

Schedule for Women's Wellness Weekend, October 2 - 4, 2026 <i>(subject to change)</i>		
Friday, October 2, 2026		
Arrival: 4:00-5:50 pm Walking tour: 5:30 pm		
SOCIAL & SILENT AUCTION OPENS - 6:00pm DINNER - 6:30 pm		
7:30 - 9:00pm (90 minutes)		7:30 - 8:30pm (60 minutes)
Healing Sound Meditation, Cheri Bunker - Crosby (30)		Kundalini Yoga, Louise Kneeland - International Classroom (25)
Trivia Night - 9:00pm - 9:45pm (45 minutes)		
Saturday, October 3, 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)	9:00 am - 11:15 am (3 classes - 45 minutes each)	10:45am-12:15 pm (90 minutes)
Acrylic Painting- Glowing Sunflowers, Surelle Stike - Dining Hall \$7 (15)	Beeswax Luminaries: Christina Robert - Bremer 9:00am - 9:45am (8)	Utilizing Poetry To Heal The Body, Frances James - International classroom (12)
Acupressure for wellbeing, Estella Yeung International Classroom (16)	Beeswax Luminaries: Christina Robert - Bremer 9:45am - 10:30am (8)	Homemade Focaccia and Yummy Stuff to Eat With It!, Beth Jones - Schwyzer \$5 (16)
Start Seeing Mushrooms, Kathy Yerich - Back porch (20)	Beeswax Luminaries: Christina Robert - Bremer 10:30am - 11:15am (8)	Branch Weaving, Gwen Peterson - Dining Hall (14)
		Meditating with the Chakras, Sara Remke - Crosby Lounge (20)
LUNCH - 12:15 - 1:00pm		
1:15-4:15 pm (180 minutes)	1:15-3:15 pm (120 minutes)	3:30 - 5:00 pm (90 minutes)
Banning State Park hike, OW staff - Front porch (20)	Edible and Medicinal Wild Plants to Forage Through the Seasons, Susannah Shmurak - Crosby Lounge(25)	Death Cafe, Sara Remke - Schwyzer (15)
Linoleum Block Printing on cards and tea towels, Kathy Yerich - Bremer \$5 (10)	1:15-2:45 pm (90 minutes)	Beaverology, OW staff - Front porch (15)
	Get Your Holiday Kombucha On, Damita Miller-Chasson -Dining Hall (15)	Spirit-Free Sips, Denise Rouleau - Bremer \$5 (15)
SOCIAL - 5:30 pm, SILENT AUCTION CLOSES - 6:00 pm, DINNER - 6:00 pm		
7:30 - 9:00pm (90 minutes)		7:30 - 8:30pm (60 minutes)
Healing Sound Meditation, Cheri Bunker - Crosby Lounge (30)		Kriya Yoga/Sound Bath,Charrie VanVleet - International Classroom (25)
Smore Challenge - 9:00pm - 9:45pm (45 minutes)		
Sunday, October 4, 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		
8:30-10:30 am (120 minutes)	10:30 - 12:30 pm (120 minutes)	10:45 am-12:15 pm (90 minutes)
Acrylic Painting- Wildflower Valley, Surelle Strike - Dining Hall \$7 (15)	Setting Intentions Through Collage, Amy Paloranta -International Classroom \$5 (15)	Trapp Farm tour, Jill Rudolph - Front porch (20)
River Rock Mandalas, Cheri Bunker - Schwyzer \$5 (12)	Honoring Your Inner Child With Art, Frances James - Dining Hall \$5 (12)	From Seed to Self-Care: Cannabis Education for Women's Health, Breana - Schwyzer (15)
Beginner's Archery, OW staff - Front Porch (15)		Making Healing oils & Salves with herbs around us, Estella Yeung - Crosby Lounge (20)
Nature Hike, OW Staff - Front Porch (30)		
Cold Weather Vegetarian Comfort Food, Beth Jones - Bremer classroom \$10 (20)		
LUNCH - 12:30-1:00 pm and DEPARTURE		

Friday, October 2, 2026
7:30 - 8:30/9:00pm (60 - 90 minutes)

Healing Sound Meditation

Cheri Bunker

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.

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.

Saturday, October 3, 2026
6:30 - 7:30am (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 - 10:30am (120 minutes)

Acrylic Painting- Glowing Sunflowers

Surelle Strike

In this class you will be guided on creating a Glowing Sunflower bouquet. Starting with a black canvas we will layer in colors while we learn to paint sunflowers. Layering our colors and using loose brushstrokes will create a beautiful image that feels full of life. Don't worry if you aren't a painter, this class is perfect for beginners, and the instructor will have everything you need.

Acupressure for wellbeing

Estella Yeung

Introducing meridians & important pressure points for wellbeing.

Start Seeing Mushrooms

Kathy Yerich

What is a mushroom? Mushrooms are neither plants or animals, but in their own kingdom of Fungi. Join Kathy Yerich, co-author of "Mushrooms of the Upper Midwest", to learn more about them! This session starts with a brief lecture describing some of the key features of the more than 10,000

species of mushrooms found in our area. 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. Field guides will be available to use during the class and for sale following the class. Once you start seeing mushrooms, it is hard not to notice them everywhere!

9:00 - 11:15am (45 min each class - 3 classes offered)

Beeswax Luminaries

Christina Robert

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.

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

Utilizing Poetry To Heal The Body

Frances James

Our bodies "tell" us lots of things, whether we listen or not. In this class, (whether you are new to writing or have years of practice), you will learn techniques to check in with your body and express yourself in new ways. We will examine how our physical bodies can signal to us certain needs and explore that further by reading a few poems together. The other part of the class will focus on learning to write out what our bodies can't physically say. There will be time at the end for sharing if participants feel so inclined.

Homemade Focaccia and Yummy Stuff to Eat With It!

Beth Jones

Join Chef Beth Jones and learn how easy it is to make Herb and Garlic Focaccia at home. Other recipes will include Pepperonata (Stewed Sweet Peppers and Onions) and Lemon Basil Ricotta.

Branch Weaving

Gwen Peterson

Branch weaving is a simple nature craft where you use a forked (Y-shaped) stick as a small loom. The two arms of the "Y" hold threads, and we will weave yarn across to create our own statement art piece. Circular branch weaving will also be explored and practiced using some of the same techniques.

Meditating with the Chakras

Sara Remke

Learn a simple meditation technique which allows you to develop a conscious relationship with your chakras. What are they and what do they tell us? As we begin to pay more attention to the chakras, we learn to listen more, to make better decisions, to bring more consciousness to our lives. This is a beautiful introduction to developing a stronger relationship with ourselves.

1:15pm - 4:15pm (180 minutes)

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.

Linoleum Block Printing on cards and tea towels

Kathy Yerich

Inspired by nature and the beautiful surroundings at Osprey Wilds, come carve a linoleum block for printing cards and tea towels to remind you of Women's Wellness Weekend when you get home! All the tools required will be provided, as well as ink, card stock and tea towels. We'll also 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.

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

Edible and Medicinal Wild Plants to Forage Through the Seasons

Susannah Shmurak

This class will explore the many wild plants we can forage for food and medicine throughout the year. We'll start in the classroom and cover some easy-to-find wild plants you can forage in all four seasons, including many found growing in most people's yards. We'll discuss safe and ethical foraging practices, plus ways to use the many plants we can forage. We'll then head out to explore foraging opportunities in the surrounding landscape. Participants will get a handout with a list of plants to seek out each season as well as resources for learning more about foraging and using wild plants.

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

Get Your Holiday Kombucha On

Damita Miller-Chasson

~taste, make & take~ For those who've never sampled kombucha, as my grandmother used to say, "Try it, you might like it!" Fermented foods (and drinks) are wonderful for helping digestion- especially this time of year when we may be eating a little less healthy at the holiday parties, and cold season is upon us.

What to expect-

- sip kombucha flavors
- don't pay \$3-\$5 a bottle for high sugar kombucha
- learn the health benefits of kombucha
- instructions to brew your own kombucha at home
- kombucha starter kit, it's easy to make!

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

Death Cafe

Sara Remke

This is an open forum to talk about anything around death and dying. We have no agenda, bring whatever is on your mind, bring your questions, musings, deep thoughts etc.

Beaverology

OW staff

Just like human engineers build bridges or skyscrapers, beavers build with trees and create floods to change their environment and create their homes. Explore the physical adaptations of these ingenious mammals, and check out Osprey Wilds' very own beaver colony, dam and lodge!

Spirit-Free Sips

Denise Rouleau

Non-alcoholic drinks don't have to be boring! Join us for a fun, tasting exploration of the ever-expanding world of zero-proof beverages and learn to craft delicious mocktails you can easily recreate at home. Whether you're alcohol-free, sober-curious, or simply looking for fresh drink ideas, you'll leave inspired with flavorful options perfect for holiday gatherings or everyday enjoyment.

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

Healing Sound Meditation

Cheri Bunker

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.

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.

Sunday, October 4, 2026

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

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.

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.

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

Acrylic Painting- Wildflower Valley

Surelle Strike

In this class you will be guided to paint a brilliant wildflower valley that is surrounded by a bright summer sky and majestic mountains. We will start this painting with a white canvas and will use acrylic paints to paint an impressionistic landscape. Don't worry if you aren't a painter, this class is perfect for beginners, and the instructor will have everything you need.

River Rock Mandalas

Cheri Bunker

Mandala means “circle.” The circle is seen as a magical form, without beginning and end, just as the universe is believed to have no end. Join Cheri Bunker as she guides us in painting mandalas on river rocks in class. Each person will get their own painting tool kit and three bottles of paint to use in class and take home to paint further rocks or objects at a later time. This technique is so relaxing and no experience is necessary. Place your painted rock in the garden or in your home and use this technique on other objects.

Beginner's Archery

OW staff

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.

Nature Hike

OW staff

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

Cold Weather Vegetarian Comfort Food (that even carnivores will love!) Beth Jones

Inject more delicious plants into your winter menus with recipes from Chef Beth Jones. Enjoy Brussels Spout Salad with Apples, Local Cheese and Maple Mustard Vinaigrette Coconut Curry Squash and Lemongrass Stew with Rice and Lentil Pilaf.

10:30am - 12:30pm (120 minutes)

Setting Intentions Through Collage

Amy Paloranta

Collage Journaling. How is it done and how do I build a journal for reflection and growth? Starting with a blank sketchbook we'll prepare & begin our first journal entry. Discussing art theory and how we can utilize the meaning behind our collages.

Honoring Your Inner Child With Art

Frances James

Does perfectionism or worry hold you back from expressing yourself? This class will use art to explore personal freedom without judgment. There will be examples of this kind of art to look over together and inspire us. We will also discuss as a class what honoring our inner child looks and feels like. Then various craft supplies will be provided to make your own piece of art that reflects what you've learned and want to express. A beautiful way to honor your inner child!

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

Trapp Farm tour

Jill Rudolph

Our Trapp Farm tour will take you to our 107-acre sustainable, educational farm just north of our main campus. Trapp Farm is a no-till farm that does not use toxic chemicals or liquid manure in any application on our land or crops. We grow and produce food using organic techniques that improve the pH and biological diversity of the soil. The class will include a tour and harvesting vegetables.

From Seed to Self-Care: Cannabis Education for Women's Health

Breana Crotteau

This session is designed for women seeking reliable, practical education about cannabis in a supportive and respectful environment. We'll explore how cannabinoids may play a role in stress management, sleep support, menstrual discomfort, menopause symptoms and overall wellness. Attendees will learn how different routes of administration affect onset, time, duration and experience. We will also discuss full-spectrum vs. broad-spectrum products, dosing considerations and how to evaluate product quality and transparency.

Making Healing oils & Salves with herbs around us,
Introducing some herbs; making herb oil; making salves

Estella Yeung