

Women's Wellness & Adventure Weekend
Registration Form
October 6-8, 2017

Register early—space is limited! You may register online at audubon-center.org/calendar.
 Must be 21 years of age or older

EARLY BIRD DISCOUNT—register & pay in full by 9/5/17 and TAKE 10% OFF the below rates

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

Do You Have a Roommate Preference (name): _____

Amount per person & Method of Payment

- Double occupancy (2 women/room) = sold out
- Max. room occupancy (all lower bunks filled) = \$340
- Commuter rate = \$220
(includes programming & meals, no lodging; free camping available)

- Check # _____ enclosed (Make checks payable to ACNW)
- Visa MasterCard Discover

Credit Card # _____ Exp. date _____ 3-digit sec. code _____

A non-refundable \$100 deposit is due at time of registration. Balance is due by September 5, 2017.
(or time of registration, whichever is later).

I understand all fees are non-refundable.
There are no refunds for cancellations.

Signature _____

Please mail or fax form to:
Audubon Center of the North Woods
 PO Box 530, Sandstone, MN 55072
 Fax: 320-245-5272; Phone: 320-245-2648;
 Email: info@audubon-center.org
www.audubon-center.org



Non-profit Organization
 U.S. Postage
PAID
 Sandstone, MN 55072
Permit No. 2



PO Box 530
 Sandstone, MN 55072

A weekend far beyond my expectations!
 THANK YOU! - 2014 Participant

100% post-consumer waste recycled paper

Renew yourself: mind, body, spirit

Women's Wellness & Adventure Weekend

October 6-8, 2017

All-inclusive holistic retreat for adult women

Choose from a variety of mind, body & spirit workshops and classes, enjoy a complimentary massage, schedule a reiki or healing touch session, or just relax and take in nature.



Audubon Center of the North Woods
Experience Your Environment

on the east side of Grindstone Lake near Sandstone, MN

888-404-7743 • www.audubon-center.org

"This was my first time and was a wonderful experience. I felt so comfortable and cared for. I think this weekend may have a profound effect on my life!!" - 2007 participant.

Renew Yourself: Mind, Body & Spirit

Located on the shores of Grindstone Lake, the Audubon Center of the North Woods' 535 acres of beautifully varied landscapes provide the perfect setting for this complete holistic adventure. Spend this weekend with your friends or take the opportunity to get away by yourself, meet new people, and learn new skills. Choose from a variety of mind, body & spirit activities, enjoy a complimentary massage, schedule a reiki or healing touch session, or just relax and take in nature.

*Celebrate the changing season with restored energy and creativity!
Renew, relax, rebalance & rediscover yourself!*

You'll find ACNW is the perfect venue for this wonderful weekend of adventure, relaxation and renewal. Comfy dorm-style lodging (rustic options and commuter rates are also available), fantastic meals, and beautiful lakeside surroundings allow you to fully enjoy this time away from your everyday responsibilities – we've got you covered!

"I think I died and went to heaven every meal! Even cried tears of joy at breakfast Sunday." - 2015 participant



"Wonderfully supportive and encouraging staff (and other women) made it a fantastic experience." - 2010 participant

Plan on arriving between 4:30-5:30 pm on Friday, settle in, and get orientated with a Center tour. Then start off the weekend with a wonderful 'Dinner at the Lake' followed by an inspiring keynote speaker.

"This was fabulous - classes were great, food was great - it seemed like everything was personally tailored for me!" - 2016 participant.

About 3-4 weeks prior to your arrival, you'll receive the detailed weekend schedule and be able to pre-select the classes and workshops that interest you. Throughout the weekend, you may sign up for massage or reiki (or both); 10 minutes of massage are included in your registration fee, but you may opt for additional time and sessions).

"Couldn't imagine better food or a more warm and welcoming staff. Kudos to all!" - 2008 participant

Register early—space is limited!
Early Bird Discount ends September 5, 2017

"It just doesn't get any better than this! Thank you!" - 2014 participant

"Very excited and thankful to take part in this weekend." - 2013 participant



"The opportunity to change one's agenda or choose quiet time was wonderful - I liked the mix of indoor/outdoor activities" - 2011 participant

"Incredibly knowledgeable, enthusiastic, passionate speakers. Anyone can lecture, not everyone can teach; these were all excellent teachers. Well done!" - 2008 participant

Enjoy a variety of classes & workshops

Although we are still finalizing the class/workshop lineup for this spring, the following are some of the **types** of classes that are offered—these are examples only, as different classes are offered at each event. The actual class schedule will be posted on the website as the session draws near (and included in participant materials you'll receive). Depending on length of classes you select, you can usually register to take 4-6 classes during the weekend.

Short session of massage is included in the weekend
(additional time may be purchased)

"My only regret is I couldn't attend all of the classes, couldn't be at 4 places the same time!" - 2015 participant.

◆ Adventure & Challenge

(such as high ropes course/zip line, climbing wall, canoeing, hiking, archery, fishing, etc.)

◆ Wellness & Lifestyle

(such as yoga, massage, reiki, meditation, personal discovery, zumba, healing & energy work, cooking, etc.)

◆ Outdoors & Nature

(such as wildlife and birding programs, naturalist-led hikes, mushrooming, orienteering, campfires, etc.)

◆ Creative Expressions

(such as photography, painting, dancing, jewelry making, quillwork, basketry, wine-making, drumming, etc.)

You can also choose to use the time to simply relax and reflect on all that is good in your life. It's YOUR weekend!

"A stress-free weekend! Loved the opportunity to try different things without being judged or spending a lot of money." - 2011 participant