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

Address		
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	rstand all fees are no are no refunds for	

Signature

Name

Please mail or fax form to:

**Audubon Center** of the North Woods

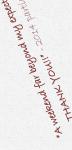
PO Box 530, Sandstone, MN 55072 Fax: 320-245-5272; Phone: 320-245-2648; Email: info@audubon-center.org www.audubon-center.org

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Sandstone, MN 55072



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.



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











### Eniov 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

""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



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

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