

Schedule for Women's Wellness Weekend, May 2 - 4, 2025

(subject to change)

Friday, May 2, 2025

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

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

Friday evening:	8:00 pm TBD (evening program) 8:30 pm Campfire (weather permitting)
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Saturday, May 3, 2025

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

Kriya Yoga/Sound Bath, Charrie VanVleet- Crosby	Morning Hike, Jill Rudolph - Front Porch
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BREAKFAST - 7:30-8:15 am

8:30-11:30 am (180 minutes) ALL MORNING SESSION	8:30-10:00 am (90 minutes)	10:30am-12:00 pm (90 minutes)
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Beginning Sourdough, Christina Robert - Bremer Classroom	Move Better and Feel Better with Mobility Amy Hoey - Climbing wall	Creating a Crystal Toolkit, Mary Jo Feely - Crosby
Canoeing, OW staff - Front Porch	Chakra Balancing for Health and Well-being, Mary Jo Feely - Crosby	Lessons of the Dandelion, Shari Harrison - Dining Hall
Wet-Felted bag, Becky Utecht - Dining Hall	"YES You Can Draw"- Simplify Line & 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)
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Moose Lake State Park hike, OW staff - Front Porch	Let's Make Kombucha!, Michele Jaeger - Bremer	A reason to get together, Beth Jones - 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, Cheri Bunker - Crosby

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

Saturday evening:	7:00 pm Night Hike 8:30 pm TBD (evening program) 8:30 pm Campfire (<i>weather permitting</i>)
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Sunday, May 4, 2025

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

Kundalini Yoga, Louise Kneeland - Crosby	Morning Hike, Jill Rudolph - Front Porch
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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)
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Fresh Flavors for Spring & Summer - Marinades, Sauces and Vinaigrettes, Beth Jones - Bremer Classroom	Orienteering, OW Staff - Front Porch	Shinrin-Yoku: Introduction to Forest Bathing, Kristen Mastel - Front Porch
Immersive Sound Healing For Wellness, Cheri Bunker - Crosby	Healing Through Meditation, Dee Ziegler - Climbing Wall	Core Strength, Amy Hoey - Climbing 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

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

SATURDAY, MAY 3, 2025

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

Kriya Yoga/Sound Bath

Charrie VanVleet

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

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. 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

Christina Robert

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

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

Becky Utecht

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

Amy Hoey

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

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

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

Let's Make Kombucha!

Michele Jaeger

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!

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!

Deep Female Grounding

Sara Remke

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

Beth Jones

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

Michele Jaeger

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

Cheri Bunker

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

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

Louise Kneeland

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

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. 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

Beth Jones

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

Cheri Bunker

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.

Seed Starting Class

Charrie VanVleet

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

Osprey Wilds Fellows

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

Dee Ziegler

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

Kristin 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.

Core Strength

Amy Hoey

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

Stacy Eichman-Cardwell

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

Jamie Nelson

Make a beautiful barn quilt with no experience necessary. Customize your barn quilt kit with your favorite colors.

* Materials fee: \$7.00

** 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.