

WELCOME TO THE CSA SUMMER OF 2024!
~ from the CSA Women's Association ~
A Summer of MORE "Wellness for Mind, Body and Spirit"

Summer is here! The Women's Association (WA) is excited to share events we've lined up for the 2024 season. All members of the CSA community are welcome at any WA events. Come connect with old friends, meet new ones, and have some fun! Only the July Mindfulness classes require sign up and pre-registration (see below).

The CSA Women's Association strives to support the CSA community in ways that foster community belonging, friendship, and well-being for the mind, body and spirit. Thanks to last year's successful Art Fair, Cottage Treasures Sale and Silent Auction the WA will give back over \$25,000 to the CSA this season for classes, programs, materials and special projects. It takes many volunteers and staff to make the CSA world go round, and this is true for the WA efforts as well. THANK YOU! THANK YOU...to all who make this possible.

The WA Board welcomes you and looks forward to seeing you again soon as a participant, a volunteer, or both. 2024 WA Board Officers are: Lisa Dunphey - Secretary, Kathy Dwyer, Erin Jones - VP, Kate Kirkwood - Communications, Jan Lauerman -Treasurer, Celia Lee, Joni Leete, Tammy Moore, Beth Seaton, Jen Thomsen - Art Fair, Ann Whelpton - President. **For more information or feedback please email us at csawomensassociation@gmail.com or agwhelpton@gmail.com.**

Our BIG EVENT - THE 2024 ARTS AND CRAFTS FAIR
with COTTAGE TREASURES SALE AND SILENT AUCTION!
Wednesday, July 24th

A "festival of fun" is one way to describe this day-long fundraiser that involves the entire CSA community. From dawn to dusk on July 24th the action will be plentiful on the ballfield and at the Assembly Building. This Women's Association led event generates funds that are returned to the CSA for the next year's needs. Another nice aspect of the Art Fair Day is that many visitors from around the Benzie County areas and beyond come to the CSA that day! It's a treat to meet our area neighbors and show them the best of the "CSA Way."

THANK YOU to this year's Art Fair Chair, Jen Thomsen; Cottage Treasures Rummage Sale Co-Chairs Lisa Gates, Liz Lindsay, and Marcella Longmire; Silent Auction Chair, Jenn Potter and all the volunteers who make possible this event and its proceeds. Here's the schedule:

Arts and Crafts Fair	9:30am to 3:00pm	Ballfield
Cottage Treasures Rummage Sale	9:00am to 1:00pm	Assembly Building
Donation Drop Off Times:	Fri. July 19, 9am-3pm	Sat. Jul 20, Noon-4pm
Sun. July 21 Noon-4p;	Mon. July 22, 9am-3pm	
Cottage Treasures Pre-Sale 7/23	5:00pm-6:30pm	Assembly members only
Silent Auction	9:00am-1:00pm	Assembly Building

The Silent Auction will feature an extensive array of creative, fun gifts and experiences. Bidding will run from 9am-1pm. All items must be picked up by 2pm the day of the auction.

MANY VOLUNTEERS NEEDED! Watch for sign-ups at Assembly Building in July.

MORNING FITNESS CLASSES

All classes 9:00-10:15am ~Begins Mon. June 17th. ~Ends Fri. August 16th

Welcome to summer fitness! Please bring your own mat and a towel for under your mat to yoga. Some classes use blocks. A small supply will be provided but you may wish to bring your own. Gaiam blocks (2) sized 9x6x4 are a good choice (available on Amazon).

Mondays ~ Yoga with Beth Sieloff, Lake Michigan Tennis Court

Beth S. is a skilled yoga teacher who ensures the benefits of yoga are accessible to everyone. She will support you in a guided practice for both your body and your mind. Each class begins with breathwork and transitions to easy-to-understand yoga postures for both beginning and advanced yoga practitioners. Beth's classes provide the framework for core strengthening, balance, and confidence to embrace the benefits of your personal yoga practice. Each class will close with a guided meditation.

Wednesdays ~ PiYo Fusion with Beth Tarkington, Lake Michigan Tennis Court

Beth T. brings over 35 years of experience teaching in the Atlanta GA fitness industry. Her PiYo Fusion class is a creative & effective combination of elements from yoga, Pilates, and traditional fitness. It's a fun and versatile workout with flexibility, balance, controlled movements, core work, strength, and functional movement in endless combinations – and it lets Beth geek out explaining how it all works so well together! Note: Beth uses block in her class and has a small supply to share. You may wish to bring your own blocks.

Thursdays ~ Movement and Balance with Deb Ceneme, Assembly Building

Deb has been teaching a form of Movement and Balance class for almost 20 years. Movement and Balance is a class that can include all clients, including those with physical limitations, is taught in a SAFE, friendly environment, and is fun! The class includes balance exercises, posture improvement work, cardio and weights, core strengthening, stretching and proper movement instruction.

Fridays ~ Yoga with Kelley Devine, Lake Michigan Tennis Court

Kelley is new to the CSA Yoga line up this year, but not new to Yoga. Kelley spent her childhood practicing yoga with her mom in Chicago before getting her 500YTT certification in Kathmandu, Nepal in 2023. These days, Kelley offers a classic Vinyasa style class that leaves one feeling balanced, centered, and in touch. Not too hard, not too slow, but rather an opportunity for intention and fun! She is part of Kindred Waters Collective of Yoga and Healing Arts in Beulah, lives locally, and has been a CSA member for longer than she can remember. Welcome Kelley!



Beth Sieloff



Beth Tarkington



Deb Ceneme



Kelley Devine

NEW MINDFULNESS AND WELLNESS CLASSES - JULY 3-26

4 Mindfulness Sessions + 1 Forest Bathing Walk

“Are you curious about finding inner calm and reducing stress?”

Mindfulness practices can help you cultivate a sense of peace and presence in your daily life.

“Have you ever wondered how to manage difficult emotions more effectively?”

Mindfulness provides tools to navigate emotions with greater awareness and compassion.

Mindfulness is the practice of intentionally **focusing attention on the present moment**, without judgment or distraction. Help cultivate a sense of **presence** to respond to life's experiences with greater clarity and compassion.



Instructor: Kristen Ryder is a Community Yoga and Mindfulness Facilitator, Community-based Therapist, School Psychologist and Community Violence Prevention Researcher with Michigan State University's SPARK Research Lab. Through her *Stillness and Strength Yoga LLC* business in Traverse City, she offers multiple stress-reduction and health-supportive practices to support individuals through various challenges. She does note that mindfulness practices “may support and promote health and well-being but should not be considered a direct replacement for medical or mental health services.”

Class size is limited to facilitate the best experience for participants. So, online class registration is required ahead of the class (except for the class on July 16 which is part of the Women's Association Annual Meeting). Registration info is provided below.

Mindfulness 101: Anchors and Awareness: July 3rd 11:00 am to Noon

Experience each mindfulness step defined by Jon Kabat-Zinn, a mindfulness pioneer. This includes: 1) paying attention; 2) on purpose; 3) to the present moment; and 4) without judgement (the gentle and loving part). Engage in activities that bring each of these steps to life. Learn flexible ways to create a practice for YOU to stay in the moment through your day.

Mindfulness Through our Senses: July 10th 11:00 am to Noon

Our senses—sight, sound, taste, touch, and smell—serve as portals to the present moment. When we mindfully observe the colors of a sunset, listen to rustling leaves or savor a meal, we anchor ourselves in the present. **Kristen will introduce three additional senses. Interoception** is our ability to connect with, identify, and feel what is happening within our own body. **Exteroception** is our **sensitivity to stimuli that originate outside the body. And HeartSense** is the profound connection between **heart health** and mental well-being. Kristen will explore each of the eight senses individually and in tandem.

Mindful Self-Compassion Practices and Loving kindness/Heartfulness: July 16th 11:00 to noon. Program at the Women's Association Annual Meeting. No registration is required for this session. Mindful Self-Compassion

combines the skills of **mindfulness** and **self-compassion**, creating a powerful tool for emotional resilience. Learn how compassion-turned-inward may support us in our daily functioning and in moments of discomfort. We'll explore three ways to practice a mindfulness meditation called Metta, or Lovingkindness.

Mindfulness Practices - Body Scan and Interbeing: August 1st 11:00 am to noon.

Mats/blankets provided. A body scan is a mindfulness meditation practice that has benefits like deep relaxation, reduced stress and anxiety, improved sleep and greater self-awareness. It can be done standing, seated or lying flat. **Interbeing encompasses the interconnected web of existence—our relationships with other people, animals, plants, and the environment.**

Forest Bathing: July 26th 9:00 to 11:30ish am. Location: Arcadia St. Pierre Trailhead.

Take a slow, deliberate walk in nature, paying close attention to your surroundings using your senses—sight, smell, hearing, and touch. It fosters a deep connection to the environment while promoting overall well-being.



To Register:

1. Use QR code or go to www.stillnessandstrengthyoga.com

2. Click on **Class Schedules & Descriptions**

3. Click on the CSA Session you wish to attend. Complete the information.

(You will also be asked to sign a simple waiver form for Kristen's business - the form is not for the CSA.)

POT LUCK DINNERS CONTINUE

Thursday June 27 ~ Thursday July 18 ~ Thursday August 1 ~ 6:30 p.m.

The CSA tradition of potluck dinners will continue with all dinners beginning at 6:30 in the Assembly Building. A catered main dish will be provided. Please bring a salad, side dish or dessert to share. Thank you to Marilyn Winters, Linda Schopp, Cindy Cox, Jane Cooper and others who organized this tradition for DECADES! And thank you to Luette Frost for keeping this wonderful CSA tradition going by organizing the dinners this year. Please stick around after dinner to socialize.

WOMEN'S ASSOCIATION ANNUAL MEETING

Tuesday, July 16th ~ Assembly Building

10:00 - 10:45am Business Meeting

11:00am - 12:00 noon Program

Presenter: Kristin Ryder, Community Based Therapist and Community Yoga and Mindfulness facilitator.

Topic: "Mindful Self-Compassion Practices and Loving Kindness/Heartfulness"

Description: **Mindful Self-Compassion** combines the skills of **mindfulness** and **self-compassion**, creating a powerful tool for emotional resilience. Learn how compassion turned inward may support us in our daily functioning and in moments of discomfort. We'll explore three ways to practice a mindfulness meditation called Metta, or Lovingkindness. No registration required.

ANNOUNCING – NEW CSA MERCHANDISE

A new line of CSA merchandise will debut at the July 24 Art Fair including new T-shirts, mugs, key fobs, baby onesies, a variety of hats and more. CSA member and vendor Taylor Soule has designed and selected this "merch" and will donate 10% of her profits to the WA. Some items feature the artwork of Crissie Fuller Vitale. Catch a sneak preview of the new line on July 16 at the WA Annual Meeting in the Assembly Building. Ask about orders for the holidays.

Have a great summer! Questions? Feedback? Email csawomensassociation@gmail.com