



Girls Weekend

January 11th thru 13th, 2019

2 Nights / 2 People

\$349*

Plus Tax

Friday night

- » Opening Presentation by Jenny Richards
- » Wine and canvas painting party with cash bar
- » Meet & Greet in lodge lounge

Saturday

- » Morning Yoga
- » Songwriting
- » Mindfulness session
- » Nature writing
- » Concert and cocktail party with cash bar

Sunday

- » Morning Yoga

(see page 2 for details)



** Rate above is based on 2 guests per room, 2 night stay. No additional discounts offered on package price. Not valid for group blocks.*

Friday, January 11th

7:00 pm **Opening Wine and Canvas** painting cocktail party with Emily Harper and Dawn Richards
Presentation from Jenny Richards

Saturday, January 12th

10:00 am **Yoga** with Laura Harper
1:00 pm **Songwriting** with Megan Bee OR **Mindfulness session** with Dawn Richards (your choice)
3:00 pm **Nature writing** with Megan Bee OR **Mindfulness session** with Dawn Richards (your choice)
7:00 pm Cocktail party & Concert with **Megan Bee**

Sunday, January 13th

9:00 am Yoga with **Laura Harper**

Yoga with Laura Harper

Laura studied 200RYT and Thai Yoga Massage at The Cincinnati Yoga School. She practices Ashtanga Yoga. One of her favorite parts about asanas are the hip openers! She loves yoga and hopes to guide her participants to a deeper understanding of themselves through their practice together.

Yin Yoga

Calm and balance your mind. Mostly a floor practice, expect to hold poses 3-5 minutes. Yin yoga gives us deeper access to our bodies, leading us to deeper flexibility in joints and connective tissue, as well as releasing of fascia. Prepare to go into a deeper meditative state throughout this practice. All levels welcome Yang Yoga Yang Yoga is the more active form of yoga. This is the "vinyasa flow". Expect to build some heat, as we tap into our breath and go into more dynamic sequencing, holding poses along the way. This class ends with a warm and elevating Savasana.

Songwriting: Megan Bee

Songwriting based around the idea that music is an innate part of all people despite experience level in writing or music. We will work through writing prompts, brainstorming, thought mapping, metaphors, and other creative writing exercises. Together we will co-write and record a song.

Nature Writing:

We'll read examples of great nature writers and discuss the details of what makes nature writing unique. We'll take a short walk and use our environment as a prompt for writing metaphors, using sensory language, and practicing observational awareness.

A Concert:

An hour long concert of original folk-Americana music tied together with stories of wanderlust and a raw love for the land.

Dawn Richards, R.N. has 45 years experience as a nurse in southern Ohio. From the emergency room, homecare, hospice, to her current role as a community health educator, Dawn has a passion for helping people. For the past 5

years her position has focused on teaching mindfulness, breathing techniques, healthy habits, and stress management to school kids and adults. Dawn is a home-schooled art enthusiast who believes in the therapeutic benefits of journaling, collaging, and creating.

Jenny Richards grew up on the edge of Shawnee Forest exploring the outdoors with her family. She obtained her BS in Geography from Ohio University, traveled and worked abroad and returned home to land her dream job as a state park naturalist in the very forest she was raised. She loves sharing her passion for the great outdoors with everyone she meets.

Jenny will greet the group Friday night with a warm Shawnee welcome to include a short photo journey depicting the vast and diverse Shawnee State Park and Forest. She will also share trail and road maps for discovering the region on your own during free time.

Native born Cincinnati, **Emily Harper** is a natural artist. She earned her Arts and Humanities degree from Ohio University, and then pursued a two-part Permaculture workshop series. This led her to a naturalist internship at the United Plant Savers Sanctuary in Rutland, Ohio, where she redefined her relationship with Nature. She has been working at Shawnee State Park, as a naturalist aide, for the past three years. Currently, Emily is working to restore the Flagg-Longworth Wine Cellar (circa 1859) that sits on her 5-acre farm, nestled amongst the wilderness of Shawnee State Forest.

The mission for our painting class is to have fun and show that anyone can be an artist! We will discuss color theory, materials, and subject matter. It's an opportunity to create a masterpiece even if you have no prior experience! All materials will be provided.

**Shawnee's Dining Room is open for
Breakfast 8 to 11 am
Lunch 11 am to 2 pm
Dinner 5 to 9 pm**