

## Schedule for Women's Wellness Weekend, May 1 - 3, 2026

*(subject to change)*

### Friday, May 1, 2026

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

**SOCIAL & SILENT AUCTION OPENS - 6:00pm      DINNER - 6:30 pm**

**7:30 - 8:30/9:00pm (60 - 90 minutes)**

Healing Sound Meditation,  
Cheri Bunker - Crosby (30)

Guided Breathwork Practice Helen  
Buron - Climbing Wall (25)

Kriya Yoga/Sound Bath, Charrie VanVleet  
- International Classroom (25)

**Trivia Night - 9:00pm - 9:45pm  
(60 minutes)**

### Saturday, May 2, 2026

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

Kriya Yoga/Sound Bath,  
Charrie VanVleet - Crosby (25)

Morning Hike, Jill Rudolph -  
Front Porch (30)

**BREAKFAST - 7:30-8:15 am**

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

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

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

Days For Girls, Judy Johnson  
- Crosby (40)

Creating Crystal Grids for Healing,  
Mary Jo Feely - Bremer (30)

The Basics of Sourdough,  
Christina Robert - Bremer (10)

The benefits of succulents, Damita  
Miller-Chasson - Dining Hall (25) \$10

Somatic Salon, Amy Vasterling  
- Crosby (30)

Forest Communities: How Trees  
Communicate and Survive Together  
Rellian deGraaf - Front porch (20)

Spring and Summer Dressings and Dips,  
Beth Jones - Schwyzer (15) \$5

**LUNCH - 12:15 - 1:00pm**

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

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

**3:00 - 5:00 pm (120 minutes)**

Paint Wooden 'Welcome' Barn Quilt Sign,  
Jamie Nelson - Dining Hall (15) \$10

Nurture Body-Mind-Spirit with Energy  
Healing, Mary Jo Feely - Bremer (30)

Immersive Sound Healing For Wellness,  
Cheri Bunker - Crosby (20)

Gather & Glow: Crafting Rustic Twig Luminaries,  
Denise Rouleau - Dining Hall (17) \$10

Death Cafe, Sara Remke - Schwyzer (12)

Learn Natural Dyeing Basics, using a  
mushroom, Kathy Yerich - Bremer (20)

Foam Rolling Pilates,  
Amy Hoey - Crosby (12)

Wolves of the Northwoods, OW staff -  
Dining Hall porch (20)

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

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

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Healing Sound Meditation,  
Cheri Bunker - Crosby (30)

Guided Breathwork Practice Helen  
Buron - Climbing Wall (25)

Kundalini Yoga, Louise Kneeland -  
Climbing Wall (25)

**Night Hike - 8:30pm - 9:30pm  
(60 minutes)**

### Sunday, May 3, 2026

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

Kundalini Yoga, Louise Kneeland -  
Crosby (25)

Morning Hike, Jill Rudolph -  
Front Porch (30)

**BREAKFAST - 7:30-8:15 am**

**8:30-11:30 am (180 minutes)**

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

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

Linoleum Block Printing: Cards and Tea  
Towels, Kathy Yerich - Dining Hall (15) \$5

Intro to Mat Pilates, Amy Hoey -  
Crosby (20)

What's My Dietstyle?, Teresa Wolfe -  
Crosby (25)

Canoeing, OW staff - Front porch (22)

Ojibwe Hike, OW staff - Program shed (20)

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

Planning for Pollinators,  
Alicia Johnson-Zabel - Dining Hall (25)

Summer Salsas, Tacos and Tostadas,  
Beth Jones - Bremer (25) \$12

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

**Friday, May 1, 2026**

**7:30 - 8:30/9:00pm (60 - 90 minutes)**

**Healing Sound Meditation**

**Cheri Bunker - Crosby**

Join Cheri Bunker, Sound and vibration practitioner, for a relaxing meditation enveloped in sound. Imagine your body resting comfortably on the floor or in a chair being cradled by heavenly sounds, soft music and guided meditation for a full hour. Let yourself relax and experience total bliss. Take time out to restore your body and mind to a state of total relaxation. Experience the sounds of soothing music, Tibetan singing bowl, flute, Angel Wing, drum vibration, chimes and many other instruments. Bring a yoga mat, bed roll, or sleeping bag to lie on, and a pillow and blanket. Experience total bliss.

**Guided Breathwork Practice**

**Helen Buron - Climbing Wall**

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.

BRING WITH YOU TO CLASS: Please wear comfortable clothing and dress in layers as body temp can change. Bring with you anything that will make it comfortable to lay on the floor: yoga mats, blankets, sleeping bag, pillows, etc. \*Breathwork can be done seated in a chair if that's easier for accessibility.

**Kriya Yoga/Sound Bath**

**Charrie VanVleet - International Classroom**

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

**Saturday, May 2, 2026**

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

**Kriya Yoga/Sound Bath**

**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.

**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)**

**Days For Girls,**

**Judy Johnson - Crosby**

I learned about Days For Girls in 2014 and I've been leading groups of people to help make washable feminine hygiene kits since. These kits will be distributed to girls all over the world.

**The Benefits of Succulents**

**Damita Miller-Chasson - Dining Hall**

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.

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

**Creating Crystal Grids for Healing**

**Mary Jo Feely - Bremer**

Learn how to integrate the healing properties of crystals and gemstones with the beautiful, recurring geometric patterns found in nature that are known as sacred geometry. During this class, Mary Jo Feely – RN, Certified Crystal Healer and Energy Healer– will teach you how the healing properties and structures of both gemstones and sacred geometries work together to support body, mind, spirit healing. You will have an opportunity to learn how to create several Crystal Grids, including a Peace Grid that will support healing at both a personal and global level.

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

**The Basics of Sourdough**

**Christina Robert - Bremer**

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. Each participant will leave with a small jar of sourdough starter in order to continue baking at home!

**Somatic Salon**

**Amy Vasterling - Crosby**

Did you ever have an emotion pop up out of the blue without any identifiable reason? Did you ever wonder why something that makes others happy makes you secretly melancholy? Do you have a fear that seems irrational but you just can't get it to get up and go? Then this workshop may be for you. Come learn the importance of our inner child's expression and try out a somatic experience to see for yourself the power of the deepest form of letting go.

**Forest Communities: How Trees Communicate and Survive Together**

**Rellian deGraaf**

Is an engaging class for anyone curious about how forests really work beneath the surface. Through simple activities and discussion, participants discover how trees share resources, send signals, and support one another through underground networks and chemical communication. You'll leave with a new understanding of forests—and why protecting connected, diverse ecosystems matters for our climate and communities.

**Spring and Summer Dressings and Dips**

**Beth Jones - Schwyzer \$5**

Learn to make a variety of dressings and dips to serve with salads, vegetables, and grilled meats throughout the spring and summer. Bright, bold flavors will be featured in Lemon Tarragon Vinaigrette, Baba Ganoush and Beth's Use It On Everything Green Sauce. A variety of veggies, breads and greens will be passed for tasting.

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

### **Paint Wooden 'Welcome' Barn Quilt Sign**

**Jamie Nelson - Dining Hall \$10**

Add rustic charm to your home or porch with a hand-painted wooden barn quilt welcome sign! In this beginner-friendly workshop, you'll design and paint your own 20"x10" wooden sign featuring a classic quilt block pattern with a modern twist. We'll guide you step-by-step as you choose your colors, paint the pieces, and bring your design to life.

### **Gather & Glow: Crafting Rustic Twig Luminaries**

**Denise Rouleau - Dining Hall \$10**

Create a warm, rustic luminary using invasive buckthorn twigs, translucent papers, and simple traceable designs. Personalize your lantern with natural embellishments, and refresh it throughout the year to reflect the changing seasons. Let your luminary serve as a gentle reminder of the light within—and the beauty of slowing down.

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

### **Nurture Body-Mind-Spirit with Energy Healing**

**Mary Jo Feely - Bremer**

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. Energy Healing is a powerful way to clear and balance our energy field, as well as offering us ways to create ongoing self-care practices. During this class, Mary Jo Feely – RN, Reiki Master/Teacher, Accredited and Certified Healing Touch Practitioner, Certified Crystal Healer – will teach you how Energy Healing modalities such as Reiki and Healing Touch support the body, mind, and spirit healing and guide you in experiencing Energy Healing to support yourself and others.

### **Death Cafe**

**Sara Remke - Schwyzer**

Death Cafe is an open discussion without agenda exploring all topics around death and dying. What makes life meaningful? What are my end of life wishes? What are my choices? What happens when we are dying? The intention of this cafe is to open conversation around death and dying. We eat cake and see where the discussion goes. Open and honest conversations around death can lessen anxiety, create connections and foster relationships.

### **Foam Rolling Pilates**

**Amy Hoey - Crosby**

A foam roller adds a playful challenge to Pilates by introducing instability, which deepens core engagement and body awareness. Through slow, controlled movements on the foam roller, you'll warm up, stretch tight areas, and practice Pilates-inspired exercises to improve posture, balance, and spinal alignment. We'll finish with calming breathwork and full-body stretches. This workshop is best for people who are comfortable with light movement, can get on and off the floor with ease, and are comfortable lying on their back. Amy will provide foam rollers. Bring water, a yoga mat, and a blanket or towel. [www.amyhoey.com](http://www.amyhoey.com)

## 3:00- 5:00 pm (120 minutes)

### **Immersive Sound Healing For Wellness**

**Cheri Bunker - Crosby**

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 singing bowls, gongs, chimes, 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.

Through guided practice, group exercises, and individual exploration, you'll gain practical skills to integrate sound healing into your personal or professional wellness routine. We will be using Tibetan bowls, tuning forks and drums on the body. This class is perfect for beginners and seasoned practitioners alike, offering a space to reconnect, harmonize, and nurture your mind, body, and spirit. Tuning Forks will be available for purchase at the end of class.

### **Learn Natural Dyeing Basics, using a mushroom**

**Kathy Yerich - Bremer**

Learn the fundamentals of natural dyeing, using wool and a mushroom called "The dyers polypore", *Phaeolus schweinitzii*. We'll discuss different fibers, mordants, and how changing the PH of your dye bath affects the colors you'll get. In this demonstration, we'll strive to get 3 unique colors from this one special species of mushroom. Participants will bring home small dyed samples with corresponding "recipes".

### **Wolves of the Northwoods**

**OW staff - Dining Hall porch**

Wolves live a fine line between life and death; their survival is determined by their abilities and behaviors. Step into a wolf biologist's role to learn more about wolf pack structure, behavior and adaptations using scientific tools and methods, such as radio telemetry.

**7:30 - 8:30/9:00pm (60 - 90 minutes)**

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### **Kundalini Yoga**

**Louise Kneeland - Climbing Wall**

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.

**Sunday, May 3, 2026**

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

### **Kundalini Yoga**

**Louise Kneeland - Crosby**

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### **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.

**8:30-11:30 am (180 minutes)**

### **Linoleum Block Printing: Cards and Tea Towels**

**Kathy Yerich - Dining Hall \$5**

Inspired by the nature and beautiful surroundings at Osprey Wilds, come carve a linoleum block for printing on cards and tea towels! We'll 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. There will be separate stations for printing on paper and printing on fabric, as the ink is slightly different. Please feel free to bring any clothing items you might want to add an image to, but know that it takes about a week to fully set before it can be washed/worn. We'll also have some fabric squares if you prefer to make a patch and add it to your clothing later.

## **Canoeing**

**OW staff - Front porch**

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.

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

## **Intro to Mat Pilates**

**Amy Hoey - Crosby**

Amy will introduce you to the fundamentals of mat Pilates. Using slow, controlled movements on the floor, you'll learn how to build body awareness, activate deep core muscles, and improve posture.

This total-body workout will focus on alignment, breath, and mobility—ending with gentle stretching and relaxation to leave you feeling centered and refreshed. This workshop is great if you're new to Pilates or returning to movement and want to build a strong foundation.

No prior experience is needed, but participants should feel comfortable getting on and off the floor, and lying on their back for periods of time. Bring water, a yoga mat, and a blanket or towel.

[www.amyhoey.com](http://www.amyhoey.com)

## **Summer Salsas, Tacos and Tostadas**

**Beth Jones - Bremer**

Beth will teach you how to make homemade salsas and other ingredients using fresh summer produce. Learn to make:

Rajas Tacos with fresh Salsa Verde

Shrimp Tostadas with Corn and Avocado Salsa, and Black Beans

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

## **What's My Dietstyle?**

**Teresa Wolfe - Crosby**

*A practical, science-informed look at how real-life shapes how we eat, and how small, steady shifts can support clearer energy, easier digestion, and overall well-being.*

Many participants are balancing a lot - their own health, family needs, work, and the ongoing pace of the world. This session helps them recognize the everyday factors influencing their eating patterns and offers a simple, grounded way to support themselves without restriction or overwhelm.

## **Ojibwe Hike**

**OW staff - Program shed**

Ojibwe culture and traditions are a rich part of Minnesota's history. Through exploration, stories, and sensory experiences, students will learn about traditional Ojibwe practices and valuable uses of native Minnesota trees.

## **Planning for Pollinators**

**Alissa Johnson-Zabel - Dining Hall**

Get help planning out a pollinator garden, rain garden or managing for native habitats on your property. We'll walk through best practices and planning out your goals for incorporating native, pollinator-friendly species around your home. No need to prepare or bring anything to the class, but if you have some landscape photos of the area(s) you'd like to prioritize working with, that would be helpful for me to give the best advice on. The class will start with general recommended practices, considerations and examples before moving into a discussion forum to talk through ideas, questions, and concerns.