

**SUNDAY, FEBRUARY 26**

7:30a - 8:30a	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Aaron
9:30a - 10:30a	Deep Release Yoga	Sages Yoga Studio	Anjali
9:30a - 10:45a	Culinary: Smoothies	Willows Kitchen	Brigita
11:00a - 12:15p	Crystalline Harmonic	Sages Yoga Studio	Brigita
11:00a - 12:15p	Banner Symbol Painting	Willows Art Studio	Diane
2:00p - 3:00p	Open Art Studio	Willows Art Studio	Ruth
2:00p - 3:15p	Finding Your Place on the Medicine Wheel	Sages Yoga Studio	Diane
3:30p - 4:45p	Meditation & Qi Gong	Sages Yoga Studio	Diane
3:30p - 4:45p	Brushless Painting	Willows Art Studio	Ruth

**MONDAY, FEBRUARY 27**

7:30a - 8:30a	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Anjali
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	Card Making	Willows Art Studio	Diane
2:00p - 3:15p	Journaling: Past to Present	Sages Library	Diane
2:00p - 3:15p	Finding your Place on the Medicine Wheel	Medicine Wheel	Michael
3:30p - 4:45p	Self Care Recharge & Qi Gong	Sages Yoga Studio	Diane
3:30p - 4:45p	Open Studio	Willows Art Studio	Ruth

**TUESDAY, FEBRUARY 28**

7:30a - 8:30a	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Aaron
9:30a - 10:30a	Herbal Tea Making	Willows Kitchen	Danielle
9:30a - 10:45a	Finding Your Place on the Medicine Wheel	Medicine Wheel	Michael
11:00a - 12:00p	All About Silkies	Willows Kitchen	Danielle
2:00p - 3:15p	Mindful Meditation	Sages Yoga Studio	Michael
2:00p - 3:15p	The Inner Garden	Willows Kitchen	Danielle
3:30p - 4:45p	Herbal Salves	Willows Kitchen	Danielle
3:30p - 4:45p	Garden Stone Painting	Willows Art Studio	Ruth

**WEDNESDAY, MARCH 1**

7:30a - 8:30a	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Anjali
9:30a - 10:45a	Culinary: Spice Mixtures & Healing Properties	Willows Kitchen	Brigita
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	Floral Arranging: Winter Foliage	Willows Art Studio	Brigita
11:00a - 12:00p	Property Tour	Meet at Guest Registration	
2:00p - 3:15p	MoveMEANT	Sages Yoga Studio	Brigita
2:00p - 3:15p	Herbal Lotion Bars & Lip Balms	Willows Kitchen	Danielle
3:30p - 4:45p	Open Art Studio	Willows Art Studio	Brigita
3:30p - 4:45p	Open Greenhouse: Engaging the Senses	Greenhouse	Danielle
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	

**THURSDAY, MARCH 2**

7:30a - 8:30a	Sun Rise Warm Up Yoga	Sages Yoga Studio	Brigita
9:30a - 10:45a	Finding Your Place on the Medicine Wheel	Medicine Wheel	Michael
9:30a - 10:30a	Self Care Recharge	Sages Yoga Studio	Diane
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
2:00p - 3:15p	Photo-ku: Meditative Photography & Haiku	Willows Art Studio	Diane
2:00p - 3:15p	Physician's Corner: Stress & Relaxation Q & A	Sages Library	Dr. Sally
3:30p - 4:45p	Herbal Incense & Smudge Sticks	Willows Kitchen	Danielle
3:30p - 4:45p	Open Art Studio: Mixed Media Explorations	Willows Art Studio	Diane
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	

**FRIDAY, MARCH 3**

7:30a - 8:30a	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Anjali
9:30a - 10:30a	Seed to Harvest: Planning Your Garden	Greenhouse	Danielle
9:30a-10:45a	Open Art Studio: Clay Shaping	Willows Art Studio	Diane
11:00a - 12:15p	Physicians Corner: Gut (GI) Health Q & A	Sages Library	Dr. Sally
11:00a - 12:00p	Herbal Recipes for Fall & Winter	Willows Kitchen	Danielle
1:30p - 1:50p	Spirit Lodge Orientation	Meet at Ceremonial Circle	Diane
2:00p - 3:00p	Meditation & Qigong	Sages Yoga Studio	Diane
2:00p - 3:15p	Physician Corner: Ancient Rhythms Q & A	Sages Library	Dr. Sally
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
5:30p - 7:30p	Spirit Lodge (*)(**)	Meet at Ceremonial Circle	Concha
7:45p - 8:30p	Open Puppy Studio	Sage Puppy Studio	

**SATURDAY, MARCH 4**

7:30a - 8:30a	Sunrise Warm Up Yoga	Sages Yoga Studio	Aaron
9:30a - 10:45a	Herbal Tea Making	Willows Kitchen	Danielle
9:30a - 10:45a	Body as Brush: Expressive Painting with Sumi Ink	Willows Art Studio	Diane
11:00a - 12:15p	Animal Interactions: Silkie Chicken Play	Chicken Coop	Danielle
2:00p - 3:15p	Finding Your Place on the Medicine Wheel	Willows Art Studio	Diane
2:00p - 3:15p	Herbal Salves	Willows Kitchen	Danielle
3:30p - 4:45p	Open Art Studio: Personal Themes Mixed Media	Willows Art Studio	Diane
3:30p - 4:45p	Open Greenhouse: Engaging the Senses	Greenhouse	Danielle
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	

**SUNDAY, MARCH 5**

7:30a - 8:30a	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Aaron
9:30a - 10:30a	Deep Release Yoga	Sages Yoga Studio	Anjali
9:30a - 10:45a	Open Art Studio: Retablos and Cards	Willows Art Studio	Diane
11:00a - 12:15	Retablo Painting: San Pasquale, Kitchen Santo	Willows Art Studio	Diane
2:00p - 3:00p	Open Studio	Willows Art Studio	Ruth
2:00p - 3:15p	Finding Your Place on the Medicine Wheel	Sages Yoga Studio	Diane
3:30p - 4:45p	Meditation & Qigong	Sages Yoga Studio	Diane
3:30p - 4:45p	Brushless Painting	Willows Art Studio	Ruth
7:45p - 8:30p	Open Puppy Studio	Sages Puppy Studio	

\* **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 at Lunch and Dinner in our Blue Heron Restaurant.

**Smoking**

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

**Cell Phones**

To preserve the serene natural setting for all our guests, we ask that cell phones are not used in any public spaces.

**Dining**

**Sages Cafe**

Light Breakfast.....7:00a  
Breakfast.....7:30 - 930a

**Blue Heron Restaurant**

Sunday Brunch.....11:00 - 2:00p  
Lunch.....12:00 - 2:00p  
Dinner (Sunday – Thursday)....6:00 - 8:00p  
Dinner (Friday, Saturday).....6:00 - 9:00p