

Ozark Natural Science Center's Women's Yoga Weekend May 14-16, 2010

Take your spring cleaning to the next level with a relaxing women's getaway at the Ozark Natural Science Center! Join us in the idyllic Bear Hollow Natural Area for a stress-free weekend featuring yoga, meditation, massages, sweat lodges, hiking and nightly campfires. Your all-inclusive weekend includes homemade fare such as wood-fired pizzas and cookies, regional wines and a custom batch of Bear Hollow Chocolate Stout brewed just for attendees. Bunk beds in three lodges will take you back to days of giggling with girlfriends at slumber parties and summer camps. Invite a friend for a relaxing weekend of rejuvenation, or give this package as a perfect Mother's Day gift!

Registration is \$219 per person including two nights of lodging, all meals and beverages, yoga and meditation instruction appropriate for all levels of expertise (beginner – advanced), optional hikes with our expert female field staff, a 30 minute table massage and a special gift and yoga DVD. Our picturesque setting in scenic, rural Madison County will bring you a sense of peace before summer kicks into high gear. Space is limited, register soon!

Friday, May 14

6 – 7 p.m. Arrive by 7pm to check in prior to evening program (group campfire featuring cheese, crackers, summer sausage, wine & s'mores)

Saturday, May 15

7:00 a.m. Optional Early Bird Outdoor Yoga Session 1
 8:00 a.m. Breakfast at the Ewing Centre
 9:00 a.m. Morning hike
 10:30 a.m. Ewing Centre Yoga Session 2
 11:30 a.m. Lunch & free time
 1:00 p.m. Meditation briefing prior to afternoon sessions at 1:30, 2:30 & 3:30 pm (*attendees select 3 of 4 options: guided hike, massage, yoga or meditation*)
 4:30 p.m. Free time/relax or shower
 6 p.m. - ?? Campfire, sweat lodge sessions, wood-fired pizzas, cookies & chocolate stout

Sunday, May 16

8:30 a.m. Morning Yoga Session 4
 10:00 a.m. Breakfast, then pack up & head home!

2010 Women's Yoga Weekend Registration Form

Full tuition (\$219 per person) is due at or before 5:00 p.m. on Friday, May 14, 2010

Participant Name: _____ Phone: _____

Address: _____ City: _____ State: _____ ZIP: _____

Email: _____ Employer: _____

Allergies, Roommate or Special Requests: _____

Massage? YES NO

**Please pack comfortable clothing you can move in for yoga and sneakers/ hiking boots for hikes and meditation excursions. Attendees are welcome to bring personal journals for hikes and meditation as well as bug spray and/ or sunscreen as needed.*

A 30 minute massage is included in the registration fee, but a gratuity is suggested for the massage therapists. Merchandise will be available for purchase.

Please print clearly and return to:

Payment (no cash please):	
<input type="checkbox"/> Check / Money Order	
<input type="checkbox"/> Mastercard	<input type="checkbox"/> Visa <input type="checkbox"/> Discover
Card Number: _____	CVC: _____
Exp. Date: _____	Amnt. Charged: _____
Card Holder's Signature: _____	



OZARK NATURAL SCIENCE CENTER
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About Ozark Natural Science Center

Established in 1990, the Ozark Natural Science Center (ONSC) is a private non-profit environmental education and conference facility located in rural Madison County between Huntsville and Eureka Springs, Arkansas. Our mission is to enhance the understanding, appreciation, and stewardship of the Ozark natural environment.

ONSC is a year-round residential education and conference facility dedicated to providing experiential learning opportunities to individuals of all ages. The Center is located on 89 acres within the Arkansas Natural Heritage Commission's 397 acre Bear Hollow Natural Area.

Ozark Natural Science Center's Summer Science Program offers campers a unique learning and recreational experience outdoors. Our camps are designed to allow progression from our younger camps through our more advanced offerings. However, anyone may attend regardless of previous summer camp experience at the Center. Age-specific recreational and educational activities in each camp are designed to educate about an appreciation for our natural world.

Lodging

Participants will be housed in one of three climate-controlled lodges while at ONSC. Families will room together for family camps. Offsite lodging may be in tents or in off-site lodges. Participants are supervised at all times by adult field instructors or lodge counselors.

Safety

Participant safety is our #1 priority at ONSC. All employees undergo full background checks prior to employment. Campers are under direct adult supervision at all times, and all field instructors are CPR, Wilderness 1st Aid, American Canoe Association Canoe Safety, and Basic Swiftwater Rescue certified. Caving instructors are certified in basic cave rescue by the National Cave Rescue Commission.

Staff

ONSC field instructors are professional, passionate, and dedicated to providing campers with the best camp experience possible. Instructors hold a minimum of a Bachelor of Science degree in the natural sciences and live on-site during programming.

