

## Class Schedule for Women's Wellness & Adventure Weekend, October 6-8, 2017

### Friday, 10/6/17

After-dinner keynote: **Jen Quade - *Return to the Wild Feminine***

There are so many stories about the times that we're living in. Stories foretold by prophecies and ancient legends. Many of these stories speak of a return to balance and a return of the feminine. We are going to explore the concept of the feminine and journey together into those wild feminine landscapes within ourselves to get a felt sense of the creative power, wisdom and joy that lies inside of all of us.

Evening activities: Campfire (weather permitting); private sessions (massage, reiki, readings); table games available; snacks and drinks available

### Saturday, 10/7/17

6:30 am - Zumba - *Tawni VanVleet (Dining Hall)*

| 8:30-10:00   | 10:15-11:45  | 8:30-11:30   |
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| Reiki & Qi Gong<br>- Pam Latson (Lounge)   | Sound Meditations for Healing<br>- Cheri Bunker (Lounge)                         | Naturalist Walk at Banning<br>- ACNW (front doors)   |
| Tools of the Heart<br>- Amy Vasterling (Schwyzer)                                      | Zentangle® Meditative Drawing<br>- Kathy Rosenow & Michelle Aalbers (Schwyzer)   | Qoya: Wild Feminine + Fire Ceremony with Sacred Songs - Jen Quade (start in Climbing Wall) |
| Release, Balance & Stretch<br>- Judy George (Dining Hall)                              | Archery<br>- ACNW (front doors)  |  |
| 1:15-2:45  | 3:00-4:30  | 1:15-4:15  |
| Yoga - Kriya Hatha<br>- Charrie VanVleet (Lounge)                                      | Soul Age<br>- Lucille Crow (Lounge)  | Bead & Jewelry Making with Polymer Clay<br>- Deb George (Schwyzer)                         |
| Taking a Bold Stand with Your Heart to Heal the World - Rachel Augusta (Climbing Wall) | Animal Communication: Talking with the Birds<br>- Rachel Augusta (Climbing Wall) | Aerobic Hike at Banning<br>- ACNW (front doors)  |
| High Ropes<br>- ACNW (front doors)   |  | Shinrin Yoku (Forest Bathing)<br>- Cheri Bunker (start in Dining Hall)                     |

Evening activities: Guided Zentangle® Meditation (lounge); Drum Circle (DH); 'Nature's Nightlife' night hike (front doors); Campfire (weather permitting); private sessions (massage, reiki, readings); table games available; snacks and drinks available

### Sunday, 10/8/17

6:30 a.m. Yoga-Kundalini - *Louise Kneeland (Lounge)*

| 8:30-10:00  | 10:15-11:45  | 8:30-11:30   |
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| Meditation<br>- Dee Ziegler (Lounge) (8:30-9:30)                          | Yoga - Kundalini<br>- Louise Kneeland (Climbing Wall)              | Pre-Holiday Baking Boot Camp: The Art of the Pie<br>- Beth Jones & Nettie Colon (Bremer) |
| Nature's Path to Wellness: Kitchen Medicines<br>- Teresa Wolfe (Schwyzer) | Sacred Grounding Rhythm Movement<br>- Cheri Bunker (Lounge)        | Mushroom Walk<br>- Kathy Yerich (start in Dining Hall)                                   |
| MetAlign Therapy<br>- Lucille Crow (Climbing Wall)                        | Drum Song: Basic Techniques<br>- Marisa Cuneo-Linsly (Dining Hall) |  |

# Women's Wellness Weekend

## *Fall 2017 Class Descriptions & Pre-registration*

### **Aerobic Hike at Banning (fast)**

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Get your heart rate up on this fast-paced aerobic hike! We will go to Banning State Park (9 miles away – by Center van) and fast hike the beautiful Kettle River canyon. Be prepared to walk at a sustained fast pace – this is not the same as our Naturalist Hike at Banning (see Saturday morning class) and is designed to give participants an aerobic workout. There is some rock scrambling involved, but no technical climbing. You should be comfortable with climbing over uneven terrain. The scenery is always spectacular. Hike will go rain or shine.

### **Animal Communication: Talking with the Birds**

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Snag this rare opportunity to practice intuitive communication with the raptors and corvids here at ACNW! This is a class for beginners where Rachel Augusta - HTACP, HTP, Reiki Master/Teacher, mentor and coach - will explain how animal communication works and that this is a skill that EVERYONE can do! Once you learn the basics of communication, each participant will get the opportunity to connect and communicate with a resident bird (outside their mews - no animal contact involved). This will be informative, fun, exciting and without a doubt, life changing! Wear a jacket and bring gloves since this class will be held outside during the second half.

### **Archery**

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Learn about the lifelong sport of bow and arrow target shooting. Find out about eye dominance, parts and proper handling of archery equipment, proper shooting stances, safety procedures, and then do some practice target shooting.

### **Bead & Jewelry Making with Polymer Clay**

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Discover the joy and creativity of making your own jewelry in polymer clay. Clay artist Deb George will demonstrate a few simple techniques in making beads and pendants, and prepare you to design and finish a piece of jewelry. You'll have a chance to think through and complete a project of your own design – a necklace, bracelet and/or set of earrings – in your favorite color scheme. If you're new to polymer clay, it won't take long to learn; it's fun and easy to use. Final pieces will be baked and finished on-site. Jewelry-making tools and materials will be available so you can walk out with your completed project and wear your new creations the rest of the weekend! **(\$10 materials fee)**

### **Drum Song – Basic Techniques**

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Come and join Marisa Cuneo-Linsly from the Women's Drum Center and experience fun with rhythms and feel the joy of making music with others through drumming. This workshop offers the basics of hand drumming "djembe style". It will focus on drum technique along with teaching patterns and rhythms that can be layered to play a drum piece. No need to bring a drum; drums will be provided. However, if you have a special drum feel free to bring it.

### **Meditation**

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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 every day. **(Bring a mat and/or blanket, if desired.)**

### **MetAlign Therapy**

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MetAlign heals the Mind-Body and the outcomes are profound and transformative. Reiki master Lucille Crow is the Founder and Master Teacher of MetAlign Therapy and will teach you new paradigms of healing. You will learn two of the powerful tools of MetAlign to treat your own Chakras quickly and easily. Lucille will provide hand-outs to help you understand this therapy and to use for reference.

### **Mushroom Walk... Edible. Medicinal. Beautiful.**

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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! Learning to look at mushrooms is the first step in learning to identify them. This session starts with a lecture describing some of the key features of the more than 5,000 species of mushrooms found in our area. We'll learn about some of the most common and delicious edible species, the most dangerous toxic species, some interesting medicinal species and many more! 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.

# Women's Wellness Weekend

## *Fall 2017 Class Descriptions & Pre-registration*

### **Naturalist Walk at Banning (slow)**

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We will go to Banning State Park (9 miles away – by Center van) and explore the Kettle River canyon over approximately 3.5 miles of trail. This is a leisurely nature walk with frequent stops. There is some rock scrambling involved, but no technical climbing. You should be comfortable with navigating over uneven terrain. Explore areas of the park that the average visitor rarely visits. The scenery is always spectacular. Hike will go rain or shine.

### **Nature's Path to Wellness: Kitchen Medicines**

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Eco-Herbalist Teresa Wolfe helps you discover the plethora of healing opportunities right in your kitchen cabinet! Your kitchen spice cabinet contains remedies for an amazing number of everyday illnesses, including nausea, headaches, indigestion, and gas pains. Some spices will also relieve nervousness, spasms and coldness, some will help you with chronic issues – ie, blood pressure (too high or too low); painful menstruation; respiratory illnesses, and more. Others are strongly anti-microbial (kill harmful bacteria), or bacteriostatic (halt bacterial growth). We will also work through an interactive exercise that will give you more confidence in using this knowledge at home.

### **Pre-Holiday Baking Boot Camp: The Art of the Pie**

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Pie Crust is the most feared, and yet most satisfying of pastries to tackle. Chefs Beth Jones and Nettie Colon will help you perfect your pie-making skills as Beth teaches you her mom's Never Fail Pie Crust, and she and Nettie show you several variations for how to use it. Recipes will include, Swedish Apple Pie, Cranberry Pear Tart, and Savory Sweet Potato Galette. Now's your chance to master some new recipes before the holiday baking season begins!.  
**(\$10 materials fee)**

### **Qoya: Wild Feminine + Fire Ceremony with Sacred songs**

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Qoya is a movement practice specifically designed to help women feel good in their bodies. It's for women of all ages, body types and levels of movement experience and is based on the belief that *through movement we remember our essence is wise, wild and free*. As nurse, healer and teacher Jen Quade guides us through the intention setting, the circling, heart opening, hip opening, dancing our yoga as prayer, the shadow, shaking and the free dance, she'll invite you to explore your relationship to your *wild feminine*. She will also share some sacred songs and then we'll head outside to connect with the ancient element of fire during a fire ceremony to connect with the spirit of transformation.

### **Reiki & Qi Gong**

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Certified Reiki Master Healer, teacher and practitioner Pam Latson will take you into the loving, healing world of Reiki and Qi Gong "Energy", a holistic approach to healing which focuses on Universal Life Energy. Through fun and interactive exercises, Pam will coach you on breathing and guide you in how to feel your own personal energy, move it, and play with it. Past participants have said: "I came in a skeptic, and am leaving a true believer – amazing, truly amazing", "phenomenal", and "well worth your time". In addition to Reiki, Pam will introduce you to some wonderful basic Qi Gong that will help increase your energy, and improve your health and well-being daily.

### **Release, Balance & Stretch**

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Certified personal trainer, yoga, pilates, T'ai Chi Chih, and Seijaku instructor, Judy George will teach us simple self-care techniques to release tight muscles and fascia. The class will then flow into Judy's unique method of movement which includes soft slow movements that balance, circulate and bring about a deep awareness for body mind and spirit.

# Women's Wellness Weekend

## *Fall 2017 Class Descriptions & Pre-registration*

### **Sacred Grounding Rhythm Movement**

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Cheri Bunker will help us learn about our chakra energy centers and then move through all seven of the Chakras to open blockages as we move with our eyes closed, or blindfolded, on a yoga mat. Dance like no one is watching, as no one will be. Feel the groove of each chakra. Dance with colorful scarves in your own little circle. Create a mandala of your sacred grounding movement experience at the end of the class. Chakra handouts provided. This program can also be done seated for those that prefer not to stand and dance. **(Bring a yoga mat if you have one)**

### **Shinrin Yoku (Forest Bathing)**

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Soak in the sights and sounds of the forest as Cheri Bunker leads us in experiencing Shinrin Yoku, the Japanese art of forest bathing. Spend time in nature in a way that invites healing interactions. Experience the scents of the forest and compare to essential oils from the trees. We will probably not wander more than a mile on our journey but will be spending hours in the forest relaxing and discovering, then will end this experience with ceremony.

### **Skywalk High Ropes Challenge**

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Stretch yourself physically and mentally on ACNW's High Ropes Challenge Course. You'll be 20' above ground, but safely harnessed to overhead cables. You'll find it an exhilarating experience and the view of the fall landscape from that height is unbeatable. Once through, you'll be asking to go up again.

### **Sound Meditations for Healing**

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Join Cheri Bunker, member of the Sound Healers Association, for sound relaxation meditation. 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. Learn about all the different sound vibration tools and how to use them. **(Bring a yoga mat, bed roll, or sleeping bag to lie on and a pillow and blanket.)**

### **Soul Age**

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Reiki master Lucille Crow will teach you how we as souls in a human body grow, shift and evolve through a cycle of many lifetimes. In this class, you'll learn how we all evolve and grow with differing values and perceptions through seven Soul Ages. All class participants will receive a Soul Age set of CD's and learn your own personal Soul Age.

### **Taking a Bold Stand with Your Heart to Heal the World**

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There's a gap in our medical field that has caused us to believe there are only two ways to heal yourself - which creates desperation in both humans and our animal companions. In this course, Rachel Augusta - HTACP, HTP, Reiki Master/Teacher, mentor and coach - explains what the gap is and how it can be overcome by harnessing the energy within yourself. This can take courage as you'll battle your own inner voices as well as the voices of friends and family. But by overcoming your fear, you can energetically change your life and the lives of the people around you. You will walk away understanding the science behind energy work and the power within your own body to heal yourself and others!

### **Tools of the Heart**

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Did you know your heart is a powerful tool beyond being a pump for your blood? And everybody has intuition, it's our birthright? Intuitive Pathfinder Amy Vasterling will combine these two understandings in this workshop where you'll learn: how you are intuitive; how masculine and feminine energy relate to the heart; how to work with the energy of your heart to call home a pet, attract that job you want your way, or whatever your heart desires; and how to hold your power in an easy and natural way.

### **Yoga - Kriya Hatha**

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Kriya (purified action) Yoga is the yoga of creative manifestation. It is the path leading you to cultivate a destination of your choosing. In this Kriya Hatha Yoga class led by instructor Charrie VanVleet, the action is found in postures that are meant to help cleanse and purify the physical and energetic body using alignment, breath awareness, Kriyas, and a focused mind. This is an All Level Class, we will begin with some breath awareness, asanas (postures) and end with a mini Yoga Nidra in a restorative pose. **(Bring a mat & blanket, if possible.)**

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## *Fall 2017 Class Descriptions & Pre-registration*

### **Yoga - Kundalini**

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Beginners are welcome! In the practice of Kundalini Yoga you do what your body is capable of, perhaps pushing your own personal limits just a bit, but not as challenging as some Hatha yoga postures. Instructor Louise Kneeland guides us in this gentle yoga with a meditation component. The early Sunday morning session is called the ambrosial hour which means anything particularly delightful. There is also a late Sunday morning class offered. In either session, one may sit in a chair if the floor is not comfortable.

**(Please bring your own yoga mat, if possible.)**

### **Zentangle® Meditative Drawing**

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If you can draw a dot, an 's', a 'c' a circle, and a line, you can be a Zentangle® artist! Kathy Rosenow & Michelle Aalbers will guide you through the Zentangle® method, created by Maria Thomas and Rick Roberts – an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. All the materials and instruction you need to get started with this engaging self-care practice are provided in this fun and relaxing workshop.

**(\$5 materials fee)**

### **Zumba**

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JOIN THE PARTY! A great cardio workout has never been so much fun! Zumba is a fusion of hypnotic Latin rhythms and easy-to-follow moves that create a one-of-a-kind fitness program. The routines feature fast and slow rhythms combined to tone and sculpt your body while burning fat. Zumba fans achieve longterm benefits while experiencing an absolute blast with calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Get out of bed early and join Tawni VanVleet as she leads us in the best "fitness party" around! No dance experience required. (this does not count as a class choice – just show up, bright and early!)

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**Saturday evening activities** (no pre-registration needed; just choose what you'd like to at the time) –

**Guided Zentangle® Meditation** - Treat yourself to an hour of relaxation with guided meditative drawing using the Zentangle® method. No tangling experience is required; your instructors will guide you gently and peacefully through the evening. Take away with you a beautiful work of art and a calm, peaceful spirit (in Crosby Lounge; approximately 7:30-8:30 pm)

**Drum Circle** – Join this freestyle drum circle, led by Cheri Bunker. No drumming experience necessary. All you need is a heartbeat :) Just feel the beat and go with the groove in this informal, enjoyable drum circle. No pressure, just fun! Begin with a few rhythms to get loosened up, then cut loose for freestyle improv. Various types of drums and percussion instruments are available to use and explore. (in Dining Hall; approximately 8:00-8:30 pm)

**'Nature's Nightlife' night hike** – join ACNW naturalists to venture out into woods as darkness falls, to learn about and possibly hear or see some of the crepuscular and nocturnal creatures at the Center (approximately 8:00-8:45 pm)

**Table games** will be available in the Dining Hall – start a game or join in on one. (note: during the short drum circle, the Dining Hall will be very loud, so you may want to wait until after that to start a game)

**Campfire** – Weather permitting, there will be a campfire started at dark by Crosby Lodge on both Friday and Saturday nights. Feel free to stop by and enjoy the warmth of the fire and camaraderie of your fellow participants. S'mores makings and Chat Pack will be available.

*Snack and drinks will be available in the Dining Hall during evening hours*

Private sessions (massages, reiki, intuitive readings) will also be available both evenings – see sign-up sheets to schedule an appointment