



## Northern Fibers Retreat: February 13 -16

### RESERVATION FORM

#### Lunch & Learn and Yoga Class

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#### **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 boxed lunch, drop-in with a bag lunch for FREE.

**Friday February 14 | 12:15 pm | \$12/person**

**LUNCH at the East Bay Suites catered by The Pie Place**

**Menu:** Sandwich-Turkey Club with a Bacon Fire Roasted Mayonnaise on Multi Grain Bread, Potato Cheddar Soup, Ultimate Chocolate Chip Pecan Cookies. Veggie &/or Gluten Free option by request.

**LEARN with paper cutting artist Andrea Martin**

Description Coming Soon,

**Saturday February 15 | 12:15 pm | \$12/person**

**LUNCH at the East Bay Suites catered by The Crooked Spoon**

**LEARN "Textile Traditions of the Peruvian Andes" with author Kaitlyn Bohlin**

Sustainable tourism is growing trend that empowers local artisans to make living wages while offering tourists an educational cross-cultural experience. North House's Development Manager Kaitlyn Bohlin will share her experience working for a grassroots nonprofit in Peru dedicated to sustainable tourism in the highland communities of the Sacred Valley. She'll talk about local efforts to revitalize the Andean textile tradition, initiatives bringing income directly to artisans, and some of the challenges and successes of the changing international tourist market.

**Friday, February 14, 5:15pm- 6:15 pm**

**Yoga for Fiber Folk**

**Reservations requested, 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 Iyengar yoga instructor Kathy Horak to learn how yoga can help prevent and relieve the aches and pains that cramp your creative self. Kathy 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. A free benefit for NHFS/GMAC students; \$10 for others. Pre-registration is required as space is limited. Held at the Grand Marais Art Colony.



**RESERVATION FORM  
NORTHERN FIBERS RETREAT  
FEBRUARY 13-16, 2014**

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

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

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

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

EVENT	COST	ATTENDEES	Veggie Option?	SUBTOTAL
BOXED LUNCH Friday 2/14	\$12			
BOXED LUNCH Saturday 2/15	\$12			
YOGA Friday @ GMAC	Free/ \$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.

**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. Tickets will not be available at the door. Students are welcome to bring a brown bag lunch\*\***

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