



Estrogen Equinox 2008

September 19, 20, 21

Bear Paw Outdoor Adventure Resort

*have fun
challenge yourself
enjoy nature
try something new
meet new friends
relax*

Estrogen Equinox is Bear Paw's way to recognize the awesome environment that can be created when women come together in the spirit of adventure, fun, and rejuvenation. We host this weekend year after year to give women the opportunity to try new activities in a fun and supportive environment. We are glad that you are able to join us this year!

Workshops:

Yoga: experience the flow of the breath along with mindful movement- guided by Angie Lucas of Yoga Bella

Recreational kayaking on a nearby lake guided by Jamee Peters

Hiking along the river or on our own trails.- Jamee Peters or Michelle Koss

Nia – Nia is a body-mind-spirit fitness and lifestyle practice. Through expressive movement—The Body's Way—Nia empowers people to achieve physical, mental, emotional and spiritual well-being. guided by Lisa Radtke

Self Portrait- guided by Katie Barrington

Kayaking through class I and II rapids on the Wolf River-guided by Jamee Peters

Vision Board—guided by Lisa Radtke

Massage offered by Catherine Tryon (additional fee of \$60 per hour) offered throughout the day.

Wine and cheese gathering

Life on Other Planets, Life on Earth presented by Dr Maggie Turnbull

Equipment:

All kayak equipment will be provided, We do ask that you bring old magazines for the Self Portrait and the Vision Board. Also please bring a yoga mat if you have one.

Food:

This year we will provide a continental breakfast on Saturday and Sunday. This and the wine and cheese gathering is included in the cost of the event. All other meals and beverages will be on your own. Our new Bear Paw Pub will be open on Friday from 4 to 9, Saturday 12 – 9:00 and Sun 12:00 – 8:00. We serve Pizzas, specialty sandwiches and specialty salads and appetizers. We also have a full bar.

Other activities:

Darts, foosball, and Wii. (Be a Guitar Hero)

Campfires

Massage

Hammock time

Mountain biking; (we have a few bikes, but we encourage you to bring your own.)

Volleyball

Photography (share your photos of the day)

Hiking

Friendship & Camaraderie

Workshop registration:

Upon check-in you will be able to sign up for the individual workshops. Sign-up sheets will be posted where you register. In order to accommodate as many folks as possible, most workshops are offered more than once. However, registration for each workshop is first-come, first-serve, so keep an open mind about how your weekend will unfold. Please make sure that others have the opportunity to try every workshop before you repeat a workshop. We encourage you to challenge yourself and try something new!



Bear Paw Outdoor Adventure Resort

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Presenter Notes:

Lisa Radtke from Dakota, MN comes back for the 10th Equinox at Bear Paw. She writes: "As to a description of myself, perhaps just sharing that I've felt blessed over the years of the EE to have been both participant and presenter. I love teaching so much because I learn through the wisdom of all those participating! I have deep passion for nature and see the natural world as our companion in discovering our own true journey through life. My quest in life is matching that place of deep personal joy with the world's great need and helping others to do the same. When pure joy meets great need, the world and all of its beings benefit! Cripes, that's pretty philosophical for 10:30 at night! "

Dr. Maggie Turnbull from Antigo, WI Joins us for the first time and we are thrilled!!

She is an astronomer whose expertise is in finding planets that could support life as we know it and searching for signs of life in other star systems. She developed a catalog for use in the search for extraterrestrial intelligence (www.seti.org) and she has studied the spectrum of the Earth to identify telltale signatures of life. This information will be used to develop new missions flown by NASA in the upcoming decades. She also gives public talks about the changing climate on Earth and future of life here. Her talk is titled "Life on Other Planets, Life on Earth."

Angie Lucas of Yoga Bella in her words! I discovered yoga about 8 years ago when I was interested in becoming more flexible and healing my back. I have been teaching yoga since 2001 when I became certified with YogaFit. Needing a deeper understanding of yoga and all it encompasses, I decided to attend a teacher training intensive through The Yoga Institute with Lex Gillan & Stan Hafner, where I became certified in July 2004. YogaBella began this wonderful journey in April 2005. I have also studied with Rolf Gates, Seane Corn & Paul Grilley. My classes are a Hatha~Vinyasa style, which means we link movement with the breath, while also holding in some postures to strengthen deep into the body. This class style is safe for all levels as I bring in modifications as needed. I deeply enjoy helping people in this beneficial and beautiful practice of yoga! What a wonderful way to begin the day and be in touch with the world around us!

Catherine Tryon Massage of Madison, WI Bio to com

Katie Barrington is an artist who resides in Antigo. Katy graduated with a PhD from Florida State University in Art Education with an emphasis in Art Therapy. While pursuing her doctorate in Tallahassee, Florida, she conducted workshops at WeMoon Women's Center. Katy believes that everyone has creative abilities. The process of artistically expressing oneself helps a person achieve insight, increases self-esteem and promotes deeper connections with the self and the world.

Jamee Peters of Bear Paw Outdoor Adventures. She has spent much of her life reveling in the outdoors. A home grown Wolf River resident and paddler, Jamee calls this home. She began paddling the river in 1977 when she took her 1st whitewater canoe course. She was instantly hooked, and has been involved in canoe and kayak instruction and Wolf River tourism ever since. An avid outdoor person, she spends her free time on her mountain bike or road bike, and cross country skiing in winter. Jamee's many years of instructing has allowed her to see and be a part of people changing. "I love taking someone with very limited knowledge of the outdoors or the river and help them to realize that it is not something to be afraid of but it is a connection to embrace."

Michelle Koss of Antigo, a lifetime Langlade County resident will assist in guiding hikes and biking trips for the Equinox. She is an avid human powered athlete and an inspiration to us all.

Weekend Schedule: Please allow for flexibility

Friday

Time	
8:30-9:30	Continental Breakfast
10-11:30	Hike the Tornado Path
11:30-1:00	Lunch on your own.
1:00-4:00	Lake kayaking at Boulder Lake
5:30	
7:00-9:00	Campfire

Saturday

Time		
8:00-9:00	Yoga	
8:30-9:30	Continental Breakfast	Nia
10:30-1:00	River Kayaking	Self Portrait
1:00-2	Break	
2:00-4:30	River Kayaking	Dream Board Self Portrait
5:00-6:00	Wine and Cheese	
7:00	Life on other Planets, Life on Earth	

Sunday

Time	
8:00-9:00	Yoga
9:00-10:00	Continental Breakfast
10:30-12:30	Lake Kayaking Or Nia
1:00pm	Closing session/Circle of Friends