

Santa Fe Wellness Retreat for Women

Itinerary dates: September 17– 21, 2017

Tour Leader: Beth Whitman

The **Santa Fe Wellness Retreat** will be held over five days at [Sunrise Springs Resort and Spa](#) just outside of downtown Santa Fe.

Led by **Beth Whitman**, this getaway will be a time for participants to relax, restore and explore inwardly as we enjoy our **peaceful and sacred surroundings**. Through **meditation, yoga and journaling**, we'll learn to reflect upon ourselves, our family, friends, work and lifestyle choices.

Sunrise Springs' expert staff will provide teachings about **health, nutrition** and the **culinary arts**.

We'll learn to **Be Bold** through knowledge and insight about what it takes to improve our lives incrementally and **discover our best selves**.

Healthy **vegetarian meals** and snacks will be provided throughout the retreat.

This is an **all-inclusive program** that includes accommodations, meals and most activities. While this is not a spa getaway, there *are* spa facilities at Sunrise Springs that you can schedule on your own at an additional cost. The facilities include **therapeutic massage and bodywork, reflexology**, an **outdoor pool** as well as a **private outdoor soaking pool** and a **sweat lodge**. (You might also consider staying an extra day before or after the retreat to take advantage of these!)

While your participation is not required, we highly **encourage everyone to partake** in each of the activities included in the retreat. This will help you get the most out of your stay!

HIGHLIGHTS of the Santa Fe Wellness Retreat for women:

- Enjoy spectacular **vegetarian food** prepared by Chef Rocky
- Take part in **daily guided meditation and yoga classes**
- Learn how to make **simple, healthy and nutritious choices** every day
- Roll up your sleeves for a **hands-on cooking class** with James Beard-winning chef, **Lois Ellen Frank**
- Blend up a **fresh smoothie** after picking ingredients from the resort's fantastic garden
- Leave the world behind by **unplugging** and **relaxing** in this **peaceful environment!**

ITINERARY

Day 1

Sunday, September 17, 2017

Meals: Dinner

Upon arrival at Sunrise Springs, you'll check in to your lovely garden view room, appointed in **traditional Southwest design**. There will be a welcome reception in the Cottonwood Lounge with the chance for us to enjoy a light snack and meet the rest of the group prior to dinner.

We'll have dinner at Sunrise Springs' **Blue Heron Restaurant**. Here, Chef Rocky Durham conjures up **healthy meals** that embrace the idea that food is an **elixir for the body and mind**. Expect nutritious vegetarian meals that include fresh vegetables, fruits, herbs—many from the resort's own garden!

Afterward, we'll spend time around the **outdoor fire pit** relaxing in the **cool desert air**, enjoying the **plethora of stars** and informally chatting about what we hope to get from this **restorative getaway**.

Days 2, 3 & 4

Monday, September 18, 2017 - Wednesday, September 20, 2017

Meals: Breakfast, Lunch, Dinner

For three days, we provide the opportunity to **unwind your mind, relax your body** and **sink into the beauty** of the surroundings at Sunrise Springs.

Each day begins with a **short (20-30 minutes) guided meditation** to give us time to relax and set our intentions for the day. Afterwards, we will enjoy a group **one-hour yoga class** geared to all levels of experience. Our personal instructor will take us through basic yoga poses and stretches to **awaken our body** and **invigorate us** for the day. No need for prior experience!

After our bodies have had a chance to wake up, we'll enjoy a **farm-fresh breakfast** followed by a short break. Both breakfast and lunch include **nutritious, vegetarian food** and will be served at the delightful Sages Cafe on the property.

Each morning and afternoon offers **dynamic workshops** in topics covering nutrition, integrative medicine, health, smoothie-making and healthy travel habits. Our teachers include **Dr. Sally Fisher** who specializes in **Integrative and Nutritional Medicine** and helps people deepen their **sense of well-being** through healthy food choices. Our yoga, meditation and smoothie-making teacher, **Birgita Lacovara**, brings her background in wellness to the **yoga mat and to the kitchen**. Her enthusiasm and knowledge on a wide range of topics will make you **instantly drawn to this magnetic woman**.

In addition to facilitating the Retreat, **Beth Whitman** will be speaking about her **transformation to a healthier lifestyle** and how she's been able to cultivate this way of life into her very busy travel schedule. [Learn more here about the teachers](#) you can expect to hear from.

After lunch, we encourage you to take some time to journal, reflect or to take part in an impromptu break-out session to continue discussions from the morning program.

* **On Day 2** we'll experience a hands-on cooking class and dinner with **Lois Ellen-Frank**. Lois is a **James Beard Award-winning Native American Chef**, Native American foods historian, culinary anthropologist, author and photographer. In short, she's amazing and the food we prepare tonight will be too!

Day 5

Thursday, September 21, 2017

Meals: Breakfast

On this day, we'll have our **meditation and yoga classes** as well as breakfast and then a **final wrap up session** to reflect on our time at Sunrise Springs and to set some wellness goals.

**** Itinerary subject to change without notice.**

**** Please note, the resort requests no children under the age of 18 and no pets. Sunrise Springs Spa Resort is a 100% smoke-free facility.**