

"I felt well cared for, listened to, and energized!"

-2006 participant

Women's Wellness & Adventure Weekend Registration Form

Register early—space is limited!

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email (optional) _____

Do You Have a Roommate Preference (name): _____

Please check if you prefer vegetarian meals

Amount & Method of Payment

2 women/room = \$305

3 or more/room = \$265

Commuter rate = \$200

(includes programming & meals, no lodging)

EARLY BIRD or PAST PARTICIPANT DISCOUNT—
register and pay in full by March 30 and take 10% off the above rates

Check # _____ enclosed
Make checks payable to ACNW

Visa MasterCard Discover

Credit Card # _____ Exp. date _____ 3-digit sec. code _____

A non-refundable \$100 deposit is due at time of registration. Balance is due by April 16, 2012.

I understand all fees are non-refundable.
There are no refunds for cancellations.

Signature _____ Please mail or fax form to:

Audubon Center of the North Woods

PO Box 530, Sandstone, MN 55072

Fax: 320-245-5272; Phone: 320-245-2648;

Email: audubon1@audubon-center.org

www.audubon-center.org

Non-profit Organization
U.S. Postage
PAID
Sandstone, MN 55072



"Nice bird books very well organized!"
-2011 participant

Renew yourself: mind, body, spirit

Discover Women's Wellness & Adventure Weekend



May 4-6, 2012

Renew, relax, rediscover

All-inclusive weekend retreat for women of all ages! Choose from a variety classes and workshops in Adventure/Challenge, Wellness & Nature and Creative Expressions



Audubon Center of the North Woods

on the east side of Grindstone Lake near Sandstone, MN

888-404-7743 • www.audubon-center.org

"This was my first time and was a wonderful experience. I felt so comfortable and cared for. I think this weekend may have a profound effect on my life!!" -2007 participant.

Renew Yourself: Mind, Body & Spirit

Located on the shores of Grindstone Lake, the Audubon Center's 535 acres of beautifully varied landscapes provide the perfect setting for this complete holistic adventure weekend. Spend this time with friends or take the opportunity to get away by yourself, meet new people, and learn new skills. A mix of professionals in a variety of fields will provide a wide range of physical, mental, and spiritual activities to choose from.

**Celebrate the changing season with restored energy and creativity!
Renew, relax and rediscover yourself!**

You'll find our accommodations are perfect for a weekend of adventure, relaxation and renewal. Each spacious room sleeps 3-4 women on the lower bunk of bunk-style beds. The dorms are within a quick easy walk to the dining hall and centrally located to all the weekend's activities.

Our food has a reputation of its own and has come to be known as some of the best in the area! We strive to provide healthy, wholesome meals with a focus on local and organic foods and our chef carefully plans and prepares each one with creativity and taste.

*"The quality and variety of the food was wonderful!"
-2011 participant*



*"Wonderfully supportive and encouraging staff (and other women) made it a fantastic experience."
-2010 participant*

Plan on arriving between 5-6 p.m. on Friday, settle in and start off the weekend with a wonderful, relaxing 'Dinner at the Lake' and a very fun and funny evening with the hilarious writer and comedienne, Maggie Ryan Sandford.

About 3-4 weeks prior to your arrival, you'll receive the detailed weekend schedule and be able to pre-register for the classes and workshops that interest you. Throughout the weekend, you may sign up for massage, reiki or pedicures (or all of the above; 10 minutes of either massage or reiki are included in your registration fee, but you may opt for additional time and sessions).



*"A stress-free weekend! Loved the opportunity to try different things without being judged or spending a lot of money."
- 2011 participant*



*"Couldn't imagine better food or a more warm and welcoming staff. Kudos to all!"
-2008 participant*



**Register early—space is limited!
Early Bird Discount ends March 30**

*"This whole place is just amazing! Thank you!"
- 2007 participant*

Enjoy a variety of classes & workshops

Although we are still finalizing the class/workshop lineup for this spring, the following are some of the types of classes that are offered—these are examples only as different classes are offered at each event. The actual class schedule will be posted on the website as the session draws near. You will be sent a schedule and class pre-registration form in your participant materials. Depending on session length, women can usually register to take 4-6 classes during the weekend.

Short session of massage or reiki is included in the weekend
(additional time may be purchased)

"WOW! Awesome - even with rain. Appreciate the opportunity to challenge myself that way." -2006 participant.

♦ Adventure & Challenge

(such as high ropes course/zip line, climbing wall, Survivor-North Woods, hiking, Nordic walking, archery, fishing, etc.)

*"A fantastic weekend and I can't wait to come back!"
-2007 participant*

♦ Wellness & Nature

(such as yoga, massage, reiki, meditation, feng shui, personal discovery, zumba, healing and energy work, wildlife and birding programs, etc.)

♦ Creative Expressions

(such as photography, painting, drawing, cooking, jewelry making, quillwork, basketry, floral arranging, etc.)

You can also choose to use the time to simply relax and reflect on all that is good in your life. It's YOUR weekend!



*"The opportunity to change one's agenda or choose quiet time was wonderful - I liked the mix of indoor/outdoor activities"
-2011 participant*

*"Incredibly knowledgeable, enthusiastic, passionate speakers. Anyone can lecture, not everyone can teach; these were all excellent teachers. Well done!"
-2008 participant*