

Spring Festival of Awareness '93



Embracing Transformation

April 23, 24, 25, 1993

at
**Naramata Centre
near Penticton**

YOUR Spring Festival of Awareness Crew



Laurel Burnham
*Mistress of Ceremonies
Director of Ambiance*



Urmi Sheldon
*Children's Festival
Coordinator*



Jan Stickney
*Registration
Coodinator*



Angele Rowe
*Spring Festival Doer
& Official Hugger*



Daryl O'Neill
*Master of
Physical Realities*

EMBRACING TRANSFORMATION

We feel that this year's theme accurately reflects our belief. That in the acceptance of change in our lives we will realize more of our potential on earth. In doing this willingly we also quicken our spiritual growth. We also understand that this will have a positive effect on those we love and the world we live in.



Elaine Fournier
*Festival Store
Manager*



Judy Byer
*Instructor & Volunteer
Coordinator*

Week-end Schedule

7:45 - 8:15	Breakfast
8:45 - 11:45	Adult Workshops Children's Festival
12:15 - 12:45	Lunch
1:15 - 4:30	Adult Workshops Children's Festival
5:30 - 6:15	Dinner

FRIDAY ...only

- 1 pm** Registration starts - Soup kitchen open
- 7 pm** **Opening Ceremonies & Introduction of Workshop Leaders**
- 9 pm** Healers Get-together - facilitated by Marsha Warman, a time to share !!
- Children's Festival Volunteers Meeting
Festival Store Opens
- 9:30** Loft Jam starts .. Informal musical get-together

SUNDAY ...only

- 3:30** Children's Musical Cornucopia starts.
Lawn in front of the Gym...Everyone Welcome!
- 4:30** Closing Circles & the Festival Give-away
The Gym & time to say your good-byes.

SATURDAY & SUNDAY AM

6:45 - 7:30 am - Sunrise Ceremonies

- Tai Chi** with Harold Naka in the Gym
- Joy Yoga** with Nateshvar in the Loft
- Dynamic Meditation** with Urmi Sheldon
in the **North Wing**
- Moving & Meditation** with Lynne Mündel
in the **South Wing**

SATURDAY NIGHT

- 7:30** **Saturday Night Entertainment** or
Workshop #48 - The High Path - Part 2
with Marsha Warman ** must have taken the Sat. afternoon
workshop with her. In the Sessions Room.
- 9:15** **Guitars, Piano & Sing-songs - Loft**
Drums & Dancing - Gym OR
- Evening Workshops**
- Workshop # 39 - Kyrie Jardin - North Wing
Injuries to the Cervical Spine - a seminar for Bodyworkers
- Workshop # 44 - Sid Tayal - South Wing
Transformation through Acupressure
- Video - Sessions Room
- 11:30** Quiet Time.

FESTIVAL STORE

Every year, the Spring Festival Store is a busy and popular place. Festival goers find themselves with enlightened wallets, after a delightful browse through the wide variety of craft items, books, herbs, jewellery and tee shirts for sale.

In order to accommodate all those who would like to sell items through the store, we must ask that you reserve your table space in advance. In order to do that, you must:

1. Be a registered festival participant, either workshop leader, festival goer, or volunteer.
2. Send for a registration form for space in the store. In return, the Spring Festival Store folks will take good care of you, and your goods which you intend to sell.

To send for a registration form, or more information about display space, please call **Angele Rowe at 492-0987** or write to: **Spring Festival Store, c/o Angele Rowe at #304-973 Forestbrook Drive, Pentlcton B.C. V2A 2E9**

MEALS

All Meals must be pre-ordered ... except Friday
We will have Soup & Sandwiches available all day.
We will have a Herbal Teas, Coffee available FREE during the breaks with Muffins available for sale in the Tea Rom

Everyone needs to bring their own Cup.
There will be NO Styrofoam Cups on site.

NEED A BREAK ?

All the Healers on Site offer FREE mini Sessions to the Festival participants. This year we offer 3 rooms: the Reiki House, & two rooms in Alberta Hall for the Alternatives, one for quiet work and one for the talking healers. The Meditation Room is in Alberta Hall. plus we will have a Display & Demonstration Area.

Remember if you are in a class and it doesn't suit you, please just leave quietly and check out another class, providing it doesn't have a sign on the door that it is full.

Jan Stickney is the Registration and Accommodation Coordinator.
If you need to phone to cancel, change or confirm this Registration Form ...
please call her at 492-0522. For other inquiries phone Angele 492-0987 (Pentlcton)

Workshops & Workshop Leaders

The workshop numbers correspond to the numbers on the overall schedule

Workshop # 01 A Healing Vision

Join us to co-create a vision of a healthy harmonious future on planet earth. Our focus is to design collectively a clear, living picture, personally, for our groups, and the system as a whole. Participation essential. Bring a pillow and/or blanket.



Peter Duryea

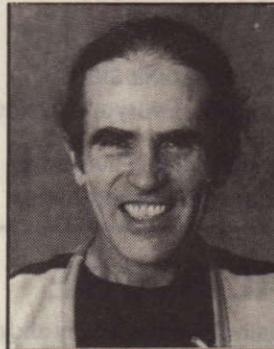
Box 23
Gray Creek, BC, V0B 1S0
Phone 227-9469

Background

Currently active in community building through a spectrum of initiatives, from local to provincial, Peter has been emphasizing the need for a collective visioning process to rise above our habitual focus on problems and polarities in order to create a healthy future.

Workshop # 02 Making Peace Men & Women

Ending the oldest war. Peace in our homes. Men and women must make peace. We will work the "Medicine Wheel" to find out how!



Yellow Bear

RR 1, Site 6, Comp. 13
Winlaw, BC, V0G 2J0
Phone 226-7258

Workshop # 03 Personal Sexual Responsibility Men Only

Facing the real enemies - anger, fear, guilt, grief: take off the masks. Honesty, strength, integrity: allies of a spiritual warrior.

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 Visionquest in the Hopi traditional lands. My guidance and study came from the elders and teachers of many different tribes and traditions.



Joan Casorso

2190 Bartley Road,
Kelowna, BC, V1T 2M7
Phone 769-7424

Background

Joan, a native of Kelowna, has been studying and teaching body/mind fitness for 15 years. Joan teaches all ages, able and disabled persons alike and welcomes you to this fun innovative body/mind fitness workshop.



Workshop # 04 Circle of Integration

This Strong, Stretched and Centered Workshop focus is to promote the balance of male/female energy in our body/mind and daily lives. We will integrate movement, sound, balance, breath and laughter with the assistance of live drummers.

Brock Tully

706-2222 Bellevue Ave,
West Vancouver, BC, V7V 1C7
Phone 922-8440



Background

I am the author of 4 'Reflection' Gift Books that have sold over 100,000 copies (12,000 is a National Best-Seller) Simon and Schuster features them in their winter 1992-93 catalogue and chose me as their author to speak in New York at their annual convention. I was the first person to ride a bicycle across North America in 1970. I tour nine months of the year around North America as a motivational speaker - Also musician, magician, college coach.

Workshop # 05

Listening to and Following our Hearts

A Multi Media presentation (through slides, music, magic and juggling) intended to bring us more in touch with our one voice full of love and away from the many voices in our head that teach fear! based on Brock's 'Reflection' books

Workshop # 06

Relationships - a lot of 'Heart' Work

A Multi Media presentation (through slides, music, magic and juggling) intended to leave us seeing and feeling that relationships really don't take any work at all - the real 'challenge' is getting back in touch with our 'own' hearts. based on Brock's 'Reflection' books

Melonie Old

4 B 1304 4 St SW,
Calgary, AB, T2R 0X8
Phone 403-269-3397



Background

As a professional kinesiologist I have been in practice for six years working specifically with emotional stress. In the last year I have pioneered this work into the 'super conscious' level of clearing energy. The result has been the discovery of actual integration of the higher self into the physical body.

Workshop # 07

Vital and Universal Life Forces

This is a detailed lecture on the electro-magnetic energy field that teaches you about the aura, chakras, yin/yang polarity and how your life force flows.

With that understanding you can also learn how you can open up to become a clear channel to access energies from the universal life force.

Workshop # 08
The Laughter Remedy

Learn how and why humour is important to reduce tension, generate energy and enhance rapport with others. Develop practical tools to improve your laugh life. A chance to experience the joy of playing and laughing together, a celebration of people and life!

Workshop # 09
Brain Gym

Learn simple movements to enhance brain capacity and integration. Considered by the American National Learning Association to be one of the most innovative education systems for the 90's. Excellent skills for educators or anyone wanting to improve their coordination abilities.



Carla Rieger

3131 W. 29th Ave
Vancouver, BC V6L 1Y5
Phone 737-2381

Background

Carla Rieger has been a facilitator across North America for the past years promoting the healing powers of laughter and play. She is also an Educational Therapist dealing in whole brain integration for enhanced performance. Her background is in psychology, educational kinesiology, career counselling, radio announcing and comedy improvisation.

Workshop # 10
The Healing Power of Rhythm

Learn the fundamentals of rhythm. Together we will explore the importance of rhythm and its relationship to the many facets of our lives. The focus will be on hand drumming. It will be an exciting and interesting workshop for the beginner as well as the more advanced drummer. Please bring your drums, shakers and percussion instruments. Some drums will be supplied.



David Thiaw

Box 447,
Invermere, BC, V0A 1K0
Phone 342-3510

Background

David is foremost a remarkably talented percussionist and performer. He is also an engaging story teller, composer, teacher and linguist. Since moving to Canada in the seventies he has worked with some of Canada's top entertainers. He is a Master Drummer from Senegal, Africa. Last year's festival goers were thrilled with David's talent as a performer/teacher.

Workshop # 11
Feldenkrais Awareness through Movement® #1

Experience the wonderful way in which your body can reorganize itself to move more fluidly. An easy-to-remember lesson with gentle movements that you can do at home to relieve back ache and stress or simply feel more flexible. Please wear comfortable clothing and bring a mat or blanket.

Workshop # 12
Feldenkrais: Awareness through Movement® #2

You don't have to have back pain to benefit from Dr. Feldenkrais's lessons: we all develop movement habits that can be improved to make moving a joyful experience. As your body opens up so do you, for you and your body are one. Please wear comfortable clothing and bring a mat.



Helen Purkis

801-2370 West 2nd Ave,
Vancouver, BC V6K 1J2
Phone 731-3029

Background

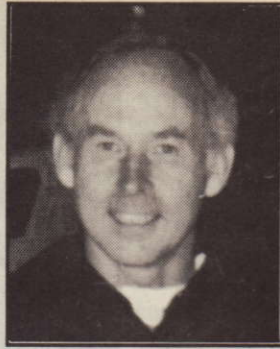
A former professor of French Helen was bent double with arthritis when someone at a workshop suggested Feldenkrais. Her mobility gradually improved, she no longer looked 20 years older than she was, and she finally decided to take the Feldenkrais training to help others. She now has a private practice and teaches classes in Vancouver.

Chris Muendel

2420 Parkview Drive,
Kamloops, BC V2B 7J1
Phone 579-9926

Background

Chris is a Family Physician for over 20 years, specializing in teaching patients that the self is the Healer. Hypnosis, Acupuncture, Family Counselling; leading Stress Management, Self-hypnosis, Cancer-Hope groups and Sexual Abuse Workshops. Kamloops based, living with writer-mystic Lynne and four teenagers.



Workshop # 13

The Healing Journey

Hypnosis, Regression, Dreams can be accessed to further one's own evolution, as for example healing sexual abuse, the wounded psyche in any of life's crises, divorce, separation and marital conflicts.

Same workshop repeated on both days

Lynne Mündel

2420 Parkview Drive,
Kamloops, BC V2B 7J1
Phone 579-9926

Background

Lynne Mündel has been a transformational teacher, counsellor and group facilitator for eleven years. She is also an authoress, has been a registered nurse, is raising four children and has co-founded a transformational community in Kamloops.



Workshop # 14

Becoming Ourselves

The Transformational journey is a process of revelation and discovery of the natural self. This is a multi-dimensional journey in consciousness and requires relationship. However, most relationships of our time are truly unconscious and actually impede the transformational journey. This hour and a half provides a glimpse into the quality of relationship that augments and catalyses psychic opening.

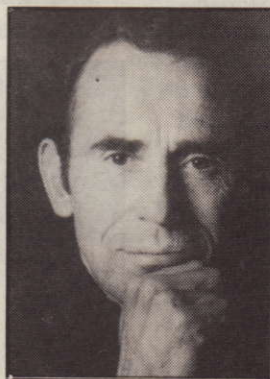
Same workshop repeated both days

Peter Nunn

1800 Midgard Ave
Victoria, BC V8P 2YF
Phone 721-4482

Background

Dr. Peter Nunn was a general and orthopedic surgeon for fifteen years before leaving conventional surgery to explore wholistic health. For ten years he and his wife, Heather ran a Stress and Pain Clinic in Victoria that dealt with stress related illnesses and chronic pain. Currently and for the past two years he has been involved in aspects of Cancer therapy. He recently co-authored a book titled Paradox and Healing that looks at chronic pain and offers new insights into their origin, their meaning in our lives and the paradoxical opportunity they present for profound and far-reaching healing.



Workshop # 15

Paradox and Healing

In this workshop we will deal with the central paradox, logically 'life' shouldn't exist and clearly does. With the help of some mythological stories we will explore how paradox is central to healing and that denying paradox is a potent cause of illness.

Workshop # 16

Cancer Option

This workshop focuses more specifically on cancer as an illustration of denied paradox and the disease process. We will also deal with the exciting options for therapy that exist and explore the issue around these different therapies. Both these workshops complement each other.

Workshop # 17

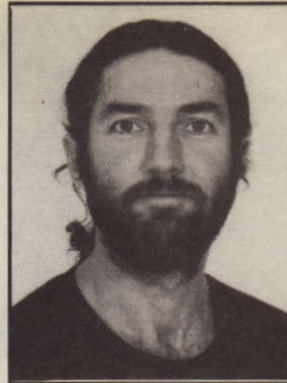
Joy Yoga

This class brings together into an experience the vastness and diversity of yoga and its varied styles. Joy and freedom of movement a key characteristic, the body moves through a flow of postures that awakens the energetic spine and makes light the heart and mind.

Workshop # 18

Joy Yoga - Yogassage (Partner Yoga)

This workshop provides an experience of yoga in union with another. Expanding and offering the body of light to love and healing. Through stretching, rocking, massaging, spine to spine we come together. Go beyond your limits, double your stretch, double your fun.



Nateshvar

Box 54,
Westbridge, BC, V0H 2B0
Phone 492-0987

Background

Nateshvar has taught his Joy Yoga and Danskinetics™ workshops and classes throughout Canada, USA and Europe. Innovator of Toronto's first Dancerciser studios in 1976, certified Kripalu Yoga Teacher, he combines the deep body-mind awakening techniques from yoga discipline, with the fun spontaneous and creative western approach of Fitness and Wholistic Health.

Workshop # 19

Active Meditation

The first two stages of this meditation activate latent body energies, increasing circulation and maximizing freedom of movement. The silent stage is a gentle shift into meditation. Originating in India - created by the eastern mystic Osho. This technique is a great introduction into that illusive state of meditation. Please wear comfortable clothes, bring a blanket and do not eat or drink before the class.



Urmi Sheldon

RR #1
Naramata, BC, V0H 1N0
Phone 496-4234

Background

Urmi has travelled extensively in India. Her experiences at the Osho Commune International are a positive influence on her everyday life. To combine the magic of the East and the Live, Love, Laugh of the west is the essence of her practice. Urmi is the Children's Festival of Awareness coordinator.

Workshop # 20

Celebrating Maleness

Men and Boys ONLY

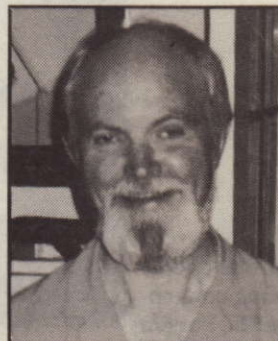
POSITIVE Maleness embraces a wide range of choices, but focuses on inner and outer dynamic of balance and harmony, enhanced awareness of challenges and limits, nurturing of self and others, and respect for positive femaleness. We will explore these choices through stories, chants, songs and dances.

Workshop # 21

Women's Opportunity - Men's Dilemma

Women and Men

As women achieve full personhood, men's monopoly on status is challenged. Unaccustomed to viewing their role-definitions and responses are CHOICES, many men retreat into resentment, confusion and life-denial. Together we will explore this major transistion and its repercussions.



Dave Nordstrom

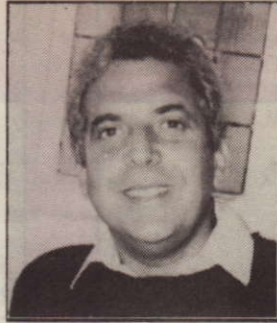
Box 113,
Falkland, BC, V0E 1W0
Phone 379-2466

Background

Dave has presented a variety of transformational workshops across Canada since 1976, and has been involved in men's consciousness-raising since 1972. Recently resettled in the N. Okanagan/Shuswap, he has established the N.O. Men's Transition Groups and is currently developing the Shuswap Men's Resource Centre.

Arnold Porter

1270 Balmoral Rd
Victoria, BC, V8T 1B3
Phone 360-0637



Background

Arnold is a senior Jin Shin Do Acupressure teacher with a Master's Degree in counselling. He teaches all levels of Jin Shin Do, is an Associate of Meridian Holistic Healing Centre in Victoria, and teaches acupressure and counselling at the Canadian College of Acupuncture and Oriental Medicine. He has spent the last ten years developing a synthesis of acupressure and counselling.

Workshop # 22

Using Jin Shin Do Acupressure to Recover the Lost Self

Our true Self is often lost to us, walled away behind layers of tension that hold back authentic emotions that once-upon-a-time were not OK to express or even feel. This workshop explores, through lecture and hands on experiment, the process of releasing bodily tension to discover the Deep Self. We will give and receive the Jin Shin Do Neck & Shoulder Release as a way of getting in touch with our deeper more knowing self.

Angele Rowe

#304-973 Forestbrook Drive,
Penticton, BC, V2A 2E9
Phone 492-0987



Background

Angele has studied the art of handwriting for five years now and is a certified graphologist. She gives permission to all attending her lectures to experiment with their writing for change can happen in either direction. As you change ... your handwriting changes or ... you can practice writing differently and become that person.

Workshop # 23

Brain Writing

The hand is but a tool that the brain uses to express in code what is being stored in its memory banks. Learning to decode and decipher the graphics will help you to understand yourself and others just a little better. This fast paced seminar will teach the basics plus some hands-on analysis as time allows.

Harold Hajime Naka

977 Coronation Ave
Kelowna, BC,
Phone 762-5982



Background

Harold is a Taoist Rebel, Zen Reject, Dancing Dragon and a wandering derelict searching for a home in his heart. He loves to play, dance and share Tai Chi. His master for the past four years has been daughter Tsuki. Harold is a legend in his own mind.

Workshop # 24

Spontaneous Combustion Tai Chi Playing

This is what happens when we are in moment with our body, mind, spirit. Come to dance, play and laugh with the Tai Chi Dragon and learn to fly without wings. No previous experience needed, only an open mind and your body.

Workshop # 25

Healing Journey Moving Beyond Therapy

We will explore the way, where we are no longer obsessed with the darkness, and a higher love-making sweeps us upwards. By seeing through direct insight the nature of our suffering, are we able to bring compassion into our lives and open the door to spontaneously play the infinite-divine game. This workshop looks at our spiritual, psychological practice in a honest, open and playful way.

Sunday Morning		Sunday Afternoon		
8:45 to 10:15 am	10:30 to 11:45 am	1:15 to 2:45 pm	3:00 to 4:30 pm	
<p>#25 HAROLD NAKA Healing Journey - Moving Beyond Therapy</p>		<p>#03 YELLOW BEAR Personal Sexual Responsibility - Men Only</p>	<p>#18 NATESHVAR Joy Yoga Yogassage (Doubles Yoga)</p>	LOFT
<p>#06 BROCK TULLY Relationships A lot of Heart Work</p>	<p>#15 PETER NUNN Paradox & Healing</p>	<p>#12 HELEN PURKIS Feldenkrais Awareness through movement - # 2</p>	<p>#08 CARLA RIEGER The Laughter Remedy</p>	NORTH WING
<p>#42 DONALD CARLSON Past Life Recall - The Connecting Chord to Personal Transformation</p>		<p>#14 LYNNE MÜNDEL Becoming Ourselves</p>	<p>#13 CHRIS MUENDEL Healing Journey</p>	SOUTH WING
<p>#26 MARIAH MILLIGAN Changing Yourself - Changing the World An Introduction to Shaman Dreaming</p>		<p>#45 CAROLE CLEMENT Making your Dreams Happen</p>	<p>#50 THEODORE BROMLEY The Crystal Connection</p>	SESSIONS ROOM
<p>#36 DIANE PATTEN Authentic Movement</p>		<p>#10 DAVID THIAW The Healing Power of Rhythm</p>		GYM
<p>#40 DOE GREGOIRE Backyard Herbs</p>	<p>#31 TAMMIE O'RIELLY A Course in Miracles</p>	<p>#43 SHARON O'SHEA Astrological Mandala</p>		MAPLE COURT #1
<p>#49 THEODORE BROMLEY Huna Healing</p>	<p>#21 DAVID NORDSTROM Women's Opportunity Men's Dilemma</p>	<p>#23 ANGELE ROWE Brain Writing</p>	<p>#34 ANNE HARRISON-FOSS Journaling for Change</p>	MAPLE COURT #2
<p>#32 HENRY DORST Geomancy/Feng Shui of your Home</p>	<p>#38 KYRIE JARDIN Detoxification and Rejuvenation, not Medical Intervention</p>	<p>#29 CECILE BEGIN A Healthy Colon A Healthy Body</p>	<p>#33 HENRY DORST Geomancy of your Bioregion</p>	MAPLE COURT #3
<p>Introduction to Reiki Linda Allen</p>				REIKI ROOM

Workshop # 26

**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 the ancient Hawaiian Shaman ways of the adventurer. We will explore the Hawaiian Shaman art of dream work, interpreting dreams, dream change and daydreaming using a vivid type of imagination. It is all a dream and we can change the dream. Bring a dream or a waking-life experience you would like to change.



Mariah Milligan

S4, C 58, RR 5,
Vernon, BC, V1T 6L8
Phone 545-4194

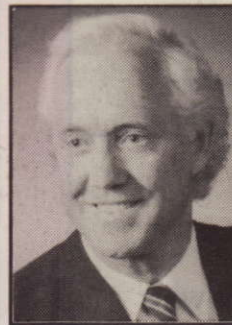
Background

Mariah is a writer and a lecturer who has been giving dream workshops since 1984. She has a Bachelor of Arts Degree in Psychology from Brock University in Ontario and is certified as a Registered Professional Counsellor with the Counsellor Training Institute in Vancouver. Mariah operates a private counselling practice in Vernon.

Workshop # 27

A World in Transition - The Politics of Change

Our material world is dominated by money and debt and we are racing toward a global economic collapse that is destined to trigger social, political, cultural and spiritual changes unparalleled in world history. It's all inter-connected. The exponential curve of debt is symbolic. It contains an explosive quality that will launch us into a new dimension of consciousness; one that will break down rigid old world patriarchal structures and move us into a gentler more compassionate era. You are invited to explore the tools each of us have at our disposal right now to empower us during the challenging transition from dominance to synthesis.



Dennis Milligan

Box 248,
Vernon BC, V1T 6M2
Phone 545-4194

Background

Dennis was co-founder of Vernon's Sunbow Centre and the Okanagan Society for Wholistic Living. He has a background in International marketing and finance. He trained in London with a Merchant Banking firm of international repute and spent twenty years living and working in India, Hong Kong, China

Workshop # 28

Stay Young & Healthy with Juicing

Find out why we juice our vegetables and fruits, how much juice you can take safely and how it helps your health, energy, weight and relief from scores of common ailments.



Cecile Begin

RR1, S-16, C-5, 150 Brent Rd.
Peachland, BC, V0H 1X0
Phone 767-6465

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. 9 years ago, I opened my own clinic in Ontario and started helping people to understand their bodies. I am still studying and now have a private practice in Peachland.

Workshop # 29

**A Healthy Colon,
A Healthy Body and a Healthy Mind**

Tired of being tired? Tired of being Sick? How do we know if we have a toxic colon? What can we do about it? We will show how the eyes (Iridology) show the condition of the body.

Tammie O'Rielly

RR 4, Lakeshore Rd,
Kelowna, BC V1Y 7R3
Phone 764-4032



Background

Tammie has been actively involved in the personal/spiritual growth and wholistic health fields for many years. A student/teacher of A Course in Miracles for over a decade, she helped found the first ACIM organization in Canada. Tammie currently has a private counseling practice "Perceptions" based in the Dolphin Centre in Kelowna where she also facilitates workshops for women with weight issues.

Workshop # 30

Enlighten Up! Transforming Self/Body Image

A workshop for Women with Weight Issues. This seminar is about learning a new way of relating to food, your body and yourself. It is about embracing your inherent perfection! You will learn how to lose what isn't working and gain new tools for self transformation.

Workshop # 31

A Course in Miracles Transform your Perception-Transform your World

This is an introduction to what has been called the most important spiritual document of this century. Learn about its remarkable history, how it is studied, what it says and most importantly what it doesn't say. This workshop is perfect for the curious beginner as well as the more advanced, confused student who would like further clarity.

Henrie Dorst

3719 West 8th Ave,
Vancouver, BC V6R 1Z2
Phone 732-1128



Background

Henrie is well-known throughout BC and Western US as an author, bio-energy specialist, healer and dowser. He hopes to assemble a modern day version of the ancient art of Geomancy, based on the reality of the power of place, which the earth Gaia makes available when humans treat her right.

Workshop # 32

Geomancy/Feng Shui of your Home

Integrating our homes and actions with local "Spirit of Place" also facilitates human transformation. The principles of Western Geomancy and its Oriental counterpart Feng Shui will be applied to typical Interior BC homes. Samples: Geopathic Zones, your home's energy mouth, luck, health and heart.

Workshop # 33

Geomancy of your Bioregion

"Earth Acupuncture: rituals, stones, monuments at proper times and places, dowsing - all these can bring spirit into accord. Could this be the missing ingredient in environmentalism?"

Anne Harrison-Foss

RR 1,
Lumby, BC V0E 2G0
Phone 547-9798



Background

I have been involved in metaphysical and intuitive arts for 25 years as both student and teacher. I presently work as a counsellor and teacher with groups and individuals using Art Therapy Psychodrama and Myers Briggs Type Indicator.

Workshop # 34

Journaling for Change

Outlining of various journal styles to help us discover inner patterns and techniques for using journaling to make wanted changes in our lives.

Workshop # 35

Art Therapy for Discovery and Change

Some basic techniques for using art therapy to discover our barriers to change and also to overcome these barriers. Non artists please come as I draw only abstract and stick figures. Bring paper and crayons if you have them.

Workshop # 36

Authentic Movement

Authentic Movement is a process which includes both a mover and a witness. With eyes closed, the mover takes an inward journey, allowing subconscious material to rise and be known. Moving is about experiencing oneself more fully. Witnessing is the practice of seeing self and others without judgment, projection or interpretation. This is an experimental workshop where we'll work in pairs and each person will have an opportunity to move and be witnessed, share process, then switch to be the witness.



Diane Patten

4 East 14th Ave,
Spokane, Wash 99202
Phone 509-838-5413

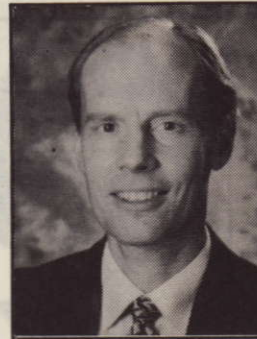
Background

Diane has a private practice in counseling and massage therapy in Spokane. Her group work has focused on the journey of being a woman in the world today. She has done a daily practice of yoga and meditation for 19 years. Her challenge and her teachings embrace the importance of authentically living our lives and finding the sacred way.

Workshop # 37

**Tools for Social Change I
Vegetarian Information for your
Community**

Facts, figures, pictures, stories, slides and videos to impact your community to go vegetarian. If you're interested in impacting your community and encouraging people to become born-again eco-converts, this class is for you.



Kyrie Jardin

4 East 14th Ave,
Spokane, Wash 99202
Phone 509-838-5413

Background

Dr. Jardin is both a Chiropractor and Naturopathic physician who practices in Spokane, WA. In his workshops he draws from didactic information coupled with a spiritual commitment to improve our world in which we all live. His life's goal is to find the Medicine Man in the Business Suit.

Workshop # 38

**Tools for Social Change II
Detoxification and Rejuvenation, not Medical
Intervention**

An old concept brought from the European traditional Nature Cures was one of cleansing or detoxification programs to strengthen the body and encourage health. Today we live with the 'crisis-intervention' mode of health care where we treat the sick part rather than 'embracing transformation' in our bodies, mind and spirit. Come, listen, share your thoughts and inspire one another to affect our own home towns and perhaps our future.

Workshop # 39 - Sat. evening class

**Tools for Personal Change
'Injuries to the Cervical Spine' a seminar for
Bodyworkers**

Do you treat physical problems? Do you know all you need to know about trauma to the cervical spine and the short-term and long-term effects? Come and brush up on some anatomy and pathophysiology. Information and tools for educating yourself and your clients.



Doe Gregoire

Gen Del,
Cawston, BC V0X 1C0
Phone 499-2952

Background

I co-own and operate The Four Winds Herb Farm and certified organic orchard and farm since 1988. My knowledge comes from a combination of study with master herbalists, graduating from the Dominion Herbal College (1979). I specialize in formulating and combining herbal preparations such as herbal tinctures, salves, and syrups using my organic or wild crafted herbs.



Workshop # 40

Medicinal Uses of Backyard Herbs

Have you noticed a plant growing in the corner of your yard or garden? Have you wondered what it is and what significance it might have or what you could use it for? In this workshop I will identify and explain the virtues of some of these hardy plants. I will share applications and usefulness of unwanted weeds. We will brew a cup of tea so you can see, smell and taste the textures, colors and richness. Please bring your own cup!

Donald D. Carlson

Box 873, Spokane,
Wash, 99210
Phone (509) 625-6095



Background

Donald D. Carlson is a new age teacher who utilizes old and new-age truths to assist people to seek and find their potential by discovering the hidden resources of their inner being. Don draws from a broad background of modalities, including dream work, (active and passive), music induced guided imagery, past life recall work, gestalt and psycho-drama, animal totem work, color and mandalas, and other altered states of consciousness.

Workshop # 41

Transformation

Its all right there in your Dreams -
but what does it mean?

An Experiential Workshop - no Admittance once the workshop begins.

This workshop provides a basic introduction to working with one's dreams; understanding the dream cycle; dream journals; dream symbology; why dream dictionaries are useless. Dreams are the universal language and experience of man on his earth journey. Many gifts for all of mankind (for example - the sewing machine) have come, and will continue to come through dreams. Learning to interpret one's dreams enables a person to contact and continue a lifelong relationship with the "Resident" psychic within in, and follow the guided, golden path to "Transformation!" This is a 2 hour class and will run late.

Workshop # 42

Past Life Recall

The Connecting Chord to
Personal Transformation

An Experiential Workshop - no Admittance once the workshop begins.

An "Experiential" workshop designed to assist you to remember Past Lives in the various parts of the Earth using classical music and other methods of "Altered States of Consciousness" to awaken past life recall. The "Key" to personal transformation lies in examining and perhaps healing injuries (past and present life) to your psyche. Your own "Psyche" will set the agenda for whatever in-sights you need to experience at this time to assist you on your current transformational journey through the Earth' plane.



Workshop # 43
Astrological Mandala

I would like to initiate and guide an astrological mandala in which we will all participate. After which we have an open forum to discuss any astrological questions/ideas under the Sun. Finishing with a guided meditation and inspiration of light.



Sharon O'Shea

Box 917,
Kaslo, BC, V0G 1M0
Phone 353-2443

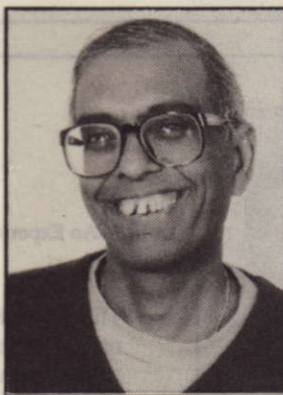
Background

Sharon lives and plays in Kaslo, BC and has been studying Astrology for 25 years. She is a Tibetan Buddhist Meditator and Candlemaker.

Workshop # 44
**Transformation through
Acupressure**

Through the knowledge of this oriental body work technique each person can help his/her self and/or friends to transform their reality and experience a richer quality of life. Hands-on workshop, exchanging bodywork incorporating meridian and acupressure points to balance energies.

** Saturday Evening Workshop



Sid Tayal

Box 300,
Rossland, BC, V0G 1Y0
Phone 362-9481

Background

In 1978, Sid created the Centre for Awareness and co-created the original Festival of Awareness that started in the Kootenays. Sid is now a full time bodyworker and counsellor in the Chinese 5-Element Theory, Acupoint, Acupressure, Polarity, Reflexology, Nutrition, Past Life Regression, Meditation and Emotional Attitudinal Counselling. Sid is involved in an Acupressure Certification Program.

Workshop # 45
Making your Dreams Happen

What is keeping you from doing, being or having what you want in your life? If time, money or fear were no object what would you do? Learn Carole Clement's 7 steps to success. Dare to Dream!

Workshop # 46
Romance in the 90's

Find out how to make great impressions with the opposite sex. Understand how your basic constitution (body type) and your birth order affect your relationships. Find out what "Romantic" means to men and more!



Carole Clement

Box 121,
Bowen Island, BC, V0N 1G0
Phone 947-0169

Background

Carole Clement is a bilingual relationship and wellness counselor, a writer and broadcaster. She had been teaching Communications for the past 15 years in Canada, France and the US. She has a series of tapes available including The Zen of Flirting and Lullaby to Adults. She has recently married the man of her dreams and lives in an idyllic and peaceful setting a few minutes from downtown Vancouver.

Marsha K. Warman

839 Manhattan Drive,
Kelowna, BC V1Y 1H6
Phone 868-0446



Background

I have spent twenty years studying wholistic health, esoteric religion, transmutation, transformation and alchemy through the embodiment of the Christic and divine principle in life and the healing arts.

I have been a student, teacher and healer blessed with many opportunities to share and work with others in the healing and mastery of their personal lives.

Workshop # 47

The Wheel of Life

Rebirth and transformation through bonding and union with our spiritual essence. Healing our mental, emotional and physical bodies by releasing blocks to changing. Processing without reliving trauma using it when you have it - working from the subtle to the mundane.

Workshop # 48

The High Path - Healing our Subtle Bodies

Sat Night 7-9 pm (only available if you took *The Wheel of Life* class)

Working from the cause, changing the effects. Claiming our intuitive powers and ability to know on a personal level. A more indepth look at the spiritual dynamics behind our daily lives. How they picture our need for transformation. Inner work that needs to be done and how to do it. Past lives, the purpose of embodiment, the key to progression and evolution of the soul. Bonding spirit to soul communication and union - a transformational process.

Theodore Bromley

RR 1, S 13, C 7,
Enderby, BC, V0E 1V0
Phone 836-7686



Background

Theodore was first introduced to the writing of Max Freedom Long, and therefore to Huna in the early 1970's. He was an active member of the Huna Fellowship in Alberta and has just established a fellowship in Enderby, where he now lives. His interest in crystals has been ongoing since a small boy. He has actively been researching the "power" of crystals as aids to spiritual, emotional and physical healing since 1987.

Workshop # 49

Huna Healing

This workshop will include a meditation, a lecture on Huna teachings, deep breathing, chanting, visualization and will incorporate many Huna principles. The object is to show how small groups of people can become powerful Huna Healing Centres in their communities.

Workshop # 50

The Crystal Connection

Through utilizing the power within, we will demonstrate the mineral kingdom's affinity with us. We will show how these crystals and stones can be applied as tools for both our individual transformation and for the planetary transformation.

Laurel Burnham

Site 55 - C 50, RR 2
Penticton, BC V2A6J7
Phone 492-7717



Background

I am a feminist, mother, writer, ritualist and lover of life. I have been participating in studying, creating and conducting rituals for the past ten years. My most important work involves empowering women in an active search for our Divine Selves. I have also been involved for the past 5 years, as part of the main organizing collective for the Spring Festival of Awareness.

Workshop # 51

Changing Woman

for Women Only

In this workshop we will invoke and honour Changing Woman. Through the wheel of life of the year we will examine the many changes of a women's life; through the Spring time of Birth, the Summer of Youth and Menarche, the Harvest of Pregnancy and Motherhood, the Autumn of Menopause and the Winter of Old Age. We will explore and share ways to create our own rituals and ceremonies to honour these passages in our lives and in the lives of our daughters, sisters, mothers and friends.

Children's Festival of Awareness





The Spring Festival of Awareness



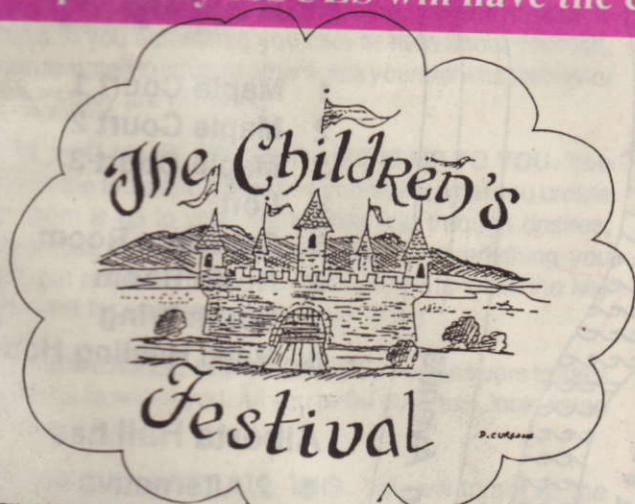
Register Early if you wish Accommodation !
Refunds available till April 10th.

Early Bird Rates in effect till March 23

Register by mailing in the Registration Form to:
Jan Stickney, 241 Brandon Ave, Penticton, BC, V2A 3S5 - PHONE: 492-0522

For information about working as a Healer or Volunteer
We offer a trade ... Give-a-day & Get-a-day
please phone for more information ... Angele Rowe 492-0987
or write ISSUES, #304 - 973 Forestbrook Drive, BC, V2A 2E9

The April/May ISSUES will have the complete Children's Festival Program



Fun, Excitement and Freedom

The Children's Festival of Awareness is an alternative experience for children 3 years and up. Two separate programs for 3-5 years olds and 6-12 year olds keep every one occupied with suitable activities. There are always at least 3 choices for the 6 & up age group. Independence and freedom to choose are granted each individual. Our programming consists of out-door games, arts and crafts, wood working, trampoline plus many exciting workshops - similar to the Adult Festival. We also have some programming for teens and the teens have the special privilege of participation in any of the Adult or Children's Activities. I look forward to meeting your children at this years Children's Festival of Awareness. We also have a few wonderful volunteer opportunities for both Teens and Adults. Please let us know if you would like to volunteer by phoning Angele 492-0987

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 Sessions Room
- 6 North Room
- 7 South Wing
- 8 Reiki Healing House

- Alberta Hall has**
- 2 Alternative Healing Rooms
 - Meditation Room

- Columbia Hall has**
- Registration Area
 - Naramata Kitchen
 - Festival Store
 - Gym & Tea Room

Naramata is 9 miles from Penticton 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.

From Penticton

Spring Festival of Awareness

April 23, 24 & 25, 1993

REGISTRATION FORM

Adult(s) _____	Children & Teenagers _____
_____	Age _____
Address _____	Age _____
Town _____ Prov. _____	Age _____
Code _____ Phone No. _____	Age _____

		<u>Week-end</u>	<u>One Day</u>
Adult Festival Fees	Early Bird, before March 15th	\$80.00	\$50.00
	Late (March 15th to April 23rd)	\$90.00	\$55.00
	Registering at the Door	\$100.00	\$60.00

Children's Festival Fees	For Children ages 3 to 12 yrs	\$40.00	\$25.00
	No late fees for children.		
	Childminding for under 3 years. (Childminding by the hour ... \$2.50/hour)	\$30.00	\$20.00

Teenager's Festival Fees	For ages 13 to 19 years.	\$50.00	\$35.00
	No late fees for teens.		

REGISTRATION TOTALS ...all prices include GST

Festival Fees

___ Adults @ _____ = \$ _____

___ Children @ _____ = \$ _____

___ Teens @ _____ = \$ _____

Meals

___ Adult Meal Packages \$ _____

___ Child Meal Packages \$ _____

___ Individual Meals \$ _____

Accommodation Please transfer info. from other side \$ _____

Total amount owing \$ _____

Amount enclosed \$ _____

Amount left owing \$ _____

50 % deposit required

Refunds available till April 10. After April 10 refunds of 75% on Registration Fees and none on Cabins or Meals
Please make cheque payable to the.....Spring Festival of Awareness and send c/o:
Jan Stickney, 241 Brandon Ave., Penticton, B.C., V2A 3S5. For more info.....phone Jan Stickney 492-0522

MEALS....REQUIRED ?

Adult food prices are for children 11 years and older. Children prices are for ages 4 to 10 years olds.... (under 3 free).

Meals **MUST** be pre-ordered before April 10th, 1993.

MEAL PACKAGES

Adult .. all 6 meals \$49.00 _____

Adult .. first 5 meals \$36.00 _____

Child .. all six meals \$32.00 _____

Child .. first 5 meals \$24.00 _____

Individual Meals	Saturday	Adult	Child	Total
Breakfast	\$5.50	_____	\$4.00	_____
Lunch	\$7.00	_____	\$4.75	_____
Dinner	\$13.00	_____	\$8.00	_____
Sunday				
Breakfast	\$5.50	_____	\$4.00	_____
Lunch	\$7.00	_____	\$4.75	_____
Dinner	\$13.00	_____	\$8.00	_____
				Transfer total \$ to front.

Please decide now if you want to stay after the Closing Ceremonies on Sunday night or leave for home at 5:30 pm !

The food must pre-ordered. Otherwise there are two restaurants nearby.

We will have Muffins & Cookies available for sale in the Tea Room ... Opening at 6:30 am and staying open till 5 pm. It will be upstairs above the Gym. Please bring your own MUG, there will **not** be styrofoam cups available.

Coffee, Tea & Juice is included in the registration fee this year & will be available at various locations all day during the breaks.

ACCOMMODATION....REQUIRED ? YES _____ NO _____

No. of Adults _____ No. of Children _____
 Both Nights _____ or Friday night only _____ Saturday night only _____

COST OF ACCOMMODATION

- Maple Court Private \$50, A couple \$55, 2 single people \$60, 3 people 65.00 ... per night.
- Alberta Hall Private \$30, 2 single ladies \$40 - We can arrange the sharing.
- Cabins 3 people \$65, 4 people \$75, 5 people \$80, each additional person \$5
 Families get a 15% discount on the Cabins. Family = Parents & Children, not relatives.
- R.V. Space \$18 per night - includes electrical hook-up
- Tent \$13 per night .. no power- R.V. & Tent spaces have a central bathroom with shower and a kitchen/picnic area.

The accommodation spaces fill very quickly, they are on a first come, first served basis.

We do have a variety of cabins to rent, if you have been before and have a preference and your application is in early enough we will try and accommodate .. but no guarantees. We will take into consideration how many family or friends are in the group, and assign the appropriate sleeping space. If you intend to cook your meals, please say so.

Maple Court is new & deluxe, it has 1 double & 1 single bed, & private bath No cooking facilities.

Alberta Hall ...is a Dorm, 2 single beds, bathroom down the hall. For Ladies only. No cooking facilities.

Cabins East Court, Cottage Court or the Royal Anchor Motel, all have kitchens

East Court - blue & white cabins past the gym, Cottage Court ... older cabins on the creek behind Maple Court.

Royal Anchor Motel ... about 5 minutes walking distance from the site. (2 or 3 blocks)

or make arrangements yourself at the:

B.C. Motel (604) 496-5482
The Village Motel (604) 496-5535

Preferred Accommodation ... _____ Need cooking facilities? _____

Maple Court _____, Alberta Hall _____, A Cabin for _____ people, RV space _____ or Tent _____

The Cost _____

We will confirm by mail or phone what we have reserved for you.

Jan Stickney is the Registration and Accommodation Co-ordinator ... If you need to phone to cancel, change or confirm this Registration Form ... please call her at 492-0522