

Women's Wellness Weekend – Spring 2022

CLASS DESCRIPTIONS

Birding Hike

Minnesota's migrating birds are on their way back! This leisurely hike will take you to different habitats found on our campus to look for birds. You'll be hiking on mostly flat, but somewhat uneven trails. You'll also meet some of Osprey Wilds' animal ambassadors. A limited supply of binoculars are available to use; please bring your own if you have them.

Clarify Your Life Purpose

Join Vicki Dawn – transformational coach, trainer, and business consultant – for an introspective mini master class on three ways to move past limiting beliefs and emotional blocks to find a new level of compassion for yourself, love for others, and courage to create YOUR life based on purpose – yours!

Connect with the Elemental Kingdom of Mother Nature

This session offers an indoor/outdoor journey with energy practitioner and intuitive Suzanne Worthley to experience hands-on training on how to connect with the Elemental Kingdom and consciousness keepers of Mother Nature. You will learn strategies on how to connect with the elemental healing properties of earth, wind, water and fire. You will be introduced to the deva within the Keepers, the nature spirits, faeries, gnomes, sprites and more. You will play within the energy fields of Osprey Wilds' trees, plants, and more to learn to find their guidance and healing. Suzanne will teach you how to physically and emotionally ground and connect with the earth, for healing not only your own body but Mother Nature's as well.

Experiment with Your Personal Knowing (Intuition in Action for Abundance)

Ever wonder how some people just seem to have things come their way while others have a daily arduous journey to get things to happen in life? It can feel tricky to follow your own life path and stick to what you know is true for you. This class, led by Intuitive Amy Vasterling, will get you thinking about your intuition and life purpose/journey put into action. What would it take and just what does that mean? Come learn how to experience the fullness of your amazing life! (And it's not about being positive!)

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.

Home Wine-Making and Tasting

Discover the tricks to making great wine at home. Learn the step-by-step process to make wine from fresh fruits, fruit juices, and wine kits, as well as bottling and labeling techniques. Join winemaker extraordinaire Beth Mikulay as we put together a wine kit and also prepare fresh harvest fruits and “balance” the juice so it's ready for the fermentation step. You will have the opportunity to sample several types of wine at this hands-on class. **MUST BE 21 YEARS OF AGE TO ATTEND THIS CLASS. (\$10 materials fee)**

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It's a Tea Party!

Always wanted to know more about tea and the wellness benefits? Join Cheri Bunker – drummer, sound healer, reiki master and creative extraordinaire – in this class to learn about Green, Black, Yellow, White, Pu'er, Herbal and Matcha teas. We will discuss which teas are good for relaxation, energy, skin, weight loss, focus, mood balance, natural detox, sleep and immunity. We will be sipping the different teas as we talk about them. Learn about tea ware, strainers, bamboo whisks, and loose leaf vs tea bags. Did you know there are optimum temperatures for different teas? We will also experience a tea ceremony and create a culinary item using Matcha green tea. Lots of handouts! **(\$5 materials fee)**

Kitchen Garden Revival

The kitchen garden is an outdoor vegetable garden, herb garden, flower garden and extension of your home all tied in one. Typically located next to or near the house, it's much smaller and doesn't require the amount of work the traditional garden does. Join sisters Char Husom and Charrie VanVleet to learn about growing the kitchen garden, including soil prep, seed starting, good plant selection (including the secrets to growing good garlic in MN) and tending your garden. We will also touch on site selection, elements and harvest. We'll share favorite recipes utilizing kitchen garden favorites. You will try your hand at seed starting and create a miniature start to your kitchen garden to take home. Kitchen gardens are something all of us can do to make our food fresher and cities greener. The biggest reason to have a kitchen garden is your own happiness – when you learn to grow, you grow yourself! **(\$5 materials fee)**

Let's Go Fishing

Drop a line in the water and relax on our dock. Led by Osprey Wilds staff, you will learn basic fishing skills and explore fish habits and habitats. All equipment provided. You do not need a license unless fishing on your own afterwards.

Look Younger, Have More Energy, and Lose Weight – Naturally!

Many people have lost the ability to “hear” what their bodies are saying. So much of the information online and in the media today is controversial, some is downright contradictory. How can you know who/what to believe? Knowing your body's needs and how to choose what is or is not right for you is crucial. It could potentially save you hundreds – if not thousands – of dollars. But more importantly, it WILL increase your quality of life. After this class with Teresa Wolfe – food scientist, microbiologist, eco-herbalist and global health activist – you will find yourself feeling healthier, with more energy, and happier overall. You will have less stress because you hear and trust your body's inner voice. In this program, you'll learn about some simple changes in how you eat your food that will enhance the amount of nutrition you can get from it, and how to choose the diet that will work best for you.

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)**

Mindful Nature Walking

Laura Adrian – yoga teacher, meditation instructor, community herbalist, and writer – leads you in a guided saunter through nature and helps you explore the restorative effects of experiencing the natural world through the senses. This gently uplifting and grounding practice offers a deepening connection to the world around you. Throughout the walk, you'll learn how to consciously open to Earth Energy which is not only deeply grounding but seeds joy, creativity, wisdom, and spirituality. You'll learn the basic techniques that you can bring home and integrate into your life.

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Natural Fermentation - Come Get Cultured!

What do you think of when someone mentions fermentation? Is it beverages like beer, wine, and kombucha? Or, maybe you think about pickled vegetables like cucumbers, sauerkraut and kimchi. How about sourdough bread or cultured products like cheese and yogurt? All are based on preservation techniques that harness communities of microorganisms to both preserve food and enhance flavors. Just like our bodies, different ingredients are hosts to elaborate and regionally specific communities of microorganisms. In this class with Kathy Yerich, co-author of *Mushrooms of the Upper Midwest*, we'll discuss a bit of the science of fermentation and then play with some ingredients to make our own sourdough and kombucha starters. **(\$5 materials fee)**

Naturalist Walk at Banning – History of Sandstone Quarry

We will travel to Banning State Park (10 miles away – by Center van) and discover ruins of a quarry that once operated here and learn about the history along a mostly flat trail. Besides the history, you'll also experience scenic river views and can see Hell's Gate Rapids on the less than 2-mile loop. Hike will go rain or shine.

Naturalist Walk at Banning – Waterfall Viewing

We will travel to Banning State Park (8 miles away – by Center van) and enjoy a short and leisurely hike (under a mile total distance to and from) to Big Springs Falls. You'll learn about the glacial history of the area and have wonderful views of Big Springs Falls and the Kettle River. The trail is mostly flat, uneven in some places, and packed dirt. Hike will go rain or shine.

Osprey Wilds Trapp Farm Tour

Our Trapp Farm tour will take you to our 107-acre sustainable, educational farm just north of our main campus. Trapp Farm is a no-till farm that does not use toxic chemicals or liquid manure in any application on our land or crops. We grow and produce food using organic techniques that improve the pH and biological diversity of the soil. This tour will be led by Joel Barr, our Farm Manager, who has guided us through the development of our farm with his passion and knowledge. You will learn about our no-till methods, how we utilize the hoop house and what the summer 2022 season will look like. Please wear waterproof footwear.

Peace and Freedom in Body, Mind and Spirit

In this class with healer, counselor and teacher Nancy Lindgren, you will learn a powerful tool to release trauma, heal pain and discomfort, and recognize the wisdom that your body is communicating to you. She will teach you one of the most powerful tools she has found to release the stress and trauma that is deeply held within the body and mind. This is a simple and effective healing modality that has long lasting results.

Psychic Q&A Gallery

What is a Psychic Gallery? This Q&A format is all about connecting to the Angel Guides, Loved Ones and Higher Self, to receive information, love and support. Energy practitioner and intuitive Suzanne Worthley will provide a summary of the energies of the current times, and what we are challenged with as a collective. Additionally, each attendee will have the chance to ask their individual question(s) and receive their psychic/medium response in front of the group, allowing everyone to learn from each other and from the information that comes through.

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Spring Cleansing and Strengthening QiGong

Spring is calling us to ground with the earth, wake up from winter's slumber and revitalize along with nature. Luann Kleppe Kintree, founder of River Valley Healing Collective, will teach you this energizing yet calming movement practice that assists your body's need to detoxify and strengthen. QiGong originated from the East thousands of years ago, and is basically slow continuous movements synchronized with deep breathing and some visualizations. It helps slow the mind and nervous system down, relaxes and fortifies the whole body, and harmonizes left and right brain. Wear comfortable clothing and a floor mat (though most of class will be standing up)

SAORI Weaving – Express Yourself!

SAORI Weaving is a Japanese contemporary weaving introduced by Misao Jo in the 1960s. This hand weaving style focuses on "process" rather than "finished product" – it emphasizes creativity and free expression. SAORI Weaving instructor/artist Chiaki O'Brien will guide you through this relaxing process. You'll enjoy the moment of weaving and will create one-of-a-kind special pieces from the weekend to take home. You'll find how we are all different! **(\$20 materials fee)**

Skywalk High Ropes Challenge

Stretch yourself physically and mentally on Osprey Wilds' High Ropes Challenge Course. You'll be 20-40 feet 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. **Bring a yoga mat, bed roll, or sleeping bag to lie on, and a pillow and blanket.**

Thai Yoga Massage

Thai yoga massage is a clothes-on form of body work. It is now being marketed in the gyms as "stretch therapy". It focuses on improving and balancing the flow of energy throughout the body and combines dynamic-assisted stretching influenced by yoga with physical pressure applied along energy lines influenced by Chinese acupuncture and Ayurveda. This body work involves moving the receiver into a stretch and holding them there. Hiyala Indiga – yoga, pilates and massage coach – will guide you through practice in both giving and receiving the various positions involved. The receiver is usually on the floor. You don't have to be strong because you will be using your feet, knuckles and your body weight for many of the moves. Some of the moves involve a squatting position but can be modified. **Please wear loose or stretchy clothes for this class and dress in layers.** As the giver, you might get warm. As the receiver, you will want to stay warm.

The Art of Letting Go

The strength of surrendering heals the body, the mind and the spirit. Colleen Baldrice – presenter, teacher, and author of *Tree Spirited Woman* – will use her counseling background as she explores the importance of "letting go". It takes courage and strength to let go of one's negative tapes, family dramas, guilt, destructive thoughts, and feelings. We will also head outside to connect with the nature, breathe, meditate and hold a powerful "Letting Go" ceremony.

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Wild Rice

Some people believe only Native Americans are allowed to harvest wild rice. They do have complete authority over reservation lakes, but all other Minnesota public waters are open to everyone. Louise Kneeland has been harvesting wild rice since the early 1970's. A lot has changed in fifty years. Paddy (cultivated) rice was introduced – what role does it play? What does one need to pick their own rice? What are the politics surrounding wild rice in Minnesota? Why is paddy rice called wild rice when it isn't? This unique and healthy food really needs more exposure. Come learn and taste test with Louise and take home a bag of rice.

Yoga + Nidra evening meditation

Laura Adrian – yoga teacher, meditation instructor, community herbalist, and writer – guides you to gently invite your body back into its natural alignment while encouraging a release of deep-rooted muscular tension, stress and tightness. A perfect way to end the day, this class offers a combination of classic gentle and restorative yoga postures followed with 30 minutes of Yoga Nidra (also known as yogic sleep or deep relaxation). Yoga Nidra will offer a deep relaxation for your entire body, mind and emotions; while helping to dissolve old patterns and remove obstacles. Restorative Yoga + Nidra will complement an active practice or help you to decompress after a stressful day. **Bring blanket, pillow, and a yoga mat.**

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. **Bring a yoga mat.**

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 late Saturday morning session. **NOTE:** the Saturday morning class is also offered as a chair yoga version in the second half of the session, for those who have trouble moving through the up and down motions of traditional yoga. **Bring a yoga mat for the floor session.**

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)**