



Audubon Center of the North Woods

Experience Your Environment

April 5, 2018

Dear Women's Wellness & Adventure Weekender,

Our spring Women's Wellness & Adventure Weekend is just around the corner and we are hoping spring will show itself for that wonderful 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, Colleen Baldrice, author of *Tree-Spirited Woman*, will be our keynote speaker with her presentation entitled "What is Your Story?" We all have our personal stories. Inherent in our stories are lessons learned and wisdom collected. You will be invited to reflect on your life journey: the good, the challenges, the joys, the mysteries. Together we will embrace our past, the women we are today and the women we are becoming.

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 with Reiki Master Pam Latson or a private reading with Intuitive Amy Vasterling.

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 forms included in this info are in a 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,

Char Husom
Operations & Finance Director

Driving directions to

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

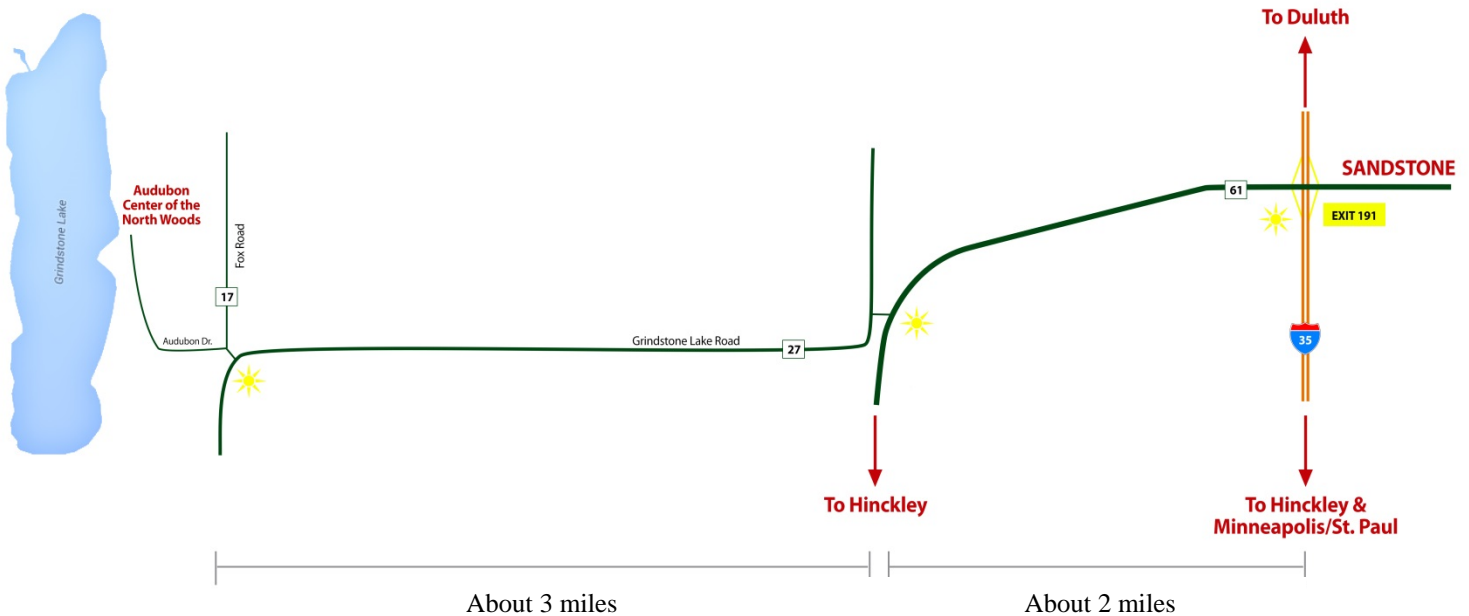
If searching for our location online, use maps.google.com

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 Drive – 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

May 4-6, 2018

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 and check out our food policy on our website (at www.audubon-center.org under the 'About ACNW' tab).

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 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- 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). If you'd like to use our bedding and towels, please return the Linens Request Form along with your other forms.

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. We can also make cash via credit cards for a \$3/transaction fee, if needed.

If you have any further questions, please email or call us at 320-245-2648 or 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:

- 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 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.

Tentative Schedule for WWW Spring 2018 - May 4-6, 2018

Friday, 5/4

After-dinner keynote: *Colleen Baldrice* - "What's Your Story?"

Saturday, 5/5

6:30 am - Yoga-Kriya Hatha, Charrie VanVleet

8:30-10:00

Reiki & Qi Gong - Pam Latson

Zentangle Meditative Drawing - Kathy Rosenow and Michelle Aalbers

Law of Attraction - Amy Vasterling

Archery - ACNW

10:15-11:45

Sound Meditations for Healing - Cheri Bunker

Reiki with the Raptors - Rachel Augusta

Release, Balance & Stretch - Judy George

8:30-11:30

Naturalist Walk at Banning - ACNW

1:15-2:45

What Emotional Perfume Do You Wear?
- Rachel Augusta

Space Clearing -Suzanne Worthley

Skywalk High Ropes Challenge

3:00-4:30

Flat Needle Felting - Mary Malsam

Psychic Q&A Gallery (3:00-5:00)- Suzanne Worthley

Thai Yoga Bodywork Partner Workshop (3:00-5:00)-
Michelle Aalbers

1:15-4:15

Hot Process Soap-making - Kim Thomas

Aerobic Hike at Banning - ACNW

Shinrin Yoku (Forest Bathing) - Cheri Bunker

Saturday evening - activities and schedule will be announced. Nature's Nighthike and campfires are weather dependent.

Sunday, 5/6

6:30 a.m. - Yoga-Kundalini, Louise Kneeland

8:30-10:00

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

The Art of Letting Go - Colleen Baldrice

Nature Journaling - Corrina Carter

10:15-11:45

Yoga-Kundalini - Louise Kneeland

Sacred Grounding Rhythm Movement - Cheri Bunker

Drum Song: Basic Techniques - Marisa Cuneo-Linsly

8:30-11:30

Fire & Spice Cooking - Beth Jones and Nettie Colon

Grow Your Own Shiitake Mushrooms - Kathy Yerich

Women's Wellness Weekend

Spring 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.

The Art of Letting Go

The strength of surrendering heals the body, the mind and the spirit. Colleen Baldrice, author, presenter and teacher, will use her counseling background as she explores the importance of “letting go”. It takes courage and strength to let go of one's negative tapes, family dramas, guilt, destructive thoughts, and feelings. We will also head outside to connect with the nature, breathe, meditate and hold a “Letting Go” ceremony.

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.

Fire & Spice Cooking

Join experienced chefs Beth Jones and Nettie Colon around the firepit to learn the basics of buying, toasting, grinding, and frying spices that you may not have used before. Learn to make spice mixes from around the world including Chermoula, Piri Piri, Baharat, and Charred Lemon and Coriander. Beth and Nettie will also discuss how to use roots like ginger and turmeric, alliums, and the effects of acid, heat and salt on your food. Plan to learn how to spatchcock a chicken for fast cooking, and taste all the spice mixes on beautiful grilled veggies.

(\$12 materials fee)

Flat Needle Felting

Often called “painting with wool”, this technique uses a special needle, as a punch, to connect two pieces, or forms of wool, to form a design. After a relatively short period of discussion, felting artist Mary Malsam will guide you in practicing the technique by creating a design on what will become a holiday stocking. Yes we know it's May but our snow wasn't that far behind us! Come join the fun. No experience is needed. **(\$5 materials fee)**

Grow Your Own Shiitake Mushrooms

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

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Women's Wellness Weekend

Spring 2018 Class Descriptions & Pre-registration

Hot-Process Soap Making

Healthy, Healing & Natural. During this Hot Process Soap 'Make & Take' class, you will learn to make your own soaps using fruit, nut, vegetable, and/or essential oils. Several types of Hot Process will be reviewed but during this hands-on class, you'll be using crockpots. This class will give you the skills to easily make soap on your own, saving you money while contributing to having a healthier & natural life. Note: Vegan options will be available and molds will be provided but feel free to bring your own oil or molds. **(\$10 materials fee)**

Law of Attraction

Have you wondered what the law of attraction is? Have you heard about it but don't fully understand how it works? Or are you learning about it and would like another perspective to move you further on your manifestation journey? In this workshop, Intuitive Pathfinder Amy Vasterling will share stories, concepts and resources to take your ability to manifest your desires to the next level. Amy is a seasoned teacher, deeply in touch with her intuition and life learner of the Law of Attraction. She will give you resources to take your learning further beyond the class as well as share concrete answers that will have you leaving the class looking at your life and your potential more expansively.

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.)**

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.

Psychic Q & A Gallery

What is a Psychic Gallery? This Q & A format is all about connecting to the Angel Guides, Loved Ones, and Higher Self; to receive information, love and support. Quantum Energy Healing Practitioner Suzanne Worthley will provide a summary of the energies of the current times, and what we are challenged with as a collective. Additionally, each attendee will have the chance to ask their individual question(s) and receive their psychic/medium response in front of the group, allowing everyone to learn from each other and from the information that comes through.

Reiki & Qi Gong

Certified Reiki Master Healer, teacher and practitioner Pam Latson will introduce you to the loving, healing world of Reiki (Japanese energy healing) using interactive exercises that will allow you to experience what moving energy feels like. Handouts will explain the history and benefits of Reiki, which focuses on Universal Life, Love, and Energy. Through these exercises, Pam will demonstrate moving energy, coach and guide you on how to feel "into" your own personal energy – your sacred space/bubble. You will learn how important and powerful breath is in our ability to deeply interact with, and move, our energy as individuals and collectively. You will be introduced to Qi Gong (Chinese energy healing) exercises that you can easily use in your daily life with great benefits to your entire being. Past participants have said: "I came in a skeptic, and am leaving a true believer – amazing, truly amazing", "phenomenal", and "well worth your time".

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Women's Wellness Weekend

Spring 2018 Class Descriptions & Pre-registration

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)**

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

Stretch yourself physically and mentally on ACNW's High Ropes Challenge Course. You'll be 20' above ground, but safely harnessed to overhead cables. You'll find it an exhilarating experience and the view of the spring landscape from that height is unbeatable. Once through, you'll be asking to go up again.

Sound Meditations for Healing

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

Space Clearing for a Happy and Healthy Home or Space

Everything is energy. As you move throughout your day, your body, mind and heart experience the energy of your home, work space and more; including any emotional imprints retained in the furniture, objects, walls and atmosphere. Additionally, we can interact with left over emotions, or spirit energies from the past. A clean, balanced environment can support health, wealth and well-being. Quantum Energy Healing Practitioner Suzanne Worthley will teach us easy, simple techniques to clear, balance and up-lift the energies anywhere, at any time.

Thai Yoga Bodywork Partner Workshop

Come relax, stretch & connect at this Thai Yoga Bodywork Partner Workshop. Ladies will partner up during class to give and receive Thai yoga bodywork while learning a short Thai yoga bodywork sequence. This 2-hour introductory workshop represents only a fraction of what Thai healing arts have to offer. No TYB experience is necessary.

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Women's Wellness Weekend

Spring 2018 Class Descriptions & Pre-registration

What Emotional Perfume Do You Wear?

Do you know that your emotions create smells that can make you and the people around you, sick? And ESPECIALLY your fur babies? Rachel Augusta - HTACP, HTP, Reiki Master/Teacher, mentor and coach – will help you chart out the smells your own body is emitting based on your emotions and help you change them to create a healthier and happier you that will also keep the people around you healthy... including your animal companions. The class starts with learning a little of the science behind this and then you will be asked to chart out your own Personal Perfume. Rachel will have tools to help you change your Personal Perfume with a guided meditation and with essential oils that work with your nervous system to raise your body's vibration so that you can turn your life around and bring wellness to those around you. This is a great workshop for women who have been experiencing negative emotional like stress, anxiety, depression, loneliness or burnout.

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

Yoga - Kundalini

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

Zentangle® Meditative Drawing

If you can draw a dot, an 's', a 'c' a circle, and a line, you can be a Zentangle artist! The Zentangle method, created by Maria Thomas and Rick Roberts, is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. All the materials and instruction you need to get started with this engaging self-care practice are provided in this fun and relaxing workshop. Already an experienced tangler? No worries...we will introduce new tangles that are sure to inspire your creativity! **(\$5 materials fee)**

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 8:30-9:30 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. (outside Dining Hall weather permitting – otherwise inside; approximately 8:30-9:00 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 (approx. 8:30-9:30 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 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 will be available in the Dining Hall

Private sessions (massages, reiki, intuitive readings) will also be available both evenings – see sign-up sheets to schedule an appointment.

Women's Wellness Weekend

Spring 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 if interested)

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

Saturday Morning
May 5

Early morning yoga 6:30

**A Morning session
1.5-hr classes**

- _____ 8:30-10:00 – Reiki & Qi Gong
- _____ 8:30-10:00 – Zentangle Meditative Drawing (\$5 materials fee)
- _____ 8:30-10:00 – Law of Attraction
- _____ 8:30-10:00 – Archery

**B Morning session
1.5-hr classes**

- _____ 10:15-11:45 – Sound Meditations for Healing
- _____ 10:15-11:45 – Reiki with the Raptors
- _____ 10:15-11:45 – Release, Balance & Stretch

**C Morning session
3-hr class**

- _____ 8:30-11:30 – Naturalist Walk at Banning

Saturday Afternoon
May 5

**A Afternoon session
1.5-hr classes**

- _____ 1:15-2:45 – What Emotional Perfume Do You Wear?
- _____ 1:15-2:45 – Space Clearing for Happy & Healthy Home
- _____ 1:15-2:45 – Skywalk High Ropes Challenge

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

- _____ 3:00-4:30 – Flat Needle Felting (\$5 materials fee)
- _____ 3:00-5:00 – Psychic Q&A Gallery (note: 2-hr class)
- _____ 3:00-5:00 – Thai Yoga Bodywork (note: 2-hr class)

**C Afternoon session
3-hr classes**

- _____ 1:15-4:15 – Hot Process Soap-Making (\$10 materials fee)
- _____ 1:15-4:15 – Aerobic Hike at Banning
- _____ 1:15-4:15 – Shinrin Yoku (Forest Bathing)

Sunday Morning
May 6

Early morning yoga 6:30

**A Morning session
1.5-hr classes**

- _____ 8:30-9:30 – Meditation
- _____ 8:30-10:00 – The Art of Letting Go
- _____ 8:30-10:00 – Nature Journaling

**B Morning session
1.5-hr classes**

- _____ 10:15-11:45 – Yoga - Kundalini
- _____ 10:15-11:45 – Sacred Grounding Rhythm Movement
- _____ 10:15-11:45 – Drum Song: Basic Techniques

**C Morning session
3-hr classes**

- _____ 8:30-11:30 – Fire & Spice Cooking (\$12 materials fee)
- _____ 8:30-11:30 – Grow Your Own Shiitake Mushrooms (\$5 materials fee)

Services – massage, reiki & private readings/consultations

Upon arrival and through the weekend, you will be able to sign up for massage, reiki, and intuitive readings. **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 Master Pam Latson and Intuitive Pathfinder Amy Vasterling will be offering private sessions throughout the weekend – *more info and sign-up sheets 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: 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

Women's Wellness Weekend – May 4-6, 2018

Please return this form to ACNW at your earliest convenience

Guest's Name(s) _____

Are you requesting linens?

(\$10.00 person; includes a blanket, pillow, set of sheets and set of towels)

_____ **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 Spring 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)