

Schedule for Women's Wellness Weekend, October 3-5 <i>(subject to change)</i>		
Friday, October 3, 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 - 9:00pm - Trivia Night 9:00 pm - 10:00pm - Night Hike	
Saturday, October 4, 2025		
	6:30-7:30 am (60 minutes)	
Kriya Yoga/Sound Bath, Charrie VanVleet - Crosby	Morning Hike, Jill Rudolph - Front Porch	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)	10:30am-12:00 pm (90 minutes)
Introduction to Archery, OW staff - Front Porch	Guided Breathwork Practice, Helen Buron -Crosby	What Your Astrology Chart Can Tell You About Your "Dharma/Life Purpose, Cathy Gnatek - Crosby
Blue and Gold Vase of Flowers (Acrylic Painting), Surelle Strike - Dining Hall \$7	Foam Rolling Workshop, Amy Hoey - Climbing wall	Family Recipe Coffee Klatch - Share your favorite family recipe, Beth Jones - Schwyzer
Sourdough Starter Class, Christina Robert - Bremer		Chakra Balancing for Health and Well-being, Mary Jo Feely - Crosby
		Velvet Pumpkins, Mary Malsam - Dining Hall (10am start) \$5
LUNCH - 12:15 - 1:00pm		
1:15-4:15 pm (180 minutes) ALL AFTERNOON SESSION	1:15-2:45 pm (90 minutes)	3:30 - 5:00 pm (90 minutes)
Autumn Glow: Illuminating Nature's Beauty, Denise Rouleau - Dining Hall	MN Cannabis, Breana Crotteau - Schwyzer Porch	Build Strength with Resistance Loops, Amy Hoey - Climbing Wall \$10
Mushroom Walk..Beautiful. Edible. Medicinal., Kathy Yerich - Front Porch	Herbs for Winter Health, Shari Harrison - Crosby	Wildlife program, OW staff - Front Porch (Class info needed)
Wet-Felted Bags, Becky Utecht -Bremer \$15		
SOCIAL - 5:30 pm, SILENT AUCTION CLOSES - 6:00 pm, DINNER - 6:00 pm		
8:00 - 9:00pm (60 minutes)	8:00 - 10:00pm (120 minutes)	9:15 - 10:15pm (60 minutes)
Sound Bath Meditation, Cheri Bunker - Crosby	Felted Accessory Workshop, Ashley Bozman - Dining Hall \$10	Sound Bath Meditation, Cheri Bunker - Crosby
Kriya Yoga, Charrie VanVleet- Climbing Loft		" Kirtan". Singing, chanting, dancing in the Kundalinil yoga tradition. Louise Kneeland - Climbing Loft
Sunday, October 5, 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)
Make Your Own Holiday Food Gifts, Beth Jones - Bremer \$12	Self Lymphatic Massage Techniques, Shari Harrison - Crosby	It's A Tea Party, Cheri Bunker - Schwyzer \$7
The benefits of succulents, Damita Miller-Chasson - Dining Hall \$10		Creating a Crystal Toolkit, Mary Jo Feely - Crosby
Banning State Park hike, OW staff - Front Porch		Advanced Sourdough: AKA Sourdough Support Group, Christina Robert - Bremer
		Guided Breathwork Practice, Helen Buron - Climbing Loft
LUNCH - 12:15-1:00 pm and DEPARTURE		

SATURDAY, October 4, 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.

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

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.

Blue and Gold Vase of Flowers Painting

Surelle Strike

Guided acrylic painting project

* Materials fee: \$7

Sourdough Starter Class

Christina Robert

In this intro class learn how to store and bake bread with sourdough starter. Come prepared to conquer the fear of "Sourdough is so complicated!"---You will come away with increased confidence, some starter to take home, and a taste of sourdough bread!

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

Guided Breathwork Practice

Helen Buron

Breathwork is a type of active meditation, embodiment practice, and guided therapy that helps facilitate self-healing. Through a three-part rhythmic breath pattern, the increase of oxygen helps bypass the thinking brain and invites in the space to connect more deeply to your own intuition and wisdom, unblock your creativity, and support you in releasing what's no longer serving you. Through the breath, you can process emotions, past trauma, and current roadblocks to help you move through life's transitions with more ease, alignment, clarity, and groundedness.

The breathwork practice is done lying down to a playlist and the facilitator guides you through the journey with prompts, hands-on body support, essential oils (if not sensitive to scents), and other healing tools. We'll start with a little intro about what breathwork technique we'll do together, why it's beneficial, and what you might experience before lying down for a short grounding meditation and the breathing practice. We'll close the experience with time to share and ask questions.

Foam Rolling Workshop

Amy Hoey

Foam rolling can help you move better and feel better. Amy will introduce you to the basics of foam rolling, and teach you moves you can do at home. Foam rolling can improve mobility, increase flexibility, reduce soreness, and release tension. Amy will offer modifications to meet participants where they are. Bring a 36-inch, medium-density foam roller, or you can borrow or buy one from Amy. Bring a yoga mat, and a blanket or towel.

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

What Your Astrology Chart Can Tell You About Your Dharma/Life Purpose

Cathy Gnatek

Astrology can tell you so much about who you are; your Sun can reveal where you are meant to shine in the world, the planet that rules your 10th house can tell you about your career, and the planet that rules your rising sign (1st House) can help you connect with your Dharma—who you are and how you are meant to fulfill your life purpose in this lifetime. Using the birth chart of Dr. Martin Luther King Jr. as a springboard, Cathy will explain the notion of “dharma” from ancient texts and then show you how to connect with your life purpose as expressed in your birth chart. Bring your birth info (date, time, location) if you’d like the chance to have Cathy use your chart as an example.

Family Recipe Coffee Klatch—Share your favorite family recipe

Beth Jones

Join Beth as she leads a Coffee Klatch style get together and discussion of favorite family recipes. Enjoy her Aunt Beth’s pound cake and learn to make her mom’s fresh popovers while talking about your family’s favorite recipes and food traditions. Bring a recipe that you’re willing to share with the group, or if you’re new to cooking, and don’t have a big food tradition in your background, join us anyway to learn how to create some new practices of your own.

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 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.

10:00 am-12:00 pm (120 minutes)

Velvet Pumpkins

Mary Malsam

Pumpkins don't have to only be orange!! If you look around you will see velvet pumpkins in a vast range of color and used as decor in all seasons and holidays. You will have a wide range of pre-cut velvet to choose from as well as an assortment of natural, dried pumpkin stems. The real fun though, is adding ribbon, feathers, leaves, jewelry bits, berries, etc, to make them really yours! No previous experience is needed!

* Materials fee: \$5

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

Autumn Glow: Illuminating Nature's Beauty

Denise Rouleau

Create a rustic luminary to brighten your evenings, soothe your mind, and connect with the season. In this hands-on workshop, craft your own luminous work of art using pre-cut twigs, a battery-operated tea candle, and a selection of translucent papers and traceable designs. Personalize your lantern with natural embellishments gathered from the outdoors, and celebrate the changing seasons by refreshing it throughout the year.

Let your luminary be a gentle reminder of the light within—and the quiet beauty of slowing down.

Mushroom Walk... Beautiful. Edible. Medicinal.

Kathy Yerich

What is a mushroom? Mushrooms are neither plants or animals, but in their own kingdom of Fungi. Join Kathy Yerich to explore the grounds at Osprey Wilds and learn more about them! This session starts with a lecture describing 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.

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

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

MN Cannabis

Breana Rose Crotteau

A class to learn about the benefits of cannabis, the different kinds, and what the current laws allow.

Herbs for Winter Health

Shari Harrison

As we head into the next season let's learn some herbs to help support us. We will focus on common ailments that arise from our respiratory, digestive and immune systems and which herbal remedies to have in our medicine cabinets in preparation. We will also make herbal tea and some tincture to bring home.

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

Build Strength with Resistance Loops

Amy Hoey

Resistance loops offer endless ways to build strength, maintain muscle, increase stability, and improve balance. Learn exercises for your upper body, lower body, and core that can help you feel better during everyday tasks and your favorite activities. Moves will take place on the floor, seated on

a chair, and standing. This workshop includes a resistance loop for you to keep. Bring water, a yoga mat, and a blanket or towel. * Materials fee: \$10

Wildlife program

Osprey Wilds Staff

Humans and wildlife are interwoven in the landscape. Learn more about our native Minnesota wildlife, the roles they play in the habitat around us, and meet some of our resident animal ambassadors.

8:00 - 9:00 pm (60 minutes)

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.

Kriya Yoga

Charrie VanVleet

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

8:00 - 10:00 pm (120 minutes)

Felted Accessory Workshop

Ashley Bozman

Bring a little organic beauty into your jewelry collection by creating your own accessories with wool and glass beads. Using needle felting techniques, participants will create their own designs, select wool that's been naturally dyed by Ashley, and enjoy the catharsis that comes from this mindful activity. Once your design is felted, we will use seed beads to create a border, and any other embellishments you wish to add! Each participant will walk away with an accessory, such as a set of drop earrings, a barrette, or a pendant. All skills and materials will be taught and provided during this class, you only need to bring your enthusiasm to learn!

9:15 - 10:15 pm (60 minutes)

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.

"Kirtan". Singing, chanting, dancing in the Kundalini yoga tradition.

Louise Kneeland

We will do some spinal wake-up. Visit the chakras. We will chant and sing and dance in the kundalini tradition. No skills needed, just the ability to sing off tune with impunity!

SUNDAY, Oct 5, 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)

Make Your Own Holiday Food Gifts

Beth Jones

Learn to create an assortment of beautiful and delicious holiday foods for gifting or for your own entertaining. Beth will teach you how to make: Rosemary Spiced Nuts, Buttery Spiced Saltines, Pimento Cheese Truffles, Homemade Vanilla. Each participant will bring home their own jar of homemade vanilla and Beth's Cranberry, Chocolate and Pistachio Biscotti * Materials fee: \$12.00

The Benefits of Succulents

Damita Miller-Chasson

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.

Banning State Park Hike

Osprey Wilds staff

Join a naturalist on a peaceful guided hike through Banning State Park. Learn about this region's local flora and fauna while taking in the view.

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

Self Lymphatic Massage Techniques

Shari Harrison

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

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

It's A Tea Party

Cheri Bunker

Always wanted to know more about tea and the wellness benefits? Join Cheri Bunker – drummer, sound healer, reiki master and creative extraordinaire – in this class to learn about Green, Black, Yellow, White, Pu'er, Herbal and Matcha teas. 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, and loose leaf vs tea bags. Did you know there are optimum temperatures for different teas? We will also experience a tea ceremony Americana style and talk about the culinary use of Matcha green tea. Each participant will go home with a package of loose leaf tea and a tea strainer. Lots of handouts!

*Materials fee: \$7.00

Creating a Crystal Toolkit

Mary Jo Feely

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.

Advanced Sourdough: AKA Sourdough Support Group

Christina Robert

For those who have taken the sourdough starter class and want to up their sourdough game by trying a few new recipes - both sweet and savory. Come with stories to swap about your sourdough successes and where things didn't go as well as planned.

Guided Breathwork Practice

Helen Buron

Breathwork is a type of active meditation, embodiment practice, and guided therapy that helps facilitate self-healing. Through a three-part rhythmic breath pattern, the increase of oxygen helps bypass the thinking brain and invites in the space to connect more deeply to your own intuition and wisdom, unblock your creativity, and support you in releasing what's no longer serving you. Through the breath, you can process emotions, past trauma, and current roadblocks to help you move through life's transitions with more ease, alignment, clarity, and groundedness.

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** 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.*