

**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 - 12:15p	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
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sages Puppy Studio	

**MONDAY, MARCH 20**

7:30a - 8:30a	Yoga	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Anjali
9:30a - 10:45a	Expressive Arts	Rocks, Paper, Scissors!	Willows Art Studio	Diane
9:30a - 10:45a	Mindfulness/ Meditation	Mindfulness Meditation	Sages Yoga Studio	Michael
11:00a - 12:15p	Expressive Arts	Journaling: Mindful Noting in Nature	Willows Art Studio	Diane
2:00p - 3:15p	Expressive Arts	Open Studio: Collage Expressions	Willows Art Studio	Diane
2:00p - 3:15p	Mindfulness/ Meditation	Finding Your Place on the Medicine Wheel	Sages Yoga Studio	Michael
3:30p-4:45p	Mindfulness/ Meditation	Self-Care Recharge & Qigong	Sages Yoga Studio	Diane
3:30p - 4:45p	Expressive Arts	Brushless Painting	Willows Art Studio	Ruth
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sages Puppy Studio	

**TUESDAY, MARCH 21**

7:30a - 8:30a	Yoga	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Brigita
9:30a - 10:30a	Culinary	Ancestral Health & Wisdom	Willows Kitchen	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	Meditation	The Living Meditation	Sages Yoga Studio	Brigita
2:00p - 3:15p	Nature Based	MoveMEANT	Meet in Sages Yoga Studio	Brigita
2:00p - 3:15p	Horticulture	The Inner Garden	Willows Kitchen	Danielle
3:30p - 4:30p	Expressive Arts	Open Art Studio	Willows Art Studio	Ruth
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 22**

7:30a - 8:30a	Yoga	Sun Rise Up Gentle 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 Registration	
2:00p - 3:15p	Horticulture	Lotion Bars & Lip Balms	Willows Kitchen	Danielle
2:00p - 3:00p	Fitness	Circuit Training	Willows Fitness Studio	Brigita
3:30p - 4:45p	Horticulture	Seed to Harvest: Planning Your Garden	Greenhouse	Danielle
3:30p - 4:45p	Expressive Arts	Garden Stone Painting	Willows Art Studio	Ruth
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sages Puppy Studio	

**THURSDAY, MARCH 23**

7:30a - 8:30a	Yoga	Sun Rise Up Gentle 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
10:30a - 1:00p	Nature Based	Hike (*)	Meet at Registration	Billy
11:00a - 12:00p	Animal Interactions	Upbeat Canine Play	Sages Puppy Studio	Britte
2:00p - 3:15p	Expressive Arts	Photo-ku: Meditative Photography & Haiku	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	Herbal Remedies for Fall & Winter	Willows Kitchen	Danielle
3:30p - 4:45p	Expressive Arts	Open Art Studio Mixed Media Explorations	Willows Art Studio	Diane
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sages Puppy Studio	

**FRIDAY, MARCH 24**

7:30a - 8:30a	Yoga	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Brigita
9:30a - 10:30a	Culinary	Smoothies	Willows Kitchen	Brigita
9:30a-10:45a	Expressive Arts	Journaling: Move, Write, Share	Willows Art Studio	Diane
11:00a - 12:00p	Nature Based	MoveMEANT	Sages Yoga Studio	Brigita
11:00a - 12:00p	Horticulture	Herbal Eye Pillows	Willows Kitchen	Danielle
1:30p - 1:50p	Mindfulness/Meditation	Spirit Lodge Orientation	Meet at Ceremonial Circle	Diane
2:00p -3:00p	Mindfulness/Meditation	Finding Your Place on the Medicine Wheel	Willows Art Studio	Diane
2:00p - 3:15p	Horticulture	Herbal Salves	Willows Kitchen	Danielle
3:30p - 4:45p	Horticulture	Plant Myths, Magic and Folklore	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 25**

7:30a - 8:30a	Yoga	Sunrise Warm Up Yoga	Sages Yoga Studio	Brigita
9:30a - 10:45a	Horticulture	Open Greenhouse: Engaging the Senses	Greenhouse	Danielle
9:30a - 10:45a	Mindfulness/Meditation	Meditation & Qigong	Sages Yoga Studio	Diane
10:30a - 1:00p	Nature Based	Hike (*)	Meet at Registration	Billy
11:00a - 12:15p	Culinary	Fast Flavor: Sauces, Spices & Dressings	Willows Kitchen	Brigita
11:00a - 12:15p	Animal Interactions	Silkie Chicken Play	Chicken Coop	Danielle
2:00p - 3:15p	Expressive Arts	The Joy of Voice	Sages Yoga Studio	Brigita
2:00p-3:15p	Mindfulness/Meditation	Finding Your Place on the Medicine Wheel	Willows Art Studio	Diane
3:30p-4:45p	Expressive Arts	Body as Brush:Expressive Painting in Sumi in Willows Art Studio	Willows Art Studio	Diane

**SUNDAY, MARCH 26**

7:30a - 8:30a	Yoga	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Aaron
9:30a - 10:45a	Nature Based	MoveMEANT	Meet at Sages Library	Brigita
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	Qigong Mindful Movement	Sages Gallery	Diane
2:00p - 3:00p	Nature Based	Floral Arrangements	Willows Kitchen	Brigita
2:00p - 3:15p	Expressive Arts	Symbol Painting on Canvas Banner	Willows Art Studio	Diane
3:30p - 4:45p	Expressive Arts	Open Art Studio: Banners & Rock Painting	Willows Art Studio	Diane
3:30p - 4:45p	Mindfulness/Meditation	Crystalline Harmonic	Sages Yoga Studio	Brigita
7:45p - 8:30p	Animal Interactions	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 water 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