



Pure Cleanse Sample

Thursday

2:00 pmArrival to Sunrise Springs with Intention Setting Fire Side

Friday

9:00 am Ancient Echoes 50-minute

10:00 am..... 50-minute Private Session with Dr. Sally Fisher

11:15 am.....Detoxification Class- Gut (GI) Health with Dr. Sally Fisher

2:00 pmMedicine Wheel Experience

3:00 pmPrivate Yoga

6:00 pm25-Minute Mineral Infused Tub

9:00 pm Crystalline Harmonic

Saturday

11:15 am.....Detoxifying Class- Spring Cleaning: Fasting and Cleansing with Dr. Sally Fisher

3:00 pmPrivate Yoga

5:30 pm..... Sweat Lodge

Sunday

Self-Guided..... Private Reflective Nature Walk



SUNRISE SPRINGS

AN OJO SPA RESORT

SANTA FE