

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)
You Can, Can - Jolene Palme	Core Strength and Mobility - Amy Hoey	Locavore 101 - Beth Jones
Linoleum block printing on cards and tea towels - Kathy Yerich (\$5 fee)	Nurture Body-Mind-Spirit with Energy Healing - Mary Jo Feely	Introduction to Archery - OW Fellows
8:30-10:30 am (120 minutes)		Crystal Healing for Well-Being - Mary Jo Feely
Velvet Pumpkins - Mary Malsam (\$10 fee)		Kundalini Yoga - 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)
Botanical Printed Scarf and Felted Stones - Becky Utecht (\$20 fee)	Sound Meditation For Healing - Cheri Bunker	Mushroom Walk... Edible. Medicinal. Beautiful. - Kathy Yerich
1:15-3:15pm (120 minutes)	Cannabis, it's legal, now where do I start... - Breana Crotteau	The Light Diet: The Profound Impact of Natural and Artificial Light on Vitality - Michele Jaeger
High Ropes - OW Fellows		Succulent Chi - Damita Jo Miller-Chasson (\$10 fee)
Keep it Simple - Holly Busse		Female Grounding and Psychic Boundaries - 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)
Gnomes - Mary Malsam (\$10 fee)	Healing Physical, Mental, Emotional Issues through Meditation - Dee Ziegler	Trapp Farm Tour - Enoch Gish, Jill Rudolph
Nature Hike - OW Fellows		Kriya Yoga - Charrie VanVleet
8:30-10:30 am (120 minutes)		It's A Tea Party - Cheri Bunker (\$5 fee)
Plant Based For Meat Eaters - Beth Jones (\$15 fee)		Zen Art - Ensoi - Rita Fortunato
Stretch and Roll Workshop - Amy Hoey		

LUNCH - 12:15-1:00 and DEPARTURE

Saturday, October 5, 2024

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

You Can, Can

Jolene Palme

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 and each participant will take home 1 or 2 jars of goodness.

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

Velvet Pumpkins

Mary Malsam

Crafting pumpkins using velvet and natural pumpkin stems and then embellishing them. **(\$10 materials fee)**

Core Strength 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.

Nurture Body-Mind-Spirit with Energy Healing

Mary Jo Feely

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 Healing is a powerful way 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, Accredited and Certified Healing Touch Practitioner – will teach you how Energy Healing modalities such as Reiki and Healing Touch support the human energy field and healing, and guide you in experiencing Energy Healing to support yourself and others.

10:30am

Locavore 101

Beth Jones

Join Chef Beth as she resurrects the very first class she taught at Osprey Wilds! A Locavore is anyone who makes an effort, no matter how small, to buy foods grown or produced in an area close to home. Beth will teach you how to shop in your neighborhood farmers markets and co-ops, to discover the enormous array of

meats, grains, vegetables and other products available within miles of your home. Beth will demonstrate one locally sourced recipe to try during class, and will give out other recipes as well. If you're looking for ways to eat greener and reduce your food miles, this is the perfect way to start!

Introduction to Archery

Osprey Wilds Fellows

Over the last thousand years, the purpose of Archery and the equipment has gradually changed and been modernized for hunting and sport. Experience the ancient art of atlatl throwing, and then sharpen your skills at the archery range.

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..

Kundalini Yoga

Louise Kneeland

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. Instructor Louise Kneeland guides us in this gentle yoga with a meditation component. (Please bring a yoga mat.)

1:15pm

Botanical Printed Scarf and Felted Stones

Becky Utecht

Celebrate the beauty of fall leaves in a botanical printed silk scarf! Participants can bring leaves from home or gather some leaves onsite. The leaves will be wrapped in silk and cotton then steamed to "print" both fabrics at the same time. While the scarves are steaming, we'll commemorate the 15th annual Felt United Day by making some wet felted "stones" using natural colored, locally grown wool. Participants will leave class with a printed silk scarf and length of cotton fabric as well as their felted stones. (**\$20 materials fee**)

High Ropes

Osprey Wilds Fellows

The world looks different from a bird's eye view; challenge yourself to climb high and to be brave as you soar to new heights. Osprey Wilds' high ropes course also boasts a fun zip-line ride at the end of the course.

Keep it Simple

Holly Busse

This session is about self love, not self improvement. How we talk about ourselves, our bodies, our lives, it matters. During our time together we will touch on five subjects, Love on that body, Mindfulness and Gratitude, Keep that Container Clean, Spontaneity vs Routine, Breath and Movement. Simple is key. When things are simple we can actually incorporate them into our daily lives.

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.

Cannabis, it's legal, now where do I start...

Breana Crotteau

Learn about Cannabis. The different components of the plant, the Endocannabinoid system, and how they work together for your benefit. We will go over the history and where we are today with Minnesota's legalization.

3:30pm

Mushroom Walk... Edible. Medicinal. Beautiful

Kathy Yerich

Fascinated by Fungi? 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 discussion, talking about 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.

The Light Diet: The Profound Impact of Natural and Artificial Light on Vitality

Michele Jaeger

Is your light diet just as important as the food that you eat? Many quantum biologists would argue, yes! With the rise of electronic devices, energy efficient lighting and windows, and more time spent indoors, the wavelengths of light we are exposed to has changed drastically over the past 40 years and is having devastating consequences. Learn how to optimize your light diet for better sleep, hormone health, blood sugar handling, positive mental health and energy!

Succulent Chi

Damita Jo Miller-Chasson

Succulent plants represent the embodiment of chi: including tenacity, determination, life, endurance, perpetual love, eternal relationships, longevity, perseverance, good fortune, peace, yearning, wealth, devotion, growth, loyalty, focus, survival, love of nature, and prosperity. Chi is described as the purest energy that arises out of consciousness, awareness, and stillness – through you into your body and all expressions of life. Join Damita in this grounding workshop; working with your hands, the earth, plants, and stone to create a small zen succulent arrangement to take home or gift to a loved one. **(\$10 materials fee)**

Female Grounding and Psychic Boundaries

Sara Remke

Women are often attuned to those around us. We can easily lose ourselves and our needs in an effort to make others feel more comfortable. When we are well female grounded, grounding our energetic creative space we can find more resources. We can pause before running to fix everyone around us, we can look more carefully at the situation and make a conscious choice. Do I want to help this person? Is there something for me to fix here? We can decide what is my responsibility in this situation rather than assuming responsibility for everyone and everything.

In this class we will practice female grounding and setting our personal energetic boundaries. We will look at a situation from the standpoint of being well grounded and also not being grounded. What are the differences? Learn to be more anchored in yourself and your body.

Sunday, October 6th, 2024

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

Gnomes

Mary Malsam

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 Holiday décor...any bits suitable to decorate the hats... bring them. **(\$10 materials fee)**

Nature Hike

Osprey Wilds Fellows

Get outside with one of our naturalists to learn more about the natural world that surrounds us. Walk through forests and see all Minnesota has to offer through its flora and fauna as well as leaves changing colors.

Plant Based For Meat Eaters

Beth Jones

Chef Beth will demonstrate how to make a hearty, healthy and delicious plant based menu, giving tips on how to get the carnivores in your life to enjoy more plants! Learn tricks for getting the biggest flavors out of your food using spices, searing/deglazing techniques, and other methods that you can translate to all of your recipes. In this class Beth will demonstrate Squash and Heirloom Beans Stew, served with Rice and Lentil Pilaf with Almonds and Fried Shallots. **(\$15 materials fee)**

Stretch and Roll Workshop

Amy Hoey

Stretching and foam rolling can improve flexibility and mobility. Over time, a regular routine can help you move better so you feel better during everyday tasks and your favorite activities. In this class, you'll learn a variety of self-stretching and foam rolling 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.

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.

10:30am

Trapp Farm Tour

Enoch Gish & Jill Rudolph

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 and harvesting vegetables.

It's a Tea Party

Cheri Bunker

Always wanted to know more about tea and the wellness benefits? Learn about Green, Black, Yellow, White, Pu'er, Herbal and Matcha teas. In this class 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, loose leaf vs tea bags. Did you know there are optimum temperatures for different teas? We will also experience a tea ceremony with Matcha green tea and learn to create a beautiful tea tray for presentation. Lots of handouts! **(\$5 materials fee)**

Kriya Yoga

Charrie VanVleet

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 class, 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.

Zen Art - Ensoi

Rita Fortunato

Meaningful Intuitive Art painting is the process of allowing each layer of paint to inform what comes next. It's about self-love, trust and/or healing as you embrace creating art connected to the imagination, non-attachment, let go, explore & express your inner thoughts, and have fun painting with positive energy. Creating from your heart and tuning into your feelings. Since art is intuitive, you create spontaneously without a plan. You go with the flow of ideas that naturally come to you. In this way, intuitive art is all about feeling rather than thinking.

In the process I will start with a creative physical exercise for 1 to 5 minutes maximum, blind trust painting and warm up brush strokes techniques and then we will start painting and I will go through it with each participant and help them to find balance, structure and composition to encourage embracing into their painting. Will end with Onm mantra and thanking for having this time to create and connect, Namaste. It's fun, non judgmental and laid back, allowing freedom of expression.

