



Sunrise Ranch Newsletter

February 2021

It's when we start working together that the real healing takes place.

— David Hume

Upcoming Events

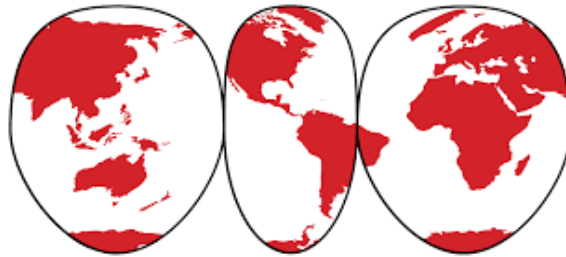


We are overjoyed to announce that we have several in-person events on the schedule

for this year! We are taking several precautions and have your safety and the safety of our community in the forefront of our minds as we slowly ease in and welcome guests back to our Conference and Retreat Center at Sunrise Ranch.

Weston A. Price Foundation

May 15 - 16 | 2021



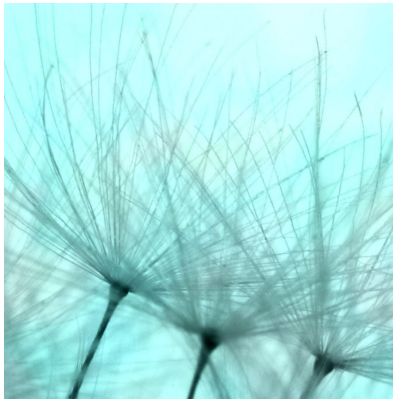
The Weston A. Price Foundation (WAPF) is your source for accurate information on nutrition and health, always aiming to provide the scientific validation of traditional foodways. People seeking health today often condemn certain food groups—such as grains, dairy foods, meat, salt, fat, sauces, sweets and nightshade vegetables—but the Wise Traditions Diet is inclusive, not exclusive.

We show you how to include all these nourishing traditional foods in your diet through wise choices and proper preparation techniques. The result is vibrant health for every age of life, including the next generation.

[Learn more](#)

Healing Developmental Trauma

May 20 - 25 | 2021



This experiential training will deepen your understanding of how developmental trauma impacts us as adults and will offer you new ways to safely work with trauma. You will learn and experience exercises, touch work and techniques to bring into any type of healing session so you can unwind these patterns within yourself. If you work with people you will have more options to offer your clients to help them heal from their developmental trauma.

[Learn more](#)

Mind, Movement, Magic

May 26 - 30 | 2021

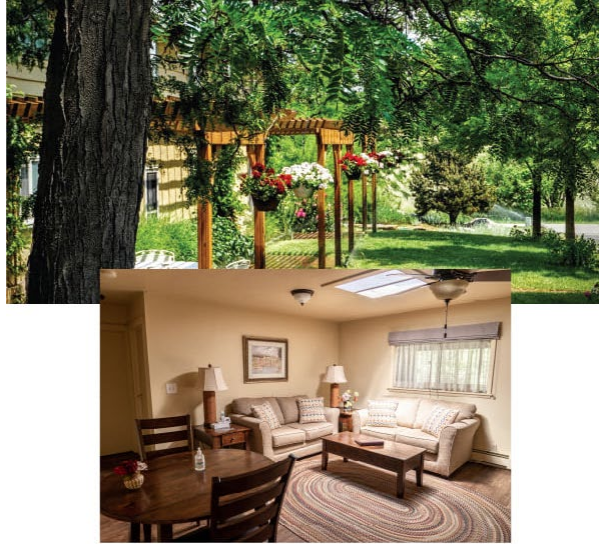


Neurosculpting is a 5-step meditation process that can strategically help an individual release the grip of old patterns and entrain their brain to create new and more supportive patterns, habits and behaviors.

[Learn more](#)

Live in Our Thriving Community!

With breathtaking views, a loving surround, ample hiking, and only 20 minutes to the heart of Loveland, you don't want to miss out on this opportunity to live at Sunrise Ranch!



Short Term And Long Term Rentals

Sunrise Ranch has short term
& long term apartments available!

2-3 bedrooms furnished and
unfurnished starting at
\$1,250.- \$1,650. Per month,
rent includes utilities and WiFi.

**For more info call Kimberly at
(970) 820-9701.**



*Live on 450 acres in the foothills of the Rocky Mountains!
Views galore, great place for hiking, bicycling and just
roaming around amongst natural beauty and wild life.*

Community Highlights



Patrick and Rachel bundle up to harvest for the Farmers Market and [Barn2Door deliveries](#).



Just a bunch of kids on the farm. Most of our lambs have been born. However, we discovered that during the evacuation, a few of our ladies were exposed to our rams and we are now expecting several more surprise babies in a few months.



The calves moved into their own area a few days ago. They seem happy to be there, all on their own without their mamas.



We had a beautiful snowfall on January 27, blanketing the Sunrise Ranch campus and Eden Valley.



Come and find us at the Farmers Market for your grassfed beef and lamb, breakfast burritos and your greens: spinach, arugula, salad mix, romaine, bok choy, kale and chard!

Winter Farmers Market

Foot Hills Mall 215 E. Foothills Pkwy, Fort Collins

10 a.m. to 2 p.m. on the following Saturdays:

February 13 and 27; March 13 and 27; April 10 and 24; May 8.

We all have that ability to remain in the moment, not hastening to the past or leaping forward to the future, but just cherishing the moment and remaining in the abundance of what is coming to us through our connection with Source.



— *Marilyn Manderson*



Creating a New Earth

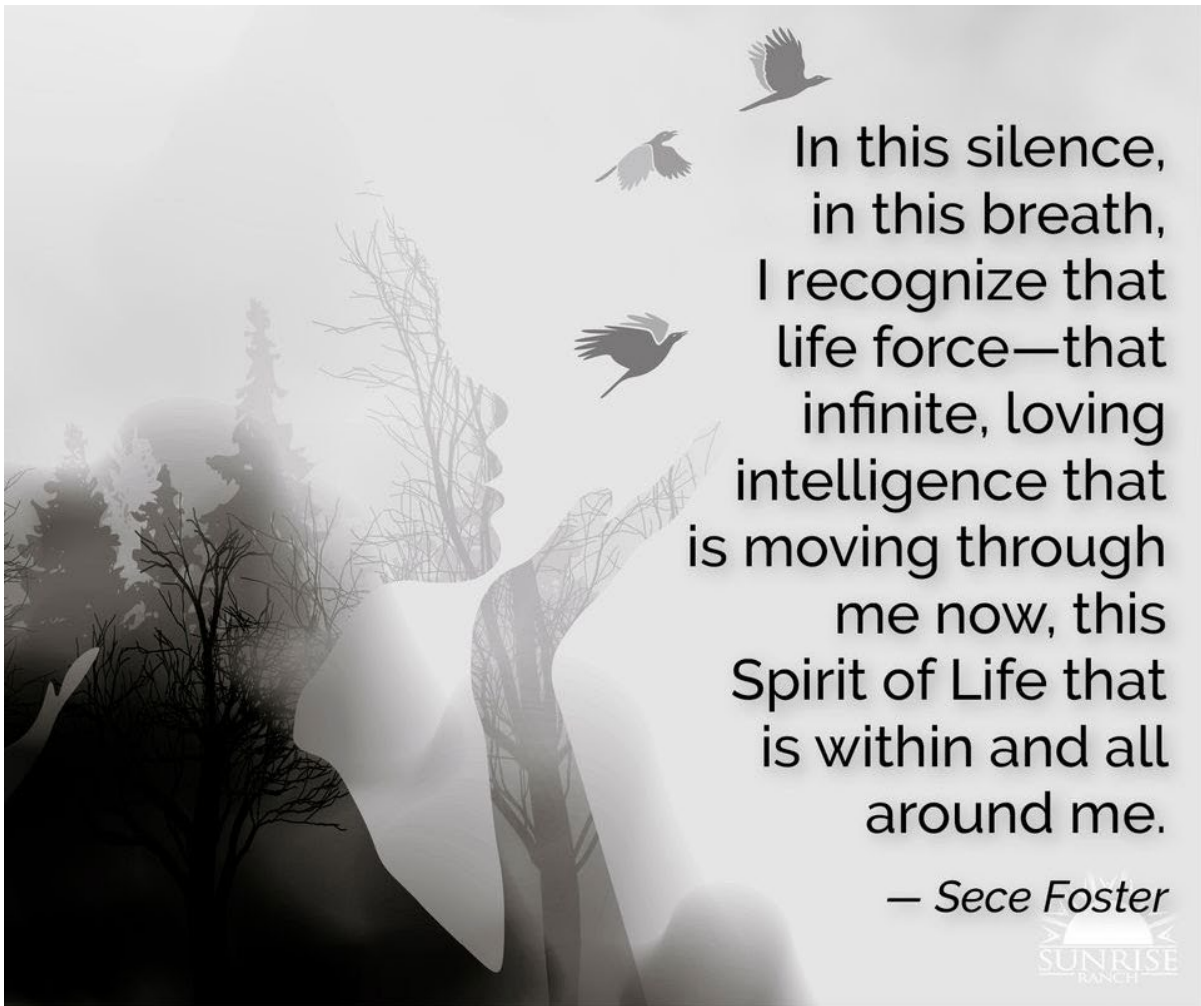


David Karchere speaks on how our consciousness affects the evolution of America and our world. May we learn to be a conscious participant in this evolution and help to bring forth this New Earth.

A Surround of Beauty



Sunrise Ranch resident Catherine Munk plays a Native American flute at Sunrise Ranch.



In this silence,
in this breath,
I recognize that
life force—that
infinite, loving
intelligence that
is moving through
me now, this
Spirit of Life that
is within and all
around me.

— *Sece Foster*



The Central Way

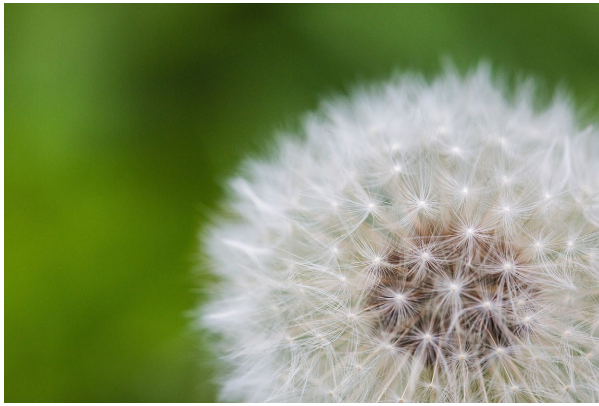
We live in a world full of polarization. At least I do. How about you?

There is a central way. It is born out of conscious spiritual centering. When that is in place, the emotional body joins that centering. It supports and empowers it.

[Continue Reading...](#)



Celebration of Life Events



We embrace all cycles of life. Consider Sunrise Ranch as a place to celebrate the life of your loved one.

- **Livestreaming services**
- **Variety of spaces**
- **Piano and organ on-site**
- **Catering available**

[Inquire Here](#)

There is so much more we would love to share with you.

[Follow us on Facebook to see more!](#)