

Image of cubicle job or busy street or traffic.

V/O

Tired of struggling to get by in the city? Looking for a way to reconnect with the land?

Image of Sunrise Ranch.

V/O

Welcome to Sunrise Ranch, an intentional spiritual community located west of Loveland, Colorado.

Image of people in action around property, esp. in farm, garden and kitchen.

V/O

We're a growing teaching and demonstration site that uses farm to table practices to bring organic produce and free range animal products directly to our kitchen for scratch cooking.

Images of interns in each program with text labels as they are listed by V/O.

V/O

We offer three seven-month internships in the Farm and Garden, Culinary Academy and Full Self Emergence, as well as a ten day Permaculture Design Course.

Images of interns in action.

V/O

Interns are a vital part of life on the Ranch. Not only do they deepen their understanding of spirituality and help build sustainability practices, but they get the chance to experience and participate in a supportive community.

Black screen with words: Permaculture Design Course. Then images of previous PDC course.

V/O

In our Permaculture Design Course, you'll learn the basics of sustainable, organic gardening from experienced instructors such as Patrick Padden.

Image of Patrick, then images of farm, garden and fruit orchard.

V/O

Some Permaculture Design students choose to stay at Sunrise Ranch for a farm and garden internship. Either way, it's perfect for anyone curious about alternatives to conventional gardening.

Black screen with words: Farm & Garden. Then images of the farm, garden or produce.

V/O

If you love digging your hands into the soil or working with animals, the Farm and Garden internship is for you.

Images of the garden and orchard.

V/O

Not only will you see the growing process from beginning to end in our organic garden and greenhouse, but you'll get to participate in the planting, care and harvest of our plants.

Images of animals.

V/O

Our grassfed beef and cage-free chickens enjoy humane treatment and high quality living conditions that you'll help maintain. We also raise pigs, goats and geese.

Footage of Sonny being interviewed.

INTERVIEWER

Why did you choose an internship at Sunrise Ranch?

SONNY

I chose it because...

Black screen with words: Culinary Academy. Then images of Culinary Academy and chefs.

V/O

Whether you're a novice cook or a professional chef, you'll gain valuable skills as a Sunrise Ranch Culinary Academy student.

Images of produce and prepared food.

V/O

Sunrise Culinary is Northern Colorado's premier source for cooking education using farm-to-table practices and nutrition principles. We use ingredients straight from our farm and garden to prepare and serve meals to the community.

Images of cooking utensils and kitchen.

V/O

You'll gain practical experience in a fast-paced environment while developing a holistic relationship with food.

Footage of Jose being interviewed.

INTERVIEWER

What did you enjoy about the Culinary Academy?

JOSE

I really liked...

Black screen with words: Full Self Emergence. Then images of FSE students.

V/O

Seeking personal transformation and deeper spirituality? As a Full Self Emergence intern, you'll undergo the journey of a lifetime as a residential member of our thriving community.

Images of attunement, journaling, class sessions, Sunday service, community activities.

V/O

With talented and caring instructors, engaging activities and plenty of time for discussion, you'll open up to a lifetime of creative possibility. You'll learn and use powerful spiritual principles to open more fully to your inner voice and calling. Best of all, we'll provide you with the life skills and one-on-one coaching for better relationships and personal direction.

Footage of Artem being interviewed.

INTERVIEWER

How did you change during Full Self
Emergence?

ARTEM

I...

Fade into footage of smiling, laughing people around Ranch.
Bullet pointed list overlay on footage.

V/O

Become a Sunrise Ranch intern and
enjoy real on-the-job experience,
nutritious and locally sourced
meals, a deeper connection to food
and people, and access to Arise
Music Festival. Experience
wholeness in yourself and the
community around you!

Cut to a picture of Sunrise Ranch with slate:

SLATE

2014 Sunrise Ranch Internships
Farm & Garden
Culinary Academy
Full Self Emergence
Loveland, CO
www.SunriseRanch.org