

Schedule for Women's Wellness Weekend, May 3-5, 2024

(subject to change)

FRIDAY, May 3, 2024

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

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

Friday evening:	8:00 pm Game Night, refreshments available 8:30 pm Campfire (weather permitting)
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SATURDAY, May 4, 2024

6:30-7:30 am (60 minutes)

Kriya Yoga - Charrie VanVleet	Morning hike - Jill Rudolph	
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BREAKFAST - 7:30-8:15 am

8:30-11:30 am (180 minutes)

Linoleum block printing
on cards & tea towels - Kathy Yerich

Nature hike on Blacklock campus -
Kyra Binkhoelter

8:30-10:00 am (90 minutes)

Sound Meditation For Healing
- Cheri Bunker

Stretching for Flexibility and Mobility
- Amy Hoey

10:15-11:45 am (90 minutes)

Climbing Wall - Osprey Wilds Fellows

Self-Healing Body Mind and Spirit
Through Reiki - Mary Jo Feely

Messages From Spirit - A Demonstration
of Mediumship - Christie May Kielblock

LUNCH - 12:15 - 1:00pm

1:15-4:15pm (180 minutes)

Minimal Heat Summer Recipes - Beth Jones

1:15-2:45 pm (90 minutes)

River Rock Mandalas - Cheri Bunker

Crystal Healing for Well-being - Mary
Jo Feely

Shinrin-Yoku: Introduction to Forest
Bathing - Kristen Mastel

3:00-4:30 (90 minutes)

Foam Rolling Workshop - Amy Hoey

Planning a sustainable and productive
garden - Laura Mendoza Romero

Watercolor greeting cards
- Jamie Nelson, Jill Rudolph

SOCIAL - 5:30 pm, SILENT AUCTION CLOSES - 6:00pm, DINNER - 6:00 pm

Saturday evening:	7:30 pm Night Hike 8:30 pm Drum Circle 8:30 pm Campfire (<i>weather permitting</i>)
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SUNDAY, May 5, 2024

6:30-7:30am (60 minutes)

Kundalini Yoga - Louise Kneeland	Morning hike - Jill Rudolph	
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BREAKFAST - 7:30-8:15 am

8:30-11:30 am (180 minutes)

Animal Ambassadors and Animals signs
- Marin Silverman

8:30-10:00 am (90 minutes)

Healing Physical, Mental, Emotional
Issues through Meditation - Dee
Ziegler

Rhythm Of Spirit - Cheri Bunker

Baking Seeded Soda Bread
and a Kneading Tutorial - Kim Ode

Great Roots for healthy lakes
- Laura Mendoza Romero

10:15-11:45 am (90 minutes)

Messages From Spirit - A Demonstration
of Mediumship - Christie May Kielblock

Draw, write, and hike together!
- Kristen Mastel

Growing Oyster Mushrooms
on TP - Kathy Yerich

LUNCH - 12:15-1:00 and DEPARTURE

Saturday, May 4th, Morning Classes

6:30am

Kriya Yoga

Charrie VanVleet

Takes you through some asanas/postures, ending with Yoga Nidra and sound healing with crystal bowls, rattle and a drum. This is an All Level class. Bring a yoga mat.

Morning Hike

Jill Rudolph

Enjoy an early morning jaunt on some of the Center's trails. A great way to wake-up and work up an appetite before breakfast.

8:30am

Linoleum block printing on cards and tea towels

Kathy Yerich

Inspired by the nature and beautiful surroundings at Osprey Wilds, come carve a linoleum block for printing cards and tea towels to remind you of Women's Wellness Weekend when you get home! All of the tools required will be provided, as well as ink, card stock and tea towels. We'll also have a selection of printed clip art if sketching seems daunting, and some pre-carved printing blocks for inspiration, printing practice and greater design variety. (Materials fee \$5.00)

Blacklock Hike

Kyra Binkhoelter

Join Osprey Wilds staff to explore the Blacklock Nature Sanctuary about 30 miles north of Osprey Wilds' main campus. During our visit, we will hike along a secluded lake that is home to beavers and other Minnesota Wildlife. This hike will be approximately 3 miles over uneven terrain.

Sound Meditation For Healing

Cheri Bunker

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.

Stretching for Flexibility and Mobility

Amy Hoey

Stretching can improve flexibility and mobility. Over time, a regular stretching routine can help you move better so you feel better during everyday tasks and your favorite activities as you age. In this class, you'll learn a variety of self-stretching techniques to mobilize soft tissues that surround your joints in ways that encourage freedom of movement. This class will include moves that take place on the floor and standing. Bring a water bottle, yoga mat, and a blanket or towel.

10:15am

Climbing Wall

Osprey Wilds Fellows

Whether climbing a real rock face or an indoor wall, there is a challenge for everyone. Experience bouldering and top rope climbing on our indoor rock wall! Teamwork and goal-setting will be emphasized during this challenging sport.

Self-Healing Body Mind and Spirit Through Reiki

Mary Jo Feely

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 you will learn 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.

Messages From Spirit - A Demonstration of Mediumship

Christie May Kielblock

What is a Mediumship Demonstration?

It is a presentation of the continuation of life after physical death, to a group of people gathered together. The Medium makes several connections to the audience's loved ones in the spirit world, bringing through recognizable evidence to identify the correct audience member. (aka a reading) Not all audience members will receive a reading, just witnessing the connections that are made is a healing and amazing experience for all who are present. This brings everyone involved hope and a sense of peace knowing that their loved ones are still very much a part of their daily life. Q & A follows the demonstration.

Saturday, May 4th, Afternoon Classes

1:15pm

Minimal Heat Summer Recipes

Beth Jones

No one wants to turn on the oven when the summer months arrive! Join Chef Beth Jones as she teaches you recipes that require minimal, or no cooking! (Materials fee \$15.00)

Learn how to make

Panzanella--bread salad with tomatoes, cucumbers and fresh basil

Peanut Chicken Salad with rice noodles, fresh herbs and summer vegetables

Chilled Cucumber Soup

Beth's No Wake Cafe Gazpacho

River Rock Mandalas

Cheri Bunker

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. 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)

Crystal Healing for Well-being

Mary Jo Feely

Working with crystals for healing purposes isn't new, and it certainly has become more mainstream in more recent years. 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.

Shinrin-Yoku: Introduction to Forest Bathing

Kristen Mastel

Slow down, de-stress from your daily routine, and deepen your connection to nature. Shinrin-yoku, or "forest bathing", differs from other nature experiences like hiking or birding; as we slow down with intentionality and engage our senses through guided activities. Give your mind and body time to rest, wander and wonder in nature. We will close our session with a tea ceremony.

3:00pm

Foam Rolling Workshop

Amy Hoey

Foam rolling can help you move better and feel better. Amy 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. All moves will take place on the floor. Bring a 36-inch, soft- or medium-density foam roller, or you can borrow or buy one from Amy. Bring a yoga mat, and a blanket or towel.

Planning a sustainable and productive garden

Laura Mendoza Romero

Participants will learn about how to plan an efficient garden. We will talk about how to select the best location for their garden, composting, as well as intensive and companion planting.

Watercolor greeting cards

Jamie Nelson, Jill Rudolph

Make someone's day with a handmade greeting card. Whether you're a seasoned watercolorist or beginner, anyone can make these attractive cards. The class will include a short demonstration and then ample time to create a few of your own creations. Each card can be easily customized for any occasion.

Sunday, May 5th, Classes

6:30am

Kundalini Yoga

Louise Kneeland

Yoga focused on flexibility, movement, and meditation. Beginners are welcome! Bring a yoga mat.

Morning Hike

Jill Rudolph

Enjoy an early morning jaunt on some of the Center's trails. A great way to wake-up and work up an appetite before breakfast.

8:30am

Animal Ambassadors and Animals signs

Marin Silverman

Flock to the Osprey Wilds birding class! Following a tour of our wildlife barn and the chance to meet some of our animal ambassadors, we will go on a nature walk through Osprey Wilds' own birding trail to learn how to spot and identify local birds. The class concludes with a brief nature journaling session so you can take your memories home.

Healing Physical, Mental, Emotional Issues through Meditation

Dee Ziegler

Journey through Various Aspects and Levels for Self Healing. Bring a mat or sleeping bag to lie on, and a blanket.

Rhythm Of Spirit

Cheri Bunker

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.

Baking Seeded Soda Bread and a Kneading Tutorial

Kim Ode

Soda Bread offers (almost) immediate gratification, coming together in minutes. We'll add a selection of wildflower seeds (sunflower, poppy, sesame and flax) to this traditional quick bread dough. While our loaves bake, I'll share some basic kneading techniques that are important to creating great bread, as well as therapeutic for the baker. (Materials fee \$5.00)

Great Roots for healthy lakes

Laura Mendoza Romero

An overview showing the value of diverse natural lakescapes and how designing a shoreline with deep rooted native plants can do more than just look good. We will talk about some native plants that can be planted along the shoreline, as well as some invasive species that can show up.

10:15am

Messages From Spirit - A Demonstration of Mediumship

Christie May Kielblock

What is a Mediumship Demonstration?

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Q & A follows the demonstration

Draw, write, and hike!

Kristen Mastel

Immerse yourself in nature with a guided walk, and express your thoughts and feelings through journaling, drawing, and poetry. This experience helps you deepen your connection to both the outer world and your inner self, fostering a greater appreciation for nature and personal growth through mindful observation and creative reflection. No drawing or writing experience required, just curiosity about nature!

Growing Oyster Mushrooms on TP

Kathy Yerich

Oyster mushrooms are one of the easiest mushrooms to cultivate at home without any special equipment. There are many oyster mushroom colors and varieties, including one that does not produce any spores. We'll talk about different methods for growing oyster mushrooms including using commercially available kits and spawn bags as well as ordering spawn (made from the spores of mushrooms specifically for growing them), aspen pet bedding, straw, scrap cardboard and even toilet paper as substrates. At the end of the talk there will be a hands-on activity where you can make your own kit using a toilet paper roll in a ziploc bag to take home with you. (Materials fee \$5.00)

Private practitioners

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 2024 practitioners offering private sessions:

- Cheri Bunker – Sound Bath sessions
- Mary Jo Feely – Reiki & crystal healing
- Allison Jones – Massage & reiki
- 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.

