

ILLINOIS VALLEY COMMUNITY COLLEGE

SUMMER RETREAT AT NELL'S WOODLAND

ART

SCIENCE

DRUM CIRCLE

HEALTH & WELL-BEING

GARDENING

Youth & Adult
Programs

YOGA



ILLINOIS VALLEY
COMMUNITY COLLEGE

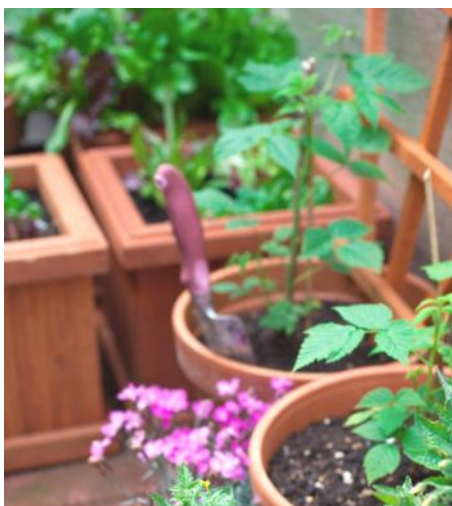
NEW! Ayurvedic Yoga

[Ages: 18+]

Class ID: 22328

Discover the healing connection between yoga and Ayurveda. Balance the doshas - your body's natural energies with asana, breathwork and meditation. Ayurveda is the sister science to yoga and supports the flow of energy through the body. This practice offers tools for restoring balance and vitality from within. All levels are welcome. Bring a yoga mat, water, and any props you find helpful.

Thu 5-6 PM Jun 5
1 Session Emily Manternach
Wellness Bldg. Class ID: 22328 \$19
Nell's Woodland



NEW! Bloom & Grow: Container Gardening

[Ages: 12+]

Class ID: 19712

Get your hands in the soil and bring your planters to life in this interactive outdoor planting workshop! Perfect for all skill levels, this 2-hour session will guide you through the essentials of container gardening. Learn how to amend soil, choose the right plants, and plant beautiful decorative arrangements, herb pots, or small container gardens. Audrey Moreno from LaSalle County Soil and Water Conservation district will lead this session. Bring your favorite planter and your creativity - everything else will be provided. Open to ages 12 and older, this workshop is a fun and rewarding way to connect with nature and elevate your gardening skills. You will leave this session with valuable tips on plant care to keep your containers thriving. **There is a \$10 material fee payable to the instructor the day of class.** *This class is offered in partnership with LaSalle County Soil & Water Conservation.*

Sat 9-11 AM Jun 7
1 Session Audrey Moreno
Wellness Bldg. Class ID: 19712 \$29
Nell's Woodland

NEW! Partner Yoga: Connect & Flow

[Ages: 18+]

Class ID: 22329

Explore balance, trust, and connection in this fun and supportive one-session partner yoga class. Using shared poses and mindful movement, you and your partner will deepen stretches, build communication, and enjoy a playful approach to yoga. Perfect for friends, couples or family members - no prior yoga experience needed. Come with a partner and a willingness to move, laugh and connect. Both participants will need to register. Bring a mat and dress in comfortable clothing.

Sat 10-11 AM Jun 7
1 Session Emily Manternach
Wellness Bldg. Class ID: 22329 \$19
Nell's Woodland



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 many skills and knowledge required to be successful both in life and the workplace. Emily teaches open flow and restorative yoga, Ayurveda, meditation, asana and conscious nature walking.

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 stated at the point of registration.

Class Location

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

NEW! Somatic Yoga

[Ages: 18+] Class ID: 22330

Explore the natural responses of your body - those deep exhales, sighs and subtle sounds that arise as you move and stretch. In this somatic yoga class, you'll be guided through gentle movement, breath awareness and sound to support the release and flow of energy throughout the body.

Somatics is derived from the Greek word *soma*, meaning "living body." This is a practice of connection and movement of energy. Somatic Yoga is often associated with reducing cortisol, the stress hormone. All levels are welcome. Bring a yoga mat, water, and any props you find helpful.

Thu 5-6 PM Jun 12
1 Session Emily Manternach
Wellness Bldg. Class ID: 22330 \$19
Coneflower Room, Nell's Woodland

NEW! Yoga Nidra

[Ages: 18+] Class ID: 22331

Yoga Nidra is a deeply restful practice that lies between shavasana and meditation - a state where the body relaxes fully while the mind remains gently aware. Nidra is a Sanskrit term meaning "sleep." In this early evening session, you'll be guided through the foundations of Yoga Nidra, learning how to enter this restorative state of conscious rest. It's an accessible and calming practice suitable for all levels. Come unwind, reset and explore the art of deep relaxation. Bring a yoga mat, water, and any props that support your comfort.

Thu 5-6 PM Jun 26
1 Session Emily Manternach
Wellness Bldg. Class ID: 22331 \$19
Coneflower Room, Nell's Woodland



Crystal Basics 101: Introduction to Healing Stones

[Ages: 18+] Class ID: 22333

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.

Thu 6-7:15 PM Jun 26
1 Session Abby Zukowski
Ecology Bldg. Class ID: 22333 \$35
Nell's Woodland

NEW! Flow to Restore 7-session yoga series

[Ages: 18+] Class ID: 22332

Experience a balanced blend of gentle movement and deep rest in this 7-session yoga series. Each class begins with an invigorating, flowing sequence of asanas to awaken and warm the body, followed by restorative poses and guided meditation to encourage deep relaxation. This practice supports release in the tissues and then rest to find balance in body, mind and spirit. Bring water, a yoga mat, and any restorative props you use (such as a bolster, strap, or blocks.)

Thu 5-6 PM Jul 17-Aug 28
7 Sessions Emily Manternach
Wellness Bldg. Class ID: 22332 \$69
Coneflower Room, Nell's Woodland

NEW! "How to Walk" Inspired by Thich Nhat Hanh

[Ages: 18+] Class ID: 19689

Step into mindfulness with this peaceful, single-session walking meditation inspired by Thich Nhat Hanh's book *How to Walk*. We'll begin with a brief introduction to the teachings of this beloved Zen master, then take a gentle walk through the woods, practicing presence, breath awareness and appreciation for each step. No meditation experience is necessary - just bring comfortable shoes, an open heart, and a willingness to slow down.

Sat 10-11 AM Jul 19
1 Session Emily Manternach
Wellness Bldg. Class ID: 19689 \$19
Nell's Woodland

Thursday Night Drum Circle Experience

[All Ages] Class ID: 22242

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. Find a sense of connection as we find harmony amidst the diverse patterns and cadences. 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, please feel free to bring it with you.*

Thu 6-7:30 PM Jul 24
1 Session Kevin Kramer
Ecology Bldg. Class ID: 22242 \$19
Nell's Woodland

NEW! Unlocking the Power of Numbers

[Ages: 18+]

Class ID: 22334

Numerology is an ancient system that assigns meaning to numbers and explores how they influence your life. In this introductory class, we will cover the basics of numerology, including how to calculate your life path number, expression number, and destiny number. We'll also discuss how to interpret the numbers to gain deeper insight into your personality, relationships and life purpose. Whether you're looking to understand yourself better or tap into the wisdom of numbers for guidance, this class offers a fascinating and practical approach to numerology.

Thu 6-7:30 PM Jul 31
1 Session Abby Zukowski
Ecology Building Class ID: 22334 \$35
Nell's Woodland

NEW! Yoga Flow & Harmony

Featuring Yoga and Sound Healing

[Ages: 18+]

Class ID: 22335

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.*

Sat Aug 2 10-11:30 AM
1 Session Emily Manternach & Abby Zukowski
Wellness Bldg. Class ID: 22335 \$39
Coneflower Rom, Nell's Woodland

Meet IVCC Instructor Abby Zukowski

Abby Zukowski is a Certified Meditation Teacher, Breathwork Coach, and Sound Healing Practitioner with a passion for helping others heal and grow to their fullest potential. She leads heart-centered workshops that blend ancient wisdom with joyful embodiment, from Sound Healing and Moon Phases to Sacred Motion dance, journaling and crystal basics. Abby is passionate about making spirituality approachable, creative and empowering. Her work always circles back to one truth: your body holds the wisdom, and your spirit already knows the way. She believes teaching is a sacred art, and she's here to light up rooms, hearts and souls.



Student Testimonial

"Abby's energy is contagious, and I would love to take more classes she offers."

SUMMER YOUTH PROGRAMS

at Nell's Woodland [Ages: 6-13]



NEW for 2025!

LEAD! Youth Leadership Workshop at Nell's Woodland

[Ages: 10-13]

Class ID: 21760

Ready to lead? This workshop, held at Nell's Woodland in Ottawa, is designed to ignite the inner leader within the youth in your life. If you are bursting with passion and ready to grow, this is the workshop for you. Participate in a 2 ½ hour workshop with Jamie Stuart Taylor, mom of 5, entrepreneur and leadership guru.

[1 week-1 session]

Tue Jun 17 9:30 AM-12 PM
Ecology Bldg. Jamie Stuart Taylor \$59
Nell's Woodland

NEW for 2025!

Mindset Matters for Athletes at Nell's Woodland

[Ages: 7-12]

Class ID: 22210

Calling all athletes and kids ages 7-12. While you train physically for sports seasons and the game of life, we know what you tell yourself and what goes on between the ears is what really matters! Participate in a 1 ½ hour workshop with Jamie Stuart Taylor, mom of 5, therapist and mindset master. Learn to master your mental game with skills and techniques to help you succeed on and off the field.

[1 week-1 session]

Tue Jun 17 1-2:30 PM
Ecology Bldg. Jamie Stuart Taylor \$49
Nell's Woodland

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

YOUTH SUMMER CAMPS at Nell's Woodland

NEW for 2025!

Give a Hoot! Hedwig Painting Class at Nell's Woodland

[Ages: 8+]

Class ID: 22216

Calling all young wizards and witches! Join us for a spellbinding one-day painting camp where kids will create their very own masterpiece featuring Hedwig, Harry Potter's loyal snowy owl! With step-by-step guidance, campers will bring Hedwig to life on canvas, learning fun painting techniques while adding magical details. Whether they're longtime Potter fans or just love to paint, this enchanting class is sure to be a hoot! *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 July 8. [1 week-1 session]

Tue	Jul 8	10 AM-12 PM
Ecology Bldg.	Lucy Schmidt	\$39
Nell's Woodland		

NEW for 2025! Offered in Ottawa

Gryffindor Spirit Painting Class at Nell's Woodland

[Ages: 8+]

Class ID: 22217

Show off your wizarding world fandom as you craft a work of art worthy of the Great Hall! Create a masterpiece featuring the Gryffindor house robe. *Bring a snack, bottle of water and wear clothing you can paint in or bring a paint smock.* [1 week-1 session]

Tue	Jul 8	1-3 PM
Ecology Bldg.	Lucy Schmidt	\$39
Nell's Woodland		



New for 2025!

Dig In! Soil Science at Nell's Woodland

[Ages: 9-12]

Class ID: 22247

Get your hands dirty in this one-day summer camp as we dig deep into the hidden world beneath our feet! In this fun and interactive Soil Horizon Program, campers will explore the layers of soil and why soil conservation is so important. Learn how soil forms and discuss the time it takes to create just one inch of topsoil. We will dig a hole to uncover soil layers and discover the critters that call it home. Join us for a hands-on adventure that will leave you with a deeper appreciation for the ground beneath your feet! *This program is offered in partnership with LaSalle County Soil & Water Conservation.* [1 week-1 session]

Tue	Jul 15	10 AM-12 PM
Ecology Bldg.	Audrey Moreno	\$35
Nell's Woodland		

New for 2025!

"Leaf" it to Me at Nell's Woodland

[Ages: 6-9]

Class ID: 22234

Get ready to explore Nell's Woodland as we examine the natural world around us through discovery, creativity, and outdoor fun. Campers will dive into hands-on nature activities. Explore how plants breathe and how photosynthesis works. Create leaf art and discover how to connect to nature through movement, mindfulness and nature journaling. We will also spend some time on the trails. Join us for a program designed for curious minds and adventurous spirits. [1 week-1 session]

Tue	Jul 22	1-3 PM
Ecology Bldg.	Emily Manternach	\$45
Nell's Woodland		

View the entire Summer 2025
Youth Camp Catalog for
classes at Nell's Woodland
and IVCC



New for 2025!

Summer STEAM Ed' Venture

[See ages and sessions below]

Get ready for a hands-on, creative journey where science, art and movement come together! In this exciting STEAM camp, kids will explore how movement works by using everyday household items to create motion-based projects. Campers will also connect with nature as they design a beautiful, take-home art piece based on the Fibonacci sequence and inspired by the world around them. With a mix of physical activity, creative expression, and problem-solving, this camp encourages curiosity, critical thinking, and fun! *Campers should bring a snack, drink, bug spray and sunscreen. Please wear tennis shoes.*

MORNING SESSION

[Ages: 5-8]

Class ID: 22235

Tue	Jul 29	9:30 AM-12 PM
Ecology Bldg.	Emily Manternach	\$45
Nell's Woodland		

AFTERNOON SESSION

[Ages: 9-12]

Class ID: 22236

Tue	Jul 29	1-3:30 PM
Ecology Bldg.	Emily Manternach	\$45
Nell's Woodland		



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

IVCC Registration Form | Summer 2025

Student's Name: _____

Daytime Phone: _____ ☐ Male ☐ Female ☐ Choose Not to Respond

Age: _____ Student's Birthdate: _____

Address: _____ City: _____ Zip: _____

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

↓ Youth Summer Camp Only ↓

Parent Cell Phone: _____ Parent Email Address: _____

Permission to seek medical treatment in case of an emergency: ☐ Yes ☐ No

(Optional) List any allergies: _____

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

T-Shirt Size (not applicable for all camps)

Please circle: Youth: YS YM YL Adult: AS AM AL AXL AXXL

Please use one registration form per person. You may make copies of this form. Fees are due at time of registration. Some programs may have an additional release form or liability waiver. We will contact you to complete the necessary information. Please sign and return these form IMMEDIATELY so your registration can be finalized.

IVCC Summer Class Information

Class ID	Course Name	Fee

PAYMENT OPTIONS

1. Enclosed is a check totaling _____ *Make checks payable to IVCC/Cashier*

Mail to: IVCC Continuing Education Center | 815 N. Orlando Smith Road | Oglesby, IL | 61348

2. Payment by credit card: ☐ Visa ☐ Mastercard ☐ Discover ☐ American Express

Credit Card Number: _____ Exp. Date: _____

3-Digit Security Code: _____ Cardholder's Home Phone #: _____

Work Phone #: _____ Cardholder's Name: _____

Cardholder's Signature: _____

3. To register by telephone call: 815-224-0427. Please have your credit card ready.

3 Easy Ways to Register

Online:
ivcc.edu/enroll

Phone:
815-224-0427

Mail:
815 N. Orlando Smith
Road, Oglesby, IL
61348

Refund Policy

Students who cancel up to seven days prior to the start of the course receive a full refund. If a student needs to drop a summer camp the day of camp due to a medical reason, a full refund will be issued with provision of a doctor's note.

We look forward to seeing your best efforts! IVCC Summer Camp students are expected to behave in a positive and productive way so that all children in the classroom have an opportunity to learn. If a student demonstrates unsatisfactory behavior, parents will be notified.



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.



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 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

Programs coordinated by IVCC Continuing Education Center, Oglesby, Illinois