

ILLINOIS VALLEY COMMUNITY COLLEGE
WINTER RETREAT
AT NELL'S WOODLAND

ART

**SOUND
HEALING**

T'AI CHI

YOGA

DRUM CIRCLE

**YOUTH & ADULT
PROGRAMS**

MEDITATION



ILLINOIS VALLEY
COMMUNITY COLLEGE

Life Your Spirit

MCC Winter Retreat at Nell's Woodland

Restorative Yoga

"I love this class. Beneficial for those with limited flexibility or recovering from injury. Instructor can adapt to meet student abilities."

Join IVCC instructor, Emily Manternach for a class focused on restorative yoga. Restorative yoga is a gentle and relaxing practice that uses props to support the body in passive stretching. Learn how restorative yoga can improve your sleep, mood, well-being, and pain management. Come away more relaxed, limber and feeling better! We will use equipment such as bolsters, yoga stretching bands and blocks during class. Class is appropriate for all levels of participants and can be adapted to meet your needs. *Bring a yoga mat and water. Wear comfortable, loose-fitting clothing and athletic shoes*

Thu Feb 6-Mar 27 5-6 PM
7 Sessions Emily Manternach
Wellness Bldg. Class ID: 19680 \$79
Nell's Woodland, Ottawa

Thu *Apr 10-May 29 5-6 PM
7 Sessions Emily Manternach
Wellness Bldg. Class ID: 19681 \$79
Nell's Woodland, Ottawa

*No class: May 15

Watercolor Landscape Painting

[Ages: 14+] Class ID: 19660

Learn about the watercolor medium and techniques. Use these skills to craft a watercolor painting of an outdoor space or scene. You will create a baseline comfortability with watercolor and the basics of materials, tools, techniques, color, value and "seeing" your subject will be explored. No experience necessary. Students are welcome to bring their favorite vacation photo or outdoor landscape photo. The instructor will also have landscape examples available that you can use during class if you do not wish to bring your own. *Students will be asked to submit a sample of their photo by email approximately two weeks prior to class. The picture should be taken straight ahead and not at an angle. Students will receive a list of art supplies to purchase prior to class. Ages 14-17 can register and participate with an adult over the age of 18 who is also registered for class.*

Sat Feb 8 9 AM-1 PM
1 Sessions Julie Jenkins
Ecology Bldg. Class ID: 19660 \$49
Nell's Woodland, Ottawa

T'ai Chi

[Ages: 18+] Class ID: 19631

T'ai chi comprises gentle and slow movement exercises which increase the accumulation, circulation and balancing of energy. The movements are easy to learn and appropriate for people of all ages and physical abilities. Those who regularly practice T'ai chi experience greater energy, better balance and improved quality of life. This class will introduce you to T'ai chi while experiencing the benefits of practice.

Wear comfortable, loose-fitting clothing and athletic shoes. Bring water.

Tue Feb 18-Apr 8 5-6 PM
8 Sessions Dan Retoff
Wellness Bldg. Class ID: 19631 \$79
Nell's Woodland, Ottawa

Registration Confirmation

You will receive a confirmation of your registration by email. Confirmation will include a schedule, receipt and information specific to your class.

Refund Policy

To cancel your registration before a class starts, please call (815) 224-0427. Refunds will be issued to students who cancel the class at least one business day prior to the class date, unless otherwise noted. Programs with different refund policies are so stated at the point of registration.

Class Location

Nell's Woodland is located at 2000 Alexis Avenue, Ottawa, Illinois 61350.



Meet IVCC Instructor Emily Manternach

Emily is a degreed engineer, a certified yoga teacher and a certified Ayurveda wellness counselor. As a manager, supervisor and engineer in multiple production environments she has developed and used the many skills and knowledge required to be successful. Emily teaches open flow and restorative yoga, Ayurveda, meditation, asana and conscious nature walking.

Questions? Ready to Register? Call (815) 224-0427 | Enroll Online: ivcc.edu/nellswoodland

Sound Healing Introductory Class

[Ages: 18+]

Class ID: 19692

With sound healing, breathwork, mantra and meditation you can embark on a deep inner journey through space, conscious awareness, breath, tone and vibration to access the well of knowledge and self-healing available to all of us. At the end of class a sound healing session will be demonstrated. *Wear comfortable clothing to class. You may wish to bring a yoga mat, although it is not required.*

Fri Feb 28 6-7:30 PM
 1 Session Abby Zukowski
 Ecology Bldg. Class ID: 19692 \$39
 Nell's Woodland, Ottawa

Student Testimonial

"Loved this class, learning about the solfeggio scale, different hertz for various health benefits and the different instruments. The best part may have been the sound healing session demonstrated at the end of class. I felt so calm and relaxed after class ended! I would take this again!"



NEW! Learn to Draw with Colored Pencil!

Creating Spring Florals

Welcome to the medium of colored pencils. Learn the various techniques and create a drawing of a beautiful Spring flower. No experience necessary. Students are welcome to bring a photo of their favorite flower. The instructor will also have examples available that you can use during class if you do not wish to bring your own. *Students will be asked to submit a sample of their photo by email approximately two weeks prior to class. Students will receive a list of art supplies to purchase prior to class.*

Sat Mar 8 9 AM-1 PM
 1 Session Julie Jenkins
 Ecology Bldg. Class ID: 19961 \$49
 Nell's Woodland, Ottawa

Meet IVCC Instructor Julie Jenkins

Julie Jenkins, a native of Ottawa, Illinois, holds an A.A. in Art from IVCC, a B.S. in Art Education from SIU Carbondale, and an M.A. in Art Education from EIU. She teaches high school art at LaSalle-Peru Township High School and received the Illinois Alliance for Arts Education Fine Arts Educator Award in 2013. A co-founder of North Central Illinois ARTworks, Julie is a member of the Illinois and National Art Education Associations. Her work, focusing on nature, music, and urban decay, has been exhibited locally and featured in *Spirit* magazine. She primarily paints and photographs, drawing inspiration from her travels to National Parks, music venues, and abandoned spaces.

NEW! Crystal Basics 101: Introduction to Healing Stones

[Ages: 18+]

Class ID: 19690

Crystals have been used for centuries for their healing properties, and in this introductory class, you'll learn how to work with crystals to enhance your well-being. We'll explore the most common crystals, their meanings, and how to use them for energy healing, meditation, and manifestation. You'll also discover how to cleanse, charge and care for your crystals. Whether you're a beginner or just curious, this class is the perfect starting point to connect with the healing power of crystals.

Fri Mar 28 6-7:30 PM
 1 Session Abby Zukowski
 Ecology Bldg. Class ID: 19690 \$39
 Nell's Woodland, Ottawa

NEW! Yoga Flow & Harmony

Featuring Yoga and Sound Healing

[Ages: 18+]

Class ID: 19686

Join for a class with Asana, meditation, and sound healing. We will ramp up our warmth and settle into meditation with sound healing for a 90-minute class to rejuvenate with physical movement and sound vibration. Enjoy relaxing the body after strengthening and lengthening the tissues of the body. The sound healing creates an additional dynamic for class and for deep rest. Find your inner peace through motion and melody. *Please bring a mat and water. A blanket and pillow or bolster are optional.*

Thu Apr 3 5-6:30 PM
 1 Session Emily Mantemach & Abby Zukowski
 Wellness Bldg. Class ID: 19686 \$39
 Nell's Woodland, Ottawa

Find additional classes!
 Visit our website using
 the QR Code.



NEW! Mindful Steps: A Walking Meditation

[Ages: 18+] Class ID: 19687
Experience relaxation and harmony as you walk through nature, aligning your internal rhythm with the gentle flow of the wind and the warmth of the sun. Stroll along the scenic trails of Nell's Woodland for an experience that fosters a deep connection to nature and your authentic self. Explore meditation techniques that enhance mindfulness and tranquility. Whether you're new to meditation or a seasoned practitioner, this class offers a peaceful blend of meditative practice and the calming embrace of the natural world.

Sat 10-11 AM Apr 5
1 Session Emily Manternach
Wellness Bldg. Class ID: 19687 \$19
Nell's Woodland, Ottawa

Breathing for Life

[Ages: 18+] Class ID: 19632
Body, breath and mind are interrelated and breathing properly is conducive to health and well-being. You will learn how to calm the mind and alleviate anxiety; and also improve sleep, circulation and immune functioning. Gain an understanding of the respiratory system and learn breathing practices to enhance and develop abdominal breathing. This class does not require floor work or flexibility. You can participate in this class from a seated position. Wear comfortable, loose-fitting clothing. *Dan Retoff has been teaching yoga, breathing and t'ai chi classes through the Continuing Education Center since 1999. Prior to his retirement from teaching academics he also instructed Anatomy & Physiology I, Human Growth and Development and Human Body Structure & Function.*

Mon 5-6 PM Apr 14-May 5
4 Sessions Dan Retoff
Wellness Bldg. Class ID: 19632 \$39
Nell's Woodland, Ottawa

Student Testimonial

"Dan Retoff's explanations of the respiratory system and how breathing abdominally is beneficial to wellness were presented in a

Friday Night Drum Circle Experience

[All Ages] Class ID: 19649
Participating in a drum circle is an immersive collaboration that moves beyond individuality and fosters a sense of collective creativity among participants. As the pulsating beats of various drums and percussion instruments merge together, a resounding peaceful energy fills the air. Each participant becomes a vital part of the overall sound, adding their unique expression while also listening attentively to others. There is a sense of connection as we find harmony amidst the diverse patterns and cadences. Time can seem to dissolve, and participants might enter a state of flow, completely absorbed in the music and the shared experience. Whether it's the primal instinct of drumming or the joy of creating music together, a drum circle offers an uplifting experience for all involved, leaving memories of rhythm, connection, and creative expression. *An adult over the age of 18 should plan to register and participate with youth under the age of 18. Percussion instruments will be available to borrow for the session. If you have a percussion instrument that you would like to bring with you, please feel free to do so.*

Fri 6-7:30 PM Apr 25
1 Session Kevin Kramer
Ecology Bldg. Class ID: 19649 \$19
Nell's Woodland, Ottawa

NEW! Discover the Poet Within: A One-Night Poetry Workshop

[Ages: 18+] Class ID: 19713
Unleash your creativity and explore the magic of words in our one-night poetry workshop. This evening offers a welcoming space to dive into the art of poetry. Through engaging activities and guided exercises, you'll transform your thoughts and emotions into verses. Whether you're looking to express yourself, find inspiration, or simply enjoy the beauty of language, this class promises an enriching and inspiring experience. We will save some time at the end of class for reading work, but participation is not required. Join us and let your inner poet shine!

Fri 6-7:30 PM May 30
1 Session Abby Zukowski
Ecology Bldg. Class ID: 19713 \$45
Nells Woodland, Ottawa



Questions? Ready to Register? Call (815) 224-0427 | Enroll Online ivcc.edu/nellswoodland

Featured Classes

Online and In-person at IVCC's Main Campus

online | self-paced

Starting a Garden

[Online | Self-Paced] Class ID: 21069
 Grow delicious, nutritious fruit and vegetables in your own backyard! You'll learn how to give your garden a healthy start and keep it growing strong all season. Begin by figuring out which type of garden is right for you. You'll explore climate considerations, learn how to read a zone hardiness map, and find out how to spot a micro-climate in your yard. Discover how to properly prepare a garden bed so your crops have the best opportunity to thrive. You'll even learn to understand fertilizers and make compost! Whether you want to provide your family with nutritious food, save money, get some exercise, or just be more self-sufficient, this course will give you the skills and knowledge you need to be on your way to a successful harvest. *Start anytime and work at your own pace. Class content is available for 3 months from your start date.* Tuition: \$129

IVCC Main Campus, Oglesby

Photographing Eagles, Birds and Wildlife

[Ages: 18+] Class ID: 19633
 This class will teach you the skills to capture eagles, raptors, birds and wildlife in the Starved Rock area. Join photographer David Anderson for a morning presentation at IVCC of eagle and wildlife photography including discussion of proper camera settings and techniques for still and action photography. In the afternoon, class will continue with an outdoor session in the Starved Rock area, where you will learn how to photograph eagles and wildlife. Students will provide their own transportation. **Bring your camera, long lens, winter clothing, hiking boots, sack lunch and water.**
 Sat Feb 22 9 AM-3 PM
 1 Session David Anderson
 CTC-216, IVCC Class ID: 19633 \$49

IVCC Main Campus, Oglesby

Beginning DSLR Photography

[Ages: 18+] Class ID: 19635
 Do you have a \$500 camera, but don't know how to use the settings and features? This course will introduce you to DSLR cameras, lenses and accessories. We will cover basic photographic concepts including exposure, color balance, lighting and composition. Basic concepts and real-world applications of digital imaging will be discussed. Assignments will reinforce what is learned in a fun and upbeat atmosphere. *This class will meet both indoors and outdoors, weather permitting. Class size is limited to 8-10 students. Bring a digital SLR camera, lens, memory card and camera manual to class.*
 Tue Mar 18-Apr 22 6:30-9:30 PM
 6 Sessions Doug Dellinger
 E-320, IVCC Class ID: 19635 \$169

IVCC Main Campus, Oglesby

Intro to Ayurvedic Cooking

[Ages: 18+] Class ID: 19706
 Learn which herbs and foods can bring more sunshine into your world and keep you buoyant and revitalized when the temperatures dip and the skies are gray. Explore creative uses of herbs and food for well-being, immune health and getting enough sleep.
 Sat Apr 19 10 AM-12 PM
 1 Session Emily Mantemach
 Online Live Class ID: 19706 \$39



Meet your instructor: David Anderson has lived in Ottawa, IL for most of his life. He began photographing the natural beauty of the area in 2001, where he first encountered the many varieties of unique and beautiful wildflowers found at Starved Rock State Park. One of his specialties is photo-graphing the majestic American Bald Eagle that migrates to the Illinois River Valley during the winter months. He is also fond of capturing the beautiful white Snowy Owl which also migrates here during the winter months and can be seen in the surrounding area farm fields. During all seasons of the year, he has enjoyed shooting many unique and wonderful photos of wildflowers, wildlife, eagles, owls, pelicans, birds, nature scenes, waterfalls, barns, mountains, sunrise and sunset shots, and the solar and lunar eclipse, in both Illinois and the Rocky Mountain west.

IVCC Main Campus, Oglesby

Focusing on Quality of Life

[Ages: 18+] Class ID: 19678
 Join us as we discuss a difficult topic that everyone experiences, death and dying. Led by, Brittany Ross, a licensed social worker who has worked in the healthcare system for 15 years, the class will discuss living with chronic illness and the difference between palliative care vs hospice care, as well as the importance of advance directives. We will explore options for care including caregiver support and preparing for the end of life. Though this is a heavy topic, the goal is to leave feeling you have more information and support to be prepared to focus on the quality of life at the end of life.
 Tue Apr 1 5:30-7:30 PM
 1 Session Brittany Ross
 Online Live Class ID: 19678 \$29

FEATURED CLASSES at Main Campus

- Feb 24:** Empowered Educator Series (PD available for Teachers)
- Feb 25:** Empowered Parenting Series
- Mar 20:** Understanding and Supporting Autism Spectrum Disorder (PD Available for Teachers)
- March 25:** Navigating Challenges & Stressors
- May 6:** Advancing Equity, Diversity and Inclusion in the Workplace

View the entire Spring 2025 Catalog for classes at Nell's Woodland and at IVCC.

Questions? Ready to Register? Call (815) 224-0427 | Enroll Online ivcc.edu/nellswoodland



About Nell's Woodland

*Find
out
more*



The Nell's Foundation has been made possible through the inspiration and generous support of former Ottawan Mr. James Downey. Located at 2000 Alexis Avenue on 58 acres of beautiful oak woodland preserve, his contributions have allowed the creation of an engaging and evolutionary place. The mission of the Nell's Woodland Foundation is to provide people with a connection to nature, programs and educational opportunities that support stewardship in the areas of Ecology, Wellness, and the Arts.

Spring offerings feature a partnership with Illinois Valley Community College, providing a variety of continuing education opportunities aligned with the Nell's Woodland spheres of influence, along with public access to the park on Thursdays-Mondays from 8 a.m. to 5 p.m. These hours may change as the season moves forward. Visit nellswoodland.com for current hours. Additional plans are underway for a variety of other opportunities and programs to be announced via the Nell's Woodland website and future press releases.

The Nell's Woodland community aspires to enhance and nurture the natural landscape of the 58-acre property. To date they have developed a walking pathway system that traverses 6,800 feet traveling across three distinct ridges allowing individuals to immerse themselves in the serenity of the preserve. For visitors and friends, they have developed facilities to support and enhance activities. With the belief that nature has the capacity to inspire, promote curiosity and generate creative ways of thinking and expression through the arts Nell's Woodland is open to all ages, backgrounds and demographics.

www.nellswoodland.com or connect@nellswoodland.com



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IVCC Continuing Education Center

Questions or ready to register?

Call: (815) 224-0427

Online: ivcc.edu/nellswoodland

Contact Us: continuingeducation@ivcc.edu