



SCHEDULE OF ACTIVITIES WEEK OF JULY 23 – JULY 26

Sunday, July 23

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

Monday, July 24

8:00a - 9:00a.....Yoga	Rise + Shine Yoga	Sages Yoga Studio	Brigita
8:00a – 10:30a	Nature Based	Hike (*).....	Meet at Registration
10:00a – 11:00a	Expressive Arts	Clay Shaping.....	Willows Art Studio
10:00a – 11:00a	Mindfulness + Meditation	Mindfulness Meditation.....	Sages Yoga Studio
11:15a – 12:15a	Animal Interactions	Connecting with Silkies	Chicken Coop
11:15a – 12:15a	Yoga	Breathe + Move FLOW	Sages Yoga Studio
11:15a – 12:15a	Expressive Arts	Open Art Studio	Willows Art Studio
2:00p– 3:15p	Expressive Arts	Open Art Studio: Mixed Media Explorations	Willows Art Studio
2:00p – 3:15p	Health	Natural Body Care	Willows Kitchen
2:00p – 3:15p	Horticulture	Open Garden-Dig in!	Greenhouse
3:30p – 4:45p	Horticulture	Herbal Lip Balms, Lotions and Bars.....	Willows Kitchen
3:30p – 4:30p	Mindfulness +Meditation	Self Care Recharge Qigong	Sages Yoga Studio
7:45p – 8:30p	Animal Interactions	Puppy Preschool.....	Sages Puppy Studio.....

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

(**) There is an additional fee.



SUNRISE SPRINGS
SPA RESORT
SANTA FE



Tuesday, July 25

8:00a - 9:00a.....Yoga	Rise + Shine Yoga	Sages Yoga Studio	Brigita
8:00a - 10:30a	Nature Based	Hike (*)	Meet at Guest Services
10:00a - 11:00a	Mindfulness + Meditation	Finding Your Place on the Medicine Wheel	Sages Yoga Studio
10:00a - 11:00a	Culinary	Smoothies	Willows Kitchen
11:15a - 12:15a	Animal Interactions	All About Assistance Dogs	Puppy Studio.....
11:15a - 12:15	Horticulture	Herbal Eye Pillows	Willows Kitchen
2:00p - 3:15p	Expressive Arts	MoveMEANT: The Natural Workout	Meet on Sages Porch
2:00p - 3:15p	Yoga	Flow Yoga	Sages Yoga Studio
2:00p - 3:15p	Horticulture	Flower Essences	Willows Kitchen
3:30p - 4:45p	Horticulture	Herbal Smudge Sticks and Incense	Willows Kitchen
3:30p - 4:30p	Expressive Arts	Calligraphy and Font.....	Willows Art Studio
7:45p - 8:30p	Animal Interactions	Puppy Preschool.....	Sages Puppy Studio.....

Wednesday, July 26

8:00a - 9:00a.....Yoga	Rise + Shine Yoga	Sages Yoga Studio	Brigits
8:30a - 11:30a	Nature Based	Hike (*)	Meet at Registration
10:00a - 11:00a	Health	Natural Body Care	Willows Kitchen
10:00a - 11:00a	Mindfulness+ Meditation	Mindful Meditation.....	Sages Yoga Studio
11:15a - 12:15a	Culinary	Kombucha to Pickles: A Fermented Feast.....	Willows Kitchen
11:15a - 12:15a	Fitness	Reversing Structural Aging	Sages Yoga Studio
11:00a - 12:00a	Property Tour.....	Property Tour	Meet at Guest Services
2:00p - 3:15p	Yoga	Pool Yoga.....	Pool
2:00p - 3:15p	Mindfulness + Meditation	The Living Meditation	Pond Dock.....
2:00p - 3:15p	Horticulture	Herbal Salves	Willows Kitchen
3:30p - 4:45p	Horticulture	Herbal First Aid.....	Willows Kitchen
3:30p - 4:30p	Expressive Arts	Garden Stone Painting	Willows Art Studio
7:45p - 8:30p	Animal Interactions	Puppy Preschool.....	Sages Puppy Studio.....

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

(**) There is an additional fee.



SUNRISE SPRINGS
SPA RESORT
SANTA FE