



## Sunrise Springs Resort Spa in Santa Fe to Host a Tea Immersion Week in Conjunction with the Santa Fe Opera Production of *Tea: A Mirror of Soul* by Tan Dun

SANTA FE, NEW MEXICO — Sunrise Springs Resort Spa in Santa Fe to host a Tea Immersion Week in conjunction with the Santa Fe Opera production of *Tea: A Mirror of Soul* by Tan Dun.

The week begins on Monday, July 16, and concludes on Sunday, July 22. Participants in the Tea Immersion Program will spend a week exploring the riches of the Chinese and Japanese cultures that lie at the heart of the opera—*Tea*. Experts on music, Asian culture, and the world of tea will guide the journey through Tan Dun's musical and theatrical world, Chinese and Japanese Tea ceremonies, Raku pottery-including a special "Tea in Your Own Bowl" event, yoga and Tai Chi classes. Guest speakers include the noted author and tea expert James Norwood Pratt. The week events will be capped by attending the American premiere performance of *Tea: A Mirror of Soul*.



The Tea Immersion week will be held at Sunrise Springs Resort Spa-known for its authentic Japanese Tea House on property. Offering programs that draw from the wisdom of ancient traditions, the Sages Arts Center at Sunrise Springs is one of the many aspects that make Sunrise Springs so unique. In addition to instruction in the traditions of Yoga and Tai Chi, participants will make their own tea bowls in the Raku Pottery studio. They will experience the ritual of the Japanese Tea Ceremony, which promotes harmony and like-mindedness and the Chinese Tea, which draws upon the Taoist principles will be another highlight of the week.



A spectacular Kaiseki dinner paired with hand-crafted sakes at the Blue Heron Restaurant is part of the weeks' plan as well, promising to make it a celebration of culinary as well as cultural richness.

"Sunrise Springs was created with the intention to provide an environment for cultural and creative immersion," says Tracy Pikhart Ritter, General Manager of Sunrise Springs. "We are delighted to be hosting the Tea Immersion Week in conjunction with the Santa Fe Opera."



In addition to the Santa Fe Opera Immersion Week, visitors interested in deepening their experience of Tea Ceremony and cultural traditions have the opportunity to enjoy the Japanese Tea Ceremony, Chinese Tea, and Raku Pottery or to indulge with the Green Tea and Clay Spa packages. A Japanese Tea Intensive is planned for this winter at Sunrise Springs.

Combining the graciousness of an inn, with the amenities of a resort, Sunrise Springs Resort Spa sets a new standard for travel. The 70 acre compound includes fifty-eight elegant rooms and casitas, an award-winning restaurant, a Japanese Tea house, world class spa, and an arts center where one can enjoy yoga, meditation, and Raku pottery studio. An eco-resort with biodynamic gardens, Sunrise Springs is the ideal place to rest and recharge.

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