



Audubon Center of the North Woods

Experience Your Environment

August 31, 2017

Dear Women's Wellness & Adventure Weekender,

Our upcoming fall Women's Wellness & Adventure Weekend is right around the corner and we will soon be making the final preparations for this wonderful weekend of learning, sharing and fun!

Attached is your participant information. As usual, this fall's event offers a wide variety to choose from. On Friday evening, Jen Quade, nurse, healer and teacher, will be our keynote speaker. During her presentation "*Return to the Wild Feminine*" we will 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 all of us.

In addition to a great lineup of classes, throughout the weekend you may decide to indulge in a massage with one of the weekend's massage therapists – Patricia Jensen, Beth Nicholas or Dee Ziegler, schedule a private Reiki session with Reiki Master Pam Latson, a private reading with Intuitive Amy Vasterling, or a personal nutrition consultation with Eco-Herbalist Teresa Wolfe (Sunday only).

Before you start packing, read through the enclosed materials, schedule and class descriptions. Complete and return the enclosed forms, including the **Medical** and **Liability forms** and **Class Pre-Registration, as soon as possible**. Please note class times, as some overlap, and a few of the classes have small materials fees, so please take note of those. Throughout the weekend, the class signup sheets will be available and you can make changes to your selections as desired, if there is room in the class. Of course, if you just want to relax during a session and not take any classes, simply put an 'x' through that session time on the Class Pre-Registration form or add a note (so we don't think you overlooked anything).

The forms on pages 10-13 are fillable PDF. Please save this PDF to your computer prior to completing the forms, resave, then email back if possible. Don't worry about a signature at this time...we will ask you to physically sign the Liability form when you arrive. Otherwise, you may fax or snail mail (although please allow 4-5 days for snail mail).

Plan to arrive between 4:30-6:00 p.m. on Friday to get settled in before dinner at 6:30. We are offering a walking tour of class locations at 5:30 p.m. Please contact us if you have any questions about the weekend. We look forward to seeing you very soon.

Safe travels,

Char Husom
Operations & Finance Director

Driving directions to

Audubon Center of the North Woods
54165 Audubon Dr., Sandstone, MN 55072
320-245-2648

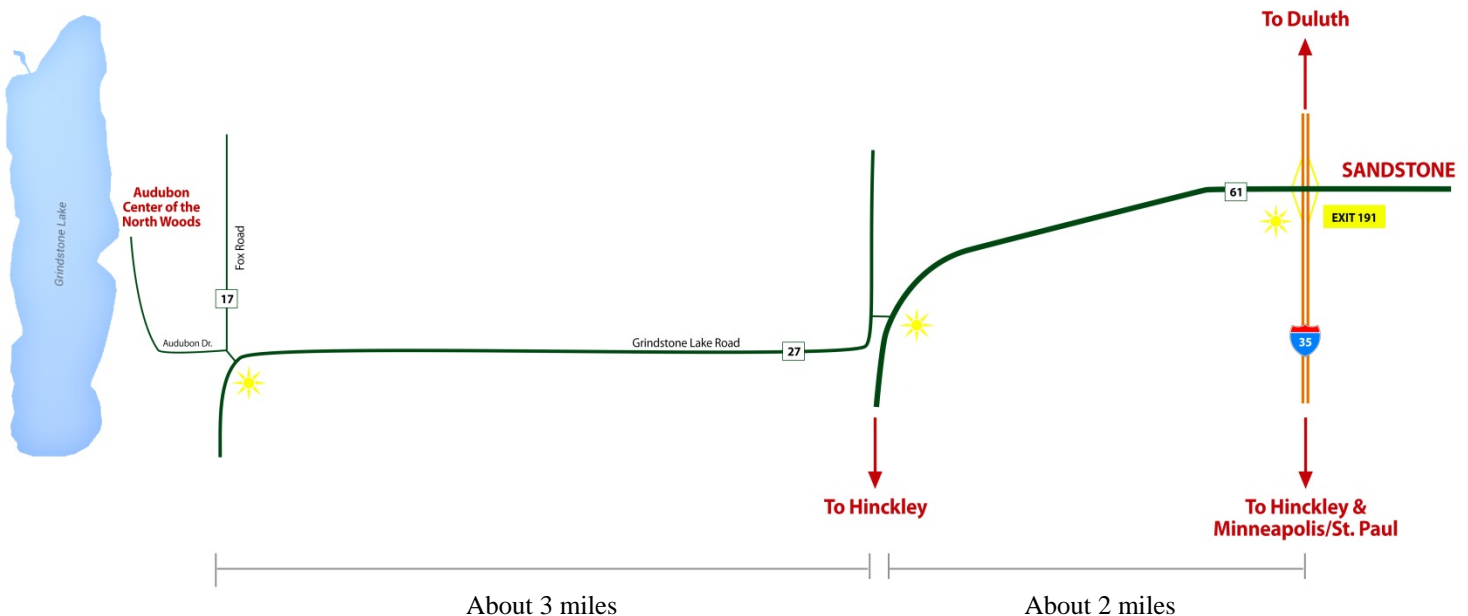
If searching for our location online, use maps.google.com

Audubon Center GPS coordinates

(46.117186384284004, -92.99793720245361)

Driving directions to the Audubon Center From the Twin Cities and Duluth:

1. From Interstate 35, exit on the Sandstone **Exit 191**.
2. Go west on Hwy 61 just over two miles.
3. Take a right on County Road 27, cross the Munger bike trail, turn left at the 'T' (Grindstone Lake Road) and go just over three miles.
4. Take a right on County Road 17 (Fox Road) and go about 100 feet.
5. Turn left between the stone pillars (Audubon Road – our driveway).
6. **PROCEED directly to main office/dining hall for check-in** – just follow our mile-long driveway all the way until it ends at the parking lot and the office.



Women's Wellness Weekend

October 6-8, 2017

General information

Start and finish times: Please plan to arrive at the Audubon Center on Friday between 4:30-6 p.m. to get settled in before dinner at 6:30. We offer a walking tour of class locations at 5:30 p.m. The program will officially end following the Sunday lunch and closing – about 1 p.m.

Meals: Meals are served buffet-style in the dining hall. We make every attempt to offer and identify vegetarian, vegan and gluten-free menu options at each meal. If you have severe food restrictions or specialized dietary needs, please indicate those on your health form and check out our food policy on our website (at www.audubon-center.org under the 'About ACNW' tab).

Phones: Cell phones have spotty reception at our location – text messages usually go through but cellphone calls can be problematic in some locations, depending on your carrier. There is a phone in the lodging buildings and the dining hall. You must use a credit card or call collect for long distance outgoing calls. The Center's main phone, which is located in the office (320-245-2648), can accept voice messages. Messages received between 8:00 am - 6:00 pm will be delivered to you that day; after hours messages will be delivered to you the next morning. The fax number for the center is (320) 245-5272.

Internet: There is wireless internet access in all of our lodging buildings and main dining room (although sometimes a bit problematic).

Fragrances and perfumes: Some people have sensitivities to fragrances and perfumes. For the enjoyment of all, please refrain from using fragranced or perfumed lotions, sprays, gels, etc. during this weekend event.

Cigarette smoking and vaping: not allowed in any of the buildings; please use designated areas, away from 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:

- Double- and maximum occupancy rooms: participants will be housed in either Crosby or Lowry Lodges - each dorm-style room accommodates 4 adults on lower bunks in Crosby and 3 adults in Lowry; the rooms are very basic - **no tv, radio or clocks.**
- If you are dwelling in the Yurt and log cabin accommodations: heat is via wood stove, there are no beds or running water, outhouse facilities, showering is available in Lowry Lodge, water jug refilling is available in our main building. Please think of these as rustic 'camping-type' accommodations and plan on bringing your own cots or camp mats, lanterns/flashlights for lighting and water jugs for water.

There is a washer and dryer available to you in Crosby Lodge. Wash= \$1.50, dry = \$1.00 in quarters.

Clothing and equipment note:

Many of the classes will involve time outdoors and walking to various class locations, so watch the weather before hand and pack accordingly. We would suggest that you bring layers to be comfy in both warm and cool weather, boots/sturdy shoes for walking in the woods, and a rain coat or poncho (classes held rain or shine).

Please bring your own towels, bedding, pillow and toiletries (soap, shampoo, toothpaste and medications). If you'd like to use our bedding and towels, please return the Linens Request Form along with your other forms.

Alcohol: Questions have been asked about our alcohol policy. We do allow alcohol at the center when school groups are not present, such as during Women's Wellness & Adventure Weekends. We serve wine with dinner; also feel free to bring beverages of your choice to enjoy in moderation. We cannot provide ice however, so plan on bringing a cooler with ice if needed (Don't forget your corkscrew if bringing wine).

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 email or call us at 320-245-2648 or info@audubon-center.org.

Audubon Center of the North Woods

Ph. 320.245.2648

Toll Free 888.404.7743

SUGGESTED PACKING LIST for Women's Wellness & Adventure Weekends

_____ **Sleeping bag or bed linens**

_____ **Pillow**

_____ **Towels & Washcloths**

_____ **Flashlight**

_____ Water bottle*

_____ Travel mug (if a coffee drinker)

_____ Soap

_____ Shampoo

_____ Toothbrush & toothpaste

_____ Personal Toiletries & Medications

_____ Comfortable lounging clothes or PJs

_____ Book light, if desired

_____ Appropriate outerwear for exploring the great outdoors, including raincoat/jacket
(outdoor activities go on rain or shine)

_____ Comfortable walking shoes or boots (we have over 7 miles of trails)

NOTE: if taking High Ropes or Archery, closed-toe shoes are required

_____ Camera, binoculars

_____ Yoga mat (if taking yoga class, any of the meditations or the Sacred Grounding Rhythm Movement class;
not mandatory but desirable for your enjoyment)

_____ Cash for practitioners or class materials fees (if applicable)

NOTES:

- Questions have been asked about our alcohol policy. Since school groups are not present during Women's Wellness & Adventure Weekends, we do serve wine with dinner... also feel free to bring beverages of your choice to enjoy in moderation. **(We do not have an ice machine on the premises, so cannot supply ice.)** If bringing wine, remember your corkscrew.
- We have wireless internet access in our lodging buildings (although sometimes problematic).

* 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 provide jug water coolers in each of our buildings; we also have several double-filtered drinking fountains/water bottle filling stations that help take out much of the natural metallic taste of the water.

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

Friday, 10/6/17		
After-dinner keynote: Jen Quade - <i>Return to the Wild Feminine</i>		
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 - <i>Tawni VanVleet (Dining Hall)</i>		
8:30-10:00	10:15-11:45	8:30-11:30
Reiki & Qi Gong - Pam Latson (Lounge)	Sound Meditations for Healing - Cheri Bunker (Lounge)	Naturalist Walk at Banning - ACNW (front doors)
Tools of the Heart - Amy Vasterling (Schwyzer)	Zentangle® Meditative Drawing - Kathy Rosenow & Michelle Aalbers (Schwyzer)	Qoya: Wild Feminine + Fire Ceremony with Sacred Songs - Jen Quade (start in Climbing Wall)
Release, Balance & Stretch - Judy George (Dining Hall)	Archery - ACNW (front doors)	
1:15-2:45	3:00-4:30	1:15-4:15
Yoga - Kriya Hatha - Charrie VanVleet (Lounge)	Soul Age - Lucille Crow (Lounge)	Bead & Jewelry Making with Polymer Clay - Deb George (Schwyzer)
Taking a Bold Stand with Your Heart to Heal the World - Rachel Augusta (Climbing Wall)	Animal Communication: Talking with the Birds - Rachel Augusta (Climbing Wall)	Aerobic Hike at Banning - ACNW (front doors)
High Ropes - ACNW (front doors)		Shinrin Yoku (Forest Bathing) - 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 - <i>Louise Kneeland (Lounge)</i>		
8:30-10:00	10:15-11:45	8:30-11:30
Meditation - Dee Ziegler (Lounge) (8:30-9:30)	Yoga - Kundalini - Louise Kneeland (Climbing Wall)	Pre-Holiday Baking Boot Camp: The Art of the Pie - Beth Jones & Nettie Colon (Bremer)
Nature's Path to Wellness: Kitchen Medicines - Teresa Wolfe (Schwyzer)	Sacred Grounding Rhythm Movement - Cheri Bunker (Lounge)	Mushroom Walk - Kathy Yerich (start in Dining Hall)
MetAlign Therapy - Lucille Crow (Climbing Wall)	Drum Song: Basic Techniques - Marisa Cuneo-Linsly (Dining Hall)	

Women's Wellness Weekend

Fall 2017 Class Descriptions & Pre-registration

Aerobic Hike at Banning (fast)

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

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

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

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

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

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

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.

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)

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

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

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

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

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

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

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)

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

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

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

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

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

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

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.)**

Women's Wellness Weekend

Fall 2017 Class Descriptions & Pre-registration

Yoga - Kundalini

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

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

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!)

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

Women's Wellness Weekend

Fall 2017 Class Descriptions & Pre-registration

Class Preference Choices

NOTE: there are two 1.5-hr sessions that run concurrently with each 3-hr session (so you can choose a session in both A and B – or – one session in C).

(early morning zumba and early morning yoga do not count as class choices; just show up if interested)

Please indicate your 1st and 2nd choice classes in each column/session below.

Saturday Morning October 7

Early morning ZUMBA 6:30

A Morning session 1.5-hr classes

- _____ 8:30-10:00 – Reiki & Qi Gong
- _____ 8:30-10:00 – Tools of the Heart
- _____ 8:30-10:00 – Release, Balance & Stretch

B Morning session 1.5-hr classes

- _____ 10:15-11:45 – Sound Meditations for Healing
- _____ 10:15-11:45 – Zentangle Meditative Drawing (materials fee)
- _____ 10:15-11:45 – Archery

C Morning session 3-hr classes

- _____ 8:30-11:30 – Naturalist Walk at Banning
- _____ 8:30-11:30 – Qoya: Wild Feminine + Fire Ceremony

Saturday Afternoon October 7

A Afternoon session 1.5-hr classes

- _____ 1:15-2:45 – Yoga - Kriya Hatha
- _____ 1:15-2:45 – Taking a Bold Stand with Your Heart to Heal the World
- _____ 1:15-2:45 – High Ropes

B Afternoon session 1.5-hr classes

- _____ 3:00-4:30 – Soul Age
- _____ 3:00-4:30 – Animal Communication

C Afternoon session 3-hr classes

- _____ 1:15-4:15 – Bead & Jewelry-Making with Polymer Clay (materials fee)
- _____ 1:15-4:15 – Aerobic Hike at Banning
- _____ 1:15-4:15 – Shinrin Yoku (Forest Bathing)

Sunday Morning October 8

Early morning YOGA 6:30

A Morning session 1.5-hr classes

- _____ 8:30-9:30 – Meditation
- _____ 8:30-10:00 – Nature's Path to Wellness: Kitchen Medicines
- _____ 8:30-10:00 – MetAlign Therapy

B Morning session 1.5-hr classes

- _____ 10:15-11:45 – Yoga - Kundalini
- _____ 10:15-11:45 – Sacred Grounding Rhythm Movement
- _____ 10:15-11:45 – Drum Song: Basic Techniques

C Morning session 3-hr classes

- _____ 8:30-11:30 – Pre-Holiday Baking Boot Camp: The Art of the Pie (materials fee)
- _____ 8:30-11:30 – Mushroom Walk: Edible. Medicinal. Beautiful.

Services – massage, reiki & private readings/consultations

Upon arrival and through the weekend, you will be able to sign up for massage, reiki, readings, etc. **Remember**, as part of your weekend package, 10 minutes of massage are included at no charge – you may sign up for additional time at \$11 per additional 10-minute increment (payable to the practitioner). In addition, Reiki Master Pam Latson, Intuitive Pathfinder Amy Vasterling, and Eco-Herbalist, Health and Energy Coach Teresa Wolfe will be offering private sessions throughout the weekend – more info and sign-up sheets will be available when you arrive.

Your name _____

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

ACNW, PO Box 530, Sandstone, MN 55072

Fax: 320-245-5272

Email: audubon1@audubon-center.org

If one or more of your class choices is unavailable, we will email you.

Otherwise, you will receive your class schedule upon arrival and check-in.



**Audubon Center
of the North Woods**

Women's Wellness Weekend Fall 2017

Health/Medical Form

Please mail, email or fax to:
Audubon Center of the North Woods
PO Box 530, Sandstone, MN 55072
Fax: 320-245-5272; Email: fenner@audubon-center.org

Please complete this form for each participant in your party

Guest's Name _____

Mailing Address _____

City, State Zip _____

Cell or Home 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. Dietary preferences or restrictions (e.g., vegetarian, vegan, gluten-free, etc.). Note: We make every attempt to offer and identify vegetarian and gluten-free menu options at each meal. If you have severe food restrictions or specialized dietary needs, you may need to bring supplemental food – we will post the weekend's menu online approximately 1-1/2 weeks prior to the event to help in your planning.

4. List any medications taken on a daily basis (or attach separate sheet): _____ ☐ Do not take any medications

5. Do any medications require refrigeration? ☐ Yes ☐ No

6. Do you have any other Medical Condition of which the Center should be aware? (describe below)

7. 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 _____



**Audubon Center
of the North Woods**
Experience Your Environment

Liability Release Form

Please send completed and signed form to:
Audubon Center of the North Woods
PO Box 530, Sandstone, MN 55072
Phone: 320-245-2648; Fax: 320-245-5272
Email: schools@audubon-center.org

Form MUST be signed for each individual before program participation

It is the school's/group's responsibility to collect signed liability releases from each adult participant and from a parent/guardian of each youth participant (if applicable) and submit all releases to the Audubon Center.

Assumption of Risk and Liability Release

Participant Name _____ Birthdate _____

School/Group Name Fall 2017 Women's Wellness & Adventure Weekend

Participant is a: ☐ student ☐ parent ☐ teacher ☐ other _____

☐ I will be participating / ☐ I authorize the above-named participant to participate in the program at the Audubon Center of the North Woods. I acknowledge and am aware that this program involves certain inherent risks which I expressly accept and assume. These risks may include (but are not limited to) physical injury, emotional injury, paralysis, permanent disability, illness, death or property damage due 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-ACNW sites; and other peoples' actions. Following appropriate medical consultation, I have determined that my child's/my health is adequate to participate safely in this program (except as indicated on the Student or Adult Health Form). In the event of an emergency, I authorize treatment by emergency medical personnel. I understand such risks simply cannot be eliminated, despite the use of safety equipment, without jeopardizing the essential qualities of the activity.

Accordingly, I hereby voluntarily release and forever discharge ACNW, including its directors, officers, employees, agents, volunteers, participants, and all other persons or entities acting for them on behalf of myself and my children, 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 ACNW for all sums reasonably incurred in response to that claim. This release is to be interpreted and enforced under Minnesota law.

By signing this document, I understand and agree that if I am hurt or if my property is damaged during my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against the parties being release on the basis of any claim for negligence. I have had enough time to read this agreement and consult with legal counsel if I so chose to do so. I understand that this activity may not be made available to me if I were to choose not to sign this release. I have read and understood this document and I agree to be bound by its terms.

Parent/Guardian or Participating Adult Signature _____ Date _____
(required)

Mailing Address _____

City, State Zip _____

Email _____ Phone _____

Please note: Failure to sign this form will prohibit you/your child from participating in all Audubon Center of the North Woods activities. You are invited to request more information about our programs, facilities, and policies at any time.

- ☐ Audubon Center of the North Woods does not have permission to use any photos taken during the visit in publicity materials
- ☐ I do not wish to receive information about the Audubon Center of the North Woods



**Audubon Center
of the North Woods**

Linens Request Form

Please mail, email or fax to:
Audubon Center of the North Woods
PO Box 530, Sandstone, MN 55072
Fax: 320-245-5272; Email: audubon1@audubon-center.org

Women's Wellness Weekend – October 6-8, 2017

Please return this form to ACNW at your earliest convenience

Guest's Name(s) _____

Are you requesting linens?

(\$10.00 person; includes a blanket, pillow, set of sheets and set of towels)

_____ **NO**, we will not need linens – we will be bringing our own sleeping bags or blankets and sheets, pillows, and towels.

_____ **YES**, we would like sheets, blankets, pillows and towels during our stay and understand there is a \$10 per person charge.

_____ **Total number** of people needing linens

\$_____ **Total cost** for linens. Please enclose a check to ACNW for this amount (or you may call in credit card payment or pay for linens upon check-in)