

Schedule for Women's Wellness Weekend - Fall 2023

Sept. 29 - Oct. 1, 2023

(subject to change)

FRIDAY, 9/29

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

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

Friday evening:

Evening activities (tbd), table games/puzzles/crafts available.
Refreshments available.
Campfire (weather permitting)

SATURDAY, 9/30

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

Energy & Crystal Healing for Well-Being

Healing Messages from Spirit

Preserve the Bounty

Yoga, Kriya Hatha

Tune Into Your Soul Wisdom with the Akashic Records

Naturalist Walk at Banning

It's a Tea Party

Mushroom Walk

Zen Painting

LUNCH - 12:15-1:00

1:15-2:45 pm

3:00-4:30 or 5:00 pm

1:15-4:15 pm

Sound Meditations for Healing

EFT Tapping to Release Pain and Stress

Core Strength & Mobility

Foam Rolling Workshop

Osprey Wilds Trapp Farm Tour

Oracle Vision Boards

Skywalk High Ropes Challenge

Felted Gnomes

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

Saturday evening:

Evening activities (tbd), night hike, drum circle,
table games/puzzles/crafts available. Refreshments available.
Campfire (*weather permitting*)

SUNDAY, 10/1

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

Healing Messages from Spirit

Velvet Pumpkins

Empath's Wellness Toolbox

Yoga, Kundalini

My Family's Favorite Comfort Foods

How to Read Oracle Cards

Animal Ambassadors and Animal Signs

LUNCH - 12:15-1:00 and DEPARTURE

CLASS DESCRIPTIONS

Animal Ambassadors and Animal Signs

What kinds of signs do animals leave behind and what can we learn from them? Explore 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 habitat found at Osprey Wilds.

Core Strength & Mobility

Strengthen your core and improve how you move to feel better during everyday tasks and your favorite activities as you age. In this class, you'll use breathwork, your own bodyweight, and other tools to activate the deep muscles of your core. You'll mobilize soft tissues that surround your joints in ways that encourage freedom of movement. This class will take place on the floor. Bring a 36-inch, medium-density foam roller, or you can borrow one from Amy. **Bring a water bottle, yoga mat, and a blanket or towel.**

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 acupressure 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!

Empath's Wellness Toolbox

Do you take on other people's energy as your own? Can you get easily overwhelmed in large groups and in public? Can you read the energy in a room or know when someone is lying without even trying? Do people seek you out for comfort or advice? These are all signs of being an empath. Join Akashic Records and Reiki Master Teacher Dawn Marian for an experiential class on how to manage your unique gift of connection, often referred to as being an empath or a highly sensitive person. You'll discover the key traits of being an empath, exercises to keep your energy clear, tools to support you and practical suggestions to help you thrive as an empath.

Energy & Crystal Healing for Well-Being

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. Energy 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 hands-on class, Mary Jo Feely – RN, Reiki Master/Teacher and Certified Crystal Healer – will teach you how Energy and Crystal Healing support body, mind, and spirit. You will experience a variety of ways to work with gemstones and crystals and you will have an opportunity to participate in guided meditations to support your healing journey. Please bring a notebook and pen 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. **(\$10 materials fee).**



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Class Descriptions - *continued*

Foam Rolling Workshop

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.**

Healing Messages from Spirit – a demonstration of Mediumship

The loss of a loved one is so very difficult. This class is designed to help you realize that your loved ones in spirit are still here with you and part of your everyday life. Join Evidential Medium, Christie May, as she answers your questions about the Spirit World and life after physical death. This will be followed by a live demonstration of Mediumship, where she will connect with your loved ones in the Spirit World, bringing forth evidence of continuity of life after death, along with messages of love and healing. Not everyone will receive a reading during this demonstration. (This class is offered both Saturday and Sunday). Christie is available for private one-on-one readings.

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.

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)**

Morning Walk with Jill

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.

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.

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Class Descriptions - *continued*

My Family's Favorite Comfort Food

Learn the classic Jones family recipes that have become traditions during the cold seasons. Beth Jones, Executive Chef of the Campus Club at the UMN, will guide you through the techniques that make these dishes so flavorful and comforting, and will offer variations for gluten-free, dairy free, and vegan options. Learn to make: Dave's Coque au Vin/Beef Bourguignon, Laurie's Classic Spaghetti and Meatballs, and Beth's Favorite Chili. **(\$15 materials fee).**

Naturalist Walk at Banning

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. Come prepared for any kind of weather.

Oracle Vision Boards

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 addition 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.

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, led by Jill Rudolph, harvesting vegetables and then making what we harvest into delicious side dishes.

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. Each participant will take home 1 or 2 jars of goodness. **(\$5 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! Come prepared with closed toe shoes.

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.**

Tune into Your Soul Wisdom with the Akashic Records

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.

Velvet Pumpkins

Velvet pumpkins are now being made in any color imaginable and are being used as home decor throughout the year! Making them takes no sewing or other special skills, so come join the fun! You will have a variety of velvet colors to choose from and a real dried pumpkin stem to top off your pumpkin! The velvet pumpkins are a beauty unto themselves, but if you like, there will be a variety of materials available, feathers, beads, leaves, etc., if you want to add an additional layer of interest. You will have time to complete one pumpkin for sure (maybe more) and there will be material available if you want to make additional ones at home. **(\$7 materials fee).**



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

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)**

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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 2023 practitioners offering private sessions:

- Cheri Bunker – Sound Bath sessions
- Mary Jo Feely – Reiki & crystal healing
- Allison Jones – Massage & reiki
- Dawn Marian – Akashic record readings
- Christie May – General Guidance (spirit guides) & Mediumship readings
- 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.

During the evenings, various activities will be scheduled and announced during meals. [After dinner, refreshments will be available.] Saturday evening, there will also be a drum circle at the end of the evening. In addition, each evening, you can:

- Schedule a relaxing private session, enjoy free time and campfire (weather permitting)
- Relax in Crosby Lounge – open for reading, conversing, lounging
- Weather permitting, enjoy the campfire and toast a s'more in the fire pit northwest of Crosby Lodge

Women's Wellness Weekend Scholarship Fund

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.