	men's Wellness Weekend,   (subject to change)	way 2 - 4, 2025
	Friday, May 2, 2025	
Arriv	al: 4:00-5:50 pm Walking tour: 5:30 pn	n
S	OCIAL: 6:00 pm DINNER: 6:30 pm	
Friday evening:	8:00 pm TBD (evening program) 8:30 pm Campfire (weather permitting)	
	Saturday, May 3, 2025	
	6:30-7:30 am (60 minutes)	
Kriya Yoga/Sound Bath, Charrie VanVleet- Crosby	Morning Hike, Jill Rudolph - Front Porch	
Chame varivicet Closby	BREAKFAST - 7:30-8:15 am	
8:30-11:30 am (180 minutes) ALL	8:30-10:00 am (90 minutes)	10:30am-12:00 pm (90 minutes)
MORNING SESSION Beginning Sourdough, Christina Robert -	Move Better and Feel Better with Mobility	Creating a Crystal Toolkit,
Bremer Classrooom Canoeing, OW staff - Front Porch	Amy Hoey - Climbing wall Chakra Balancing for Health and	Mary Jo Feely - Crosby Lessons of the Dandelion, Shari
	Well-being, Mary Jo Feely - Crosby "YES You Can Draw"- Simplify Line &	Harrison - Dining Hall
Wet-Felted bag, Becky Utecht - Dining Hall	Creative Color, Amy Paloranta - Dining Hall	
	LUNCH - 12:15 - 1:00 pm	
1:15-4:15 pm (180 minutes) ALL AFTERNOON SESSION	1:15-2:45 pm (90 minutes)	3:30 - 5:00 pm (90 minutes)
Moose Lake State Park hike, OW staff - Front Porch	Let's Make Kombucha!, Michele Jaeger - Bremer	A reason to get together, Beth Jor Schwyzer
Linoleum Block Printing on Cards and Tea Towels, Kathy Yerich - Dining Hall	Draw, write and hike together!, Kristen Mastel - Front Porch	Bone Broth 101, Michele Jaeger - Bremer
	Deep Female Grounding, Sara Remke - Crosby	Healing Sound Bath Meditation, C Bunker - Crosby
SOCIAL - 5:30 pm,		INNER - 6:00 pm
Saturday evening:	7:00 pm Night Hike 8:30 pm TBD (evening program) 8:30 pm Campfire ( <i>weather permitting</i> )	
	Sunday, May 4, 2025	
	6:30-7:30 am (60 minutes)	
Kundalini Yoga, Louise Kneeland - Crosby	Morning Hike, Jill Rudolph - Front Porch	
	BREAKFAST - 7:30-8:15 am	
8:30-10:30 am (120 minutes)	8:30-10:00 am (90 minutes)	10:45 am-12:15 pm (90 minutes
Fresh Flavors for Spring & Summer - Marinades, Sauces and Vinaigrettes, Beth Jones - Bremer Classroom	Orienteering, OW Staff - Front Porch	Shinrin-Yoku: Introduction to Fores Bathing, Kristen Mastel - Front Po
Immersive Sound Healing For Wellness, Cheri Bunker - Crosby	Healing Through Meditation, Dee Ziegler - Climbing Wall	Core Strength, Amy Hoey - Climbi Wall
Seed Starting Class, Charrie VanVleet - Dining Hall		The Stress of Grief and the Grief of Stress, Stacy Eichman-Cardwell - Crosby
		Barn Quilt Squares, Jamie Nelson - Dining Hall
	INCH - 12:15-1:00 pm and DEPARTURE	

#### SATURDAY, MAY 3, 2025

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

#### Kriya Yoga/Sound Bath

Teaching the art of Kriya yoga with postures/asanas, breath work, and sound bath for a restorative/savasana ending to the class.

#### Morning Hike

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. The hike will start in the dark so please bring a flashlight or headlamp.

### 8:30-11:30 am (180 minutes) ALL MORNING SESSION

#### Beginning Sourdough

Come learn the basics of sourdough bread including how to tend to your sourdough starter and how to prepare and bake a basic loaf of sourdough bread. Each participant will participate in a hands-on class that involves baking a loaf and preparing a loaf for baking. We will also explore other uses of starter including sourdough pancakes, etc. Each participant will leave with a small jar of sourdough starter in order to continue baking at home! Come prepared to sample bread and pancakes!!

#### Canoeing

#### **Osprey Wilds Fellows**

**Becky Utecht** 

Amy Hoey

Mary Jo Feely

The art of paddling is more than sticking a paddle in the water. Discover the technique of paddling using the forward stroke, c-stroke and j-stroke. Work together in the bow and stern to practice your new skills on beautiful Grindstone Lake.

#### Wet-Felted Bag

Create a small bag or pouch from locally produced wool. Using wet felting techniques and working around a resist, participants will create a seamless bag with a felt strap. Bring your imagination and add decorative elements for a one-of-a-kind accessory. \* Materials fee: \$15

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

#### Move Better and Feel Better with Mobility

Improve how you move to feel better during everyday tasks and your favorite activities as you age. You'll use breathwork, simple exercises, and a variety of tools to mobilize soft tissues that surround your joints in ways that encourage freedom of movement. This class will take place on the floor. Bring water, a yoga mat, and a blanket or towel.

## Chakra Balancing for Health and 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. Chakra Balancing is a simple yet powerful process that clears and balances our energy field and is a nurturing self-care

# Charrie VanVleet

Jill Rudolph

# Christina Robert

practice with which we can work. During this class, Mary Jo Feely – RN, Reiki Master/Teacher, Accredited and Certified Healing Touch Practitioner, and Certified Crystal Healer – will teach you about the various parts of the Energy Field, with a specific focus on the Chakras. You will learn how the state of your chakras impact health and how to balance your own chakras to bring healing into your life.

### "YES You Can Draw" - Simplify Line & Creative Color Amy Paloranta

A simple line nature drawing - discuss color theory, shading, line versus shape. Learn to see the beauty around us & create a semi-abstract & colorful Spring drawing (outdoors, weather permitting).

# 10:30 am-12:00 pm (90 minutes)

## Creating a Crystal Toolkit

When it comes to Crystal Healing and the vast number of stones available, it may be hard to know just where to start. Yet one of the first things you will want to do when working with crystals and gemstones for healing purposes is to build your own personal Crystal Healing Toolkit. During this class, Mary Jo Feely – RN, Certified Crystal Healer, Reiki Master/Teacher, Accredited and Certified Healing Touch Practitioner – will explore her Top 15 Healing Gemstones. You will learn about their healing properties and experience a variety of ways to work with them to support healing.

# Lessons of the Dandelion just in time for Spring!.

Let's make friends with this thriving and abundant herbal ally. My goal is to awaken you to the benefits of the dandelion plant, a perfect spring herbal ally! We will learn some history of the plant including how indigenous peoples and herbalists have traditionally used this plant. We will also gain a better understanding of why she grows where she does, how that translates into her many uses in our bodies and learn how to use her as a remedy for specific ailments. Afterwards we will make medicine in the form of herbal vinegar, tea and tincture and enjoy tasting the greens and flowers!

# 1:15-4:15 pm (180 minutes) ALL AFTERNOON SESSION

# Moose Lake State Park

Join an Osprey Wilds Naturalist on a hike at Moose Lake State Park to learn about the region's ecosystems and learn about all the transitions that are happening in the spring to summer change.

# Linoleum Block Printing on Cards and Tea Towels

Inspired by Nature and the 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 the tools required will be provided, as well as ink, card stock and tea towels. Bring an old pair of Jeans or a shirt, maybe you want to print on them! 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.

# viary Jo Feely

# Shari Harrison

# **Osprey Wilds Fellow**

**Kathy Yerich** 

# Mary Jo Feely

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

### Let's Make Kombucha!

Brewing your own kombucha is easy, economical, and fun! Participate in starting a fresh batch of kombucha and learn tips for successful home-brewing. Every participant will receive a scoby, starter liquid and detailed instructions. Start saving your empty kombucha bottles and enjoying creative concoctions for pennies!

#### Draw, write, and hike together!

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!

# **Deep Female Grounding**

Learn the benefits of deep female grounding. Women run energy differently than males, we have a more complex and creative system. Become more focused, discern your energies from others, maintain better boundaries and feel better in your body.

# 3:30 - 5:00 pm (90 minutes)

## A Reason to Get Together

In 2024 the US Surgeon General declared loneliness an epidemic in America. In 1950's America many women would get together for a mid-day tea or coffee klatch—an opportunity for friendship, togetherness, and probably a chance to gossip. Despite our busy modern day lives, we can find pockets of time to revive this practice with an afternoon tea with old and new friends. Join Beth to learn how to bake simple scones and savory cream biscuits, drink some tea, and discuss how to plant the seeds for your own future friendship-building get-togethers.

## Bone Broth 101

Curious about the health benefits of bone broth? Come learn the science behind grandma's immune-boosting chicken soup and how simple and inexpensive it is to make bone broth at home. We will be sampling different types of bone broth and the foods that can be made with bone broth. Recipe handout included.

# Healing Sound Bath Meditation

Join Cheri Bunker, sound and vibration practitioner, and member of the Sound Healers Association, for a healing sound bath. Imagine your body resting comfortably on the floor or sitting in a chair while being guided to relax while being cradled by heavenly sounds for a full hour. Experience total bliss. Take time out to restore your body and mind to a state of deep relaxation. Let the different vibrations soothe your body. Experience Tibetan and crystal singing bowls, cathedral drum, frame drum, Koshi chimes, gongs, and many other instruments. There will be 30 minutes after the session for questions

# Michele Jaeger

**Cheri Bunker** 

# Kristen Mastel

# **Beth Jones**

Sara Remke

# Michele Jaeger

and hands-on experiencing of the instruments. Bring a yoga mat, bed roll, or sleeping bag to lie on, and a pillow and blanket.

# SUNDAY, May 6, 2025

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

# Kundalini Yoga

Kundalini Yoga is a yoga practice that can be physically very difficult or modified to accommodate people of all levels of ability. A lot of focus is on keeping the spine strong, flexible, and healthy as we age. The postures in Kundalini Yoga are the same as in Hatha Yoga, but more work is done in motion, rather than holding a posture. The benefits of a daily yoga practice go way beyond the physical ones and yoga can fill in and offer comfort and healing amidst all the craziness of life these days.

# Morning Hike

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. The hike will start in the dark so please bring a flashlight or headlamp.

# 8:30-10:30 am (120 minutes)

# Fresh Flavors for Spring and Summer

Marinades, Sauces and Vinaigrettes to mix, match and brighten your meals.

In this class Beth will teach you to make fresh Pico de Gallo and Guacamole, Sardinian Salsa Verde, Green Goddess Dressing with fresh ramps, and Maple, Orange Tahini Sauce. You'll have the chance to try all of these in a variety of entree, appetizer and salad applications, and learn the many ways you can use each to make a wide variety of new dishes. \* Materials fee: \$12.00

# Immersive Sound Healing For Wellness

Dive into the transformative world of sound healing in this hands-on, experiential class. Designed for those looking to deepen their understanding of vibrational healing, this session introduces the principles and techniques of sound therapy using instruments like crystal and Tibetan singing bowls, gongs, chimes, drums and tuning forks.

Participants will learn:

- How sound frequencies influence physical, emotional, and energetic well-being.
- Techniques to create harmonic resonance for relaxation and healing.

• Methods to use sound tools intuitively and effectively for self-care or working with others. You will gain practical skills to integrate sound healing into your personal wellness routine. This class is perfect for beginners and seasoned practitioners alike, offering a space to reconnect, harmonize, and nurture your mind, body, and spirit. Several handouts available.

# Cheri Bunker

# Jill Rudolph

Louise Kneeland

# **Beth Jones**

#### Seed Starting Class

It's perfect timing to sprout a little bit, grow a little bit and then put it into the garden towards the end of the month. The class will take you through the process of selecting seeds, good catalogs to order from, soil to use, and how and when to transplant in a larger container. You will leave the class with items to add to your own garden or container. \* Materials fee: \$10.00

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

#### Orienteering

With only two tools you can navigate an unfamiliar environment. Use a compass and your own two feet to navigate Osprey Wilds' orienteering course using techniques like pacing, leapfrogging, and landmarking.

#### Healing through Meditation

We will journey through the physical, emotional and mental bodies, using self healing techniques and tips which can be used anywhere.

### 10:45 am-12:15 pm (90 minutes)

#### Shinrin-Yoku: Introduction to Forest Bathing

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.

#### **Core Strength**

Your core supports the rest of your body in everyday movements. In this class, you'll learn how to use breathwork, your own bodyweight, and other tools to activate the deepest muscles of your core to build strength, stability, and endurance. This class will take place on the floor and standing. Bring water, a yoga mat, and a blanket or towel.

#### The Stress of Grief and the Grief of Stress

No matter your age, ethnicity or social status, grief and stress connects us to all of humanity. Along with touching on the nuances of stress and grief we will take an "out of the box" look at new proven strategies for easing uncomfortable feelings. You can master these techniques immediately with little to no cost and minimal time. You also can easily share these practices with your children, family and friends

#### **Barn Quilt Squares**

Make a beautiful barn quilt with no experience necessary. Customize your barn quilt kit with your \* Materials fee: \$7.00 favorite colors.

> \* Materials fees are paid to the instructor at the start of each class. Please bring enough cash as Osprey Wilds does not have an ATM.

## **Amy Hoey**

Jamie Nelson

**Dee Ziegler** 

**Kristin Mastel** 

#### **Stacy Eichman-Cardwell**

**Osprey Wilds Fellows** 

**Charrie VanVleet**