



Women in Nature Schedule 2018

8:00 AM: Registration + social time

8:20 AM: Welcome message

8:25-8:55 AM: Keynote - Discovering the Benefits of Meditation + Whole Group Guided Meditation
Marsha Nieland, Fusion Studio

9 AM-9:50 AM—Session #1

- Yoga (Auditorium)
Cassie Hammarmeister, Vella Yoga
- Vegan Cooking for Health (Preschool classroom)
Nikki Grim, Atomic Salon and stellar vegan cook
- Massages (Bee Classroom or Outdoors)
Carlson College of Massage Therapy
- Group Relaxation Session (Bird Boom)
Singing bowls and guided meditation with Maria Dummermuth, Sage Practices
Reiki with Valarie Kimm, Spirit Sparrow Sacred Services

10 AM-10:50 AM - Session #2

- Geocaching (Auditorium/Trails)
Emily Roediger, Indian Creek Nature Center Naturalist
- Food Preservation 101 (Preschool Classroom)
Rachel Wall, Human Sciences Specialist, Nutrition and Wellness for Iowa State University
- Massages (Bee Classroom or Outdoors)
Carlson College of Massage Therapy
- Group Relaxation Session (Bird Boom)
Singing bowls and guided meditation with Maria Dummermuth, Sage Practices
Reiki with Valarie Kimm, Spirit Sparrow Sacred Services

11 AM - Noon: Hikes: Saunter, Medium, or Fast

Noon: Potluck Lunch

12:30-12:55 PM — Salad in a Jar

Calla Jayne Kleene, Back in Line



1-1:50 PM — Whole Group Outdoor Nature Art

Share your creation using our hashtag

2-2:50 PM - Session #4

- Introduction to Healing Teas (Auditorium)
Andrea Gorsh, Kae Apothecary
- Discovering Your Bliss + Creating an Outdoor Sanctuary Space (Preschool Classroom)
Marilee Feldman, Alpaca Fiber Arts LLC
- Massages (Bee Classroom or Outdoors)
Carlson College of Massage Therapy
- Group Relaxation Session (Bird Boom)
Singing bowls and guided meditation with Maria Dummermuth, Sage Practices
Reiki with Valarie Kimm, Spirit Sparrow Sacred Services
- Hikes: Saunter, Medium, or Fast
 - Saunter - Deb H.
 - Medium - Annie K.
 - Fast - Sally S.

2:50-3:00 PM - Giveaways!