



## Northern Fibers Retreat: February 12 ~15, 2015

### RESERVATION FORM

### Lunch & Learn and Yoga Class

\*\*\*\*\*

#### **LUNCH & LEARN: Reservations Required**

Enjoy the cuisine of Grand Marais with your fellow fiber enthusiasts. All North House and Art Colony courses will provide a lunch break at noon so that students can attend. Pre-registration is required for catered lunch, drop-in with a bag lunch for FREE.

#### **Friday February 13 | noon | \$13/person**

##### **LUNCH at the Community Center 4H Log Building catered by The Pie Place**

**Menu:** Parmesan Basil Chicken Salad Sandwich on Multi-Grain Bread, Minestrone Soup, Ultimate Chocolate Chip Pecan Cookies. Veggie &/or Gluten Free option available upon request.

##### **LEARN “Silk Screening Techniques” with Enid Gjeltén Weichselbaum**

Enid will demonstrate how to create small organza silk screens with Really Reusable Silk Screens and only a few materials. The screens can be used repeatedly if they are gently washed and dried between print sessions and are great for creating surface designs or printing on paper.

#### **Saturday February 14 | noon | \$13/person**

##### **LUNCH at the Community Center 4H Log Building catered by Harbor House Grill**

**Menu:** Turkey Sandwich with Lettuce & Cranberry Mayo on Wild Rice Bread, a Mixed Greens Side Salad with Homemade Dressing and a Piece of Fruit. Veggie &/or Gluten Free option available upon request.

##### **LEARN “Sheep and Wool in Song and Story” with Martha Owens**

Join Martha Owen, sheep farmer and Resident Fiber Artist at the John C. Campbell Folk School for a session of storytelling about her life raising sheep and angora rabbits and pursuing her passion for craft. Martha will be teaching two courses while at North House, and will share tales, good humor and maybe even a tune or two on her banjo during the Saturday Lunch and Learn session. All are welcome.

#### **Saturday, February 14, 5:30pm~ 6:30 pm**

##### **Yoga for Fiber Folk at North House Folk School Blue Building**

##### **Reservations Required, no charge for NHFS/GMAC students**

Sitting and crafting all day is good for the spirit but can be hard on the body! Join certified yoga instructor Jenny Frost to learn how yoga can help prevent and relieve the aches and pains that cramp your creative self. Jenny will focus on simple stretches for the back, shoulders, wrists and hands that you can easily replicate at home: no special equipment (or spandex!) is required, just a willingness to learn. (But if you have a yoga mat please bring it along.) A free benefit for NHFS/GMAC students; \$10 for others. Pre-registration is required as space is limited. Held at the North House Folk School Blue Building.



**RESERVATION FORM  
NORTHERN FIBERS RETREAT  
FEBRUARY 12-15, 2015**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

| EVENT                          | COST          | ATTENDEES | Veggie/Gluten Free Option? | SUBTOTAL |
|--------------------------------|---------------|-----------|----------------------------|----------|
| CATERED LUNCH<br>Friday 2/13   | \$13          |           |                            |          |
| CATERED LUNCH<br>Saturday 2/14 | \$13          |           |                            |          |
| YOGA Saturday @<br>NHFS        | Free/<br>\$10 |           | N/A                        |          |

**TOTAL \$ DUE:** \_\_\_\_\_

Reservations available by phone (218.387.9762) or mail. Please enclose check to NHFS or credit card information (see below). Return to NHFS, PO Box 759 Grand Marais, MN 55604 by February 6.

**Check Enclosed:** \_\_\_\_\_

or

**Credit Card Type:** Visa, Mastercard, Discover, AmEx

**Credit Card Number:** \_\_\_\_\_

**Exp Date:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**V-code (3 digits on the back of the card):** \_\_\_\_\_

**\*\*Reservations are required for those purchasing lunch. Lunches will not be available at the door. Students are welcome to bring a brown bag lunch\*\***

Internal Use: CR\_\_\_\_\_