



SCHEDULE OF ACTIVITIES WEEK OF JULY 20 – JULY 23

Thursday, July 20

8:00a - 9:00a	Yoga	Gentle Morning Yoga	Sages Yoga Studio	Anjali
8:30a - 11:30a	Nature Based	Hike to the Petroglyphs (*)	Meet at Registration	Billy
10:00a - 11:00a	Mindfulness + Meditation	Finding Your Place on the Medicine Wheel	Medicine Wheel	Michael
10:00a - 11:00a	Fitness	Roll & Release	Sages Yoga Studio	Anjali
11:15a - 12:15a	Fitness	The Art of Archery (*)	Medicine Wheel	Anjali
11:15a - 12:15a	Animal Interactions	Upbeat Canine Play	Puppy Studio	Britte
11:15a - 12:15a	Health	Food As Medicine: Dr. Sally Q and A	Sages Library	Dr. Sally
2:00p - 3:00p	Fitness	Sunrise Select Fitness	Willows Fitness Studio	Sabrina
2:00p - 3:00p	Health	Stress & Relaxation: Dr. Sally Q and A	Sages Library	Dr. Sally
2:00p - 3:15p	Expressive Arts	Body as Brush	Willows Art Studio	Diane
3:30p - 4:30p	Horticulture	Herbal Tea Making- Iced	Willows Kitchen	Danielle
3:30p - 4:30p	Expressive Arts	Open Art Studio: Mixed Media Expressions	Willows Art Studio	Diane
3:30p - 4:30p	Fitness	Open Fitness Studio	Willows Fitness Studio	Sabrina
7:45p - 8:30p	Animal Interactions	Puppy Preschool	Sages Puppy Studio	ADW

Friday, July 21

8:00a - 9:00a	Yoga	Gentle Morning Yoga	Sages Yoga Studio	Anjali
8:30a - 11:30a	Nature Based	Hike to the Petroglyphs (*)	Meet at Registration	Daniel
10:00a - 11:00a	Expressive Arts	Photo-ku: Meditative Photography & Haiku	Willows Art Studio	Diane
10:00a - 11:00a	Mindfulness + Meditation	Deep Relaxation	Sages Yoga Studio	Anjali
11:15a - 12:15a	Health	Gut (GI) Health: Dr. Sally Q and A	Sages Library	Dr. Sally
11:15a - 12:15a	Culinary	Raw Cashew Cheesecake	Willows Kitchen	Anjali
11:15a - 12:15a	Fitness	The Art of Archery (*)	Medicine Wheel	Michael
1:30p - 1:50p	Mindfulness + Meditation	Spirit Lodge Orientation	Meet at Ceremonial Circle	Diane
2:00p - 3:00p	Fitness	Sunrise Select Fitness	Willows Fitness Studio	Sabrina
2:00p - 3:00p	Mindfulness + Meditation	Finding Your Place on the Medicine Wheel	Meet at Willows Art Studio	Diane
2:00p - 3:15p	Health	Ancient Rhythms in Health: Dr. Sally Q & A	Sages Library	Dr. Sally
3:30p - 4:45p	Animal Interactions	Silkie Chicken Play	Chicken Coop	Ruth
3:30p - 4:30p	Fitness	Open Fitness Studio	Willows Fitness Studio	Sabrina
3:30p - 4:45p	Expressive Arts	Body as Brush: Expressive Painting in Sumi Ink	Expressive Arts Studio	Diane
5:30p - 7:30p	Mindfulness + Meditation	Spirit Lodge (*) (**)	Meet at Ceremonial Circle	Concha
7:45p - 8:30p	Animal Interactions	Puppy Preschool	Sages Puppy Studio	ADW

(*) Space is limited. Advanced sign up required.

(**) There is an additional fee.



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Saturday, July 22

8:00a - 9:00a	Yoga	Gentle Morning Yoga	Sages Yoga Studio	Jennifer
9:30a - 12:30p	Nature Based	Hike to the Petroglyphs (*)	Meet at Registration	Jennifer
10:00a - 11:00a	Fitness	Open Fitness Studio	Willows Fitness Studio	Sabrina
10:00a - 11:00a	Expressive Arts	Little Library of Joy	Willows Art Studio	Ruth
11:15a - 12:15a	Fitness	Sunrise Select Fitness	Willows Fitness Studio	Sabrina
11:15a - 12:15a	Fitness	The Art of Archery (*)	Medicine Wheel	Jacob
11:15a - 12:15a	Health	Trending Food Topic: Dr. Sally Q & A	Sages Library	Dr. Sally
1:30p - 1:50p	Mindfulness + Meditation	Spirit Lodge Orientation	Meet at Ceremonial Circle	Billy
2:00p - 3:00p	Fitness	Sunrise Select Fitness	Willows Fitness Studio	Sabrina
2:00p - 3:15p	Expressive Arts	Art Dolls	Willows Art Studio	Ruth
2:00p - 3:15p	Culinary	Sensational Seasonal Salads	Willows Kitchen	Jennifer
3:30p - 4:45p	Animal Interactions	Connecting with Silkies	Chicken Coop	Jennifer
3:30p - 4:30p	Fitness	Open Fitness Studio	Willows Fitness Studio	Sabrina
3:30p - 4:30p	Expressive Arts	Open Art Studio	Willows Art Studio	Ruth
5:30p - 7:30p	Mindfulness + Meditation	Spirit Lodge (*) (**)	Meet at Ceremonial Circle	Bernard
7:45p - 8:30p	Animal Interactions	Puppy Preschool	Sages Puppy Studio	ADW

Sunday, July 23

8:00a - 9:00a	Yoga	Rise + Shine Yoga	Sages Yoga Studio	Brigita
8:30a - 11:30a	Nature Based	Hike to the Petroglyphs (*)	Meet at Registration	Jennifer
10:00a - 11:00a	Mindfulness + Meditation	Meditation & Qigong	Sages Yoga Studio	Diane
10:00a - 11:00a	Nature Based	Flower Arrangements	Willows Kitchen	Brigita
11:15a - 12:15a	Animal Interactions	Heart Opener	Puppy Studio	Britte
11:15a - 12:15a	Mindfulness + Meditation	Self Care Recharge and Qigong	Sages Yoga Studio	Diane
11:15a - 12:15a	Nature Based	MoveMEANT: The Natural Workout	Meet on Sages Porch	Brigita
2:00p - 3:15p	Expressive Arts	Open Art Studio: Mixed Media	Willows Art Studio	Diane
2:00p - 3:15p	Yoga	Breathe + Move Flow	Sages Yoga Studio	Brigita
2:00p - 3:15p	Horticulture	Herbal First Aid	Willows Kitchen	Danielle
3:30p - 4:45p	Horticulture	Plant Myth, Magic and Folklore	Willows Kitchen	Danielle
3:30p - 4:30p	Mindfulness + Meditation	Crystalline Harmonic	Sages Yoga Studio	Brigita
7:45p - 8:30p	Animal Interactions	Puppy Preschool	Sages Puppy Studio	ADW

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