

**SUNDAY, MAY 28**

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 - 10:30a	Culinary	Smoothies	Willows Kitchen	Brigita
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	Nature Based	The Natural Workout: PLAY + MOVE	Meet in Sages Yoga Studio	Brigita
2:00p - 3:15p	Expressive Arts	Body as Brush: Expressive Painting in Sumi Ink	Willows Art Studio	Diane
3:30p - 4:45p	Expressive Arts	Open Art Studio: Mixed Media Explorations	Willows Art Studio	Diane
3:30p - 4:45p	Meditation/Mindfulness	Crystalline Harmonic	Sages Yoga Studio	Brigita
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sage Puppy Studio	

**MONDAY, MAY 29**

7:30a - 8:30a	Yoga	Rise & Shine Yoga	Sages Yoga Studio	Brigita
9:30a - 10:45a	Expressive Arts	Card Making	Willows Art Studio	Diane
9:30a - 10:45a	Mindfulness/Meditation	Mindfulness Meditation	Sages Yoga Studio	Michael
11:00a - 12:00p	Fitness	Circuit Training	Willow Fitness Studio	Brigita
11:00a - 12:15p	Mindfulness/Meditation	Qigong Mindful Movement	Sages Yoga Studio	Diane
2:00p - 3:15p	Expressive Arts	Silk Hoop Painting	Willows Art Studio	Diane
2:00p - 3:15p	Culinary	Fast Flavor: Sauces, Dressings & Spices	Willows Kitchen	Brigita
3:30p - 4:45p	Expressive Arts	Open Art Studio	Willows Art 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, MAY 30**

7:30a - 8:30a	Yoga	Rise & Shine Yoga	Sages Yoga Studio	Brigita
9:30a - 10:45a	Health	Natural Body Care	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	Nature Based	The Natural Workout: PLAY + MOVE	Meet at Sages Yoga Studio	Brigita
2:00p - 3:15p	Expressive Arts	Font & Calligraphy	Willows Art Studio	Brigita
2:00p - 3:15p	Mindfulness/Meditation	Mindfulness Meditation	Sages Yoga Studio	Michael
3:30p - 4:45p	Expressive Arts	Little Library of Joy	Willows Art Studio	Ruth
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sages Puppy Studio	

**WEDNESDAY, MAY 31**

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	Mindful Meditation	Sages Yoga Studio	Michael
11:00a - 12:15p	Mindfulness/Meditation	Chakras Speak	Willows Art Studio	Anjali
11:00a - 12:00p	Fitness	Back Care, Mobility and Strength	Meet at Sages Yoga Studio	Brigita
11:00a - 12:00p		Property Tour	Meet at Guest Registration	
2:00p - 3:15p	Nature Based	Floral Arrangements	Willows Kitchen	Brigita
2:00p - 3:15p	Nature Based	Playful Movement	Meet at Sages Yoga Studio	Anjali
3:30p - 4:45p	Expressive Arts	Open Art Studio	Willows Arts Studio	Ruth
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sages Puppy Studio	

**THURSDAY, JUNE 01**

7:30a - 8:30a	Yoga	Gentle Morning Yoga	Sages Yoga Studio	Anjali
8:30a - 11:30a	Nature Based	Hike (*)	Meet at Registration	Billy
9:30a - 10:30a	Mindfulness/Meditation	Finding Your Place on the Medicine Wheel	Medicine Wheel	Michael
9:30a - 10:30a	Yoga	Roll & Release	Sages Yoga Studio	Anjali
11:00a - 12:00p	Animal Interactions	Upbeat Canine Play	Sages Puppy Studio	Britte
11:00a - 12:00p	Mindfulness/Meditation	Chakra Checkup	Sages Yoga Studio	Anjali
2:00p - 3:15p	Expressive Arts	Body as Brush: Expressive Painting/sumi	Willows Art Studio	Diane
2:00p - 3:15p	Horticulture	Herbal Incense & Smudge Sticks	Willows Kitchen	Danielle
3:30p - 4:45p	Animal Interactions	Silkies: Heart Opener	Chicken Coop	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 02**

7:30a - 8:30a	Yoga	Gentle Morning Yoga	Sages Yoga Studio	Anjali
8:30a - 11:30a	Nature Based	Hike (*)	Meet at Registration	Daniel
9:30a - 10:30a	Expressive Arts	Silk Hoop Painting	Willows Art Studio	Diane
9:30a-10:45a	Horticulture	Open Garden: Dig in!	Willows Garden	Danielle
11:00a - 12:15p	Horticulture	The Inner Garden	Willows Kitchen	Danielle
11:00a - 12:00p	Nature Based	Walking Meditation	Meet at Sages Yoga Studio	Anjali
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, JUNE 03**

7:30a - 8:30a	Yoga	Sun Rise Up Gentle Yoga	Sages Yoga Studio	Aaron
8:30a - 11:30a	Nature Based	Hike (*)	Meet at Registration	Billy
9:30a - 10:45a	Horticulture	Herbal Tea Making	Willows Kitchen	Danielle
9:30a - 10:45a	Expressive Arts	Garden Stone Painting	Willows Art Studio	Ruth
11:00a - 12:15p	Animal Interactions	Animal Interactions: Silkie Chicken Play	Chicken Coop	Danielle
11:00a - 12:15p	Expressive Arts	Catching Koi on Paper	Willows Art Studio	Ruth
1:30p - 1:50p	Mindfulness/Meditation	Spirit Lodge Orientation	Meet at Ceremonial Circle	Diane
2:00p -3:00p	Horticulture	Herbal First Aid	Willows Kitchen	Danielle
2:00p -3:15p	Expressive Arts	Paper Making	Willows Art Studio	Ruth
3:30p -4:45p	Horticulture	Seed to Harvest: Planning Your Garden	Willows Garden	Danielle
3:30p -4:45p	Expressive Arts	Open Art Studio	Willows Art Studio	Ruth
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	

**SUNDAY, JUNE 04**

8:00a - 9:00a	Yoga Rise + Shine Yoga	Sages Yoga Studio	Brigita
10:00a - 11:00a	Culinary Smoothies	Willows Kitchen	Brigita
10:00a - 11:00a	Mindfulness/Meditation Meditation & Qigong	Sages Yoga Studio	Diane
11:15a - 12:15p	Animal Interactions Heart Opener	Puppy Studio	Britte
11:15a - 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	

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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**

Blue Heron Restaurant

Light Breakfast.....	7:00a
Breakfast.....	7:30 - 9:30a
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