

Schedule for Women's Wellness Weekend, February 20-22, 2026

(subject to change)

Friday, February 20, 2026

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

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

Trivia Night: 8:00 pm - 9:00pm

Saturday, February 21, 2026

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

Self-guided craft - Dining Hall		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)	10:45am-12:15 pm (90 minutes)
Handcrafted Lotion, Becky Utecht - Bremer \$5 (12 people)	Kriya/Sound Bath Yoga Class, Charrie VanVleet - Crosby (30 people)	That Bonesetter Woman by Frances Quinn Book Discussion, Janette Nash - Schwyzier (10 people)
Winter Night Sky- Guided Acrylic Painting Class, Surelle Strike - Dining Hall \$10 (15 people)	8:30am-12:30 pm (240 minutes)	Botanical Wonder: A Hands-On Art & Archive Experience, Kristen Mastel - Crosby (25 people)
	Ice Climbing, OW staff - Front Porch (15 people)	Making Healing oils & Salves with herbs around us, Estella Yeung - Bremer (20 people)

LUNCH - 12:15 - 1:00pm

1:15-4:15 pm (180 minutes) ALL AFTERNOON SESSION	1:15-3:15 pm (120 minutes)	3:30 - 5:00 pm (90 minutes)
Learn to Knit and Make a Chunky Hat!, Kathy Yerich - Dining Hall \$10 (15 people)	Snowshoeing, OW staff - Front porch (20 people)	Paint Seasonal Gnomes, Jamie Nelson - Bremer
1:00pm-5:00 pm (240 minutes)	Beaded Embroidery, OW staff - Dining Hall (15 people)	Getting to know your Chakras, Sara Remke - Crosby (25 people)
Ice Climbing, OW staff - Front Porch (15 people)		

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

7:30 - 8:30pm (60 minutes)

Night Hike, OW staff - Front Porch (25 people)	Kriya/Sound Bath Yoga Class, Charrie VanVleet - Crosby (30 people)	Kundalini mantras for healing & our universe, Louise Kneeland - TBD (30)
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8:45 - 9:45pm (60 minutes)

S'more Challenge, OW staff - Dining Hall

Sunday, February 22, 2026

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

Self-guided craft - Dining Hall		Morning Hike - Jill Rudolph, Front porch
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BREAKFAST - 7:30-8:15 am

8:30 am - 10:30 am (120 minutes)	8:30 am - 11:30 am (3 classes - 1 hour each)	10:45 am-12:15 pm (90 minutes)
Some Beach, Somewhere, Surelle Strike - Dining Hall \$10 (15 people)	Beeswax Luminaries: Lighting the way through winter, Christina Robert - Bremer (10 people) 8:30am - 9:30am	Survivor, OW staff - Front porch (25 people)
Climbing Wall, OW staff - Front Porch (20 people)	Beeswax Luminaries: Lighting the way through winter, Christina Robert - Bremer (10 people) 9:30am - 10:30am	What Color Is Your Snow? Drawing class, Amy Paloranta - Bremer (15 people)
8:30 am - 10:00 am (90 minutes)	Beeswax Luminaries: Lighting the way through winter, Christina Robert - Bremer (10 people) 10:30am - 11:30am	Kundalini Yoga, Louise Kneeland - Crosby (20 people)
Female Grounding, Sara Remke - Crosby (25 people)		

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

SATURDAY, February 20, 2026

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

Morning Hike, Jill Rudolph - Front Porch

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)

Handcrafted Lotion, Becky Utecht - Bremer \$5*

Participants in this class will learn how quick, easy, and inexpensive it is to make their own hand/body lotion. We will create two lotion variations which participants can choose to scent (or not) with essential and/or fragrance oils. Everyone will leave with at least two 4 oz. containers of handcrafted lotion. If possible, participants are encouraged to bring two small jars (recycle!) with lids in which to take home their lotion.

Winter Night Sky - Guided Acrylic Painting Class, Surelle Strike - Dining Hall \$10*

Perfect for beginners (even those who swear they "can't draw a stick figure"), this class offers a relaxed introduction to acrylic painting through a guided winter -themed project. You'll learn how to mix colors, make confident artistic choices, and use brushstrokes and texture to bring your piece to life. With a focus on creativity, you'll create a unique, meditative work of art that's entirely your own.

8:30-12:30 am (240 minutes)

Ice Climbing, OW staff - Front Porch

Come try out ice climbing at the Sandstone Ice Park located in the city-owned Robinson Park. A system of water pipes, pex tubes, misting nozzles, and low-flow showerheads creates ice flows on the quarried sandstone walls in Robinson Park for WI 3 - 5 climbs ranging from 30 - 80 feet tall. You will be led and guided by trained UMD staff.

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

Kriya/Sound Bath Yoga Class, Charrie VanVleet - Crosby

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

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

***That Bonesetter Woman* by Frances Quinn, Book Discussion, Janette Nash - Schwyzer**

In the spirit of hygge, as a break from the snow, would you like to snuggle up inside with a hot drink and discuss *That Bonesetter Woman* by Frances Quinn? It is a historical fiction novel, inspired by real life figures, about a determined young woman who defies expectations to become a bonesetter in Georgian England. It's described as an uplifting, feel-good story about courage, finding your own path, and embracing what makes you different, with lovable characters that readers connect with emotionally. *You will need to have read this for a good discussion.* The library should have it, or you

can buy it secondhand online from a number of places. I'm looking forward to sharing the story with you!

Botanical Wonder: A Hands-On Art & Archive Experience, Kristen Mastel - Crosby

Curious about botanical illustration but not sure where to begin? You'll start by exploring the foundations of botanical art through guided sketching exercises that train your eye to notice the subtle curves, textures, and patterns found in plants and flowers. Following the drawing session, participants will trace the rich history of botanical illustration through a lecture. From ancient herbals used for medicinal purposes to the golden age of scientific exploration, the presentation will highlight how artists and naturalists collaborated to document plant life with precision and beauty.

Making Healing oils & Salves with herbs around us, Estella Yeung - Bremer

Introducing some herbs; making herb oil; making salves

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

Learn to Knit and Make a Chunky Hat!, Kathy Yerich - Dining Hall \$10*

With chunky yarn and a circular needle, you'll learn knitting basics: casting on, knit stitch, purl stitch, and how to decrease to complete a chunky knit hat. We'll use big, circular needles, so you'll make progress quickly; chances are you can finish your hat over the weekend and wear it home!

1:00-5:00pm (240 minutes) ALL AFTERNOON SESSION

Ice Climbing, OW staff - Front Porch

Come try out ice climbing at the Sandstone Ice Park located in the city-owned Robinson Park. A system of water pipes, pex tubes, misting nozzles, and low-flow showerheads creates ice flows on the quarried sandstone walls in Robinson Park for WI 3 - 5 climbs ranging from 30 - 80 feet tall. You will be led and guided by trained UMD staff.

1:15-3:15 pm (120 minutes)

Snowshoeing, OW staff - Front porch

Different cultures have responded in different ways to the necessity of traveling in deep snow. Experience the rich history of this 5,000-year-old North American activity through quiet, snow-covered forests.

Beaded Embroidery, OW staff - Dining Hall

Beaded Embroidery (Mazinigwaaso) We invite you to explore Ojibwe culture with us through our Mazinigwaasowin class (Ojibwe for s/he embroiders or beads something). We will investigate natural resources that have been used in traditional embroidery, such as porcupine quills, as well as how the Ojibwe impacted world trade in the region through the fur trade and their beading. You will then get the chance to make and keep your own embroidered craft using seed beads!

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

Paint Seasonal Gnomes, Jamie Nelson - Bremer

Get creative and celebrate the season with this whimsical Layered Gnome Painting Class! Choose from a selection of charming, season-themed gnome designs. In this hands-on class, you will paint and decorate a pre-cut layered wood gnome (all supplies included).

Getting to know your Chakras, Sara Remke - Crosby

Learn to meditate by gently focusing on your seven major Chakras. Each Chakra holds wisdom and information, and when we quiet the mind and bring awareness to them individually, they begin to communicate with us. This introductory practice offers a way to listen and interact with your Chakras, supporting balance in body, mind, spirit, and emotions. It is a gentle and powerful way to get quiet, reconnect, and come home to yourself.

7:30 - 8:30 pm (60 minutes)

Night Hike, OW staff - Front Porch

See Osprey Wilds in a whole new light – with no lights! Enjoy the evening sounds and night skies with your group by utilizing our trails to open up students' curiosity and maybe get over some fears. Ask your liaisons or any staff member for their favorite trail to hike at night.

Kundalini mantras for healing & our universe, Louise Kneeland

An introduction to two kundalini Mantras. One is for healing the other is for connection to the wisdom of an “infinite mind”.

Kriya/Sound Bath Yoga Class, Charrie VanVleet - Crosby

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

SUNDAY, February 22, 2026

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

Morning Hike, Jill Rudolph - Front Porch

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)

Some Beach, Somewhere, Surelle Strike - Dining Hall \$10*

It may be February in Minnesota, but this class is your chance to take a creative getaway! Learn the fundamentals of acrylic painting as you create your own bright, sun-filled masterpiece. We'll cover color mixing, composition, and how to use various brushes and brushstrokes to capture warmth and light. No experience necessary—just bring your imagination and enjoy a little artistic sunshine!

Climbing Wall, OW staff - Front Porch

Whether climbing a real rock face or an indoor wall, there is a challenge for everyone. Experience bouldering and top rope climbing on our indoor rock wall! Teamwork and goal-setting will be emphasized during this challenging sport.

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

Female Grounding, Sara Remke - Crosby

Discover a unique meditation system designed specifically for women. Women are naturally creative and often deeply attuned to the needs and desires of those around them. At the same time, we can feel driven by perfection or the urge to fix others and their situations. This grounding practice offers a different way — teaching you to pause, reconnect with yourself, and choose how you want to respond, rather than simply reacting.

**8:30 am - 11:30 am
(3 classes - 1 hour each)**

Beeswax Luminaries: Lighting the way through winter, Christina Robert - Bremer

Discover the warm glow and natural beauty of beeswax in this hands-on luminary-making class. Each participant will each create a translucent beeswax candle holder decorated with items from nature.

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

Survivor, OW staff - Front porch

You can survive three weeks without food, three days without water, three hours without heat, but the first key to survival happens within the first three seconds. Build a shelter and a fire with a team, and recognize that teamwork is also an important factor in survival.

What Color Is Your Snow? Drawing class, Amy Paloranta- Bremer

Let's talk color. What do colors mean? What do colors do when they dance next to each other? How does line emphasize and detract your eye into & around a drawing? These questions will be answered & you will work with drawing materials to complete a drawing, yes of SNOW - learning about blending colors and what the color wheel means metaphysically & in art.

Kundalini Yoga, Louise Kneeland - Crosby

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.

** 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.*