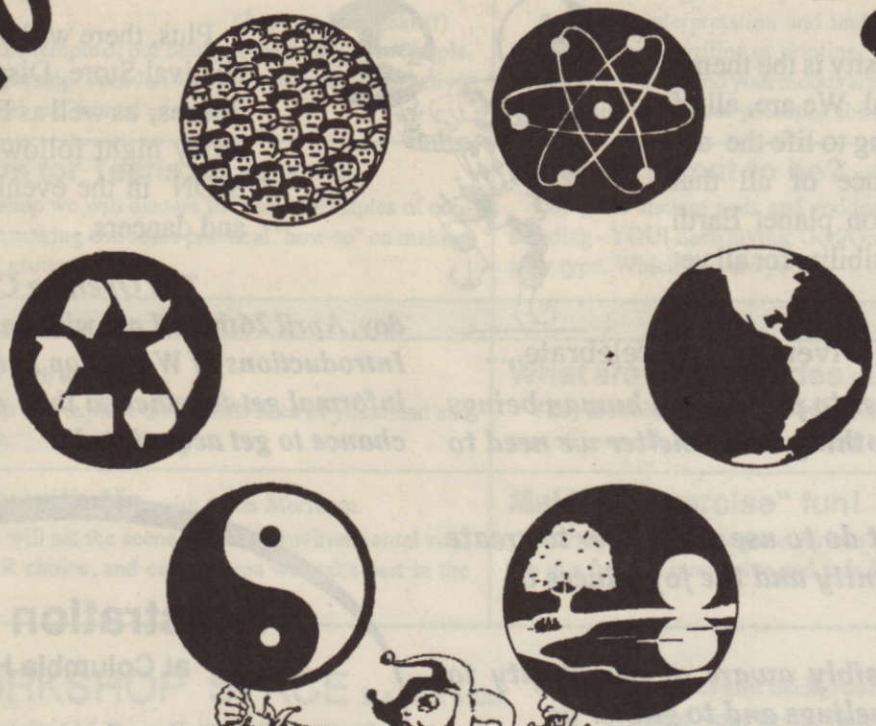


Celebrating Diversity



Join us
for the 13th

Spring Festival of Awareness

April 26, 27 & 28, 1991

at the Naramata Centre (near Penticton)
Over 60 different Wholistic, Creative & Learning Workshops
plus a Children's & Teen's Festival

Celebrating



Diversity

Celebrating Diversity is the theme of this year's festival. We are, all of us different and bring to life the accumulated experience of all that have taken breath on planet Earth and we bear the possibility for all yet to come.

In "Celebrating Diversity" we celebrate.....

◆ *our joint power to provide all human beings with the food, clothing, and shelter we need to delight in living.*

◆ *what we must do to use our power to create humanity, the dignity and the joyfulness of each one of us.*

◆ *being responsibly aware of our ability to express our true feelings and to gather us together in their expression.*

◆ *our multicultural and diverse heritages.*

This year's call is to live the future.

Let us join together joyfully to celebrate our awareness that we can make our life today, the shape of tomorrow.

We will celebrate the return of spring at the Nar-amata Centre, a retreat and conference facility that offers much in the way of natural solace and renewal. With 20 acres of rolling hills and beaches, this retreat is only 20 minutes from Penticton.

This year we offer wonderful vegetarian food and cosy accommodations for all. We offer over 70 workshops for Adults and Teens, and a Children's Festival for kids 3 to 12 years.

The Children's Festival is a learning experience that they will never forget; with many playshops, trampolines, arts, crafts, games, juggling, puppetry and magic! Plus the Grand Finale of a Pied Piper Parade.

(Childminding will be provided by the Girl Guides for tots under 3)


Plus, there will be a Healing House, a Festival Store, Display and Networking Spaces, as well as Entertainment on Saturday night followed by a JAM SESSION in the evening for all musicians and dancers.

The Opening Ceremonies start Friday, April 26th at 7 pm with an Opening Circle and Introductions of Workshop Leaders followed by an informal get-together so that everyone will have a chance to get acquainted.

Registration Times

at Columbia Hall

Friday - 2 pm to 11 pm
Saturday - 7 am to 4 pm
Sunday - 8 am to Noon

 **YOU**

(Men, Women & Children)

**must bring your
own Cup
to the Festival.**

**There will be
no Styrofoam cups
available!**

Workshop Leaders

Johanna Jacks, M.Sc.,



2917 - 30th Avenue,
Vernon, B.C., V1T 2B8
Phone 545-1818

Workshop # 01

Feeding your Pet the Natural Way

Prevent disease and degenerative conditions by feeding your cat and dog a natural foods diet. You'll learn about the problems with commercially prepared pet foods, how to prepare superior meals economically, and what supplements to give an ailing pet to rebuild the immune system.

Workshop # 02

Communicating with Your Dog

Understanding your pet, and having him understand you! Johanna and "Frankie", the Airedale Terrier, will show you the way to enhance your relationship with your pet so you both have more fun!

Background

A Nutritional and Lifestyle Counsellor for "people and their pets", Johanna acquired a Bachelor's degree in Zoology, a Master's degree in Biology, and a broad professional background over many years in the field of ecology, then went on to complete her D.N. (Doctor of Nutripathy) in Scottsdale, Arizona in 1985. She relocated her practice from Alberta to Vernon in May 1990. She is one on Canada's leading breeders and exhibitors of Airedale Terriers, and is currently writing a book about diet and nutritional supplementation for cats and dogs.

Background

My grandmother told me that the blood of all the races flowed in my veins, and that each was important. Since then, I have studied the religious and philosophical teachings of each racial aspect of myself, working as a lay theologian in the Catholic churches, as an ordained Minister for a number of Christian churches. For a number of years, I worked in community organizations and did social work in Black, Hispanic and Native communities, seriously connecting with the native spiritual path in the early 1970's, including Vision quest in the Hopi traditional lands. My guidance and study came from the elders and teachers of many different tribes and traditions.

Workshop # 03

Down to Earth

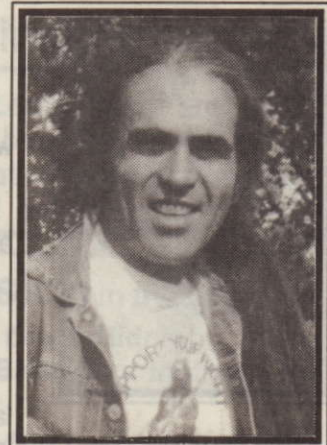
In this time of purification and rebalancing, we must make some major changes in our lives. This workshop will explore ways to become deeply rooted in our Earth mother and become flexible so as not to be broken by the winds of change.

Workshop # 04

Deeper Down into Earth

More of the above exploration - more drumming as a way to awaken our heart.

Yellow Bear



Box 73, Winlaw, B.C.,
V0G 2J0 - Phone 226-7258

Joan Smith

Noor-un-nisa



Box 134, Salmo, B.C.
V0G 1Z0 - Phone 357-2475

Workshop # 05

Reiki - Natural Healing Touch

Reiki is a holistic healing art which increases vitality, supports the body's natural ability to heal itself, promotes relaxation, relieves stress, also nourishes the giver, functions on all levels and helps us attain higher consciousness.

**This class is repeated on Sunday morning with Holly Sosienski, Reiki Master from Silverton.

Workshop # 06

Wisdom of the Crone

A celebration of women aging-exploring fears, joys, richness of life. We will share song and dance, rituals and life experiences. Open to all women, particularly those over 40.

Background

I am a Reiki Master and counsellor/workshop facilitator with several years' experience. I'm also proud of being a crone and bring groups a treasure trove of knowledge from widely diverse sources, including sufi and earth healing magic practices. I have a B.A. in music Ed., have 3 grown children and have lived on an isolated farm for 20 years where I celebrate the diversity of life.

Workshop Leaders

Background

Lorraine Chan is the National Film Board women's film distributor for B.C. and Yukon. She finds her job particularly exciting for the ability to use film as a tool for education and empowerment with women's communities. Lorraine was the co-director of the IN VISIBLE COLOURS, the first international event to celebrate the films and videos of women of colour and Third World women. This festival showed over 100 titles along with a symposium and school program. It was held in November, 1989.

Workshop #07

Transforming Myths:

Using Film and Video to see Ourselves in New Ways.

This workshop is for those interested in changing women's image. It offers the opportunity to view the sexist, racist and classist myths which film had historically reinforced, and to rewrite the script. Clips from 42 years of NFB films along with imagery and other group exercises enable participants to experience how to transform limiting myths into positive images through the medium of film.

Lorraine Chan



Women's Marketing Officer
National Film Board, 1045
Howe St., 300, Vancouver,
B.C. Phone 666-7761

Peter Duryea



Box 23, Gray Creek,
B.C., V0B 1S0
Phone 227-9469

Workshop # 08

Connecting with Nature

Want to feel more whole?
Want to experience a new sense of belonging?
Nature is constantly embracing us, speaking in countless ways, communicating within its community.
Tune up your senses to the natural world that envelops us.
Deepen your feeling of home. Practical techniques and experiences help the process.

Workshop # 09

Unfolding Naturally

Most of us are limited to a world of reason and human language. The sights and sounds of nature go far beyond these 'realities'.

Learn new ways to perceive the countless songs as part of the great symphony. Sample this new program to be offered this summer in the natural setting of TIPI Camp on Kootenay Lake.

Background

When I moved from Hollywood to Kootenay Lake, the presence of Nature began to heal me. To this day, Nature continues to infill and inspire me in current activities as a video producer, group facilitator, and advocate of sustainable communities.

Background

After 20 years of nursing and growing dissatisfaction with conventional medicine, my own health finally led me to natural therapy. Since then, I have studied Touch for Health, Reflexology, Health Kinesiology, Iridology and Educational Kinesiology. Although still doing some nursing I am now mainly practicing Health and Educational Kinesiology.

Workshop # 10

Health Kinesiology

Learn how to communicate with the body by muscle testing. an introduction to energy balancing through the use of specific reflex points and magnets to heal all the bodies; physical, mental and spiritual.

Workshop # 11

Educational Kinesiology

Introduction to the potential and versatility of Edu-K for stress and emotional release, overcoming learning blocks and learn to read, write, listen more efficiently. Based on interaction of the left and right sides of the brain and body.

Donalie Caldwell



Site 0, Comp 207, R.R. 3
Westbank, B.C., V0H 2A0
Phone 768-3404

Workshop Leaders

Maureen Blaine-White



Box 641, Fernie,
B.C., V0B 1M0
Phone 423-3321

Workshop # 12 Getting Acquainted with Spirit Guides

Use their presence to help you in life. Learn how to talk to them and how to perceive their responses.

Workshop # 13 Communicating with your Subconscious Mind

Learn how simple self-hypnosis really is. Gain one or two simple techniques to quickly focus on your purpose.

Background

I have had a wholistic approach to health for 25 years and have been involved with "Mind-Consciousness / Self Awareness" movement for a dozen years. I have a counselling service based in Fernie, B.C. in which I use Ericksonian Hypnotherapy skills, Neuro-Linguistic Programming and specific psychic techniques for private counselling and workshops. I began my counselling business in Vancouver and work from that area, as well.

Background

Chris, a professional counsellor since 1975, has received valuable contributions for his personal and professional development from: an extensive training with the Washington Psychic Institute, Hawaiian Shaman Training (Serge King), Men, Sex & Power (Justin Sterling), Lazaris, and the Forum. In 1982, Chris founded the Reflexology Centre of Vancouver to promote and develop Reflexology and holistic healing.

Workshop # 14 Holistic Reflexology

Learn how to relieve stress, tension and dis-ease from each and every gland, organ and part of the body in this hands-on workshop. Discover how identifying the location of stress in the body provides clues as to the emotional and mental sources of stress.

Workshop # 15 Getting Clear

This introduction offers you the opportunity to create your own space so you can integrate with clarity the richness of all that you have experienced this week-end. The visualization techniques and concepts are presented neutrally for you to discover the joy and fulfillment of self knowledge.

Meet Chris at the Festival Store.

Christopher Shirley



Reflexology Ctr. of Vanc.
535 West 10th Ave.,
Vancouver, B.C.
Phone 875-8818

Day Star



R.R. # 1 Winlaw, B.C.
V0G 2J0
Phone 355-2591

Workshop # 16 Dances of Universal Peace

Popularly known as SUFI DANCING, this is a fully participatory workshop. Using mantras from the world's religions, we will dance together sharing our experience of joy, unity and love on a non-verbal level. This form of movement re-education and transformation thru breath and sound is designed to create Heart-Awakening and unity in a group. The dances are simple to learn, beginners welcome.

Workshop # 17 Devotional Singing

In this workshop, we will learn chants that are healing and empowering. When one performs synocopation, the right and left brain have free access to each other and this is healing. With prayerful attitude, we will create an unselfconscious state of sharing and celebration.

Background

Day Star is a certified leader of the Dances of Universal Peace. She is a practicing ritualist and an active protector of our Mother Earth. She has been teaching singing for 9 years, and particularly enjoys working with those who have emotional blocks to singing. Her newest week-end workshop "The Council of all Beings", helps people get ecological identities instead of just ecological ideas.

Background

After fourteen years of being sick, I started to read and study and learned to be my own doctor. I changed my way of thinking about nutrition, and what health really meant. I changed my way of life and started feeling great once again. I studied intensively for many years in Ontario took my Doctor of Nutripathy, by correspondence, plus colonics training and more. 6 years ago I opened my own clinic in Ontario and started helping people to understand their bodies. I am still studying and have a private practice in Peachland.

Workshop # 18

Food Combining made Easy

Cecile will talk about proper food combining and good nutrition.

Workshop # 19

A Healthy Colon, a Healthy Body & a Healthy Mind

Cecile will explain, how & why our health and energy is not always as we would like it. Our bodies were meant to be healthy. She will give suggestions and ideas on what to do if body and mind is toxic.

Cecile Begin, D.N.



R.R. 1, S-16, C-5, Peachland, B.C. V0H 1X0 - Phone 767-6465

Peter Morris



Workshop # 20

Lighting your Light

Easy to learn meditation exercises directed to your physical body and mind. Taking care of our selves in the true sense of the phrase. Allowing the responsibility for our health and welfare to be ours.

This workshop is repeated twice, once each day.

Box 404, Sechelt, B.C. V0N 3A0
Phone 885-5464

Background

Peter is an internationally known medium and healer who has been exploring the world of spirit for 43 years. A member of the National Federation of Spiritual Healers of Great Britain. He works with several guides and many helpers. Big Eagle presides overall. With his help, many have come to know their guides for the first time. There is also Professor Jenkins, a jolly soul who delights in teaching on a lighter level and many other guides who help when needed.

Background

I have ten years of experience acting as a trained consensual meeting facilitator, and a group participant. I received my initial training with the Northern Vancouver Island Womens' Self Help Collective, and more recently have trained with Caroline Estes, a highly regarded North American leader in this field.

911 Carbonate St., Nelson,
B.C. V1L 4R3
Phone: 352-2713

Workshop # 21

Facilitation for Concensus

The word facilitation means "to make easy", and this workshop will focus on developing the effective facilitation skills needed to guide and "make easy", the consensual decision making process. Participants who have some previous experience with consensus decision making will find this workshop practical, and specifically helpful. Bring your notebooks, pens and questions. (3 hour workshop)

Marie Wells



Sharon O'Shea



Workshop # 22 - Basics of Astrology

We will discuss the elements that go into the make-up of the birth chart: planets, signs, symbols, the breadth and scope of astrological integration emphasizing the individual.

Workshop # 23 - Alchemical Astrology

The second class will emphasis the spiritualization of the planetary energies and their effect on consciousness, liberation and at-one-ment. This will be a purification and a sharing of human alchemy.

Background

Sharon O'Shea has been a friend of astrology for many lifetimes. This is how I see myself. I am happy sharing this tool of transformation, insight, healing and light.

Box 917, Kaslo,
B.C., V0G 1M0
Phone 353-2443

Workshop Leaders

Joan Casorso



2190 Bartley Rd., Kelowna,
B.C., V1Z 2M7-Ph. 769-7424

Workshop # 24

Strong, Stretched & Centered

Part 1

This workshop will begin with awareness to posture and breath, continue to stretching, then introduce the participant to powerful dance movements-combining African, Indian, Gestalt, Modern and Jazz.

Workshop # 25

Strong, Stretched & Centered

Part 2

This workshop will explore the relationship between body, mind and bioenergy through a combination of postural alignment, deep breathing, visualization, sound and physical grounding exercises.

Background

Joan Casorso, a native of Kelowna, studied the **Strong, Stretched and Centered** residential instructor training program in Maui, Hawaii, under the guidance of founder, Gloria Keeling.

For the past ten years Joan has instructed classes and workshops in Canada and the U.S., continuing to study and integrate new body / mind techniques in her teaching.

Background

As an athlete, coach, parent, educator and entrepreneur, Jon-Lee Kootnekoff played Olympic-calibre basketball, led the Simon Fraser University Clansmen to successive championships and taught school in Canada and the United States. Now, as president of the Horizon Positive Self-Image Institute, he conducts personal-growth seminars for schools, native Indian communities, corporations and government agencies. Using humour, compassion, modern concepts of self-image psychology and his own unique life experiences, he helps young people and adults reach their full human potential.

Workshop # 26

Winning with a Positive Self-Image

Our Love-Power comes from being physically, mentally, emotionally and spiritually fit.

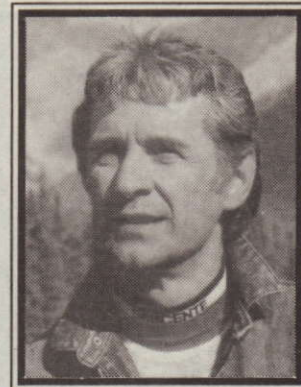
Love-Power provides us with the strength to fulfill our Mission-Purpose in this Life. Join Jon-lee for many creative, thinking, exercises.

Workshop # 27

Self-Discovery through the Games of Life

- G ⇨ Goals
- A ⇨ Attitude
- M ⇨ Mission / Motivation
- E ⇨ Esteem & Enthusiasm
- S ⇨ Self Image, Sense of Self and Sense of Humour

Jon-Lee Kootnekoff



Positive Self-Image Horizon Institute, West Park, Suite 108, 1855 Nelson Street, Vancouver, V6G 1M9 Phone 682-2401

Sharon Rempel



R.R. # 1, Keremeos, B.C.
VOX 1N0 Phone 499-5172

Workshop # 28

Demystifying the Old Wives Tales

Many wonderful gardening practices are centuries old. We are now just learning how "scientific" the practices really are. Will touch Biodynamics practices and plantary/seeding ideas that span centuries. Will even mention Nature Spirits and the wee folk in the GARDEN!

Workshop # 29

Planting for the Future

We'll explore the corporate ownership of the seed, drugs and food business. Will focus on global and local organic farming practices and on choosing seed suited to your tastes and garden. Some people state hybrid seed has less "vitality" than the old open-pollinated varieties; come prepared for lots of "food for thought" and leave with lots of "seeds for survival".

Background

*B. Sc. Agriculture, *Director of the "Health Action Networker" and the "Heritage Seed Program", *Was the Alberta delegate to draft the national "organic" definition and is past president of the Sustainable Agriculture Assoc. (Alta)

*Currently working as the gardener at the Grist Mill, Keremeos - an 1880's historic site. Writing a book "The History of Agriculture in B.C." *Travels and lectures on "Organic" Gardening and "Heritage Gardens and Seeds" *Has been a Naturalist / Interpreter for 6 years *Reference librarian for many years

Workshop Leaders

Background

I came to natural healing methods through my own health crisis in the early 80's. I had been a school teacher, but came to realize a destiny in holistic health study and practice. The comprehensiveness of POLARITY THERAPY and its parent science AYURVEDA appealed to my practical nature. Since 1986, I've been teaching workshops in Polarity and I love it!

Workshop # 30 Polarity Therapy Workshop

Discover the role of electro-magnetic balance in touch therapy. Achievement of deep relaxation is restorative to all disease and stress conditions. Our workshop is a new program developed for the Festival and emphasis an intensive skill-oriented format. Please bring a pillow and blanket and be ready to relax together on this journey of sharing.

968 West 20th Ave.,
Vancouver, B.C. V5Z 1Y5
Phone 732-8989

Margaret Lambert



Laara Bracken



Box 1824, Salmon Arm,
B.C. V1E 4P8 Phone 832-5164

Workshop # 31 The Human Aura

We've all heard about them, but what exactly is an Aura? An aura is the energy of your innermost self expression in a rainbow of colour. This workshop will provide a hands-on experience in sensing auras as well as some information about their make-up and function.

Workshop # 32 Working through Emotion

All emotion is a part of an energy which has a positive and negative side. Learn an effective method for quickly getting in touch with the plus side of your emotions, while gently healing sadness and pain.

Background

Laara has had a lifelong interest in metaphysics and holism, which has led to years of intense study. She believes we can all live in a S.A.F.E. (Self - Aware - Fulfilled - Empowered) world.

She has a B.Sc. in Biology, a bachelor of Survival from the School of Life, is a Second degree Reiki Initiate and a Certified Core Belief Engineering Practitioner and has been a counsellor and teacher for the past eight years.

Background

I've pursued "Chi", the mysterious Life Quantum Force these past 15 years. Shiatsu, Tai Chi, Biokinesiology, Kahuna Studies mark my 'apprentice path'. Lately the art of "Diagnosing" and "Curing" homes, offices and clinics has taken me all over the continent. The best thing I know is that the best techniques and teachings facilitate our coming to that place of surrender into the Heart.

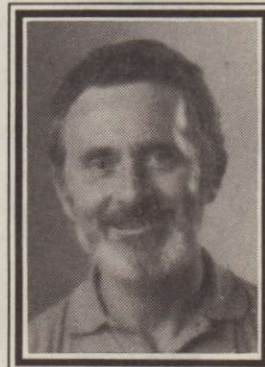
Workshop # 33 Harmonizing the Diverse Energies of Place

Ancient Western Geomancers and Chinese Feng Shui allowed the living Chi of planet and locale to direct the placement, planning, decor, landscaping and ceremony of habitat. This will be a dowsing, kinesiometry "diagnosis" and "cure" practical tour around the Festival site.

Workshop # 34 To the Heart of the Healing

Living together in our diversity, sharing our world's gifts, moderating our demands and healing the planet require something of each individual. To the Heart of Healing will guide participants to that inner jumping off point where fears are defused and a new world is created.

Henry Dorst



Box 46106, Stn G.
Vancouver,
B.C. V6M 2M4
Phone 736-1831

Workshop Leaders

Linda Kusleika



Background

I have been involved in the healing arts for 10 years, as a Massage Therapist in the States, and working with alternate therapies of Polarity, Acupressure, Yoga, Postural Rebalancing, Neuromuscular Therapy and Chinese 5 Element Theory. My speciality is integrating Bodywork, exercise and Chinese 5 Elements Theory to alleviate chronic pain and stress.

Workshop # 35

Stress Reduction through Massage: Working on the Head, Neck & Sholders

This is a 'hands-on' workshop. We will learn to give each other a massage as well as receiving using principles of Swedish massage, Acupressure and Neuromuscular Therapy. Bring a pillow and blanket. Come alone or bring a partner. Linda is instructing this class.

Workshop # 36

Introduction to Touch & Self-Help-Polarity

In this 3 hour workshop, Sid and Linda will introduce you to new concepts of Polarity developed by Sid Tayal and Elenora Merrill which will address the seven bodies of human expression. You will learn simple exercises to integrate energy circuits and the different aspects of our bodies. We will also share Polarity history, future trends and certification program offered through the Centre for Awareness in Rossland.

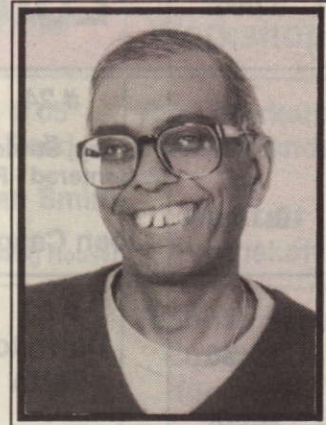
Workshop # 37

Acupressure / Shiatsu

Acupressure / Shiatsu is excellent ancient oriental wisdom of dealing with stress, pain, and disease by balancing energies. It works at preventive curative, and regenerative levels. I will share principles and basic techniques. You will get hands-on experience during the workshop. Taught by Sid.

The Centre for Awareness, Box 300,
Rossland, B.C. V0G 1Y0 - Phone 362-9481

Sudhir (Sid) Tayal



Background

I have been involved with wholistic health for 30 years. Now, I am devoting my time as a wholistic health counsellor to bring awareness of alternate therapies in dealing with stress, pain, and disease to individuals. I have taught Yoga, Acupressure, Polarity and Nutrition all over the world. Now I am learning NMT or Othobionomy techniques and integrating these into my work.

Netta Zeberoff



Workshop # 38

First Aid Kit for Survival into the 21st Century

We will go through the basic concepts of making ointments, tinctures and salves and flower remedies. Old folk remedies will be shared with everyone.

Workshop # 39

Herb Walk

We will look for food, shelter and healing plants in the area. Weather permitting. Meet at the in front of Columbia Hall.

Background

Netta is a graduate of the Dominion Herbal College. Has 2nd degree Reiki and Corolla of the Sun. She was raised in the most natural way possible, inheriting her healing touch from her mother and her beautiful voice from her father.

Netta gives workshops in her gardens at the Herbal Cradle House in Passcreek, B.C.

There are more than 50 perennials in her gardens, as well as the herbs God has given Mother Earth, which are found in her backyard forests and mountain sides.

S-20, C-5, RR-1, Castlegar, B.C.,
V1N 5H7 - Phone 365-3512

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TIME	Loft	McLaren Hall			
		North Wing	East Wing	South Wing #1	South Wing #2
8:45 to 10:15 am	# 24 Strong, Stretched & Centered - Part 1 Joan Casorso	# 47 Environmental Impotence Chris Morrison	# 07 Transforming Myths Lorraine Chan	# 33 Harmonizing Energies Henry Dorst	# 46 Mentastics in Motion
10:30 to Noon	# 03 Down to Earth Yellow Bear	# 50 Inner Differences (Astrology) Marilyn Waram	Lorraine Chan	# 31 The Human Aura Lara Bracken	Winnie Hunt
1:15 to 2:45 pm	# 44 Experiencing your Clown	# 48 Tupperware vs Persian Gulf Chris Morrison	# 02 Communicating with your dog Johanna Jacks	# 37 Acupressure Sid Tayal	# 59 Express Yourself
3:00 to 4:30 pm	Celeste Crowley	# 26 Positive Self Image J. Kootnekoff	# 38 First Aid Kit Netta Zeberoff	# 35 Massage Linda Kusleika	Patti & Bill

Please note * the coloured squares means that there is a change in the schedule

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8:45 to 10:15 am	# 09 Unfolding Naturally Peter Duryea	# 27 Games of Life Jon-Lee Kootnekoff	# 11 Educational Kinesiology D. Caldwell	# 22 Basic Astrology Sharon O'Shea	# 30 Polarity Therapy
10:30 to Noon	# 45 One Voice Many Voices Celeste Crowley	# 25 Strong, Stretched & Centered - Part 2 Joan Casorso	# 01 Feeding your Pets Johanna Jacks	# 23 Alchemical Astrology Sharon O'Shea	Margaret Lambert
1:15 to 2:45 pm	# 04 Down Deeper into Earth Yellow Bear	# 36 Self-Help Polarity	# 51 Special Skills (Astrology) Marilyn Waram	# 20 Light your Light Peter Morris	# 54 Rites of Passage
3:00 to 4:30 pm	# 34 To the Heart of Healing Henry Dorst	Sid & Linda	# 12 Spirit Guides M. Blaine-White	# 40 Palmistry Kalawna	Chris Budeweit

Maple Courts			Gym	Other		Teen Work Shops
# 1	# 2	# 3		The 'Tip' is near the Loft. If there is a cancellation we will move the 'Above Gym' space to that room.		
# 52 Quartz Crystals Sealia	# 14 Reflexology Chris Shirley	# 13 Subconscious Minds M. Blaine-White	# 56 Zen and the WAY of the Centered Warrior Harold Naka	# 66 Men & Relationships Dale Jukes Above Gym	# 05 Reiki Joan Smith Healing House	Teen Best Friends Jon-Lee Kootnekoff
# 61 Heaven is a Heartbeat away Harry Jukes	# 10 Health Kinesiology D. Caldwell	# 28 Demystifying Old Wives Tales S. Rempel		# 69 Touch for Health Al Berry Above Gym		Teen Consensus for Teens Marie Wells
# 57 & 58 Enlightened Survival	# 20 Light your Light Peter Morris	# 18 Food Combining Cecile Begin	# 49 Earthly Magic Vicki Allen	# 63 Juggling Dale Jukes Columbia Hall	# 08 Connecting with Nature Peter Duryea 'Tip' (near loft)	Teen Palmistry Kalawna
Part 1 & 2 Tom & Geraldine Millard	# 65 The Eyes Revealed Hank Pelsler	# 43 Eat to Live? Live to Eat? D. Manchester		# 67 Birth - A Circle of Sharing Mojave Above Gym	# 71 Jazz Cooking Dorinda E. Hospitality House	Teen Come Play with Me C.Morrison
<i>For background information about Instructors & Workshops read Jan/Feb ISSUES.</i>						
# 41 Chakras Kalawna	# 64 The Nutrition Connection Hank Pelsler	# 21 Consensus	# 17 Devotional Singing Day Star	# 73 Dreamwork Changing Yourself M. Milligan Above Gym	# 05 Reiki Holly Sosienki Healing House	Teen Handwriting Analysis Angele Rowe
# 06 Wisdom of the Crone Joan Smith	# 32 Working thru Emotions Laara Bracken	Marie Wells	# 60 Active Meditation Urmi Sheldon	# 72 Preparing for New World Order D.Milligan Above Gym	# 39 Herb Walk Netta Z. Columbia Hall	Teen Who do I Want to Be? Marilyn Waram
# 42 Love who YOU are D. Manchester	# 15 Getting Clear Chris Shirley	# 53 Rainbows of Colour Sealia	# 55 Moving Meditation Harold Naka	# 69 Touch for Health All Berry Above Gym	# 68 Columbia S.O.I.L. Glenys Snow Hospitality House	Teen Spirit Guides M. Blaine-White
# 62 Community Harry & Dale Jukes	# 29 Planting for the Future S. Rempel	# 19 A Healthy Colon Cecile Begin	# 16 Dances of Universal Peace Day Star		#70 I Ching Dorinda E. Hospitality House	Teen Fun Exercises Joan Casorso

Workshop Leaders

Background

Karen is known as a healer, she reads palms, channels and does healing from her home in Sechelt. She's also a Dental Assistant that has a "Healing Touch".

She feels that everyone can be a psychic and a healer if taught the right tools to work with. In her class you'll be taught to open yourself to universal love, knowledge and healing. "Your vibrations will be changed!"

Workshop # 40 Palmistry

General overall meaning of the palm, trusting and acknowledging intuition and learning to read the whole individual.

Workshop # 41 Chakras

The body is made up of 7 different major chakras, all of which have different meanings, colours, vibrational tones and healing qualities. The class will teach you to see them as well as learning to interpret them.

Kalawna Biggs



Box 614 Gibsons, B.C.,
V0N 1V0 Phone 886-4883

Workshop # 42

Allowing yourself to Love who YOU are

In each person is a yearning to fulfill some indefinable understanding of who we are. When we find our emotional source and allow it to burst forth then we experience a sense of exhilaration and freedom. The workshop will increase awareness. It is accomplished thru guided imagery, gentle rocking and breathing techniques, a totally experiential workshop.

Workshop # 43

Nutrition of the Nineties, Eat to Live or Live to Eat!

We sometimes take our bodies for granted and feed ourselves food that may not be nutritionally beneficial to our cells and organs. The workshop will focus on what vitamins we require, where they are hiding and how to get the most out of cooking the food we eat.

Don Manchester, N.D.

164 Oriole Rd., Kamloops,
B.C. V2C 4N7
Phone 372-8900

I am a Naturopathic Physician who treats people by using different forms of energy. I believe that all healing methods are branches of the same root. I have been meditating for 17 years, a vegetarian for almost that long and a firm believer that life is to be lived.

Background

Celeste is a songwriter, performer and workshop facilitator. She has performed and written for various musical and theatre groups since 1974; including the Valhallelujah Rangers and Theatre Energy. She has studied mask and clowning with renowned Canadian performer, teacher and director, Cheryl Cashman. Most recently she has studied Clown Theatre with Ronlin Foreman of the Del Arte School in California.

Her interest in sound and healing also began in 1974 and since then she has attended workshops with Patricia Sun, Laurel Keyes, Karl Berger and Joel Andrews amongst others. She has facilitated Toning workshops off and on for the Awareness Festival since 1978.

Workshop # 44

Experiencing Your Clown

Use clowning to explore the innocence of the child within who is into spontaneity and beingness. All immediate emotions are expressed, shared and taken to outrageous extremes. Warm ups will include physical and vocal play and improvisations with group dynamics. Come put on the red nose & play.

Workshop # 45

One Voice, Many Voices, One Voice

The voice has been used by many cultures for healing and well being. It is a key to our communication, our creativity and our power. Many Voices sounding together can give us a profound experience of how we, as powerful individuals, can blend and harmonize so that our Many Voices are connected and intertwined to be heard as One Voice.

In this workshop we will explore vocal play, improvisation and toning. We will experience intentional sounding as we endow our sounds to carry our prayers and messages for the well being of ourselves and the planet. And in the beautiful setting of Naramata we will communicate with the great teachers of nature and experience One Voice, Many Voices, One Voice.

Celeste Crowley



37 View, Nelson,
B.C., V1L 2V3
Phone 352-1958

Workshop Leaders

Winnie Hunt



Workshop # 46

"Mentastics" Mind in Motion

What could be lighter?? What could be freer?? Mentastics are light gentle movements that invite the mind to experience increasing ease. This workshop will explore the mind-body-spirit connection through the Traeger 'approach'. We will relate this to day-to-day living.

This is a 3 hr playshop.

Background

As a newcomer to Vernon, I am a life skills coach with groups at Okanagan College. Over the past 10 years, I've been a Traeger practitioner in Kingston, Ontario offering workshops and individual sessions. I've been finding new ways to use this "approach" in group communication, stress management, mirth and merriment.

3607 9th St., Vernon, B.C.
Phone 545-5636

Background

Chris is a psychotherapist in private practice in Salmon Arm. She has a M.A. in Clinical Psychology and an extensive background in Drama Therapy and Gestalt. She has been developing many creative ecological applications of her work.

Box 1571,
Salmon Arm, B.C.
V1E 4P7

Workshop # 47

Environmental Impotence

The modern connotation of the word 'impotence' is often sexual. This workshop deals with environmental and political impotence. Why, when the world is falling down around us, do we find ourselves numb, powerless in the face of giant multinational corporations and governments? Through sociodrama and role-playing we will explore the diversity of our roles, our needs and our power to act!

Workshop # 48

Tupperware vs the Persian Gulf

For decades women have been caught up in the dialogues: "my sheets are whiter than yours" / "won't you come to my Tupperware party?" / "I've found a wonderful new way to get the hair off my legs". Now, from the perspective of the '90's, we can see that the scripts for these dialogues were written by Dow Chemical, Exxon, Gillette, etc. With the current events going on in the Gulf and in the environment, we obviously need to start writing our own script. Lets open up the dialogue with each other and with the powers that be, for a meaningful existence and for our own authentic and diverse expression, through sociodrama and role-play. **Both of these workshops will be playful; dress comfortably!**

Chris Morrison



Vicki Allen



Box 104, Silverton, B.C.
V0G 2B0 - Phone 358-7786

Workshop # 49

Earthly Magic

Reclaiming the Ancient Art of Ritual

Any ritual is an opportunity for transformation. To participate in ritual you must be willing to be transformed in some way. That inner willingness is what makes the ritual come alive and have power. This workshop will teach the basic structure of creating ritual, when and how to use it for personal, political, and social change. Drumming and chanting will be part of the ritual we create so bring along your drum, if you have one. We'll be completing this three hour workshop with a spiral dance.

Background

I was introduced to ritual four years ago by the San Francisco collective "Reclaiming" though I realized that ritual had been present in many key events in my life long before. Ritual for me is a powerful tool blending earth based spirituality (honoring the rhythms and cycles of nature) politics (examining the structure and imbalance of power in the world) and personal empowerment (self expression congruent with our values). I also teach Reiki and co-facilitate Gestalt groups and can be found in the the Healing House during the Festival.

Workshop Leaders

Background

Marilyn is committed to teaching people how to take conscious control of their lives. She is a trained marriage preparation teacher and counsellor, but her heart is in Astrology and Spiritual Development. Consequently she brings a fresh excitement and a sense of joy to the process of self-development. Marilyn is a highly respected professional Astrologer from Vancouver.

Workshop # 50

Appreciate our Inner Differences

A look at the mythology of the planets and how each one describes a personality type. Which one(s) are you? Come and find out, and hear about your very special gifts.

Workshop # 51

Special Skills to Create your Happy Future

A potpourri of ideas from Psychology, Metaphysics, Astrology, Counselling and the Human Potential Movement: an organized collection of effective attitudes and habits which really do give you the ability to create your own future.

Marilyn Waram



Box 2252,
New Westminster, B.C.,
Phone 524-5667

Sealia



Site 38, Comp 9, RR 2,
Winfield, B.C. V0H 2C0
766-5526

Workshop # 52

Simple Uses for Quartz Crystals

Crystals can make plants grow, and make you and the people around you happier, and healthier. Learn about using the energy they have in many different ways. For the beginner to more experienced crystal user.

Workshop # 53

The Miracle Rainbow of Colour & Gemstones

This workshop combines the use of colour and coloured stones as tools of transformation and Healing. Colours you surround yourself with can affect you in many ways. Find out the benefits of colour in your daily lives.

Background

Sealia is well known in the Okanagan Valley for leading and promoting workshops. She is founder of the Kelowna Reiki Circle and is currently available for Reiki, Crystal Healings, Psychic and Counselling sessions. She has been working with crystals and stones on a daily basis for many years.

Background

I am a 34 year old single mother in the process of my awakening. My company - Moonwit Menstrual Pads sells wonderful washable pads designed and tested. An off shoot of my search unearthed women's incredible need to given permission to feel and to learn how to respond and act on the basis of those feelings. Out of this I developed the "Roots of the Woman Tree" a positive experience for affirming ourselves.

R.R. #4, Lang's Rd, C-21
Ganges, B.C. V0S 1E0
Phone 537-4683

Workshop # 54 Rites of Passage The Roots of the Woman Tree

Accessing inner awareness is critical in this period of our history. This workshop allows women to be positively initiated into their womanhood and allows those of us who had less than positive experiences reinitiate ourselves in an affirming and confidence inducing manner.

This is a 3 hour workshop.

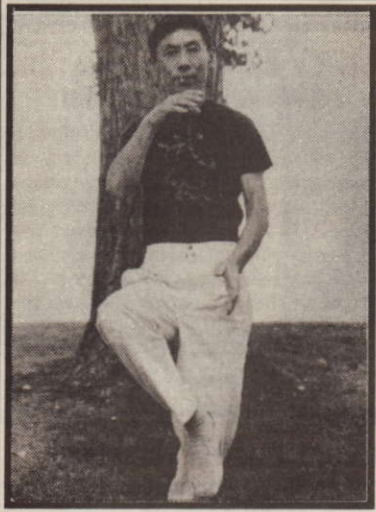
Christina (Chris) Budeweit



That's a flower in my teeth!

Workshop Leaders

Harold Hajime Naka



Workshop # 55 Moving Meditation

Using Tai Chi principles and creative Movement, we will allow the body to free itself of restrictive tension and repressed emotions. Bring all your fears, joys, inhibitions and lets lose our minds and come to our senses. Expect the unexpected. 11/2 hrs.

Workshop # 56 ZEN and the WAY of the Centered Warrior

To be able to see potential aggression and to deal with it without adding to it requires discipline and sensitivity as well as a clear mind and relaxed body. We will participate in the art of balance and harmony using Tai Chi Chuan principles and meditation to guide us.

Background

Harold Hajime Naka ...a dragon who is learning to fly without wings. As a solitary contemplative philosopher for most of my life, I am now engaged in sharing this experience by using Tai-ji principles and meditation to guide others to discover a spiritual and compassionate path.

977 Coronation Ave.
Kelowna, B.C. V1Y 7A6
Phone 762-5982

Background

We have taught positive thinking courses, counselled many people back to a happier way of life and sought to build our own spiritual paths. We believe in living what we teach. We have lived on a boat, given up a large house and business, lived in a tipi for three years and now live in a house built without power. We will be leaving in the fall for a teaching tour of Canada and the U.S.A., sharing knowledge with others.

Workshop # 57

Enlightened Survival - Part 1

Enlightened Survival is a course on combining spirituality and living in the times to come. Whether you wish to move to a remote area and become self-sustained or stay in the city and be dependent, there are things you should know and do in order to make life fuller and much richer. As part of God's creature, you deserve it!

Workshop # 58

Enlightened Survival - Part 2

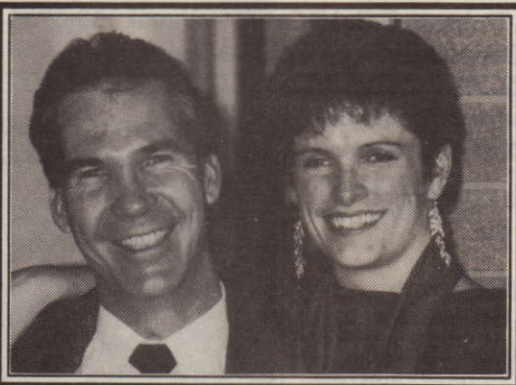
Knowing that we can survive in the troubled times ahead in not enough, we must be prepared to help those who have not had the opportunity to be ready. We must bring enlightenment to our friends and neighbours. It is not only right, but should be our pleasure to bring happiness to others.

Tom & Geraldine Millard

Box 124, Westbridge, B.C. V0H 2B0



Bill Urquhart & Patti Burns



1725 Dolphin Avenue,
Kelowna, B.C. V1Y 8A6
Phone 763-8588

Workshop # 59

Express yourself through Communication

Communication is one of the ways by which we may bridge our diversities and still remain unique. Expressing ourselves effectively allows us to clearly share our ideas, information and feelings. How we do this is both verbal and non-verbal and as individual as we are. We will use movement, the video camera and interaction to experience and explore ourselves as we learn to enhance our communications skills.

Background

Patti Burns and Bill Urquhart are personal growth instructors and breath practitoners with Inner Directions Consultants of Kelowna. Patti currently hosts and produces New Concepts Television program of Kelowna and Bill is managaing editor of the Love and Light newsletter. Together they bring with them many skills and insights in the communication field.

Workshop Leaders

Background

Urmi has travelled extensively throughout Europe and Asia and has lived in Poona, India for six years in the presence of an enlightened master.

Please wear comfortable loose clothing. No food or drink, one hour before.

Workshop # 60

Express yourself through Dynamic Meditation

This active meditation technique will enable you to release emotional blocks, increase your metabolism, strengthen your physical body and help you to experience the illusive state of meditation. This one hour aerobic technique involves five steps:

Chaotic breathing
Catharsis
Hoo Mantra
Stillness / silence
Dance

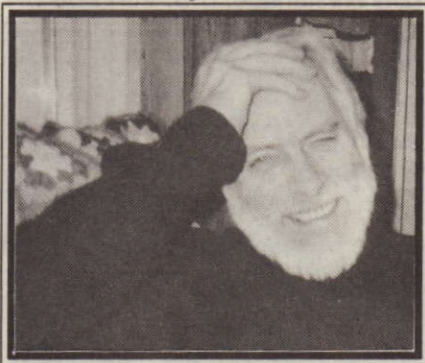
These revolutionary techniques stimulate transformation.

Urmi Sheldon



* R.R. #3, S-3, C-18, Penticton, B.C., V2A 7K8 Phone 492-5179

Harry Jukes



I was raised in a family where spiritual healing was a way of life and although I neglected this for many years while cattle ranching, studying at university and doing research, I returned to it again some 30 years ago. I have been teaching Chemistry at Selkirk College for the past 20 years and have concurrently been involved in meditation, healing and metaphysics.

Workshop # 61

Heaven is but a Heartbeat Away

Heaven is not a place but rather a state of being. No matter what your background, no matter how you refer to this state of being, more and more people are experiencing it. Great things happen when people interact from this state of being...a leap of consciousness.

Workshop # 62

Community: the Ultimate in Applied Spirituality

Life is but a testing ground for the fine tuning and application of our spiritual ideals, in the family, in the work place, in intentional communities. This is a look at the whole idea of community and what it is leading to. Harry will share this workshop with his son Dale, who lives in a communal setting in Spillimacheen.

Workshop # 63

Juggling for Balance

A hands-on instruction in the art and science of juggling, each participant will juggle three items. Please bring objects with you if you have any. This is a 1 1/2 hour playshop, led by Dale Jukes. Meet in front of Columbia Hall.

Harry Jukes lives at Box 251, Robson, B.C. V0G 1X0 - Phone 365-6753
Dale Jukes address is General Delivery, SpillimacheEn, B.C.

Background

To qualify as a Holistic Health Practitioner, my studies have been in area of Natural Healing. I studied and successfully completed the requirements as a Herbalist with the Dominion Herbal College and the Wild Rose College of Natural Healing as a Nutritional Counsellor with Dr. Kurt Donsbach, Dr. Paavo Airola and the American College of Nutripathy based on the works of Dr. Bernard Jensen.

160 Kinney Ave. Penticton, B.C., V2A 3N7
Phone 492-7995

Workshop # 64

The Nutrition Connection

A discussion on the connection of disease and what we eat.

Workshop # 65

What the Eye Reveals?

Determining strengths and weaknesses in the body which may influence our health now and in the future. Discover the connection between opposite, genetic types and more.

Hendrik (Hank) Pelsler



WORKSHOPS

63 Juggling for Balance A hands-on instruction in the art and science of juggling, each participant will juggle three items. Please bring objects with you if you have any. Meet in front of Columbia Hall.

64 The Nutrition Connection A discussion on the connection of disease and what we eat.

65 What the Eye Reveals? Determining strengths and weaknesses in the body which may influence our health. Discover the connection between opposite, genetic types and more.

Additional ...Workshop Leaders

*** *These Workshops were fitted into a 'Variety of Spaces', please pay special attention to the location. If there is a cancellation of one of the Regular Workshop Spaces, it will be moved to it as that space is so much nicer.*

Workshop #66 Men and Relationships: A Sharing Circle

Finding the key to male power within a balanced relationship. This workshop is facilitated not instructed, we welcome all men to join us and share.

Workshop # 67 Birth - A Circle of Sharing

Each of us has our own intuitive creative way to birth our children. As we open to give our children passage, we need to open to share our joys, to heal our wounds. Let's talk about families birthing together, about bonding. Let's talk about our feelings and our inner guidance. We are teachers for each other. We are learning how to follow our deepest intuitive selves, how to birth in the moment, how to be the support for each other that allows us to be with ourselves in childbirth.

Workshop # 68 Columbia S.O.I.L

The Columbia Society of Interdependent Living

Interdependency Who, What, Where, When. Why and How we strive together for co-operation. Lets take a look at this exemplary concept and its growth and aspirations in purposeful community living in Spillimacheen.



Mojave Sunglow & Dale Jukes

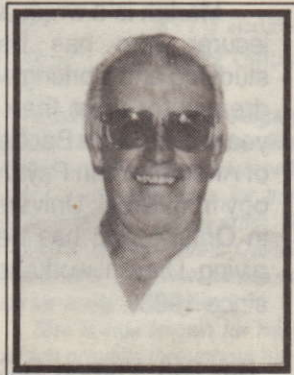
Dale has worked a great deal with the process of finding the subtle balance within one's self and relationships. Somewhat akin to a perfect juggling pattern. He has been involved in the past 15 years in communities of many designs, with the last five as co-founder and director of Columbia S.O.I.L.

Mojave is trained as a childbirth educator with Informed Birth and Parenting. Mojave has assisted families to create a chosen birth plan and has supported a number of at home births. Mojave dances with the herbs, is mother of four children, born and schooled at home and is a co-founding member of S.O.I.L.

Glenys Snow & Joseph Lehman

They see beyond disability into ability. She has lobbied the national parks for disabled access, is a representative for the Disabled Ski Assoc. and they both love the great outdoors. Glenys & Joseph are the founding members of Columbia SO.I.L.

Al Berry



Workshop # 69 A step beyond Touch for Health

Working with energy meridians, acupressure points, aligning of hips and placing the colon and stomach where they should be. Also testing for vitamin deficiencies. A tune up for the whole body.

Same class both days. Above Gym.

Background

I've taken Touch for Health #1, #2, #3 and also the Instructor and Facilitator Courses. Having worked on seven or eight thousand people in the last eight years I have developed many techniques of my own which have very positive results. As an Instructor I teach Courses, usually in the spring and the Fall.

6254 Meadowland Cres.,
Kamloops, B.C. V2C 5J1
Phone 573-3450

ADDITIONAL....WORKSHOP LEADERS

Dorinda Enzenspenger



Background

I was a convert to alternative life in 1968, gradually I investigated healthy changes in diet, lifestyle, social concern and philanthropy. Originally from New York State where I was head cook in a collective Natural Food Restaurant, in 1970-72 I immigrated to Oregon, doing co-ops, community gardens, and cooking. My husband Joseph and I have maintained a hospitality Center in Oroville for the past ten years.

Workshop #70

"I Ching"

In "The Book of Changes" as it is also referred is a source of collective Chinese wisdom over six thousand years. There is no dogma or ritual, no heroes or heroines, life is a series of changes from Birth to Death and our behavior choices design and direct our destiny. We'll talk a little about history, do a demonstration, or reading and discuss the uses of the I Ching as a guide to self-knowledge.

Workshop #71

Jazz Cooking

"Spice is the Variety of Life" Expand your Vegetarian repertoire, leftover challenges and in season abundance, learn substitutions that are less expensive and more available. We will create new flavors with kitchen chemistry as well as kitchen "medicines". Join our informal meal preparations.

Box 1641, 921 Central Ave., Oroville, WA 98844 ☎ (509) 476-3324

Background

Dennis was co-founder of Vernon's Sunbow Centre and the Okanagan Society for Wholistic Living. He has a background in international finance and marketing and trained in London with a mercantile banking firm of international repute. He spent twenty years living and working in India, Taiwan, Hong Kong and Japan; is a researcher, international lecturer and author of "Money Power - the World's Best Kept Secret."

Workshop # 72

Preparing for the New World Order

We are not elders of the sunset by children of the dawn. Even as increasingly centralized powers try to perpetuate their top-down, hierarchical and paternalistic structures in a weary, warring world, new energies are beginning to move us toward bright new economic, political, social and spiritual paradigms. This workshop will explore the important roles that lie ahead for each of us as catalysts for positive change. What better place than here. What better time than NOW!

Box 248, Vernon, B.C.
V1T 6M2 - Phone 545-4194

Dennis Milligan



Mariah Milligan



Workshop # 73

Changing Yourself - Changing the World

An Introduction to Shaman Dreaming

This experiential workshop is going to introduce you to the power of shamanic dreaming for changing yourself and changing the world. The methods are based on ancient Hawaiian Shaman ways of the Adventurer. We will explore the Hawaiian art of interpreting dreams, dream change, daydreaming and grokking. (Grokking is the ability to merge with the pattern of something, know it from the inside by directed intent.) It is all a dream and we change the dream. Bring a dream, pen and paper.

Background

Mariah is a writer and lecturer who has been studying and working with dreams for more than 12 years. She has a Bachelor of Arts degree in Psychology from Brock University in Ontario and has been giving Dream workshops since 1983.

Box 248, Vernon, B.C.
V1T 6M2 - Phone 545-4194

Healing House Hours

Saturday & Sunday
9 am to 4:30 pm

This year we offer
TWO Healing Rooms

- * One...for Reiki
- * Two...for a variety of
Alternative Healers.

Everyone is Welcome.
Stop by, Rest
and get
Energized.

The healings are free.
Drop in, if we are free we'll
take you right away
or
make an appointment.
Flip Charts will be in both rooms
for anyone wishing to.

If you're in a workshop
that isn't for you,
Feel free to quietly exit and
take a break.

Try

- ✓ Experiencing a Healing
- ✓ Check out the the Festival Store
- ✓ Visit the Networking Space
- ✓ or join in the Children's Festival

**All WORKSHOPS are on
a first come basis**

Sunrise Ceremonies

Stretching, Yoga, Tai Chi, in the GYM

Saturday & Sunday morning
6:45 to 7:30 am

Festival Store

Bring your homemade crafts, books,
tapes, etc. to sell (10% of sales to Festival)
Prices must be clearly marked

Open

- Friday - 6 pm to 10 pm
Saturday - 7 am to 7 pm
Sunday - 7 am to 1 pm

Networking Space

is provided at McLaren Hall for anyone
wishing to leave brochures, displays,
magazines, information about groups etc.
See Laurel at the Store.

Jam Session in the Loft

Saturday - 5 pm to Midnight
Bring your Voices - Bring your Instruments
Muffins, apple juice and herb teas for sale

Festival Committee for 1991

Festival Organizer

Angele Rowe 492-0987

Entertainment Co-ordinator & Festival Store
Laurel Burnham 496-5259

Workshop Leader Co-ordinator: Judy Byer

Children's Festival Co-ordinators
Dave Cursons, Urmi Sheldon & Daryl O'Neill

Registration Co-ordinator

Marion Walters 493-3697

or write: #304, 894 Weyburn St, Penticton, B.C. V2A 6A9

Sponsored by:
The KiKwillie
Festival Society



The Children's



Festival

D. CURSON

POLARITY

CRAFTS

MEDITATION

April 27 & 28th, 1991

A WONDERFUL EXPERIENCE
of
WELL PLANNED ACTIVITIES

MUSIC MAKING

COOPERATIVE
GAMES

for Children ages 3 years and up

NATURE WALKS

DANCING

YOGA

ENVIRONMENTAL
AWARENESS

Cost is
\$25.00 for the Week-end

STORY
TELLING

CLOWNS

or

\$15.00 each day

FOLKLORE

MAGIC

JUGGLING

Schedule for the Children's Festival

For ages 6 to 12 year olds

TIME	Saturday	Sunday
8:45 to 10:15	Get Acquainted Name Tags Tour Introduction to Arts & Crafts Areas	Earth Magic with Vicki Allen Songs about Animals with Joan Smith Crystal Magic with Sealia Play with the Stars with Peter Morris
10:30 to Noon	Touching Nature with Peter Duryea Circle Dances with Day Star Having Fun with Your Dog with J. Jacks Understanding Life with the Millards	In Chair Massage with Cecile Begin Tag Ball with Henry Dorst Dancing the Dragon with Fae Shaw Fun with Yoga with Sid & Linda
LUNCH		
1:15 to 2:45	Being Powerful (Drums) with Yellow Bear Animation with Lorraine Chan Free Play with Don Manchester Juggling for Balance with Dale Jukes	Polarity for Fun with Margaret Lambert Clowning Around with Celeste Crowley Nature Walk with Netta Zeberoff Fill your Body with Helium with W. Hunt
3:00 to 4:30	The Story of Buddha with Sharon O'Shea Fun with Feet with Chris Shirley The Healing Child with Laara Bracken Sharing with Friends with S. Rempel	Sing-a-long Parade Preparation Pick-up & Pack-up Hugs & Farewells

Plus Ongoing Activities...

- ...Inside... the Woodworking & Craft Tables
- ...Outside... Sports, Games, Trampoline, Juggling

For ages 3 to 5 year olds

	Saturday	Sunday
8:45	Get Acquainted Circle	Songs about Animals with Joan Smith we'll join the 6 to 8 years old
10:30	Self Expressions on Video with Patti & Bill	Balloon Animals with Christina Budeweit
LUNCH		
1:15	Drumming with Yellow Bear, we'll join the 6 to 8 yr. old group	Herb Walk with Netta & Hank we'll join the 6 to 8 yr. old group
3:00	The Life of Buddha with S. O'Shea we'll join with the 6 to 8 yr. old group	Getting Ready for the Parade

Plus...many other activities, games, stories and sing-songs.

The Grand Finale is the Pied Piper Parade to the Gym

Schedule for the Teen's Festival

	Saturday	Sunday
8:45 to 10:15	How to be your own Best Friend with Kooty (Jon-Lee Kootnekoff) Our body is the temple of our being. If we destroy our temple, where will we worship? Join Jon-Lee for a playshop of creative, thinking physical and mental exercises.	Handwriting Analysis with Angele Rowe A general interpretation and understanding of the various traits used when writing or printing. This amazing science can help you to understand your moods and your friends. It will offer much insight into your potential ability for work and play.
10:30 to Noon	Consensus for Teens with Marie Wells. In this workshop we will discuss the basic principles of consensus decision making and some practical "how-to" on making it work in your group or family.	What do I want to be? with Marilyn Waram Using the ancient gods and goddess' for the basis of understanding - YOU! Each mythic God/Goddess describes a personality type. Which one are you?
Lunch		
1:15 to 2:45	Life Lines with Kalawna. This playshop will explore the various lines of your hand and what they mean.	What are Spirit Guides with Maureen Blaine-White They are beings that are always with you. Learn about another part of yourself. Use this awareness to make your life better.
3:00 to 4:30	Come Play with Me with Chris Morrison. Together we will set the scene for some environmental situations of YOUR choice, and each of you will take part in the scene!	Making "Exercise" fun! with Joan Casorso Learning how to integrate various exercise forms into daily life in a fun and innovative and safe way.

★ **TEEN WORKSHOP SPACE** is a little white and blue house, to the left of McLaren Hall. Exact location is on the map.
 ★ **Teens are welcome to attend any of the Adult Workshops.**

*** Pictures and background information about your Instructors are included in the AdultWorkshop Leaders..... pages.

FOOD

FOOD

FOOD

FOOD

As with all the Festivals there are many choices to make. Last year we offered a Hospitality House as an alternative to the Naramata Conference Kitchen. It was so popular we have arranged for Joseph & Dorinda Enzenspenger to return and cook once again.

So, now you must choose:

- The Naramata Conference Kitchen, where the food is prepared by the Naramata Chef, it's always great tasting, the tables are in rows and under a roof.
- The Hospitality House where the setting is a little less fancy, probably outside under a tarp but the food is homemade and truly vegetarian.

Meals MUST be PRE-ORDERED!

When sending in your Registration Form please indicate which meals you require and whose cooking you prefer.

Meal Times

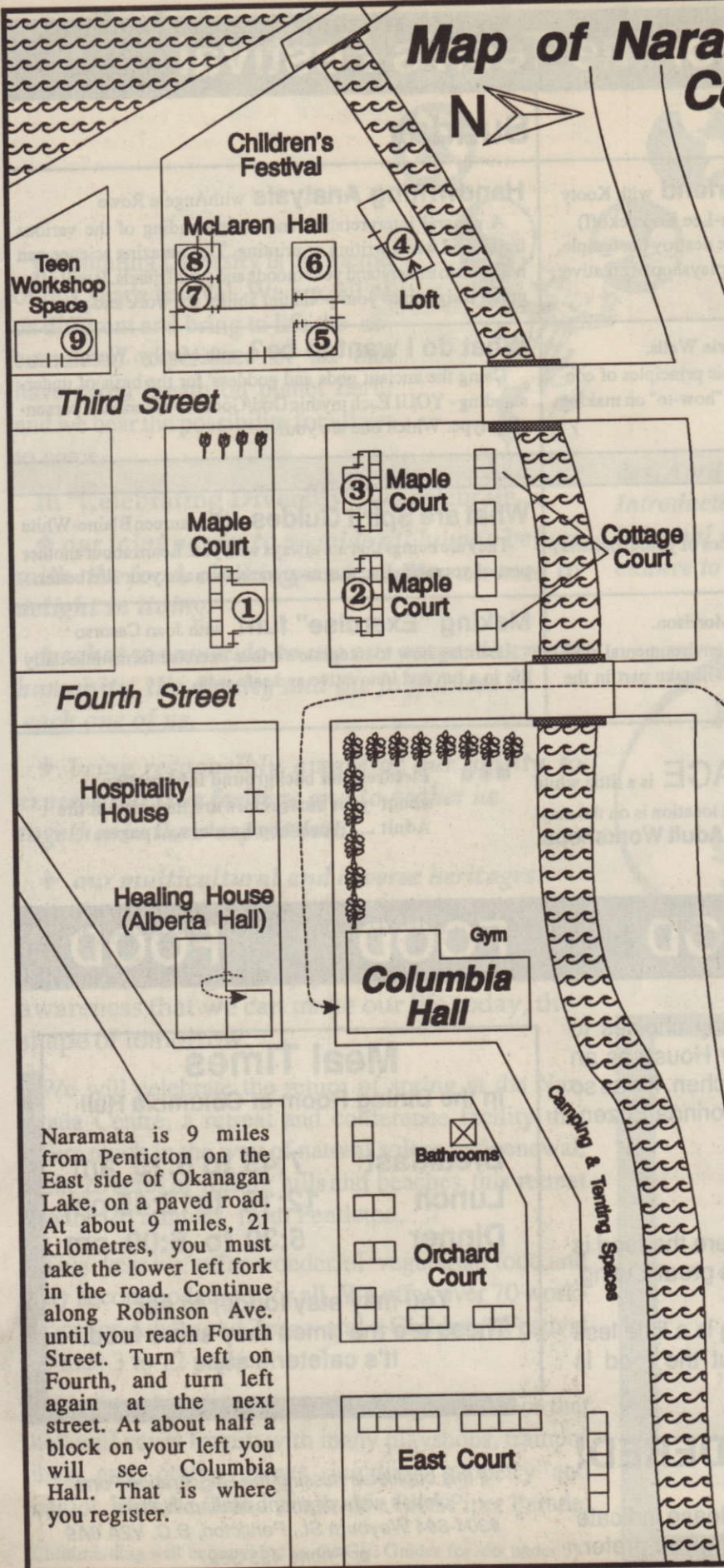
in the Dining Room at Columbia Hall

Breakfast 7:45 to 8:15 am
Lunch 12:15 to 12:45 pm
Dinner 5:30 to 6:00 pm

You may stay longer to eat
 These are the times they serve food.
 It's cafeteria style

If this booklet is missing the Registration Form please write or phone Marion Walters #304-894 Weyburn St., Penticton, B.C. V2A 6A9 or Phone 493-3697

Map of Naramata Centre



is
in the
basement
of
McLaren Hall

Workshop Spaces

- ① Maple Court 1
- ② Maple Court 2
- ③ Maple Court 3
- ④ Loft
- ⑤ East Wing
- ⑥ North Wing
- ⑦ South Wing 1
- ⑧ South Wing 2
- ⑨ Teen Workshops
- ⑩ Columbia Hall

Columbia Hall has

- Registration Area
- Festival Store
- the Naramata Conference kitchen
- Gym



From Pentiction

Naramata is 9 miles from Pentiction on the East side of Okanagan Lake, on a paved road. At about 9 miles, 21 kilometres, you must take the lower left fork in the road. Continue along Robinson Ave. until you reach Fourth Street. Turn left on Fourth, and turn left again at the next street. At about half a block on your left you will see Columbia Hall. That is where you register.

Spring Festival of Awareness

April 26, 27 & 28, 1991

REGISTRATION FORM

Name(s) _____

Address _____

Town _____ Prov. _____

Code _____ Phone No. _____



Adult Festival Fees

	<u>Week-end</u>	<u>One Day</u>
BeforeApril 15th	\$70.00	\$40.00
Registering at the Door	\$75.00	\$45.00

Children's Festival Fees

\$25.00 per child for the week-end or \$15.00 for either day

(for children ages 3 to 12 years)

Family Rate3rd child, etc. \$15.00 ea. No late fees for children.

Child _____ Age _____

#2 _____ Age _____

Day Care is available for children under 3 cost is \$10.00 per day.

Teenager's Festival Fees

\$ 40.00 for teenagers for the week-end or \$25.00 each day.

13 to 19 years old. No late fees for teens. Teens may attend adult workshops or the special teen workshops

★ *The Children's Festival is looking for helpers, we offer an exchange..... Help us with the kids one day, then you can attend the second dayFree.*

MEALS....REQUIRED

Please check off whatever is required. Adult food prices are for children 11 years and older. Children prices are for ages 3 to 11 years olds.... (under 3 free).

Meals **MUST** be pre-ordered!

Meal packages.....Adult \$33.00 _____ Child \$21.00 _____

Includes all the meals listed below.

You have a choice this year... Where to eat.. At the "The Hospitality House" where the setting is a less fancy, probably outside and very informal but the quality is truly homemade and vegetarian, our cooks are Joseph & Dorinda Enzenspenger Or the Naramata Kitchen where the food is prepared by the chef, it's always great tasting, the tables, in rows & under a roof. Your choice but you must choose, **NOW!** Meal by Meal description in the ISSUES magazine.

The Naramata Conference Kitchen or The Hospitality House

Individual Meals	Saturday	Adult	Child
Breakfast		\$5.50 _____	\$3.50 _____
Lunch		\$6.50 _____	\$4.50 _____
Dinner		\$11.50 _____	\$7.00 _____
	<u>Sunday</u>		
Breakfast		\$5.50 _____	\$3.50 _____
Lunch		\$6.50 _____	\$4.50 _____

ACCOMMODATION....REQUIRED

No. of Adult _____ No. of Children _____ (for Friday _____ for Saturday _____)

Information about rates and choices in the ISSUES...page 46

Preferred Choice & Estimated Cost.

Maple Court \$ _____ East Court \$ _____
 Cottage Court \$ _____ Orchard Court \$ _____
 R.V. Space \$ _____ Tent (no power) \$ _____

REGISTRATION TOTALS

Registration Fees	\$ _____	(_____ Adults _____ Children _____ Teens)
Meals	\$ _____	
Accommodation	\$ _____	
Total amount owing	\$ _____	Deposit appreciated
Amount enclosed	\$ _____	Refunds available till April 15th, 1991
Amount left owing	\$ _____	Make cheques payable to The Spring Festival of Awareness

Mail to: Marlon Walters #304, 894 Weyburn Street, Penticton, B.C., V2A 6A9