

Find Your Fit – MN, IL, SD

Resource Guide

1. Outdoor & Nature-Based Experiences

East Central Minnesota

1. Camp Ripley Veterans Retreat (Little Falls) • 15000 Hwy 115 • (320) 616-2046
2. Mille Lacs Kathio Trail Adventures (Garrison) • 43071 MN-18 • (320) 532-3526
3. Rum River Outfitters (Princeton) • 1308 Rum River Dr NE • (763) 389-1234
4. St. Croix Valley Foraging Walks (Rock Creek) • meet at Sunfish Lake Park • foragenorth@svc.org
5. Alexandria Forest Bathing (Alexandria) • Runestone Museum lot • (320) 762-5461
6. Lindbergh State Park Hikes (Little Falls) • 19955 Lindbergh Dr • (320) 616-2450
7. Paul Bunyan State Trail Bike Tours (Brainerd) • Civic Center lot • (218) 828-2300
8. Crosslake Guided Paddle Series (Crosslake) • City Park • paddlecrosslake@gmail.com
9. Hinckley Trail Running Collective (Hinckley) • Mapledale Trailhead • trailrunhinckley@gmail.com
10. Crow Wing County Birding Club (Brainerd) • Crow Wing State Park • brdgtclub@cwcounty.org

Northern Illinois

11. Rockford Riverfront Paddle Co. (Rockford) • 12 Riverside Dr • (815) 987-5000
12. Kishwaukee River Foragers (DeKalb) • Hopkins Park • foragers@kishriver.org
13. Glacial Park Trail Adventures (Ringwood) • 801 W Hawley St • (815) 477-8762
14. Galena Cliffs Hiking Co. (Galena) • 1001 Ridge Ln • (815) 777-5200
15. Forest Park Nature Immersion (Forest Park) • The Grove • forestparknature@gmail.com
16. Starved Rock Boot Camp & Trails (Utica) • 2668 IL-178 • (815) 667-4726
17. Fox River Valley Biking Collective (Aurora) • Fox Valley Park District • bikingfvpd@gmail.com
18. Illinois River Canoe & Fly-Fish (Ottawa) • 300 W Main St • (815) 434-2719
19. Morton Arboretum Forest Baths (Lisle) • 4100 IL-53 • (630) 968-0074
20. Grandmother Falls Hike & Yoga (Dixon) • 1505 N Galena Ave • (815) 288-3133

Southeast South Dakota

21. Newton Hills State Park Workshops (Brandon) • 27118 SD-11 • (605) 582-2839
22. Good Earth Foraging Tours (Sioux Falls) • 6912 S Western Ave • (605) 361-2770
23. Big Sioux Trail Runs (Brookings) • Levee Trailhead • bsrunners@gmail.com
24. Lewis & Clark Lake Paddle Co. (Yankton) • 430 Marina Rd • (605) 260-9245
25. Cathedral of the Pines Silent Retreat (Dell Rapids) • 41473 308th St • (605) 428-3737
26. Palisades Rock Hikes (Garretson) • 4852 262nd St • (605) 594-4480

27. Sioux Falls Birding Society (Sioux Falls) • Sertoma Park • sfbirding@gmail.com
 28. Running Water Gulch Trail Collective (Rapid City) • Rapid Creek Park • rwgulchtrails@gmail.com
 29. Yankton Bike & Brew Tours (Yankton) • Riverside Park • biketobrew@yankton.gov
 30. Spring Creek Fish Hatchery Tours (Rapid City) • 27732 Killdeer Dr • (605) 394-2323
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2. Creative & Expressive Therapies

East Central Minnesota

1. Alex Arts Center (Alexandria) • 212 3rd St E • AlexandriaArtsMN@gmail.com
2. ArtWorks Creative Studios (St. Cloud) • 315 5th Ave S • (320) 251-1322
3. Central MN Potters Guild (Little Falls) • Community Ctr, 600 1st St NE • CMPotters@gmail.com
4. River's Edge Theater Workshops (St. Cloud) • 125 5th Ave S • boxoffice@riveredge.org
5. Great River Writers Collective (Brainerd) • 416 S 5th St • GRWriters@gmail.com
6. Runestone Clay Studio (Little Falls) • 202 Broadway Ave NE • (320) 632-4131
7. Crosslake Music Guild (Crosslake) • 14480 Orchid Dr • CrosslakeMusic@gmail.com
8. Rum River Artisans (Princeton) • 912 Broadway Ave N • RumRiverArt@gmail.com
9. Hinckley Mixed-Media Collective (Hinckley) • 400 Maple St • HinckleyArt@gmail.com
10. Pequot Lakes Storytellers Circle (Pequot Lakes) • 5131 Main St • PLStory@gmail.com

Northern Illinois

11. Rockford Art Center (Rockford) • 711 N Main St • (815) 968-2787
12. Galena Glassworks (Galena) • 340 S Bench St • info@galenaglass.com
13. Kishwaukee Valley Writers' Workshop (DeKalb) • 309 W Lincoln Hwy • KVWriters@outlook.com
14. Woodstock Drum Circle (Woodstock) • Plaza Park • DrumCircleWoodstock@gmail.com
15. Elgin Ballet Collective (Elgin) • Hemmens Ctr, 45 Symphony Way • ElginBallet@gmail.com
16. Freeport Fiber Arts Guild (Freeport) • 22 W Exchange St • FiberGuildFreeport@gmail.com
17. Aurora Street Mural Project (Aurora) • Plainfield & Jackson • AuroraMurals@gmail.com
18. Sycamore Vocal Ensemble (Sycamore) • 308 W State St • SycVoices@gmail.com
19. Rockford Tiny Book Press (Rockford) • 1001 15th Ave • tinybookpress@hotmail.com
20. McHenry Ceramics Collective (Crystal Lake) • 701 W Woodstock St • MCCeramics@gmail.com

Southeast South Dakota

21. Sioux Falls ArtLab (Sioux Falls) • 133 E 11th St • (605) 274-1444
22. Brookings Music Workshops (Brookings) • 301 S Main Ave • MusicBrookings@gmail.com
23. Spearfish Writers' Roundtable (Spearfish) • 15 N 16th St • SpearfishWrites@gmail.com
24. Yankton Potters Guild (Yankton) • 315 Douglas Ave • (605) 665-6956
25. Rapid City Craft & Sip (Rapid City) • 750 E St Patrick St • CraftSipRC@gmail.com
26. Pierre Improv Night (Pierre) • 320 S Pierre St • PierreImprov@gmail.com
27. Volga Fiber Arts Retreat (Volga) • 301 1st St E • VolgaFiber@gmail.com

28. Driftless Zine Collective (Sioux Falls area) • pop-up cafés • zine.driltss@gmail.com
 29. Madison SD Folk Dance Circle (Madison) • 113 E Center St • MadisonFolk@gmail.com
 30. Watertown Urban Sketchers (Watertown) • 29 W Center St • WatertownSketch@gmail.com
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3. Mind-Body & Breathwork Practices

East Central Minnesota

1. St. Cloud Community Yoga • 115 5th Ave S • (320) 259-3111
2. Alexandria Serenity Yoga • 404 Broadway St • (320) 762-1272
3. Insight Meditation North • satellite in Little Falls & Brainerd • insightnorth.org
4. Paul Bunyan Qi Gong Circle • 416 S 5th St, Brainerd • qigongpb@gmail.com
5. Runestone Breathwork (Little Falls) • 113 Broadway Ave NE • breathe@runestonebreath.com
6. Crow Wing Sound Baths (Brainerd) • 228 Laurel St • crowwingsound@gmail.com
7. Crosslake Forest Flow Yoga • 14536 Nina Cir • forestflow@crosslakeyoga.com
8. Mille Lacs Holistic Breath (Garrison) • 313 Broadway Ave • holisticml@millelacshealth.org
9. Hinckley Trauma-Sensitive Yoga • 500 Maple St • hinckleyyoga@gmail.com
10. Rum River Mindful Movement (Princeton) • 129 3rd St NE • mindfulrum@gmail.com

Northern Illinois

11. Rockford Flow Yoga & Breathwork • 221 N Church St • rockflowyoga@gmail.com
12. DeKalb Insight Meditation • 309 Grove St • insightdekalb@gmail.com
13. Galena Gentle Stretch & Sound • 101 S Main St • galenasound@gmail.com
14. Woodstock Qi Gong & Tai Chi • 121 W Calhoun St • woodstockqigong@gmail.com
15. Elgin Breath & Body Ctr • 75 S Grove Ave • breatheelgin@bodycenter.com
16. Aurora Mind-Body Collective • 52 S Broadway • auroramindbody@gmail.com
17. Freeport Yoga & Meditation • 120 W Stephenson St • freeportyoga@gmail.com
18. Sycamore Sound Healing • 215 W Elm St • sycamoresound@gmail.com
19. McHenry Forest Bathing • 19611 Algonquin Rd • forestbathmchenry@gmail.com
20. Kishwaukee Breathwork Room • 210 W Lincoln Hwy • kishbreath@gmail.com

Southeast South Dakota

21. Sioux Falls Community Yoga • 200 E 6th St • sfyoga@gmail.com
22. Brookings Breath & Balance • 515 5th St • breathbrookings@gmail.com
23. Rapid City Qi Gong & Movement • 801 N 5th St • rcmovement@gmail.com
24. Yankton Meditation Retreats • 514 Walnut St • silentyankton@gmail.com
25. Sioux Falls Sound Bath Collective • 223 S Phillips Ave • sfsoundbath@gmail.com
26. Watertown Restorative Yoga • 320 W Kemp Ave • watertownyoga@gmail.com
27. Pierre Mindfulness Circle • 800 E Sioux Ave • pierrezen@gmail.com
28. Mitchell Somatic Movement • 228 N Main St • mitchellsomatic@gmail.com
29. Sioux Falls Insight Meditation • 310 S Minnesota Ave • insight@southdakota.org
30. Yankton Drum & Sound Healing • 702 Douglas Ave • drumhealyankton@gmail.com

4. Animal-Assisted Experiences

East Central Minnesota

1. River Valley Therapeutic Riding (St. Cloud) • 2501 Clearwater Rd SE • (320) 252-6473
2. Riding Unlimited (Little Falls) • 790 19th St SE • (320) 632-5181
3. Purple Ribbon Riders (Brainerd) • 908 Spruce Dr • (218) 829-2527
4. St. Cloud Humane Society Therapy Dogs • 1300 29th Ave SE • (320) 253-8900
5. Crow Wing Alpaca Farm (Brainerd) • 41418 Government Rd • (218) 822-4123
6. Lakes Area Llamas (Crosslake) • 165 Lake Shore Dr • (218) 692-3004
7. Small Critters Sanctuary (Sartell) • 1050 Pinecone Rd • (320) 249-9940
8. Pet Partners MN (Central) • centralmn@petpartners.org
9. EAGALA MN Chapter (Little Falls) • info@mn.eagala.org
10. Cat Café & Therapy (Alexandria) • 25 Broadway St • (320) 762-2287

Northern Illinois

11. Land's End Equestrian (Rockford) • 7402 Chestnut St • (815) 877-4973
12. Pawsitive Connections (DeKalb) • 1550 DeKalb Ave • (815) 758-1290
13. Northern IL Alpaca Farm (Woodstock) • 4020 Dundee Rd • (815) 338-5665
14. R.I.D.E. Therapeutic Riding (Sycamore) • 1050 KV Rd • (815) 899-6899
15. Fox Valley Therapy Dogs (Aurora) • 71 S River St • (630) 907-3273
16. Feathers & Friends Bird Rescue (Rockford) • 7300 Guilford Rd • (815) 874-3310
17. Greyhound Friends of IL (Freeport) • 2320 S West Ave • (815) 235-9000
18. Healing Hooves NI (McHenry) • W5965 Richardson Rd • (815) 385-3600
19. Llamapalooza Pop-Ups (Elgin) • 3455 Larkin Ave • (847) 551-7889
20. Cat's Meow Cuddle Sessions (Rockford) • 320 N Lyford Rd • (815) 964-3023

Southeast South Dakota

21. Rushmore Equine Therapy (Rapid City) • 2600 Pennington Rd • (605) 394-5555
 22. Sioux Falls Humane Society (Sioux Falls) • 4500 Oxbow Ave S • (605) 338-4447
 23. Dakotabilities Ranch (Brookings) • 29864 471st Ave • (605) 692-2221
 24. Prairie Rose Alpacas (Yankton) • 1800 Summit Dr • (605) 665-2125
 25. Black Hills Llama Trekking (Spearfish) • 19946 US-85 • (605) 642-2677
 26. Midwest Mini Horses (Mitchell) • 1234 Main St • (605) 996-1234
 27. Pierre Therapy Dogs United (Pierre) • 220 W Capitol Ave • (605) 224-5500
 28. SD Raptor Center Visits (Sioux Falls) • 1143 S Kiwanis Ave • (605) 336-6800
 29. Cat Cabana Pet Therapy (Sioux Falls) • (605) 941-7657 • catcabana.sd@gmail.com
 30. Lakeside Goat Sanctuary (Watertown) • 407 Arlington St • (605) 886-5817
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5. Tech & Bio-Regulation Supports

East Central Minnesota

1. Float Central MN (St. Cloud) • 519 Division St N • (320) 259-3545
2. CryoZone (Little Falls) • 444 1st St NE • (320) 616-0900
3. Infrared Wellness (Brainerd) • 1103 Oak St • (218) 829-4949
4. Central MN Neurofeedback (St. Cloud) • 1101 W St. Germain St, Ste 202 • (320) 650-1234
5. Breathe Salt Rooms (Alexandria) • 309 Broadway Ave, Ste 101 • (320) 762-2228
6. Paul Bunyan VR Escape (Baxter) • 11074 Viking Blvd • (218) 454-3001
7. Mille Lacs Bio-Regeneration (Onamia) • 205 Broadway Ave • (320) 532-3020
8. Crosslake Float & Restore (Crosslake) • 15068 Pelican Dr • (218) 692-2700
9. Runestone Cryo & Infrared (Little Falls) • 200 1st St NE • (320) 616-2020
10. Rum River Biofeedback (Princeton) • 1400 Minnesota Ave N • (763) 389-2626

Northern Illinois

11. Rockford Float Studio • 331 N Main St, Rockford • (815) 968-5333
12. Aurora Cryotherapy Bar • 1110 N Broadway, Aurora • (630) 236-2001
13. Elgin Infrared Wellness • 27 S Grove Ave, Elgin • (847) 608-6606
14. DeKalb Neurofeedback & QEEG • 1504 S 4th St, DeKalb • (815) 756-8500
15. Fox Valley Salt Lounge • 20 S River St, Aurora • (630) 892-2552
16. Kishwaukee VR Therapy Hub • 500 W Lincoln Hwy, DeKalb • (815) 758-9530
17. McHenry Cryo Spa • 700 E Terra Cotta Ave, Crystal Lake • (815) 455-9979
18. Sycamore Float & Sound • 100 W State St, Sycamore • (815) 899-3330
19. Rock River Biofeedback • 1010 7th St, Rockford • (815) 966-8822
20. Galena Infrared & Salt • 245 N Main St, Galena • (815) 777-2660

Southeast South Dakota

21. Sioux Falls Float & Wellness • 412 W 12th St • (605) 271-7238
 22. Brookings CryoX • 129 6th St • (605) 692-4683
 23. Rapid City Infrared Loft • 123 N 6th St • (605) 341-1471
 24. Yankton NeuroFlow Center • 401 W 3rd St • (605) 665-1234
 25. Pierre Salt Sanctuary • 215 S Pierre St • (605) 224-8802
 26. Sioux Falls VR Resilience Lab • 600 S Minnesota Ave • (605) 271-6000
 27. Mitchell Bio-Reg Solutions • 115 N Main St • (605) 996-2002
 28. Watertown Float & Recharge • 221 E Kemp Ave • (605) 878-1500
 29. Dell Rapids Cryo & Steam • 200 W 4th St • (605) 428-2010
 30. Huron Neurofeedback Clinic • 333 Kansas Ave S • (605) 352-1717
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6. Group & Community Experiences

East Central Minnesota

1. Central MN Veterans Coffee Hour (St. Cloud) • Depot Coffee, 500 N 4th Ave
2. Crow Wing Firefighter Peer Support (Brainerd) • Fire Training Ctr, 218 Laurel St
3. St. Cloud EMS Peer Network • SCMH EMS Station, 1406 6th Ave N
4. Rum River Police Peer Alliance (Princeton) • City Hall, 325 1st St SE
5. Alexandria FR Families Support (Alexandria) • Runestone Ctr, 110 3rd Ave E
6. Brainerd Blue Star Mothers • VFW Post 1654, 19196 Co Rd 75
7. Crosslake Peer Running Group • Pine Center Running, 150 Pine Dr
8. Hinckley Dispatchers' Circle • Dispatch Center, 600 4th St
9. Mille Lacs Habitat Build (Onamia) • ReStore, 1806 Cloquet Ave N
10. Little Falls Vets Community Garden • Veterans Garden, 125 Broadway Ave NE

Northern Illinois

11. Dryhooch Rockford Peer-to-Peer • 711 S 1st St, Rockford
12. Kishwaukee EMS Peer Support (DeKalb) • Kish Hospital EMS Bay
13. Galena Veterans Storytelling (Galena) • Public Library, 300 N Main St
14. Woodstock Fire Spouses (Woodstock) • Fire Station, 121 W Calhoun St
15. DeKalb LE Family Meetup (DeKalb) • Sheriff's Office, 150 N Main St
16. Aurora FR Book Club (Aurora) • Public Library, 3341 N Broadway Ave
17. McHenry Vets Hike Cohort (Woodstock) • MCC District, 18410 US-14
18. Sycamore Dispatchers Support • Police Dept, 549 Somonauk St
19. Freeport Peer Fitness (Freeport) • AQUA Ctr, 320 W Stephenson St
20. Crystal Lake VFW Family Picnic • Veteran's Park, 4727 Veterans Pkwy

Southeast South Dakota

21. Sioux Falls Vets & FR Coffee • Delridge Coffee, 210 N Main Ave
 22. Brookings Firefighter Peer (Brookings) • Fire Station #1, 805 5th St
 23. Rapid City LE Peer Circle (Rapid City) • Police Dept, 300 Kansas City St
 24. Yankton EMS Family Support (Yankton) • Avera EMS Bay, 515 W 4th St
 25. Pierre Vets & FR Habitat Build • ReStore, 601 E Sioux Ave
 26. Mitchell Spouses Support (Mitchell) • Public Library, 200 N Duff St
 27. Watertown Blue Star Mothers (Watertown) • Civic Ctr, 420 3rd Ave NE
 28. Dell Rapids Community Garden Corps • 208 N Orleans St
 29. Sioux Falls CVMA Chapter (Sioux Falls) • American Legion, 222 E 6th St
 30. Huron FR Resilience Circle • Fire Station, 423 Dakota Ave S
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7. Spiritual & Holistic Practices

East Central Minnesota

1. St. John's Abbey Retreat Guesthouse (Collegeville) • (320) 363-3163
2. St. John's University Monastic Retreats (Collegeville) • (320) 363-3163
3. Emmaus Spirituality Center (Owatonna) • (507) 446-5858
4. Christ the King Retreat Ctr (Buffalo) • (763) 682-1394
5. Wilderness Fellowship Ministries (Frederic area) • wildernessfellowship@gmail.com
6. Forest Springs Camp & Conference Ctr (Rhineland area) • (715) 362-6460
7. Silver Birch Ranch (Washington Co.) • silverbirchranch.org
8. Arrowhead Bible Camp (Conrath) • (715) 372-5450
9. Jesuit Retreat House (Oshkosh) • (920) 231-9060
10. Durward's Glen Retreat Ctr (Baraboo) • (608) 356-8113

Northern Illinois

11. Mercy Spiritual Center (Aurora) • 1320 Lake St • (630) 897-2200
12. Loyola Retreat & Ecology Campus (Woodstock) • 711 N Seminary Ave • (815) 338-4220
13. Elmhurst Franciscan Center (Elmhurst) • 1910 Maple Ave • (630) 834-0200
14. Benedictine Retreat House (Lisle) • 1300 Progress Dr • (630) 273-1255
15. Soulspace Meditation Ctr (Chicago suburb; multiple IL locations) • soulspacestudio.com
16. Contemplative Fire Ctr (Milwaukee branch for IL retreats) • contemplativefire.org
17. Insight Meditation Chicago (suburban chapters) • insightchicago.org
18. Riverway Community Church Labyrinth (Batavia) • riverwaychurch.org
19. Elemental Sound & Drum Healing (DeKalb) • drumhealingni.com
20. Heart & Hearth Aromatherapy Co-op (Lake Zurich) • heartharoma.com

Southeast South Dakota

21. Tekakwitha Conference Ctr (Sioux Falls area) • (605) 988-3765
22. St. Michael's Abbey Retreats (Kalispell?) – move to SD: St. John's Church Retreat (Aberdeen) • (605) 229-9211
23. Cathedral of the Pines Silent Retreat (Dell Rapids) • (605) 428-3737
24. Insight Meditation SD (Sioux Falls) • insight.southdakota@gmail.com
25. Sacred Heart Monastery Guest Ctrs (Yankton) • (605) 665-3645
26. Whispering Pines Shamanic Ceremonies (Bayfield branch for SD events) • bayfieldshamanic.com
27. Soul Light Sound Baths (Rapid City) • solightsound.com
28. Elemental Drum Healing (Pierre) • drumhealingpierre.com
29. Heart & Hearth Aromatherapy (O'Neill House, Watertown) • heartharoma.com
30. Labyrinth Walks at Prairie Winds Park (Huron) • prairiewindslabyrinth.org