

9th SPRING FESTIVAL OF AWARENESS

Transformation through  
Communication

FREE THE  
SPIRIT

April 11, 12, & 13, 1986 Vernon Lodge Hotel  
Vernon, B.C.





## Transformation through Communication *FREE THE SPIRIT*

### THE 1986 SPRING FESTIVAL OF AWARENESS

Since its inception in 1978 the Spring Festival of Awareness has steadily grown into one of the largest celebrations of its kind in North America, offering a sense of communion and an opportunity for growth through a rich selection of workshops, lectures and entertainment. The theme chosen for this year's festival is **TRANSFORMATION THROUGH COMMUNICATION: FREE THE SPIRIT**. We live in - are part of - an ocean of communicating energies that strive to create the deepest communication of all, which is communion, knowing and identity. It is this awareness of

communication and its discipline or process that is the birth channel for the New Age. We must learn to communicate together in order to bring it into form, but also we must learn who we are as communicants, and we must pause to listen to that "still, small voice" through which the skills of true communication will be seen as a primal building block of creation - of transformation.

We welcome the opportunity the festival affords to renew old friendships and to make new ones as we once again come together in the awakening spirit of a new spring.

### CHILDRENS' FESTIVAL

The children's festival promises to be an exciting event, fully supervised and suitable for all ages. It will be held at the Vernon Boys and Girls Club, which is a couple of blocks from the Vernon Lodge.

A full program of workshops will be offered including meditation, story telling, studying auras, creative dance, Kung Fu, folk art painting, yoga, nature walk, singing, treasure mapping, etc., all designed to be stimulating and fun. A schedule will be posted.

#### BABY-SITTING

If you require daily babysitting service, would you please pre-register your baby the same as you would for the Kid's Festival. The prices will be the same, at \$5.00 per day, and \$10.00 for the week-end. Babysitting in the evening will be \$1.00 per hour.  
**BABY-SITTING - Room: 129**

The Okanagan Society for Wholistic Living, as sponsor of the Festival, is dedicated to providing opportunities for Wholistic Education in the Okanagan Valley. The workshops at this Festival will provide the participants with enough experience and or education on each topic so that one can decide whether or not she he is interested in further learning on the topic.

For more information contact "THE CENTRE", 104-3304, 32nd Ave. Vernon, B.C., V1T 2M6. (604) 542-6140

### OUTLINE

**Entertainment:** Among the activities for the week-end will be the Opening Ceremony with the introduction of the Workshop Leaders, Sufi dancing, Music, and other entertainment. Bring along your musical instruments.

**Meditation Room:** Room 321 has been set aside for those wishing a quiet space in which to centre themselves during the course of the week-end.

**Healing Centre:** Room 220 & 220-A will be available throughout the week-end for those wishing to give or receive Reiki Healing, Massage, Shiatsu, Reflexology, Aura Balancing, etc. Drop in and find out more about it, or consult the appointment board.

**Private Consultation Room:** Room 221 has been set aside for those wishing to give or receive Readings in the Tarot, Astrology, Palmistry, Numerology, etc. Drop by or consult the appointment board.

**DON'T GIVE UP:** Some popular workshops may be repeated at other times during the Festival (if the Workshop Leaders are willing). Please consult the posted schedules or ask at the information desk.

In some of the workshops, the number of participants is limited to adequate space. To make sure that we make comfortable use of the space we have available, we highly recommend that you pre-register for individual workshops. Please indicate the workshop(s) that you will be attending. (On the back of your Pre-registration form)

**UPON ARRIVAL AT THE FESTIVAL, PLEASE PICK UP REGISTRATION PACKET AT THE REGISTRATION DESK**

### FRIDAY EVENING PROGRAM

The registration desk will be open at 5 p.m.  
Opening Ceremonies will begin at 7 p.m. in Ballroom No. 1



## Saturday Morning

6:45 a.m. Sunrise Ceremony: Place to be announced.  
7:00 a.m. Yoga and Warm-up exercises: In Ballroom No. 3  
Meditation: In the Meditation Room No. 321  
7:30 a.m. Breakfast: In Ballroom No. 1

### Saturday Morning Programme #1 8:30 to 10:00

#### *Tai Chi Great Harmony Exercise*

Room: Ballroom No. 1

"When in motion, flow like the river; when in stillness, be as the mountain." A demonstration and experiential exercises done together in a circle.

Rex Eastman, 910 Edgewood Ave., Nelson, B.C. V1L 4L3

#### *Meditation Skills for Self-healing and Self-transformation*

Room: Ballroom No. 2-B

Through self-exploration and experiential techniques discover the dynamics of the inner you. Looking at the subtle body as our true identity and taking responsibility for individual atonement. Understanding and balancing the flow of energy through the Chakras. Transformation of blocks and clearing the aura. Exploration of the idea "Communication and Creation are synonymous" in relationship to Self-Expression and what may be called our True Identity crisis. Individualization and Christ Consciousness; Coming of Age.

Marsha Warman, 710 Cupar Rd, Kelowna, B.C. V1X 1R0

#### *Christ Communion & a Honda Goldwing*

Room: Ballroom No. 3

Outer expression of inner growth - application of higher principles to everyday situations. This workshop includes partly discussion, and partly group exercise of an imaging nature.

Harry Jukes, Box 251, Robson, B.C. V0G 1X0

#### *Prosperity Consciousness*

Room: Boardroom

Maximum Participants: 50

Uncover your barriers to success and become a master of money. Gabriel Sosienki, Box 131, Silverton, B.C. V0G 2B0

#### *Destiny & Challenges of 3 Generations, Cosmically Considered*

Room: 130

Maximum Participants: 50

This astrological workshop will examine the star signatures and unfolding of three principal "generations" of people: those born in the 1940's, 50's and 60's. Did you know that each generation has its own predestined times of challenge and growth? The nature of these challenges are quite specific, especially their timing. What lessons do we all have to learn together and what is our collective cosmic purpose on Earth now? Come and find out at this informative and "untechnical" workshop. No previous astrology experience necessary. Some visualisations will be used.

Doug Maxwell Redwing, Site 3A - Comp. 6, RR 1, Tappen, B.C. V0E 2X0

#### *Guided Imagery and Music Workshop*

Room: 230

Maximum Participants: 30

An experiential workshop. Bring along a blanket and pillow.

Don Carlson, Box 873, Spokane, Washington, USA 99210

## T.M. Then and Now

Room: 230-A

Maximum Participants: 20

What has transpired in 25 years. What has been accomplished. What can be accomplished. What are SIDHAS?

AYURVEDA: The oldest known health philosophy. What do the Vedas of India reveal now that we are starting to read Sanskrit? Audience participation will be encouraged.

Jack Dyck, 526 Guilford St., Vernon, B.C. V1B 2E3

## Women in Transition

Room: 330

Maximum Participants: 30

(This is a special workshop for women.) Unfolding the true essence of "women" is important, both for personal fulfillment, and for harmonious interaction. Life continuously provides us with opportunities and challenges which assist us to look deep within our being for confirmation of our true selves. This workshop will be in the form of a group discussion. It will provide the space to share insights that we have all experienced; as well as the opportunity to discuss issues of concern to those attending the workshop.

Savalia Bailey, Site 3A, Comp 6, RR1, Tappen, B.C. V0E 2X0

## *The Pendulum: Hands on Learning Techniques for Better Living*

Room: 330-A

Maximum Participants: 20

You will learn and practice the techniques of using the pendulum to clear your body and your environment. The techniques will be practiced on each other during the workshop.

Hubert Gibbs, 16711 Prairie Valley Rd., Summerland, B.C. V0H 1Z0

Tea Booth is open to serve snacks.

Meditation Room: Room 321

Private Consultation Room: Room 221

Healing Centre: Rooms 220 and 220-A

Kidsfest: Vernon Boys and Girls Club

### Saturday Morning Programme #2 10:30 to 12:00

#### *Communion, Communication, Community: Restoration to Wholeness*

Room: Ballroom 1A

Personal internal stillness, integrity, creates the atmosphere in which individual identity and destiny become known. The collective purpose and destiny of mankind and all the other kingdoms of our world becomes apparent with ease.

David Barnes, Box 644 St. 'A' Kamloops V2C 5L7

#### *Transformation Through Music*

Room: Ballroom 3-A

Music is a language and therefore a form of communication. Inherent in sound is the power to alter consciousness and transform the whole being. We will look at "New - Age." music in particular as an evolving art form capable of expressing the most subtle nuances of human experience.

Robin Henry, No. 119 3505 38th St. Vernon B.C. V1T 6X1



## **The Beginnings of Hatha Yoga**

Room: Ballroom No. 3-B

Maximum Participants: 20

This workshop will allow us to relax, breathe & stretch into our universe within. The basic Asanas will be experienced & explained for the beginner and the advanced student. It will be a time to gather our energies for a most productive weekend.

Dancing Doe Gregoire, General Delivery, Cawston, B.C. V0X 1C0

## **Edgar Cayce: His Life and His Work**

Room: Boardroom

Maximum Participants: 30

First, a 40-minute film presentation covering Edgar Cayce's psychic readings, the Association for Research and Enlightenment (A.R.E.), its function and activities, as well as interviews with people who knew Mr. Cayce.

Following the film, an open discussion about local Search For God study group activities, book sales and general questions and answers. Practical application of the Cayce material.

Lewis Kennett, and Gordon Howie, Box 261, Winfield, B.C. V0H 2G0

## **Mercury,**

### **The Winged Messenger of the Gods**

Room: 130

This is a fun workshop in astrology where we will take a good look at The Magician (Mercury) and examine his tricks which can unlock our chains & set us free. Lecture and Experiential.

Tela LaMer, No. 129, 3503 - 38th St., Vernon, B.C. V1T 6X1

## **Radiesthesia:**

### **Fine-tuning with the Pendulum**

Room: 230

Maximum Participants: 40

Use of the pendulum for accurate reading of our subtle anatomy (including the physical). Guidance in how to determine specific remedies for health, balance and well-being. Discussion, sharing and practical experience. Bring your pendulum.

Mary Ellen Hodwitz, Site 8 - Comp. 11, RRI, Tappen, B.C. V0E 2X0

## **Alpha Seminar**

### **Awakening the Higher Consciousness**

Room: 230-A

Maximum Participants: 15

This is primarily an experiential workshop in which participants learn to move to the alpha awareness and investigate some of its possibilities. The focus of the workshop is upon awakening to Higher Consciousness. However, since the steps to self mastery includes control of one's own environment, the teachings also encompass methods for attaining this goal. The training utilizes the alpha brain state, and is easily learned by participants irrespective of former experience.

Bev Rowe, Gen. Del. Winfield, B.C. V0H 2C0

## **Deep Relaxation Using the Breath**

Room: 330-A

Maximum Participants: 20

This is a workshop for those familiar with the progressive relaxation approach but who would like to explore the intricate use of the breath to achieve a deeper level of relaxation. A short introduction will be followed by a 30-min. relaxation experience, discussion, and some anecdotal reports on how other cultures "stay loose" and live longer.

Roger W. Sparks, Health Education consultant, B.C. Ministry of Health

## **Getting Clear**

Room: 330

Maximum Participants: 30

Introducing Creative Visualization techniques that enable your true inner self to shine through.

Christopher Shirley, 535 West 10th Ave., Vancouver, B.C. V5Z 1K9

## **Reiki -**

### **Healing with Universal Life Energy**

Room: 220 (Reiki Room)

Maximum Participants: 30

This introduction to Reiki will cover the history and practice of Reiki. Reiki heals the whole being - mentally, emotionally, spiritually as well as physically. There will be an opportunity for your questions.

Holly Sosienski, Box 131, Silverton, B.C. V0G 2B0

## **Creative Dance**

Maximum Participants: 12

Room: Vernon Dance Centre. (Meet at Reg. desk 15 min. before Workshop, for transportation)

An opportunity to discover your creative movement potential and to share it in a group. Preparation of the body, relaxation, stretching, alignment, flexibility, balance, dance improvisation. Wear loose-fitting clothing.

Irm Von Hansen, 12310 Kalavista Dr., Vernon, B.C. V1B 1K5

Lunch 12:00 - 1:00, in Ballroom No. 1

Check Schedule for noon hour activities.

## **Saturday Afternoon Programme #3**

**1:30 to 3:00**

### **Physical Immortality**

Room: Ballroom No. 2-A

Maximum Participants: 50

The belief in the inevitability of death has been around for a long time; perhaps this is the ultimate self-fulfilling prophecy. This workshop explores some other possibilities.

Gabriel Sosienski, Box 131, Silverton, B.C. V0G 2B0

### **The Sacred Pipe - Its Meaning & Use**

Room: Ballroom 2B

What the Sacred Pipe means. Preparation for its use. What it is used for. Experiential participation in a pipe ceremony.

Cougar, Bear Tribe Medicine Society, P.O. Box 9167, Spokane, Wash. 99209

### **Introduction to Effective Parenting**

Room: 330

Maximum Participant: 30

This workshop will be a brief introduction to the basic knowledge and skills involved in the S.T.E.P. program (Steps to Effective Parenting). You will learn about the four mistaken goals of children's misbehaviour and what you can do for each one. It will also include the verbal skills as taught in P.E.T. (Parent Effectiveness Training). Learn how to listen so kids will talk to you and how to talk so kids will listen to you.

Kim MacMillan, New Dimensions Counselling, No. 201, 3131 - 29th St. Vernon, B.C.



## How Shall I Live?

(3 hour workshop)

Room: Ballroom No. 3

We will spend our time together knowing ourselves as an energetic presence. We will deepen the knowing that we are not separate and allow the energy of our collective (group) consciousness to guide our experience.

Lynne Muendel, R.N. & Chris Muendel, M.D., 2420 Parkview Drive, Kamloops, B.C. V2B 7J1

## Responsible Communication: A Personal Priority for Global Transformation

Room: Boardroom Maximum Participants: 60  
Responsible Communication starts at home! The quality of our communication with those closest to us (including ourselves) reflects farther afield into the world at large. This workshop will focus on how to experience communion within our communication and how to let a creative influence move into our personal worlds.  
Bill Wilkinson, No. 1, 2727 Quadra St., Victoria, B.C. V8T 4E5

## Polarity Therapy & Self-treatment

(3 Hour Workshop)  
Room: 130 Maximum Participants: 40  
Joint workshop demonstration of Polarity Therapy as a healing tool for therapists and healers, and self-treatment exercises for helping yourself stay healthy. Participants will have the opportunity to practice polarity therapy on each other. The self-treatment exercises are demonstrated and each individual is encouraged to participate.  
Sid S. Tayal & Charles Boomer, Box 300, Rossland, B.C. V0G 1Y0

## Guidelines for the Development of Mediumship and Inner Guidance

Room: 230 Maximum Participants: 30  
Many are finding that psychic experiences are awakening within them spontaneously and wish further direction concerning the proper development of these gifts. In this workshop, we will discuss safe and proven methods, as well as conducting exercises for the receiving of direct impressions. Liberal time will be given to question and answer sessions. Music will also be shared.  
Doug Maxwell Redwing, Site 3A - Comp. 6, RR 1, Tappen, B.C. V0E 2X0

## I Ching

Room: 230-A Maximum Participants: 20  
This experiential workshop is to help you explore the symbology of the I Ching, and your relationship to it.  
Don Carlson, Box 873, Spokane, WA. 99209

## Earth Healing: Communication with "GAIA"

Room: 330-A Maximum Participants: 30  
"GAIA" - the Earth as a living entity. Communing with Gaia and the nature kingdoms. Humanity's role as a despoiler and healer. A presentation followed by discussion and then a tree-planting ceremony (weather permitting) with songs and chants to commune with Nature-Gaia.  
Michael Skeeter Pharski, PO Box 1466, Chelan, WA, USA 98816

Tea Booth is open to serve snacks.  
Meditation Room: Room 321

Private Consultation Room: Room 221  
Healing Centre: Rooms 220 and 220-A  
Kidsfest: Vernon Boys and Girls Club

## Saturday Afternoon Programme #4 3:30 to 5:00

### Dances of Universal Peace (Sufi Dancing)

Room: Ballroom No. 1  
These meditative practices are forms of spiritual unfoldment and movement re-education using music and words of power from many world traditions. The objective is to establish peace and integration within individuals and groups.  
Jephi Sioux, RR1, Winlaw, B.C. V0G 2J0

### Soul Communication: Bridge to Freedom

Room: Ballroom No. 2-A  
A panorama of some of the Esoteric, Metaphysical, and Occult approaches and tools to appreciate the greater reality of the soul and it's role in our unfoldment. This workshop will include visualization experiences and audience participation.  
Peter Duryea, P.O. Box 23, Gray Creek, B.C., V0B 1S0

### The Human Aura

Room: Boardroom  
This workshop features the human aura, and the field of force that surrounds the human frame. These fields of force show the thinking ability, the emotional stability, and the physical health of the entity. It also shows the advance of the personality, after losing its physical body into the heaven world. Lecture-type workshop.  
Lewis A. Albee, P.O. Box 813, 1409 Home Dr., Oroville, Wh. 98844

### Shiatsu:

### Communication Through Oriental Touch

Room: 230 Maximum participants: 30  
Hands-on practical workshop involving traditional oriental massage as a means of expression. Participants will pair off and give & receive a Shiatsu treatment.  
Stan Hubbard, 1407 N. Boyer, Sandpoint, Idaho, USA 83864

### Biological Medicine

Room: 230-A Maximum Participants: 20  
The mind, emotions, body & spirit and their interrelatedness to health. Diet and herbal medicine will be discussed and there will be a slide presentation of various herbs.  
Shanta McBain, RR2, Lumby, B.C. V0E 2G0

### "Sister Speak/Brother Speak"

Room: 330 Maximum Participants: 30  
(15 men - 15 women)  
Two circles will be set up: women will sit in the inner circle and talk. At this time men will listen. After 40 minutes, we will reverse - men talk, women listen. Each person will have time to speak their heartsong, their thoughts, their impressions - all others will be active listeners. People who might dominate conversation receive equal time as quiet ones.  
Aarran Rainbow, 7537 Thornhill Drive, Vancouver, B.C. V5P 3T3

REMEMBER IT'S BEST TO PRE-REGISTER FOR THE  
SPRING FESTIVAL



## **Dream work...The Inner Quest**

Room: 203

Dreamwork can be a practical tool for creative self-discovery, and even transformation of one's life, because it reveals the Self or Soul at work. Dream-work techniques based on the Jungian-Senoï methods will be described and explored in a practical experiential format which allows the dreamer to apply these techniques to personal dreams.

Marya Milligan Box 8, Lumby, B.C. V0E 2G0

5:00 p.m. Dinner: In Ballroom No. 1

8:00 p.m. Evening entertainment

Babysitting available during evening program: Room 129

## **Sunday Morning**

6:45 a.m. Sunrise Ceremony: Place to be announced.

7:00 a.m. Yoga and Warm-up exercises: In Ballroom No. 3

Meditation: In the Meditation Room No. 321

7:30 a.m. Breakfast: In Ballroom No. 1

## **Sunday Morning Programme #5**

8:30 to 10:00

### **Know Yourself Through**

#### **Tai Chi Movements**

Room: Ballroom No. 1

Taoist Tai Chi is an art of natural movement designed to regain one's natural state of health and well-being. Through demonstration, this experimental workshop will explore the Tai Chi movements, and discover new meanings to words such as centering, being rooted, letting to, staying open.....The ultimate in Tai Chi will be to "free the spirit".

Eugene Chung, 2800-33 St., Vernon, B.C., V1T 5S5

### **The Reality of Cosmic Consciousness:**

#### **Communication Through**

#### **Unconditional Love**

Room: Boardroom

A necessity to come from a position of Truth and Love in all areas of your life in order to manifest the Reality of Cosmic Consciousness. A discussion followed by questions and answers.

Vivien Smith, 7739 Cedar St. Mission, B.C. V2V 3M6

### **Alchemy**

Room: 130

Maximum Participants: 30

In this workshop you will learn how to prepare herbs for healing, in a spaturic method. A demonstration of the preparation of extracts, tinctures, elixirs, concoctions, and etheric oils.

John Lillace, P.O. Box 2320, Salmon Arm, B.C., V0E 2T0

### **Numerology**

Room: 230

Maximum Participants: 30

This experiential workshop will help you find the significance of your name or discover if there is a number of particular meaning to you.

Don Carlson, Box 873, Spokane, WA. 99210

## **Re-Evaluation Counselling**

Room: 230-A

Maximum Participants: 20

This is a useful description of the nature of human beings and the source of our difficulties. It is a workable means for undoing human distress. This introductory lecture will outline the theory of Re-evaluation Counselling and demonstrate some straight forward counselling techniques which can be put to immediate use.

Robin Ledrew, RR2, Lumby, B.C. V0E 2G0

## **Love - The Ultimate Energy**

Room: 330

Maximum Participants: 30

This workshop begins with a lecture on "preparing for love by becoming worthy of love." This is followed by an introduction to the power of hypnosis as a tool for transmuting lower energies into the higher vibrations we call love. This workshop invites you to set the highest imaginable standards of love - for love is life's greatest blessing

Kay Brookes, Vernon's Holistic Health Counseling Centre 33304 32nd Ave., Vernon V1T 2M6

## **One Planet, One People...Please**

Room: Ballroom No. 2A

Maximum Participants: 35

Many realize we are evolving toward a global community. This workshop outlines how the Bahai Faith, the latest of the world religions, will shape and affect planetary unity. The workshop begins with an understanding of how the Bahai Faith fits in with relation to the other world religions. It then describes the relevant aspects of Bahai teachings regarding the new social, economic, administrative, and value structures it has to offer the New Age. This workshop will go beyond theory to discuss processes and systems of applying the principles of the Bahai Faith which are in World-wide use today. Lecture-type workshop.

John W. Slinn, RR6, Vernon, B.C. V1T 6Y5

## **Strong Stretched and Centered:**

### **Workplayshop**

Room: Ballroom No. 3 A

This a unique and total Body-Mind fitness program designed for women and men at any level. We will focus on individual and group growth, conditioning and stress reduction thru Movement-Sound-Balance-Breath. Integrating; Dance (African, Indian, Jazz); Right and left brain exercises; Postural Alignment; Correct breathing; Sounding postures; Awareness techniques; Injury prevention. Bring mat, jogging shoes and wear loose, comfortable clothing.

Joan Casorso, 2429 Benvoulin Rd., Kelowna, B.C. V1W 2C9

## **Polarity Therapy**

Room: 330

Maximum Participants: 30

This workshop will provide a general introduction to polarity as a healing art. Emphasis is on participants experiencing simple techniques and will include demonstrations of techniques. Some background to the principles and roots of this healing art. Polarity is a holistic combination of accupressure, reflexology, correct diet and gentle exercise. Bring along a blanket and pillow.

Karen Knudson, 9-3326, Lakeshore Rd., Kelowna, B.C.

## **Creating Aliveness**

Room: 330A

Maximum Participants: 20

Through experiencing exercises that open us up to our own inner ALIVENESS, we come into full communication with each other and our environment. By experiencing this ONENESS, we become

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truly ALIVE and aware of our full creative potential. This results in a totally new approach to life: LIVING CREATIVELY.  
James Pacholke, 218 N. Fifth Ave., Sandpoint, Idaho, USA 83864

Tea Booth is open to serve snacks.  
Meditation Room: Room 321  
Private Consultation Room: Room 221  
Healing Centre: Rooms 220 and 220-A  
Kidsfest: Vernon Boys and Girls Club

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## Sunday Morning Programme #6

10:30 to 12:00

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### Transformation

#### of Health Through Communication:

Room: Ballroom No. 2A

Find out how to help yourself. We can dramatically affect our own health. Examples of some promising new approaches to natural health therapies. This will be primarily a lecture-type workshop.  
Yarrow Alpine, Box 853, Salmon Arm, B.C. V0E 2T0

#### Expanding the Consciousness:

#### The Teachings of Imre Vallyon

Room: Ballroom No. 3

Imre Vallyon is a New Age Spiritual Master, born with "Cosmic Memory" of the Great Spiritual Traditions and Languages, and their relationship to Ultimate Esoteric Principles. A talk will be given answering such questions as: What is a Spiritual Master? What is the Master's function in Evolution and in our lives? How does the Master work and why? How can we make (inner) contact with the Master? Phil and friends will then lead the group in practical exercises given by Imre involving Sound and Colour.  
Phil Carter, Box 1448, Canmore, Alberta, T0L 0M0

#### Biokinesiology

Room: Boardroom

Maximum Participants: 35

Biokinesiology is used to demonstrate how "thought-formulas" can run us and ruin the free flow of our healing life energies. It demonstrates how our bio-computer may be deprogrammed so that we may manifest according to more magnificent impulses and free our spirit. Muscle Testing will be demonstrated and the group will participate in toning, colour, and imagery healing exercises.

For People needing CAR POOL from Vancouver. Contact Henry Dorst, 875-8515, Better Options, 535 W. 10th Ave., Vancouver, V5Z 1K9

#### Iyengar Yoga

Room: 130

Maximum Participants: 20

Traditional Hatha Yoga emphasizing precision of movement and awareness with each pose. This approach to yoga offers the student a practical way of working with the body-mind through dynamic poses that stretch, strengthen and release muscles & nerves.

Natale Rao, 187 Braelyn Cres., Penticton, B.C. V2A 6V6

#### Freeing the Spirit

#### Through Astral Projection

Room: 230A

Maximum Participants: 20

This will be an informal discussion and sharing on the nature of out-of-body travel. The discussion will be followed by an experiential exercise in the form of a guided imagery.

Jo Venne, 10205 Venables, Dr., Vernon, B.C. V1B 2K4

## Acupuncture and Related Arts of Natural Healing

Room: 230

Maximum Participants: 20

An introduction to the philosophy and practice of the Chinese arts of Acupuncture, Moxibustion, Massage, and Herbology, Pulse and tongue (traditional) diagnosis, Zang-fu theory. Case examples will be given and methods and techniques of therapies will be demonstrated.

Neil McKinney, N.D. Rm. 206, 2910-30th Ave., Vernon, V1T 2B7

### Macro-biotics -

#### The Order of the Universe

Room: 330

Maximum Participants: 30

Exploring the Laws governing the Universe - including ourselves - and learning to recognize the manifestations and values which keep us balanced and make us function as humans on the physical, social and spiritual levels. A lecture bringing East and West together, to help us towards a harmonious and joyful life.

Norbert Maertens, 110 Kalamalka Lake Rd., Vernon, B.C. V1T 7M3

#### A Healthy Approach To Fasting

Room: 330-A

Maximum Participants: 20

This workshop will explain how to complete a 12 day cleansing fast with the use of clay and herbal applications, before and during the fast. Routine practices will be explained for a more effective fast, such as hydro therapy, yoga positions, etc. You will learn how to flush out toxins during your fast rather than absorbing them into the system. Other types of fasting will be mentioned.

Dancing Doe Gregoire, Gen. Del., Cawston, B.C. V0X 1C0

Lunch 12:00 - 1:00, In Ballroom No. 1

Check Schedule for noon hour activities

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## Sunday Afternoon Programme #7

1:30 to 3:00

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#### Jin Shin Jyustui

Room: Ballroom No. 2A

Maximum Participants: 30

Jin Shin Jyustui is a powerful metaphysical art to balance the body energies and create an environment for healing to occur. This energy flows up the spine and down the front of the body. This energy path can be revitalized in a way that creates an environment to facilitate the balanced flow of energy throughout the whole body. Participants will learn how to balance the energy systems in the body by using a light touch while in a meditative state.

Bill Sholdice, 728 Burne Ave., Kelowna, B.C. V1Y 5P7

#### Harmonious Growth Through Centering

Room: Ballroom No. 3A

The importance of being centered will be emphasized as a method of attaining inner peace from which harmonious solutions flow. Questions are welcome, and channeled responses will be offered.

Sharie McFarlen, No. 111 - 205 Nickel Rd., Kelowna, B.C. V1X 4E5



## Body Signs

Room: Ballroom No. 2-B

Information and discussion of body symbolism as a communication and identification process for personal growth.

Marsha Warman, 710 Cupar Rd., Kelowna, B.C. V1X 1R0

## The Business of Leading Workshops

Room: Boardroom

Maximum Participants: 50

This is a workshop for those who are thinking of a new career as a holistic consultant or seminar leader. Also welcome are those already in the field who want to experience more prosperity in their work. (Question & answer format)

Gabriel Sosienski, Box 131, Silvertown, B.C. V0G 2B0

## An Introduction to Toning

Room:

Maximum Participants: 30

Toning is releasing the natural sound of the body, which becomes spontaneous and is without conscious direction. The sound produced releases pent-up energy or debris, which has a negative vibration. When this is released, the physical body feels peaceful and cleansed. Sound is inner dimensional, so toning is a perfect vehicle to lift consciousness from the analytical to the intuitive faculty, and bring you into the flow of your own creativity. In this workshop, toning will be combined with creative movement.

Joseph Duggan, No. 303 - 2495 West 2nd Ave., Vancouver, B.C. V6K 1J5

## Healing Stones

Room: 230

Maximum Participants: 30

Accessing the powers of the Mineral Kingdoms. A sharing and discussion on the art of bridging the Mineral Kingdom with humanity. Shared insights on Crystal use.

Mary Ellen Hodwitz, Site 8 - Comp. 11, RR1, Tappen, B.C. V0E 2X0

## The Heart of the Problem:

### A New Look at Politics and Economics

Room: 230A

Maximum Participants: 20

A light-hearted look at the 'Invisible Trap': Centralization vs. Decentralization. This workshop will explore some positive alternatives to the present structures, including a video on the highly successful experiment in cooperatives at Montdragon and the GreenDollar barter system operating in the Vernon area. Time will be set aside for sharing ideas, including the development of an efficient network in the spirit of this year's Festival theme.

Dennis Milligan, 8604 Kalview Drive, Vernon, B.C. V1B 1Y1

## Group Integrated Breath

(3 Hour Workshop)

Room: 330

Maximum Participants: 15

This workshop utilizes the healing power of the breath. Participants can look forward to experiencing the removal of barriers, such as limiting thoughts and emotions, that block the creative flow of power that is within all of us. The results will be a deepening of unconditional love for ourselves and others. Participants will share who they are and how they are feeling. This will be followed by a brief discussion on how our thoughts create reality, plus the group will experience the transformation in a connected integrated breath session.

Brad Harrison & Cheryl Melnyk, 1687 Scott Cres., Kelowna, B.C. V1Z 3B5

## Creative Dance

Maximum Participants: 12

Room: Vernon Dance Centre. (Meet at Festival Reg. Desk 15 min. before workshop, for transportation)

An opportunity to discover your creative movement potential, and to share it in a group. Preparation of the body, relaxation, stretching, alignment, flexibility, balance, dance improvisation. Wear loose-fitting clothing.

Irmi Von Hansen, 12310 Kalavista Dr. Vernon, B.C. V1B 1K5

Tea Booth is open to serve snacks.

Meditation Room: Room 321

Private Consultation Room: Room 221

Healing Centre: Rooms 220 and 220-A

Kidsfest: Vernon Boys and Girls Club

## Sunday Afternoon Programme #8

3:15 to 4:30

### Singing

Room: Ballroom No. 1

In this workshop some rounds and songs will be taught. Come along and share with Jephi and others, this beautiful expression of the heart. Hand-outs of the notated tunes will be available for all. Jephi Sioux, Gr. 8, Box 1, RR1 Winlaw, B.C. V0G 2J0

### Our Spiritual Resources

Room: Ballroom No. 2A

Maximum Participants: 50

This workshop will include discussions on relationships, material prosperity, and spiritual transformation. Lecture-type Workshop. Steve Benthaim, Box 117, Kelowna, B.C. V1Y 7N3

### Integrated Seminar: Communities

Room: Ballroom 3A

In the emerging new consciousness there is a need to explore the role and the challenges of intentional communities and the potential they offer as an alternative to an increasingly centralized and materialistic society. This will take the form of an open, moderated forum for the exchange of ideas and experiences.

### Astrology of Arising Consciousness

Room: Board room

Raise your own personal vibrations to that of your highest potential self. Gain long-needed understanding of Astrology. Welcome to a brand new interpretation method that came through my automatic writings, complete with star charts and ancient names and symbols. Come share with me their message! Lecture-type workshop.

Klungit Yeates, Box 668, Dawson City, Yukon Y0B 1G0

### Getting Clear

Room: 130

Maximum Participants: 30

Introducing Creative Visualization techniques that enable your true self to shine through.

Christopher Shirley, 535 West 10th Ave. Vancouver, B.C. V5Z 1K9

Remember It's best to  
pre-register for the Spring Festival.



## Tao of Zazen/Practicing Zen/Living Tao

Room: 230 Maximum Participants: 30

An introduction to a Zen sitting meditation called Zazen, with a moving meditation using the principles of TAI+JI and CHI KUNG. In Zazen you will experience a feeling of peace and calm as the mind gradually empties itself of our daily activities. In the stillness we clearly see our true nature. In the movement of TAI+JI, CHI KUNG our body learns to relax into a more natural intuitive state, once again connecting to the rhythm of the universal order known as the TAO.

Hajime Harold Naka (TAI CHI KID: Taoist Rebel), 302-1966 Pandosy, Kelowna, B.C., V1Y 1S1

## Hands-on Experience of the Various Types of Meditation

Room: 230 A Maximum Participants: 30

Meditators will learn and practise the many different types of meditation. This will enable them to find their appropriate method of meditation and also aid them to advance along the spiritual path.

Hubert Gibbs, 16711 Prairie Valley Rd., RR1, Summerland, B.C. V0H 1Z0

## Creative Dance

Maximum Participants: 12

Room: Vernon Dance Centre. (Meet at Reg. desk 15 min. before Workshop, for transportation)

An opportunity to discover your creative movement potential and to share it in a group. Preparation of the body, relaxation, stretching, alignment, flexibility, balance, dance improvisation. Wear loose-fitting clothing.

Irmi Von Hansen, 12310 Kalavista Dr., Vernon, B.C. V1B 1K5

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*The Centre*

In April of 1985 a small group of people came together to explore the idea of a non-profit making, non-proselytizing, interfaith learning centre that would offer facilities for physical, mental, emotional and spiritual therapies. The accent was to be on self-dependency and self-growth and the creation of a place that would encourage individuals to achieve their highest potential in a friendly, nurturant, supportive environment.

What began as a series of informal living room lectures and workshops quickly grew to a network of more than 200 people in the Okanagan area and led, on the 2nd July 1985 to the legal incorporation of the Okanagan Society for Wholistic Living. On the 1st September 1985 the Society officially opened its doors as 'the Centre' having rented office and meeting room facilities at the Commerce Building, 3304 - 32nd Avenue. Entrance is from the rear car park.

The Centre has already sponsored such diverse workshops and lectures as 'Seed Saving', 'Tai Chi', 'Dreamwork', 'Naturopathy', 'Culinary Economics' and 'Reiki'; some at Friday meetings that are coming to be known as 'A Circle of Friends', some as ongoing workshops and others as weekend seminars.

Future courses aim to explore personal and social transformation through the development of complementary or alternative agricultural, educational, political, spiritual, economic and health care systems.

Strong support has been given by Society members to the Green Dollar Trading System currently being introduced into the area under the auspices of the Community Enhancement Association and the Greendollar office is located at the Centre. Anyone interested is invited to pick up explanatory literature there or may call 542-6140 for more details.

Current Newsletters of the Society and details of the workshops and lectures being offered are also available to anyone interested. The Centre's office is open from 1 pm to 5 pm every weekday and a Drop-In Centre offers liquid refreshments and a browsing library.

We feel privileged to be hosting this years Spring Festival of Awareness and welcome friends both old and new to a 'sharing in the spirit'.

The Okanagan Society for Wholistic Living  
Suite 104, 3304 - 32nd Ave.,  
Vernon, B.C. V1T 2M6  
(Tel: 542 - 6140)

**Thank you for coming to the Festival  
and for sharing your love and energy.**

**MANY THANKS TO ALL THE VOLUNTEERS WHO HAVE HELPED MAKE THE  
FESTIVAL HAPPEN**

This program was produced by: Barbizon Magazine,  
Box 61 Lumby, B.C., Canada, V1Y 7P5  
(604) 547-6621





## MEALS

The staff at the Vernon Lodge will be serving a special Vegetarian style buffet.

The meals can be bought individually or as a meal package but all meals must be ordered in advance (when you pre-register). You will not be able to purchase meals from the buffet at the time of the Festival.

We will have a Tea Booth available during the Festival to serve snacks and drinks.

### Menu:

Saturday, March 12

Breakfast at 7:30 a.m.: Hot cereal, Muffins (bran, blueberry, apple-cinnamon), Scrambled eggs, Beverages.

Lunch at 12:00 p.m.: Vegetable soup, Whole wheat buns, Five different salads, Stir fry Tofu, Carrot cake, Beverages.

Dinner at 5:00 p.m.: Soup, Five different salads, tossed tofu dressings, Tofu Steak with mushrooms, Stuffed green peppers with tofu, Two fresh vegetables, Brown rice, Whole wheat buns, Tofu cheese cake, Beverages.

Sunday, March 13

Breakfast at 7:30 a.m.: Same menu as Saturday.

Lunch at 12:00 p.m.: Vegetable soup, Whole wheat buns, Five different salads, Spinach Quiche with tofu, Carrot cake, Beverages.

We hope you'll enjoy the fine dishes, prepared by the staff at the Vernon Lodge, especially for the Festival.

We have tried to keep their prices as low as possible:

Cost of a meal package: \$25.00 per adult

\$18.85 per child

Packages includes: Saturday breakfast, lunch, and dinner. Sunday breakfast and lunch.

Meals bought individually: Breakfast \$3.50 (\$2.65 child)

Lunch \$5.25 (\$3.95 child)

Dinner \$7.50 (\$5.65 child)

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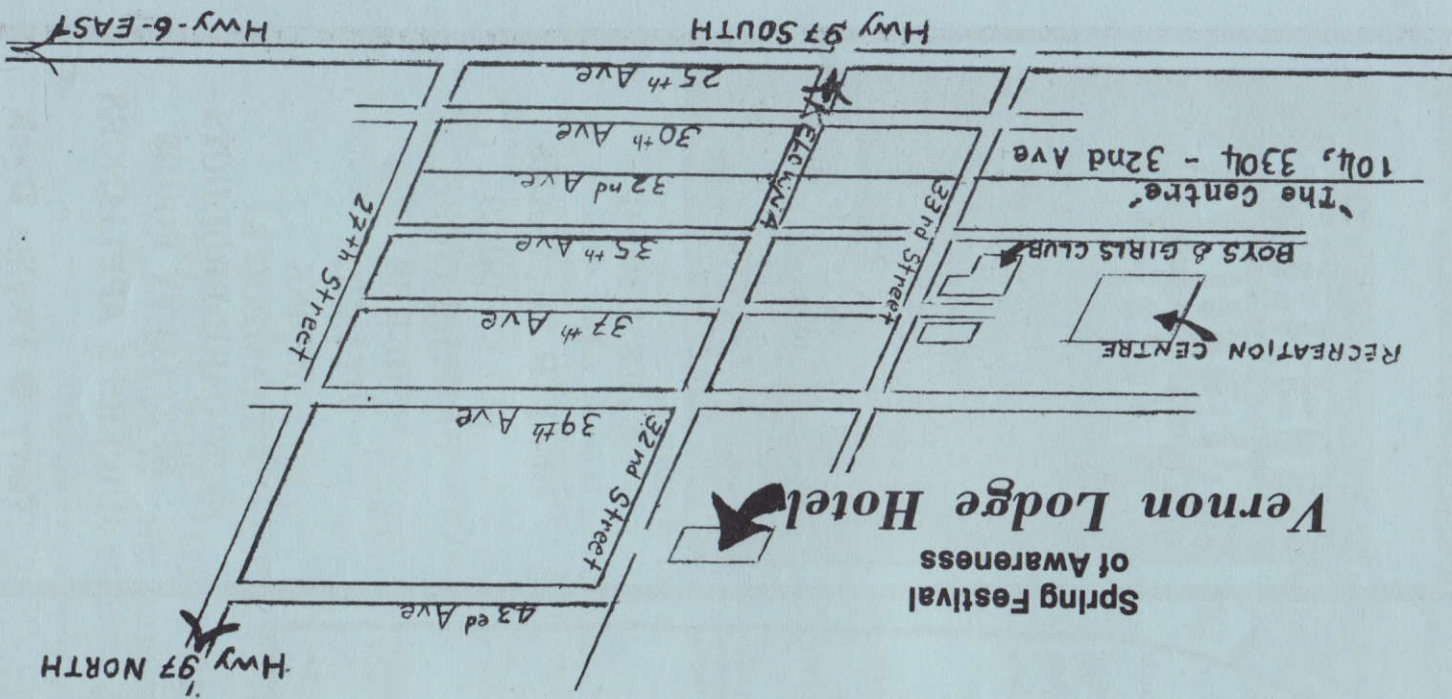
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Phone: 542-6140 or 542-7595



NEW WORKSHOPS

Sat. April 12

Saturday 1:30- 3:00 Boardroom

SECRETS OF THE ANDES by Cam Matheson, S 6, G 2, RR#6, Vernon V1T6Y5

Cam will share with us some of his experiences from a sacred mountain top with ancient resonating stones to a remote community of people receiving spiritual guidance through beings from outer space.

GENTLE ARCHITECTURE Ballroom 2B 3:30 - 5:00

This workshop will explore how the building environment can enhance and reflect our spiritual values whether at home or at work. Practical considerations such as natural daylight, views, fresh air, circulation, privacy, privacy, building size, etc., will be discussed..

Peter Chataway #204 1453 Ellis St., Kelowna. V1Y 2A3

WILD PLANT IDENTIFICATION 3:30 - 5:00 Park Close To The Lodge

We will go on a nature walk through a wild park and in the process identify a natural harvest of edible and medicinal plants, common to the local area.....In the tradition of the Native Indians we shall walk lightly on the earth..... Meet at the Registration Desk

Nekiah #1 - 1904, 39th Ave., Vernon, V1T 3A8

SUNDAY APRIL 13

A COURSE IN MIRACLES Ballroom 2B 8:30 - 12:00 (<sup>3 hrs</sup> double)

A course in Communications.....an introduction to what has been considered one of the most spiritual documents of this century..How a Course in Miracles came about and what it does...

Tammy Wilson & Faye Stroo....Box 2234, Stn R, Kelowna, V1X 4K1

REGRESSION: Search for a Deeper Meaning. 10:30 - 12:00 Room 230-A

In this workshop we will explore why a person would do a regression and what they can expect to get out of it... Includes a short meditation exercise to familiarize people with method.

Ann Foss, 12505 Kidston Rd, Vernon, V1B 1Z4

BIRTH ENRICHMENT 1:30 - 3:00 Room 220A

Birth options...midwifery in B.C. ..Doctor/patient relationships... working with physiological difficulties..caesarian birth and VBAC

Pam Johnson Vernon, B.C.

BEYOND THE BODY - TRUE COMMUNICATION 3:15 - 4:45 Ballroom 2B (3c)

Using the techniques of "A Course in Miracles" this workshop will explain why ultimately we all must move beyond the body and the use of "magical" means to discover the true source of communication and peace.. Please bring an open mind and a little willingness...

#2 Tammy Wilkinson & Faye Stroo Box 2234 Stn R, Kelowna, V1X 4K1 or 4K6?

COLON HEALTH 3:15 - 4:45 Ballroom 3B

The colon is an organ of absorption and elimination..If it lacks muscle tone, or is underfunctioning for any reason, toxic accumulations create the necessary pre-conditions for disease to develop