

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 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-12:00pm (90 minutes)

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 Blancing 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 H

LUNCH - 12:15 - 1:00pm

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

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

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

Moose Lake State Park, 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!,
Kriste 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 CLOSSES - 6:00pm, DINNER - 6:00 pm

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

6:30-7:30am (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-12:15pm (90 minutes)

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 and DEPARTURE