

SUNDAY, MARCH 12

7:30a - 8:30a	Yoga	Sunrise Up Gentle Yoga	Sages Yoga Studio	Aaron
9:30a - 10:45a	Expressive Arts	Banner Symbol Painting	Willows Art Studio	Diane
9:30a - 10:30a	Yoga	Deep Release Yoga	Sages Yoga Studio	Anjali
11:00a - 12:15p	Animal Interactions	Heart Opener	Puppy Studio	Britte
11:00a - 12:15	Expressive Arts	Open Studio	Willows Art Studio	Diane
2:00p - 3:00p	Expressive Arts	Little Library of Joy	Willows Art Studio	Ruth
2:00p - 3:00p	Mindfulness/Meditation	Meditation & Qigong	Sages Yoga Studio	Diane
3:30p - 4:45p	Expressive Arts	Garden Stone Painting	Willows Art Studio	Ruth
3:30p - 4:45p	Mindfulness/ Meditation	Finding Your Place on the Medicine Wheel	Sages Yoga Studio	Diane
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sages Puppy Studio	

MONDAY, MARCH 13

7:30a - 8:30a	Yoga	Sunrise Up Yoga	Sages Yoga Studio	Brigita
9:30a - 10:45a	Expressive Arts	Open Studio Mixed Media Explorations	Willows Art Studio	Diane
9:30a - 10:45a	Mindfulness/Meditation	Mindful Meditation	Sages Yoga Studio	Michael
11:00a - 12:00p	Culinary	Healing Properties of Herbs and Spices	Willows Kitchen	Brigita
2:00p - 3:15p	Mindfulness/Meditation	Self Care Recharge& Qigong	Sages Yoga Studio	Diane
2:00p - 3:15p	Nature Based	MoveMEANT!	Sages Yoga Studio	Brigita
3:30p - 4:45p	Expressive Arts	Journaling: Move, Write, Share	Sages Library	Diane
3:30p - 4:45p	Nature Based	Floral Arrangements	Willows Kitchen	Brigita
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sages Puppy Studio	

TUESDAY, MARCH 14

7:30a - 8:30a	Mindfulness/Meditation	Sunrise Up Yoga	Sages Yoga Studio	Brigita
9:30a - 10:30a	Expressive Arts	Calligraphy & Font	Willows Art Studio	Brigita
9:30a - 10:45a	Mindfulness/Meditation	Finding Your Place on the Medicine Wheel	Medicine Wheel	Michael
11:00a - 12:00p	Animal Interactions	All About Assistance Dogs	Sages Puppy Studio	Britte
11:00a - 12:00p	Fitness	Wholistic Functional Fitness	Sages Yoga Studio	Brigita
2:00p - 3:15p	Meditation	The Living Meditation	Sages Yoga Studio	Brigita
2:00p - 3:15p	Horticulture	The Inner Garden	Willows Kitchen	Danielle
3:30p - 4:45p	Horticulture	Herbal Incense & Smudge Sticks	Willows Kitchen	Danielle
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sages Puppy Studio	

WEDNESDAY, MARCH 15

7:30a - 8:30a	Yoga	Sunrise Up Yoga	Sages Yoga Studio	Brigita
9:30a - 10:45a	Culinary	Smoothies	Willows Kitchen	Brigita
9:30a - 10:30a	Mindfulness/Meditation	Mindful Meditation	Sages Yoga Studio	Michael
11:00a - 12:15p	Animal Interactions	Animal Interactions: Heart Opener	Chicken Coop	Danielle
11:00a - 12:15p	Health	Daily Groove	Willows Kitchen	Brigita
11:00a - 12:00p		Property Tour	Meet at Guest Registratic	
2:00p - 3:15p	Horticulture	Lotion Bars & Lip Balms	Willows Kitchen	Danielle
2:00p - 3:15p	Nature Based	MoveMEANT!	Meet in Sages Yoga Studi	Brigita
3:30p - 4:45p	Horticulture	Open Greenhouse: Engaging the Senses	Greenhouse	Danielle
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sages Puppy Studio	

THURSDAY, MARCH 16

7:30a - 8:30a	Yoga	Sunrise Up Yoga	Sages Yoga Studio	Brigita
9:30a - 10:45a	Mindfulness/Meditation	Finding Your Place on the Medicine Wheel	Medicine Wheel	Michael
9:30a - 10:30a	Health	Natural Body Care	Willows Kitchen	Brigita
11:00a - 12:00p	Animal Interactions	Animal Interactions: Upbeat Canine Play	Sages Puppy Studio	Britte
11:00a - 12:15p	Health	Physician's Corner: Food as Medicine Q & A	Sages Library	Dr. Sally
2:00p - 3:15p	Expressive Arts	Clay Shaping	Willows Art Studio	Diane
2:00p - 3:15p	Health	Physician's Corner: Stress & Relaxation Q & A	Sages Library	Dr. Sally
3:30p - 4:45p	Horticulture	Seed to Harvest: Planning Your Garden	Greenhouse	Danielle
3:30p - 4:45p	Expressive Arts	Open Studio Mixed Media Explorations	Willows Art Studio	Diane
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sages Puppy Studio	

FRIDAY, MARCH 17

7:30a - 8:30a	Yoga	Sunrise Up Yoga	Sages Yoga Studio	Brigita
9:30a - 10:30a	Horticulture	Plant Myths, Magic and Folklore	Willows Kitchen	Danielle
9:30a-10:45a	Expressive Arts	Find your Inner Artist	Willows Art Studio	Diane
11:00a - 12:15p	Health	Physicians Corner: Gut (GI) Health Q & A	Sages Library	Dr. Sally
11:00a - 12:00p	Culinary	Burnt: The Flavors of Blackening and Caramel	Sages Kitchen	Brigita
1:30p - 1:50p	Mindfulness/Meditation	Spirit Lodge Orientation	Meet at Ceremonial Circle	Diane
2:00p - 3:00p	Mindfulness/Meditation	Meditation & Qigong	Sages Yoga Studio	Diane
2:00p - 3:15p	Health	Physician Corner: Ancient Rhythms Q & A	Sages Library	Dr. Sally
2:00p - 3:15p	Horticulture	Herbal Salves	Willows Kitchen	Danielle
3:30p - 4:45p	Horticulture	The Inner Garden	Willows Kitchen	Danielle
3:30p - 4:45p	Expressive Arts	Open Art Studio Drop In!	Willows Art Studio	Diane
5:30p - 7:30p	Mindfulness/Meditation	Spirit Lodge (*)(**)	Meet at Ceremonial Circle	Concha
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sage Puppy Studio	

SATURDAY, MARCH 18

7:30a - 8:30a	Yoga	Sunrise Warm Up Yoga	Sages Yoga Studio	Brigita
9:30a - 10:45a	Horticulture	Herbal Tea Making	Willows Kitchen	Danielle
9:30a - 10:30a	Mindfulness/Meditation	Meditation & Qigong	Sages Yoga Studio	Diane
11:00a - 12:15p	Animal Interactions	Animal Interactions: Silkie Chicken Play	Chicken Coop	Danielle
11:00a - 12:15p	Health	Physicians Corner: Nutrition Topics Q&A	Sages Library	Sally
1:00p - 1:45p	Fitness	Mindful Strength Training	Willows Fitness Studio	Brigita
2:00p-3:00p	Mindfulness/Meditation	Finding Your Place on the Medicine Wheel	Moon House Deck	Diane
2:00p - 3:15p	Culinary	Ancestral Health & Wisdom	Willows Kitchen	Brigita
3:30p - 4:45p	Horticulture	Open Greenhouse: Engaging the Senses	Willows Kitchen	Danielle
3:30p-4:45p	Expressive Arts	Collage Expressions; Personal Themed	Willows Art Studio	Diane

SUNDAY, MARCH 19

7:30a - 8:30a	Yoga	Sunrise Up Gentle Yoga	Sages Yoga Studio	Aaron
9:30a - 10:45a	Expressive Arts	Symbol Painting on Canvas Banner	Willows Art Studio	Diane
9:30a - 10:30a	Yoga	Deep Release Yoga	Sages Yoga Studio	Anjali
11:00a - 12:15p	Animal Interactions	Open Puppy Studio	Puppy Studio	Britte
11:00a - 12:15	Expressive Arts	Photo-ku Meditative Photography & Haiku	Willows Art Studio	Diane
2:00p - 3:00p	Expressive Arts	Little Library of Joy	Willows Art Studio	Ruth
2:00p - 3:00p	Mindfulness/Meditation	Meditation & Qigong	Sages Yoga Studio	Diane
3:30p - 4:45p	Expressive Arts	Garden Stone Painting	Willows Art Studio	Ruth
3:30p - 4:45p	Mindfulness/Meditation	Finding your Place on the Medicine Wheel	Sages Yoga Studio	Diane

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Advanced sign up required.

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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