

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	Willows Art Studio	Diane
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sage Puppy Studio	

MONDAY, JUNE 05

8:00a - 9:00a	Yoga	Rise + Shine Yoga	Sages Yoga Studio	Brigita
10:00a - 11:00a	Expressive Arts	Photo-ku: Meditative Photography & Haiku	Willows Art Studio	Diane
10:00a - 11:00a	Mindfulness/Meditation	Mindfulness Meditation	Sages Yoga Studio	Michael
11:15a - 12:15p	Fitness	Fit for Life Circuit	Sages Yoga Studio	Brigita
11:15a - 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

8:00a - 9:00a	Yoga	Rise and Shine Yoga	Sages Yoga Studio	Brigita
10:00a - 11:00a	Nature Based	The Natural Workout: PLAY + MOVE	Meet out front of Sages	Brigita
10:00a - 11:00a	Mindfulness/Meditation	Finding Your Place on the Medicine Wheel	Medicine Wheel	Michael
11:15a - 12:15p	Animal Interactions	Animal Interactions: All About Assistance Dog	Sages Puppy Studio	Britte
11:15a - 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 - 4:30p	Horticulture	Herbal Lip Balms & Lotion Bars	Willows Kitchen	Danielle
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sages Puppy Studio	

WEDNESDAY, JUNE 07

8:00a - 9:00a	Yoga	Gentle Morning Yoga	Sages Yoga Studio	Anjali
10:00a - 11:00a	Horticulture	Open Garden: Dig in!	Willows Garden	Danielle
10:00a - 11:00a	Mindfulness/Meditation	Mindful Meditation	Sages Yoga Studio	Michael
11:15a - 12:15p	Animal Interactions	Animal Interactions: Heart Opener	Chicken Coop	Danielle
11:15a - 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

8:00a - 9:00a	Yoga	Gentle Morning Yoga	Sages Yoga Studio	Anjali
8:30a - 11:30a	Nature Based	Hike (*)	Meet at Registration	Billy
10:00a - 11:00a	Mindfulness/Meditation	Finding Your Place on the Medicine Wheel	Medicine Wheel	Michael
10:00a - 11:00a	Yoga	Roll & Release	Sages Yoga Studio	Anjali
11:15a - 12:15p	Animal Interactions	Animal Interactions: Upbeat Canine Play	Sages Puppy Studio	Danielle
11:15a - 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	
8:30p - 9:45p	Yoga	Candlelight Yoga	Sages Yoga Studio	Anjali

FRIDAY, JUNE 09

8:00a - 9:00a	Yoga	Gentle Morning Yoga	Sages Yoga Studio	Anjali
8:30a - 11:30a	Nature Based	Hike (*)	Meet at Registration	Daniel
10:00a - 11:00a	Mindfulness/Meditation	Meditation	Sages Yoga Studio	Anjali
10:00a - 11:00a	Horticulture	Open Garden: Dig in!	Willows Garden	Danielle
11:15a - 12:15p	Health	GI (Gut) Health: Dr. Sally Q & A	Sages Library	Dr. Sally
11:15a - 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

8:00a - 9:00a	Yoga	Gentle Morning Yoga	Sages Yoga Studio	Anjali
8:30a - 11:30a	Nature Based	Hike (*)	Meet at Registration	Billy
10:00a - 11:00a	Horticulture	Herbal Tea Making	Willows Kitchen	Danielle
11:15a - 12:15p	Animal Interactions	Silkie Chicken Play	Chicken Coop	Danielle
11:15a - 12:15p	Health	Trending Food Topics: Dr. Sally Q and A	Sages Library	Sally
1:30p - 1:50p	Mindfulness/Meditation	Spirit Lodge Orientation	Meet at Ceremonial Circle	Billy
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	Willows Art Studio	Diane
3:30p - 4:45p	Horticulture	Seed to Harvest: Planning your Garden	Willows Garden	Danielle
5:30p - 7:30p	Mindfulness/Meditation	Spirit Lodge (*)(**)	Meet at Ceremonial Circle	
7:45p - 8:30p	Animal Interactions	Open Puppy Studio	Sage Puppy Studio	

SUNDAY, JUNE 11

8:00a - 9:00a	Yoga	Rise + Shine Yoga	Sages Yoga Studio	Brigita
10:00a - 11:00a	Mindfulness/Meditation	Meditation & Qigong	Sages Yoga Studio	Diane
10:00a - 11:00a	Culinary	Smoothies	Willows Kitchen	Brigita
11:15a - 12:15p	Animal Interactions	Heart Opener	Puppy Studio	Britte
11:15a - 12:15p	Expressive Arts	Symbol Painting on a Canvas Banner	Willows Art Studio	Diane
2:00p -3:00p	Fitness	The Natural Workout: PLAY + MOVE	Sages Yoga Studio	Brigita
2:00p-3:15p	Expressive Arts	Photo-ku Meditative Photography & Haiku	Willows Art Studio	Diane
3:30p - 4:45p	Expressive Arts	Open Art Studio: Mixed Media Expressions	Willows Art Studio	Diane
3:30p - 4:30p	Mindfulness/Meditation	Crystalline Harmonic	Sages Yoga Studio	Brigita
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 - 930a
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