

ABOUT OUR SPEAKERS

Melanie K. Druery, CYT

A mother, wife and yogini - Melanie's journey in yoga began in 2004 when she took her first vinyasa class. She is now a certified Inner Power Yoga Teacher. Her training includes Vinyasa, Yin Yoga, Pranayama, Prenatal and Chair Yoga. Melanie's classes focus on the breath, energetics, anatomy, and alignment - finding a sweet balance between inner and outer awareness. "Yoga is a way of making our bodies feel more like Home, and I love being able to share that with others."

Mary Schmidt

Wandering in the woods as a youngster began Mary Schmidt's lifelong love for nature, and especially plants. This led to an education in horticulture, landscape, herbalism and a long stint as a Master Gardener in Minnesota. Mary owns her own business in landscape gardening and greenhouse bedding plant production. Currently she is finishing up a Master's Degree in Medicinal Herb studies and lives in Lincoln, settling into the community as an herbalist and garden designer.

Christine Bartels

A certified life coach, Christine Bartels has been helping women with their goals for over 15 years. Formerly she held a management position at a pediatric office and now has her own business, Christine's Life Coaching. She has been married for over 12 years to Steve and they have a son, Joshua, who is 9 years old.

Nancy Furman, Coordinator of PNNC and **Becky Seth**, its Naturalist, are passionate about sharing the serenity to be found in nature, and the special beauty of the Nature Center.

PIONEERS PARK NATURE CENTER

A facility of the Lincoln Parks and Recreation Department and located at the west end of beautiful Pioneers Park, the Nature Center is a 668 acre wildlife sanctuary with over 8 miles of hiking trails winding through prairies, woodlands, and wetlands. Two interpretive buildings house hands-on and small animal exhibits. Outdoor animal exhibits include bison, elk and deer herds, non-releasable raptors, vultures and wild turkeys.



Location: 3201 S. Coddington, Lincoln, NE 68522
Entrance gates on S. Coddington and W. Van Dorn

Mailing address: 2740 'A' St, Lincoln, NE 68502

Phone: 402.441.7895

Fax: 402.441.6468

Email: naturecenter@lincoln.ne.gov

Website: parks.lincoln.ne.gov/naturecenter

The mission of Pioneers Park Nature Center is to interpret the natural history of Nebraska and the Central Great Plains; to promote the enjoyment, appreciation, and awareness of our natural environment; to practice and foster a conservation ethic; and to provide a sanctuary for wildlife and a peaceful retreat for people.



WOMEN'S WELLNESS JUMPSTART:

a path into holistic health



Pioneers Park Nature Center
Prairie Building

Saturday, March 20

8:30 a.m. - 3:30 p.m.

\$40/person



This health and fitness retreat combines physical, mindful and spirit-filled activities that refresh, enliven and encourage.

SCHEDULE

8:30 - Herbal tea and muffins

8:50 - Introductions

9:15 - Experiencing Gentle Yoga
Melanie K. Druery, CYT

Reconnect with yourself and the world around you as we move the body with gentle yoga. Practice meditation, breathing exercises and basic yoga postures. We will focus on balancing our inner and outer awareness while finding a little bit of movement in a lot of places. Weather permitting, we will take our practice outside to connect with the Center's beautiful surroundings.

10:15 - Exploring a Holistic View of Health with Medicinal Herbs
Mary Schmidt

In this introduction to herbs, we will explore the basic differences between many traditional holistic herbal practices and the western medicinal model. Find out what herbs to take, when and how to utilize them, and where to find them. We will also discuss the pros and cons of the many ways to prepare and take herbs.

11:15 - Nature Walk

11:45 - Vegetarian Lunch

12:30 - Panel Discussion:
Ideas to Reduce Stress

1:15 - Balancing Your Life
Christine Bartels

We'll explore tools to help you create the life you desire, find what sings in your heart, and utilize your strengths for yourself, your family and your community.

2:15 - Nature Walk
Nancy Furman and Becky Seth

Choose between two differently-paced guided hikes.

3:15 - Closing

Bring your own water bottle.

Dress comfortably for activity, inside and outside, regardless of weather.

REGISTRATION FORM

Women's Wellness Jumpstart payment, \$40/person, is required with registration.

Complete this form and mail with check to:
Pioneers Park Nature Center
2740 'A' Street, Lincoln, NE 68502
or call 402-441-7895 to pay with credit card.

Name _____

Address _____

Phone _____

Email _____

Dietary restrictions _____

Payment enclosed _____

Cancellation policy: Anyone cancelling before March 17th will receive a refund of \$35.

