



# Audubon Center of the North Woods

*Experience Your Environment*

April 12, 2017

Dear Women's Wellness & Adventure Weekender,

Our upcoming spring Women's Wellness & Adventure Weekend is just around the corner and we are excited to see you here at ACNW very soon for another special weekend of learning, sharing and fun!

Attached is your participant information. As usual, this spring's event offers a wide variety to choose from. On Friday evening, Suzanne Worthley, quantum energy healing practitioner, teacher, mentor and author, returns as our keynote speaker. In her presentation "*A Night with the Triple Goddess*" she will share personal stories and antidotes that support each milestone of a woman's journey and reveal how it is important to explore and honor the mysteries and strengths of our own phases or cycles. Following her keynote presentation, for those who wish to participate, Suzanne will lead a guided meditation to further connect you with the journey of finding your sacred feminine self.

In addition to a great lineup of classes, throughout the weekend you may decide to indulge in a massage with one of the weekend's massage therapists – Patricia Jensen, Beth Nicholas or Dee Ziegler. Or schedule a private Reiki session – we are extremely pleased to announce that Pam Latson is returning as the weekend's Reiki practitioner!

Before you start packing, read through the enclosed materials, schedule and class descriptions. Complete and return the enclosed forms, including the **Medical and Liability forms** and **Class Pre-Registration, as soon as possible**. Please note class times, as some overlap, and 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 required forms on pages 9-12 are fillable PDF. Please save this PDF to your computer prior to completing the forms, resave, then email back if possible. Don't worry about a signature at this time...we will ask you to physically sign the Liability form when you arrive. Otherwise, you may fax or snail mail (although please allow 4-5 days for snail mail).

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

Safe travels,

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Operations & Finance Director

# Women's Wellness Weekend

*May 5-7, 2017*

## **General information**

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

**Meals:** Meals are served buffet-style in the dining hall. We make every attempt to offer and identify vegetarian, vegan and gluten-free menu options at each meal. If you have severe food restrictions or specialized dietary needs, please indicate those on your health form.

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

**Internet:** There is 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 535 acres on the east shore of Grindstone Lake, approximately six miles west of Sandstone, Minnesota. A map is enclosed.

### **Accommodations:**

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

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

### **Clothing and equipment note:**

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

**Please bring your own towels, bedding, pillow and toiletries (soap, shampoo, toothpaste and medications).**

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

**Gift store:** We have a small gift store where some toiletry items can be bought, as well as cards, books and other gift items.

**If you have any further questions, please email or call us at 320-245-2648 or [info@audubon-center.org](mailto:info@audubon-center.org).**

## Driving directions to

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

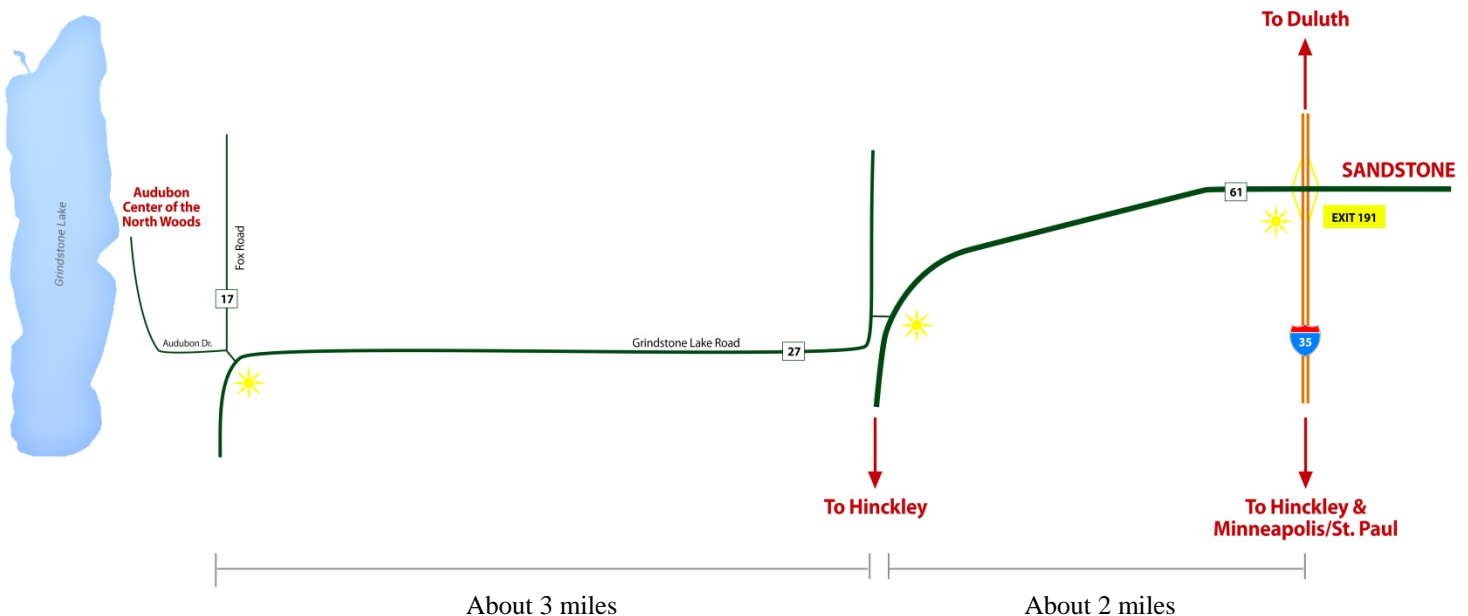
*If searching for our location online, use [maps.google.com](https://maps.google.com)*

### 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.



## 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 Climbing Wall, High Ropes or Archery, closed-toe shoes are required**

\_\_\_\_\_ Camera, binoculars

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

\_\_\_\_\_ Cash for practitioners or class materials fees (if applicable)

### NOTES:

- Questions have been asked about our alcohol policy. Since school groups are not present during Women's Wellness & Adventure Weekends, we do serve wine with dinner... also feel free to bring beverages of your choice to enjoy in moderation. **(We do not have an ice machine on the premises, so cannot supply ice.)** If bringing wine, remember your corkscrew.
- We have free 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. Although the water in the dorms may smell and taste different from the water you are used to, it is not harmful to use or consume. We provide jug water coolers in each of our buildings; we also have several double-filtered drinking fountains/water bottle filling stations that help take out much of the natural metallic taste of the water.

## Class Schedule for Women's Wellness & Adventure Weekend, 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

Yoga - Kriya Hatha  
- Charrie VanVleet (CW)

Aromatherapy for Body, Mind and Spirit  
- Cheri Bunker (Schwyzer)

Nature's Path to Wellness: Weed Walk  
- Teresa Wolfe (DH)

10:15-11:45

Intro to Wild Fermentation  
- Mollie Rose Krumholtz (Bremer)

Crafts & Cocktails  
- Jinae Plumhoff (Schwyzer)

Communicating with Animals  
- Rachel Augusta (CW)

8:30-11:30

Develop Your Psychic Skills  
- Suzanne Worthley (lounge)

Canoeing on Grindstone Lake  
- ACNW (front doors)

1:15-2:45

Sound Meditations for Healing  
- Cheri Bunker (Lounge)

Reiki 101  
- Rachel Augusta (CW)

Flat Needle Felting  
- Mary Malsam (Schwyzer)

3:00-4:30

High Ropes  
- ACNW (front doors)

Zentangle® Meditative Drawing - Kathy Rosenow & Michelle Aalbers (Lounge)

1:15-4:15

Grow Your Own Shiitake Mushrooms  
- Kathy Yerich (DH)

Naturalist Walk at Banning  
- ACNW (front doors)

Intro to Handmade Pasta - Beth Jones & Annette Colon (Bremer)

Post-dinner activities: Guided Zentangle® Meditation (lounge); Drum Circle (DH); Guided 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

Meditation  
- Dee Ziegler (lounge) (8:30-9:30)

Bird Basics & Beyond  
- Clarissa Ellis (front doors)

Archery  
- ACNW (front doors)

10:15-11:45

Yoga - Kundalini  
- Louise Kneeland (CW)

Sacred Grounding Rhythm Movement  
- Cheri Bunker (lounge)

8:30-11:30

Aerobic Hike at Banning  
- ACNW (front doors)

Bead & Jewelry Making with Polymer Clay  
- Deb George (Schwyzer)

Making Herbal Preparations  
- Teresa Wolfe (Bremer)

# Women's Wellness Weekend

## *Spring 2017 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 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**

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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.

### **Aromatherapy for Body, Mind and Spirit**

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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**

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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**

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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**

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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, 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**

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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**

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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*

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### 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.

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### 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](http://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)**

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### 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)**

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### 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)**

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### 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.)**

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### 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*

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### **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.

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### **Nature's Path to Wellness**

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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)**

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### **Flat Needle Felting**

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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.

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

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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.

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### **Sacred Grounding Rhythm Movement**

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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)**

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### **Skywalk High Ropes Challenge**

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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.

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### **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. **(Bring a yoga mat, bed roll, or sleeping bag to lie on and a pillow and blanket.)**

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# Women's Wellness Weekend

## *Spring 2017 Class Descriptions & Pre-registration*

### **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. **(Bring a mat & blanket, if possible.)**

### **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.)**

### **Zentangle® Meditative Drawing**

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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**

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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!)

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**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*

# Women's Wellness Weekend

## Spring 2017 Class Descriptions & Pre-registration

### Class Preferences (1<sup>st</sup> and 2<sup>nd</sup> choices)

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

**Note: there are two 1.5-hr sessions that run concurrently with each 3-hr session.**

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

Saturday, May 6  
– morning

**Early morning ZUMBA 6:30**

#### Morning Classes

##### 1.5-hr classes

- \_\_\_\_\_ 8:30-10:00 – Yoga-Kriya Hatha
- \_\_\_\_\_ 8:30-10:00 – Aromatherapy for Body, Mind & Spirit (materials fee)
- \_\_\_\_\_ 8:30-10:00 – Nature's Path to Wellness (materials fee)

\_\_\_\_\_ 10:15-11:45 – Intro to Wild Fermentation (materials fee)

\_\_\_\_\_ 10:15-11:45 – Crafts & Cocktails (materials fee)

\_\_\_\_\_ 10:15-11:45 – Communicating with Animals

##### 3-hr classes

- \_\_\_\_\_ 8:30-11:30 – Develop Your Psychic Skills
- \_\_\_\_\_ 8:30-11:30 – Canoeing on Grindstone Lake

Saturday, May 6  
– afternoon

#### Afternoon Classes

##### 1.5-hr classes

- \_\_\_\_\_ 1:15-2:45 – Sound Meditations for Healing
- \_\_\_\_\_ 1:15-2:45 – Reiki 101
- \_\_\_\_\_ 1:15-2:45 – Flat Needle Felting

\_\_\_\_\_ 3:00-4:30 – Skywalk High Ropes Challenge

\_\_\_\_\_ 3:00-4:30 – Zentangle Meditative Drawing (materials fee)

##### 3-hr classes

- \_\_\_\_\_ 1:15-4:15 – Grow Your Own Shiitake Mushrooms (materials fee)
- \_\_\_\_\_ 1:15-4:15 – Naturalist Walk at Banning
- \_\_\_\_\_ 1:15-4:15 – Intro to Handmade Pasta (materials fee)

Sunday, May 7  
– morning

**Early morning YOGA 6:30**

#### Morning Classes

##### 1 or 1.5-hr classes

- \_\_\_\_\_ 8:30-9:30 – Meditation
- \_\_\_\_\_ 8:30-10:00 – Bird Basics & Beyond
- \_\_\_\_\_ 8:30-10:00 – Archery

\_\_\_\_\_ 10:15-11:45 – Yoga – Kundalini

\_\_\_\_\_ 10:15-11:45 – Sacred Grounding Rhythm Movement

##### 3-hr classes

- \_\_\_\_\_ 8:30-11:30 – Aerobic Hike at Banning
- \_\_\_\_\_ 8:30-11:30 – Making Herbal Preparations (materials fee)
- \_\_\_\_\_ 8:30-11:30 – Bead & Jewelry-Making with Polymer Clay (materials fee)

### Services – massage, reiki & private readings

Upon arrival and through the weekend, you will be able to sign up for massage – offered throughout both days. **Remember**, as part of your weekend package, 10 minutes of massage are included at no charge – you may sign up for additional time at \$11 per additional 10-minute increment (payable to the practitioner). In addition, Reiki practitioner, Pam Latson, returns this spring and is offering private Reiki sessions throughout the weekend – more info and sign-up sheet will be available when you arrive.

Your name \_\_\_\_\_

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

**ACNW, PO Box 530, Sandstone, MN 55072**

**Fax: 320-245-5272, Email: [info@audubon-center.org](mailto:info@audubon-center.org)**

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

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



**Audubon Center  
of the North Woods**

Women's Wellness Weekend Spring 2017

## Health/Medical Form

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

Please complete this form for each participant in your party

Guest's Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

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

Cell or Home Phone \_\_\_\_\_ E-mail Address \_\_\_\_\_

Date of Birth \_\_\_\_\_

**Emergency Contact**

\_\_\_\_\_  
Name

\_\_\_\_\_  
Relationship

\_\_\_\_\_  
Daytime Phone

\_\_\_\_\_  
Evening Phone

**Primary Physician (s)**

\_\_\_\_\_  
Name

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Name

\_\_\_\_\_  
Phone

**Insurance Information**

\_\_\_\_\_  
Carrier

\_\_\_\_\_  
Policy #

\_\_\_\_\_  
Group #

\_\_\_\_\_  
Phone

1. Do you have any of the following conditions?

☐ Epilepsy/seizures

☐ bleeding/clotting disorder

☐ heart disease

☐ Asthma/emphysema

☐ high blood pressure

☐ diabetes

OTHER: \_\_\_\_\_

2. Allergies (food, environmental, medication): \_\_\_\_\_ ☐ No known allergies

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

\_\_\_\_\_

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

\_\_\_\_\_

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

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

\_\_\_\_\_

7. Will you have any special Medical requirements during this event? ☐ Yes ☐ No

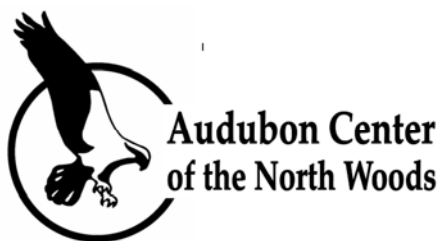
\_\_\_\_\_

I hereby release the above information for use of the Audubon Center of the North Woods and/or any other Medical personnel who might need to provide care to me during this event.

In the event of an emergency, I authorize treatment by emergency medical personnel.

Signature \_\_\_\_\_

Date \_\_\_\_\_



## Liability Release Form

Please mail or fax to:  
Audubon Center of the North Woods  
PO Box 530, Sandstone, MN 55072  
Fax: 320-245-5272

*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)