

## Schedule for Women's Wellness Weekend - Spring 2023

**May 5-7, 2023**

*(subject to change)*

### FRIDAY, 5/5

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

SOCIAL: 6:00 pm      DINNER: 6:30 pm

Friday evening:

Games with prizes, crafts, ice cream sundae bar,  
table games/puzzles available. Refreshments available.  
Campfire (*weather permitting*)

### SATURDAY, 5/6

6:30 a.m. - Yoga, Kundalini  
6:30 a.m. - Morning Walk with Jill

BREAKFAST - 7:30-8:15 am

**8:30-10:00 am**

**10:15-11:45 am**

**8:30-11:30 am**

Eating for your Constitution and  
Spring/Summer Seasons

Nurture Your Body-Mind-Spirit with  
Reiki and Crystal Healing

Naturalist Walk at Banning

Yoga, Kriya Hatha

Tune Into Your Soul Wisdom  
with the Akashic Record

Local Medicinal Plants

Hemp CBD and THC: What is the difference?

River Rock Mandalas

LUNCH - 12:15-1:00

**1:15-2:45 pm**

**3:00-5:00 pm**

**1:15-4:15 pm**

Sound Meditations for Healing

Foam Rolling Workshop

Kitchen Garden Revival

Self-Forgiveness Using Pranayama Breathwork

Skywalk High Ropes Challenge

Jewelry Making with Polymer Clay

Grow Your Own Shiitake Mushrooms

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

Saturday evening:

Salsa Dance group lesson, night hike, drum circle,  
table games/puzzles/crafts available. Refreshments available.  
Campfire (*weather permitting*)

### SUNDAY, 5/7

6:30 am - Yoga, Kriya Hatha

BREAKFAST - 7:30-8:15 am

**8:30-10:00 am**

**10:15-11:45 am**

**8:30-11:30 am**

Meditation with Dee

Rhythm of the Spirit

SAORI Weaving – Express Yourself!

You are a Healer! Yes You!

Yoga, Kundalini

Minnesota Bounty – Fresh Foods  
From Right Here at Home

Oracle Vision Boards

Animal Ambassadors and Animal Signs

LUNCH - 12:15-1:00 and DEPARTURE

# Women's Wellness Weekend – Spring 2023

## CLASS DESCRIPTIONS

### Animal Ambassadors and Animal Signs

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What kinds of signs do animals leave behind, and where do they leave them? Explore authentic animal signs and tracks in the outdoors and learn how to distinguish between animal signs and other phenomena. This three-hour program includes up close encounters with Osprey Wilds' wildlife ambassadors and an outdoor exploration hike through the forest and prairie habitats found at Osprey Wilds.

### Eating for your Constitution and Spring/Summer Seasons

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Learn the art of eating for your mind, body, and spirit through traditional concepts of Food Energetics and the Five Element Theory. Discover the unique constitution types of TCM & Ayurveda and how to work with these ancient wisdoms in your modern life. Are you vata, pitta, kapha? Excess yin or deficient yang? In this class, Sarah DeWolf, Certified Holistic Health Coach, will help you identify and understand your individual strengths and weaknesses and how to make daily decisions that support the harmony within your body.

### Foam Rolling Workshop

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Foam rolling can help you move better and feel better. Personal trainer and corrective exercise specialist Amy Hoey will introduce you to the basics of foam rolling, and teach you moves you can do at home. Foam rolling can improve mobility, increase flexibility, reduce soreness, and release tension. Amy will offer modifications to meet participants where they are. Bring a 36-inch, medium-density foam roller, or you can borrow or buy one from Amy. **Bring a yoga mat, and a blanket or towel.**

### Grow Your Own Shiitake Mushrooms

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Spring is the perfect time of the year to plant the seeds, actually spores, of mushrooms. Shiitake mushrooms, *Lentinula edodes*, don't grow naturally in the woods here in MN, but with some freshly cut logs and some spawn from Field and Forest Products ([www.fieldforest.net](http://www.fieldforest.net)), Kathy Yerich, co-author of "*Mushrooms of the Upper Midwest*", will show us how to prepare logs for fruiting the following year. We'll set up an assembly line style to drill holes, insert the sawdust and spore mixture, and cover with wax. Over the next year, you'll keep them moist and wait. Once established, your logs should produce for many years. Each participant will bring home one inoculated log. **(Materials fee \$5).**

### Hemp CBD and THC: What is the difference?

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This class will discuss the hemp plant, how it works with our bodies via the Endocannabinoid system (ECS), and the difference between CBD and THC. Breana Crotteau, co-owner of Holistic Wellness Services, will guide us through understanding how they work together, possible ailments that CBD and/or THC can help with and how to use different products for different situations.

### Jewelry Making with Polymer Clay

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Discover the joy and creativity of making your own jewelry in polymer clay. No experience necessary! This class will help you think through, design and finish a project in your favorite color scheme. Clay artist Debra George will teach clay basics and design ideas that will have you making your own personalized jewelry, ready to wear. All materials will be supplied from start to finish to make a necklace, bracelet, earrings and/or buttons. **(Materials fee \$10).**



## Spring 2023 Women's Wellness Weekend – May 5-7, 2023

### Class Descriptions - *continued*

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#### **Kitchen Garden Revival**

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The kitchen garden is a vegetable garden, herb garden, flower garden and extension of your home all tied in one. It's much smaller and doesn't require the amount of work the traditional garden does. Join sisters and gardeners extraordinaire 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 planting and seed starting, creating a miniature 5-gallon patio kitchen garden with a variety of plants and seeds to take home. Kitchen gardens are something all of us can do to make our food fresher and cities greener. The best reason to have a kitchen garden is for your own happiness – when you learn to grow, you grow yourself! **(Materials fee \$15).**

#### **Local Medicinal Plants**

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Here is your opportunity to take a closer look at some largely disregarded gifts of nature and learn some 'wild' facts about weeds. (Not THAT kind, LOL!) Eco-Herbalist Teresa Wolfe promises to titillate your DIY instincts as you learn how easy to use – yet powerfully effective – these easily recognized plants are for food and/or medicine. Weather permitting, the group will take a brief 'walk about' on Osprey Wilds property as Teresa profiles the niches where various medicinal plants grow and their importance in the web of life. Then you will come back to the building and make 'something weedily wonderful' to use in the summer season for insect bites and stings. Dress for the weather! **(Materials fee \$5).**

#### **Meditation with Dee**

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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)**

#### **Minnesota Bounty – Fresh Foods From Right Here at Home**

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Join Chef Beth Jones as she creates a fresh menu featuring locally grown and foraged foods. Beth will discuss how and where to source specific foods, and will explain the advantages of buying local. At home, you'll be able to prepare all the recipes together, or make them one at a time for a variety of great weeknight meals. Recipes will include: Wild Rice Fritters with Ramp Aioli, Great Lakes Whitefish with Sunflower Seed Crust, Pickled Shiitake Mushrooms, and Ukrainian Style Apple/Beet Salad with MN Hazelnuts and Pea Shoots. **(Materials fee \$15).**

#### **Morning Walk with Jill**

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Join Osprey Wilds Operations Director, Jill Rudolph, for an early morning jaunt on some of the Center's trails. A great way to wake-up and work up an appetite before breakfast.

#### **Naturalist Walk at Banning**

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Come explore Banning State Park (9 miles away, using 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. The scenery is always spectacular. Hike will go rain or shine.

## **Nurture Your Body-Mind-Spirit with Reiki and Crystal Healing**

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Wellness consists of having a balance between our body, mind, and spirit. When energy blockages and imbalances develop, it is not uncommon for us to experience illness. Reiki and Crystal Healing are powerful ways to clear and balance our energy field, as well as offering us ways to create ongoing self-care practices. During this class, Mary Jo Feely – RN, Reiki Master/Teacher and Certified Crystal Healer – will teach you how Reiki supports the human energy field and healing, give you an opportunity to work with gemstones and crystals in a variety of ways, and guide you in experiencing Reiki and Crystal Healing. Please bring a notebook and pen to this class.

## **Oracle Vision Boards**

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Vision boards are a popular way to focus intentions and manifest goals. Sometimes called dream boards, and much like an oracle card reading, the process of making a vision board helps capture your current thoughts and visualize your future aspirations. Join Kathy Yerich who leads this workshop where we'll use everyday materials like colored paper and magazine clippings to create collages that will be both a memento of the weekend and motivation for the coming seasons. A fun wrap-up to a weekend surrounded by nature, entwined with friendship, and brimming with hope – we'll have plenty to draw from! Bring your inner child and get ready to create with scissors and a glue stick. Leave with motivation for the coming months.

## **Rhythm of the Spirit**

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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.

## **River Rock Mandalas**

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Mandala means "circle." The circle is seen as a magical form, without beginning and end, just as the universe is believed to have no end. Join Cheri Bunker as she guides us in painting mandalas on river rocks in class. Each person will get their own painting tool kit and three bottles of paint to use in class and take home to paint further rocks or objects at a later time. Place your painted rock in the garden or in your home. **(Materials fee \$10.00).**



## **SAORI Weaving – Express Yourself!**

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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)**



### **Self-Forgiveness Using Pranayama Breathwork**

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Are you tired of holding grudges and experiencing the negative emotions and reactions that seem to come out of nowhere sometimes? Holding negative feelings about past experiences undermines your happiness and peace of mind. They can seem so justified from one perspective but taken from the perspective of your happiness, maybe not. Join Vicki Dawn, mental fitness coach, to take an intentional approach to forgiveness that starts with forgiving yourself. Pranayama breathwork can heal the places you hold these emotions in your body by bypassing your mental defenses. Slowing down and being present to this experience allows you to let go and create space for unconditional love and peace of mind. **What to bring:** a mat or blanket or both, an eye pillow if you like, and a journal or something to write on and with.

### **Skywalk High Ropes Challenge**

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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**

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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.**

### **Tune Into Your Soul Wisdom with the Akashic Records**

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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; 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; and experience the unconditional love, wisdom and healing energies of your own Akashic Records in a guided meditation.

### **Yoga: Kriya Hatha**

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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. There is a Saturday morning session as well as an early Sunday session (6:30 am) **Bring a yoga mat.**

## Spring 2023 Women's Wellness Weekend – May 5-7, 2023

### Class Descriptions - *continued*

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#### **Yoga: Kundalini**

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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.**

#### **You are a healer! Yes you!**

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Everyone is born with the ability to heal themselves. Join Reiki Master Teacher Dawn Marian for an experiential class filled with simple healing tools that you can use for self-care, increased energy and vitality. In this class you'll discover: How to tap into life force energy; how to direct energy into the body for healing; how to clear negative energy from your energy field; how to get grounded in your own body; and how to connect to higher frequencies that can be used for healing and transmuted what no longer serves you. We'll also talk about working with guides and angels for healing. You'll get plenty of time to practice and to receive encouragement and feedback.

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#### **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.

#### **Spring 2023 practitioners offering private sessions:**

- Cheri Bunker – Sound Bath sessions
- Sarah DeWolf – Discover Your Constitution
- Mary Jo Feely – Reiki & crystal healing
- Allison Jones – Massage & reiki
- Dawn Marian – Akashic record readings & energy healing
- Vicki Radtke – Pranayama breathwork coaching
- 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.

## Spring 2023 Women's Wellness Weekend – May 5-7, 2023

### Class Descriptions - *continued*

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#### Evening Activities

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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):

- Games 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):

- Salsa Dance group lesson
- Evening hike with Osprey Wilds staff
- Drum Circle
- Schedule a relaxing private session, enjoy free time and campfire (weather permitting).
- Crosby Lounge open for reading, conversing, lounging

#### Women's Wellness Weekend Scholarship Fund

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To enable us to invite women who would love to attend but cannot afford this rejuvenating weekend, we have created a scholarship fund. You can contribute to this in two ways: through a monetary donation and by participating in our silent auction held during this event.

*Monetary donation* - When registering you can add a donation to your program fee, and during the weekend there will be donation boxes available.

*Silent auction* - Please bring a new or gently used item(s) to contribute to our scholarship silent auction. For example, a great book, basket of goodies, bottle(s) of wine, birdhouse or bird seed, outdoor gear, a product you make, or a service you provide. There is no limit on value or theme. Please bring the item(s) with you and fill out the top part of a bid sheet when you check in on Friday. The auction will open Friday night at 6:00pm and end Saturday night at 6:00pm.