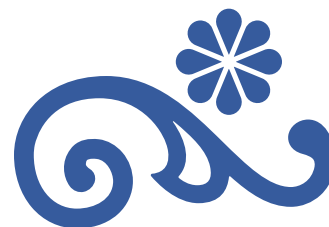




Women's Association of the CSA

2025 PROGRAMS

"Life Happens: Friends, Laughter and the CSA Help"



Greetings!

As we head back for the 2025 Season, we look forward to refreshing ourselves in the natural, spiritual, and human beauty of the shared CSA community we all love. We hope our planned programs support your renewal of mind, body and spirit. We also hope to mix in plenty of friendship, laughter and fun with you along the way!

Thanks to generous volunteers and contributions, and successful fund-raising last year, the WA is privileged to contribute over \$30,000 of support back to the CSA for this year. These funds support on-going programs, one-time events, and special purchases.

Back By Popular Demand ~ Yoga and Fitness classes, Mindfulness Sessions, Potluck Dinners, Arts and Crafts Fair with Cottage Treasures and Silent Auction, and the Annual Meeting.

New ~ Two days of Improv Comedy Workshops with visiting artist/teacher, Janna Sobel; and an Author Talk with CSA member Julia Mary Gibson on her new novel Copper Stone: A Glimpse of Blood Memory.

To long-time friends, new friends, and friends of all ages, we look forward to seeing you soon!

WA Board Members: Kathryn Dwyer (Sec.), Margie Finley, Cynnie Hood, Kate Kirkwood, Jan Lauerman (Treas.), Celia Lee, Joni Leete, Tammy Moore (V.P. and Pres. Elect), Beth Seaton, Jen Thomson, and Ann Whelpton (Pres.).

Questions? Interested in a Board role? Contact csawomensassociation@gmail.com

**Arts & Crafts Fair — Cottage Treasures Sale —
Silent Auction**

**JULY
22 & 23**

CSA ARTS & CRAFTS FAIR	Wednesday, July 23 9:30 am – 3:00 pm	Ball Field
COTTAGE TREASURES SALE	Wednesday, July 23 9:00 am - 1:00 pm	Assembly Building
Merchandise Drop Off	Fri. 7/17 – Mon. 7/21	
Pre-Sale	Tuesday, July 22 5:00 – 6:30 pm	
ON-LINE SILENT AUCTION		
Items on Display	Wednesday, July 23 9:00am -12:00 noon	Assembly Lounge
On-Line Bidding Begins	Tuesday, July 22 10:00 am	
On-Line Bidding Ends	Wednesday, July 23 12:00 noon	

Many volunteers needed! Please sign-up next to White Board at the Assembly Building.

SUMMER 2025 Fitness Classes

Monday June 16 – Friday August, 15; All classes 9:00 am
Yoga at Lake Michigan Tennis Court
Strength and Balance at Assembly Building

Returning Instructors – Welcome Back!

Monday Yoga	Beth Sieloff	All season
Tuesday Movement and Balance	Deb Cennname	All season
Wednesday & Friday Yoga	Kelley DeVine	June 18 - July 23

New Instructors – Welcome Aboard!

Yoga	Sonya Query	Fri. July 25 & Fri. Aug. 1
Yoga	Tamara Coleman	Aug 6, 8, 13, 15



Deb Cennname ~ 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. Deb is a long time CSA member and lives year round in the Frankfort area.

Tamara Coleman ~ Dr. Tamara Coleman has been teaching biology for over 35 years. As a yoga instructor, she was trained at Yen Yoga in Traverse City 6 years ago. Tammy enjoys teaching about stress, meditation and mindfulness and uses her understanding of the human body to adapt classes to her multi-level yoga participants. She looks forward to meeting and flowing with you all!



Kelley DeVine ~ Kelley is delighted to return for her second summer leading yoga in one of her favorite places on Earth, the woods and dunes of coastal Lake Michigan. Having grown up practicing yoga with her mom in Chicago — think headstands in the kitchen at 8 years old — she went on to receive her 500YTT certification in Kathmandu, Nepal in 2023. She is a practitioner at Kindred Waters, a collective offering yoga and healing arts just down the road in Beulah, and has been a member of the CSA for longer than she can remember.

Sonya Query ~ Born and raised in Boulder, Colorado, Sonya grew up hiking, climbing, skiing, and as a dancer of many disciplines. Her inclination toward yoga was rooted in physicality, flexibility, and movement. As her practice deepened, subtler layers of yoga revealed themselves and Sonya discovered tools to better manage her nervous system and stress. Fascinated with pranayama, moving meditation, and yogic philosophy, Sonya pursued her 200 hour YTT at Maya Yoga Maui under the tutelage of Nicki Doane and Eddie Modestini. Sonya's training has legs in Ashtanga, Iyengar, Vinyasa, and Hatha. Sonya is passionate about and certified in offering yoga as a tool for coping with trauma. Sonya offers yoga as a safe, fun, intentional practice, inspiring vitality and integration within each of us.



Beth Sieloff ~ Beth 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.

Mindfulness & Well Being Program with Kristin Ryder: 3 Classes

Is life feeling a bit overwhelming these days?

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.



Returning 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. Kristen will act as our mindfulness instructor. These are not therapeutic or support groups and should not be considered a direct replacement for medical or mental health services.

**JUN.
25**

Mindfulness Foundational Practices: June 25th, 11:00 am — Noon.

Learn about mindfulness as 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). Class includes conversation about how to integrate mindfulness practices into everyday life.

**JUL.
16**

Mindful Self-Compassion Practices: July 16th, 11:00 — Noon.

Mindful Self-Compassion combines the skills of **mindfulness** and self-compassion, creating a powerful tool for emotional resilience. Kristen will review fundamental mindfulness practices, then discuss how to take a pause from focusing on others and turn compassion inward to support us in our daily functioning and in moments of discomfort.

**AUG.
13**

Lovingkindness/Heartfulness: August 13th, 11:00 am — Noon.

Loving Kindness involves connecting to our deepest wishes for ourselves, for others and for all beings. Kristen will start with a review of fundamental mindfulness practices. From there she will discuss ways to practice a mindfulness meditation called Metta, or Lovingkindness.

Reach out to Beth Wolszon at bethwol@sbcglobal.net for further details.

Improv Workshops with Visiting Artist and Teacher Janna Sobel

The Women's Association is looking forward to hosting Janna Sobel, Educator and Communication Coach, for two days at the CSA on July 10 and 11. Janna's time at the CSA will include a guest talk at the Women's Association Annual Meeting, one adult workshop, and one youth workshop.

Janna Sobel is a 20 year veteran teacher, coach, and program designer for The Second City Training Center in Chicago, The University of Chicago Booth School's Leadership Studio, and The IDEA Center at Notre Dame. She uses tools of improv comedy and live storytelling to help people communicate and collaborate with joy and clarity. In addition to offering playful, inspiring workshops for innovators in places like GitHub, Moen, AllState, and The Chicago Cultural Center, Janna offers public-speaker coaching for TED Talkers, keynotes and organizations.



**JUL.
10**

Women's Association Annual Meeting at the Assembly Building

9:30 am Business Meeting: Budget; Review, WA Board Slate Vote; By Laws Vote; Recognitions

10:15 am Guest Speaker: Janna Sobel, Improv Visiting Artist; Topic: "Comedy in Community"

**JUL.
10**

11am - 1pm

**Assembly
Building**

Comedy in Community Adult Workshop with Janna Sobel

Come one, come all to a playful, laughter-filled Improv Comedy workshop. Make memories, strengthen connections, and (re)discover the delight and ease of laughing & playing together. This workshop is a relaxed, joyful romp that can also lead to profound insights. Play dynamic, fun, interactive improv games used to train your favorite comedy actors-- from the casts of *Ted Lasso* to *Key & Peele* to *Saturday Night Live* to *Curb Your Enthusiasm* and *Whose Line is it Anyway*. These games are designed to let you discover the trustworthiness of your own spontaneous creative impulses, in a context of warm group support. Participants **WON'T** be put on the spot to make jokes. You will have opportunities to delight in the agility and playfulness of your own imagination, and the imaginations of those around you. Make memories, strengthen connections, and (re)discover the delight and ease of laughing & playing together.

**JUL.
11**

Noon - 2pm

**Assembly
Building**

Youth Improv Comedy Workshop with Janna Sobel

If you are a youth or teen in grades 6-12, you are invited to a special Improv Comedy workshop designed just for you! Many people don't know that the games used to train our favorite comedic actors — from SNL to The Office — were originally designed for young people. Improv is a fun, supportive, dynamic, inspiring way to exercise our spontaneous, creative imaginations in a context of warm support. This workshop is relaxed, low-pressure, and very supportive. Everyone is welcome: no prior performance experience is necessary. Whether you are a bit on the bold side, or more shy, Improv is a joy. It is a fun, laughter-filled way to reconnect with friends and make new ones, build confidence, trusting your own creative impulses, and enjoy collaborating with others.

**JUL.
29**

7pm

**Assembly
Building**

Copper Stone ~ New Novel Release & Author Talk with Julia Gibson

CSA Member and author, Julia Mary Gibson, is returning to the CSA as an author with her recrafted and newly released novel *Copper Stone: A Glimpse of Blood Memory*, which is set in our area of Michigan. "My debut novel *Copper Magic* received a Kirkus star, but it was also sharply criticized by an Indigenous reviewer. The rights reverted, and I was honored to partner with Anishinaabe reconciliation facilitator Sandi Boucher to recraft the Indigenous content. We worked together to mitigate the missteps that I made in writing about Anishinaabe people and ideas. In Sandi's words, this amended version "intrigues without disrespect and informs without misinformation." The story got fuller in unexpected ways as we went along." Author, Julia Mary Gibson.

The WA Wants YOU!

The Nominations Committee of the WA is seeking volunteers and/or nominations for the 2026 Art Fair Chair, Silent Auction Lead, and two Member At Large Board positions. Please consider lending your talents to the CSA community through this rewarding area of service and fun.

~ csawomensassociation@gmail.com ~

Cool Merchandise!

Stop by the Crystal View to check out great merchandise for sale in June, July and August or until inventory is gone. Thank you, Katie Winn and Crystal View staff, for supporting the WA and the CSA in this way!