



**e**ome visit us at The Oakwood Club—the premier nudist club in Minnesota. Spend an afternoon, a weekend or longer in a relaxed clothes-free environment with that special someone in your life. We have tenting sites, rental trailers, and RV lots available. Firewood for campfires, ice, and WiFi are provided at no extra cost.

Established in 1942, Oakwood is the longest-operating nudist club in Minnesota. It is non-profit and operated by a member-elected board and member volunteers.

The Oakwood Club is situated on about 40 wooded acres tucked within 23,000 acres of a state wildlife refuge, approximately 35 minutes north of Minneapolis and St. Paul. Our location—far enough from the freeway to be peaceful yet close enough to be convenient—ensures privacy for the nudist lifestyle.

Soak up the sun or steam in a sauna. Stroll around our beautiful grounds. Take part in one of the many activities Oakwood offers such as swimming, volleyball, petanque, horseshoes, or shuffleboard. Bring your equipment and practice on our archery range. Socialize at the pool or around a bonfire—Oakwood is a friendly and comfortable place to spend your time in the nude.

## Body and Spirit

We have a strange relationship with our bodies. It shifts precariously from fascination to loathing. We know the body is the seat of life just as the spirit is the spark of life, yet a great many of us can't fully grasp this idea. We need to recognize that the body and the spirit are not separate but parts of the whole self. The only way to recognize this to accept who and what we are. If we can't accept our bodies in their totality, we can't experience



*Take a nude stroll in our parklike setting*

the totality of our being. We will remain divided, mired in spiritual, emotional, and physical conflict. Our nakedness compels us to deal with our nature and the forces which shape us and carry us along through our lives.\*

## It's Healthy for You

Exposure to sunlight is vital for the existence of all living things. Time spent out in the sun can improve health, increase natural protection from disease, improve sleep, and enhance mood. Come soak up the sun with us at Oakwood and see how good you'll feel!

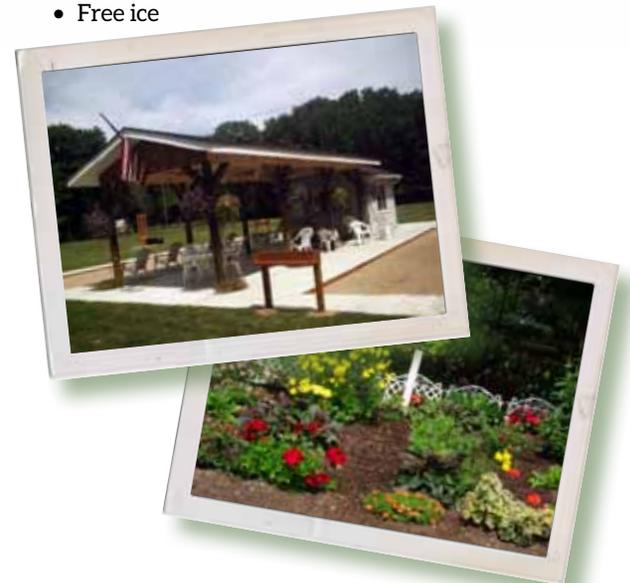
\*<http://nakedspirit.tripod.com/index.html>

## It's Just Plain Fun

The number one statement we hear from people who enjoy their first nudist experience with us at Oakwood is, "Why did I wait so long to do this?" Being nude is a wonderful experience. Remember when you were a child and ran around naked, not a care in the world? Let that inner child run free again and live life to the fullest at Oakwood.

## Amenities

- Open RV lots with electric, water, and sewer
- Tenting sites
- Rental trailers
- Heated swimming pool
- Sand volleyball courts
- Petanque courts
- Archery range, horseshoe pit, shuffleboard court
- Clubhouse with full kitchen, wood-burning fireplace, billiard table, foosball table, dartboard
- Modern restrooms
- Indoor and outdoor showers
- Saunas (electric and wood-heated)
- Free Wi-Fi/internet access
- Free campfire wood (onsite)
- Free ice





*Feel the Freedom*

How could anything be more natural?

Nude recreation helps your body relax. When your clothes come off, you're released from cues that tie you to the workaday world. This is why so many people say that a weekend at Oakwood is as rejuvenating as a one-week vacation. Call 651-353-1062 to schedule your "condensed" vacation!



### **The Oakwood Club, Inc.**

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*The Oakwood Club, Inc. is affiliated with the American Association for Nude Recreation (AANR) and AANR-Midwest.*



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# Welcome to the Exciting World of Nude Recreation!



*The* **Oakwood Club**  
*Minnesota's Premier Nudist Club*