Chicken Coop	Danielle
11:00a - 12:15p	Fast Flavor: Home Made Spice Mixtures	Sages Kitchen	Brigita
1:00p - 1:45p	Body & Core Sculpting	Willows Fitness Studio	Tess
1:30p - 4:00p	Hike (*)	Meet at Registration	Dan
2:00p - 3:00p	Yoga & Fitness	Sages Yoga Studio	Tess
2:00p - 3:15p	Finding Your Place on the Medicine Wheel	Sages Library	Diane
2:00p - 3:15p	Culinary: Healthy Harvest Meals	Willows Kitchen	Brigita
3:30p - 4:45p	MoveMEANT	Sages Yoga Studio	Brigita
3:30p - 4:45p	Open Art Studio: Qi & Expression!	Willows Art Studio	Diane
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	
8:30p - 9:30p	Crystalline Harmonic	Sages Yoga Studio	Brigita

SUNDAY, NOVEMBER 20

7:30a - 8:30a	Meditation & Qigong	Sages Yoga Studio	Diane
9:30a - 10:45a	Culinary Adventure	Willows Kitchen	Sue
9:30a - 10:30a	Finding Your Place on the Medicine Wheel	Moon House	Diane
11:00a - 12:15p	Animal Interactions: Heart Opener	Puppy Studio	Britte
11:00a - 12:15	Banner Symbol Painting	Willows Art Studio	Diane
1:30p - 1:50p	Stillness & Silence	Pond Dock	Brigita
2:00p-3:15p	Open Art Studio: Banners & Rock Painting	Willows Art Studio	Diane
3:30p - 4:45p	Herbal Steams	Willows Kitchen	Sue
3:30p - 4:45p	Culinary: Afternoon Tea & Scones	Sages Kitchen	Brigita
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	
8:30p - 9:30p	Sound Healing Journey	Sages Yoga Studio	Richard

* **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 Moon House Lounge from 5:00-6:30p. Beer and Wine is also available at Lunch and Dinner in our Blue Heron Restaurant.

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 are not used in any public spaces.

Dining

7:00a – Light Breakfast, Sages
 7:30 - 930a – Breakfast, Sages
 11:00 – 2:00p – Brunch on Sundays, Blue Heron
 12:00 - 2:00p – Lunch, Blue Heron
 5:00 - 6:30p – Pre-dinner reception, Moon House
 6:00 - 8:00p – Dinner, Blue Heron (Sun. – Thurs.)
 6:00 - 9:00p – Dinner, Blue Heron (Fri. – Sat.)