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March 18, 2009,

Dear Women's Wellness Weekend participant,

We are very much looking forward to welcoming you on Friday, May 1st, for the 9th Women's Wellness Weekend. We have a great line-up of speakers and instructors. We still have some openings, so invite friends to signup.

In this mailing, you will find a variety of forms, as well as class descriptions, weekend schedule and a **Session Pre-Registration** form for courses offered this weekend. This form should be **returned to us as soon as possible, along with the required health and liability form.** Classes will be assigned on a first come/first serve basis, as forms are returned. Plan on being able to take 2-4 classes on Saturday and 1-2 on Sunday. Please check 1st, 2nd, and 3rd choices. I try hard to accommodate everyone's choices, but sometimes when there are too few people signed up for a particular class, I have to cancel it.

Note: A few of the classes have additional charges, due to materials used. See the individual class listings and descriptions for further info.

Plan to arrive between 5 and 6 p.m. on Friday to get settled in before dinner at 6:30. We are offering a walking tour of the site (places where classes are being held) at 5:30 p.m. The evening program begins at 7:30 p.m. following dinner. That evening, LaVerne Reed will speak about *Your Own Unique Power* and on Saturday night, Peggy Callahan, Director of the Wildlife Science Center will speak about *The Wolves Within Our Walls*. Following her talk there will be a return engagement of Suzanne D'Souza and her wonderful belly dancing session. If you want to really get into the spirit, bring along a shawl or scarf to wrap around your hips (worn over your jeans)!

If you have any questions about the weekend, please don't hesitate to contact me at ravenkate49@hotmail.com If you have an email address, please let me know, since it is faster and easier to send messages by email than regular mail.

Even though there is snow on the ground as I write this, spring is returning to the northland and we are gearing up for fun. See you soon!

Sincerely,

Kate Crowley, Special Events Coordinator

Schedule for May Women's Wellness Weekend

May 1-3, 2009

Friday, May 1

- 5-6:00 Arrive at Center and check in
6:30 **Dinner**
7:30 Introduction/orientation/speaker: LaVerne Reed –
Your Greatest Power – It is Uniquely Your Own – What Is It?
9:30 Campfire and s'mores

Saturday, May 2

7:30 **Breakfast**

8:30 -12:00 Classes

- 7:35 – 12:00 Massage, Reiki & Hypnosis/EFT sessions
8:30 – 9:30 Intro to Reiki with Beth Gustafson
8:30 – 10:00 Canoeing with ACNW staff
8:30 – 10:00 Body and Soul Bath products (\$10 Fee) with Dawn Sorenson
8:30 – 11:30 Nature Hike at Banning State Park with Kate and other staff
10:15 – 11:45 Beaded bracelets with Melissa Egger (\$15 or \$20 Fee depending on bracelet style)
10:15 – 11:45 Our Wild Animal Teachers – Renee/ Wildlife classroom
10:15 – 11:45 High Ropes with Audubon staff
10:30 – 12:00 Composting with Barb Orstad
11:00 – 12:00 Meditation with Dee Ziegler

12:15-1:00..... Lunch

1:15-5:30 p.m. Classes

- 1:00 – 6:00 Massage, Reiki & Hypnosis/EFT sessions
1:15 – 3:00 Drawing Nature with Vera Wong
1:15 – 2:45 Body and Soul Bath Products (\$10 Fee) with Dawn Sorenson
1:15 – 4:15 Seasons and Cycles with Fran Kiesling
1:30 – 3:00 Composting with Barb Orstad
3:15 – 4:15 Meditation with Dee Ziegler
3:15 – 5:00 High Ropes with ACNW staff
3:15 – 5:00 Healing Our Wounded Hearts – Forgiving others... and ourselves – with Coral Popowitz
3:15 – 5:15 Adding color to drawings with Vera Wong

6:30 **Dinner**

- 7:30 Evening speaker: Peggy Callahan – *Wolves Within Our Walls*
Casbah Party with Belly Dancing – Suz d'Souza

Sunday, May 3

6:30 Yoga with Louise Kneeland – Crosby Lounge

7:30 **Breakfast**

8:30 – 12:00 Classes

- 7:30 – 12:00 Massage, Reiki & Hypnosis/EFT sessions
8:30 – 10:00 Canoeing with ACNW staff
8:30 – 10:00 Spring Birding and Banding with Clarissa Ellis
8:30 – 10:00 Guided Imagery and Music – with Erin Fox
9:00 – 10:30 Healing Our Wounded Hearts – Forgiving others... and ourselves with Coral Popowitz
10:30 – 12:00 Guided Imagery and Music – with Erin Fox
10:30 – 12:00 Nordic Walking with Clarissa Ellis
10:30 – 12:00 Facials with Sensaria with Lisa Carmichael
10:30 – 12:00 Yoga with Louise Kneeland

12:15 **Lunch**

1:00 Closing

Women's Wellness Weekend

Session Pre-Registration Instructions

Here's what you need to do:

1. Read through the class descriptions and take a look at the schedule
2. On the Session Pre-Registration form (last page), in each of the three class sessions (8:30-noon and 1:15-5:30 on Saturday and 8:30-Noon on Sunday) mark two that you would list as 1st choice, two as 2nd choice and two as 3rd choice (indicated by writing in "1", "2" or "3" in front of the individual classes)
3. Note which classes you absolutely don't want to take by drawing a line through the class
4. Indicate if you are interested in seated massage or a Reiki session. If so, specify if you want the complimentary 10 minutes, or if you'd like a longer session – put a check next to which amount of time (20 minutes = \$10 or 30 minutes = \$20).
5. After you have made your selections, please fax or mail this form back to us as soon as possible – classes will be assigned on a first come/first served basis as forms are received

When you arrive on Friday evening, you will be given a schedule with your classes and be able to sign up for massage or reiki times. I hope that this new system will make the weekend flow even better.

Thank you!

Women's Wellness Weekend

Class Descriptions

Adding Color to your Drawings

In this class you will learn how to add interest and dimension to your drawings with the use of color. There are many mediums to use – watercolors, colored pencils, pastels, even crayons. Learn how to use a little or a lot to enhance your drawings. Vera Wong is an accomplished watercolorist and an excellent teacher. She guides the beginner in ways that can open up avenues of creativity you may never have known you have.

Beaded Bracelets

Melissa Egglar makes beautiful beaded name bracelets and you have an opportunity to make one too. If you go to her website (www.wedheaven.com/host/100/plieadproductions.html) – you can see what a finished bracelet looks like. This is an excellent gift item. I bought one for my daughter for Mother's Day and she loved it. Melissa will donate \$5.00 to the Center from the sale of each bracelet during the weekend. Cost per person is cost is \$20 or \$15 depending on design.

Body and Soul Bath Products – Chocolate!

This year Dawn Sorenson's Body and Soul class is all about chocolate - a natural skin softener and conditioner and has antioxidants for your body. Chocolate also contains caffeine that can stimulate circulation when used for massage. There are 3 great recipes: a Mocha Facial Mask, a Chocolate Walnut Body Polish, and a Cocoa Mint Foot Scrub. You will take home the products you make in class, plus the recipes so you can make them at home. There is an fee of \$10.00 for supplies so you can make more when the originals are gone.

Canoeing

An introductory class or a refresher for those who have canoed in the past (weather permitting). Learn the basic techniques for entering and disembarking from a canoe and the strokes needed to go forward, turning and stopping. Once you have taken the class, you may use the canoes during the weekend in your free time.

Drawing Nature with Vera Wong

Join acclaimed Minnesota artist Vera Wong in a class where you will experience nature's endless stream of chance encounters more fully, through drawing. Join us as we explore drawing as a process, a way of seeing freshly and looking deeply, exploring visually and recording your discoveries. For those who always wanted to draw, but were intimidated, we'll practice and apply simple skills for visual journaling or personal expression. For those who want to enhance their observational skills of nature, or learn a more direct approach to drawing, these same skills provide a solid foundation for both quick gestural, or carefully detailed drawing.

Facials and Sole Repair with Sensaria

Lisa Carmichael will introduce you to the Sensaria products that are designed for Facials. You will leave this class feeling fresh faced and radiating health. In this class you will enjoy a Oshibori Spa – a hot towel treatment with a relaxing deep-breathing exercise ... with soft spa music to relax you **AND** a Spa-like Facial. You will work with products for your skin type. You will be walked through a 4-step spa facial, which will include how to repair and protect. Leave with that after-spa glow! You will also have a chance to soak your feet in an exquisite aromatherapy bath oil, exfoliate and soften skin with natural exfoliating properties of apricot seed, sea salt and sugar. Your feet will be "sandal-ready" with an intensive moisturizing cream.

Guided Imagery and Music

Erin Fox is a board certified music therapist. She runs both the music therapy and music therapy internship programs at a skilled nursing facility in Stillwater. Experience the power of music and imagery in this class. Guided Imagery and Music is used to explore the imagination, gain deeper awareness into inner states of being, and experience personal growth and healing. Participants will learn about imagery, and will then listen to music in a relaxed state and experience spontaneous imagery as the music unfolds. As a way to express the experience participants will draw a mandala after the music.

Healing our Wounded Hearts – Forgiving Others and Ourselves

We all carry wounds and scars from mistakes made by and to us throughout our lives. This session will discuss the effects of those wounds on our day to day lives and our relationships. Learning to forgive others and ourselves is the most important treatment to heal the wounds of the heart, ease our minds and lift our spirits. Tools for finding and giving forgiveness will be presented. Instructor Coral Popowitz has a Masters degree in transpersonal psychology. Coral who lives in Pine County directs Monarch Counseling Service - a grief counseling practice.

Women's Wellness Weekend

Class Descriptions

High Ropes Course

Challenge by Choice is how we describe this outdoor, physical activity. This is an opportunity to push yourself beyond your comfort zone, by donning harness and helmet and safety lines, in order to scale the pole and reach the elements. You'll be 20' above ground, but safely harnessed to overhead cables. Then you can choose to go through all 5 elements and the zip line or take the short cut after crossing 2 of the elements and heading over to the zipping platform. Either way, you'll find it an exhilarating experience and the view of the spring landscape from that height is unbeatable. You work with a ground partner, who encourages you and makes sure you follow all the safety procedures. Once through, you'll be asking to go up again.

Intro to Reiki

Beth Gustafson is an alternative health care practitioner who will give a short introductory class on the practice known as Reiki which is the balancing of energies of the body, using your own intuition. Reiki unlike massage does not involve touching another person, although the hands are used in the process of healing.

Making Black Gold – Introduction to Composting

What is it? Why do it? Where can I do it? How do I do it? When is it done? What do I do with it? Does it smell? Can I do it in town or in my city? Do I need to build something? Are these some of your questions you have about composting? Barb Orstad was responsible for starting and managing the composting program here at the Audubon Center. In this class, along with Mother Nature as our guide (she has been doing it for years)! Barb will help you discover the answers to these and more of your questions. We will look at various methods of composting, the science behind it and uses for it. Guaranteed fun and laughs along with a bit of learning and compost confidence building.

Meditation

Dee Ziegler, with her soothing voice, will lead you through a guided meditation session. This is a relaxing, comfortable way to decompress and de-stress, learning techniques you can use everyday.

Nature Hike at Banning State Park (some off trail)

This hike will be more strenuous, however, if we have a large group and some people want a more leisurely walk, we will divide into two groups. We will go to Banning State Park (9 miles away – by Center van) and explore the beautiful Kettle River canyon. There is some rock scrambling involved, but no technical climbing. Should be comfortable with climbing over uneven terrain. Kate Crowley has explored this park for many years and will take you to areas the average visitor never visits. The scenery is always spectacular. Hike will go rain or shine.

Nordic Walking

This is the "Hot" new form of aerobic exercise. The Scandinavians have been doing it for years - hence it's name. Nordic Walking uses special walking poles to enhance the aerobic and muscle building aspects of hiking. Your instructor Clarissa Ellis has been doing it for several years. She will bring the walking poles for you to try. Limited to 9 participants.

Our Wild Animal Teachers

Explore the lives of the Audubon Center educational wildlife! This class will give you an up close experience with our resident reptiles and amphibians, as well as our birds of prey. You will have a chance to handle some of these animals if you'd like, or just observe them. Since this weekend is about opening yourself to new ideas and experiences, this might be a good class to help you overcome preconceived ideas or feelings about different animals that live here in Minnesota. It will definitely give you more knowledge about their true qualities and their importance in our environment. Renee Therriault is our Assistant Wildlife Coordinator and is excited to share her knowledge and love of wildlife with you.

Seasons, Cycles & Rhythms: How Nature Can Guide Us

For much of human history our behavior has been greatly affected by natural rhythms: the seasons of the year, phases of the moon, and alternating patterns of light and dark. While technological advances and the fierce demands of modern life have moved us indoors, our bodies and our intellects are still affected by natural rhythms. In this class you'll learn how to harness your body's fluctuating appetites, instincts and rhythms and effectively apply them to personal change efforts. Discuss how nature can help you feel rested and restored so you can meet the demands of your life. Get tips on creating a home full of natural beauty, let the garden fascinate again, bring fragrance and the moon indoors.

Spring Birding and Banding

This class will be a combination introduction to birding and a demonstration of bird banding (catching birds in a mist net and putting ID bands on their legs). Clarissa is an excellent instructor and loves introducing people to the lifelong hobby of watching birds. This is a great time to take this class, since the return of the neotropical songbirds is just beginning. Expand your knowledge and see more of the Center property. You may even get to hold a wild bird in your hand.

Women's Wellness Weekend

Class Descriptions

Yoga

You don't need to have taken any yoga before this class. In the practice of Kundalini Yoga each individual does what your body is capable of, perhaps pushing your own personal limits just a bit, but it is not as challenging as some Hatha yoga postures. Kundalini is gentle yoga with a meditation component. Sunday morning session is called the ambrosial hour which means anything particularly delightful. In either session, one may sit in a chair for this yoga if the floor is not comfortable. Recommend bringing a yoga mat, although we do have camping pads which can be used.

Seated massage and Reiki

10 minutes of either a seated massage or reiki session are included in the weekend package. 20 and 30 minutes sessions are also available (\$1 per minute after the first 10 minutes). Vitalization of body, soul and mind; balance and amplify the body's energies.

Women's Wellness Weekend

Session Pre-Registration

Please pick two 1st choices, two 2nd choices, and two 3rd choices in each column below (i.e., put a "1" by first choices, etc.).

Also indicate if you'd like massage or reiki .

Some classes will fill and are on a first-come, first-served basis, so fax or mail back to us (address below) as soon as possible.

<p>Saturday, May 2 - morning</p> <p><i>Massage& Reiki</i> 7:35 a.m. to noon</p> <p>8:30-Noon Classes</p> <p><input type="checkbox"/> 8:30-9:30 – Intro to Reiki</p> <p><input type="checkbox"/> 8:30-11:30 – Nature Hike at Banning State Park</p> <p><input type="checkbox"/> 8:30-10:00 – Canoeing</p> <p><input type="checkbox"/> 10:15-11:45 – Beaded Bracelets (\$15 or \$20)</p> <p><input type="checkbox"/> 10:15-11:45 – Our Wild Animal Teachers</p> <p><input type="checkbox"/> 10:15-11:45 – High Ropes Course</p> <p><input type="checkbox"/> 10:30-12:00 – Making Black Gold – Easy Composting</p> <p><input type="checkbox"/> 11:00-12:00 – Meditation</p>	<p>Saturday, May 2 - afternoon</p> <p><i>Massage& Reiki</i> 1 p.m. to 6 p.m.</p> <p>1:15-5:00 p.m. – Classes</p> <p><input type="checkbox"/> 1:15-2:45 – Body and Soul Bath Products – Chocolate! (\$10)</p> <p><input type="checkbox"/> 1:15-3:00 – Drawing Nature</p> <p><input type="checkbox"/> 1:15-4:15 – Seasons and Cycles and Rhythms</p> <p><input type="checkbox"/> 1:30-3:00 – Making Black Gold – Easy Composting</p> <p><input type="checkbox"/> 3:15-4:15 – Meditation</p> <p><input type="checkbox"/> 3:15-5:15 – Adding Color to Drawings</p> <p><input type="checkbox"/> 3:15-5:00 – High Ropes course</p> <p><input type="checkbox"/> 3:15-5:00 – Healing Our Wounded Hearts</p>	<p>Sunday, May 3 - morning</p> <p><i>Massage& Reiki</i> 7:30 a.m. to noon</p> <p><input type="checkbox"/> 6:30 a.m. – Yoga</p> <p>8:30-Noon – Classes</p> <p><input type="checkbox"/> 8:30-10:00 – Canoeing</p> <p><input type="checkbox"/> 8:30-10:00 – Spring Birding and Banding</p> <p><input type="checkbox"/> 8:30-10:00 – Guided Imagery and Music</p> <p><input type="checkbox"/> 9:00-10:30 – Healing our Wounded Hearts</p> <p><input type="checkbox"/> 10:30-12:00 – Nordic Walking</p> <p><input type="checkbox"/> 10:30-12:00 – Guided Imagery and Music</p> <p><input type="checkbox"/> 10:30-12:00 – Yoga</p> <p><input type="checkbox"/> 10:30-12:00 – Facials with Sensaria</p>
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Massage or Reiki

(choose **either** seated massage or Reiki, not both and indicate length of session desired; 10 minutes is included in package, each additional 10 minutes is \$10)

I WOULD LIKE SEATED MASSAGE:

-OR-

I WOULD LIKE REIKI:

- 10 minutes (part of the package)
- 20 minutes Massage - \$10 (Saturday or Sunday)
- 30 minutes Massage - \$20 (Saturday or Sunday)

- 10 minutes (part of the package)
- 20 minutes Reiki - \$10 (Saturday only)
- 30 minutes Reiki - \$20 (Saturday only)

Your name _____

Please fax or mail this form as soon as possible to:

ACNW, PO Box 530, Sandstone, MN 55072

Fax: 320-245-5272

Women's Wellness Weekend

May 1-3, 2009

General information

Start and finish times: Please plan to arrive at the Audubon Center on Friday between 5-6 p.m. The program will officially end following the Sunday lunch and closing – between 1-2 p.m.

Meals: Meals are served cafeteria style in the dining hall. Vegetarian diets can be accommodated, very specialized dietary needs cannot. Please call the coordinator in advance if you have any questions.

Phones: There is a phone in the lodging hall and the dining hall. You must use a credit card or call collect for long distance outgoing calls. Cell phones have very limited and spotty service at our location. The only phone that messages can come into is the center's phone, which is located in the office. All messages should be between the hours of 8:00 a.m. to 9:00 p.m. - messages will be delivered at the next meal. The telephone number is (320) 245-2648. There is an answering machine to take messages when no one is in the office. The fax number for the center is (320) 245-5272. Wireless internet service is available in the dining hall and Crosby Lodge.

Cigarette smoking: not allowed in any of the buildings; please use the ashcans by the building entrances.

Location of ACNW: The Audubon Center of the North Woods is located about 90 miles north of the Minneapolis/St. Paul metropolitan area and about 70 miles south of Duluth. The center is situated on 535 acres on the east shore of Grindstone Lake, approximately six miles west of Sandstone, Minnesota. A map is enclosed.

Accommodations: each dormitory room accommodates 3-4 adults (participants will be housed in either Crosby or Lowry Lodges). Each room has its own private bath. The dorm rooms are very basic - **no tv, radio or clocks**. There is a washer and dryer available to you in the Crosby Lodge. Each use is \$1.00. The machines take quarters.

Clothing and equipment note:

Many of the classes will involve time outdoors, so watch the weather before hand and pack accordingly. We would suggest that you bring clothing for both warm and cool days, boots for walking in the woods, and a good rain coat, in case we get some spring showers. **Please bring your own toiletries (soap, shampoo, toothpaste and medications) and towels.** We will provide bedding (blankets, sheets, and pillows; however, you may prefer to bring your own sleeping bag and pillow).

Gift store: We have a small gift store where some toiletry items can be bought, as well as cards, books and other gift items.

If you have any further questions, please do not hesitate to write or call.

Audubon Center of the North Woods

Ph. 320.245.2648

Toll Free 888.404.7743

“Suggestions on what to Bring to the Audubon Center” For Groups/Conferences

- _____ *Towels & Washcloths
- _____ Soap
- _____ Shampoo
- _____ Toothbrush & toothpaste
- _____ Personal Toiletries & Medications
- _____ Alarm clock
- _____ Reading lamp/book light
- _____ Calling Card (For long distance calls. Cell phones are not reliable at our location)
- _____ Appropriate outerwear for exploring the great outdoors
- _____ Comfortable walking shoes or boots (we have over 7 miles of trails)
- _____ Camera, binoculars
- _____ **Water bottle

** Please be aware that our water comes from a well and has a lot of iron and minerals in it. Although the water in the dorms may smell and taste different from the water you are used to, it is not harmful to use or consume. We have two drinking fountains in the dining hall that are double filtered to take out much of the natural metallic taste of the water. You may fill water bottles from these fountains any time the dining hall is open.

Group: _____

CONFIDENTIAL MEDICAL FORM
This Form MUST be completed by all guests.



Last Name: First Name _____

Mailing Address Suite/Apt. # _____

City State Zip _____

Phone E-mail Address Date of Birth _____

Emergency Contact

Name _____

Relationship _____

Daytime Phone _____

Evening Phone _____

Primary Physician (s)

Name _____

Phone _____

Name _____

Phone _____

Insurance Information

Carrier _____

Policy # _____

Group # _____

Phone _____

1. Do you have any of the following conditions?
Epilepsy/seizures bleeding/clotting disorder heart disease
Asthma/emphysema high blood pressure diabetes
OTHER: _____
2. Allergies (food, environmental, medication): _____
No known allergies
3. List any medications taken on a daily basis (or attach separate sheet):

Do not currently take medications
4. Do any medications require refrigeration?
Yes No medications require refrigeration
5. Do you have any other Medical Condition of which the Center should be aware? (describe below)

6. Will you have any special Medical requirements during this event?
Yes No

I hereby release the above information for use of the Audubon Center of the North Woods and/or any other Medical personnel who might need to provide care to me during this event.
In the event of an emergency, I authorize treatment by emergency medical personnel.

Signature _____ Date _____

ASSUMPTION OF RISK and LIABILITY RELEASE

I will be participating in a program, conference or retreat at the Audubon Center of the North Woods. I acknowledge and am aware that this event involves certain inherent risks which I am prepared to accept. These risks may include (but are not limited to) inclement weather; walking on uneven trails; canoeing; cross country skiing; snowshoeing; rock climbing and belaying on an indoor climbing wall; a high ropes course activity; field trips to non-Audubon Center sites; and other peoples' actions.

Accordingly, I hereby release the Audubon Center of the North Woods, including all of their personnel, agents, affiliates, staff and directors, from any and all liabilities to me with respect to injury, sickness, disease, loss or damage. This release applies to any and all liabilities to me or my estate of any description, whether arising from ordinary negligence or otherwise, and whether involving fees and expenses of any kind. In the event that some other person or entity seeks compensation for these released liabilities, I or my estate will indemnify and hold harmless the Audubon Center of the North Woods for all sums reasonably incurred in response to that claim. This release is to be interpreted and enforced under Minnesota law.

Participant Name _____

Participant Signature _____

Address _____

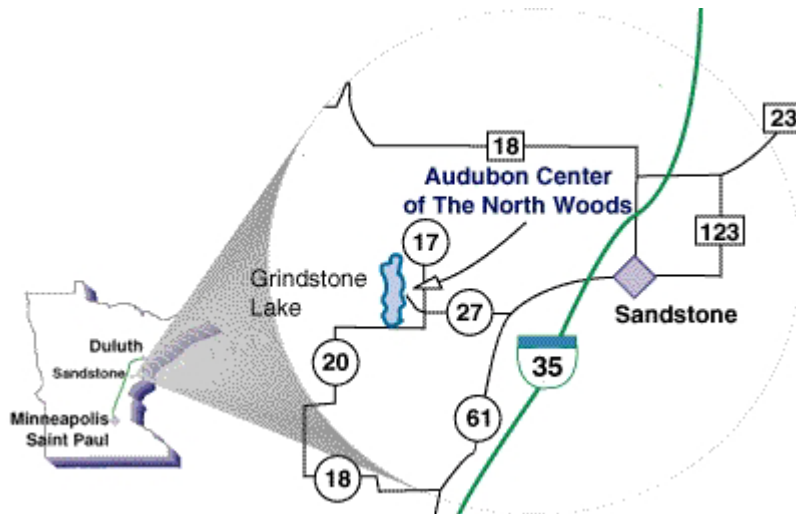
City _____ State _____ Zip _____

Date _____

Photo Release Permission

The undersigned hereby allows the Audubon Center of the North Woods to use photographs of the participants taken during the Audubon programs for use in promotional materials.

Participant Signature : _____ Date _____



Directions to the Audubon Center From the Twin Cities and Duluth:

From Interstate 35, exit on the Sandstone Exit 191. Go southwest on County road 61 just over two miles. Take a right on County Road 27, cross the Munger bike trail, turn left (Grindstone Lake Road) and go just over three miles. Take a right on County Road 17 (Fox Road). Turn left between the stone pillars (Audubon Road). Follow this road to the office - one mile. (There will be signs the whole way)