

Past Spring's schedule, presenters and menu - FOR EXAMPLE OF TYPICAL WEEKEND ONLY

Tentative Schedule for Women's Wellness & Adventure Weekend, May 1-3, 2015

Friday, 5/1

After-dinner keynote: *"Alchemy of the Heart: Embracing and Becoming your Essential Self"* with Maureen Pelton

Saturday, 5/2

6:30 am - Zumba

8:30-10:00

Reiki & Qi Gong

HeartSpace: Awakening to your Essential Self

1:15-2:45

Yoga - Kriya Hatha

The Need for Native Landscapes: Being in harmony with nature in your own backyard

Self Myofascial Release for Upper Body

Saturday evening - Group Line Dancing class with Monica Mohn

Saturday night - guided night hike

Sunday, 5/3

6:30 a.m. - Yoga - Kundalini

8:30-10:00

Meditation

Archery

Thyroid & Fatigue (title tbd)

10:30-12:00

Beyond Your Limits: Tools & techniques for spiritual expansion

Ojibwe Life Hike

T'ai Chi Chuh

3:00-4:30

Meet Our Wild Staff: Wildlife Barn Tour

Intuition: Our Super Intelligence

Nature's Path to Wellness

10:15-11:45

Yoga - Kundalini

Easy Dream Interpretation

Trauma & Illness (title tbd)

8:30-11:30

Naturalist Walk at Banning (slow)

Skywalk High Ropes Challenge

Watercolor Painting

1:15-4:15

Japanese Shibori

Home Winemaking & Wine Tasting

Aerobic Hike at Banning

8:30-11:30

Birch Bark baskets

How to be a Locavore: Making the Most of MN's Spring & Summer Bounty

Welcome

Friday, May 1

- 5-6:00 – Arrive at Center and check in
- 5:30 – Walking tours of campus
- 6:30 – **‘Dinner at the Lake’ Banquet**
 & keynote speaker **Maureen Pelton**
“Alchemy of the Heart: Embracing and Becoming your Essential Self”
- 9:00ish – Free time & Night Owl Theatre (*in the Climbing Wall*)

Saturday, May 2

- 6:30 – Zumba (*dining hall*) *Massage & Reiki individual sessions throughout the day**
- 7:45 – **Breakfast** *NOTE: Materials fees due are payable to the instructors at the class*
- 8:30-noon – Classes

8:30-10:00 – Reiki & Qi Gong (<i>Crosby Lounge</i>)	8:30-11:30 – Naturalist Walk slow **
8:30-10:00 – HeartSpace (<i>Climbing Wall</i>)	8:30-11:30 – Skywalk High Ropes **
10:30-12:00 – Ojibwe Life Hike**	8:30-11:30 – Watercolor Painting (<i>\$6 materials fee; Bremer</i>)
10:30-12:00 – T'ai Chi Chuh (<i>Climbing Wall</i>)	
10:30-12:00 – Beyond Your Limits (<i>Crosby Lounge</i>)	

12:15-1:00 – Lunch

1:15-2:45 – Yoga: Kriya Hatha (<i>Climbing Wall</i>)	3:00-4:30 – Nature’s Path to Wellness (<i>\$2 materials fee; Climbing Wall</i>)
1:15-2:45 – Native Landscapes (<i>start in Dining Hall</i>)	
1:15-2:45 – Self Myofascial Release (<i>Crosby Lounge</i>)	1:15-4:15 – Japanese Shitori (<i>\$20 materials fee; Schwyzer Lodge</i>)
3:00-4:30 – Meet Our Wild Staff **	
3:00-4:30 – Intuition: Super Intelligence (<i>Crosby Lounge</i>)	1:15-4:15 – Home Wine-Making and Wine Tasting (<i>\$10 materials fee; Bremer</i>)
	1:15-4:15 – Aerobic Hike at Banning**

- 6:00 – **Dinner**
- 7:30ish – Line Dance Party!
- 9:00ish – Night Hike, Free time& Night Owl Theatre (*in the Climbing Wall*)

Sunday, May 3

- 6:30 – Morning yoga (*Crosby Lounge*) *Massage and Reiki individual sessions throughout the morning**
- 7:30 – **Breakfast**
- 8:30-11:45 – Classes

8:30-9:30 – Meditation (<i>Crosby Lounge</i>)	10:15-11:45 – Dream Interpretation (<i>Climbing Wall</i>)
8:30-10:00 – Archery**	10:15-11:45 – Trauma & Its Effect on Illness (<i>Schwyzzer</i>)
8:30-10:00 – Thyroid & Adrenal Fatigue (<i>Schwyzzer</i>)	8:30-11:30 – Birch Bark Baskets (<i>\$5 fee; Dining Hall</i>)
10:15-11:45 – Yoga-Kundalini (<i>Crosby Lounge</i>)	8:30-11:30 – How to be a Locavore (<i>\$12 materials fee; Bremer</i>)

- 12:15 – **Lunch** ** See individual practitioner sign-up sheets for locations; available after check-in*
 - 1:00 – Closing and departure *** For classes without a location, please meet in front of the dining hall*
- NOTE: Materials fees are due payable to the instructors at the class*

PRESENTERS & PRACTITIONERS

Maureen Pelton – “Alchemy of the Heart—keynote” & “HeartSpace: Awakening to your Essential Self” – MSSW, has spent nearly 30 years using her intuitive gifts and scientific applications as an integrative psychotherapist, professional coach, consultant to over 150 organizations, teacher, and speaker. She has taught at the Univ. of MN’s Center for Spirituality and Healing, The Penny George Institute for Health & Healing, and currently teaches at Normandale Community College’s Integrative Health Education Center.

Carol Cravath – “Intuition” & “Dream Interpretation” – has over 30 years experience in the fields of teaching, counseling, social work and cultural diversity. She has taught dream interpretation for over 30 years and teaches the perceptive awareness techniques for rapid development of accurate intuition. In addition, Carole teaches compassion, empathy and peace-making skills to children.

Judy George – “T’ai Chi Chih” & “Self Myofascial Release” – has multiple certifications such as: group fitness, pilates trainer, yoga instructor, and accredited T’ai Chi Chih teacher/trainer, and currently educating people in Self MyoFascial release. She has been in the fitness world since 1989. Judy was awarded instructor of the year through the YMCA of the Greater Saint Paul. She is dedicated in helping people enjoy and achieving a sense of health and well being. Judy’s mission is to assist people in a holistic approach, connecting body mind and spirit.

Patricia Jensen – “Massage” – is a certified massage practitioner since 1993. She has been trained in Swedish massage, using a light touch or deep tissue depending on a person’s needs. She has been a Reiki practitioner since 2001 (now a level 3) and has been a Hot Stone Massage practitioner since spring of 2005. Patricia will offer seated chair massage, full body massage, reiki or hot stone massage.

Beth Jones – “How to be a Locavore” – lives s the Executive Chef of the Campus Club at the University of Minnesota and began her cooking career after a very dull stint in law school. She became a proponent of the local foods movement while at Lucia’s in Mpls. and is recognized as a leader at the U of MN for her commitment to fresh, locally sourced and organic food. Beth works closely with local purveyors to obtain food that is fresh, and perfectly ripe. That way "you don't have to coax flavor out of fruits and vegetables," says Jones. "It's already there."

Louise Kneeland – “Yoga—Kundalini” – lives in Moose Lake with her husband Todd. She is a newly retired, but working as a casual nurse at Mercy Hospital, and also owns and operates a Yoga Center in town, offering sessions twice a week. She has been practicing yoga since 1970 and teaching since 2002, when she finished training and received her certification at the Kundalini Research Institute in NM.

Pam Latson – “Reiki & Qi Gong” – is is a certified Reiki Master, Teacher, and Practitioner who has studied with healers from many parts of the world. Pam offers both hands-on and distance healing sessions in her healing practice. She doesn’t use a cookie cutter approach, but offers a variety of healing tools based on her client’s needs: Reiki, Qi Gong, Quantum Touch, Healing codes , EFT, VHT, Shamanic practices, Bach Flower Remedies, Herbs, Homeopathy, or combinations there of. In addition to Reiki, this class will also introduce you to some wonderful basic Qi Gong that will help increase your energy and improve your health and well being daily.

Amy Lichonczak – “Thyroid” & “Trauma” – MBA, became a Board Certified Naturopathic Doctor (BCND) in 2012. After completing her ND and Master Herbalist programs, she opened A Place 4U2 Heal (Richmond, VA) in order to help others find solutions to their health problems. Dr. Amy began this journey because of the limited options available for resolving her own family’s health issues; she is driven to focus on restoring and correcting challenging disorders caused by immune system dysfunction.

Beth Mikulay – “Wine Making” – makes nearly 1,000 bottles of wine annually from fresh fruits, fruit juices, and wine kits. She enters wines at the MN State Fair and is thrilled to consistently bring home ribbons. Beth works as a home winemaking consultant, was education coordinator and instructor at a Twin Cities winemaking supply company and has taught home winemaking through many Twin City area adult community education programs. She regularly attends the national WineMaker Magazine Conference as well as the Minnesota Grape Growers Association Cold Climate and Grape Conference. She is on the board of directors of the Purple Foot Wine Club.

Monica Mohn – “Line Dancing” – has over 18 years of ballroom dance experience, earning 3 “USA Dance” National Ballroom Dance titles and numerous dance awards. She teaches a variety of dance styles from Ballroom to Line Dance. She has coached dance teams, taught flash mobs plus choreographed routines for local MN bands. Her passion and enthusiasm for dance make her classes fun and dance easy to learn!

Erin O’Leary – “The Need for Native Landscapes” – is a Restorationist with Prairie Restorations Inc. and works to find the right prescription for areas needing/desiring to be returned back to the native landscape it once was. Whether that is an area in a homeowners backyard or several acres in newly developed and disturbed areas, she will guide the property owner through the steps required to install and maintain the native plants that will thrive in each area. She is an avid outdoors woman and nature enthusiast, and earned her BA in Scientific Illustration from Iowa State University and her Masters of Professional Studies in Horticulture from the University of Minnesota in 2013.

Karen Rogsvog – “Japanese Shibori” – lives in Minnetonka and spends part of every week in Willow River, MN. She has been dyeing natural fibers and growing plants for dye since the mid-70s. Always interested in the colors of nature, boiling plants, weeds, flowers and bark for use with fiber has made this inexpensive hobby a passion of hers. In addition to teaching fiber arts in the Twin Cities area, Karen also teach at North House Folk School in Grand Marais, the Clearing Folk School in Door County and the Sheep and Wood Festival in Jefferson, WI. She is a pianist, cellist, fisherman and ham radio operator.

Courtney Tchida – “How to be a Locavore” – has been Student Program Coordinator for the MN Institute for Sustainable Agriculture at the University of Minnesota since 2003. She is the Farm Manager for Cornucopia Student Organic Farm, which was created in 2005 for the purpose of giving students at the University a hands-on real world experience of growing organically as part of their college experience. Courtney has an M.Ed in Agricultural Education (2007) and a B.S. in Environmental Horticulture (1999) both from the University of Minnesota. She has also received training and certification in Permaculture Design, SPIN (Small Plot Intensive) Farming, and Biointensive farming.

Terri Trask – “Massage” – is a Licensed Massage Therapist who has been doing massage for 11 years. She absolutely loves it! Her home and business are located in Maple Grove, however she spends many weekends at her lake home here on Grindstone Lake. Terri is certified in Swedish, Deep Tissue, Foot Reflexology, Myofascial Release and Trigger Point Therapy and will customize your massage according to your needs.

Charrie VanVleet – “Yoga—Kriya Hatha” – has been teaching since 2001. She is a certified Kriya (purified action) Hatha yoga teacher from the Temple of Kriya Yoga in Chicago (2001), 500 Hour Yoga Therapy (2014), certified in prenatal and postnatal yoga, and apprenticed in Sound Healing. Her teachings are of the Kriya techniques, meditation, philosophy, pranayama, chakras (subtle anatomy) and yoga therapeutics. Her all level class begins with breath awareness and asanas (postures), and ends with a Yoga Nidra restorative.

Tawni VanVleet – “Zumba” – is a certified Zumba Fitness Instructor from nearby Brook Park, MN. She loves teaching Zumba classes and the reason is simple: Every class feels like a party! Arise early to join the Saturday morning class and you'll see what she means. You don't even have to know how to dance. Just move your body and follow her lead.

Teresa Wolfe – “Beyond Your Limits” & “Nature’s Path to Wellness” – Author, speaker, and CEO of Welcome Harvest LLC, Teresa is an Herbalist with an MS in Food Science and Nutrition, and over 26 years experience in environmental education, biological sciences and nutrition. She has presented programs throughout the Midwest area as well as internationally. Teresa practices what she refers to as “Eco-Herbalism” and is the founder of Global Healing Project 1, which focuses on the restoration of balance to humanity and the planet.

Dee Ziegler – “Meditation” & “Massage” – lives in Kettle River, MN and was first introduced to alternative healing practices in the '80s. Studying foot reflexology, she began taking classes in 1995 and in 2001 attended the Acupressure Institute in Berkeley, CA, becoming a certified practitioner of acupressure, shiatsu and massage. She opened her own practice and works out of her home, as well as traveling to various sites using these skills and therapies. Dee will offer seated chair massage, full body massage, foot reflexology, or acupressure.

AUDUBON CENTER OF THE NORTH WOODS STAFF

Jill Baum – “The Need for Native Landscapes” – is our Program Director.

Clarissa Ellis – “Birch Bark Baskets” – is our Program Specialist.

Haley Appleman – “Wild Staff” – is our Wildlife Apprentice.

Adel Huemiller – “High Ropes” & “Night Hike” – is one of our Advanced Naturalist Interns.

Kristin Morrow – “Watercolor Painting” – is one of our Advanced Naturalist Interns.

AJ Richard – “Aerobic Hike” & “High Ropes” – is one of our Advanced Naturalist Interns.

Emily Roediger – “Ojibwe Life Hike” – is one of our Advanced Naturalist Interns.

Asya Simons – “Archery” & “Naturalist Walk” – is one of our Advanced Naturalist Interns.

A special “Thank you” to Sandy Kispert, Front Desk Registrar, for the great job in organizing the details; to Char Husom, Operations & Finance Director and Laurie Fenner, Web & Marketing Manager, for all their additional efforts in bringing this weekend together; and to Nick Damico, Food Service Manager, and his marvelous kitchen staff for the fabulous meal service.



**Audubon Center of
the North Woods**

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Audubon Center of the North Woods

Women’s Wellness & Adventure Weekend



May 1-3, 2015

Women's Wellness & Adventure Weekend

Spring 2015 Menu – TENTATIVE, SUBJECT TO CHANGE

Here at the Audubon Center of the North Woods, we are always striving towards sustainability in our food choices by integrating local, seasonal, and organic foods whenever possible. And the health of you and all of our Women's Wellness & Adventure Weekend participants is very important to us. This menu is a reflection of those efforts, utilizing seasonal and local selections whenever possible, as well as scratch-based preservative-free cooking. Bon appétit!

NOTE: The wild rice served in various dishes throughout the weekend is locally harvested from area waters. Hand-picked by Dick and Lucy Draper of Aitkin, MN, the rice was then wood-parched by a White Earth Ojibwe elder.

Friday's Dinner at the Lake

SMOKEY BARLEY AND CHICKPEA SOUP GVN
BONELESS RIBEYE BEEF G
ASPARAGUS WITH BUTTER GV (contains dairy)
MASHED POTATOES V (contains dairy)
CRANBERRY MUSHROOM BAKED WILD RICE GVN
AU JUS G
HORSERADISH
SAUTEED MUSHROOMS GVN
ROLLS
SALAD BAR GVN
GARBANZO BEAN CHOCOLATE CAKE GV
ASSORTED DESSERTS
ORGANIC SHADE-GROWN COFFEE, HOT TEA, ORGANIC ICED GREEN TEA, MILK, SOY MILK, WATER

Saturday Breakfast

EPICURIOUS BAKED OATMEAL GV (contains oats & dairy)
CREAM AND SYRUP
SCRAMBLED EGGS W/ MUSHROOMS & CHIVES GV (contains dairy)
BREAKFAST POTATOES GVN
FRUIT GVN
YOGURT GV
OJ GVN
TOASTS, NUT BUTTERS, JAMS GVN
ORGANIC SHADE-GROWN COFFEE, HOT TEA, ORANGE JUICE,
MILK, SOY MILK, WATER

Saturday Lunch

ASPARAGUS SOUP GV (contains dairy)
WILD RICE BURGERS W/ CHEESE GV (contains oats & dairy)
TOASTED BUNS V
GARLIC MAYO GV
TOMATOES, SPROUTS, CONDIMENTS GVN
FRENCH FRIES GVN
PEA RADISH FETA DILL SALAD - GV
SALAD BAR - GVN
FLOURLESS PEANUT BUTTER COOKIES GVN
RHUBARB STRAWBERRY CRISP GV (contains oats & dairy)
WHIPPED CREAM GV (contains dairy)
ORGANIC SHADE-GROWN COFFEE, HOT TEA, ORGANIC ICED GREEN TEA, MILK, SOY MILK, WATER

Saturday Dinner

WILD RICE SOUP GV (contains dairy)

SALAD BAR GVN

CHICKEN WITH CREAMY SAUCE

ROASTED POTATOES GVN

SPINACH WITH GARBANZOS GVN

PEAS AND PEARL ONIONS GVN

ROLLS

FRUIT GVN

ASSORTED DESSERTS V & VG

ORGANIC SHADE-GROWN COFFEE, HOT TEA, ORGANIC ICED GREEN TEA, MILK, SOY MILK, WATER

Sunday Breakfast

MAHNOMEN PORRIDGE GV (contains dairy)

BACON G

CHEESY BAKED EGGS GV (contains dairy)

FRUIT GVN

YOGURT GV

OJ GVN

TOASTS, NUT BUTTERS, JAMS GVN

ORGANIC SHADE-GROWN COFFEE, HOT TEA, ORANGE JUICE,
MILK, SOY MILK, WATER

Sunday Lunch

VEGGIE CHILI GVN

WHITE CHICKEN CHILI G

CORNBREAD V

CHIPS GVN

SALSA GVN

CONDIMENTS

SALAD BAR GVN

FRUIT GVN

GLUTEN-FREE BROWNIES GV (contains dairy)

ASSORTED DESSERTS V

ORGANIC SHADE-GROWN COFFEE, HOT TEA, ORGANIC ICED SWEETENED GREEN TEA, MILK, SOY MILK, WATER