



# Audubon Center of the North Woods

*Experience Your Environment*

September 7, 2018

Dear Women's Wellness & Adventure Weekender,

Our fall Women's Wellness & Adventure Weekend is coming up soon and we are excited to share that wonderful weekend of learning, relaxation and fun with you!

Attached is your participant information. As usual, this fall's event offers a wide variety to choose from. On Friday evening, Jen Grant, Holistic Health Coach and author of *Dying to be Good Enough* and *Hotdish for the Heart*, will be our keynote speaker. Her talk entitled "*Leading with Love*" will give us simple tools to spread love for self, others and earth. Throughout the weekend, in addition to a great lineup of classes, 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 Chakra session with Jen Grant, healing session with Reiki Master Mary Jo Feely, or reading with Intuitive Amy Vasterling, or treat yourself to a Pampered Head session with Jasmine Paron.

Read through the enclosed materials, schedule and class descriptions. Complete and return the attached forms (pgs 11-14), including the **Linen, 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 included in this info 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...you can 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 4:00-5:30 pm on Friday** to get settled in before dinner at 6:30 pm (check-in opens at 4:00 pm). We are offering a walking tour of class locations at 5:30 pm and social begins at 6:00 pm. (If you will be arriving late, no worries – we know Friday traffic and work schedules sometimes necessitate a later arrival.) 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

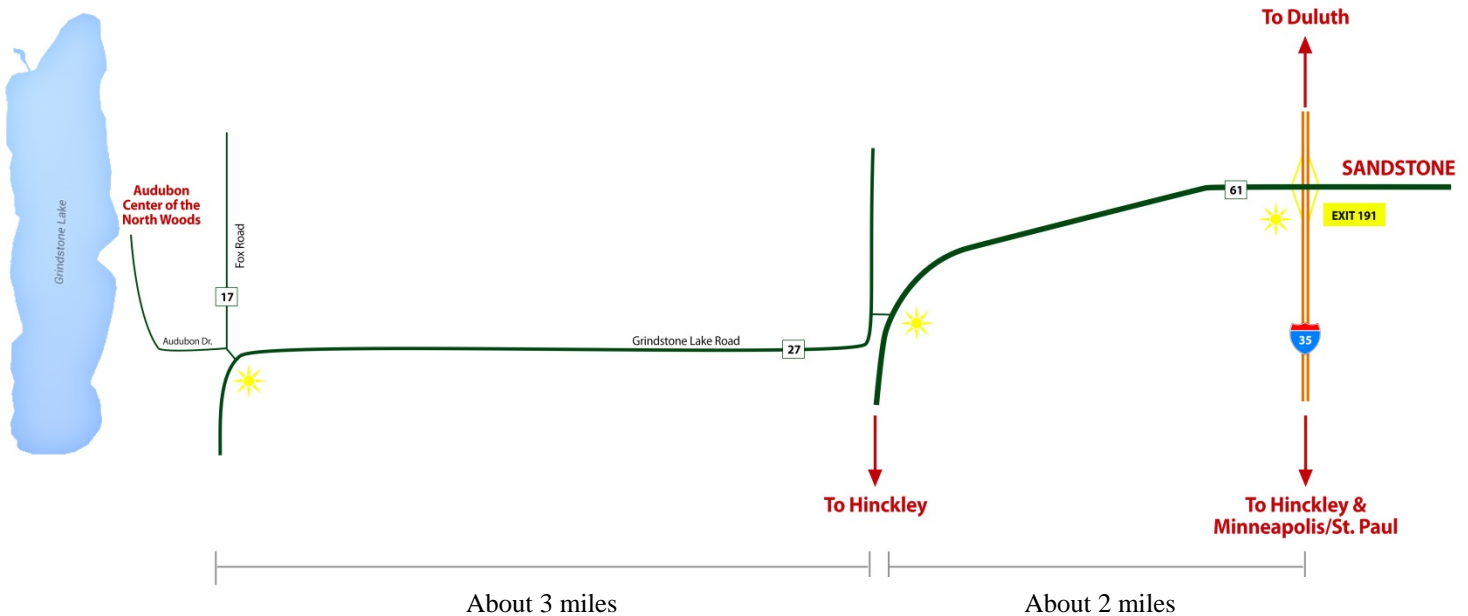
*If searching for our location online, use [maps.google.com](https://maps.google.com)*

### 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 5-7, 2018*

## **General information**

**Start and finish times:** Please plan to arrive at the Audubon Center on Friday between 4:00-5:30 pm (check-in opens at 4:00 pm) to get settled in. We offer a walking tour of class locations at 5:30 pm and social hour begins at 6:00, dinner at 6:30. The program will officially end following the Sunday lunch and closing – about 1 pm.

**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.

**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 after hours – after hours messages will be delivered to you the next morning. The fax number for the center is (320) 245-5272.

**Internet:** There is free wireless internet access in all of our lodging buildings and main dining room.

**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 780 acres on the east shore of Grindstone Lake, approximately six miles west of Sandstone, Minnesota. A map is enclosed.

### **Accommodations:**

- Double-, triple- 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 beforehand 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).**

**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 [audubon1@audubon-center.org](mailto:audubon1@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 or tea 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). Note: we do not have an ATM on premises but can exchange for cash via credit card in our gift store; there is a \$3 fee per transaction

### 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 have several double-filtered drinking fountains/water bottle filling stations that help take out much of the natural metallic taste of the water.

## Tentative Schedule for Women's Wellness Weekend - Oct. 5-7, 2018

Friday, 10/5		
After-dinner keynote: <b>Jen Grant</b> - <i>"Leading with Love - simple tools to spread love for Self, Others and Earth"</i>		
Saturday, 10/6		
6:30 am - Yoga, Kriya Hatha - Charrie VanVleet		
<b>8:30-10:00</b>	<b>10:15-11:45</b>	<b>8:30-11:30</b>
Mandala Rock Painting - Patricia Jensen	Archery	Naturalist Walk at Banning
Chakras: The Basics - Jen Grant	Self-Healing Body, Mind & Spirit Through Reiki - Mary Jo Feely	Mushroom Walk - Kathy Yerich
Let's Play Ball - Amy Vasterling	Release, Balance & Stretch - Judy George	
<b>1:15-2:45</b>	<b>3:00-4:30</b>	<b>1:15-4:15</b>
Heal Your Animals, Heal Your Life - Rachel Augusta	Canoeing	Cooking Where the Wild Things Are - Beth Jones
Sound Meditations for Healing - Cheri Bunker	Sacred Grounding Rhythm Movement - Cheri Bunker	Aerobic Hike at Banning
Drum Song: Basic Techniques - Marisa Cuneo-Linsly	Écouter Body Psychology - Daena Desjardins (3:00-5:00)	Skywalk High Ropes Challenge
Balancing the Energy Field with Gemstones & Light Language - Mary Jo Feely		
Sunday, 10/7		
6:30 a.m. - Yoga - Kundalini - Louise Kneeland		
<b>8:30-10:00</b>	<b>10:15-11:45</b>	<b>8:30-11:30</b>
Meditation - Dee Ziegler (8:30-9:30)	Chakra Cleanse Meditation - Jen Grant (10:15-10:45)	Stained Glass Mosaic Mirrors, Photo Frames or Garden Rocks - Colleen Illikainen
Reiki with the Raptors - Rachel Augusta	Yoga - Kundalini - Louise Kneeland	Shinrin Yoku (Forest Bathing ) - Cheri Bunker
Nature Journaling		Making Herbal Preparations - Teresa Wolfe

# Women's Wellness Weekend

## Fall 2018 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.

### **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.

### **Balancing the Energy Field with Gemstones & Light Language**

---

Healing energy is experienced in many ways, such as visually or through our sense of touch. When healing vibrations and frequencies are expressed verbally, written, or signed with the hands, it is known as Light Language. Healing energy is also experienced through the vibrational properties of gemstones. During this class, Mary Jo Feely – RN, Reiki Master and Intuitive Energy Healer – gives us an opportunity to learn how Light Language and gemstones can be used to support our physical, emotional, mental and spiritual health and well-being.

### **Canoeing**

---

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, turning and stopping. Take to the waters of Grindstone Lake and enjoy the beautiful fall colors as you practice and improve your paddling techniques.

### **Chakra Cleanse Meditation**

---

While this meditation is open to everyone, if you attend Saturday's class with Jen Grant you'll have a better understanding of WHY it is important. In this class, Jen will lead a guided meditation that will focus on balancing and cleansing each of the Chakras. You'll feel, in real time, what it's like when your Chakras are spinning, balanced and working properly. Walk away feeling completely relaxed and refreshed – a great way to end the weekend together!

### **Chakras: The Basics**

---

This class with Holistic Health Coach Jen Grant starts with an overview answering the questions "What is a Chakra" and "Why do they matter". From there, we'll dive into each Chakra, covering the basics along with understanding what it means to be under stimulated, over stimulated and balanced. We'll also cover what you can do to support each Chakra along with an affirmation. You'll walk away with not only the basics but also how to balance each Chakra and why they are so important.

### **Cooking Where the Wild Things Are**

---

Minnesota is home to a huge variety of delicious wild mushrooms, and now has a number of amazing mushroom farms growing beautiful cultivated varieties. Follow up your morning Mushroom Walk with an afternoon in the kitchen with Chef Beth Jones, from the University of Minnesota's Campus Club, as she teaches recipes using a variety of wild and cultivated mushrooms, and a few other foraged items, to carry you through the winter. Recipes will include Ian's Grilled "Flamingos" on Toast; Grilled Mushroom, Squash and Autumn Greens and Purslane Salad; and Japanese Root Vegetable and Mushroom Stew with Seared Salmon and Miso Aioli. **(\$12 materials fee)**

### **Drum Song – Basic Techniques**

---

Come and join Marisa Cuneo-Linsly from the Women's Drum Center, 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.

>> *continued on next page*

# Women's Wellness Weekend

## Fall 2018 Class Descriptions & Pre-registration

### Écouter Body Psychology

---

Learn to listen to your body's innate wisdom and recognize the physical manifestations of hurt feelings. Body-mind therapist Daena DesJardins will discuss common illness and distresses in a body that hasn't processed emotions completely, and guide us in a guided meditation and scan to hear the information our bodies have for us. You will leave this session with a greater appreciation of your body and may want to bring a journal to record the insights gained.

### Heal Your Animals, Heal Your Life

---

We all know stress is a major killer, but did you know that your stress directly affects the health of your furry and feathered animal companions? This class benefits stressed women who have full schedules and can't find time for themselves who also live with fur babies that might have physical and/or emotional problems. During this class, Rachel Augusta - HTACP, HTP, Reiki Master/Teacher, mentor and coach - will give you clear and easy tips to de-stress your mess and explain the impact your emotions have on your animals, along with the best way to prevent them from getting major illnesses. Rachel will create a safe, sacred, and protected space while she works on your animal's chakras. In this space, you will also be invited to join in a healing for yourself to bring love and relaxation to yourself. If you are calm, it makes it easier for your fur babies to heal both emotionally and physically. It's very common for those who attend the group healings to feel rested and relaxed throughout the evening and into the next day. Which is good not only for you, but for your furry loved ones too. **(Please bring a hard copy photo of 1 of your fur babies.)**

### Let's Play Ball

---

Whether you've studied about energy healing or you haven't, in this class, Intuitive Pathfinder Amy Vasterling will teach you what energy healing is, how it works, why people love it, and why you might find it is a simple way to serve your own health and the health of others. You'll also learn one technique you can use anywhere and anytime to send the best energy to those in need at exactly the right moment! Now who is the cool kid? If you choose to learn this? It's YOU!

### 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 tasty medicinal lip balm for the coming winter season. As always, Teresa's classes are packed to the brim with practical, easy to take-home-and-use information. **(\$6 materials fee)**

### Mandala Rock Painting

---

Mandala is a Sanskrit word that means circle. Mandalas generally have one identifiable center point, from which emanates an array of shapes and forms, balancing visual elements, symbolizing unity and harmony. Mandalas represent the connection between our inner worlds and outer reality. Patricia Jensen will guide you in this inspirational and therapeutic activity of designing your own mandala on a North Shore rock. **(\$10 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. **(For your comfort, bring a yoga mat, bed roll, or sleeping bag to lie on, and a blanket)**

>> *continued on next page*

# Women's Wellness Weekend

## *Fall 2018 Class Descriptions & Pre-registration*

### **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.

### **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 Journaling**

---

Minnesota poet Bill Holm claims the Midwest demands a special type of vision—a "prairie eye" attracted to the "distance, light, and clarity" of open spaces rather than the complexity of forested areas. Anyone who wants to put the subtle charm of the so-called flyover states into words must cultivate this eye. However, effective nature writing deals in minutiae (the silvery quality of birdsong, the smell of leaves in the rain, etc.) as well. In this writing workshop led by ACNW Naturalist Corrina Carter, participants will analyze several examples of expansive yet detail-driven prose, then pen their own landscape descriptions while walking the ACNW grounds for inspiration.

### **Reiki with the Raptors**

---

Give a distance (from a distance and not physically touching the birds) reiki healing session to the raptors at ACNW. Rachel Augusta - HTACP, HTP, Reiki Master/Teacher, mentor and coach - will explain energy medicine, how to perform it and how to use it to help bring healing to those in need. Students WILL NOT be touching the birds at any point during this class - when channeling energy, physical touch isn't needed. There will be time for Q&A... and the sweet porcupine, Spike, will also receive some Reiki love. This is a great workshop for anyone who has wanted to try energy medicine, wants more practice with animals/birds, has only tried hands-on energy work and would like to experience distance work, or just wants the lovely experience of bringing love and healing to the Raptors at ACNW.

### **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.

### **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)**

>> *continued on next page*



# Women's Wellness Weekend

## Fall 2018 Class Descriptions & Pre-registration

### Self-Healing Body, Mind & Spirit Through Reiki

---

As holistic beings, our physical, emotional, mental and spiritual aspects are intertwined. Health and wellness consist of having a balance between these parts of ourselves. Energy blockages and imbalances can frequently lead to illness and disease, and Reiki can play a role in supporting the journey back to health. During this class, Mary Jo Feely – RN, Reiki Master and Intuitive Energy Healer – will teach you about the history of Reiki, the ways that Reiki supports the human energy system, and you will also have the opportunity to experience both individual and group healing.

### 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

---

NEW ROPES COURSE just installed! 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. **(For your comfort, bring a yoga mat, bed roll, or sleeping bag to lie on and a pillow and blanket – you won't regret it.)**

### Stained Glass Mosaic Mirrors, Frames or Garden Rocks

---

Using glass mosaic pieces and beads, stained glass artist Colleen Illikainen will teach you mosaic techniques that you can apply to any surface, such as a bowling ball, terra cotta pot, birdhouse, etc. In this class, each participant can choose to make one of two beautiful projects: either a 'stained glass' mirror/photo frame or a mosaic rock for your garden. **(Materials fees: \$15 for a mirror/photo frame or \$10 for a rock).**



### 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. This is an early Saturday morning class (6:30-7:30 am) – no need to pre-register for this class. **(Please bring your own yoga mat, 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. This class is offered as both an early Sunday morning session and a class later that morning. **(Please bring your own yoga mat, if possible.)**

-----

# Women's Wellness Weekend

## *Fall 2018 Class Descriptions & Pre-registration*

**Saturday evening activities - tentative** (no pre-registration needed; evening activities will be announced at dinner)

**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. (outside Dining Hall weather permitting – otherwise inside; approximately 8:30-9:30 pm)

**'Crepuscular Creatures' evening hike** – join ACNW naturalists to venture out into woods as twilight falls, to learn about and possibly hear or see some of the crepuscular creatures at the Center (approx. 7:45-8:30 pm)

**Table games** will be available in the Dining Hall – start a game or join in on one. (note: during the short drum circle (if inside), 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 near 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.

***Other evening activities, if applicable, will be announced at the event. Snacks will be available in the Dining Hall in the evenings.***

**Private sessions** (massages, reiki/energy healing, intuitive readings, chakra readings) will also be available both evenings – see sign-up sheets by check-in to schedule an appointment.

### **Fall 2018 practitioners offering private sessions:**

---

- Mary Jo Feely – Reiki healing and Light Language healing sessions
- Jen Grant – Chakra assessment sessions
- Patrica Jensen – Massage sessions
- Beth Nicholas – Massage sessions
- Jasmine Paron – Pampered Head scalp massage and Monat hair wash/treatment
- Amy Vasterling – Intuitive readings
- Dee Ziegler – Massage sessions

# Women's Wellness Weekend

## Fall 2018 Class Descriptions & Pre-registration

### Class Preference Choices

**NOTE: there are two short sessions (A & B) that run concurrently with each long session (C). (so you can choose a class in BOTH A and B sessions – or – one class in C).**

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

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

#### Saturday Morning October 6

##### Early morning yoga 6:30

##### **A** Morning session 1.5-hr classes

- \_\_\_\_\_ 8:30-10:00 – Mandala Rock Painting (\$10 materials fee)
- \_\_\_\_\_ 8:30-10:00 Chakras: The Basics
- \_\_\_\_\_ 8:30-10:00 – Let's Play Ball

##### **B** Morning session 1.5-hr classes

- \_\_\_\_\_ 10:15-11:45 – Archery
- \_\_\_\_\_ 10:15-11:45 – Self-Healing Body, Mind, & Spirit with Reiki
- \_\_\_\_\_ 10:15-11:45 – Release, Balance & Stretch

##### **C** Morning session 3-hr class

- \_\_\_\_\_ 8:30-11:30 – Naturalist Walk at Banning
- \_\_\_\_\_ 8:30-11:30 – Mushroom Walk

#### Saturday Afternoon October 6

##### **A** Afternoon session 1.5-hr classes

- \_\_\_\_\_ 1:15-2:45 – Heal Your Animals, Heal Your Life
- \_\_\_\_\_ 1:15-2:45 – Sound Meditations for Healing
- \_\_\_\_\_ 1:15-2:45 – Drum Song: Basic Techniques
- \_\_\_\_\_ 1:15-2:45 – Balancing the Energy Field

##### **B** Afternoon session 1.5- to 2-hr classes

- \_\_\_\_\_ 3:00-4:30 – Canoeing
- \_\_\_\_\_ 3:00-5:00 – Sacred Grounding Rhythm Movement
- \_\_\_\_\_ 3:00-5:00 – Écouter Body Psychology

##### **C** Afternoon session 3-hr classes

- \_\_\_\_\_ 1:15-4:15 – Cooking Where the Wild Things Are (\$12 materials fee)
- \_\_\_\_\_ 1:15-4:15 – Aerobic Hike at Banning
- \_\_\_\_\_ 1:15-4:15 – Skywalk High Ropes Course

#### Sunday Morning October 7

##### Early morning yoga 6:30

##### **A** Morning session 1.5-hr classes

- \_\_\_\_\_ 8:30-9:30 – Meditation (1 hr)
- \_\_\_\_\_ 8:30-10:00 – Reiki with the Raptors
- \_\_\_\_\_ 8:30-10:00 – Nature Journaling

##### **B** Morning session 1.5-hr classes

- \_\_\_\_\_ 10:15-11:45 – Yoga - Kundalini
- \_\_\_\_\_ 10:15-10:45 – Chakra Cleanse Meditation (1/2 hr)

##### **C** Morning session 3-hr classes

- \_\_\_\_\_ 8:30-11:30 – Stained Glass Mosaic Mirror/Frame or Rock (\$10 or \$15 materials fee)
- \_\_\_\_\_ 8:30-11:30 – Shinrin Yoku (Forest Bathing)
- \_\_\_\_\_ 8:30-11:30 – Making Herbal Preparations (\$5 materials fee)

### Services – massage, private healing & reading sessions, hair treatment

Upon arrival and through the weekend, you will be able to sign up for massage and private sessions. **Remember**, as part of your weekend package, 10 minutes of massage are included at no charge – you may sign up for additional massage time at \$11 per additional 10-minute increment (payable to the practitioner). In addition, Holistic Health Coach Jen Grant, Reiki Master Mary Jo Feely, and Intuitive Pathfinder Amy Vasterling will be offering private sessions and Jasmine Paron will be providing head pampering appointments – pricing and more info will be on the appointment sign-up sheets, 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**

You will receive your class schedule upon arrival and check-in; you may change your classes throughout the weekend, based on availability.



**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](mailto:audubon1@audubon-center.org)

---

### Women's Wellness Weekend – October 5-7, 2018

---

**Please return this form to ACNW at your earliest convenience**

Guest's Name(s) \_\_\_\_\_

<p><b>Are you requesting linens?</b></p>
--

<p>(\$10.00 person; includes a blanket, pillow, set of sheets and set of towels)</p>
--

\_\_\_\_\_ **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)



**Audubon Center  
of the North Woods**

Women's Wellness Weekend Fall 2018

# 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: audubon1@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 \_\_\_\_\_

<u>Emergency Contact</u>
_____
Name _____
Relationship _____
Daytime Phone _____
Evening Phone _____

<u>Primary Physician (s)</u>
_____
Name _____
Phone _____
_____
Name _____
Phone _____

<u>Insurance Information</u>
_____
Carrier _____
Policy # _____
Group # _____
Phone _____

- Do you have any of the following conditions?  
 Epilepsy/seizures     bleeding/clotting disorder     heart disease     Asthma/emphysema  
 high blood pressure     diabetes    OTHER: \_\_\_\_\_
- Allergies (food, environmental, medication): \_\_\_\_\_  No known allergies
- 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.  
 \_\_\_\_\_
- List any medications taken on a daily basis (or attach separate sheet): \_\_\_\_\_  Do not take any medications
- Do any medications require refrigeration?     Yes     No
- Do you have any other Medical Condition of which the Center should be aware? (describe below)  
 \_\_\_\_\_
- 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**

# Liability Release Form

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

*Please complete and sign this form for each participant  
in your party - required before program participation*

## Assumption of Risk and Liability Release

Participant Name \_\_\_\_\_

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-Audubon Center 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.

Accordingly, I hereby voluntarily release and forever discharge the Audubon Center of the North Woods, including all of their personnel, agents, affiliates, staff and directors, 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 the Audubon Center of the North Woods 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 (required) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date \_\_\_\_\_

I am a (please check one of the following):

- |  |   |
|--|---|
| <input type="checkbox"/> Participant of legal age/adult.                                       | <input type="checkbox"/> Parent/Guardian/Chaperone who will attend the Audubon Center program.                              |
| <input type="checkbox"/> Parent/Guardian who will not be attending the Audubon Center program. | <input type="checkbox"/> Teacher/Staff Member of the participating school/group who will attend the Audubon Center program. |

**Select one below (required):**

- |   |  |
|---|--|
| <input type="checkbox"/> Yes, I authorize the Audubon Center to use any photos taken during the visit in publicity materials for the Center and understand my/my child's name will not be used. | <input type="checkbox"/> No, I do not authorize the Audubon Center to use any photos taken during the visit in publicity materials |
|---|--|

\_\_\_\_\_ (Parent/Guardian or Participating Adult Signature required)