

## Animal Interactions

### **Animal Interaction: All About Silkies - Heart Opener**

Take a moment to slow down, tune in and connect with another living being. Time spent with animals has been shown to decrease stress and anxiety and increase a sense of connection in the world. Let our small, soft Silkie chickens enter your heart and ease your mind. Take a deep breath and cue into the soft nuances of body language and intuition. A meditative sense of calm will embrace you as your heart rate slows and your blood pressure lowers. Fully open your heart and engage.

### **Animal Interaction: All About Silkies – Silkie Chicken Play**

Can you recall the last time you played? The intensity of life makes it easy to overlook the joys offered to us each day. Allow yourself a moment to become joyful, innocent and open. Enter the playful realm of Silkie chickens, as they coo, cackle and dance around the coop. Remember a moment when you last felt the same lightness of spirit and mind. Let yourself embrace play here and now.

### **Animal Interactions: Connecting with Silkies**

Experience the gift of slowing down and finding peace with our Silkie chickens. Embrace a Silkie chicken with feathers soft as fur, close to your heart and calm down together. Being with animals and touching them can be calming. Decide your comfort level and whether you'd like to feed, hold a chicken or just be in the presence of this unique breed.

## Culinary

### **Probiotic Veggies**

Learn how to make traditional homemade pickles, sauerkraut, relish and more with just salt and water! We begin by tasting a variety of fermented foods before making a batch of seasonal fermented veggies together. Learn the basics of home lacto-fermentation..

### **Fast Flavor: Sauces, Spices & Dressings**

Sauces, spice and dressings are a quick way to enliven our everyday foods and many of these flavorful additions have tremendous healing and medicinal qualities. With a few tools and straightforward techniques, we will craft delicious and vibrant additions to your typical meals through a variety of seasonal herbs and exotic spices, adding flavor and nutrition!

### **Ancestral Health & Wisdom**

Indigenous cultures around the world have known certain foods to be healing and life giving. Each culture has culinary traditions and techniques that were passed down from generation to generation that have helped to keep us strong, healthy and free from chronic disease. This cross cultural and timeless wisdom has also helped keep our gut microbiome healthy. We discuss the why and how of these practices which make our food more delicious, digestible and nutrient dense. Learn easy methods to make your home cooking quicker and better for you!

## Expressive Arts

### **Body as Brush: Expressive Painting in Sumi Ink**

Bend the knees, move the hips, connect from the feet to your hands and extend through to the bamboo brush! Feel the energy (Qi) and make your mark using traditional Japanese sumi ink. In this safe and trusting environment we experience free form calligraphy and identify unique feeling and energetic states as visual language and intriguing expressions.

**Brushless Painting**

Painting without boundaries, or brushes. As children, we make amazing art because we ignore existing rules. Brushless painting lets you revisit this freedom and explore unfretted creativity. Play in the realm of the unexpected, revel in the joyful surprise of serendipity that intuitive art can be. In this class, you will work with a variety of tools, techniques and paints, to chance the unexpected, and make your own one of a kind art

**Card Making**

Remember going to the mailbox and finding a friendly card or letter that made you smile or warmed your heart? Drop into the Willows art studio and take time to remember a loved one, a friend a family member or yourself in the simple, enjoyable act of card making. Make an inspirational message card for yourself and we will mail it to you at a later date as a personal reminder of time spent at Sunrise Springs and a moment you took for yourself.

**Clay Shaping**

Close your eyes, feel the texture of the clay in your hands as you press, roll, coil, pinch, sculpt and shape clay into unique tactile expressions. Breathe, smile, relax the mind and explore this earthy medium as a reminder of your *adult self at play!*

**Collage Expressions**

Be inspired by the process itself as you tear, cut and arrange words, colors, imagery, patterns, shapes and ideas. Collage is a great starting point for creative expression. Dive in and make visible reflections, memories, feelings, and possibilities!

**Expressive Drawing & Painting**

Relax, breathe, listen to the music, close your eyes, let the pencil, pastel and paint inform you in free-form, non-objective drawing and painting. Renew your creative spirit as you tap into your unexpected creative resources. Let loose, and let it be seen!

**Journaling: Move, Write and Share**

Gather from the past into the present; let your gaze expand and be encompassing; find a “quiet miracle that seeks no attention”; notice textures, colors, smells and seasonal changes in nature and in yourself; describe a Sunrise Springs moment; reflect on the Medicine Wheel’s meanings. Delve into your personal time for **introspection** and contemplation. Sharing is optional and classes are held indoors and outdoors weather permitting.

**Open Art Studio**

Come into the art studio and let our diverse materials be your guide. Start a new project, continue working on one, play with materials or journal about your day. This is an opportunity to connect with the wonder and flexibility of the child and artist within you. An instructor will be available for gentle guidance or feel free to work alone.

**Open Art Studio: Drop In**

Curious about the Willows Art studio? You are invited to drop by, say hello and find out what’s happening in the art room, *especially if you are new to creative explorations*. Zen doodle, make a card for a friend or loved one, explore color in paint and pastel, sample an adult coloring book, try painting a rock, or a banner. The art studio is a creative resource for you during your stay. An instructor is available to welcome you and guide you in exploring various medium

**Open Studio Mixed Media Explorations**

Started something you just want to explore further? Another banner painting? Need more time to add to your collage or finish making that card? Curious about sketching indoors or outdoors? How do you respond to colors? What can you do with a rock? You never know what you might discover from being in the art studio by yourself or with others!

**Paint Like Matisse**

Henri Matisse was a famous 20<sup>th</sup> century French painter who enjoyed the freedom of bold colors, expressive line and simple shapes. Find your inner Matisse in this guided class as we start with copying, *in your own unique style*, one of his paintings or maybe a Picasso? When was the last time you tried something for the first time? Who said it couldn't be done?

**Photo-ku**

Meditative photography and writing. **Ku** as in **Haiku**, Japanese short poems. What do you really see? *Walk, breathe, look, listen, touch, breathe, Click, write, share, breathe.* Keen your senses to the colors, textures, light, shapes and elements around our property using your phone or personal camera to mindfully observe and record Sunrise Moments. You might even see the Blue Heron!

**Retablo Painting: San Pasquale, the Kitchen Santo**

Retablo painting is a New Mexico folklore tradition of rendering spiritual icons on wood. One of the most popular of the local patron saints (santos), is San Pasquale, known for his inspiration in the culinary arts. His depictions are found in many home and restaurant kitchens in our state to bless the food prepared. Other contemporary, personal, historic, or heroic icons may also serve to inspire your efforts for yourself, a friend or a loved one.

**Rock Painting**

If you are enjoying being here in our beautiful nature sanctuary away from the bustle of city life this rock painting class might interest you. Find a stone on the grounds or from our studio that feels good to the touch. How does it rest in your palm? Perhaps there is an image hidden in the stone? Paint and embellish it with words, symbols and color. Take home your connection to nature. Rock on!

**Self-Care Recharge and Qigong**

How do you restore your energy during a busy day or between work, obligations and meetings? Let this class show you a way. Repose on the yoga mat like a starfish on the beach. Understand rhythms and cycles of change through guided visualization, full body breathing, self-shiatsu massage and Qigong meditative movement. Easy, natural and restorative!

**Symbol Painting on a Canvas Banner**

Let the unknown be seen as you design a personal symbol or image to remind you of your stay at Sunrise Springs! In the studio there are many reference materials available to spark your imagination as you flow through this guided process. Capture something essential, unique and meaningful. Who knows? You might continue with that symbol on a card or a rock or painting for yet another creative expression!

**Tiny Library of Joy**

There is a delight in tiny books, like amulets or Easter eggs, they charm. Make a tiny book-like object that fits into the palm of your hand. Decorate your book to make it ornamental or use it to illustrate a favorite line of poetry, a haiku or a parable. Using a variety of materials, special papers and techniques, design make and embellish a personal tiny book treasure.

**Words and Letters as Art and Expression**

Inspired by lettering from around the world, this class explores the written word as an art form. From religious texts to cafe boards and graffiti- we will look at color, texture, shape and font inquiring how these influence the overall meaning. Bring a poem, lyrics from a song or quote that speaks to you, that you can then explore laying on paper in beautiful, meaningful form.

**Zen Doodles**

Zen Doodles are a simple access to mindful reflection. Putting marks on paper is the most basic of art activity and can be one of the most satisfying. Begin with one simple line and repeat to create intricate and compelling designs. Intuitive and creative, Zen Doodling allows you to shift your attention to a new perspective of art making. Zen Doodles nurtures the creative and results in beautiful outcomes.

**Fitness****Sun Rise Up Morning Yoga**

The Sun is rising and so are you. Awaken your body, heart and Spirit through a silent meditation accompanied by the pure sound of crystal bowls. A series of yoga asana designed to reveal your innate

**Wholistic Functional Fitness Class**

Increase and regain natural range of motion. Body resistance is used along with various apparatus, yoga stretching, and breath awareness.

**Wild Heart Nature Walk**

Get in touch with the essence of nature and allow reflection of your heart by silently walking in nature. Feel the vitality returning to your body, mind and spirit. Reconnect with your sacred wild heart in the enchanting landscape of Sunrise Springs.

**Health****Physician's Corner Question and Answer/Discussions:**

Join our Medical Director, Sally Fisher, MD, a Physician Nutrition Specialists and board certified in Preventive and Integrative and Holistic Medicine, for compelling and enlivening discussion-based experiences. Topics are broadly drawn below, but please note **that all experiences are fully tailored to the specific interests of the participants.**

**Food as Medicine**

A discussion of the anthropology, history, evolution, botany, psychology and medicine of food.

**Stress and Relaxation**

A group discussion of the medical underpinnings of stress and stress hormones, our own relationship to stress, and what it is that helps—according to medical research and our own experiences.

**Gut (GI) Health**

A discussion of topics in food and gut health, the fascinating world of gut bacteria (“the microbiome”), detoxification and other topics as desired.

**Ancient Rhythms**

Discussion of sleep, daily rhythms, seasons, sunlight and darkness, hydration, Vitamin D and other topics as desired.

**Nutrition Topics**

A look at any trending, controversial, fascinating, and/or compelling topics in nutrition desired by the group (simply for example: GMOs? Soy? Acid/Alkaline diets? Gluten? Paleo? Vitamins? Etc.).

## Horticulture

### **Connecting to Your Plant Allies**

Plants communicate in a multitude of ways. They show up in dreams, heal our bodies, beckon to us with their scent and volunteer out of the blue in our gardens. Which plants communicate to you? Plant allies are plants that we cultivate a relationship with, listen to deeply and to whom we give thanks for the gifts they offer. Honor your connection to plants through guided visualizations, journaling and planting seeds in our garden and greenhouse.

### **The Inner Garden**

Plant metaphors are intertwined throughout our speech and daily lives. Whether you seek to water seeds of inner peace, grow your creativity or let your dreams stretch like flowers toward the sun, plants are here to support your journey. Explore gardening practices that will enhance your daily opportunities for mindful reflection, active creation and meditative tranquility.

### **Garden Soul Journal**

It is human nature to build on the foundation of those who have come before us. And so, it is the nature of a gardener to learn from the seasons that have flourished in the past. Creating a Garden Soul Journal can help to capture the ephemeral moments of the growing season. Learn to plan, shift and grow with every twist and turn of the gardening year as you create a journal in class to document your journey with the soul of your garden.

### **Open Greenhouse**

Our greenhouse is filled with many inspiring plants and their stories. Hear about the skin soothing uses of Calendula, see how Turmeric grows, learn why we love Lemon Verbena and discover our black Tomatoes and more. Tasting will be part of this multi-sensual adventure.

### **Open Greenhouse - Engaging the Senses**

Surround yourself in the bounty of our verdant greenhouse. Allow your senses to be aroused by the colors, scents, textures and shapes of the plants growing around you. Plants have the capacity to help us slow down, relax and engage with the living world. Whether you're a gardener or a connoisseur of beauty the plant world beckons to be discovered and explored!

### **Plant Myths, Magic and Folklore**

Throughout all cultures plants have been recognized for their ability to inspire, nurture and heal us. Yet behind every familiar plant lies a story of mythical proportions. Some plants are believed to house witches and spirits, others to protect you from misfortune, some bring tidings of wealth and love, courage and strength. Explore plant myth and legend and allow spirit to guide you in creating a talisman to support the manifestation of your life's great design.

### **Seed to Harvest: Planning Your Garden**

Every seed contains its blueprint for life. Nestled within the soil of your garden, this innate knowledge can blossom into a bountiful harvest. Deepen your skills as a steward of your garden, learning to nurture, transform and enjoy the bounty which you have sown. Explore organic gardening methods which work with nature to ensure that each seed you plant has an opportunity to stretch and grow to its full potential.

**Herbal Eye Pillows**

Hand sewing is both a meditative practice and social activity, too often lost in our present culture. Gather around our cozy farm table and create an herbal eye pillow of beautiful Southeast Asian batik fabric and dried lavender. Take home a lovely nurturing gift for yourself. Draping an herbal eye pillow over your eyes reduces stress and encourages restful sleep. Anything you need to know about sewing will be taught. Please bring reading glasses to class if you need them for close work.

**Herbal Steams**

Harvest herbs from our greenhouse and learn how to make and use an herbal steam at home using essential oils and fresh herbs. Pamper your sinuses, lungs, skin and nervous system with herbal steams while exploring the nurturing qualities of herbs. Lavender, thyme, peppermint and rosemary are just a few of the herbs used in steams. Steams can be calming, healing, uplifting or invigorating depending on your choice of ingredients.

**Herbal Incense & Smudge Sticks**

Scent can inspire a journey of the soul, a meditative moment, and a trip down memory lane. Throughout history and cultures around the world scent has been used to inspire, cleanse and heal. Journey into the aromatic world of herbal incenses and smudge sticks. Smudge sticks are bundles of dried herbs which are burned to purify and bless. Explore the history, folklore and current usages of fragrant plants as you create your own incense blends and smudge sticks to enhance your personal journey.

**Herbal Salves**

For thousands of years, herbs have been cultivated to soothe, nurture and shift the mind and body in herbal preparations of salves. Salves seamlessly combine the healing power of plants with the nourishing, emollient properties of olive oil and beeswax. Whether you're a medicine maker already or a curious plant enthusiast, herbal salves are a simple and traditional way to heal yourself and nurture others.

**Herbal Tea Making**

The art of crafting a tantalizing herbal tea begins with the sensual exploration of a diverse array of herbs and spices. Engage each of your senses as you taste, smell, touch, and view a beautiful selection of organic herbs and spices. Inspire your inner alchemist through experimentation and creativity in our warm and nurturing kitchen laboratory.

**Herbal Lotion Bars & Lip Balms**

Indulge your skin in nourishing moisture and soothing scents as you create your own herbal lotion bars and lip balms from scratch. Take a moment for yourself and engage in a practice that will encourage self-care and nurturing. Learn how to formulate herbal recipes to meet your specific skin's needs as you indulge your senses in wide array of organic and wild-crafted herbs.

**Herbal Recipes for Fall and Winter**

Warming spices and vibrant herbal blends are easy to incorporate into your daily routine. From teas and syrups to cough drops and infused-honeys, herbal remedies can soothe and nurture your body. Discover time tested herbal recipes for common ailments of the Fall and Winter. Explore the power of herbal alchemy to synchronize the rhythms of your body with the cycles of the year.

**Mindfulness / Meditation****Finding Your Place on the Medicine Wheel**

The traditions of the Medicine Wheel offer us insights into the state and direction of our present life and its focus. Our spiritual, mental, physical and emotional lives are in tune with the wisdom of and represented in

the “shields” the wheel. It’s seasons, its shadow and its light are made clear in relation to our individual paths in this interactive and fun exploration of Medicine Wheel.

**Mindful Meditation**

Meditation or “sitting” isn’t complicated. More often than not, simply doing it with some degree of regularity is the most challenging part. This guided class provides simple mental and physical techniques to add focus and calm to your daily life as well as ideas to deepen your practice.

**Candlelight Yoga**

A gentle, supportive yoga for winding down the day and relaxing with slow, supine postures and soft light. This yoga class bridges the waking world and dream world to promote deep, restful sleep naturally.

**Crystalline Harmonic**

A rejuvenating and centering invitation to call forth all parts of our being to the highest path and harmonic. In this sound immersion, guests lie down on their backs to rest and receive as they listen to tones of crystal bowls meeting tones of the human voice.

**The Living Meditation**

This class includes both meditation and discussion, seeking to weave the overall principles of meditation (stillness, presence, silence, focus, listening) into our everyday lives. The word meditate comes from Latin *meditat*, to contemplate, German *messen*, to measure, and Greek *medesthai*, to care for. We will consider these aspects in the context of meditation as an activity we do and exploring meditation as a way of life.

**Meditation and Qigong**

Are you new to meditation or looking for that welcoming personal quiet time during your stay? Please join in as we pause, breathe, relax the mind and engage our awareness to be in the present as much as possible. Embrace the moment between the exhalation and the inhalation. Integrating mindfulness, we flow from seated and walking positions to the moving meditation of Qigong.

**Qigong Mindful Movement**

Enjoy an uplifting energy boost to your day to feel more energized and balanced. Relate to nature within and without. Qigong (pronounced chee -gong) is an age-old health, meditation and movement practice to enhance concentration, vitality and well-being. Wear loose, comfortable clothing. Try this class and awaken your Qi!

**Sun Rise Up Morning Yoga**

The Sun is rising and so are you. Awaken your body, heart and Spirit through a silent meditation followed by a series of yoga asana designed for each individual class make up. Experience a sense of calm, openness and inner freedom in your body, mind and Spirit.

**Stillness & Silence**

Enjoy a 20-minute pause of stillness and quietude to simply be with yourself, to be with what is. Beginning with a short introduction and some techniques to cultivate silence, sitting for the remainder of the session and taking a brief break to check in with our experiences and observations. A natural start to weaving a stillness practice into your daily life. We close in silence to carry our practice into the day.

**Nature Based**

**Floral Arrangements**

Engage your body and senses on the beautiful grounds of Sunrise Springs as we gather a variety of seasonal plant material. Our creative process begins by walking the landscape where we observe natural form and color palettes while harvesting a variety of flowers, branches, evergreen boughs and dried berries. Our arrangements are informed by the variety of color, texture, shape and size which we see around us as well as from the plants from which we harvest. Guests are encouraged to take them back to their rooms to enjoy during their stay.

**MoveMEANT!**

An outdoor/indoor body based class dedicated to conscious, deliberate movement and awareness in our bodies. Drawing on yoga, slow movement, bodyweight training and natural motion, we explore and engage in the PLAY of our bodies. Bodies are tremendous ways to experience life if we allow the time to be curious about how they work! Whether climbing, jumping, crawling or running we start with the basics and add on. All are welcome. Come move your body and experience the natural world in a different way! Bring a sweater- we're outdoors, weather permitting!