

Schedule for Women's Wellness Weekend - Fall 2022

September 30-October 2, 2022

(subject to change)

Friday, 9/30

Arrival: 4:00-5:50 pm Walking tour: 5:30 pm

SOCIAL: 6:00 pm DINNER: 6:30 pm

Friday evening:	Bingo with prizes, crafts, ice cream sundae bar, table games/puzzles available. Refreshments available. Campfire (<i>weather permitting</i>)
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Saturday, 10/1

6:30 a.m. - Yoga, Kundalini

BREAKFAST - 7:30-8:15 am

8:30-10:00

10:15-11:45

8:30-11:30

Healing with Gemstones & Crystal Grids

Self-Healing Body, Mind & Spirit Through Reiki

Preserve the Bounty

Yoga, Kriya Hatha

Sacred Nature Mandala Creation

CBD Hemp and How it Works with Our Bodies

Writing the Silver Lining

Skywalk High Ropes Challenge (2 hrs)

LUNCH - 12:15-1:00

1:15-2:45

3:00-4:30

1:15-4:15

Fall Medicine: Adapting Your Body and Spirit to the Autumn Season

Pilates

Felted Gnomes

Sound Meditations for Healing

Rhythm of the Spirit

Find Your Inner Fish

Nature Journaling

Herbs, Nutrition & Health

Osprey Wilds Trapp Farm Tour

SOCIAL - 5:30 pm SILENT AUCTION CLOSURES DINNER - 6:00 pm

Saturday evening:	Embrace the Darkness workshop, drum circle, table games/puzzles/crafts available. Refreshments available. Campfire (<i>weather permitting</i>)
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Sunday, 10/2

6:30 am - Yoga, Kriya Hatha

BREAKFAST - 7:30-8:15 am

8:30-10:00

10:15-11:45

8:30-11:30

Meditation with Dee

Yoga, Kundalini

Canoeing

It's a Tea Party!

Spirit Boat Ocean Meditation Journey

How to be a Locavore

Tune Into Your Soul Wisdom with the Akashic Records

Birch Bark Ornaments & Quillwork

LUNCH - 12:15-1:00 and DEPARTURE

Fall 2022 Women's Wellness Weekend

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Class Descriptions

Birch Bark Ornaments & Quillwork

For centuries, the bark of the paper birch has been used by northern peoples for utilitarian items like sauna shoes, pack baskets, house and canoe coverings, torches, food processing and cooking trays, and storage baskets. Each culture had unique styles and techniques for creating these items. Experienced birch bark artist Clarissa Ellis Prudhomme leads this class. Participants will have the opportunity to make a couple birch bark ornaments, decorating them with either birch bark applique or quillwork. Learn about the natural and cultural history of this craft as well as the collection and preparation of the materials used. **(\$5 materials fee).**



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. *(Weather permitting).*

CBD Hemp and How it Works with Our Bodies

This class will discuss the hemp plant and our endocannabinoid system (ECS), which processes cannabinoid from plants within the body. Breana Crotteau, co-owner of Holistic Wellness Services, will guide us through understanding how they work together, possible ailments that CBD can help with and how to use different products for different situations.

Fall Medicine: Adapting Your Body and Spirit to the Autumn Season

Our body and wellbeing are influenced by the seasons, each of which provide essential energy to support various aspects of health. Now that we have entered the autumn season, what do you need to know about its particular energy and how to harmonize your body and spirit with it? In this class you will be introduced to the ancient seasonal and elemental wisdom of Traditional Chinese Medicine, with specific focus on the Autumn Season. You will learn simple and effective daily approaches, including easy to create recipes, for maintaining a strong digestive function and a healthy immune response in preparation for the upcoming colder weather. Please bring a notebook or journal and something to write with to this class.

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. **(\$5 materials fee).**



Find Your Inner Fish

Fishing is fun and healthy! Led by Osprey Wilds staff; you will learn basic fishing skills, how to identify common fish found in MN lakes and rivers, what fishing regulations are, and explore fish habits and habitats. All equipment provided. You do not need a license unless fishing on your own afterwards.

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.

Herbs, Nutrition & Health

Nutrition is the base of our health. Gardener and herbalist Melissa Barrett leads this class that will review and compare where and how we get our nutrition, as well as explore how to incorporate herbs into our diet and prepare foods for optimal nutrition.

How to be a Locavore

The last two and half years have put stressors on the economy, our families and on our diets. In this class, Beth Jones, Executive Chef of the Campus Club of the University of Minnesota, will talk about the importance of supporting our local farmers and food producers, and will give you recipes, techniques and advice on how to bring more locally sourced foods into your kitchen in a healthy, cost effective, and delicious way. Beth is a fan of deriving big flavors in the simplest, quickest ways, and will help you figure out how to get more healthy foods into your kitchens, and even into the fussiest eaters. Gluten free, dairy free and vegan variations will be discussed so people with all diets are welcome! Recipes will include: Beth's Homemade Granola with Local Yogurt and Fall Fruit; Georgian Spiced Chicken with Cumin, Coriander and Fresh Herbs; Autumn Ratatouille with Tomatoes, Winter Squash, Zucchini and Greens. **(\$15 materials fee)**

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)**

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)**

Nature Journaling

A nature journal is more than a collection of pretty sketches, it is a record of your experiences with the natural world. Learn how to use a nature journal to support your investigation and connection with the world around you, and build space to stop, look and slow down with nature.

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. The class will include a tour, harvesting vegetables and then making what we harvest into delicious side dishes.

Pilates

If you have trouble getting up and down off the floor, pilates might be a good option for you. Bad knees or hips are not a problem! Hiyala Indiga – yoga, pilates and massage coach – will guide you through this class, which is mostly about strengthening the core, thereby supporting the back as well! We will also be using some hand weights to strengthen arms. If you have a set of 2-pound weights or a stretch band, please bring them. Otherwise, we will use water bottles.

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 applesauce and maybe hot pepper pickles). 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.

Sacred Nature Mandala Creation

Nature mandala creation presents a way of seeing deeply into the spirit and allows for the cyclical process of self-development. As the mandala is constructed, understanding, enlightenment, or healing may come. In this class, we gather with Nina Roberts Salvesson – visionary empath, intuitive wayshower, and transformational coach and guide – to journey together in uniting with the living earth and creating our nature-inspired mandala with baskets of stones, sticks, nuts, and dried flowers. As we weave our healing magic, the design of the circle grows more complex, spiraling inward and outward. Each woman finishes her work and sits with it quietly for a time, appreciating her heart's creation, before leaving it in place to do its own work.

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.

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.**

Spirit Boat Ocean Meditation Journey

A perfect closure to a weekend of healing, sharing and growth (as well as a great continuation of the Sacred Nature Mandala Creation class), we gather with Nina Roberts Salvesson – visionary empath, intuitive wayshower, and transformational coach and guide – back at the sacred ground around the mandalas. She will guide us into relaxing into the calm rest within the container of our Spirit Boat, embarking on an Ocean Meditation journey, gather the medicine we need and close in ceremony in support of our inner work, healings, blessings and ritual.

Tune Into Your Soul Wisdom with the Akashic Records

Discover how the Akashic Records can empower you on your soul path and are keys to understanding who you really are, your divine purpose and your next steps. In this dynamic class, led by Dawn Marian – Akashic Records Trainer and Channel, Master Reiki Teacher and founder of The Radiant Heart School – you will learn a simple technique for aligning with your soul essence. Experience the unconditional love, wisdom and healing energies of your own Akashic Records in a guided meditation.

Writing the Silver Lining

As we emerge from some difficult years, few of us have been untouched by a global pandemic. In this poetry class, taught by Loft teaching artist Maureen Skelly, we will share and write of our experiences and search for the "silver lining". We will also write about how nature helps and informs our healing and transformations. Transformation exercises will be given.

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. Yoga instructor Louise Kneeland guides us in this gentle yoga with a meditation component. The 6:30 am Saturday morning session is called the ambrosial hour which means anything particularly delightful. There is also a Sunday mid-morning session. **Bring a yoga mat.**

Fall 2022 Women's Wellness Weekend - September 30-October 2, 2022

Class Descriptions - *continued*

Private Sessions – fee for service

Treat yourself to a private session during the weekend – such as massage, bodywork, reiki/energy healing, 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 2022 practitioners offering private sessions:

- Sarah DeWolf – Holistic Health Coaching
- Mary Jo Feely – Reiki & crystal healing
- Allison Jones – Massage & reiki
- Hiyala Indiga – Bodywork integrating shiatsu & Thai massage
- Nina Roberts Salveson – Intuitive and Oracle Sessions with a Reiki Infusion
- Dee Ziegler – Massage, reflexology & acupressure

Private sessions range in prices, depending on length and type of session. Please plan on paying cash to practitioners for private sessions and to 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.

Evening Activities

Throughout the weekend, there will be assorted table games, puzzles, and small craft projects available in the Dining Hall, which will remain open throughout the weekend.

Friday evening (after dinner; refreshments available):

- Bingo with prizes and an ice cream sundae bar
- Schedule a relaxing private session, enjoy free time and campfire (weather permitting)
- Crosby Lounge open for reading, conversing, lounging

Saturday evening (after dinner; refreshments available):

- Embrace the Darkness workshop (7:10 pm)
You are invited to join a circle of women as we embark on a journey exploring the many beautiful healing gifts within the mysterious magical realm of “darkness”. As all living beings experience the darkening days and the longest nights in winter, let’s consider and define our relationship with this reality of life that unfortunately, more often than not, is defined by our fears instead of our curiosity, awe, and appreciation.
- Drum Circle (8:45 pm)
- Schedule a relaxing private session, enjoy free time and campfire (weather permitting).

Women's Wellness Weekend Silent Auction

We are raising money to help provide financial assistance for Women's Wellness Weekend participants. We will be hosting a silent auction during the weekend and all proceeds will go towards a scholarship fund for future attendees. If you are interested in providing an auction item (which can be of any size or value), please contact us at operations@ospreywilds.org.

You may place your silent auction bids throughout the weekend. Bidding will close Saturday evening.

See class registration form on next page

**Fall 2022 Women's Wellness Weekend
Class Registration Form**

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 align="center">Sat. Morning, Oct. 1</p> <hr/> <p>6:30 am - Early Kundalini yoga</p> <p>A Morning session <i>1.5-hr classes</i></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 – CBD Hemp and How it Works with Our Bodies</p> <p>B Morning session <i>1.5-hr to 2-hr classes</i></p> <p>_____ 10:15-11:45 – Self-Healing Body, Mind & Spirit Through Reiki</p> <p>_____ 10:15-11:45 – Sacred Nature Mandala Creation</p> <p>_____ 10:15-11:45 – Writing the Silver Lining</p> <p>_____ 10:15-12:15 – Skywalk High Ropes Challenge</p> <hr/> <p>C Morning session <i>2- to 3-hr classes</i></p> <p>_____ 8:30-11:30 – Preserve the Bounty (\$5 materials fee)</p>	<p align="center">Sat. Afternoon, Oct. 1</p> <hr/> <p>A Afternoon session <i>1.5-hr classes</i></p> <p>_____ 1:15-2:45 – Fall Medicine: Adapting Your Body & Spirit to Autumn</p> <p>_____ 1:15-2:45 – Sound Meditations for Healing</p> <p>_____ 1:15-2:45 – Nature Journaling</p> <p>B Afternoon session <i>1.5-hr to 2-hr classes</i></p> <p>_____ 3:00-4:30 – Pilates</p> <p>_____ 3:00-4:30 – Rhythm of the Spirit</p> <p>_____ 3:00-4:30 – Herbs, Nutrition & Health</p> <hr/> <p>C Afternoon session <i>3-hr classes</i></p> <p>_____ 1:15-4:15 – Felted Gnomes (\$5 materials fee)</p> <p>_____ 1:15-4:15 – Find Your Inner Fish</p> <p>_____ 1:15-4:15 – Osprey Wilds Trapp Farm Tour</p>	<p align="center">Sun. Morning, Oct. 2</p> <hr/> <p>6:30 am - Early Kriya Hatha yoga</p> <p>A Morning session <i>1.5-hr classes</i></p> <p>_____ 8:30-10:00 – Meditation with Dee</p> <p>_____ 8:30-10:00 – It's a Tea Party (\$5 materials fee)</p> <p>B Morning session <i>1.5-hr classes</i></p> <p>_____ 10:15-11:45 – Yoga, Kundalini</p> <p>_____ 10:15-11:45 – Tune into Your Soul Wisdom with the Akashic Records</p> <p>_____ 10:15-11:45 – Spirit Boat Ocean Meditation Journey</p> <hr/> <p>C Morning session <i>3-hr classes</i></p> <p>_____ 8:30-11:30 – Canoeing</p> <p>_____ 8:30-11:30 How to be a Locavore (\$15 materials fee)</p> <p>_____ 8:30-11:30 Birch Bark Ornaments & Quillwork (\$5 materials fee)</p>

Private Sessions – massage, bodywork, reiki/energy healing, intuitive sessions, holistic and wellness coachings

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.