

Class Schedule for Women's Wellness & Adventure Weekend, May 5-7, 2017

PLEASE NOTE: class locations may change, depending on numbers of participants in each

Friday, 5/5/17

After-dinner keynote: Suzanne Worthley - *A Night with the Triple Goddess*

While there are goddesses across all times and cultures that represent every facet of life, the Triple Goddess, in particular, captures the essence of all life: birth, growth, and death/transformation, and eventual renewal. Traditionally presented as the Maiden-Mother-Crone archetypes, Suzanne will share personal stories and antidotes that support each milestone of a woman's journey: from entering womanhood (Maiden), to embracing motherhood (Mother) and empowering us in menopause (Crone). By sharing her journey of spirit; she will reveal how it is important to explore and honor the mysteries and strengths of our own phases or cycles. This Keynote presentation will also offer knowledge and ideas to empower you to express your divine feminine wisdom in all its facets. Optional: *Directly following the presentation, Suzanne will lead a guided meditation to further connect you with the Triple Goddess journey of finding your sacred feminine self; for the Goddess in you has been waiting to resurrect Herself through you, as you. It's time to let her out!*

Saturday, 5/6/17

6:30 am - Zumba - *Tawni VanVleet (DH)*

8:30-10:00	10:15-11:45	8:30-11:30
Yoga - Kriya Hatha - <i>Charrie VanVleet (CW)</i>	Intro to Wild Fermentation - <i>Mollie Rose Krumholtz (Bremer)</i>	Develop Your Psychic Skills - <i>Suzanne Worthley (lounge)</i>
Aromatherapy for Body, Mind and Spirit - <i>Cheri Bunker (Schwyzer)</i>	Crafts & Cocktails - <i>Jinae Plumhoff (Schwyzer)</i>	Canoeing on Grindstone Lake - <i>ACNW (front doors)</i>
Nature's Path to Wellness: Weed Walk - <i>Teresa Wolfe (DH)</i>	Communicating with Animals - <i>Rachel Augusta (CW)</i>	
1:15-2:45	3:00-4:30	1:15-4:15
Sound Meditations for Healing - <i>Cheri Bunker (Lounge)</i>	High Ropes - <i>ACNW (front doors)</i>	Grow Your Own Shiitake Mushrooms - <i>Kathy Yerich (DH)</i>
Reiki 101 - <i>Rachel Augusta (CW)</i>	Zentangle® Meditative Drawing - <i>Kathy Rosenow & Michelle Aalbers (Lounge)</i>	Naturalist Walk at Banning - <i>ACNW (front doors)</i>
Flat Needle Felting - <i>Mary Malsam (Schwyzer)</i>		Intro to Handmade Pasta - <i>Beth Jones & Annette Colon (Bremer)</i>

Post-dinner activities: Guided Zentangle® Meditation (lounge); Drum Circle (DH); 'Nature's Nightlife' night hike; table games available; snacks and drinks available

Sunday, 5/7/17

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

8:30-10:00	10:15-11:45	8:30-11:30
Meditation - <i>Dee Ziegler (lounge) (8:30-9:30)</i>	Yoga - Kundalini - <i>Louise Kneeland (CW)</i>	Aerobic Hike at Banning - <i>ACNW (front doors)</i>
Bird Basics & Beyond - <i>Clarissa Ellis (front doors)</i>	Sacred Grounding Rhythm Movement - <i>Cheri Bunker (lounge)</i>	Bead & Jewelry Making with Polymer Clay - <i>Deb George (Schwyzer)</i>
Archery - <i>ACNW (front doors)</i>		Making Herbal Preparations - <i>Teresa Wolfe (Bremer)</i>

Women's Wellness Weekend

Spring 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 afternoon 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.

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.

Aromatherapy for Body, Mind and Spirit

Enhance your well-being! Learn how many different essential plant oils can help us. Cheri Bunker will teach us about the history of Aromatherapy, most commonly used plant oils, properties, usage and safety. Learn which two oils are medicine cabinets in a bottle. Experience the oils by trying them and evaluating their properties. Create and blend your own personal mist spray and roll-on perfume to take home and then at the end of the class experience an aroma meditation as you visualize walking through the fields of flowers or on a path through the forest.

(\$5 materials fee)

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)**

Birding Basics and Beyond

All birds have some basic features in common, but it is their unique design and features that allows them to survive in every habitat on earth. In this class led by ACNW naturalist Clarissa Ellis, we will explore bird characteristics, biology, and simple field identification techniques. Weather permitting, it will also include a demonstration of bird banding. You may even get to hold a wild bird in your hand.

Canoeing on Grindstone Lake

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, turn and stop. Take to the waters of Grindstone Lake and enjoy the changing season as you practice and improve your paddling techniques.

Communicating with Animals to Help Them Through Emotional and Physical Problems

In this course, Rachel Augusta - HTACP, HTP, Reiki Master/Teacher, mentor and coach - will give you simple but effective communication tools to help you work through situations with animals. These tools have been used by people who have animals with severe anxiety, that have experienced abuse, are aggressive, bark too much or are behaving in ways that are inappropriate. Rachel has taught these tools to animal shelters and sanctuaries, to help the animal residents feel calmer and adjust to their new homes, and to healers that want to work more deeply with our furry, feathered and scaled friends. You DO NOT need to be a psychic or animal communicator. This class is for anyone who loves animals and wants to have a deeper connection with them regardless of the animal's emotional or physical health.

Crafts & Cocktails

Artist Jinae Plumhoff will help you exercise your creativity in this fun and unique course where you will take items from home and merge them with items found in nature to create a one of kind wall hanging. Please bring a special picture or two and/or embellishments that you would like to utilize in this project. If you can't think of something to bring or you sign up last minute, no problem... just bring things found in nature. Wooden plaques and embellishments will be provided. *Mimosas will be served.* **(\$10 materials fee)**

Women's Wellness Weekend

Spring 2017 Class Descriptions & Pre-registration

Develop Your Psychic Skills

We all have some psychic gifts and abilities. Top-level integrative energy specialist, healer, and teacher, Suzanne Worthley will help you uncover your own true potential to develop your sensing and feeling skills and talents. Psychic and spirit development can transform your life. This class is for everyone that has the desire to believe that life is more than a purely physical experience.

Grow Your Own Shiitake Mushrooms

Spring is the perfect time of the year to plant the seeds, actually spores, of mushrooms. Shiitake mushrooms, *Lentinula edodes*, don't grow naturally in the woods here in MN, but with some freshly cut logs and some spawn from Field and Forest Products (www.fieldforest.net), Kathy Yerich, co-author of "*Mushrooms of the Upper Midwest*", will show us how to prepare logs for fruiting the following year. We'll set up an assembly line style to drill holes, insert the sawdust and spore mixture, and cover with wax. Over the next year, you'll keep them moist and wait. Once established, your logs should produce for many years. Each participant will bring home two inoculated logs. **(\$5 materials fee)**

Intro to Handmade Pasta

Learn the basics of handmade pasta as chefs Beth Jones and Annette Colon guide you through the ingredients, equipment and techniques needed to produce the most simple and delicious pasta dishes you've ever made. Learn how to make basic cut pasta, stuffed pastas, classic tomato sauce, Amatriciana sauce, and possibly forage for ramps outside the classroom door to tuck into ricotta ravioli. **(\$12 materials fee)**

Intro to Wild Fermentation

Wild fermentation has been practiced in nearly every culture in the world to preserve fresh foods, enhance flavors, and increase nutrition. As we reconnect with natural cycles, we turn to wild microflora and living foods to sustain our health mentally, emotionally, and physically. In this class, naturalist educator Mollie Rose Krumholz teaches us the basic principles of wild fermentation, and its cultural significance and practical elements. Learn techniques, styles, equipment, and troubleshooting. Whether it's your first ferment or hundredth, come prepared to try your hand at making a basic vegetable-based ferment at a home-scale. Bring your own glass jars, if able. If you have a vegetable, herb, or food you'd like to learn to ferment, or to add to our creation, please feel free to bring it along. **(\$5 materials fee)**

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.)**

Making Herbal Preparations

Eco-Herbalist Teresa Wolfe will provide simple answers to important questions, like: How do you determine quantities and dosage? What's the best way to store the herbs to preserve their flavor and medicinal properties? What's the shelf-life of herbs? What exactly are infusions, decoctions, tinctures, etc.? You'll receive simple how-to directions to prepare remedies to soothe minor issues and prevent them from becoming major ones. Learn how to make flavored cooking oils, massage oils, and oh, so much more! In this class, we will make a useful salve for insect bites and stings. As always, Teresa's classes are packed to the brim with practical, easy to take-home-and-use information. **(\$5 materials fee)**

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Women's Wellness Weekend

Spring 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

Also known as the "Weed Walk", Eco-Herbalist Teresa Wolfe guides us on a tour around the Center's property as she identifies and profiles plants that can be used as a wild food and/or medicine. She entertains and enlightens us with stories of discovery and her experiences using these amazing plants commonly ignored and disregarded as 'weeds'. Each participant will make an index-card 'herbarium' to use for future reference. **(\$2 materials fee)**

Flat Needle Felting

Often called "painting with wool", this technique is the art of creating pictures or design with wool on wool. Needle felting can be used to upgrade or repair a wearable sweater, or used to add extra style to up-cycled wool objects. Felting artist Mary Malsam will show us how to felt that discarded sweater and the possibilities that can be created. The class will consist of a relatively short period of discussion then you will practice creating a design by needle felting. Come join the fun. No experience is needed.

Reiki 101: Learn how to channel energy from start to finish!

In this workshop, Rachel Augusta - HTACP, HTP, Reiki Master/Teacher, mentor and coach - will explain energy and the science behind it. Then you will dive right in and learn how to ground yourself and connect to universal life force energy! Each attendee will get to practice their skills and learn how to 'cut' energetic ties after a session.

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)**

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 spring 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.)**

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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.)**

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! The Zentangle® method, created by Maria Thomas and Rick Roberts, is 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