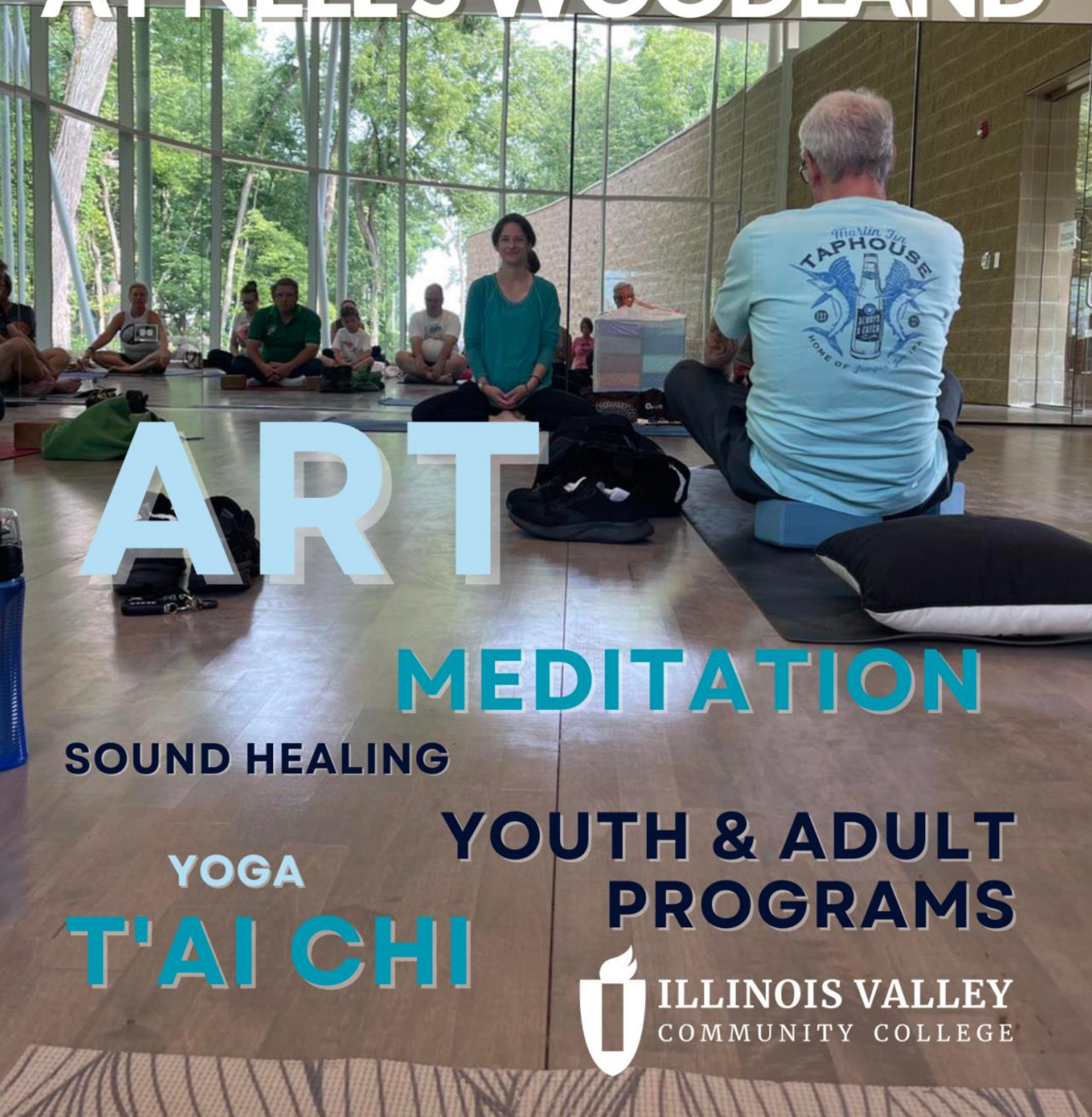


ILLINOIS VALLEY COMMUNITY COLLEGE

SUMMER RETREAT AT NELL'S WOODLAND



ART

MEDITATION

SOUND HEALING

YOGA

T'AI CHI

YOUTH & ADULT PROGRAMS



ILLINOIS VALLEY
COMMUNITY COLLEGE

Lift Your Spirit

IVCC Summer Retreat at Nell's Woodland

NEW! Open Flow Yoga

[Ages: 18+] Class ID: 16447
Flow yoga is the general term given to any style of yoga asana in which the practitioner moves dynamically from one posture immediately into another, following the breath. This continuous flow of movement and breath generates a meditative state, encouraging practitioners to let go of thought and focus on experience of the present moment. In flow yoga, each movement into or out of a posture is timed with an inhalation or an exhalation in a choreographed sequence. While most commonly known as Vinyasa Flow, there are many different styles of flow yoga. Experience an energizing sequence with focus on stamina, strength and breath. The flowing movements may sometimes be combined with some longer holds of certain postures. You will experience a sense of fluid motion, from which flow yoga gets its name. *Please bring a yoga mat and water. Wear comfortable, loose-fitting clothing and athletic shoes. Bring water. If you are interested in registering a student under the age of 18, please contact the Continuing Education Center in advance 815-224-0427 or continuingeducation@ivcc.edu.*

No class: June 19, July 3.

Wed Jun 5-Jul 24 7-8 AM
6 Sessions Emily Manternach
Wellness Bldg. Class ID: 16447 \$59
Nell's Woodland, Ottawa

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

NEW! Restorative Yoga

[Ages: 18+] Class ID: 16446
Join IVCC instructor, Emily Manternach for a 6-session 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! *Please bring a yoga mat and water. Wear comfortable, loose-fitting clothing and athletic shoes. Bring water. If you are interested in registering a student under the age of 18, please contact the Continuing Education Center in advance 815-224-0427 or continuingeducation@ivcc.edu.*

No class: July 4.

Thu Jun 6-Jul 25 5-6 PM
7 Sessions Emily Manternach
Wellness Bldg. Class ID: 16446 \$69
Nell's Woodland, Ottawa

NEW! Introduction to Meditation

[Ages: 18+] Class ID: 16448
Would you like to start a meditation practice? What is the purpose and benefit of meditation? Over the 6-week session you will grow your meditation practice and learn the background for the importance of meditation in your day to day life. Leave with the knowledge to practice on your own. *Wear comfortable, loose-fitting clothing and a yoga mat.* **No class: July 4.**

Thu Jun 6-Jul 25 6:15-6:45 PM
7 Sessions Emily Manternach
Wellness Bldg. Class ID: 16446 \$45
Nell's Woodland, Ottawa



Beginning T'ai Chi

[Ages: 18+] Class ID: 16444
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. With regular practice of T'ai chi you will experience greater energy, better balance and enables 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.*

No class: July 4.

Thu Jun 20-Aug 1 5-6 PM
6 Sessions Dan Retoff
Wellness Bldg. Class ID: 16444 \$59

NEW! Embrace the Sun: Summer Solstice Celebration

[All Ages] Class ID: 16449
As the longest day of the year approaches, join us in honoring the radiant energy of the sun and the abundance of nature during our "Embrace the Sun" Summer Solstice celebration. This holistic gathering is designed to rejuvenate your body, mind and spirit, fostering a deeper connection with yourself and the natural world around you. Highlights will include a solstice meditation, herbal presentation, solstice tea making and make a floral crown. Join us for an evening of wellness, connection as we honor the Summer Solstice and embrace the warmth and vitality of the sun. Let's come together to cultivate a deeper sense of harmony and balance within ourselves and with the world around us.

Ages: 5 and under free with adult who is also registered and attending the program. Ages: 6-17 are welcome, but should also be registered and attending with an adult who is also registered and attending the program.

Thu Jun 20 6:30-8 PM
1 Session Abby Zukowski
Ecology Bldg. Class ID: 16449 \$39

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

NEW! Highland Cow & Poppies on Canvas

[Ages: 13+] Class ID: 16452
As summer arrives, join us at Nell's Woodland in the Ecology Building. Follow along step-by-step as we create a 16" x 20" painting featuring a highland cow and field of poppies. All supplies included. *Ages: 13+ Children can register and attend class with an adult over the age of 18 who is also attending class.*

Wed Jun 26 6-9 PM
1 Session Lucy Schmidt
Ecology Bldg. Class ID: 16452 \$39
Nell's Woodland, Ottawa

Introduction to Meditation, Asana & Conscious Nature Walking

[All Ages] Class ID: 14378
Come for what you need! The program will start with a nature walk to loosen the muscles and mind. Then we will practice Asana to stretch and move the body before sitting in stillness for meditation. Each of the three parts will have a shared theme we will be focusing on. All ages are welcome. You can participate in all three class activities or just a single activity, although participation in two or more parts is recommended for full benefit. *Bring a yoga mat for Asana, a pillow for meditation and water. Wear comfortable, loose-fitting clothing and close-toed athletic shoes. Children under the age of 18 should be accompanied by an adult who is also registered and participating in the session.*

7:30-8 AM Nature Walk
8:00-8:30 AM Asana
8:30-9 AM Meditation

Fri Jun 28 7:30-9 AM
1 Session Emily Manternach
Wellness Bldg. Class ID: 14378 \$19
Nell's Woodland, Ottawa

NEW! Intro to Ayurveda

[Ages: 13+] Class ID: 16450
Yoga and Ayurveda are two ancient practices that have been intertwined for thousands of years. While they are distinct practices, they both originated in India and shared a common philosophy and approach to health and wellness. Ayurveda is often called the sister science of yoga, as the two practices complement each other in many ways. The human body is a complex system of three doshas or energies – Vata, Pitta, and Kapha – that determine a person's unique physical and mental characteristics. We will discuss these in more detail. This is a wonderful way to learn more about yourself and our connection to nutrition, health, wellbeing and nature. Previous experience in yoga or ayurveda is not required for this class, although you may gain a deeper understanding of the connection between yoga and Ayurveda. *An Ayurvedic cooking class will be offered on Friday, July 26 for those interested in learning more.*

Fri Jun 28 9:30-11 AM
1 Session Emily Manternach
Ecology Bldg. Class ID: 16450 \$29
Nell's Woodland, Ottawa



"This is the second time taking this class & I learn so much each time! Dan is the best at explaining information relevant to each student!"

- Breathing for Life Participant

Breathing for Life

[Ages: 18+] Class ID: 16445
Join IVCC instructor Dan Retoff for an exploration of helpful and healthful breathing techniques. Body, breath and mind are interrelated and breathing properly is conducive to health and well-being. We will focus on the awareness of our breath and development of abdominal breathing. Gain a better understanding of your respiratory system and how it works. You will also learn how abdominal breathing calms the mind and alleviates anxiety; and also improves sleep, circulation and immune functioning. *Wear comfortable, loose clothing and athletic shoes. Please bring a blanket and pillow to class for practice of breathing and relaxation techniques, although you can also participate in breathing exercises from a chair if preferred.*

Mon Jul 8-29 5-6 PM
4 Sessions Dan Retoff
Wellness Bldg. Class ID: 16445 \$39
Nell's Woodland, Ottawa

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

Going from Good to Great!

[Ages: 18+] Class ID: 16449
 Recognizing the symptoms of stress and having self-awareness on how it can or may be currently impacting your everyday life including relationships is key to preventing larger impact. Developing a self-nourishment plan and having the tools and mindset tips for actively engaging in that self-nourishment plan can be life changing for many. In this workshop, Jamie Stuart Taylor, a Licensed Clinical Social Worker with a decade plus experience working in the field of empowerment and wellness, will assist you in taking a deeper dive into the common signs of stress, how they impact our physical and emotional body and then how to develop a self-nourishment plan that works for you. Participants will also get a glimpse into the use of empowerment strategies and how to retrain your mindset and thoughts to help set you up for long term whole body (mind +body) wellness.

Wed Jul 10 5:30-7 PM
 Class ID: 16449 \$49
 Ecology Bldg. Jamie Stuart Taylor
 Nell's Woodland, Ottawa



Jamie Stuart Taylor

NEW! Palette Knife Butterfly Painting

[Ages: 13+] Class ID: 16454
 Learn the unique technique of using a palette knife to create this painting. We will be layering and blending paint to create a butterfly on canvas. Follow along step-by-step! Over 20 colors will be available so you can customize your butterfly. All supplies included. Ages: 13+ Children can register and attend class with an adult over the age of 18 who is also attending class.

Tue Jul 23 6-8 PM
 Class ID: 16454 \$39
 Ecology Bldg. Lucy Schmidt
 Nell's Woodland, Ottawa

NEW! The Life Freshener Experience

[[All Ages] Class ID: 16471
 Are you ready to awaken your senses, rejuvenate your spirit, and dance your way to bliss? Join us for an Ecstatic Dance class designed to invigorate your body, free your mind, and elevate your soul through the power of movement and rhythm.

What to Expect:

Freeform Movement: Say goodbye to choreography and judgment as you surrender to the rhythm of the music and allow your body to move freely and intuitively. Whether you're a seasoned dancer or a complete novice, we welcome all ages, backgrounds and abilities to join in the dance and celebrate the joy of movement.

Mindfulness and Meditation: Class begins with a grounding meditation to center your mind and cultivate present moment awareness.

Ecstatic Energy: Feel the energy of the room come alive as you dance alongside fellow participants who share your passion for movement and self-discovery.

Thu Jul 25 6:30-7:30 PM
 1 Session Abby Zukowski
 Wellness Bldg. Class ID: 16471 \$29

Introduction to Meditation, Asana & Conscious Nature Walking

[All Ages] Class ID: 14379
 See page 2 for full program description. This class session will focus on joy.

7:30-8 AM Nature Walk
 8:00-8:30 AM Asana
 8:30-9 AM Meditation

Fri Jul 26 7:30-9 AM
 1 Session Emily Manternach
 Wellness Bldg. Class ID: 14379 \$19
 Nell's Woodland, Ottawa

NEW! Intro to Ayurvedic Cooking

[Ages: 18+] Class ID: 16451
 Ayurvedic cooking helps heal the body, mind and soul. During this class learn to make an ayurvedic meal and staple recipes such as Kitchari! The benefits of Ayurvedic cooking have been observed over thousands of years, including better digestion, clearer skin, and a stronger immune system. Ayurveda includes focus on eating seasonally and by consuming spices that are recommended for your dosha. You can also explore elements of this ancient practice by making dishes to balance your mood. *Please bring: an apron, cutting board, potholder, heat-resistant spatula, table service and kitchen knife to class.* **There is a \$20 material fee payable to the instructor the day of class. This class will include prepping and cooking together.**

Fri Jul 26 9:30-11:30 AM
 1 Session Emily Manternach
 Ecology Bldg. Class ID: 16451 \$35
 Nell's Woodland, Ottawa

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

Friday Night Drum Circle Experience

[All Ages]

Class ID: 14564

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's a sense of connection and camaraderie as the group finds harmony amidst the diverse patterns and cadences. Minutes and hours 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 from the instructor for the session. If you have a percussion instrument that you would like to bring with you to the drum circle, please indicate at time of registration.*

Fri Aug 2 6-7:30 PM
Ecology Building Kevin Kramer \$19
Nell's Woodland



Youth Programs

Teddy Moo Painting Class

[Ages: 6+]

Class ID: 14551

Join us at Nell's Woodland in Ottawa to paint everyone's favorite farmyard resident. The adorable Highland Cow resembles a cross between a teddy bear and a cow. Paint class is designed for kids and includes a 11" x 14" canvas and all art supplies. Join IVCC instructor Lucy Schmidt to create your masterpiece! We will be using acrylic paint. Your finished canvas will be ready for display! **Bring a snack, bottle of water and wear clothing you can paint in or bring a paint smock.** *Lunchtime supervision is available for participants registered for both the morning and afternoon painting camps on June 26.*

Wed Jun 26 10 AM-12 PM
Nell's Woodland Lucy Schmidt \$39



Peek-A-Boo, Emu! Painting Class

[Ages: 6+]

Class ID: 14552

This inquisitive emu is ready for a summer adventure with lashes on fleck! The eyes have it on this cheerful painting! Follow along step-by-step, as we complete this 11" x 14" canvas. All supplies included. Learn basic techniques that will lay the foundation for future art projects! **Bring a snack, bottle of water and wear clothing you can paint in or bring a paint smock.**

Wed Jun 26 1-3 PM
Nell's Woodland Lucy Schmidt \$39



Taylor's Collection "All My Eras" Painting Class

[Ages: 8+]

Class ID: 14533

Hey Swifties! Join us for the first painting class of the summer, and an ode to everyone's favorite pop artist! Paint class is designed just for kids and includes a 16" x 20" canvas and all art supplies. Join IVCC instructor Lucy Schmidt to create your masterpiece! We will be using acrylic paint. Your finished canvas will be ready for display! *Please bring a snack, bottle of water and paint smock or shirt. [1 week-1 session]*

Tue Jul 2 10 AM-12:30 PM
Nell's Woodland Lucy Schmidt \$39

Boys Boys Boys!

Character Building & Self Expression is Cool!

[Ages: 7-12]

Class ID: 14572

In this 90-minute workshop, we will empower and encourage boys ages 7-12 to be more resilient in meeting the challenges they encounter. This program is full of high energy movement, emotional regulation tools and all things self-confidence. [1 week-1 session]

Wed Jul 10 1-2:30 PM
Nell's Woodland Jamie Stuart Taylor \$45

Girls Empowerment Workshop

[Ages: 7-12]

Class ID: 14573

This workshop is designed to facilitate growth and empowerment for the young gal and tribe of gals in your life. Topics to be covered include: body confidence, self-worth, healthy friendships, the power behind staying true to self and team work! [1 week-1 session]

Wed Jul 10 3-4:30 PM
Nell's Woodland Jamie Stuart Taylor \$45

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

Youth Programs

The Healing Power of Sound for Kids

[Ages: 9-14] Class ID: 14574

Sound healing is a therapeutic practice that utilizes sound frequencies and vibrations to help restore harmony and health in the body, mind and spirit. Sound healing offers an effective tool for emotional regulation and expression. By listening to or creating sounds through instruments like drums, chimes or rain sticks, kids can explore and release their emotions in a healthy way. Go on a discovery of emotional balance and well-being. [1 week-1 session]

Wed Jul 17 1-2 PM
Nell's Woodland Abby Zukowski \$35

A Bug's Life!

[Ages: 7-12] Class ID: 14575

Embark on an adventure into the fascinating world bugs, including the 2024 bug of the year... cicadas! Join us at Nell's Woodland, Ottawa as we go outdoors for a nature walk to observe bugs in their natural habitat. Equipped with magnifying glasses and curiosity will discover the intricate details of these tiny creatures as they roam the woodland. Campers will unleash their creativity by constructing an art project. Budding entomologists will also enjoy concocting a delicious treat inspired by our insect friends, but not made from them! "It's a Bug's Life" camp promises an unforgettable experience filled with exploration, creativity, and delicious discoveries. Join us as we embark on a journey into the captivating world of bugs! [1 week-1 session]

Wed Jul 24 1-4 PM
Nell's Woodland Natalie Martin \$45

Culinary Chemists:

Exploring Food Science

**See age groups and times below*
Explore the science of food, where culinary curiosity meets scientific exploration! Take an exhilarating journey into the world of edible science experiments, where campers of all ages can unleash their creativity and discover the wonders of food science. Our program offers a diverse range of hands-on activities designed to engage and inspire budding scientists and food enthusiasts alike. Whether you're a novice chef or a seasoned kitchen experimenter, there's something for everyone at Food Science camp. [1 week-1 session]

[Ages: 7-9] Class ID: 14578
Wed Jul 31 10 AM-12 PM
Nell's Woodland Natalie Martin \$49

[Ages: 10-12] Class ID: 14579
Wed Jul 31 1-3 PM
Nell's Woodland Natalie Martin \$49

IVCC Registration Form | Nell's Woodland Summer Retreat 2024

Student Name: _____ Daytime Phone: _____

Student Birthdate: _____ Male Female Choose Not to Respond

Address: _____ City: _____ Zip: _____

Email Address: _____

Emergency Contact Name: _____ Daytime Phone: _____

Ethnic/Ethnicity (Reporting question required by State of Illinois Higher Learning Commission) Please identify your primary racial/ethnic group. *Select one*

- American Indian/Alaskan Native Asian Black or African American Hispanic
 Native Hawaiian or other Pacific Islander White Choose not to respond

Section Below Only Required for Summer Camp Programs (Youth Ages: 5-17)

Parent Cell Phone: _____ Parent Email Address: _____

Address: _____ City: _____ Zip: _____

Permission to seek medical treatment in case of an emergency: Yes No Permission for Camp Photographs Yes No

(Optional) List any allergies: _____

(Optional) List any special needs we should be aware of prior to camp: _____

T-Shirt Size (Please circle) Youth: YS YM YL or Adult: AS AM AL AXL AXXL

IVCC Summer Class Information			Enclosed is a check totaling: _____ <i>Make checks payable to IVCC/Cashier</i>
Class ID	Course Name	Fee	Mail Registration to: IVCC Continuing Education Center 815 N. Orlando Smith Road Oglesby, IL 61348
			Payment by credit card: Call: 815-224-0427



About Nell's Woodland

2000 Alexis Avenue, Ottawa, Illinois 61350

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.

This summer's offerings will feature a partnership with Illinois Valley Community College, providing a variety of continuing education opportunities aligned with the Nell's Woodland spheres of influence. Plans are underway for a variety of additional opportunities and programs that will be announced via the Nell's Woodland website, Nell's Woodland calendar of events 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 6,000 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.

When can I visit the grounds? If you are interested in visiting Nell's Woodland during a time there is not a class or program offered, you can register to visit during public hours. Public hours are Thursday through Monday from 8 AM - 5 PM. Registration for a Park Visit is required and can be completed at www.nellswoodland.com prior to your visit. Please note public visiting hours may vary at different times of the year and during special events.

www.nellswoodland.com or connect@nellswoodland.com



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



IVCC Continuing Education Center

Questions or ready to register?

Call: (815) 224-0427

Online: ivcc.edu/nellswoodland

Contact Us: continuingeducation@ivcc.edu