



# Audubon Center of the North Woods

*Experience Your Environment*

September 10, 2019

Dear Women's Wellness & Adventure Weekender,

We are looking forward to sharing a wonderful weekend of learning, de-stressing and fun with you at our upcoming Fall Women's Wellness & Adventure Weekend in just about 3 weeks! On Friday evening, spiritual life coach, shamanic healer, author and physician Sarah Bamford Seidelmann, will start off the weekend with her keynote entitled *"From Physician to Healer: Lions and Bears and Black Mambas, Oh My!"* where she will share her transformation from meeting just the physical needs of patients to her focus on an entirely different way of healing and helping others live in a lighter, more conscious way. Throughout the weekend, you may also decide to indulge in a massage with one of the weekend's massage therapists – Patricia Jensen, Beth Nicholas or Dee Ziegler, schedule a shamanic healing session with Sarah Bamford Seidelmann, private Chakra session with Jen Grant, healing session with Reiki Master Pam Latson, or reading with Intuitive Amy Vasterling.

Read through the attached. Please note class times, as some overlap, and a few of the classes have small materials fees, so please take note of those. There are several classes that have fairly low maximums because of the hands-on attention and materials needed, we ask that you **limit your #1 choices to include just one of the following: Birch Bark Baskets and Felted Gnomes** (but you can indicate additional as #2 choices). 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 block.

Complete and return the attached forms on pages 11-14, including the **Linen, Medical and Liability forms** and **Class Pre-Registration, as soon as possible**. The forms 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 and see you soon!

**Laurie Fenner**

Women's Wellness Coordinator

## Driving directions to

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

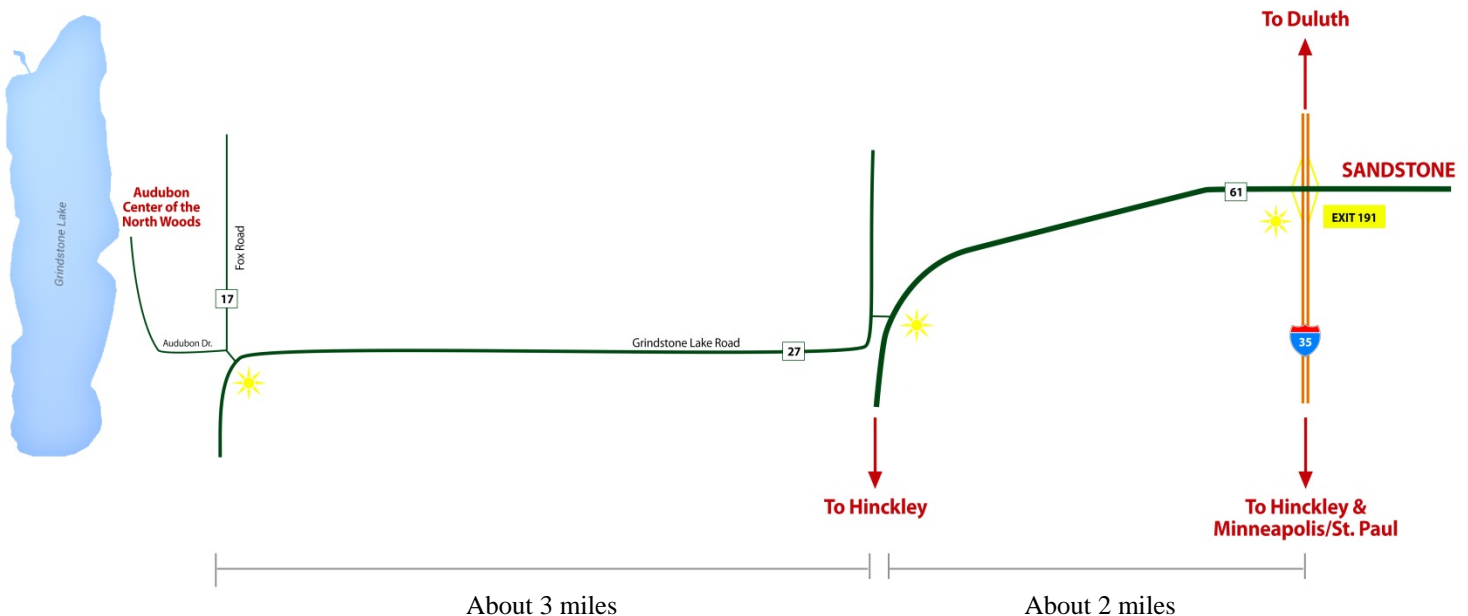
*If searching for our location online, use [maps.google.com](https://maps.google.com)*

### 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 4-6, 2019***

## **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 – those 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 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).**

**Alcohol:** When school groups are not present, such as 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.

**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 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:

- We 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.

\* Please be aware that our water comes from a well and has a lot of iron and minerals in it. We have several double-filtered drinking fountains/water bottle filling stations that help take out much of the natural metallic taste of the water. Remember to bring your water bottle (and travel coffee mug, if a coffee drinker).

## Schedule for Women's Wellness Weekend Fall 2019 - October 4-6

<b>Friday, 10/4</b>		
After-dinner keynote: <b>Sarah Bamford Seidelmann, <i>From Physician to Healer: Lions and Bears and Black Mambas, Oh My!</i></b>		
<b>Saturday, 10/5</b>		
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>
Reiki & Qi Gong - Pam Latson	Sound Meditations for Healing - Cheri Bunker	Skywalk High Ropes Challenge
Basic Pilates - Judy George	Release, Balance & Stretch - Judy George	Mushroom Walk - Kathy Yerich
You and your Intuition, a personal journey - Amy Vasterling	Mandala Painted Rocks - Patrica Jensen (2 hrs)	Naturalist Walk at Banning
<b>1:15-2:45</b>	<b>3:00-4:30</b>	<b>1:15-4:15</b>
Tapping to Release Pain and Stress Now (EFT) - Nancy Lindgren	Journals & Journaling - Kate Crowley (2 hrs)	Birch Bark Baskets - Clarissa Ellis Prudhomme
Drink Your Way to Health with Nourishing Herbal Infusions - Melissa Barrett	Canoeing	Finding Your FEEL-GOOD on the Hero's Journey! - Sarah Bamford Seidelmann
Rhythm of Spirit - Cheri Bunker	Chakras: The Basics - Jen Grant	Aerobic Hike at Banning
<b>Sunday, 10/6</b>		
6:30 a.m. - Yoga - Kundalini - Louise Kneeland (lounge)		
<b>8:30-10:00</b>	<b>10:15-11:45</b>	<b>8:30-11:30</b>
Meditation - Dee Ziegler (lounge) (8:30-9:15) Chakra Cleanse Meditation - Jen Grant (9:15-10:00)	Love the Earth class - Jen Grant	Felted Gnomes - Mary Malsam
Yoga - Kundalini - Louise Kneeland	Choose Yourself: Rush Hour...Hit the Brakes! - Michelle Aalbers (2 hrs)	Tricks and Twists on Holiday Cooking - Beth Jones
Have a Highly Sensitive Child (HSC)? Find out and change their life and yours. - Amy Vasterling	Archery	
	How to Use Divination Cards for Better Decisions - Nancy Lindgren	

# Women's Wellness Weekend

## *Fall 2019 Class Descriptions & Pre-registration*

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

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

### **Archery**

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

### **Basic Pilates**

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Pilates offers a bridge between mind and body, between everyday life and optimal performance, between rehabilitation and healthy movement; it also offers a system that, when used to its fullest potential, can enhance every aspect of life. Certified personal trainer, yoga, pilates, T'ai Chi Chih, and Seijaku instructor, Judy George will take you through some basic principles such as awareness, correct breath & body movement with precision, & control.

### **Birch Bark Baskets**

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For centuries, the bark of the paper birch has been used by northern peoples for utilitarian items like sauna shoes, pack baskets, house and canoe coverings, torches, food processing and cooking trays, and storage baskets. Each culture had unique styles and techniques for creating these items. Experienced birch bark basket artist Clarissa Ellis Prudhomme leads this class. Participants will have the opportunity to make a birch bark basket in either the Ojibwe or Scandinavian style. Learn about the natural and cultural history of this craft as well as the collection and preparation of the materials used.

**(\$5 materials fee)**

### **Canoeing**

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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**

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While this meditation is open to everyone, if you attend Saturday's class with Holistic Health Coach 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**

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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 knowing not only the basics but also how to balance each Chakra and why they are so important.

### **Choose Yourself: Rush Hour... Hit the Brakes!**

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Busy! Busy! Busy! The hustle and bustle of daily life has us forgetting to slow down. Imagine sitting in rush hour traffic. You are at a standstill in a sea of vehicles. Is your mind quiet or are you frustrated? How do you choose to use that time? Sometimes these forced pauses are the only ones we take. We tell ourselves these forced "breaks" are enough, but we crave more calmness. You are not alone in the quest for calm or in the challenges of making time for yourself and creating space to shift your perspective. Let's hit the "breaks" together as Michelle Aalbers, founder of Jai Dee in Osseo, MN, shows us how.

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# Women's Wellness Weekend

## *Fall 2019 Class Descriptions & Pre-registration*

### **Do You Have a Highly Sensitive Child (HSC)? Find out and change their life and yours.**

Is there a child in your family different than the others but you can't put your finger on it? They are sensitive emotionally, seem to be able to read your mind, complain about their clothing being too scratchy, have a hard time focusing at school but no problem focusing for long periods at home, have a perfectionist tendency, are a deep thinker and have made observations out of character for their age, are sensitive to light and smells, and seem to get overwhelmed or shut down? If you answered yes to more than three of these, there's a strong chance you have a Highly Sensitive Child or HSC. This workshop, led by Intuitive Pathfinder Amy Vasterling, will give you clarity on these children and identify if you have an HSC. Life is very different for these kids and just knowing you have one can literally change their life. You'll also learn how to feel like a good enough parent and will be given some resources for parenting any child.

### **Drink Your Way to Health with Nourishing Herbal Infusions**

This class will talk about (and demonstrate) how you and your family can safely and easily build or regain a foundation of health with herbal infusions. Master Naturalist, soil scientist, and herbalist Melissa Barrett will teach us what they are, why we drink them and how to make them, as well as direct you to resources to get you started on your own journey of making and drinking herbal infusions.

### **Felted Gnomes**

Scandinavian folklore is filled with tales about Nisse or Tomte, sometimes referred to generally as gnomes. These elusive little forest creatures live near the farm house and bestow good luck on those who are diligent stewards of the homestead, and play tricks on those who aren't! Over time, these little gnomes took on more of a Santa Claus role, bestowing Christmas gifts on good-mannered children. Come join felting artist Mary Malsam as we will make some of these darlings out of felted wool. No prior experience is required but if you have a pair of scissors, please bring them. **(\$5 materials fee)**

### **Finding Your FEEL-GOOD on the Hero's Journey!**

Have you been longing to take action on your dream but you haven't? Or maybe it's just felt so hard that you have been taking a breather from all of it? Or maybe you've been feeling like something is missing...and if you had that something...things might go a bit easier? We are going to gather as like-minded heros and connect heart-to-heart and soul-to-soul. This is one of the most powerful things we can do when we are Heros---isolation is dangerous. We need solitude - YES but isolation - hell no! During this workshop, spiritual life coach, shamanic healer, author and physician Sarah Bamford Seidemann provides an experience that will give you an opportunity to: 1. Share your dreams out loud (this is necessary and awesome!); 2. Unlock a powerful personal story; 3. Discover something that's been holding you back so that you can continue ONWARD in your own Hero's Journey; and 4. Create a vision of this dream to empower it.

### **How to Use Divination Cards for Better Decisions**

Do you have a divination deck but never learned how to use it? Or would you like to know how to read cards? In this class, healer, counselor and teacher Nancy Lindgren will teach and demonstrate several ways to use divination cards, especially how to use them for insights and guidance about important decisions. If you have your own deck, bring it; if not, there will be extras to share.

### **Journals & Journaling**

Each of us has a story to tell. Your words and your voice are unique and worth recording. Journaling is a timeless tradition and in this digital age, there is something very satisfying and meditative about putting pen (or pencil) to paper and knowing that it can't evaporate into the cloud. In this class, Kate Crowley, author and ACNW alumni, will teach us about all the many forms and types of journaling and you will make a hardcover journal to take home with you. If time allows, we will go outside with our new journals and make the first entries, with the beauty of ACNW grounds as our inspiration. The journals we'll make use the covers and some of the pages of used books. If you wish to bring your own used book, it should measure 8x10" or less [children's books tend to make the most interesting covers and inner pages]. Kate will have a selection for you to choose from if you don't bring one yourself. **(\$5 materials fee if you bring your own book; \$10 materials fee if you use Kate's supply.)**

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# Women's Wellness Weekend

## *Fall 2019 Class Descriptions & Pre-registration*

### Love the Earth

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Love the Earth can mean many things. In this workshop, author/speaker/coach Jen Grant, who is a zero-waste lifestyle enthusiast, will share practical and inspiring ways for you to lessen your impact on earth. You'll learn the five keys to zero waste and understand ways to reduce your footprint. Whether you're ready to dive in with both feet or tiptoe on the edge while you figure it out, this session will support your journey to love Mother Earth even more.

### Mandala Rock Painting

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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 with Dee

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Dee Ziegler, with her soothing voice, will lead you through a guided meditation session. This is a relaxing, comfortable way to decompress and de-stress, learning techniques you can use every day. **(For your comfort, bring a mat or sleeping bag to lie on, and a blanket)**

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

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What is a mushroom? Mushrooms are neither plants or animals, but in their own kingdom of Fungi. Join Kathy Yerich, co-author of "Mushrooms of the Upper Midwest", to learn more about them! 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)

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

### Reiki & Qi Gong

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Pam Latson, "Harmonic Healing" certified Reiki Master Healer and Level 3 Qi Gong practitioner invites you to join her to experience, explore and play with energy. Sound fun? Indeed it is. Pam will demonstrate moving energy and work with you to experience moving your own energy. There will be Diade exercises as well as group experiences. So what's it about? It's about trust, stepping into being present, focused, and intentional, as well as opening to feel into one's own energy, moving it, then interacting with others and their energy. In this class, you'll have the opportunity to experience the joy/pleasure of connecting to and for self and others through and with "Source " energy, love and light. Smiles, laughter and sometimes tears flow in this very authentic, self-empowering experiential class. Time permitting, we end with a lovely Chakra opening, clearing, and grounding. Past participants have said: "I came in a skeptic, and am leaving a true believer – amazing, truly amazing", "phenomenal", and "well worth your time".

### Release, Balance & Stretch

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

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# Women's Wellness Weekend

## *Fall 2019 Class Descriptions & Pre-registration*

### **Rhythm of the Spirit**

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Shamanic drumming is an ancient technique of beating the drum 180 beats per minute and is used to access the Theta waves of the brain. When we are stressed we are in the Beta state and when we meditate we are in the Alpha state. Theta is the dream like state accessed by beating one monotonous strike on the drum for a period of time. Cheri Bunker, member of the Sound Healers Association, leads us as we honor the four directions and enter into a space of serenity and peace. Come meet your power animal or totem through visual dreaming and be open to insight. Let the drum beat carry a healing message. What messages do your power animals have for you? We will learn how to shamanic drum for ourselves and others. We will also connect our spirit with each other through the circle as we drum the heart beat of Mother Earth. Share your personal power animal vision with others if you wish. Bring a frame drum and beater if you have one or one will be provided for you.

### **Skywalk High Ropes Challenge**

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NEW ROPES COURSE installed in 2018! 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 landscape from that height is unbeatable. Once through, you'll be asking to go up again.

### **Sound Meditations for Healing**

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Join Cheri Bunker, member of the Sound Healers Association, for sound relaxation meditation. Imagine your body resting comfortably on the floor or in a chair being cradled by heavenly sounds, soft music and guided meditation for a full hour. Let yourself relax and experience total bliss. Take time out to restore your body and mind to a state of total relaxation. Experience the sounds of soothing music, Tibetan singing bowl, Flute, Angel Wing, drum vibration, chimes and many other instruments. Learn about all the different sound vibration tools and how to use them. **(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.)**

### **Tapping to Release Pain and Stress Now**

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Tapping, also known as EFT (Emotional Freedom Technique), is a powerful healing tool proven to permanently resolve issues such as stress, anxiety, phobias, chronic pain, addiction, weight control, and limiting beliefs--just to name a few. Tapping/EFT combines the principles of ancient Chinese acupuncture and modern psychology to help calm the nervous system, rewire the brain to respond in healthier ways and restore the body's balance of energy. In this class, healer, counselor and teacher Nancy Lindgren will teach you how to use this simple and effective technique yourself. In just minutes, you will understand why EFT is being used widely in both holistic and therapeutic settings—it works!

### **Tricks and Twists on Holiday Cooking**

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Join Beth Jones, Executive Chef at the University of Minnesota's Campus Club, for a Holiday Dinner class. Learn some classic techniques, useful skills (poultry carving!) and delicious new flavor combinations that you can mix and match for any of the upcoming holidays. Recipes will include: Roasted Squash and Parmesan Dip; Apple, Cranberry Chutney with Goat Cheese on Crostini; Sage, Thyme, Chili and Orange Rubbed Roast Chicken with Pan Dripping Sauce; and Mom's Sour Cream Gingerbread Cake with Warm Lemon Sauce. **(\$12 materials fee)**

### **Yoga: Kriya Hatha**

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

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# Women's Wellness Weekend

## *Fall 2019 Class Descriptions & Pre-registration*

### **Yoga: Kundalini**

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

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

### **You and Your Intuition: A Personal Journey**

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In this workshop, Intuitive Pathfinder Amy Vasterling will help you understand the keys to working with your intuition. You'll hear stories about how one intuitive took the bumpy journey there and made it. Unique tips will be shared and different ideas about how it all works will be wisely given as well. Hands on experience time permitting.

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### **Private Sessions** – fee for service

Treat yourself to a private session during the weekend – including massages, reiki/energy healing, intuitive readings, chakra readings, holistic coaching. These will be available throughout the weekend – see sign-up sheets by check-in to schedule an appointment.

### **Fall 2019 practitioners offering private sessions:**

- Jen Grant – Chakra assessment sessions
- Pam Latson – Energy healing sessions
- Amy Vasterling – Intuitive readings
- Sarah Bamford Seidelmann – Holistic Coaching sessions
- Patrica Jensen – Massage sessions
- Beth Nicholas – Massage sessions
- Dee Ziegler – Massage sessions

Please plan on paying cash to practitioners for massage/private sessions and class instructors for materials fees (if applicable). 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.

**NOTE:** For those returning participants, we want to let you know ahead of time that, in fairness to all our practitioners, we have discontinued the free 10 minute massage coupons. That also means there is no longer a wait period to sign up for massage sessions of whatever length you desire – appointment sign-ups are available as soon as you check-in.

# Women's Wellness Weekend

## Fall 2019 Class Descriptions & Pre-registration

**NOTE: Save this PDF to your computer prior to filling out in Adobe Acrobat Reader. Completing the forms in a browser window does not work.**

### Class Preference Choices

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

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

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

#### Saturday Morning October 5

*Early morning yoga 6:30*

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

- \_\_\_\_\_ 8:30-10:00 – Reiki & Qi Gong
- \_\_\_\_\_ 8:30-10:00 – Basic Pilates
- \_\_\_\_\_ 8:30-10:00 – You and Your Intuition

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

- \_\_\_\_\_ 10:15-11:45 – Sound Meditations for Healing
- \_\_\_\_\_ 10:15-11:45 – Release, Balance & Stretch
- \_\_\_\_\_ 10:15-12:15 – Mandala Painted Rocks (2 hrs, \$10 materials fee)

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

- \_\_\_\_\_ 8:30-11:30 – Skywalk High Ropes Challenge
- \_\_\_\_\_ 8:30-11:30 – Mushroom Walk
- \_\_\_\_\_ 8:30-11:30 – Naturalist Walk at Banning

#### Saturday Afternoon October 5

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

- \_\_\_\_\_ 1:15-2:45 – Tapping to Release Pain and Stress Now (EFT)
- \_\_\_\_\_ 1:15-2:45 – Drink Your Way to Health with Nourishing Herbal Infusions
- \_\_\_\_\_ 1:15-2:45 – Rhythm of the Spirit

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

- \_\_\_\_\_ 3:00-4:30 – Canoeing
- \_\_\_\_\_ 3:00-4:30 – Chakras: The Basics
- \_\_\_\_\_ 3:00-5:00 – Journals & Journaling (2 hours: \$5 or \$10 materials fee)

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

- \_\_\_\_\_ 1:15-4:15 – Birch Bark Baskets (\$5 materials fee)
- \_\_\_\_\_ 1:15-4:15 – Finding Your FEEL-GOOD on the Hero's Journey !
- \_\_\_\_\_ 1:15-4:15 – Aerobic Hike at Banning

#### Sunday Morning October 6

*Early morning yoga 6:30*

##### **A** Morning session 0.75-1.5-hr classes

- \_\_\_\_\_ 8:30-9:15 – Meditation (45 minutes)
- \_\_\_\_\_ 9:15-10:00 – Chakra Cleanse Meditation (45 minutes)
- \_\_\_\_\_ 8:30-10:00 – Yoga - Kundalini

##### **B** Morning session 0.75-1.5-hr classes

- \_\_\_\_\_ 8:30-10:00 – Have a Highly Sensitive Child (HSC)?
- \_\_\_\_\_ 10:15-11:45 – Love the Earth
- \_\_\_\_\_ 10:15-11:45 – Choose Yourself: Rush Hour..Hit the Brakes!
- \_\_\_\_\_ 10:15-11:45 – Archery
- \_\_\_\_\_ 10:15-11:45 – How to Use Divination Cards

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

- \_\_\_\_\_ 8:30-11:30 – Felted Gnomes (\$5 materials fee)
- \_\_\_\_\_ 8:30-11:30 – Tricks and Twists on Holiday Cooking (\$12 materials fee)

### Services – massage, private healing, reading and coaching sessions

Upon arrival and through the weekend, you will be able to sign up for massage and private sessions. These are fee-for-service private sessions offered throughout the weekend – *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)

**NOTE: Save this PDF to your computer prior to filling out in Adobe Acrobat Reader. Completing the forms in a browser window does not work.**

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### Women's Wellness Weekend – October 4-6, 2019

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

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

<b>Are you requesting linens?</b>
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(\$10.00 person; includes a blanket, pillow, set of sheets and set of towels)
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\_\_\_\_\_ **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

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\$\_\_\_\_\_ **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 2019

## 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

**NOTE: Save this PDF to your computer prior to filling out in Adobe Acrobat Reader. Completing the forms in a browser window does not work.**

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 try to provide the weekend's menu online or via email a few days 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

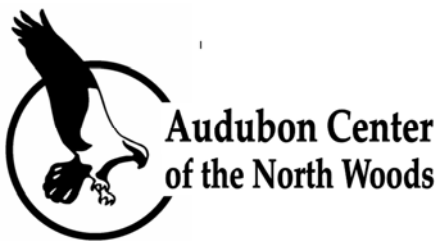
\_\_\_\_\_

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 \_\_\_\_\_



## 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

**NOTE: Save this PDF to your computer prior to filling out in Adobe Acrobat Reader. Completing the forms in a browser window does not work.**

*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)