

**SUNDAY, JUNE 04**

7:30a - 8:30a	Yoga	Rise + Shine Yoga	Sages Yoga Studio	Brigita
9:30a - 10:45a	Culinary	Smoothies	Willows Kitchen	Brigita
9:30a - 10:30a	Mindfulness/Meditation	Meditation & Qigong	Sages Yoga Studio	Diane
11:00a - 12:15p	Animal Interactions	Heart Opener	Puppy Studio	Britte
11:00a - 12:15p	Expressive Arts	Journaling: Move, Write, Share	Willows Art Studio	Diane
2:00p - 3:00p	Nature Based	The Natural Workout: PLAY + MOVE	Meet at Sages Yoga Studio	Brigita
2:00p - 3:15p	Expressive Arts	Symbol Painting on Banner Canvas	Willows Art Studio	Diane
3:30p - 4:30p	Mindfulness/Meditation	Crystalline Harmonic	Sages Yoga Studio	Brigita
3:30p - 4:45p	Expressive Arts	Open Art Studio: Banners & Rock Painting	Willows Art Studio	Diane
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sage Puppy Studio	

**MONDAY, JUNE 05**

7:30a - 8:30a	Yoga	Rise + Shine Yoga	Sages Yoga Studio	Brigita
9:30a - 10:45a	Expressive Arts	Photo-ku: Meditative Photography & Haiku	Willows Art Studio	Diane
9:30a - 10:45a	Mindfulness/Meditation	Mindfulness Meditation	Sages Yoga Studio	Michael
11:00a - 12:00p	Fitness	Fit for Life Circuit	Sages Yoga Studio	Brigita
11:00a - 12:15p	Expressive Arts	Open Art Studio: Mixed Media Explorations	Willows Art Studio	Diane
2:00p - 3:15p	Expressive Arts	Card Making	Willows Art Studio	Diane
2:00p - 3:15p	Horticulture	Open Greenhouse: Tasting Tour	Willows Kitchen	Brigita
3:30p - 4:45p	Mindfulness/Meditation	Self-Care Recharge & Qigong	Sages Yoga Studio	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, JUNE 06**

7:30a - 8:30a	Yoga	Rise and Shine Yoga	Sages Yoga Studio	Brigita
9:30a - 10:30a	Nature Based	The Natural Workout: PLAY + MOVE	Meet out front of Sages	Brigita
9:30a - 10:45a	Mindfulness/Meditation	Finding Your Place on the Medicine Wheel	Medicine Wheel	Michael
11:00a - 12:00p	Animal Interactions	Animal Interactions: All About Assistance Dogs	Sages Puppy Studio	Britte
11:00a - 12:15p	Culinary	Fast Flavor: Sauces, Dressings & Spices	Willows Kitchen	Brigita
2:00p - 3:15p	Horticulture	Seed to Harvest: Planning Your Garden	Willows Garden	Danielle
2:00p - 3:15p	Health	Natural Body Care	Willows Kitchen	Brigita
3:30p - 4:45p	Mindfulness/Meditation	The Living Meditation	Meet out front of Sages	Brigita
3:30p - 4:30p	Horticulture	The Inner Garden	Willows Kitchen	Danielle
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sages Puppy Studio	

**WEDNESDAY, JUNE 07**

7:30a - 8:30a	Yoga	Gentle Morning Yoga	Sages Yoga Studio	Anjali
9:30a - 10:45a	Horticulture	Open Garden: Dig in!	Willows Garden	Danielle
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	Yoga	Pool Yoga	Pool	Anjali
11:00a - 12:00p		Property Tour	Meet at Guest Registration	
2:00p - 3:15p	Horticulture	Garden Soul Journal	Willows Kitchen	Danielle
2:00p - 3:15p	Expressive Arts	Chakras Speak	Willows Art Studio	Anjali
3:30p - 4:45p	Horticulture	Herbal Incense & Smudge Sticks	Willows Kitchen	Danielle
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sages Puppy Studio	

**THURSDAY, JUNE 08**

7:30a - 8:30a	Yoga	Gentle Morning Yoga	Sages Yoga Studio	Anjali
9:30a - 10:45a	Mindfulness/Meditation	Finding Your Place on the Medicine Wheel	Medicine Wheel	Michael
9:30a - 10:30a	Yoga	Roll & Release	Sages Yoga Studio	Anjali
10:30p - 1:00p	Nature Based	Hike (*)	Meet at Registration	Billy
11:00a - 12:00p	Animal Interactions	Animal Interactions: Upbeat Canine Play	Sages Puppy Studio	Danielle
11:00a - 12:15p	Health	Food As Medicine: Dr. Sally Q & A	Sages Library	Dr. Sally
2:00p - 3:15p	Expressive Arts	Clay Shaping	Willows Art Studio	Diane
2:00p - 3:15p	Health	Stress and Relaxation: Dr. Sally Q & A	Sages Library	Dr. Sally
3:30p - 4:45p	Horticulture	Herbal First Aid	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, JUNE 09**

7:30a - 8:30a	Yoga	Gentle Morning Yoga	Sages Yoga Studio	Anjali
9:30a - 10:30a	Nature Based	Playful Movement	Meet at Sages Yoga Studio	Anjali
9:30a-10:45a	Horticulture	Open Garden: Dig in!	Willows Garden	Danielle
11:00a - 12:15p	Health	GI (Gut) Health: Dr. Sally Q & A	Sages Library	Dr. Sally
11:00a - 12:15p	Yoga	Deep Relaxation	Sages Yoga Studio	Anjali
1:30p - 1:50p	Mindfulness/Meditation	Spirit Lodge Orientation	Meet at Ceremonial Circle	Diane
2:00p - 3:00p	Expressive Arts	Finding Your Place on the Medicine Wheel	Meet at Medicine Wheel	Diane
2:00p - 3:15p	Health	Ancient Rhythms in Health: Dr Sally Q & A	Sages Library	Dr. Sally
3:30p - 4:45p	Horticulture	Plant Myths, Magic and Folklore	Willows Kitchen	Danielle
3:30p - 4:45p	Expressive Arts	OpenArt 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, JUNE 10**

7:30a - 8:30a	Yoga	Gentle Morning Yoga	Sages Yoga Studio	Anjali
9:30a - 10:45a	Horticulture	Herbal Tea Making	Willows Kitchen	Danielle
9:30a - 10:45a	Mindfulness/Meditation	Walking Meditation	Meet at Sages Yoga Studio	Anjali
10:30p - 1:00p	Nature Based	Hike (*)	Meet at Registration	Billy
11:00a - 12:15p	Animal Interactions	Silkie Chicken Play	Chicken Coop	Danielle
11:00a - 12:15p	Health	Trending Food Topics: Dr. Sally Q and A	Sages Library	Sally
2:00p - 3:15p	Expressive Arts	Body as Brush: Expressive Painting in sumi ink	Willows Art Studio	Diane
2:00p - 3:15p	Horticulture	Herbal Salves	Willows Kitchen	Danielle
3:30p - 4:45p	Expressive Arts	Open Art Studio: Find Your Inner Artist!	Willows Art Studio	Diane
3:30p - 4:45p	Horticulture	Seed to Harvest: Planning your Garden	Willows Garden	Danielle
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sage Puppy Studio	

**SUNDAY, JUNE 11**

7:30a - 8:30a	Yoga	Rise + Shine Yoga	Sages Yoga Studio	Brigita
9:30a - 10:45a	Mindfulness/Meditation	Meditation & Qigong	Sages Yoga Studio	Diane
9:30a - 10:45a	Horticulture	Open Garden: Dig in!	Willows Garden	Danielle
11:00a - 12:15p	Animal Interactions	Heart Opener	Puppy Studio	Britte
11:00a - 12:15p	Expressive Arts	Photo-ku: Meditative Photography& Haiku	Willows Art Studio	Diane
2:00p -3:00p	Horticulture	Herbal First Aid	Willows Kitchen	Danielle
2:00p-3:15p	Expressive Arts	Symbol Painting on a Canvas Banner	Willows Art Studio	Diane
3:30p - 4:45p	Expressive Arts	Open Art Studio: Banners & Rock Painting	Willows Art Studio	Diane
3:30p - 4:30p	Animal Interactions	All About Silkies!	Chicken Coop	Danielle
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sage Puppy Studio	

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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

Moon House Lounge

Sunday – Thursday.....4:30 - 7:30p

Friday, Saturday.....3:00 - 8:00p