

SLEEPING LADY MOUNTAIN RESORT

Restare 2025 Wellness Weekend

Thursday

4/03

Arrive & Check-In To Your Guestroom

Dinner on Your Own

7:00pm - 8:30pm Welcome & Introductions, Yoga Nidra with Kerry Hinds in Quail

Friday

4/04

7:00am - 9:00am Breakfast in Kingfisher on Your Own Time

10:00am - 12pm Flow Yoga with Kerry Hinds in Quail

Lunch in O'Grady's & Free Time for Hot Tub, Walks, Spa Appts

6pm - 9pm Keipi Style Dinner in Kingfisher

Saturday

4/05

7:00am - 8:30am Breakfast in Kingfisher on Your Own Time

9am - 12pm Restorative Yoga, Meditation with Joanna Dunn & Acupuncture with Core Essence in Quail

Lunch in O'Grady's & Free Time for Hot Tub, Walks, Spa Appts

4:30pm - 7pm Pass the Canvas with Art Haus & Dinner in Woodpecker

8:00pm - 9:30pm Guided Sound Bath with Opal Hopkins/Sacred Empress in Quail

Sunday

4/06

7:00am - 8:30am Breakfast in Kingfisher on Your Own Time

9am - 11am Birdwalk with Heather & Pat Murphy

12pm Check-out of Your Guestrooms

Meet the Team



Kerry Hinds

Email: kerryhindsyoga@gmail.com

Kerry has been teaching yoga for 20 years and has extensive training in different styles of yoga as well as Ayurveda, Reiki, and Yoga Nidra. She believes that Yoga is for everyone - it can bend and weave to support, nurture, and bring clarity to the human experience. We're all human, therefore yoga is an offering for us all. Kerry's compassionate teaching style creates an inclusive environment for practitioners of all levels, encouraging self-discovery and respect for our bodies and journeys. She lives in Plain, WA with her family and offers regular yoga classes and workshops to the community in which she lives.

Heather & Patrick Murphy

Email: heather@wildtales.com/wildtales.com

Heather is a Pacific Northwest notecard artist, wildlife biologist, watercolorist, and nature writer. She holds a Forest Technology degree from Wenatchee Valley College and a Bachelor of Science in Wildlife Habitat Management from the University of Washington, where she also studied drawing. Her watercolors, journal sketches and migratory bird paintings have been selected for conservation programs in the Western Hemisphere. Heather's agency career spanned from 1974 to 2005, when she retired from the U.S. Forest Service as a wildlife biologist on the Wenatchee River Ranger District. She currently leads Citizen Science wildlife programs as a volunteer for the U.S.F.S. and is the Sleeping Lady Artist-in-Residence. Patrick is an actor, writer, retired GIS Analyst from the US Forest Service and huge supporter of his wife Heather!



Joanna Dunn

Email: yoga@joannadunn.com/joannadunn.com

A yoga teacher since 2001, Joanna teaches a variety of styles, including beginner-level alignment, a Level-2 slow paced Vinyasa, Yin and Restorative, as well as somatic movement and meditation. Her teaching is influenced by Iyengar-based teachers Judith Lasater (Restorative yoga), Kathryn Payne (Pranayama) and Theresa Elliott (alignment, sequencing, and Vinyasa). Her primary influences from her early studies also include the choreographed multidimensional vinyasa of Lynn Kingston and the accessible, gentle yoga of Kripalu. Joanna is currently studying with Tias and Surya Little of Prajna Yoga. Prajna fuses traditional yoga practices (Ashtanga and Iyengar) with the energy body wisdom of yoga and Chinese Medicine, Buddhist meditation, and the somatic movement of Feldenkrais and Hanna.



Nanci Corder & Karli Azevedo - Core Essence Acupuncture & Massage

Email: health@core-essence.org/core-essence.org

Karli and Nanci are a mother-daughter team that specialize in Neurological acupuncture. They have devoted their time and efforts to come alongside each person in healing. Through their extensive personal experience you will experience wellness physically, mentally, emotionally and spiritually



Opal Hopkins - The Sacred Empress

Email: thesacredempress@gmail.com/thesacredempress.com

Opal Hopkins is a Soul Doula based in Central Washington who utilizes her knowledge of various energy practices to bring forth supportive spaces in communities. Opal is a Quantum Sound Healer that sets intention for each sound bath with purpose. For each offering, she sets an intention of welcoming the energy present in each space to weave a beautiful song of remembrance. Opal uses a set of instruments including singing bowls, hide drums, chimes, and vocals in her facilitations to support others.

