

ILLINOIS VALLEY COMMUNITY COLLEGE

FALL RETREAT AT NELL'S WOODLAND

ART

MEDITATION

**LANDSCAPING FOR
POLLINATORS**

SOUND HEALING

YOGA

**YOUTH & ADULT
PROGRAMS**

T'AI CHI



**ILLINOIS VALLEY
COMMUNITY COLLEGE**

Life Your Spirit

IVCC Fall Retreat at Nell's Woodland

Beginning T'ai Chi

[Ages: 18+] Class ID: 11331
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 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.*

Thu	Aug 24-Sep 21	5-6 PM
5 Sessions	Dan Retoff	
Wellness Bldg.	Class ID: 11331	\$49
Nell's Woodland, Ottawa		

Introduction to Yoga

[Ages: 18+] Class ID: 11332
Learn the postures or asanas of yoga. We will put on a beginner's mindset and learn each pose more in depth as well as flow through the postures. Come away more relaxed, limber and feeling better! At the end of the session, you'll be more familiar with yoga postures and benefits of the practice for the whole being. *Bring a yoga mat and water. Wear comfortable, loose-fitting clothing and athletic shoes.*

Thu	Aug 24-Sep 28	6:30-7:30 PM
6 Sessions	Emily Mantemach	
Wellness Bldg.	Class ID: 11332	\$59
Nell's Woodland, Ottawa		

Introduction to Meditation, Asana & Conscious Nature Walking

Focus on Compassion
[All Ages] Class ID: 11341
During these sessions come for what you need! The series 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 register for a single session or even part of the class, 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	Sep 8	7:30-9 AM
1 Session	Emily Mantemach	
Wellness Bldg.	Class ID: 11341	\$25
Nell's Woodland, Ottawa		

The Rhythm & Cycles of Nature

[Ages: 18+] Class ID: 9763
Learn the benefits of tapping into nature's abundant energy and living a more productive and purposeful life by adapting to the cycles of nature. You will discover how to incorporate a variety of practices that will help you live more harmoniously by balancing your physical and energetic bodies. *Wear comfortable clothing to class.*

Sat	Sep 9	9-10 AM
1 Session	Abby Zukowski	
Wellness Bldg.	Class ID: 11352	\$25
Nell's Woodland, Ottawa		

Meet IVCC Instructor Emily Mantemach

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.



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



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

Impressionist Landscape Exploration Using Soft Pastels

[Ages: 18+] Class ID: 11318
Join local art teacher and artist Julie Jenkins in exploring the medium of pastels in the serene landscape of Nell's Woodland. Learn about the medium of soft pastels and create a landscape or botanical drawing en plein air (outdoors). We will discuss techniques and pieces created by the Impressionists and adapt them to paint our own masterpieces. No experience necessary. Please bring a folding outdoor chair to class. *Supplies are included in your tuition fee and will be provided at class. Students will take home a set of soft pastels and blending stumps.*

Sat	Sep 9	7:30-9 AM	
1 Session	Julie Jenkins		
Ecology Bldg.	Class ID: 11318	\$89	
Nell's Woodland, Ottawa			

Gardening for Pollinators

[Ages: 18+] Class ID: 11334
Butterflies, bees and birds, they are all important pollinators for plants, whether it's agriculture or your own personal landscape. If you're looking to support these necessary creatures, sign up for this presentation to find out more. Environmental educator, Natalie Martin will lead you through what a pollinator is, what kinds of plants attract them, and how to grow those plants in your own yard. This hour-long program will allow plenty of opportunity to ask questions, and brainstorm ideas to attract a variety of species to your yard.

Thu	Oct 5	6-7 PM	
1 Session	Natalie Martin		
Ecology Building	Class ID: 11334	\$25	
Nell's Woodland			

Introduction to Meditation, Asana & Conscious Nature

Walking Focus on Forgiveness
[All Ages] Class ID: 11342
See full description on page 2. *Bring a yoga mat for Asana, a pillow for meditation and water. Wear comfortable, loose-fitting clothing and athletic shoes. Children under age 18 should be accompanied by an adult who is registered and participating in the session.*

7:30-8 AM Nature Walk		
8:00-8:30 AM Asana		
8:30-9 AM Meditation		
Fri	Oct 6	7:30-9 AM
1 Session	Emily Mantemach	
Wellness Bldg.	Class ID: 11342	\$25
Nell's Woodland, Ottawa		

Landscaping for Birds

[Ages: 18+] Class ID: 11335
Interested in attracting more birds to your yard? Then you won't want to miss this educational program from environmental educator, Natalie Martin. Natalie will guide you through common species of birds in our area, their sight and bird call identifiers, and how to attract them to your yard with shrubs, trees, grasses, and other plants. Participants will leave this course knowing how to proceed with planting popular plant species for birds and how to tell if different birds visit their yard. *Weather permitting, at the end of class an optional 30-minute walk around the grounds at Nell's Woodland will help us identify local bird and plant species after the hour-long presentation.*

Sat	Oct 7	10-11:30 AM	
1 Session	Natalie Martin		
Ecology Building	Class ID: 11335	\$35	
Nell's Woodland			



Pumpkin Topiary Acrylic Painting on Canvas

[Ages: 13+] Class ID: 11320
The fall season is upon us. Follow along step-by-step as we create a 16" x 20" painting of stacked fall pumpkins. We will be using classic soft fall colors. 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	Sep 13	6-9 PM	
1 Session	Lucy Schmidt		
Ecology Bldg.	Class ID: 11320	\$39	
Nell's Woodland, Ottawa			

Introduction to Yoga

[Ages: 18+] Class ID: 11708
Learn the postures or asanas of yoga. We will put on a beginner's mindset and learn each pose more in depth as well as flow through the postures. Come away more relaxed, limber and feeling better! At the end of the session, you'll be more familiar with yoga postures and benefits of the practice for the whole being. *Bring a yoga mat and water. Wear comfortable, loose-fitting clothing and athletic shoes.*

**No class: Nov 2, 23*

Thu	*Oct 12-Nov 30	5:30-6:30 PM	
6 Sessions	Emily Mantemach		
Wellness Bldg.	Class ID: 11708	\$59	
Nell's Woodland, Ottawa			

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Intermediate Yoga

[Ages: 18+] Class ID: 11709

Now that you are comfortable with Beginning Yoga, take your journey to the next step with Intermediate Yoga. Come for the next set of poses over six weeks to learn breath work, Asana and meditation techniques for yoga. We will continue from the beginner class to dive deeper and create more flow in the movements. You'll take knowledge of proper alignment and the names of the poses as well as be able to participate at home if you'd like. Pre-requisite: previous participation in Beginning Yoga. *Bring a yoga mat and water. Wear comfortable, loose-fitting clothing and athletic shoes. *No class: Nov 2, 23.*

Thu *Oct 12-Nov 30 6:30-7:30 PM
6 Sessions Emily Mantemach
Wellness Bldg. Class ID: 11709 \$59
Nell's Woodland, Ottawa

Sound Healing Introductory Class

[Ages: 18+] Class ID: 11349

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.*

Tue Oct 17 6-7:30 PM
1 Session Abby Zukowski
Wellness Bldg. Class ID: 11349 \$29
Nell's Woodland, Ottawa



Introduction to Moon Phases

[Ages: 18+] Class ID: 11351

Every moon phase has a function and timely activities to make the best use of the available cosmic influences, including light. By taking this into account in our planning personal or work projects, it can help us strategize our efforts more easily, and better our chances of attaining goals. In this class, discover how to synchronize your life rhythm with moon phases to regain your work-life balance, manage your energy and enjoy life more.

Thu Oct 26 6-7:30 PM
1 Session Abby Zukowski
Wellness Bldg. Class ID: 11351 \$29
Nell's Woodland, Ottawa

Breathing for Life

[Ages: 18+] Class ID: 11710

Body, breath and mind are interrelated. Breathing properly is conducive to health and well being, alleviates anxiety, improves sleep, circulation and immune system functioning and calms and relaxes the mind. This is a great opportunity for an introduction to breathing techniques used in yoga. You will learn how to breathe for life! **Bring a blanket and dress comfortably for an exploration of the mechanics and benefits of natural breathing.** *Dan Retoff has taught at Illinois Valley Community College since 1999. In addition to teaching yoga, breathing and t'ai chi classes through the Continuing Education Center. Prior to his retirement from teaching academics he also instructed Anatomy & Physiology I, Human Growth and Development and Human Body Structure & Function.*

Mon Nov 6-30 5-6 PM
4 Sessions Dan Retoff
Wellness Bldg. Class ID: 11710 \$39
Nell's Woodland, Ottawa

Winter Barn Landscape Painting

[Ages: 16+] Class ID: 11326

Let's create a winter landscape featuring a barn and evergreen trees. Follow along step-by-step as we create a 16" x 20" painting. This class will be held at Nell's Woodland, Ottawa. All supplies included. Skill level: 16+.

Thu Nov 2 6-9 PM
1 Session Lucy Schmidt
Ecology Building Class ID: 11326 \$39
Nell's Woodland, Ottawa

Sound Healing Introductory Class

[Ages: 18+] Class ID: 11350

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.*

Sat Nov 4 9-10:30 AM
1 Session Abby Zukowski
Wellness Bldg. Class ID: 11350 \$29
Nell's Woodland, Ottawa



Class Location

Nell's Woodland is located at 2000 Alexis Avenue, Ottawa, Illinois 61350. Classes will meet in the Ecology Building or Wellness Building. Students will receive additional location information prior to class.

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



About Nell's Woodland

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.

Fall 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 Sundays and Monday from 7 a.m. to 7 p.m. 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



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

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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