

Early Check-In Friday evening– Optional

7:00-8:00 pm Check in at the lodge and settle in

Saturday Schedule

8:00 to 8:15am Check in at the lodge

8:15 am Welcome, introductions & overview

9:00 to 10:30am “Cultivating Awareness through the Practice of Yoga” ~Karen

10:30 to 10:45am Do as you please

10:45 to noon “Exploring Meditation ~Adam

12:00– 1230 pm Communal midday meal

12:45– 1:05 pm After lunch walk

1:15 to 3:15pm “Self-Exploration through the Labyrinth” ~Kelley

3:15 to 3:30 pm Do as you please

3:30 to 5:00 pm “Heart and Mind Falling Open” Workshop ~ Adam

5:00 to 5:15 pm Do as you please

5:15 pm Yoga continued ~Karen

6:00 pm Communal evening meal and open time

7:15 pm “Introduction to Despachos” ~Kelley

8:00 pm “Make Your Own Despachos” ~Kelley

Sunday Schedule

7:00am Daybreak stroll on Lazy Creek

7:30 to 8:00 Sun Salutations ~Karen

8:00am Communal morning meal

8:45 to 10:30 “Heart and Mind Falling Open” continued ~Adam

10:30 to 10:45 Do as you please

10:45 to 11:30 Authentic Movement ~ Adam

11:30 to 12:30 Reflections and Feed Forward ~Adam

12:30 pm Communal meal and clean up

1:30 pm Lift off in peace



For more information or to register contact Mindy at Horn Field Campus 309-298-4676 or hf-campus@wiu.edu

Fee: \$65 per person

- Includes Saturday lunch and dinner
- Sunday breakfast and lunch
- Shared lodging in on-site cabins (bring your own bedding and toiletries)
- And all workshops and supplies

Space is limited

Please register by February 12th



Nourish your **BODY, MIND** and **SPiRiT**

at the
8th Annual

Horn Field Campus

Wellness Weekend

**Saturday and Sunday
February 20 & 21, 2016**



Guided meditation, yoga, labyrinth walks and more amidst the beautiful and tranquil surroundings of rustic Horn Lodge at 985 China Road.



Our Presenters

Meditation



Adam Chacksfield is the creator of “Falling Open,” a transformative four-month online course.

At age 33 he left his career as a Professor at WIU to devote himself to spiritual opening in community with others. Five years later, with the support and guidance of Peter Fenner, a pioneer in nondual psychology, Adam began to publicly offer nondual teaching and coaching. He now facilitates people falling open to the liberating truth, by supporting the release of burdening beliefs and holding patterns in the body.

In addition to the “Falling Open” course Adam offers public meetings, workshops and retreats in the San Francisco Bay Area, Macomb, numerous other cities, and online. He also works with individuals providing nondual spiritual coaching.



To learn more and/or to subscribe to his newsletter:

www.adamchacksfield.com

Yoga



Karen Mauldin-Curtis
RYT200
kmauldincurtis@gmail.com

Karen has more than 20 years of yoga experience and has been teaching in the Macomb area since 2003. In 2011, she completed a 200 hour intensive yoga teacher training program through tapas yoga shala, www.tapasyogashala.com and is a nationally registered yoga teacher (RYT) through Yoga Alliance.

In addition to weekly classes, Karen offers private lessons and yoga workshops/retreats. Karen’s personal practice and teaching focus on cultivating awareness through the practice of yoga. Throughout the weekend’s yoga sessions, Karen will integrate a variety of yoga styles, including Kripalu, Ashtanga, and Iyengar. In addition to teaching yoga, Karen manages a graduate fellowship program at WIU, is the proud mother of three kids, and helps her husband manage Barefoot Gardens - a small-scale, organic market garden and CSA serving the Macomb community.



Labyrinths and Despachos



Kelley Quinn

Kelley earned her master's degree in contemporary art history and criticism from Webster University (St. Louis, MO) and is a Certified Labyrinth Facilitator and has received Illinois Arts Council teaching artist status since 2006. She has created mandalas and labyrinths with more than 2,000 individuals of all ages. She has created numerous public and private designs in the area and has been invited to present at conferences and retreats both nationally and internationally. Quinn resides in Macomb with her husband and two children and teaches Spanish and Critical Theory at Western Illinois University.

www.kelleyquinn.com



Horn Field Campus

Our purpose—to facilitate environmental responsibility and human development—is guided by our core values of:

- Compassion
- Community
- Growth and Education

For more information or to become a member of the Friends of Horn Field Campus interest group, please email HF-Campus@wiu.edu. Thank you.