

## Schedule for Women's Wellness Weekend, October 4-6, 2024

*(subject to change)*

### Friday, October 4, 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 Trivia Night with Prizes 8:30 pm Campfire (weather permitting)
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### Saturday, October 5, 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)	8:30-10:00 am (90 minutes)	10:30am-12:00pm (90 minutes)
<b>You Can, Can</b> - Jolene Palme	<b>Core Strength and Mobility</b> - Amy Hoey	<b>Locavore 101</b> - Beth Jones
<b>Linoleum block printing on cards and tea towels</b> - Kathy Yerich (\$5 fee)	<b>Nurture Body-Mind-Spirit with Energy Healing</b> - Mary Jo Feely	<b>Introduction to Archery</b> - OW Fellows
8:30-10:30 am (120 minutes)		<b>Crystal Healing for Well-Being</b> - Mary Jo Feely
<b>Velvet Pumpkins</b> - Mary Malsam (\$10 fee)		<b>Kundalini Yoga</b> - Louise Kneeland

#### LUNCH - 12:15 - 1:00pm

1:15-4:15pm (180 minutes)	1:15-2:45 pm (90 minutes)	3:30 - 5:00pm (90 minutes)
<b>Botanical Printed Scarf and Felted Stones</b> - Becky Utecht (\$20 fee)	<b>Sound Meditation For Healing</b> - Cheri Bunker	<b>Mushroom Walk... Edible. Medicinal. Beautiful.</b> - Kathy Yerich
1:15-3:15pm (120 minutes)	<b>Cannabis, it's legal, now where do I start...</b> - Breana Crotteau	<b>The Light Diet: The Profound Impact of Natural and Artificial Light on Vitality</b> - Michele Jaeger
<b>High Ropes</b> - OW Fellows		<b>Succulent Chi</b> - Damita Jo Miller-Chasson (\$10 fee)
<b>Keep it Simple</b> - Holly Busse		<b>Female Grounding and Psychic Boundaries</b> - Sara Remke

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

Saturday evening:	7:00 pm Night Hike/Night Sky 8:30 pm Drum Circle 8:30 pm Campfire ( <i>weather permitting</i> )
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### Sunday, October 6, 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)	8:30-10:00 am (90 minutes)	10:30 am-12:00pm (90 minutes)
<b>Gnomes</b> - Mary Malsam (\$10 fee)	<b>Healing Physical, Mental, Emotional Issues through Meditation</b> - Dee Ziegler	<b>Trapp Farm Tour</b> - Enoch Gish, Jill Rudolph
<b>Nature Hike</b> - OW Fellows		<b>Kriya Yoga</b> - Charrie VanVleet
8:30-10:30 am (120 minutes)		<b>It's A Tea Party</b> - Cheri Bunker (\$5 fee)
<b>Plant Based For Meat Eaters</b> - Beth Jones (\$15 fee)		<b>Zen Art - Ensoi</b> - Rita Fortunato
<b>Stretch and Roll Workshop</b> - Amy Hoey		

**LUNCH - 12:15-1:00 and DEPARTURE**