



# Audubon Center of the North Woods

*Experience Your Environment*

April 4, 2019

Dear Women's Wellness & Adventure Weekender,

Our spring Women's Wellness & Adventure Weekend is less than a month away and we are excited to share that wonderful weekend of learning, relaxation and fun with you! On Friday evening, Michele Rae, transformational coach, spiritual teacher and founder of The Center Within, will kick off the weekend with her keynote entitled "*Love in Action - Living an Empowered Life*" which will inspire us to live a more authentic, creative, effective, purposeful life. 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 transformational coaching session with Michele Rae, private Chakra session with Jen Grant, healing session with Reiki Master Mary Jo Feely, 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, so we ask that you **limit your #1 choices to include just one of the following: Pipestone Carving, Pine Needle Baskets and Flat Needle Felting** (but you can indicate additional as #2 choices). Throughout the weekend, the class sign-up 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.

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 forms 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 in May!

Susan Diersen  
Operations Director

## Driving directions to

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

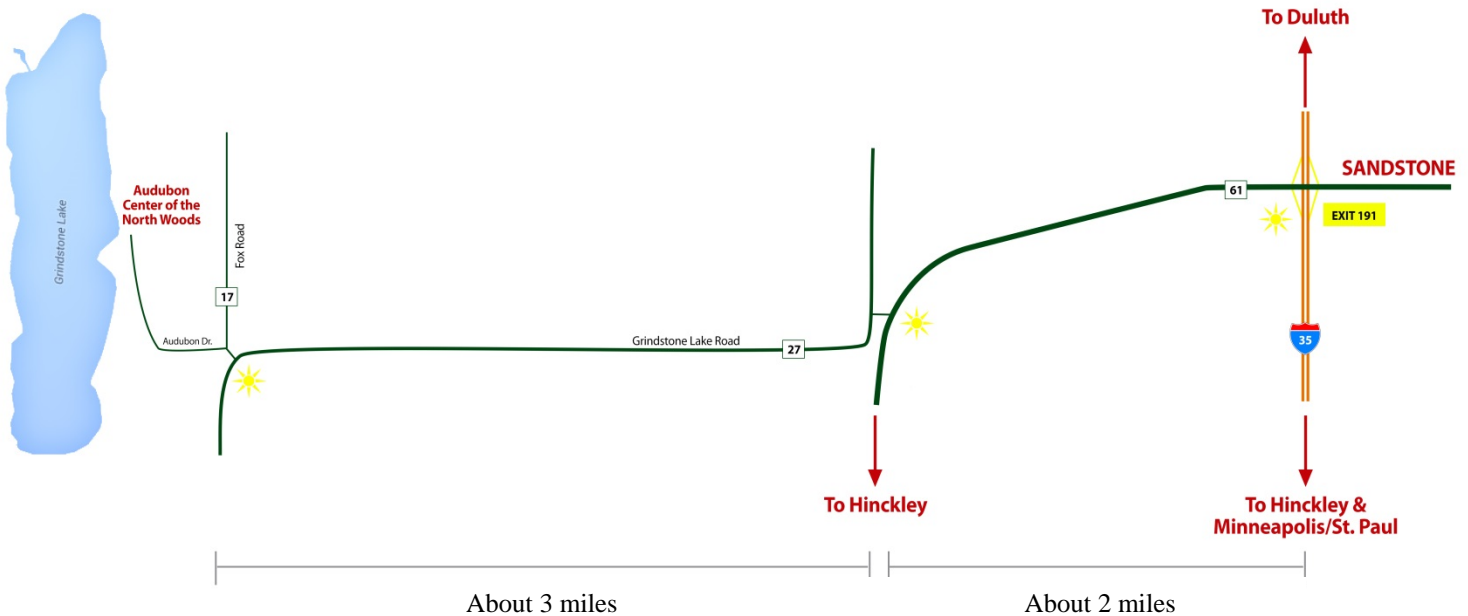
*If searching for our location online, use [maps.google.com](https://maps.google.com)*

### Audubon Center GPS coordinates

(46.117186384284004, -92.99793720245361)

### Driving directions to the Audubon Center From the Twin Cities and Duluth:

1. From Interstate 35, exit on the Sandstone **Exit 191**.
2. Go west on Hwy 61 just over two miles.
3. Take a right on County Road 27, cross the Munger bike trail, turn left at the 'T' (Grindstone Lake Road) and go just over three miles.
4. Take a right on County Road 17 (Fox Road) and go about 100 feet.
5. Turn left between the stone pillars (Audubon Road – our driveway).
6. **PROCEED directly to main office/dining hall for check-in** – just follow our mile-long driveway all the way until it ends at the parking lot and the office.



# Women's Wellness Weekend

**May 3-5, 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. Although the water in the dorms may smell and taste different from the water you are used to, it is not harmful to use or consume. We have several double-filtered drinking fountains/water bottle filling stations that help take out much of the natural metallic taste of the water. Remember to bring your water bottle (and travel coffee mug, if a coffee drinker).

## Schedule for WWW Spring 2019 - May 3-5

Friday, 5/3		
After-dinner keynote: <b>Michele Rae, Love in Action - Living an Empowered Life</b>		
Saturday, 5/4		
6:30 a.m. - Yoga: Kriya Hatha - Charrie VanVleet		
8:30-10:00	10:15-11:45	8:30-11:30
Self-Healing Body, Mind & Spirit Through Reiki - Mary Jo Feely	Nature's Path to Wellness: Local Medicinal Plants - Teresa Wolfe	Skywalk High Ropes Challenge - ACNW
Chakras - the basics - Jen Grant	Release, Balance & Stretch - Judy George	Grow Your Own Shiitake Mushrooms - Kathy Yerich
Archery - ACNW	Psychic Q&A - Suzanne Worthley (10:15-12:15)	Journals & Journaling - Kate Crowley
1:15-2:45	3:00-4:30	1:15-4:15
Love Your Body: Spiritually, Mentally, Emotionally and Physically - Suzanne Worthley	Pipestone Carving - Rona Johnston (3:00-5:00)	Summer Solstice Cooking: Scandinavian Midsommer Dinner - Beth Jones
Sound Meditations for Healing - Cheri Bunker	Sacred Grounding Rhythm Movement - Cheri Bunker	Wine Glass Painting - Charlene Lundberg
Creating a Life You Love Through Mindfulness - Michele Rae	Wisdom Gathering - Amy Vasterling (3:00-5:00)	Naturalist Walk at Banning - ACNW
<b>Saturday evening</b> - Native American Dance (DH); drum circle (outside DH if possible), table games available		
Sunday, 5/5		
6:30 a.m. - Yoga: Kundalini - Louise Kneeland		
8:30-10:00	10:15-11:45	8:30-11:30
Meditation - Dee Ziegler (8:30-9:15)	Love the Earth class - Jen Grant (10:15-10:45) Chakra Cleanse Meditation - Jen Grant (11-11:45)	Pine Needle Baskets - Rona Johnston
Living from your Center Within Guided Meditation - Michele Rae (9:30-10:00)	Yoga: Kundalini - Louise Kneeland	Flat Needle Felting - Mary Malsam
Dowsing For Health And Wellness - Cheri Bunker	Conversations on Nutrition with Food Scientist Teresa Wolfe	

# Women's Wellness Weekend

## Spring 2019 Class Descriptions & Pre-registration

### 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.

### Chakra Cleanse Meditation

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

### Chakras: The Basics

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

### Conversations on Nutrition with Food Scientist Teresa Wolfe

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When people are not healthy, by Grand Design their body's energy will turn inward to return the body system back to a state of healthy balance. Once that renewed state of health is achieved, this energy is released outward in a positive way – and can be directed toward better family relations, community activities, and ultimately, making the world a better place. Join Eco-Herbalist and Food Scientist Teresa Wolfe and bring your questions about diet and nutrition to the program. We'll have a conversation about how to determine what foods/diet are best for you so you know what's right for your specific needs.

### Creating a Life You Love Through Mindfulness

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We make the most empowering, compassionate and wise choices when we have our full attention in the present moment. In this class, Michele Rae, author, founder of The Center Within, LLC, and graduate faculty at the University of MN's Center for Spirituality, will teach you practical tools to fully access your mind-body-spirit and create a life you love.

### Dowsing for Health & Wellness

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Come and learn the art of Dowsing using a pendulum or dowsing rods. Cheri Bunker will teach you how dowsing can assist you with questions about life, love and health. Access your intuitive knowledge of the brain. Learn to make your own dowsing charts. Hand outs and charts will be given in class to take home. You will also receive a gem stone pendulum to use and take home with you. **(\$7 materials fee)**

### Flat Needle Felting

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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 tablet cover or eyeglass case. Come join the fun. No experience is needed. **(\$5 materials fee)**

### Grow Your Own Shiitake Mushrooms

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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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# Women's Wellness Weekend

## Spring 2019 Class Descriptions & Pre-registration

### Journals & Journaling

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Each of us has a story to tell, whether we believe it or not. 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 as part of the new journal. If you wish to bring your own used book, it should measure 8X6" 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. **(\$10 materials fee)**

### Living From Your Center Within Guided Meditation

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Michele Rae, author, founder of The Center Within, LLC, and graduate faculty at the University of MN's Center for Spirituality, will lead us as we engage in a guided meditation to access, unblock and expand your powerful inner essence, your Center Within. **(For your comfort, bring a mat or sleeping bag to lie on, and a blanket)**

### Love the Earth

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Love the Earth can mean many things. In this short 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.

### Love Your Body: Spiritually, Mentally, Emotionally and Physically

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No matter if we are male or female, most of us have difficulty fully loving our bodies, especially the physical one. This class will present how our bodies are so much more than the physical one – as we are energetic consciousness bodies, fueled by our chakras and contained within our auras. Come learn to love your body, offering you a balanced, healthy and joy-filled life.

### 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)**

### 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.

### Nature's Path to Wellness: Local Medicinal Plants

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Join Eco-Herbalist and Food Scientist Teresa Wolfe for a fact-filled and fun class as she profiles local plants and weeds that can be used for 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'. You will be amazed at how simple to use and effective these easily recognized and highly useful plants are. Watch how many times someone in the group says "Really?" and "Wow! I didn't know that!" (no kidding!) If time and weather permits, we will do a short walkabout to see if any of the plants profiled are starting to appear on the grounds.

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# Women's Wellness Weekend

## Spring 2019 Class Descriptions & Pre-registration

### **Pine Needle Basket Making**

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Join Rona Johnston, of *Keepers of the Sacred Tradition of Pipemakers*, as she teaches us the Native American art of basket making using pine needles. During this class, we will make a small pine needle basket of our own. **(\$15 materials fee)**

### **Pipestone Carving**

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Rona Johnston, of *Keepers of the Sacred Tradition of Pipemakers*, will teach us the Native American art of carving pipestone, using traditional tools and techniques. During this class, we will carve on small pipestone pieces to make a pendent necklace or earrings. **(\$8 materials fee)**

### **Psychic Q & A Gallery**

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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.

### **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.

### **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)**

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

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

### **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.)**

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# Women's Wellness Weekend

## Spring 2019 Class Descriptions & Pre-registration

### Summer Solstice Cooking: Scandinavian Midsommer Dinner

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Join Beth Jones, Executive Chef at the University of Minnesota's Campus Club, for a Scandinavian Midsommer Dinner class, featuring Scandinavian inspired, fresh, local foods that you can share with your family and friends on the upcoming Summer Solstice. Learn cooking techniques and tips in this hands-on class as Beth guides us through the preparation of several wonderful dishes. Recipes will include Warm New Potato and Asparagus Salad with Lemon, Capers and Ramps; Pan Seared Great Lakes Whitefish with Sour Cream, Chives and Cucumber Sauce; Finnish Brita Cake with Fresh Local Berries and Whipped Cream. **(\$12 materials fee)**

### Wine Glass Painting

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Join instructor Charlene Lundberg in acrylic painting on a pair of wine glasses, based on her original designs. Students will complete the painting of two wine glasses in one class session for take home and use as well as display. No experience required, step by step instruction provided! Curing instructions for wine glasses will be provided for take home. Wine glasses will be usable and washable. **(\$5 materials fee)**

### Wisdom Gathering

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Come together as women for short meditation to center us as a group. In this workshop, Intuitive Pathfinder Amy Vasterling will do a group reading, then we'll move into conscious sharing. One volunteer will share a story from her life that fits the core theme of the group reading. Then we'll all have a chance to share insight and wisdom with the group in a really fun format. Next pull out your journal to do some self-exploration on that theme through a question Amy shares. After that we'll break into small groups and then a big group discussion. Come ready to explore shared wisdom with other bright stars, just like you! **(Please bring a journal/notebook and pen to class.)**

### 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.)**

### 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.)**

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# Women's Wellness Weekend

## Spring 2019 Class Descriptions & Pre-registration

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

**Native American Dance** – Saturday evening, enjoy a Native American Dance presentation and group participation led by Rona Johnston (outside Dining Hall weather permitting – otherwise inside; approximately 7:45-8:30 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. (outside Dining Hall weather permitting – otherwise inside; approximately 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 near Crosby Lodge on both Friday and Saturday nights. Feel free to stop by and enjoy the warmth of the fire and camaraderie of your fellow participants. S'mores makings and Chat Pack will be available.

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

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

### Spring 2019 practitioners offering private sessions:

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- Michele Rae – Holistic Coaching sessions
- Mary Jo Feely – Reiki healing and Light Language healing sessions
- Jen Grant – Chakra assessment sessions
- Amy Vasterling – Intuitive readings
- 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:** There are several classes that have fairly low maximums because of the hands-on attention and materials needed, so we ask that you limit your #1 choices on the next page to include just one of the following: Pipestone Carving, Pine Needle Baskets and Flat Needle Felting (but you can indicate additional as #2 choices).

# Women's Wellness Weekend

## Spring 2019 Class Descriptions & Pre-registration

### 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 in each column below.

<b>Saturday Morning May 4</b>	<b>Saturday Afternoon May 4</b>	<b>Sunday Morning May 5</b>
<i>Early morning yoga 6:30</i>		<i>Early morning yoga 6:30</i>
<b>A Morning session 1.5-hr classes</b>	<b>A Afternoon session 1.5-hr classes</b>	<b>A Morning session 0.5-1.5-hr classes</b>
_____ 8:30-10:00 – Self-Healing Body, Mind & Spirit	_____ 1:15-2:45 – Love Your Body: Spiritually, Mentally, Emotionally and Physically	_____ 8:30-9:15 – Meditation (45 minutes)
_____ 8:30-10:00 Chakras: The Basics	_____ 1:15-2:45 – Sound Meditations for Healing	_____ 9:30-10:00 – Living from Your Center Within Meditation (30 minutes)
_____ 8:30-10:00 – Archery	_____ 1:15-2:45 – Creating a Life You Love Through Mindfulness	_____ 8:30-10:00 – Dowsing for Health & Wellness (\$7 materials fee)
<b>B Morning session 1.5- to 2-hr classes</b>	<b>B Afternoon session 1.5- to 2-hr classes</b>	<b>B Morning session 0.5-1.5-hr classes</b>
_____ 10:15-11:45 – Nature's Path to Wellness	_____ 3:00-5:00 – Pipestone Carving (2 hours; \$8 materials fee)	_____ 10:15-10:45 – Love the Earth (45 minutes)
_____ 10:15-11:45 – Release, Balance & Stretch	_____ 3:00-4:30 – Sacred Grounding Rhythm Movement	_____ 11:00-11:45 – Chakra Cleanse Meditation (45 minutes)
_____ 10:15-12:15 – Psychic Q&A (2 hours)	_____ 3:00-5:00 – Wisdom Gathering (2 hours)	_____ 10:15-11:45 – Yoga: Kundalini
<b>C Morning session 3-hr class</b>	<b>C Afternoon session 3-hr classes</b>	<b>C Morning session 3-hr classes</b>
_____ 8:30-11:30 – Skywalk High Ropes Challenge	_____ 1:15-4:15 – Summer Solstice Cooking (\$12 materials fee)	_____ 8:30-11:30 – Pine Needle Baskets (\$15 materials fee)
_____ 8:30-11:30 – Grow Your Own Shiitake Mushrooms (\$5 materials fee)	_____ 1:15-4:15 – Wine Glass Painting (\$5 materials fee)	_____ 8:30-11:30 – Flat Needle Felting (\$5 materials fee)
_____ 8:30-11:30 – Journals & Journaling (\$10 materials fee)	_____ 1:15-4:15 – Naturalist Walk at Banning	

### 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 (after those only wanting to use their free 10 minutes have a chance to sign up). In addition, Holistic Coach Michele Rae, Reiki Master Mary Jo Feely, Holistic Coach Jen Grant, and Intuitive Pathfinder Amy Vasterling will be offering private sessions– *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)

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### Women's Wellness Weekend – May 3-5, 2019

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

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

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

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