



Monthly Newsletter

Welcoming the New Year of 2017



Arts



Community



Personal Development



Spirituality



Sustainability



Wellness

SUNRISE NEWS

Winter Yoga Retreat with Carmen and Dennis:

Restore, Reflect and Renew

Arrive Friday, January 20, at 3 p.m. Depart Sunday, January 22, at 1 p.m.

Winter's stillness invites us to experience the beauty of Sunrise Ranch. Dynamic yoga sequences restore our well-being, while introspection prepares us for the year ahead. Restorative yoga renews heart and soul. Expect to feel calm and centered.



Warm your heart at the hearth of community. Ignite your inspiration for the new year through user-friendly yoga and contemplative practice.

About Carmen and Dennis...

Teaching and practicing together, for us, touches that

UPCOMING EVENTS

★ Event



Yin, Strength & Power
Women's Retreat

January 18 - 22 | 2017

★ JOIN

place in our hearts where the flowing light of grace dwells.

Carmen's deep compassion for each student inspires her teaching. She is an ERYT500, Yoga Alliance registered teacher. Dennis finds delight in the desire to find alignment in attitude and body that brings freedom. He too is an ERYT200/RYT500, Yoga Alliance registered teacher.

Register for this Event [here](#).

Poetry Corner - Winter Epiphany By Jerry Kvasnicka

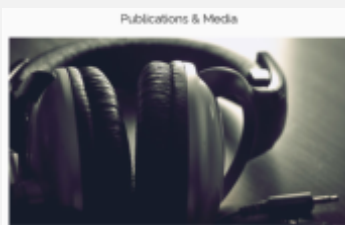
Planet earth,
Magnificent blue and silver orb
Coursing through space.
Not aimlessly,
But on a mission.
Guided by cosmic design and purpose.
Each subtle movement of the dance
A perfect response to tones of Universe.
Tones clearly discerned
In the deep of a winter night,
Beneath skies sparkling with Orion's light



Read Full Poem [Here](#)

Sunrise Ranch Store

The Sunrise Ranch Store is now open online! We have new products from Sunrise Ranch t-shirts to produce and grass-fed beef. Click below to see all the new items that you can order.



RECENT BLOGS

We are Designed to Create

How does magic come through a singer, a poet, a dancer, or an artist? How does wisdom come? Because they make space for it to come. I have been considering if this magic and wisdom comes differently to men and women. Is there a feminine track of creation and a masculine track? What is the difference between the experience of the feminine and the masculine in my life, and in my human experience?

[Read More](#)

It's Time to Turn the Page

I've also learned that living in this community helps us to continually be aware of this dimension of life and living; we're in the crucible of putting our convictions to the test. As we honor Universal Being, we must learn to see that Higher Self in our fellow community members, even if they seem to be acting in rather "lower self" ways. And we learn patience, as the wheels of improvement in

We will be announcing special store offerings through our [Sunrise Ranch Newsletter](#).

everyday life here sometimes turn very slowly.

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FOLLOW US FOR RESOURCES AND INSIGHTS



CONTACT

Sunrise Ranch
100 Sunrise Ranch Road, Loveland Colorado 80538 USA 1-877-786-0078

For questions, concerns or to order by the phone
call 1-970-679-4200 or email us at: guestservices@sunranch.org

This email was sent to: rariel@emnet.org because you have either opted in via one of our forms, have purchased a product from us, or have attended an event at Sunrise Ranch

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Sunrise Ranch 100 Sunrise Ranch Road Loveland, Colorado 80538 United States (970) 679-4200

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