



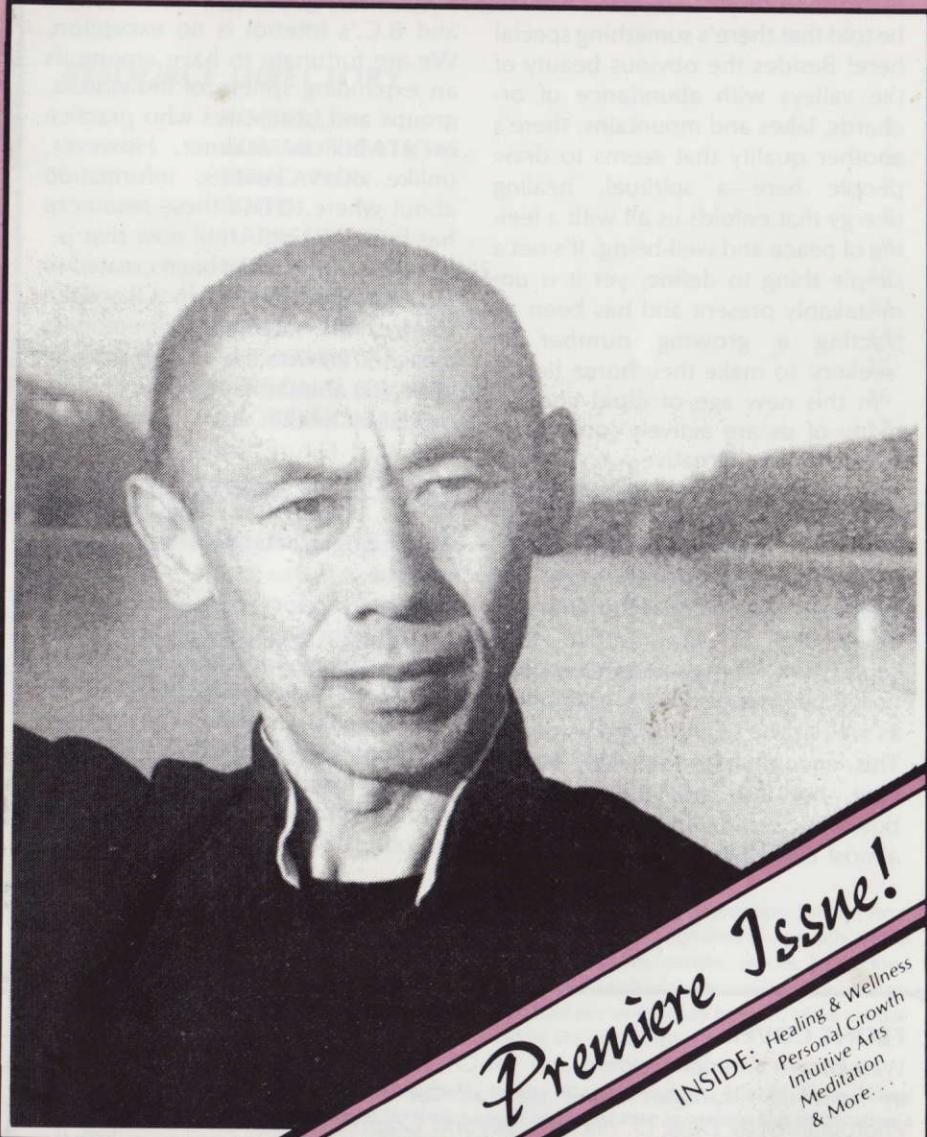
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Jan.-Apr. '88
Vol. 1, Issue 1

\$1.00

INTERIOR SOURCE

A Wholistic Directory Serving B.C.'s Interior



Première Issue!
INSIDE: Healing & Wellness
Personal Growth
Intuitive Arts
Meditation
& More...

PEOPLE, PLACES & PRODUCTS FOR PERSONAL & PLANETARY TRANSFORMATION

For those of us living in the Interior of British Columbia, we don't have to be told that there's something special here! Besides the obvious beauty of the valleys with abundance of orchards, lakes and mountains, there's another quality that seems to draw people here—a spiritual, healing energy that enfolds us all with a feeling of peace and well-being. It's not a simple thing to define, yet it is unmistakably present and has been attracting a growing number of 'seekers' to make their home here.

In this new age of rapid change, many of us are actively looking for answers and alternative ways of healing ourselves and our planet. Often referred to as 'Wholistic', this movement/philosophy embraces a diverse number of practices and methods—the common denominator being one of unity rather than separation. The whole person/situation (body/mind/spirit) is considered as well as the relationships involved. This encompasses not only health care, but also education, politics, business, spirituality, the arts and almost every facet of society!

This integrated approach to living is blossoming throughout the world and B.C.'s Interior is no exception. We are fortunate to have among us an expanding sphere of individuals, groups and businesses who practice in a wholistic manner. However, unlike other centres, information about where to find these resources has been lacking! Until now that is.

Interior Source has been created to fill this need. Based in Okanagan Centre, our networking directory is designed to interest, inform and inspire you about the wholistic choices available within our own communities! Future issues will include more listing categories, feature stories, book reviews and a calendar of ongoing events about and by local people.

Please support yourSelf by supporting Interior Source! Tell the people who advertise on our pages where you saw their listing. And tell us what you like and would like to see in Interior Source. That's what networking and positive change is all about—communicating! Let's stay in touch...

Tammie Wilson
Editor/Publisher

FRONT COVER

Well-known Interior resident and Tai Chi artist, Harold Hajime Naka, poses in front of Okanagan Lake. (See ad for his 'Moving Centre,' pg.15.). Photography by Dugg O. Nichols, Beyond Graphics, Kelowna.

FEATURE

Perspectives on Healing
by Owen Schwartz, M.D. 4

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INTERIOR SOURCE JAN.—APR.'88, VOL.1, ISSUE 1

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CLOSING DATE FOR MAY—AUG.'88 ISSUE, FRIDAY, MARCH 25th!

Interior Source is a wholistic directory serving B.C.'s Interior including: Kamloops, Salmon Arm, Vernon, Kelowna, Penticton, Nelson and adjacent communities... Published tri-annually, initial circulation is 2,000 with copies distributed at bookstores, libraries, centres, offices, health food stores, events and by direct mail. Value per issue is \$1.00 with half of the proceeds going towards those promoting it. Subscriptions are \$4.50 a year or \$1.50 per single copy by mail. Make cheque or money order payable to Interior Source and mail to above address.

Special thanks to Heather Jaeger, Elizabeth Bailey, Karen Knudson, Harold Naka, Carol Stepaniuk and Regina(Chick) Gabriel for their support and assistance in making this publication a reality!

PERSPECTIVES ON HEALING

by Owen Schwartz, M.D.

What should have been obvious has now become so—that our health needs are not and cannot be looked after completely by the medicare system. Many feel that if natural healers took over the medicare system, these needs would be met. However, that solution would be equally unworkable and even a balanced combination of physicians and natural healers would not satisfy our requirements. The reason being is that only when individuals develop enough awareness of their own bodies and minds and learn the subtle areas needed to maintain a homeostatic balance, then is our health sustained.

Monitoring our body and mind and becoming aware at an early phase of disharmony—similar to a musician keeping his instrument tuned—represents the most effective practice towards excellent health. A practitioner would spend time assisting clients in monitoring their own tensions, energies, thoughts, diet, digestion and symptoms like coughs, stiffness or cold extremities. Individuals would then effectively learn when their system was in or out of balance.

If the system was imbalanced, there are numerous, simple techniques in the physical, mental and spiritual realms to bring back that balance. For instance, if you had nasal stuffiness and morning fatigue, it may be related to the previous evening's meal. Feelings of exhaustion, colds and a lowered immune response often follow periods of intense negative emotions. Conversely, high energy follows time of joy, inspiration and good humour.

As we develop the art of sustaining a balanced and creative lifestyle, we soon become aware of the particular subtleties that effect our sense of harmony—either positively or negatively. For example in my own case, opening to a flow of inspiring messages from within

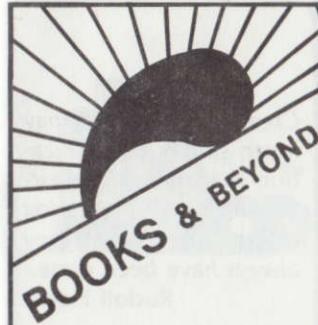
and minimizing tension even in the midst of activity, allows me to sustain high energy and output. If my energy slips, I can't usually discover the reason is related to tension and unjoyful thinking and feelings. And why not be joyful, when we realize who we really are!

Other clues like muscle tension; shaking legs; poor concentration and memory; food cravings or sadness and emotional imbalance all suggest the need to heal oneself. Intervening a negative cycle by using relaxation techniques, positive thoughts, music, joyful activity, exercise, meditation or change of diet may be keys to restoring balance. As we begin to know our body/mind response, we get clearer messages of what is going on and what we need to do about it!

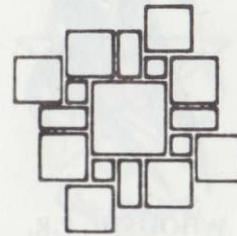
Developing goals towards our physical, mental and spiritual growth along with a plan of action and a vision of success, benefits our health and energy tremendously. Instead of escaping into television and superficial reading, focus on activities that inspire and add richness to life. Laughter and happiness may be the greatest remedies to boredom, anxiety and illness.

Ultimately, we are all on a journey of spiritual evolution which is made infinitely easier as we become more aware of maintaining balance in our lives!

Owen Schwartz is trained as a medical doctor but currently acts as a holistic health practitioner offering counselling and healing in mental, physical and spiritual dimensions. His wife Lindi is a trained psychologist who specializes in self-hypnosis, creative visualization and biofeedback. Their clinic is called 'Focus on Health' and they may be reached by writing #2,331a-30th Ave., VERNON, B.C. or calling 542-1893/542-6121.



BOOKS & BEYOND



mosaic
BOOKS

We are Kelowna's first and only bookstore specializing in the Wholistic area including:

- Spiritual Growth
- Metaphysics
- Hypnosis
- Unity
- Addiction & Co-Dependency
- Health & Healing
- Meditation
- New Thought
- Success & Prosperity
- Children's Books
- A Course in Miracles

We also have a good selection of used books as well as crystals, jewellery, pyramids and other assorted goodies!

Ongoing classes and special workshops also happen in our meeting room (which is available for rent).

We will be happy to special order anything you may be looking for. Our intention is to be of service to you! Please drop by our store at #2-1925 Kirschner Rd., **KELOWNA** (Behind Decor Lighting) or call **763-6222**.



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For more information regarding our publications, please call **493-7181** or write: Box 218, **PENTICTON, B.C. V2A 6K3**

Serving the Interior of B.C. for over twenty years, Mosaic Books is Kelowna's largest and most comprehensive bookstore. We carry a stock of over 25,000 titles and have an extensive choice of self-help, metaphysical and wholistic books including such subject areas as: Astrology & Dreams; Crystals; Eastern & Western Spirituality; Meditation; Mysticism; Tai Chi; Visualization; Wholistic Health; Yoga... plus many more!

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Established in the Interior since 1980, Beyond Graphics is a full-service, professional production house that can take your inner vision to an outer reality. From stationery and business cards to brochures and book jackets—we can design and produce an image that reflects you both personally and professionally. Logos, photography, cartooning and a newly-created process, 'light-generated graphics' are our specialty.

For a manifestation of our work, you're looking at it! Interior Source is designed and produced entirely by Beyond Graphics...

For a free consultation and quotation on your promotional needs, contact Dugg O. Nichols, Beyond Graphics at **861-5005**, 1130 Richter St., **KELOWNA, B.C. V1Y 2K7**.



WHOLISTIC P.R. SERVICES

Interior Source is more than just a directory—Interior Source is Tammie Wilson! Well-known for her networking skills, she also provides a reference/referral service for seekers and resource people alike. From crystals to creative dance, she can tell you where to go!

As well, Tammie offers you her expertise as a Wholistic P.R. Consultant. With a professional background in advertising and public relations plus years of study/activity in the wholistic/metaphysical movement, she has the practical experience and insight to help market your service, product or event.

Her services include: writing/designing brochures, posters, display ads; writing/producing radio/T.V. spots; press releases; media liaison; organizing seminars; and distributing promotional material throughout the Interior.

So get on with what you do best and leave the rest to Interior Source! Call Tammie at **766-3237** or write P.O. Box **766-3237** or write P.O. Box **145, OKANAGAN CENTRE, B.C. V0H 1P0**.

Creative thinking may mean simply the realization that there's no particular virtue in doing things the way they always have been done.

Rudolf Flesch



Without... playing with fantasy no creative work has ever yet come to birth. The debt we owe to the play of imagination is incalculable.

Carl Jung



Put it before them briefly so they will read it, clearly so they will appreciate it, picturesquely so they will remember it, and above all, accurately so they will be guided by its light.

Joseph Pulitzer



The Silva Method is a simple, effective method of learning how to develop conscious control of the sub-conscious mind. In a relaxed and positive atmosphere, participants learn how to use both left and right-brain hemispheres in a balanced and co-ordinated manner.

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'The greatest discovery you'll ever make is the discovery of your own Mind!'

Find out more about the Silva 'Self-Mind Control' Method, the Courses and Seminars, by calling **763-9357** or writing: Better Life Center, 1861 Bowes St., **KELOWNA, B.C. V1Y 3B9**.



OKANAGAN SOCIETY FOR WHOLISTIC LIVING

Formed in 1985, our non-profit organization offers a diverse selection of workshops and seminars to meet your physical, mental and spiritual needs. Included have been such topics as 'Seed Saving', 'Dreamwork', 'Naturopathy', 'Reiki', and 'Shamanism.'

Enquire about our daytime, evening and weekend programs by calling **542-6140** or dropping by our Centre in downtown Vernon. Also, be sure to check out our networking bulletin board which carries news about other Centres and programs throughout the Interior and beyond.

To receive our monthly newsletter and reduced rates on workshops and other events at the Centre, join our Society for only \$20.00 annually! Write or visit: Suite 104, 3304-32nd Ave., **VERNON, B.C. V1T 2M6**.

KOOTENAY SCHOOL OF REBALANCING

Six-month Deep Tissue Bodywork Course including Joint Release, Psychophysical Body Awareness, Emotional Work, Meditation, Psychic Awareness and Deep Tissue Bodywork Techniques. Training for a vocation in Bodywork and/or for Wholistic Personal Transformation. Next Course begins Sept. 15, 1988. Information: Relaxation Plus Clinic, 308 Victoria St. **NELSON, B.C. V1L 4K4**. Phone: **354-3811**

A school should not be a preparation for life. A school should be life.

Elbert Hubbard



The whole drift of my education goes to persuade me that the world of our present consciousness is only one out of many worlds of consciousness that exist.

William James



*Terry's
Natural
Foods*

Conveniently located in the heart of downtown Vernon (as you drive through the city), Terry and his knowledgeable staff are ready to serve you!

Terry's features a large, quality selection of natural bulk foods, vegetarian products, herbs and brand-name vitamins. To make it easy to eat right, they also carry food dehydrators, juicers and other helpful appliances.

And to add extra sparkle to that healthy glow, there's a full line of natural shampoos, skin-care products and beauty aids.

As well, Terry's has a good stock of wholistic and health books so you can read all about it!

Drop by and visit Terry's at 3100-32nd St. **VERNON** or call 549-3992.

THE HEALTH JUICE BAR

Well-known in downtown Kelowna for our fine vegetarian food, we feature fresh-squeezed juices, super sandwiches, salads, daily homemade soups and other hot vegetarian specials such as quiche, chili and lasagna. Join us for lunch—eat-in or take-out. 1535 Pandosy St. **KELOWNA. 860-3318**

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The freshest products of the highest quality combined with the care and expertise of our cooks make occasions to be remembered!! For the perfect Wedding, Banquet, Party or Romantic Dinner for two, we'll make the occasion SIMPLY DIVINE. Special needs? For vegetarian, sugarless or planning problems, call us! **765-5379 KELOWNA.**

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Annie Bell, Certified Herbalist, specializing in quality, untreated herbal teas, formulas, and freshly imported spices for your pleasure and well-being. Experienced in local plant identification and traditional native use. Price list available. R.R.1 S.2 C.8, 9750 Hwy.97, **WINFIELD, B.C. V0H 2C0.** Call **766-2439.**

Guilt is the most fattening thing there is. Living in the present is the most thinning thing there is.

Judy Wardell
Thin Within



Unquiet meals make ill digestion.

Shakespeare



Continue to be compulsive with your eating and learn to look at yourself and love yourself and love and bless the food that you take into your body—rather than despising it, love it. When you've loved it enough, Entity, then you will learn to do it only in the measures to which you really need. That is the only way you ever conquer this sort of thing; love it into submission, you never fight it. War with Self only causes war later on, and more war, and great neurosis and unhappiness.

RAMTHA



THE FEMININE FACE OF GOD

A Weekend of Spiritual Adventure for Women with Joan McIntyre

March 11-13, '88 Vernon

WHAT

We need not go up, outside ourselves into starry heavens to find Love, God or Wholeness. We need only go within, down into ourselves. We need to embrace what we already are—that's when we'll find ourselves in the midst of a generous and all encompassing Love. In that indwelling place is mirrored the face of the Divine.

HOW

We will do ordinary things like singing, dancing and exercising in very unusual ways. We will work with exercises designed to heighten our energies and deepen our awareness of ourselves and each other. We will celebrate life and explore the feminine in song and dance, ritual and story. The work flows from the Sufi tradition, from Dr. Richard Moss' powerful approaches to energies and from the teachings of the ancient spiritual tradition of Murat Yagan.

COST: \$125., \$95. for repeaters. CONTACT: Robin Thornton, 545-1874, **VERNON.**



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An oriental system of health maintenance, stress reduction, and self-defense. The slow, graceful movements of this exercise bring the bodily functions into harmony and calm the mind.

PA KUA: August 24-30. Fee: \$265.00

A sister art of Tai Chi. This style uses a unique circular stepping pattern and fast, twisting movements.

Novice and advanced programs are available for both courses. Curriculum includes chi kung, forms, self-defense, weapons, healing, philosophy and massage.

The fee includes tuition, lodging, meals and boat transportation. Inquire about family discounts and group rates.

Send for a free brochure. Enrollment limited. Register early. To register send \$50.00 (non-refundable) to: KOOTENAY TAI CHI CENTRE, Box 566, **NELSON, B.C. V1L 5R3** Phone: 352-3714 or 352-2468

HOLISTIC HEALTH: THE NEW FRONTIER

A public forum with Joan MacIntyre, Pres. CCWHO, Mary-Lou Johnson, Pres. Can. Holistic Nurses Assn. and Owen Schwartz, MD. A discussion on the changing consumer demands in health care and where the health professionals stand. Thurs., Feb. 25th, 7:30 p.m., **OKANAGAN COLLEGE, VERNON.** Cost: \$5.00. Information: **542-0054.**

I consider myself a Hindu, Christian, Moslem, Jew, Buddhist, and Confucian.

Mohandas Gandhi



Let Interior Source help you keep on helping! If you would like to list your own offering in the next issue, please contact us for rates and copy guidelines. Closing date for the May—Aug.'88 issue is Friday, March 25th! Call 766-3237 or 861-5005 or write: P.O. Box 145, OKANAGAN CENTRE, B.C. V0H 1P0.



A NATIONAL COALITION OF WHOLISTIC HEALTH ORGANIZATIONS, PRACTITIONERS & SUPPORTERS

The Canadian Coalition of Wholistic Health Organizations (CCWHO) has just moved its head office to the Okanagan!

SERVICES:

Networking wholistic health groups, practitioners and the public by means of the national computerized data base; Lobbying provincially, nationally and internationally for those issues which contribute to freedom of choice in health care; Sponsoring wholistic health research; Facilitating the formation of regional wholistic health groups; Setting standards for wholistic health care in Canada; Serving as consultants to educators, legislators, the news media and others concerning wholistic health; Creating a support network for health professionals.

We invite you to join the CCWHO! \$35./Individuals; \$50./Organizations 40 people or less; \$100./Organizations more than 40. Write: CCWHO, Box 1207, **VERNON**, B.C. V1T 6N6. Phone: 542-6881



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Using an integrated approach to wholeness, it tunes into what we already know in the subconscious mind and lets it flow into the conscious mind— releasing the physical, mental and emotional bodies to be healed. Old fears and hidden (but not forgotten) thoughts have an impact on our perceptions, physical health and emotional reactions. Therefore, we must learn to let them go.

As a facilitator in this healing process, I use a combination of Wholistic Techniques focusing on massage and counselling on the unity between God and you—and its dynamics and power to heal.

For more information and appointments, call Marsha K. Warman, **765-3452** or **763-6222**, #2-1925 Kirschmer Rd., **KELOWNA, V1Y 4N7.**



OKANAGAN NATURAL HEALTH INSTITUTE INC.

A Teaching/Healing Facility for Natural Health

Promoting alternative care and direction in a Wholistic mode.

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- Meditation & Prayer
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Donna Starenky is a qualified professional teacher and instructor of Herbal Health and basic Iridology. Well experienced in both areas, she is also a Nutritional Symptomotologist and uses Muscle Testing and quality-controlled Nature Sunshine herbs. For information and/or an appointment, call **763-1391, KELOWNA.**

THE THERAPY CENTRE

Shirley A. Czaplicki is a Certified, Registered Reflexologist who recently studied in China. Treat yourself to her Natural Healing Arts using Acupressure and Oriental Therapies and Electro-Acu-Point Therapy for Needle-less 'Quit-Smoking'; Weight-Control; and Stress Reduction. Phone **762-2255** or **764-7284** evenings. Write 515-B Lawrence Ave., **KELOWNA, B.C. V1Y 6L8.**

HARRY SUKKAU, MH & ASSOCIATES

Harry Sukkau, Terri Withers, Diane Wiebe and Greg Onychuk offer you Reflexology, Iridology, Herbal Consultations, Posture Balancing, Educational Kinesiology or Vita Flex. Reflexology, Touch for Health and Educational Kinesiology Workshops held quarterly. Phone **763-2914** or visit 1451 Ellis St., **KELOWNA, B.C., V1Y 2A3.**

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We are the cause of our own diseases... We can also be the cause of our own good health.

Leon Chaitow



Happiness is not being pained in body or troubled in mind.

Thomas Jefferson



Very little is needed to make a happy, healthy life. It is all within yourself, in your way of thinking and eating.

Julie Stafford



COMPUTER ASTROLOGY & NUMEROLOGY

Find out what the stars have in store for you! Our computer program calculates your unique personal horoscope or numerology report. Four reports to choose from:

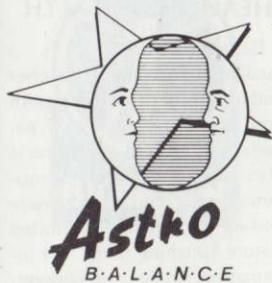
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Send your name, time, date and place of birth with cheque or money order plus \$1.50 postage & handling to:
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OKANAGAN CENTRE, B.C.
VOH 1P0. 766-4387



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US — I work with an astrological chart synthesis of the two of you. I want to help you rediscover what you want and need from your relationships.

ME — Every successful relationship starts with a good relationship with yourself. Through the natal birth chart you will learn better who you are and how you function in your relationships.

For appointments and information about AstroBalance, call Karen Knudson at 765-5352 or write: 675 Fitzpatrick Rd., KELOWNA, B.C. V1X 5B2.

Dimensions

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**Numerologist &
Parapsychologist**

When visiting with Sammy Laverdiere for a Numerology chart and Tarot card reading, you can expect a different approach from what we have become accustomed to in terms of a 'reading.' Sammy has studied Numerology for 20 years, is a teacher of Numerology and Tarot, and has her own television show. The weekly open-line show called Dimensions is extremely successful and well received!

Her accuracy rate is high, proven by the many letters and repeat clients from all over the country. Sammy has appeared on radio and television from the Yukon to the Southern U.S. Her clientele range from everyday working people to high-profile professionals.

Her goal is to help dispel some of the myths attached to the various metaphysical arts and bring the dignity and respectability so deserved.

Sammy's office is located at #104, 251 Lawrence Ave., KELOWNA, B.C. Telephone: 861-5866, Monday to Friday.

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Tarot Card Readings and other forms of Divination from an established reader who can predictably recount the past and provide guidance for the future. For a private appointment, call 769-7485, KELOWNA.

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Personal success, love and acceptance, problem solving; Astrology, Numerology or the Tarot Cards, combined with expert counselling techniques could provide answers for you! Prices vary with amount and type of work ordered. Free, one month, personalized daily horoscope with each introductory order. Call 762-7218, KELOWNA.

TAROT CARDS & COUNSELLING BY CRYSTAL

Newly arrived from Edmonton, Crystal is a registered member of the Psychic Society of Alberta. She has been doing readings since age 12 and uses Egyptian Tarot Cards. She also works with crystals and will program yours personally! For information on Psychic Development classes and bookings, call 763-6903, KELOWNA.

CHERYL GRISMER Spiritual & Intuitive Counsellor, Teacher & Artist

Well-known in the Interior, Cheryl offers 2-hr private readings which include a tape and energy picture. For information on upcoming workshops in Psychic & Spiritual Development or to make an appointment for counselling, call 769-3486, KELOWNA.

CLAIRVOYANT HEATHER ROSE

Psychically gifted from an early age, Heather has developed a profound and accurate use of psychometry as a divinity tool and a powerful means of deepening psychological and spiritual awareness. As a new resident to Kelowna, she has already developed a solid and trusted reputation. For appointments, call 861-5196, KELOWNA.

JO VENNE (LEETAH) Psychic/Spiritual Counsellor & Teacher

Her methods include: Intuitive Perceptions; Exploring Your Beliefs; Impressions of Past Lives; Your Own Personal Regression; Tarot Card or Palm Readings; and Spiritual/Psychic Healing. For information and appointments, call 549-1453, VERNON.

To be conscious that you are ignorant is a great step to knowledge.

Benjamin Disraeli



The most beautiful thing we can experience is the mysterious. It is the source of all true art and science.

Albert Einstein



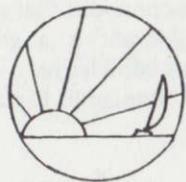
There was a star danced and under that I was born.

William Shakespeare



Compared to what we ought to be, we are only half awake. We are making use of only a small part of our physical and mental resources. Stating the thing broadly, the human individual thus lives far within his limits. He possesses power of various sorts which he habitually fails to use.

William James



EAST WIND ADVANCED STUDIES

MEDITATION

Divorce from dynamism is Human Being. Union with dynamism is God—Divinity. Meditation is infinite, dynamic poise. Margrit has many years of study and practice in Meditation, Yog philosophy and Hatha Yoga. For information about classes or workshops, call or write: Margrit Bayer, RR #3 Todd Rd., KELOWNA, B.C. V1Y 7R2. 861-4102

A COURSE IN MIRACLES

The Interior Course in Miracles Association sponsors ongoing book study groups Tuesdays at 7:30 p.m. and Thursdays at 9:30 a.m. at Books & Beyond, #2-1925 Kirschner Rd., KELOWNA. By donation. For more details, call: Doreen 860-9057 or Faye/Donna 763-6222. Write: ICIMA, Box 2234, Stn. R., KELOWNA, B.C. V1X 4K6.

The secret to successful meditation is visualization. The secret of visualizing is to know: More important than seeing with your eyes is seeing with your heart.

Lazarus

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All programs are taught personally by the program director, Mr. Doug Hayes, who is a Kagyu Temple Master with a ten-year history of teaching Zen and Tibetan Buddhist Meditation.

For information or registration, drop in to #206-598 Main St., downtown PENTICTON, or phone 492-6902. Course fees vary according to personal financial situations. All inquiries welcome! Write: #51-1483 Duncan Ave., PENTICTON, B.C. V2A 2X4.

I discovered the secret of the sea in meditation upon a dewdrop.

Kahlil Gibran

Every loving thought is true. Everything else is an appeal for healing and help, regardless of the form it takes.

A Course in Miracles

The outward freedom that we shall attain will only be in exact proportion to the inward freedom to which we may have grown at a given moment. And if this is the correct view of freedom, our chief energy must be concentrated upon achieving reform from within.

Mahatma Gandhi

Body Moves



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'Dance is life at its most glorious moment.'

CELEBRATE YOURSELF!

Join the ongoing morning and evening classes. Workshops and demonstrations available by arrangement.

For information and registration call: 860-2054 or write: Body Moves, 630 Dundee Rd., KELOWNA, B.C. V1X 1R2.

By becoming aware of our body we give ourselves access to our entire being—for body and spirit, mental and physical, and even strength and weakness, represent not our duality but our unity.

Therese Bergherat

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Tai Chi benefits the whole body, not only physical, but also mental, emotional and spiritual well-being.

Well known in the Interior, Harold has studied at Colorado's Stillpoint Hermitage with Gia-Fu-Feng.

'Keep the ancient wisdom, Move with the present.'

Experience body/mind harmony to music in a non-competitive environment. Write or call Harold about ongoing classes and workshops: 762-5982, #302-1966 Pandosy St., KELOWNA, B.C. V1Y 1S1.

In all of human life there is no more personal yet universal activity than movement.

Lois Ellfeldt

A person's movement style is always uniquely expressive of the whole person. It is the way you move—a result of how you feel, perceive, and respond to your world, to others, and to yourself — and therefore it determines the way you will create in movement.

from The Intimate Act of Choreography



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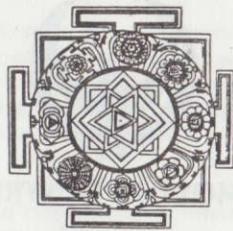
We are an established community of highly qualified teachers and practitioners trained to support you in your personal growth. You will learn practical tools for permanent change. We offer workshops on topics such as self-esteem, relationships and prosperity, as well as a transformational six-month program, individual counselling, integrated breath sessions and 'Sunday Celebration'—a joyful, weekly spiritual gathering.

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Every conversation you attend
To express your fundamental beliefs and dreams
Affirm to others the vision of the world you want
Network through thought
Network through action
Network through love
Network through the spirit
You are the center of a network
You are the center of the world
You are a free, immensely powerful source
of life and goodness
Affirm it
Spread it
Radiate it
Think day and night about it
And you will see a miracle happen:
the greatness of your own life.
In a world of big powers, media, and monopolies
But of four and a half billion individuals
Networking is the new freedom
the new democracy
a new form of happiness*

Robert Muller
(Asst. Secretary General of the United Nations)