



Osprey Wilds

Environmental Learning Center

Dear Women's Wellness & Adventure Weekender,

We are looking forward to sharing a wonderful weekend of learning, de-stressing and fun with you at our upcoming Fall Women's Wellness & Adventure Weekend! Since we are living in unprecedented times, Osprey Wilds has put into place many safety procedures in regards to COVID-19. Included in this packet are our current procedures. Please note these might change prior to your arrival; if so, we will send out an updated version.

Throughout the weekend, in addition to the amazing classes you may also indulge in a massage with one of the weekend's massage therapists - Allison Jones or Dee Ziegler; schedule an intuitive reading or energy healing with Nancy Lindgren; receive holistic coaching from Michele Rae; or book a reiki or crystal healing session with Mary Jo Feely, or health and nutrition coaching with Teresa Wolfe.

The attached pages tell you all about the weekend, and will help you choose your classes. Please return the completed Medical and Liability forms and Class Registration form as soon as possible. Note class times, as some overlap. You will see that a few classes have small materials fees. Additionally, **Zen Painting, Explore Reiki, and Felted Gnomes** have class maximums, so if you choose any of these classes, please also indicate your second class choices in the event maximums are reached (simply put a '2' in front of your second choice). Class signup sheets will also be available throughout the weekend, and you can make changes to your selections as desired, if there is room in the class. Of course, if you want to relax and not take any classes during a session, that's perfectly fine – just make a note of that on the bottom of the Class Registration form so we don't chase you for your choices.

Plan to arrive between 4:00-5:30 pm on Friday to get settled in before dinner at 6:30 pm. Check-in opens at 4:00 pm. There will be a walking tour of class locations at 5:30 pm, and social time begins at 6:00 pm. We know Friday traffic and work schedules sometimes necessitate a later arrival so just let us know if you will not be here in time for dinner. Please contact us if you have any questions about the weekend.

Safe travels and see you soon!

Jill Rudolph

Operations Director

Driving directions to

Osprey Wilds Environmental Learning Center
54165 Audubon Dr., Sandstone, MN 55072
320-245-2648

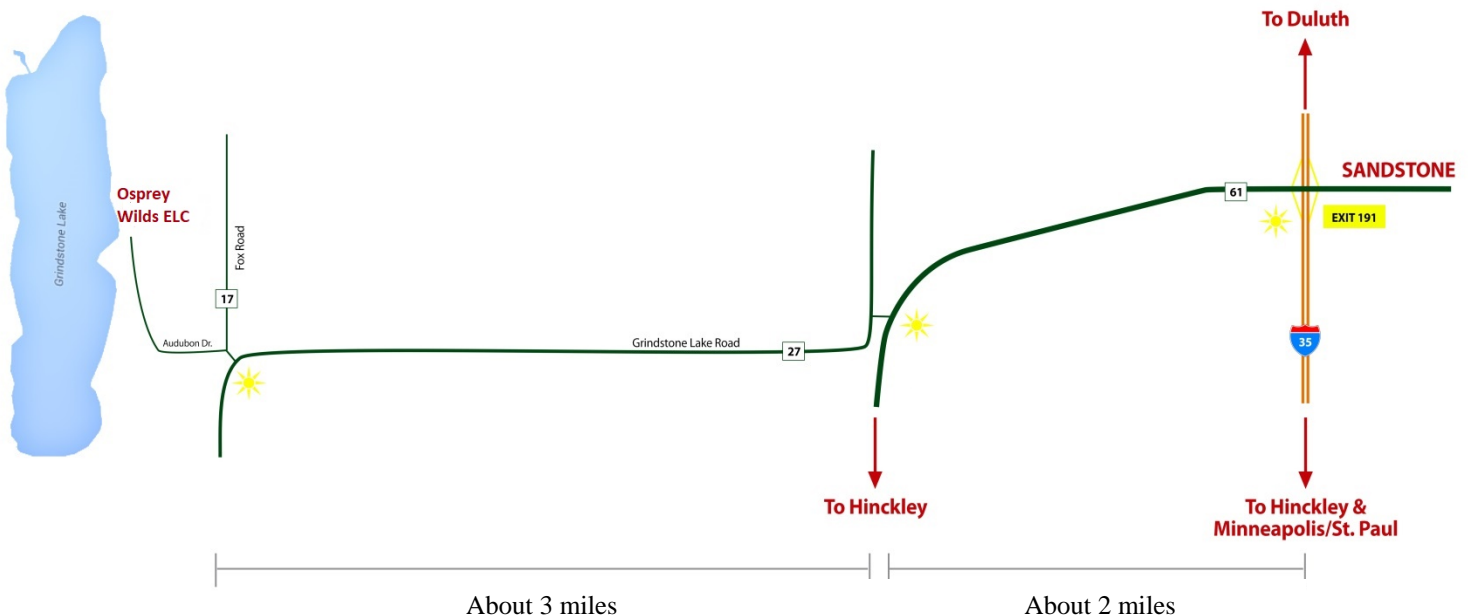
If searching for our location online, use maps.google.com

Osprey Wilds GPS coordinates

(46.117186384284004, -92.99793720245361)

Driving directions to Osprey Wilds From the Twin Cities and Duluth:

1. From Interstate 35, exit on the Sandstone **Exit 191**.
2. Go west on Hwy 61 just over two miles.
3. Take a right on County Road 27, cross the Munger bike trail, turn left at the 'T' (Grindstone Lake Road) and go just over three miles.
4. Take a right on County Road 17 (Fox Road) and go about 100 feet.
5. Turn left between the stone pillars (Audubon Drive – our driveway).
6. **PROCEED directly to main office/dining hall for check-in** – just follow our mile-long driveway all the way until it ends at the parking lot and the office.





COVID-19 Preparedness Plan for On-Site Events:

All participants will be asked to comply with these protocols throughout the duration of their program. These procedures could change at any time; Osprey Wilds will keep you updated with any changes.

Pre-visit:

All participants will be asked to monitor their symptoms for 2 weeks prior to arrival, including:

- Fever
 - participants are asked to do daily temperature checks and must have a temperature less than 100.4 degrees to attend
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain/Headache
- Sore throat
- New loss of taste or smell

If any participant exhibits any of the above symptoms, they will not be permitted to attend the in-person event. They must contact our staff to cancel.

Meals:

- All tables will be wiped down with a bleach-based sanitizer before and after each meal
- Masks will be worn inside the dining hall except by those who are sitting and eating
- Participants will be encouraged to minimize time in the dining hall
- Meals may be eaten outside if weather permits

Instruction:

- Instructors and participants will wear masks at all times in common areas and classrooms indoors, and will wear masks during outdoor learning if social distancing is not possible.
- Instruction will occur outdoors when appropriate; please dress and pack accordingly!
- Indoor instruction will be socially distanced with reduced numbers

Handwashing/Hygiene:

- Participants will be reminded to wash their hands at each scheduled break and before meals
- Hand sanitizer will be provided during instructional time--participants are encouraged to bring their own small supply of sanitizer

Indoor Areas:

- For better air purification, Osprey Wilds has upgraded all of our air filters to the highest filtering efficiency level available for our system (MERV 1300)

Transportation:

- If transportation is offered by Osprey Wilds for you or your participant, masks will be required while inside the vehicle

Women's Wellness Weekend October 1-3, 2021

Useful information

Location of Osprey Wilds: Osprey Wilds is located about 90 miles north of the Minneapolis/St. Paul metropolitan area and about 70 miles south of Duluth, situated on 780 acres on the east shore of Grindstone Lake, approximately six miles west of Sandstone, MN. A map is enclosed.

Accommodations:

- Participants will be housed in either Crosby or Lowry Lodges on lower bunks. The rooms are very basic - **no tv, clocks, or toiletries**. Please refer to the attached suggested packing list.
- If you are staying in the yurt and log cabin accommodations, heat is via wood stove; cots are provided, but no bedding; outhouse facilities; there is no running water; showering is available in Lowry Lodge; water jug refilling is available in our main building. Please think of these as rustic 'camping-type' accommodations and plan on bringing lanterns or flashlights for lighting, and water jugs for water.

There is a washer and dryer available to you in Crosby Lodge. Wash= \$1.50, dry = \$1.00, in quarters.

Food and Drink:

- Meals are served buffet-style in the dining hall. We make every attempt to offer and identify vegetarian, vegan, dairy-free and gluten-free menu options at each meal. If you have severe food restrictions or specialized dietary needs, please indicate those on your health form.
- When school groups are not present, such as during Women's Wellness & Adventure Weekends, we serve wine with dinner. Feel free to bring beverages of your choice to enjoy in moderation. (We do not have an ice machine on the premises, so cannot supply ice.) If bringing wine, remember your corkscrew.
- Coffee is available at all times, plus hot water for tea, etc.
- Please be aware that our water comes from a well and has iron and minerals in it. We have several double-filtered drinking fountains/water bottle filling stations that remove much of the natural metallic taste of the water.

Clothing: Many of the classes will involve time outdoors and walking to various class locations, so watch the weather beforehand and pack accordingly. We would suggest that you bring layers to be comfy in both warm and cool weather, and a raincoat or poncho (classes held rain or shine).

Phones: Cell phones have spotty reception at our location - text messages usually go through but cell phone calls can be problematic in some locations, depending on your carrier. There is a phone in each of the Lodges and the dining hall for emergency use only. Osprey Wild's main phone, which is located in the office (320.245.2648), can accept voice messages after hours - those messages will be delivered to you the next morning.

Internet: There is free wireless internet access in all of our lodging buildings and main dining room.

Smoking/vaping: not allowed in any of the buildings; please use designated areas, away from building entrances.

Fragrances and perfumes: Some people have sensitivities to fragrances and perfumes. For the enjoyment of all, please refrain from using fragranced or perfumed lotions, sprays, gels, and so on, during this weekend event.

Gift store: We have a small gift store where some toiletry items can be bought, as well as our maple syrup, books and other gift items. Osprey Wilds accepts cash or most credit cards.

The program will officially end following the Sunday lunch and closing - about 1 pm

**If you have any further questions, please call us at 320.245.2648 or
email frontdesk@ospreywilds.org.**

Osprey Wilds Environmental Learning Center

Tel. 320.245.2648

SUGGESTED PACKING LIST for Women's Wellness & Adventure Weekends

- **Sleeping bag or bed linens ***
- **Pillow ***
- **Towels & Washcloths ***
- Flashlight
- Water bottle
- Travel mug for hot drinks
- Toiletries
- Medications (if refrigeration is needed, please let us know)
- Comfortable walking shoes or boots (we have over 7 miles of trails). **NOTE: Closed-toe shoes are required for High Ropes and Archery classes**
- Camera, binoculars
- Yoga mat or thick towel for yoga classes or any of the meditations.
- Cash for practitioners or class materials fees (if applicable). We do not have an ATM on premises but can exchange for cash via credit card in our gift store; there is a \$3 fee per transaction

* Unless you have paid \$10 for linens

Tentative Class Schedule for Women's Wellness Weekend

Fall 2021 - October 1-3, 2021

Friday, 10/1		
Evening keynote: Awakening from the Dream: Taking Your Place in the Circle - <i>Nina Roberts Salveson</i>		
Saturday, 10/2		
6:30 am - Yoga, Kriya Hatha - Charrie VanVleet		
8:30-10:00	10:15-11:45	8:30-11:30
Healing with Gemstones & Crystal Grids - <i>Mary Jo Feely</i>	Self-Healing Body, Mind & Spirit Through Reiki - <i>Mary Jo Feely</i>	Local Medicinal Plants - <i>Teresa Wolfe</i>
Yoga, Kriya Hatha - <i>Charrie VanVleet</i>	EFT Tapping to Release Pain and Stress - <i>Nancy Lindgren</i>	Naturalist Walk at Banning - <i>OW</i>
Turning on Intuition - <i>Amy Vasterling</i>	Archery - <i>OW</i>	Zen Painting - <i>Heidi Breeggemann</i> (2 hrs; note time: 9:00-11:00)
1:15-2:45	3:00-4:30	1:15-4:15
Self-Defense with Louise - <i>Louise Kneeland</i>	Lifting the Veil: Discover the Magic of your Higher Mind - <i>Nina Salveson</i>	Skywalk High Ropes Challenge - <i>OW</i>
Multidimensional Mindfulness - <i>Michele Rae</i>	Healing with the Earth - <i>Laura Adrian</i>	Gather and Glow: Rustic Luminary Making - <i>Denise Rouleau</i>
Sound Meditations for Healing - <i>Cheri Bunker</i>	Rhythm of Spirit - <i>Cheri Bunker</i>	Mushroom Walk - <i>Kathy Yerich</i>
		Preserve the Bounty - <i>Jolene Palme</i>
Sunday, 10/3		
6:30 a.m. - Yoga, Kundalini - <i>Louise Kneeland</i>		
8:30-10:00	10:15-11:45	8:30-11:30
Meditation with Dee - <i>Dee Ziegler</i>	Connecting to YOUR Optimal Future Self - <i>Michele Rae</i>	Aerobic Hike at Banning - <i>OW</i>
How to Read Oracle Cards - <i>Nancy Lindgren</i>	Yoga, Kundalini - <i>Louise Kneeland</i>	Felted Gnomes - <i>Mary Malsam</i>
Rooted & Thriving: Wisdom of Trees - <i>Laura Adrian</i>	Canoeing - <i>OW</i>	Oyster Mushroom Growing - <i>Kathy Yerich</i>

Women's Wellness Weekend

Fall 2021 Class Descriptions

Aerobic Hike at Banning (fast)

Get your heart rate up on this fast-paced aerobic hike! We will go to Banning State Park (9 miles away – by Center van) and fast hike the beautiful Kettle River canyon. Be prepared to walk at a sustained fast pace – this is not the same as our Naturalist Hike at Banning on Saturday morning and is designed to give participants an aerobic workout. There is some rock scrambling involved, but no technical climbing. You should be comfortable with climbing over uneven terrain. The scenery is always spectacular. Hike will go rain or shine.

Archery

Learn about the lifelong sport of bow and arrow target shooting. Find out about eye dominance, parts and proper handling of archery equipment, proper shooting stances, safety procedures, and then do some practice target shooting.

Canoeing

An introductory class or a refresher for those who have canoed in the past (weather permitting). Learn the basic techniques for entering and disembarking from a canoe and the strokes needed to go forward, turning and stopping. Take to the waters of Grindstone Lake and enjoy the beautiful fall colors as you practice and improve your paddling techniques.

Connecting to YOUR Optimal Future Self

We are co-creating our lives with the small choices we make every day. When our behavior aligns with our optimal intentions to create a personal and professional life we love, magic happens! Join Michele Rae – author, founder of The Center Within, and graduate faculty at the University of MN's Center for Spirituality – as she guides us in clarifying and amplifying our intentions, attention, and awareness as we imagine our ideal future self, both individually and collectively, together.

EFT Tapping to Release Pain and Stress

Tapping, also known as EFT (Emotional Freedom Technique), is a powerful healing tool proven to permanently resolve issues such as stress, anxiety, phobias, chronic pain, addiction, weight control, and limiting beliefs—just to name a few. Tapping/EFT combines the principles of ancient Chinese acupuncture and modern psychology to help calm the nervous system, rewire the brain to respond in healthier ways and restore the body's balance of energy. In this class, healer, counselor and teacher Nancy Lindgren will teach you how to use this simple and effective healing modality for yourself. In just minutes, you will understand why EFT is being used widely in both holistic and therapeutic settings—it works!

Self-Healing Body, Mind & Spirit Through Reiki

As holistic beings, our physical, emotional, mental and spiritual aspects are intertwined. Health and wellness consist of having a balance between these parts of ourselves. Energy blockages and imbalances can frequently lead to illness and disease, and Reiki can play a role in supporting the journey back to health. During this class, Mary Jo Feely – RN, Reiki Master and Intuitive Energy Healer – will teach you about the history of Reiki, the ways that Reiki supports the human energy system, and you will also have the opportunity to experience both individual and group healing.

Felted Gnomes

Come make some adorable felted wool woodland or holiday gnomes with felting artist Mary Malsam! For

those of you who have made these with her before, she's made changes by having some of the more time-consuming early steps done ahead of time so you have more time for the fun stuff! No experience of any kind is needed. If you have bits of beads, broken jewelry, old pieces of Christmas décor...any bits suitable to decorate the hats... bring them. Also, if you have a glue gun, we could probably use extras in the class. **(\$5 materials fee)**



Women's Wellness Weekend

Fall 2021 Class Descriptions

Gather and Glow: Rustic Luminary Making

Lanterns and luminaries are used all around the world for cultural festivities and religious observances. They symbolize the inner light that guides the soul through periods of darkness and transition with the promise of a new day and beginning. Lanterns are also used to enhance spiritual and meditation practices by helping focusing one's attention and intentions. Their gentle glow can help sooth stress and anxiety and prepare the mind and body for sleep. Join artist Denise Rouleau in creating a rustic lantern from pre-cut twigs, a battery operated tea candle, and an assortment of beautiful translucent paper, mixed media, and traceable designs. You'll also have the opportunity to forage outside for natural embellishments to personalize your lantern for fall and change them up with the season! Bring your lantern along to Saturday evening lighting (weather permitting) or wind down from your active day with its soft glimmer next to your bed. **(\$5 materials fee)**

Healing with Gemstones & Crystal Grids

Stones and crystals have been used for healing purposes for thousands of years. Whether placed on or around the body or used to create powerful crystal grids, gemstones play an important role in helping to clear and balance the human energy field. During this class, Mary Jo Feely – RN, Reiki Master, Certified Crystal Healer and Intuitive Energy Healer – will give you an opportunity to learn how to work with gemstones and crystals, from single stones to crystal grids and body layouts, to support your own body-mind-spirit health as well as bringing healing to the world.

Healing with the Earth

In this workshop, Laura Adrian – yoga teacher, meditation instructor, community herbalist, and writer – teaches us simple, yet powerful practices to cultivate clarity, reduce anxiety, and spark new truths by working with the energy of the Earth. This is also a remembering that we all come from the Earth, and we depend on the Earth for food, water and shelter. In our modern culture we tend to spend less time outside and we're collectively less connected to the rhythms of the Earth. Through this workshop, we'll reconnect to the Earth energetically which can create big and small ripples through all aspects of our lives from relationships to parenting to being of service.

How to Read Oracle Cards

Do you have an Oracle deck but never learned how to use it? Would you like to know how to read cards so that you can gain insights about the things you're doing? In this class, healer, counselor and teacher Nancy Lindgren will teach and demonstrate different ways to use oracle cards, especially how to use them for insights and guidance about important decisions. If you have your own deck, bring it; if not, there will be extras to share.

Lifting the Veil: Discover the Magic of Your Higher Mind

Discover the concept of the energetic veil that contains your conditioned lower mind and separates you from your higher mind. Expand awareness to connect to your infinite potential of your higher mind, reflect on how the veil plays into our fears, and explore how to tap into the higher mind of pure knowledge as the gateway to our soul and intuition. In this class with Nina Roberts Salveson – visionary empath, intuitive wayshower, and transformational coach and guide – we'll practice 4 conscious steps and energetic practices to loosen and lift the veil so that you expand your capacity to be and create from your calm, balanced higher mind, and live inspired by beauty, your aspirations, desires and inner genius

Local Medicinal Plants

Join Eco-Herbalist Teresa Wolfe as she entertains and astounds us with stories of her experiences using common plants generally ignored and disregarded as 'weeds'. She promises to titillate your DIY instincts when you learn how easy to use – yet powerfully effective – these easily recognized plants are for food and/or medicine. Watch how many times someone in the group says "Really?" and "Wow! I didn't know that!" After the presentation, she will take the group for a 'walk about' around the grounds and look for these little lovelies as she profiles the niches where the various plants grow and their importance in the web of life. Dress for the weather!

Women's Wellness Weekend

Fall 2021 Class Descriptions

Meditation with Dee

Dee Ziegler, with her soothing voice, will lead you through a guided meditation session. This is a relaxing, comfortable way to decompress and de-stress, learning techniques you can use every day. **(For your comfort, bring a mat or sleeping bag to lie on, and a blanket)**

Multidimensional Mindfulness

How do YOU access your inner wisdom, intuition, creativity, imagination and inspiration? There are many dimensions in the vast morphic energetic field of consciousness that are nonphysical. In this class, Michele Rae – author, founder of The Center Within, and graduate faculty at the University of MN's Center for Spirituality – guides us as we explore and experience a process based on multidimensional mindfulness. These practices are designed to open your awareness and increase your perceptive capacity to subtle information and ways of knowing beyond your 5 senses.

Mushroom Walk... Edible. Medicinal. Beautiful.

What is a mushroom? Mushrooms are neither plants or animals, but in their own kingdom of Fungi. Join Kathy Yerich, co-author of *Mushrooms of the Upper Midwest*, to learn more about them! This session starts with a lecture describing some of the key features of the more than 5,000 species of mushrooms found in our area. We'll learn about some of the most common and delicious edible species, the most dangerous toxic species, some interesting medicinal species and many more! Following the lecture, we'll head out into the woods for a 'Mushroom Walk', foraging for specimens to bring back into the classroom and practice our identification skills. Field guides will be available to use during the class and for sale following the class.

Naturalist Walk at Banning (slow)

We will go to Banning State Park (9 miles away – by Center van) and explore the Kettle River canyon over approximately 3.5 miles of trail. This is a leisurely nature walk with frequent stops. There is some rock scrambling involved, but no technical climbing. You should be comfortable with navigating over uneven terrain. Explore areas of the park that the average visitor rarely visits. The scenery is always spectacular. Hike will go rain or shine.

Oyster Mushroom Growing

Kathy Yerich, co-author of *Mushrooms of the Upper Midwest*, will show us how to grow oyster mushrooms in our own basements, garages or backyards, using 3 gallon buckets and aspen shavings. After about 2 weeks of incubation the mushrooms will fruit and it is possible to get up to 3 flushes of mushrooms from a bucket. Similar to past shiitake mushroom growing classes, we'll set up an assembly line to prepare and fill our buckets with pre-grown spawn. Kathy will teach us how to care for the buckets, what to expect, and how to harvest our bounty of mushrooms. Each participant will bring home an inoculated bucket. **(\$5 materials fee).**



Preserve the Bounty

Learn the basics of canning and other food preservation methods. Jolene Palme – gardener and canner extraordinaire – leads this hands-on learning experience for all skill levels. The class will focus primarily on hot water bath canning techniques, but will touch on dehydrating and freezing as well. We will can one or two seasonal items (like pickles, hot peppers, or maybe pumpkin) and each participant will take home 1 or 2 jars of goodness. **(\$5 materials fee).**

Rhythm of the Spirit

Shamanic drumming is an ancient technique of beating the drum 180 beats per minute and is used to access the Theta waves of the brain. When we are stressed we're in the Beta state and when we meditate we are in the Alpha state. Theta is the dream like state accessed by beating one monotonous strike on the drum for a period of time. Cheri Bunker, member of the Sound Healers Association, leads us as we honor the four directions and enter into a space of serenity and peace. Come meet your power animal or totem through visual dreaming and be open to insight. Let the drum beat carry a healing message. What messages do your power animals have for you? We will learn how to shamanic drum for ourselves and others. We will also connect our spirit with each other through the circle as we drum the heart beat of Mother Earth. Share your personal power animal vision with others if you wish. Bring a frame drum and beater if you have one or one will be provided for you.

Women's Wellness Weekend

Fall 2021 Class Descriptions

Rooted & Thriving: Wisdom of Trees

What does it mean to be a spiritual being living here on Earth? What does that look like? How do we make a living, take care of our families, nurture our spirit while moving through the day? How do we meet the suffering in this world and social injustices? To answer these questions we can learn from the trees—which are both grounded in soil and tall, sturdy and expansive. The magic lies within the balance of being rooted as well as open and the heart is where these two meet. In this workshop, join Laura Adrian – yoga teacher, meditation instructor, community herbalist, and writer – as we work directly with the healing power of trees, bringing everything together by exploring the wild nature of living from the heart.

Self-Defense with Louise

The best self-defense is to not find yourself in the position to need it! The best move is to run like you never ran before! Join Louise Kneeland, who has a martial arts background and a black belt in Taekwondo, as we put our heads together and discuss our self-defense options. We'll learn some take downs and kick boxing, how to punch, and most importantly how to avoid trouble if possible!

Skywalk High Ropes Challenge

Stretch yourself physically and mentally on Osprey Wilds' High Ropes Challenge Course. You'll be 20' above ground, but safely harnessed to overhead cables. You'll find it an exhilarating experience and the bird's eye view of the landscape from that height is lovely. Once through, you'll be asking to go up again.

Sound Meditations for Healing

Join Cheri Bunker, member of the Sound Healers Association, for sound relaxation meditation. Imagine your body resting comfortably on the floor or in a chair being cradled by heavenly sounds, soft music and guided meditation for a full hour. Let yourself relax and experience total bliss. Take time out to restore your body and mind to a state of total relaxation. Experience the sounds of soothing music, Tibetan singing bowl, Flute, Angel Wing, drum vibration, chimes and many other instruments. Learn about all the different sound vibration tools and how to use them. **(For your comfort, bring a yoga mat, bed roll, or sleeping bag to lie on and a pillow and blanket – you won't regret it.)**

Turning on Intuition

If you're ready to learn more about your intuition now is the time and this is the place. This hands-on class, led by Intuitive Pathfinder Amy Vasterling, uses Everyday Intuition, which is a group-centered approach to learning about intuition. It is through self-discovery and connection in a space where there is a deep trust so you can thrive, learn and use intuition more profoundly in your daily life. This class contains group discussion, short instruction, and is hands-on.

Yoga: Kriya Hatha

Kriya (purified action) Yoga is the yoga of creative manifestation. It is the path leading you to cultivate a destination of your choosing. In this Kriya Hatha Yoga class led by instructor Charrie VanVleet, the action is found in postures that are meant to help cleanse and purify the physical and energetic body using alignment, breath awareness, Kriyas, and a focused mind. This is an All Level Class, we will begin with some breath awareness, asanas (postures) and end with a mini Yoga Nidra in a restorative pose. **(Please bring your own yoga mat, if possible.)**

Yoga: Kundalini

Beginners are welcome! In the practice of Kundalini Yoga you do what your body is capable of, perhaps pushing your own personal limits just a bit, but not as challenging as some Hatha yoga postures. Instructor Louise Kneeland guides us in this gentle yoga with a meditation component. The early Sunday morning session is called the ambrosial hour which means anything particularly delightful. There is also a later Sunday morning class offered. In either session, one may sit in a chair if the floor is not comfortable. **(Please bring your own yoga mat, if possible.)**

Zen Painting

Find your bliss and join Heidi Breeggemann, the Happy Painter, as she guides us through the relaxing and calming process of selecting colors, mixing colors and then using those colors to create your own wall-worthy masterpiece to take home. Peace from painting is how Heidi describes it. Acrylic paints will be used so you may want to bring an old shirt or apron to cover your clothes. **(\$15 materials fee)**

Women's Wellness Weekend

Fall 2021 Class Descriptions

Private Sessions – fee for service

Treat yourself to a private session during the weekend – such as massage, reiki/energy healing, intuitive readings, holistic and wellness coaching. These will be available throughout the weekend – appointment sign-up sheets will be available at check-in when you arrive.

Fall 2021 practitioners offering private sessions:

- Mary Jo Feely– Reiki and crystal healing
- Nancy Lindgren – Intuitive readings and energy healing
- Michele Rae – Holistic coaching
- Teresa Wolfe – Health and nutrition coaching
- Allison Jones – Massage sessions
- Dee Ziegler – Massage sessions

Please plan on paying cash to practitioners for massage/private sessions and class instructors for materials fees (if applicable). We do not have an ATM on premises but can exchange for cash via credit card in our gift store; there is a \$3 fee per transaction.

Women's Wellness Weekend

Fall 2021 Class Registration

Save this PDF to your computer
PRIOR to filling it out. Completing
the forms in a browser window does
not work.

Class Preference Choices		
<p>NOTE: In each timeblock column below, choose a class in both A and B sessions OR one class in C session. (A & B sessions run concurrently with C sessions)</p>		
<p>Saturday Morning October 2</p> <hr/> <p>6:30 am - Early Kriya Hatha yoga</p> <p>A Morning session 1.5-hr classes</p> <p>_____ 8:30-10:00 – Healing with Gemstones & Crystal Grids</p> <p>_____ 8:30-10:00 – Yoga, Kriya Hatha</p> <p>_____ 8:30-10:00 – Turning on Intuition</p> <p>B Morning session 1.5-to 2-hr classes</p> <p>_____ 10:15-11:45 - Self-Healing Body, Mind & Spirit Through Reiki</p> <p>_____ 10:15-11:45 – EFT Tapping to Release Pain and Stress</p> <p>_____ 10:15-11:45 – Archery</p> <hr/> <p>C Morning session 2- to 3-hr classes</p> <p>_____ 8:30-11:30 – Local Medicinal Plants</p> <p>_____ 8:30-11:30 – Naturalist Walk at Banning</p> <p>_____ 9:00-11:00 – Zen Painting (2 hrs, note time; \$15 materials fee)</p>	<p>Saturday Afternoon October 2</p> <hr/> <p>A Afternoon session 1.5-hr classes</p> <p>_____ 1:15-2:45 – Self Defense with Louise</p> <p>_____ 1:15-2:45 – Multidimensional Mindfulness</p> <p>_____ 1:15-2:45 – Sound Meditations for Healing</p> <p>B Afternoon session 1.5-hr classes</p> <p>_____ 3:00-4:30 – Lifting the Veil: Discover the Magic of your Higher Mind</p> <p>_____ 3:00-4:30 – Healing with the Earth</p> <p>_____ 3:00-4:30 – Rhythm of the Spirit</p> <hr/> <p>C Afternoon session 3-hr classes</p> <p>_____ 1:15-4:15 – Gather and Glow: Rustic Luminary Making (\$5 materials fee)</p> <p>_____ 1:15-4:15 – Mushroom Walk</p> <p>_____ 1:15-4:15 – Preserve the Bounty (\$5 materials fee)</p> <p>_____ 1:15-4:15 – Skywalk High Ropes Challenge</p>	<p>Sunday Morning October 3</p> <hr/> <p>6:30 am - Early Kundalini yoga</p> <p>A Morning session 1.5-hr classes</p> <p>_____ 8:30-10:00 – Meditation with Dee</p> <p>_____ 8:30-10:00 – How to Read Oracle Cards</p> <p>_____ 8:30-10:00 – Rooted & Thriving: Wisdom of Trees</p> <p>B Morning session 1.5-hr classes</p> <p>_____ 10:15-11:45 – Connecting to YOUR Optimal Future Self</p> <p>_____ 10:15-11:45 – Yoga, Kundalini</p> <p>_____ 10:15-11:45 – Canoeing</p> <hr/> <p>C Morning session 3-hr classes</p> <p>_____ 8:30-11:30 – Felted Gnomes (\$5 materials fee)</p> <p>_____ 8:30-11:30 – Oyster Mushroom Growing (\$5 materials fee)</p> <p>_____ 8:30-11:30 – Aerobic Hike at Banning</p>

Private Sessions – massage, reiki/energy healing, intuitive readings, holistic and wellness coaching

Upon arrival and through the weekend, you will be able to sign up for massage and private sessions. These are fee-for-service private sessions – *pricing and more info will be on the appointment sign-up sheets, available when you arrive.*

Your name _____

Please email or mail this form as soon as possible to:

Osprey Wilds, PO Box 530, Sandstone, MN 55072

Email: frontdesk@ospreywilds.org

You will receive your class schedule upon arrival and check-in; you may change your classes throughout the weekend, based on availability.



Health/Medical Form

Please send completed and signed form to:
Osprey Wilds Environmental Learning Center
PO Box 530, Sandstone, MN 55072
Email: frontdesk@ospreywilds.org

Please complete this form for each participant in your party

Participant's Name _____

Mailing Address _____

City _____ State _____ Zip _____

Cell or Home Phone _____ E-mail Address _____ Date of Birth _____

Emergency Contact

Name _____

Relationship _____

Daytime Phone _____

Evening Phone _____

Primary Physician (s)

Name _____

Phone _____

Name _____

Phone _____

Insurance Information

Carrier _____

Policy # _____

Group # _____

Insurance Phone _____

1. Do you have any of the following conditions?

☐ Epilepsy/seizures

☐ Bleeding/clotting disorder

☐ Heart disease

☐ Asthma/emphysema

☐ High blood pressure

☐ Diabetes

OTHER: _____

2. Allergies (food, environmental, medication): _____ ☐ No known allergies

☐ Please check this box if allergies are anaphylactic

3. Dietary preferences or restrictions (e.g., vegetarian, vegan, gluten-free, etc.) - please list below: ☐ No dietary preferences

Note: We make every attempt to offer and identify vegetarian, vegan and gluten-free menu options at each meal. If you have severe food restrictions or specialized dietary needs, you may need to bring supplemental food.

4. List any medications taken on a daily basis (or attach separate sheet): _____ ☐ Do not take any medications

5. Do any medications require refrigeration? ☐ Yes ☐ No

6. Do you have any other Medical Condition of which the Center should be aware? (describe below)

7. Will you have any special Medical requirements during this event? ☐ Yes ☐ No

I hereby release the above information for use of Osprey Wilds and/or any other Medical personnel who might need to provide care to me during this event.

In the event of an emergency, I authorize treatment by emergency medical personnel.

Signature _____ Date _____



Women's Wellness Weekend Fall 2021

Liability Release Form

Please send completed and signed form to:
Osprey Wilds Environmental Learning Center
PO Box 530, Sandstone, MN 55072
Email: frontdesk@ospreywilds.org

Form MUST be signed for each individual before program participation

Assumption of Risk & Liability Release and Consent to Publish

Participant Name _____ Birthdate _____

☐ I will be participating in the program at Osprey Wilds Environmental Learning Center (A Minnesota nonprofit corporation). I acknowledge and am aware that this program involves certain inherent risks which I expressly accept and assume. These risks may include (but are not limited to) physical injury, emotional injury, paralysis, permanent disability, illness, death or property damage due to inclement weather; walking on uneven trails; canoeing; cross country skiing; snowshoeing; rock-climbing; and belaying on an indoor climbing wall; a high ropes course activity; field trips to non-Osprey Wilds sites; and other people's actions. I understand that even if the participant travels outside of the state of Minnesota, any actions arising out of this activity will be bound by Minnesota law.

After appropriate medical consultation, I have determined that my health is adequate to participate safely in this program (except as indicated on the Health Form submitted). In the event of an emergency, I authorize treatment by emergency medical personnel. I understand some risks simply cannot be eliminated, despite the use of safety equipment, without jeopardizing the essential qualities of the activity.

I understand that COVID-19 is a global pandemic, extremely contagious and believed to spread from person-to-person contact. Osprey Wilds ELC has enacted preventive measures in an attempt to reduce the spread of COVID-19, but cannot guarantee that participants in the program will not become infected. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 by participating in the Osprey Wilds ELC program.

Accordingly, I hereby voluntarily release and forever discharge Osprey Wilds, including the directors, officers, employees, agents, volunteers, participants, and all other persons or entities acting for them on behalf of myself, the participant, from any and all claims and liabilities in any way with respect to injury, sickness, disease, loss or damage. This release applies to any and all liabilities to me or my estate of any description, whether arising from ordinary negligence or otherwise, and whether involving fees and expenses of any kind. In the event that some other person or entity seeks compensation for these released liabilities, I or my estate will indemnify and hold harmless Osprey Wilds for all sums incurred in response to that claim. This release is to be interpreted and enforced under Minnesota law.

By signing this document, I understand and agree that if I am hurt or if my property is damaged during my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against the parties being released on the basis of any claim for negligence. I have had enough time to read this agreement and consult with legal counsel if I chose to do so. I understand that this activity may not be made available to me if I were to choose not to sign this release. I have read and understood this document and I agree to be bound by its terms.

☐ I give Osprey Wilds Environmental Learning Center unrestricted permission to use and publish any images, audio, video, and recordings taken during the visit in print, video, digital, and internet media. I understand that that I will receive no payment. and voluntarily waive any and all privacy protections that I have and knowingly consent to the use of this material by Osprey Wilds ELC.

Participating Adult Signature _____ Date _____

Signer Name _____ Mailing Address _____

City _____ State _____ Zip _____

Email: _____ Phone _____

Please note: Failure to sign this form will prohibit you from participating in all Osprey Wilds activities. You are invited to request more information about our programs, facilities, and policies at any time.