

ILLINOIS VALLEY COMMUNITY COLLEGE

# FALL RETREAT AT NELL'S WOODLAND

DRUM CIRCLE

T'AI CHI

HEALTH & WELL-BEING

SOUND HEALING

Youth & Adult  
Programs

YOGA

PHOTOGRAPHY



ILLINOIS VALLEY  
COMMUNITY COLLEGE



# Lift Your Spirit

# MCC Fall Retreat at Nell's Woodland

We've scheduled four single-session yoga classes this fall to provide you with more options and opportunities to try unique focused offerings.

Sep 4: Somatic Yoga  
Sep 11: Ayurvedic Yoga  
Oct 4: Partner Yoga  
Nov 13: Yoga Nidra

If you are ready to benefit from regular participation in a multi-session class, check-out T'ai Chi starting September 9 or Flow to Restore Yoga starting September 18.

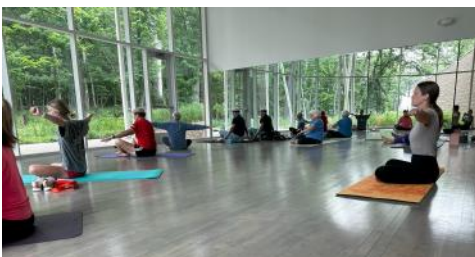
Partner Yoga and Drum Circle classes offered for adults can also include kids ages: 8+. Kids under the age of 18 must be registered with an adult who is also attending class. Both participants must register.

## New! Somatic Yoga

[Ages: 18+] Class ID: 25282

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 Sep 4  
1 Session Emily Manternach  
Wellness Bldg. Class ID: 25282 \$19  
Coneflower Room, Nell's Woodland



## T'ai Chi

[Ages: 18+] Class ID: 25287

*"The teacher has a very Bob Ross style that is relaxing, calming and just overall great!"*

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 an improved quality of life. You will be introduced to T'ai chi while experiencing the benefits of practice. This class does not require floor work or flexibility. Participate from a standing position or chair. Wear comfortable, loose-fitting clothing, athletic shoes and bring water.

Tue 6-7 PM Sep 9-Oct 14  
6 Sessions Dan Retoff  
Wellness Bldg. Class ID: 25287 \$79  
Coneflower Room, Nell's Woodland

## New! Ayurvedic Yoga

[Ages: 18+] Class ID: 25283

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 water, a mat, any props you find helpful and dress in comfortable clothing.

Thu 5-6 PM Sep 11  
1 Session Emily Manternach  
Wellness Bldg. Class ID: 25283 \$19  
Coneflower Room, Nell's Woodland



## New! Nell's Woodland Arts Festival



Scan for information

**Sunday, September 14, 11 AM-3 PM**

Join us at Nell's Woodland for their first arts festival! Enjoy hands-on activities, demonstrations, and an awards ceremony for Ottawa's first En Plein Air competition. Stop by to connect with local artists, visit the IVCC booth for information about upcoming classes and celebrate art in nature! A free shuttle will be available if Woodland parking fills. No registration needed.

## 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.

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

## Flow to Restore Yoga

### 7-session yoga series

[Ages: 18+] Class ID: 25284

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 Sep 18-Nov 6  
 7 Sessions Emily Manternach  
 Wellness Bldg. Class ID: 25284 \$69  
 Coneflower Room, Nell's Woodland

## Friday Night Drum Circle Experience

[All Ages] Class ID: 25259

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.*

Fri 6-7:30 PM Sep 26  
 1 Session Kevin Kramer  
 Ecology Bldg. Class ID: 25259 \$19  
 Oak Room, Nell's Woodland



## Intro to Sound Healing

[Ages: 18+] Class ID: 25289

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. Learn about and experience a variety of instruments including singing bowls, Shruti box, gong, and more. We will discuss the Solfeggio scale, sound frequencies and how they may relate to health and can be supportive of your mindset. If you have participated in class before, please feel free to register and join us to continue your exploration of sound healing. The program will conclude with a participation in a demonstration of a sound healing session.

Sat 8:30-10 AM Oct 4  
 1 Session Abby Zukowski  
 Wellness Bldg. Class ID: 25289 \$35  
 Milkweed Room, Nell's Woodland

## New! Partner Yoga

[Ages: 18+] Class ID: 25285

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 water, a mat and dress in comfortable clothing.

Sat 10-11 AM Oct 4  
 1 Session Emily Manternach  
 Wellness Bldg. Class ID: 25285 \$19  
 Coneflower Room, Nell's Woodland

## New! Smart Phone Photography - How to Take Better Photos with Your Phone

[Ages: 18+] Class ID: 25345

This class is perfect for everyday creatives and busy parents! Learn practical tips for taking better photos using your phone - covering composition, lighting, settings and simple edits. Includes hands-on practice and ideas for using your photos.

Sat 9 AM-1 PM Oct 4  
 1 Session Allie Dale  
 Ecology Bldg. Class ID: 25345 \$79  
 Oak Room, Nell's Woodland

## Breathing for Life

*"Dan Retoff's explanations of the respiratory system and how breathing abdominally is beneficial to wellness were presented in a very understandable manner. I also liked that opportunities were given to practice breathing techniques during the class."*

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 function. 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, athletic shoes and bring water. No class: Nov 11.

Tue 6-7 PM Oct 21-Nov 18  
 4 Sessions Dan Retoff  
 Wellness Bldg. Class ID: 25288 \$19  
 Indigo Room, Nell's Woodland





## Discover the Poet Within: A One-Night Poetry Workshop

[Ages: 18+] Class ID: 25290

*"I liked it!" 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. Bring a notebook and something to write with. We will save time at the end of class for reading work, but reading is not required. Join us and let your inner poet shine!

Fri 6-7:30 PM Nov 7  
1 Session Abby Zukowski  
Ecology Bldg. Class ID: 25290 \$45  
Oak Room, Nell's Woodland



## Friday Night Drum Circle Experience

[All Ages] Class ID: 25260

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.*

Fri 6-7:30 PM Nov 21  
1 Session Kevin Kramer  
Ecology Bldg. Class ID: 25260 \$19  
Oak Room, Nell's Woodland

## Meet IVCC Instructor Allie Dale

Allie Dale is an Illinois Valley native, passionate educator, and photographer with a dedicated focus on community engagement and lifelong learning. With a background in education and a keen eye for the arts, Allie brings a unique blend of creativity, technical skill, and teaching experience to her role as an instructor at IVCC. She is committed to offering hands-on, accessible classes that inspire students to explore new skills and creative outlets. As the owner of a successful photography business, Allie is known for her vibrant, storytelling style and ability to capture authentic moments. Her work has been featured in local exhibitions and publications, and she is especially passionate about creating welcoming spaces where individuals of all ages feel encouraged to express themselves through art. Allie holds a Bachelor's degree in Art Education from Illinois State University, and her teaching approach emphasizes patience, inclusivity, and practical application. She looks forward to helping students grow their confidence and creativity through continuing education opportunities at Illinois Valley Community College. This fall, Allie will be teaching Smart Phone Photography at Nell's Woodland and Glass Mosaic at IVCC.



## NEW! Yoga Nidra

[Ages: 18+] Class ID: 25286

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 Nov 13  
1 Session Emily Manternach  
Wellness Bldg. Class ID: 25286 \$19  
Coneflower Room, Nell's Woodland



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

# UPCOMING PROGRAMS at IVCC and Online Live

online live

## New! Healthy Living for Your Brain & Body Tips from the Latest Research

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Thu	12-1 PM	Oct 2
1 Session	Hadi Finerty	
Online Live	Class ID: 23142	Free

in-person or online live

## Crystal Basics: Introduction to Healing Stones

*"This is the 2nd class I've taken with Abby. She is very engaging and clearly loves to educate others. She welcomes class participation and discussion. Very enjoyable and I learned something new. I will consider taking any new class offerings by her."*

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. This class can be attended in-person or online live through IVCC's new distance learning classroom. A zoom link will be provided prior to class.

Thu	6:30-7:45 PM	Oct 9
1 Session	Abby Zukowski	
CTC-206, IVCC	Class ID: 25291	\$35
Online Live	Class ID: 25292	\$35

in-person or online live

## New! The Path to Conscious Connection

This class offers tools and insights to help you create more meaningful, authentic connections - starting with yourself. Each session is 2 hours and can be attended in-person or online live through IVCC's new distance learning classroom. A zoom link will be provided prior to class.

### Session 1: Empowering Change in the Outer World

Learn how to take ownership of your life by shifting your mindset and responses to external circumstances. Through practical techniques and guided reflection, you'll gain confidence in navigating challenges, setting boundaries, and aligning your actions with your values.

### Session 2: Turning Inward for True Alignment

Explore the power of self-awareness and emotional insight as you uncover patterns that shape your relationships. This session guides you in developing a deeper connection with yourself - laying the foundation to attract and maintain relationships that are healthy, reciprocal, and aligned with your true self. This class will guide you in creating a holistic path to conscious connection with others and within yourself.

Thu	6-8 PM	Nov 13 & 20
2 Sessions	Abby Zukowski	
CTC-206, IVCC	Class ID: 25293	\$59
Online Live	Class ID: 25294	\$59

View the entire Fall 2025 IVCC Continuing Education Catalog for classes at Nell's Woodland and IVCC. Use this QR Code.



Scan for information

## New! Eight Things to Know About Solar Before You Buy

Thinking about going solar? Before you sign any contracts, this course will give you the essential knowledge you need to make an informed decision. Learn why solar matters, how it works and whether it's the right fit for your home. We'll cover everything from incentives and financing options to system types, micro inverters and battery storage. You'll also explore alternatives like community solar and get a glimpse into the future of solar technology. Whether you're just curious or ready to invest, this course will help you understand the full picture - without the sales pitch. Bring a copy of your most recent electric bill to class.

Thu	6:30-8:30 PM	Oct 23
1 Session	Yona Lunken	
CTC-125, IVCC	Class ID: 25334	\$39

## Intro to Ayurvedic Cooking

Ayurvedic cooking helps heal the body, mind and soul. During this class learn to make 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. Bring: apron, cutting board, pot holder, heat-resistant spatula, table service and kitchen knife to class. There is a \$20 material fee payable to the instructor the day of class.

Sat	10:30 AM-12:30 PM	Oct 25
1 Session	Emily Manternach	
CTC-123, IVCC	Class ID: 25330	\$39

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



**Payment is due at the time of registration.**



# 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](http://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.





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## IVCC Continuing Education Center

Questions or ready to register?

**Call:** (815) 224-0427

**Online:** [ivcc.edu/nellswoodland](http://ivcc.edu/nellswoodland)

**Contact Us:** [continuingeducation@ivcc.edu](mailto:continuingeducation@ivcc.edu)

Programs coordinated by IVCC Continuing Education Center, Oglesby, Illinois