

A FAMILY EVENT



April 22, 23 & 24th, 1994

The 16th Annual

# Spring Festival of Awareness

Naramata Centre, near Penticton, BC

# YOUR Spring Festival of Awareness Crew



**Laurel Burnham**  
*Mistress of Ceremonies  
Director of Ambience*



**Jan Stickney**  
*Registration  
Coordinator*



**Angèle Rowe**  
*Spring Festival Doer  
& Official Hugger*



**Urmi Sheldon**  
*Children's Festival  
Coordinator*



**Daryl O'Neill**  
*Master of  
Physical Realities*



**Sue Montgomery**  
*Hospitality  
Coordinator*



**Judy Byer**  
*Instructor & Volunteer  
Coordinator*



**Elaine Fournier**  
*Festival Store  
Manager*

## \*\* IMPORTANT INFORMATION \*\*

### MEALS

On Friday we will have Soup & Sandwiches for sale.

All Meals for Saturday & Sunday must be pre-ordered.

Herbal Teas, Coffee & Juices are available FREE all week-end.  
Everyone must bring their own Cup.

### FESTIVAL STORE

Every year the Festival Store is a busy and popular place. In order to accommodate all those who would like to sell items in either of our TWO stores, or want display space, we ask that you phone Elaine at 496-5938 before March 20th for details and she will mail you the forms.

### CREATING SACRED SPACE

Each year we ask your assistance in creating Sacred space which resonates with all our energies. Please feel free to bring a small quantity of earth, water, or flowers. Natural objects from where you live or any sacred objects you wish to share with us for the week-end are also welcome.

### MUSICAL INSTRUMENTS

Please bring them, especially your drums & percussion instruments

### VOLUNTEERS

Each year we need a few more volunteers that are willing to work one day of the festival in exchange for registration fees. Teens and Adults are welcome to phone Angèle at 492-0987 for more information about which positions are still open.

### HEALERS & READERS

If you are a Reiki Practitioner, Psychic reader, (i.e. Tarot, Palmistry) or do Bodywork/Massage and want to work at the festival give Jan a call: 492-0522.

We offer a trade "Give-a-day & Get-a-day"

### A REMINDER

To dress casually as many of the classes are experiential, there will be dancing, drawing, lying down etc.

Bring your favorite cushion or blanket as well as your rain hat and sun hat.

Please don't forget your travelling mug as there will be NO Styrofoam cups on site.

This is a family oriented, environmentally friendly weekend.

If you are in a class and it doesn't suit you, please .... just leave quietly and check out another class, as long it isn't full.

If you need to cancel, change or confirm your registration form phone Jan at 492-0522

# WEEK-END SCHEDULE



*The Dances of Universal Peace will open and close the Festival.*

*This year our leader will be Anáhatá International Instructor of the Dances from Seattle, Washington.*

*Please arrive before 7 pm on Friday and be part of the energy.*

## FRIDAY

- 1 pm **Registration Starts** & the Soup Kitchen opens
- 7 pm **Opening Ceremonies**  
Dances of Universal Peace  
Introduction of Workshop Leaders

## SATURDAY

- 6:45 - 7:30 am - Sunrise Ceremonies
- 8:45 - 4:30 pm - Adult Workshops  
Children's Festival
- 7:30 - 9:00 pm Saturday Night Entertainment
- 9:15 - 10:45 Drumming / Dancing Workshops

## SUNDAY

- 6:45 - 7:30 am - Sunrise Ceremonies
- 8:45 - 4:30 pm Adult Workshops  
Children's Festival
- 4:30 - 5:15 pm Closing Circles  
Festival Give-away

## SUNRISE CEREMONIES

6:45 to 7:30 am Saturday & Sunday

Lucie Therrien	Yoga Motion	Loft
Dave Nordstrom	Men's Spirit Gathering	Lake
Hajime Naka	Tai Chi & Chi Kung	Gym
Urmi Sheldon	Active Meditation (Osho Style - Sun. only)	South Wing
Lynne Mündel	Meditation	North Wing

## SATURDAY EVENING WORKSHOPS

9:15 - 10:45 pm

Workshop # 35 <b>PETER NUNN</b> Paradox & Healing Sessions Room	Workshop # 15 <b>MELONIE OLD</b> Applied Kinesiology South Wing
Workshop # 10 <b>BRIAN LYNN</b> Reflex Yoga Loft	Workshop # 46 <b>MARSHA WARMAN</b> Past Lives North Wing



**SATURDAY NIGHT ENTERTAINMENT**  
in the GYM

7:30 - 9 PM  
plus

**LIVE AFRICAN DRUMMING**

9:15 - 10:45 PM

*Everyone welcome to come shake it up!*

# Workshops & Workshop Leaders

The workshop numbers correspond to the numbers on the overall schedule

## Workshop # 01

### Spring Renewal - Dancing with the Green Man and the Goddess

From the beginning of time. Spring has been a season of purification, rejuvenation and renewal. Early in human history this took the form of celebrating the Goddess and the Green Man. We will explore this time of renewal through sacred Dances of Universal Peace honoring these traditions. We co-create the sacred atmosphere where the many faces and aspects of the divine can enter and be with us in healing and celebration. All are welcome; no prior experience necessary. (1½ hrs.)



## Anáhatá Pauline Moore

2508 N.W. 87th Street  
Seattle, WA 98117  
Phone (206) 789-5172

Anáhatá Moore is an accomplished Dance leader and musician, composer, educator and instrumentalist. She has taught the Dances on four continents. She is focusing a project on Peace in the Middle East, and co-led a Dances of Universal Peace pilgrimage to Syria, Jordan, Palestine and Israel in September 1993. Anáhatá is producing a documentary about the power of the Dances in citizen diplomacy and global peace making. Her spiritual practice is Vipassana meditation and the Dances. Her music reflects and evokes the natural world within and without. Her compositions and improvisations deepen awareness and facilitate healing and have been featured at many spiritual, deep ecology, feminist and children's events.

## Workshop # 02

### Help Save the Earth 3 Times a Day

It is estimated that there are currently over 10 million vegetarians in North America. Many choose this dietary lifestyle due to concerns of health and disease prevention. Others are motivated by their concern for the animals. Others still are concerned about the impact of animal factory farming methods on our environment. The workshop will include a special 30 minute presentation of the award winning PBS video "Diet for a New America" and will help you to understand why more and more people are choosing to limit or exclude animal products from their diets. (1½



## Francis Janes

c/o EarthSave, Box 34277, Stn. 'D'  
Vancouver, BC V6J 4N8  
Phone 731-5885

He serves as Vice-President and Director of Canada EarthSave Society, a non-profit educational group that promotes awareness of the health, environmental and ethical consequences of our food choices. Francis made the transition to a plant based diet in 1990 and has enjoyed the benefits of a vegan lifestyle for 3 years. Originally from Corner Brook, NFL, Francis has been a resident of Vancouver since 1968.

## Workshop # 03

### Introduction to Reiki

The Usui System of Reiki is a natural healing art using the Universal Life energy for assisting our healthy bodies, minds and spirituality. Reiki involves the attunement to the Energy and the laying on of hands. (1½ hrs.)



## Glenness Milette

Box 1066  
Elko, BC V0B 1J0  
Phone 529-7719

Glenness is a Master of the Usui System of Healing with Reiki. She raised five children and thoroughly enjoys her four grandchildren. Glenness does workshops on Reflexology and Acupressure Therapy. Her goals are toward Love, Light and Laughter for all of mankind.

## Judy Armstrong

Box 973  
Nanton, Alberta T0L 1R0  
Phone (403) 646-5519

Judy Armstrong, N.T.S., B. Mus., is an international singer, actress, musical director, composer and workshop facilitator with over twenty-five years of experience working with thousands of people around the world. In July 1993, she released her recording, "Inside of Me." Composed and sung by Judy, the music of this unique album touches the heart of your essence, the child within, and gently calls to all those who are seeking the doorway to their own songs.



### Workshop # 04

## Journey to the Oneness of Your Sound

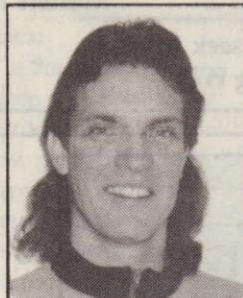
Within you is a voice so pure, so beautiful and so in tune, that when you are willing to open to the wonder of your sound and breathe into the moment, you can experience a connectedness to All That Is. The illusion of pain, fear and disease fades away and all that remains is You, Being in the Light of Oneness. Give yourself and others the opportunity to hear who you are!

(No previous voice training necessary to participate) (3 hrs.)

## Mark Bossert

R.R.#5, S-1, C-7  
Kamloops, BC V2C 6C2  
Phone 573-3474

Mark has over a decade of experience in construction and is the first certified Earthship builder in Canada. He has experience conducting seminars and public speaking. The Earthship workshop is also scheduled for the University college of the Cariboo in March 1994 and articles in the Cottage magazine and Harrowsmith.



### Workshop # 05

## Earthships

This workshop will introduce a high tech, easy to build home, built from recycled materials, requiring no heating or cooling, generating its own power and waste disposal, growing vegetables year 'round and costing 40% less than conventional housing. Experienced, certified Earthship builder Mark Bossert will use video and slides of existing houses to explain these unique, environmentally responsible and affordable homes. (3 hrs.)

## Annette Deib

223 - 31 Avenue NE  
Calgary, Alberta T2E 2G1  
Phone (403) 276-1987



### Workshop # 06

## Mindful Awareness

A workshop to explore the F.M. Alexander Technique and the process that it can offer to assist you to become aware of habitual patterns that may interfere with the natural grace and co-ordination you knew as a child. A vital tool for stress management and prevention of injury, the Alexander Technique is a method of self help that can offer a path to self-discovery. This will be an experiential workshop with some fun and laughter included. (1½

Annette is a Certified Teacher of the F.M. Alexander Technique, with certifications in Massage, Acupressure, Reflexology and Reiki, who has a private practice in Calgary. She has a background in visual arts, in administration and curation and as a studio potter. Her focus is on offering a process that can open doors of self exploration for others. Annette's present passion is African Drumming.

### Workshop # 07

## This Business of Breathing

An experiential workshop designed to explore the breath through the process offered by the F.M. Alexander Technique. Do you ever "run out of air" when you're speaking or singing? Some people strive to allow themselves to become more open to life but often don't allow the full amount of breath that is available to them to fill their lungs or try to make the breath happen. Join me to explore another aspect of the wisdom of the Bodymind. Please bring a blanket and two one inch thick paperback books. (1½

Workshop # 08  
**Triggers of Release**

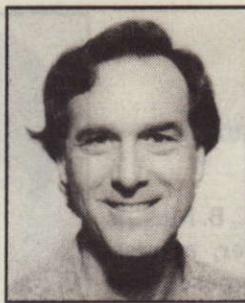
This class will introduce you to a number of "magic movements" which are triggers of release for the neck, shoulders, upper back, lower back and pelvis. Muscles will lengthen without stretching. (1½ hrs.)

Workshop # 09  
**The Sensation of Yourself**

Through touch, movement and directed attention, you will cultivate the "sensation of yourself". As this self-perception becomes more complete and accurate, it forms the foundation of a personal identity grounded in non-judgemental as-is-ness. The "sensation of yourself" is an important resource for navigating life. (1½ hrs.)

Workshop #10  
**Reflex Yoga**

Through movement and directed attention we will seek to reawaken the reflex responses to gravity. **\*\*Sat. evening Wksp**



**Brian Lynn**

2114 Oregon Street  
Victoria, BC V8R 3V3  
Phone 598-8992

After a degree in philosophy and many years studying yoga and the world's spiritual phi-

losophies, especially Buddhism, a tree planting accident which crushed my right ankle resulted in the beginning of sixteen years study of somatic education methods. I have taught for ten years in Victoria (and elsewhere). The approach to yoga which I originated - Reflex Yoga - was profiled in the Nov-Dec 1992 Yoga Journal. I am a certified teacher of Feldenkrais Method & Masters Psychophysical Method.

Workshop # 11  
**Becoming Ourselves**

We have all known moments when we are fulfilling Life's deeper purpose. To turn these moments into a way of life we learn to listen to the vibrational current that moves through us; we learn to be vulnerable, open, available. This workshop catalyzes and centers a level of consciousness that enhances relationships, health and our quality of life. (1½ hrs.)

**\*\*Same workshop repeated both days.**



Lynne is offering a  
Meditation Class  
both mornings  
for Sunrise Ceremonies.

**Lynne Mündel**

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

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 # 12  
**Meditation with the Self**

Guided meditations as a journey through our physical body and subtle bodies. Each are experienced for the purpose of strengthening, aligning and harmonizing their "energy flow states" to be of healthy vibrancy. (1½ hrs.)

Workshop # 13  
**Meditation with the Soul**

Guided meditation experienced as a journey through the temple of the Soul. Allow your own "open sound" to join with the whole and harmonize within the "Synthesis State", a state of higher mind and light frequency. (1½ hrs.)



**Troy Lenard**

519 Silica Street  
Nelson, BC V1L 4M8  
Phone 352-3012

I've been involved in Metaphysical Psychology since 1974. This path has led me to explore my Dreams and Symbology, Astrology and Numerology, Tai Chi and Qui Gong, Reflexology and Shiatsu. More recently I have found helpful friends in Aromatic Essences and Gemstones as healing tools. I've been privileged to share with groups in England, Mexico, Australia and New Zealand.

## Melonie Old

4B 1304 - 4th Street SW  
Calgary, Alberta T2R 0X8  
Phone (403) 269-3397

I am a specialized kinesiologist working specifically with emotional stress. For four years I have been pioneering the work of the "Super conscious" level of clearing energy. My practice is in Calgary but I travel throughout BC lecturing and giving private sessions.



### Workshop # 14

## The 12 Chakra Electric Body

A detailed look at the electro-magnetic energy field that teaches you about the aura, chakras, yin/yang polarity and how your life force flows. With this understanding your access to your Higher Self energy becomes clear and permanently available. Anytime! (3 hrs.)

### Workshop # 15

## Applied Kinesiology

Focused understanding on what "Precision Muscle Testing" is. How it works and what it can be used for. (1½ hrs.) \*\*Evening Workshop.

## Brock Tully

#313 - 950 Drake Street  
Vancouver, BC V6Z 2B9  
Phone 687-1099

Brock has a Bachelor of Education (P.E. and Psychology). He has been a recreation therapist in psychiatric wards and a crisis centre and drug rehabilitation counsellor. He is a song writer, musician, album producer, film writer, motivational speaker, and author of four "Reflections" books "Coming Together," and "With Hope We Can All Find Ogoogo."



### Workshop # 16

## Reflections - for living life fully

Brock will share a potpourri of euphemisms from his "Reflections" books and through slides, music (songs he's written) and even magic & juggling he hopes to show the importance of following our own hearts. (1½ hrs.)

### Workshop # 17

## Communication - a lot of 'heart' work

Often in relationships we struggle to convince, change, or control others. Through a multi-media presentation of slides, music and even juggling & magic, Brock will share his journey in rediscovering his own heart. "...when we communicate we see that our likenesses are greater than our differences....when we don't communicate we're more likely to 'only' see our differences." from "Reflections...for sharing dreams" (1½ hrs.)

## Joan Casorso

R.R. #6, Casorso Road  
Kelowna, BC V1Y 8R3  
Phone 769-7424 or 860-2834

Joan is a native of Kelowna, has been teaching movement to people of all ages for over 15 years. Influenced by African & native traditions, Joan integrates story telling with dance movement, along with drum, percussion and vocals.



### Workshop # 18

## Inner Rhythms Drums, Dance & Vocals open to men & women

A celebration of drum, dance & vocals for the body, mind and spirit. The focus is to create a sense of community thru rhythm, movement & voice. Bring percussion or light drums if you have them. Bring a mat or towel and dress comfortably or in flowing clothes. (3 hrs.)

Workshop # 19  
**Countdown to 2000**

What astrology reveals about the last seven years of the millenia. The labours of Hercules compared to the transit of Uranus, the ruler of the New Age, through the signs of Capricorn and Aquarius. (1½ hrs.)



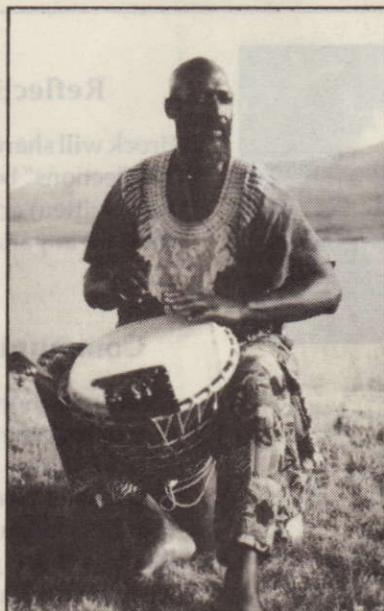
**Tela LaMer**

R.R.#1, S-5, C-8  
Keremeos, BC V0X 1N0  
Phone 499-2899

Astrology is the guiding light of my life. I received the basic training at the Rosicrucian Fellowship in Oceanside, California in 1975/76. Since then I have been studying, practicing and teaching this celestial science. I am now officially retired and enjoy having time for all I love.

Workshop # 20  
**One World,  
Many Rhythms**

Learn the fundamentals of rhythm and group playing. Using a variety of different drums and percussion instruments we practice a couple of songs. You will get a glimpse of hand-and-stick drumming called SABAR in my country. Please bring a 12" stick to the workshop and your drums, shakers and percussion instruments. We will be combining dance/movement, drumming and singing. (Some drums will be supplied.) (1½ hrs.)



**David Thiaw**

421-13th St, NW  
Calgary, AB, T2N 1Z3  
Phone (403) 270-7871

David is foremost a percussionist of remarkable talent. He is also an engaging story teller, composer, teacher, linguist and drum craftsman. He is a master drummer from Senegal, Africa. Since moving to Canada in the seventies he has worked with some of Canada's top entertainers. David and a few friends will be organizing the Saturday Night Drumming and invites everyone to participate. Please bring your drums and percussion instruments.

\*\*Same workshop both days

Workshop # 21  
**Inspirations**

Let's share with each other what has inspired us most on the path of life. Bring your favorite book or personal story. What has spurred us each on in our search of becoming a better person? By sharing, we may find new inspiration to keep us focussed on our journey through life. (1½ hrs.)



**Nora Jukes**

Box 251  
Robson, BC V0G 1X0  
Phone 365-6753

Looking for the spiritual essence that we each have in common, has been a way of life for me since finding my incredible parents fifty years ago. Teaching, healing, and gardening are my balance points this time around. I also found an amazing partner at the very first Spring Festival of Awareness!

## Josiane Venard & Pierre Desgroseilliers

#405 - 425 Simcoe Street  
Victoria, BC V8V 4T3  
Phone 386-7695

Josiane is a psychotherapist, gestaltist, with training in laughter and play therapy. She is a workshop leader on relaxation & laughter and author of "Venard's Technique" on cassette. She has a private office in Montreal and speaks to groups across Canada and next fall will speak in Europe.

Pierre has 25 years of teaching experience with training in laughter therapy and play therapy. He is a workshop leader on self-healing through laughter throughout Canada and next fall in Europe.



Workshop # 22

### Laughter, It's Serious

Learn to discover your real personality through laughter. Learn to identify when you use laughter to mask your emotions, attitude, and behavior. How do you use laughter to communicate with others - forced, contrived, spontaneous? How important is laughter in your personal and professional life? (1½ hrs.)

Workshop # 23

### Self-Esteem through Humour

This workshop focuses on how important it is to have a positive self-image and how we can improve our relationships. Parents and educators are welcomed. The recommended tools are: joy, happiness, humour. Our differences make a better world to live in. (1½ hrs.)

## Mariah Milligan

R R #5, S-4, C-58  
Vernon, BC V1T 6L8  
Phone 545-4194

Mariah facilitates a regular healing circle devoted to the Goddess within us all. She has a B.A. degree in Psychology, is a certified Registered Professional Counsellor and is presently enrolled in Master of Counselling Program. She is also certified as a hypnotherapist and runs a counselling practice in Vernon.



Workshop # 24

### Trustees of the Feminine Stewards of the Earth

Men & Women Welcome

The change is inevitable and critical for the unfolding of our highest good. Evolution is moving us into an era where the feminine principle will stand in a place of power alongside the masculine. In celebration of this change, men & women are invited to this experiential workshop to reconnect with the Goddess through the powerful tools of chanting, dancing, guided meditation, & prayer within the framework of ritual. It is time to bring healing to ourselves & reclaim our role as stewards to the Great Mother Earth who sustains us. In closing we will share ways to bring back ritual and the feminine principle to enhance our personal lives. Percussion instruments are welcome. (3 hrs.)

## Caren Miller

3903 - 14th Street  
Vernon, BC V1T 7N3  
Phone 558-3944

Caren was first introduced to the feminine aspect of the Divine in 1983 through the teachings of her Guru, Paramahansa Yogananda. The mother of two and a registered nurse, Caren believes chanting & music can alter our consciousness allowing deeper attunement with our spiritual selves. Caren has chosen each chant in the ritual for its musical & magical quality.



Workshop # 25

**Ayurveda:  
Understanding Your Constitution**

Investigate yourself in the qualities of your physical and mental bodies, your energy and you as consciousness. This workshop will give you an understanding of Ayurveda, the disease process and your constitutional type.

Workshop # 26

**Ayurveda:  
Balancing the Doshas**

To give you an understanding of how to apply Ayurvedic principles to balance your constitutional type and achieve optimum health. (Both wksps. 1½ hrs.)



**John Alton**

615 - 2nd Street  
Nelson, BC V1L 2L7  
Phone 352-6168

I trained with Dr. Vasant Lad and Swami Shyam. After experiencing the benefits of Ayurveda in my own life I began in 1990 teaching and consulting. Presently I facilitate a self healing support group, a conscious communication group and offer private counselling & hypnotherapy.

Workshop # 27

**The Road to Vibrant Health!**

Gain insight into living life with renewed health, vigor, and enthusiasm. Learn to make wise food choices, simplify your diet, lower your cholesterol and keep it down without medication.

Information: Premature aging, free-radicals, the immune system and how to strengthen it, which oils and margarines are safe, forbidden foods, detoxification & bypass surgery. This workshop will help you glean much vital information to assist you on your journey. (3 hrs.)



**Shirley Czaplicki**

#316 - 460 Buckland Avenue  
Kelowna, BC V1Y 5Z4  
Phone 862-2455

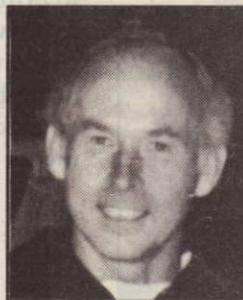
Shirley is a veteran in the Natural Health Care field. She has been a certified, registered Reflexologist for twenty years, and has studied Acupuncture, Electro-Acu-Point Therapy, Acupressure Massage, Iridology, Nutrition, Colon Therapy and taken Natural Health, Nutritional Technology, and Wellbeing courses from renowned people such as Dr. Bernard Jensen, Dr. William Klevos, Dr. Danica Beggs and Anne Wigmore. Shirley attended "The World Congress of Acupuncture and Natural Medicine" in Beijing, China where doctors and therapists from around the world gathered to share knowledge.

Workshop # 28

**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. (1½ hrs.)

\*\*Same workshop both days



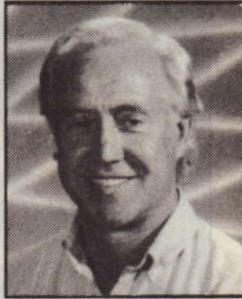
**Dr. Chris Muendel**

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

Chris has been a Family Physician for 23 years, specializing in teaching patients that the Self is the healer. Hypnosis, Acupuncture & Family Counselling are part of his Stress Management workshops. He also leads Cancer-hope groups and Sexual Abuse workshops. Chris lives in Kamloops with writer-mystic, Lynne and is the father of four.

## Dennis Milligan

6595 Henry Rd. RR#5, S-4, C-58  
Vernon, BC V1T 6L8  
Phone 545-4194



Dennis is editor and publisher of the Networker, an internationally circulated pamphlet that explores world debt and its impact on national sovereignty & personal freedoms! He lectures internationally & recently returned from England where he worked with groups involved in the pursuit of monetary reform and the revitalizing of obsolete political & economic models. Co-founder of Referendum Canada, he acted as a consultant in the drafting of Canada's first municipal by-law providing Citizen's Initiative Referendum & Recall.

Workshop # 29

## A World in Transition A Matter of Life or Debt

Our material world is dominated by money and debt - Patriarchy's most powerful tool of oppression. As we race toward an orchestrated collapse of global economies in preparation for the New World Order, it is time to recognize that even amidst the trauma of dying and decaying old structures, the seeds of a new beginning have already been sown. The coming crisis will provide exciting and self-empowering opportunities to fashion a sustainable future in a gentler, more altruistic and compassionate world. You are invited to share some of the peaceful, constructive and powerful solutions that are emerging around the world as we make the transition from dominance to synthesis. (3 hrs.)

## Angèle Rowe

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



Angèle has studied the art of handwriting for six years and is a certified graphologist. She gives permission to all attending her lectures to play 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 # 30

## Brain Writing

Like a candid photograph, snapped in an unguarded moment, your handwriting can say more about you than you think. No matter what you learn in school your handwriting will eventually take on your own personal style & become unique to the character you have become. This fast paced seminar will teach you the basic and do some hands on analysis. (1½ hrs.)

## Peter Hodsman

Box 430  
Christina Lake, BC V0H 1E0  
Phone 447-6642



Breath and its influence on the mind, body, emotions and spirit has been a focus of mine for twenty years now. I am a certified Neurolinguistic Practitioner and have done extensive personal work and training with Jack Painter, author, developer and international educator of Postural Integration.

Workshop # 31

## An Introduction to Postural Integration, Deep Tissue Bodywork & Emotional Release

Come and share, interact, receive and give into this dynamic vehicle for transformation. Peter will journey with you through the practical modalities that make Postural Integration a complete science of Bodymind. Topics covered will be:

- 1) What is armor - its impact on body, mind, emotions and spirit
- 2) The power of breath
- 3) Mental/emotional health and our relationship to fear.

(3 hrs.)

Workshop # 32

### Way of the Centered Warrior

The centered warrior's action comes from being peaceful, not by wanting peace. To be centered requires that one be present in the moment with a calm, open mind and a relaxed, aware body. This workshop will explore how we can bring these qualities into our practice in a playful, co-operative way. (1½ hrs.)

Workshop # 33

### Moving Through Space - The Joy of Tai Chi

As the bodymind is freed from restrictive tension, one experiences a natural, effortless way of moving that brings balance, harmony and grace into one's life. Come and discover how the principles of the internal arts can resolve our needs, so the dance of life can begin. (1½ hrs.)



### Hajime (Harold) Naka

825 Grenfell Avenue  
Kelowna, BC V1Y 5J3  
Phone 762-5982

Hajime is a Taoist rebel, spiritual adventurer and dancing dragon. In 1983 he rode his Zen motorcycle into the mountains of Colorado and had an enlightening encounter with an inscrutable Chinese sage. Thence to the valleys of New Mexico to see his "original face", only to discover a Zen reject. Ten years later he continues his inward journey with the founding of "Dancing Tao - Tai Chi," which is designed to cultivate a spiritual way of living using the principles and philosophies of the internal arts.

Workshop # 34

### Active Meditation

Fifteen minutes of shaking, fifteen minutes of dancing, fifteen minutes of standing and fifteen minutes of lying. This process is designed to awaken body energy and release blocks. Experience the freedom of movement and the beauty of stillness and silence. (1½ hrs.)

\*\*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

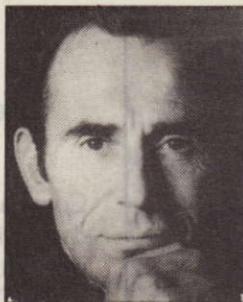
Urmi has been sharing with the Festival of Awareness for five years. Her experiences with meditation come from her time spent in India with mystic teacher Osho. These active meditation techniques were created for westerners as a holistic approach to body/mind/soul fitness. She is delighted to have this chance to share them with you.

Workshop # 35

### Paradox & Healing Mythology in Medicine

In this workshop we will explore some of the major paradoxes that are associated with chronic illness. We will use mythological stories to give both clarification and an experiential experience of these paradoxes. Healing on all levels is associated with a transformation of these paradoxes. (1½ hrs.)

\*\*Same workshop on Saturday evening.



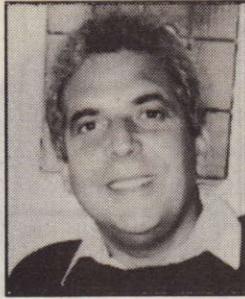
### Dr. Peter Nunn

Box 279  
Merritt, BC V0K 2B0  
Phone 378-2064

Dr. Peter Nunn trained as a general or orthopaedic surgeon and practiced surgery in Creston till 1980. On leaving Creston he co-founded with his wife Heather the Stress & Pain centre in Victoria (now called Meridian). Over the ten years running the centre he developed residential programs dealing with chronic illness. In later years he was joined by Dr. Michael Greenwood with whom he co-authored the book "Paradox & Healing" which arose out of their experience with these programs. Dr. Peter Nunn is presently working in Merritt and writing a new book on cancer.

## Arnold Porter

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



Arnold is an authorized Jin Shin Do Acupressure teacher and member of the British Columbia Acupressure Therapists Association. He has a Masters degree in counselling and is a registered Clinical Counsellor. His work explores the interface between Psyche & Body.

Workshop # 36

### Exploring the Body/Mind Interface with Jin Shin Do Acupressure

We will learn several acupoints and hold them in silence for each other so that each of us has a chance to experience the sensations, images, feelings & memories that emerge as the tension releases. We will share these experiences in small groups as a way of learning about the relationship between body & psyche. Come prepared to explore the mysteries of your inner world! (1½)

Workshop # 37

### Jin Shin Do Neck and Shoulder Release

We will learn a simple deeply relaxing neck and shoulder release that can be done anytime, anywhere. Come prepared to relax and have fun! (1½ hrs.)

## Lucie Therrien

615 - 2nd Street  
Nelson, BC V1L 2L7  
Phone 352-6168



I started my career early and without training. I was 10 years old when I started my weekly dance celebration back in my room with thirty of the local kids each Friday night in a French town in Quebec. Since my dance club days I have taught creative dance and yoga to kids and adults in private and group settings. I bring into my work years of dedicated yoga and meditation practice. I live in Nelson where I am a full time yoga teacher.

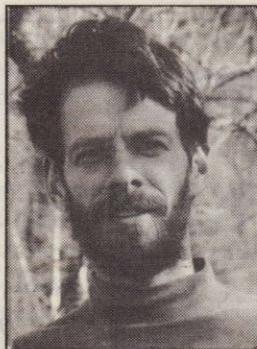
Workshop # 38

### Yoga in the Belly

In our belly resides our gut feelings. Rarely do we allow ourselves to fully breathe, feel, and connect with that vital energy center where much tension is held. Keeping a soft belly is primary for opening the body to healing, to release the mind and to clear the way to an open heart. Breath, sound, posture, and healing meditation will be our main tools to soften, energize, and connect with our belly. (1½ hrs.)

## Gregoire Lamoureux

Box 43  
Winlaw, BC V0G 2J0  
Phone 226-7302



Greg has been practicing permaculture for more than 10 years. He has been teaching since 1991. Recently he taught urban permaculture in Vancouver, many workshops in Nelson, Grand Forks & Kaslo. He co-taught a permaculture design course (2 week program) in Ashcroft. Greg is in the process of setting up the Kootenay Permaculture Institute, a center for research and education in sustainable ways of living.

Workshop # 39

### Introduction to Permaculture

Permaculture is the conscious use of ecological principles in designing self-sustaining food, fibre, and energy producing ecosystems. Learning from nature, using diversity, interdependence, recycling and conservation, and perennial plants (especially trees) to produce a stable and self-reliant system. (1½ hrs.)

Workshop # 40

### Permaculture Now

Different strategies to implement a sustainable way of living at many levels; around our home and at a community level. Topics include: principles, zones, alternative economics, village design. (1½ hrs.)

Workshop # 41

### The Sun in Your Chart

In Astrology the sun symbolizes our urge to grow, create, and love. It represents the overall lifetime purpose of the soul. This workshop will explore the solar archetype and will focus on the opportunities for growth in each sign of the zodiac. (1½ hrs.)

Workshop # 42

### The Signs of Our Time

The position of the planets in the sky symbolizes the spiritual lessons that humanity is learning. Our consciousness is affected on an individual and global level. We are undergoing profound transformation. This workshop will discuss the astrological symbolism of the 1990's and how it relates to the crisis of change within and around us. (1½ hrs.)



### Anne Wylie Twidle

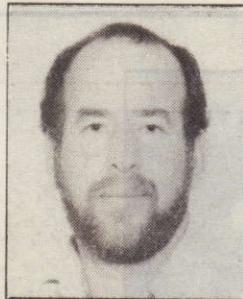
324 Park Avenue  
Kelowna, BC V1Y 5P8  
Phone 763-1540

Anne Wylie Twidle has been working with astrological symbolism for 20 years. She is a trained breath practitioner and personal growth consultant and has many years experience supporting others in healing and creating positive personal changes.

Workshop # 43

### Therapeutic Applications of Hypnosis & Huna for Personal Growth

In this workshop we will explore the vastness of our own inner space. We will learn to utilize ancient as well as modern techniques to access our own power, creativity, and intuitive abilities. The intent is to increase our awareness of ourselves and to come to the realization that we are never stuck, there is always another way. (3 hrs.)



### Sheldon Bilsker

#810 - 1255 Bidwell Street  
Vancouver, BC V6G 2K8  
Phone 683-8710

Sheldon is a practicing certified clinical hypnotherapist and registered clinical counsellor. He has been in private practice for 14 years and has spent seven years training students in hypnotherapy and other therapeutic approaches in Vancouver as well as throughout BC. Sheldon has been called and testified as an expert witness on hypnosis for the BC Human Rights Council and has been very active in promoting complementary health care in BC. In 1986 he founded Orca Hypnosis Seminars, now called The Orca Institute.

Workshop # 44

### Practical Uses of Medicinal Herbs

Most people today are familiar with herbs and are wanting to know more. In this workshop we can cover practical applications, formulas, glossary of terms and a general overview of how herbs affect the different functions of the body. Specific herbs will be mentioned eg. Echinacea, Peppermint, Goldenseal, Feverfew, Garlic, Valerian, Milk thistle and Ginkgo & Ginseng. (3 hrs.)



### Doe Gregoire

General Delivery,  
Cawston, BC V0X 1C0  
Phone 499-2952

I co-own and operate an organic farm in Cawston (The Four Winds Farm) Although mostly apples, I have a few herb gardens which produce raw materials for my salves & tinctures. In the past 15 years I've studied with several Master Herbalists and graduated from the Damion Herbal College (1979). I've enjoyed giving herb classes in and out of the valley for many years.

## Marsha K. Warman

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



I have spent twenty-one years studying wholistic health, esoteric religion, transmutation and transformation 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. I am a registered massage therapist, yoga instructor and have just opened the Healthbridge Clinic in Kelowna.

Workshop # 45

### The Inner Critic

Deep seated personal judgements keep us from feelings of self-fulfilment and increase our sense of separation from others and from getting where we want in our world. Fear of making mistakes and receiving disapproval are two of our greatest human fears. When we come up against our own inner judgements our fears are escalated and we get stuck. This workshop will help you free yourself from your Inner Critic and help you take action to create more freely. (3 hrs.)

Workshop # 46

### Past Lives - The Circle of Life

See how we hold ourselves in judgement and hold onto decisions at a core level creating similar lives, similar circumstances, similar patterns, semi-conscious fears may be the key to unraveling our history. Self imposed judgements hold our consciousness in a moment of time that we keep recreating. This workshop will teach you ways to let go so you can move on. **\*\*Sat. Evening Workshop** (1½ hrs.)

## Sid Tayal

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



Sid Tayal created the Centre for Awareness in 1978 to bring awareness of Wholistic Health to the people of the Kootenays. Sid offers private sessions in Chinese 5-Element Theory, Acupoint, Acupressure, Polarity, Bodywork, Reflexology, Nutrition, Past Life Regression, Meditation and Emotional Attitudinal Counselling. His specialties are his 12 month Health Rejuvenation Program, parasite and yeast control, chronic joint problems, allergies, back pain, preventive health care and self empowerment.

Workshop # 47

### 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. (1½ hrs.)

## Laurel Burnham

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



I am a feminist, activist, mother, writer and community organizer. Through ritual I have journeyed often to the source of the Feminine. I find myself greatly energized and empowered to work for and with women and am inspired by my participation in the organizing collective for the Spring Festival of Awareness.

Workshop # 48

### Drawing from the Women's Well

Women only

In our time together we will journey to the women's well. Within the safety of sacred space we will draw from the source of the Divine Feminine to refresh and empower ourselves. You are welcome to bring your sacred objects. (1½ hrs.)

	Saturday Morning		Saturday Afternoon	
	8:45 to 10:15	10:30 to 12:00	1:15 to 2:45	3:00 to 4:30
<b>LOFT</b>	# 43 <b>SHELDON BILSKER</b> Therapeutic Applications of Hypnosis and Huna for Personal Growth		# 22 <b>JOSIANE &amp; PIERRE</b> Laughter, It's Serious	# 08 <b>BRIAN LYNN</b> Triggers of Release
<b>NORTH WING</b>	# 07 <b>ANNETTE DEIB</b> The Business of Breathing	# 11 <b>LYNNE MÜNDEL</b> Becoming Ourselves	# 36 <b>ARNOLD PORTER</b> Exploring the Body/Mind Interface with Jin Shin Do	# 37 <b>ARNOLD PORTER</b> Jin Shin Do Neck & Shoulder Release
<b>SOUTH WING 1</b>	# 45 <b>MARSHA WARMAN</b> The Inner Critic		# 06 <b>ANNETTE DEIB</b> Mindful Awareness	# 34 <b>URMI SHELDON</b> Active Meditation
<b>SOUTH WING 2</b>	# 47 <b>SID TAYAL</b> Transformation through Acupressure		# 53 <b>DAVID NORDSTROM</b> Growing Together Times for Dads & Kids	# 51 <b>YARROW ALPINE</b> Herb Walk <i>Meet at Registration Area</i>
<b>SESSIONS ROOM</b>	# 16 <b>BROCK TULLY</b> Reflections for living life fully	# 25 <b>JOHN ALTON</b> Ayurveda, Understanding your Constitution	# 35 <b>PETER NUNN</b> Paradox & Healing	# 28 <b>CHRIS MUENDEL</b> Healing Journey
<b>GYM</b>	# 18 <b>JOAN CASORSO</b> A Celebration of Drum, Dance & Vocals for the Body, Mind & Spirit		# 32 <b>HAJIME NAKA</b> Way of the Centered Warrior	# 20 <b>DAVID THIAW</b> One World, Many Rhythms
<b>MAPLE COURT #1</b>	# 44 <b>DOE GREGOIRE</b> Practical Uses of Medicinal Herbs		# 55 <b>KALIA LESLIE</b> Women's Ways	# 30 <b>ANGÈLE ROWE</b> Brain Writing
<b>MAPLE COURT #2</b>	# 39 <b>GREG LAMOUREUX</b> Introduction to Permaculture	# 56 <b>HANK PELSER</b> Metabolic Balancing	# 29 <b>DENNIS MILLIGAN</b> A World in Transition - A Matter of Life or Debt	
<b>MAPLE COURT #3</b>	# 41 <b>ANNE TWIDLE</b> The Sun in your Chart	# 12 <b>TROY LENARD</b> Meditation with the Self	# 05 <b>MARK BOSSERT</b> Earthships - Homes made of Tires & Earth	
<b>REIKI HOUSE</b>	# 03 <b>GLENNESS MILETTE</b> Reiki		<b>Healing Houses are open            10:30 am to 8 pm. Drop in.</b>	

Sunday Morning		Sunday Afternoon		
8:45 to 10:15	10:30 to 12:00	1:15 to 2:45	3:00 to 4:30	
# 23 <b>JOSIANE &amp; PIERRE</b> Self Esteem through Humour	# 09 <b>BRIAN LYNN</b> The Sensation of Yourself	# 24 <b>MARIAH MILLIGAN &amp; CAREN MILLER</b> Trustees of the Feminine - Stewards of the Earth		<b>LOFT</b>
# 11 <b>LYNNE MÜNDEL</b> Becoming Ourselves	# 38 <b>LUCIE THERRIEN</b> Yoga in the Belly	# 04 <b>JUDY ARMSTRONG</b> Journey to the Oneness of your Sound		<b>NORTH WING</b>
# 14 <b>MELONIE OLD</b> The 12 Chakra Electric Body		# 31 <b>PETER HODSMAN</b> Postural Integration - Deep Tissue Bodywork		<b>SOUTH WING 1</b>
		# 50 <b>YARROW ALPINE</b> Flower Essences for Healing		<b>SOUTH WING 2</b>
# 26 <b>JOHN ALTON</b> Ayurveda, Balancing the Doshas	# 49 <b>ALFREDO</b> Using Sound & Movement for Inner Expressions	# 17 <b>BROCK TULLY</b> Communication a lot of 'Heart' Work	# 28 <b>CHRIS MUENDEL</b> Healing Journey	<b>SESSIONS ROOM</b>
# 01 <b>ANÁHATÁ MOORE</b> Spring Renewal-Dances Green Men & Goddess	# 33 <b>HAJIME NAKA</b> Moving Through Space The Joy of Tai Chi	# 20 <b>DAVID THIAW</b> One World Many Rhythms		<b>GYM</b>
# 57 <b>LYNN &amp; CHRISTINE</b> Growing through Colour	# 54 <b>KALIA LESLIE</b> Birthing Blessing Way	# 13 <b>TROY LENARD</b> Meditation with the Soul	# 52 <b>DAVID NORDSTROM</b> Missing Father	<b>MAPLE COURT #1</b>
# 40 <b>GREG LAMOUREUX</b> Permaculture Now	# 02 <b>FRANCIS JANES</b> Help the Earth 3 x a DAY!	# 27 <b>SHIRLEY CZAPLICKI</b> The Road to Vibrant Health		<b>MAPLE COURT #2</b>
# 19 <b>TELA LaMER</b> Countdown to 2000	# 48 <b>LAUREL BURNHAM</b> Changing Woman	# 21 <b>NORA JUKES</b> Inspirations	# 42 <b>ANNE TWIDLE</b> The Signs of our Times	<b>MAPLE COURT #3</b>
# 03 <b>GLENNESS MILETTE</b> Reiki		<b>The Festival Store is open Sat. 7:30 am to 10 pm &amp; Sun. 9 to 3 pm</b>		<b>REIKI HOUSE</b>

Workshop # 49

### Healing Ourselves with Dance, Drumming and Sound

We can create healing in ourselves by allowing our bodies to dance, our hands to drum and our voices to create healing sounds. This class will be divided into four parts:

- 1) Opening up ourselves with movement and dance.
- 2) Using drumming as a way of expressing our inner selves. We will learn the basic techniques and rhythms to create our own rhythms.
- 3) Using our voices we bring about changes in vibration that can be beneficial to our emotions, spirits and our planet.
- 4) We'll bring it all together as we dance our inner dances to the sounds of our beautiful voices and our drumming. (1½ hrs.)



### Alfredo Gormezano

628 Glenwood Ct., NE  
Renton, WA, 98056  
Phone (206) 343-8396

I have been performing and teaching dances from the Middle East, Central Asia and the Caucasus for 14 years. My focus has been making and playing drums and working with the rhythms, improvising as needed. Before I became a dancer, I was a practitioner of Jin Shin Do, Touch for Health, Herbs, Aromatherapy and Healing with Sound.

Workshop # 50

### Flower Essences for Healing

Effective, powerful, gentle & inexpensive, flower essences are remedies for the emotions. Used widely by professionals, they are especially empowering for lay use. Their story is enchanting & delightful, leading to a new appreciation of wild flowers, as well as lending a new tool for personal health. (3 hrs.)

Workshop # 51  
Herb Walk

We will walk and talk identifying local plants. Discussions on their magical healing properties and more insights provided. Meet at Columbia Hall (1½ hrs.)



### Yarrow Alpine

R R 1, S-16, C-21  
Sorrento, BC V0E 2W0  
Phone 835-8393

In 1990, Yarrow founded the Alpine Herbal Centre, and since then has been teaching a certificate course on the spirit and therapeutic use of herbs. She has written a book, "Strong & Independent," and champions a self-sufficient life style. Past years have seen her as homesteader, teacher, natural food store owner and lecturer.

Workshop # 52

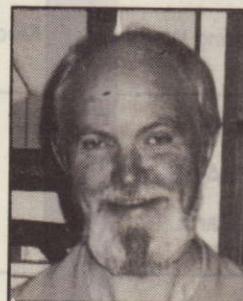
### Missing Father

In the International Year of the Family, this workshop explores the repercussions of distance from fathering, and options for healing the rift. For Men and Women. (1½ hrs.)

Workshop # 53

### Growing Together Times for Dads & Kids

Funded by the International Year of the Child Committee in 1979, this playshop unites men and children in cooperative, creative activities that deepen trust and confidence. (1½ hrs.)



### Dave Nordstrom

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

Dave was introduced at an International Year of Peace gathering in Vancouver as "The World's Largest Gnome." He playfully assists people of all ages to dance with their life issues and transform darkness into light. His Pillar Lake Retreat Centre - SOULO - offers men a place to play and heal, in conjunction with a MAN CARE collective.

## Kalia Catherine Leslie

Box 430  
Christina Lake, BC V0H 1E0  
Phone 447-6642



I am a traditional birth attendant/midwife. Since 1973 I have been working with Natural Pathways, Birth and Sexuality as well as developing, teaching & consulting in related areas. I have attended births in Canada, U.S.A. & Jamaica and consider myself an eco-feminist - in love with the Earth (and) the Female Aspect.

Workshop # 54

## Birthing Blessing Way

To bless and empower the pathway through birth. For anyone with a keen interest, birth attendants and pregnant women. A time of celebration and affirmation of Womanhood, Fertility and the Female Aspect through ritual and song. *Optional: Bring a cushion, wish candle, a give-away (a little something of significance) a percussion instrument.*

\*No late entry (1½ hrs.)

Workshop #55

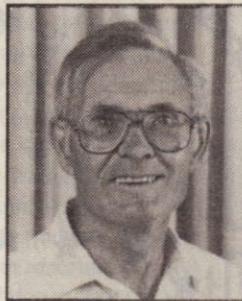
## Women's Ways

Using visualization and art to improve self-esteem and develop healthy attitudes about ourselves, our bodies and our sexuality. We will paint with brushes and sponges images to remind us of who we are. Women only - *Optional: Bring your favorite brush.*

\* No late entry (1½ hrs.)

## Hendrick (Hank) Pelsler

160 Kinney Ave  
Penticton, BC, V2A 3N9  
Phone 492-7995



I am a registered herbalist and have studied nutritional counselling for twenty years. I am currently offering a Certification Course in Colon Irrigation. I am a certified Nutripath and Iridologist and continue to upgrade my knowledge monthly.

Workshop # 56

## Metabolic Balancing

By learning to observe our symptoms in the context of how changes in the urine PH relate to foods, supplements and activities, we learn over a period of time how to meet these basic needs. Based on this experience, we learn to organize and prioritize our daily nutrient choices. This leads us towards a personal health program which better suits our individual needs. (1½hrs.)

## Lynn Wallace & Christine Heughen

The Kelowna Waldorf School  
429 Collett Road, Kelowna, BC V0H 1S0  
Phone 764-4374

Both Lynn and Christine teach at the Kelowna Waldorf School. Lynn has a broad range of teaching experience from grades 1 to 12 and university. She taught 15 years in the public school and three years at the KWS. She has trained in education and arts at the Rudolf Steiner College in Sacramento and in the Kelowna school. She currently teaches grades 2/3.

Christine is teaching grade one. She is a Graduate of Waldorf Education and has been thoroughly trained in Waldorf teaching methods and philosophy. Her depth of understanding and artistic commitment bring a great richness to her teaching of both children and adults.



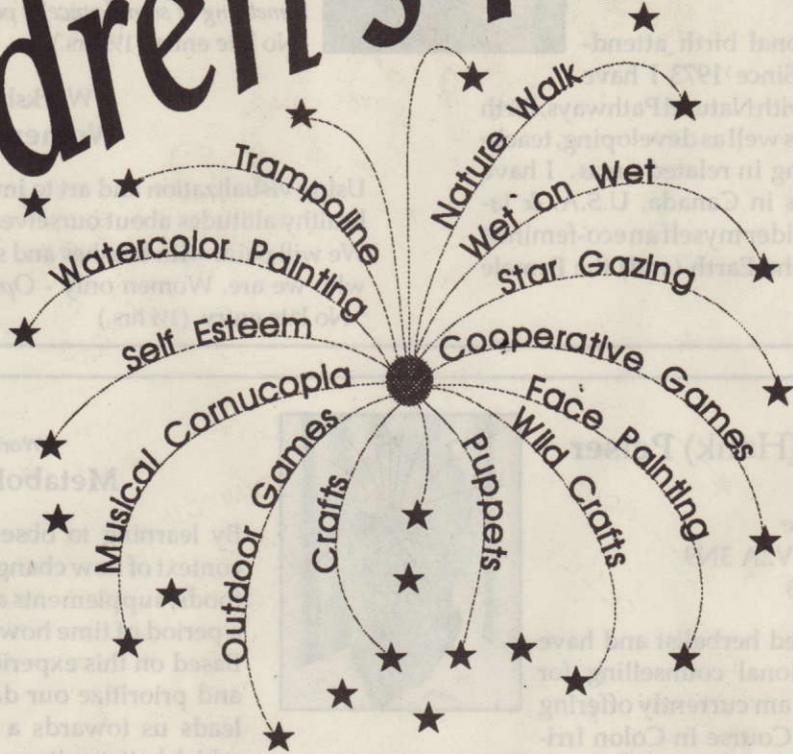
Workshop # 57

## Growing Through Colour

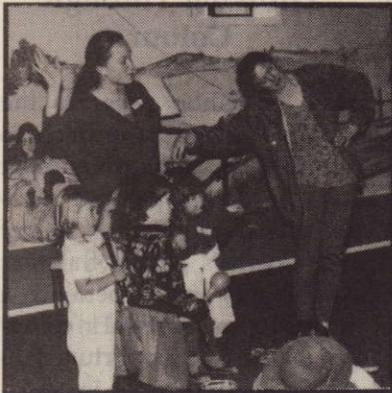
This workshop presents the Waldorf School approach to watercolour painting on an adult level. Through painting exercises based upon Rudolf Steiner and Goethe's colour theories, participants will experience a nurturing and renewal in colour and paint. An opportunity to open a window to the imagination within and for the magic of dialogue and dance between artist, paper & paint to flow together. As well, a chance to experience the subtle & powerful Waldorf curriculum. (1½hrs.)

On April 1st we will mail the Children's Weekend Schedule of Events to each child that is registered. The line up of activities is impressive with lots to do.

# Children's Festival



Auntie Poppy is our 3 to 5 year old organizer. She enjoys teaching life skills in an atmosphere of fun. She is actively involved with the Girl Guides.



The Children's Festival programming consists of outdoor games, arts & crafts, woodworking, the trampoline plus many exciting workshops for children 3 yrs & up.



Urmi enjoys creating a spontaneous safe atmosphere of fun and creativity.

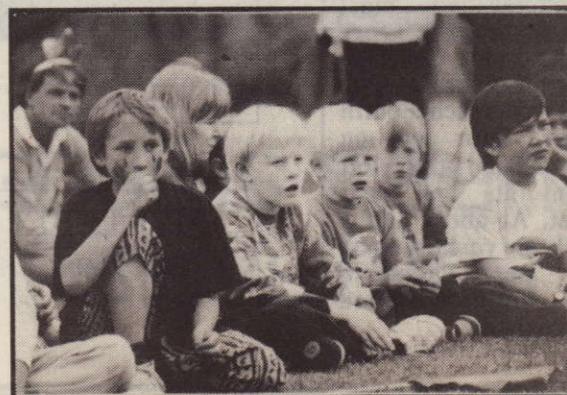
She has been coordinating the Children's Festival for six years and every year it gets better.



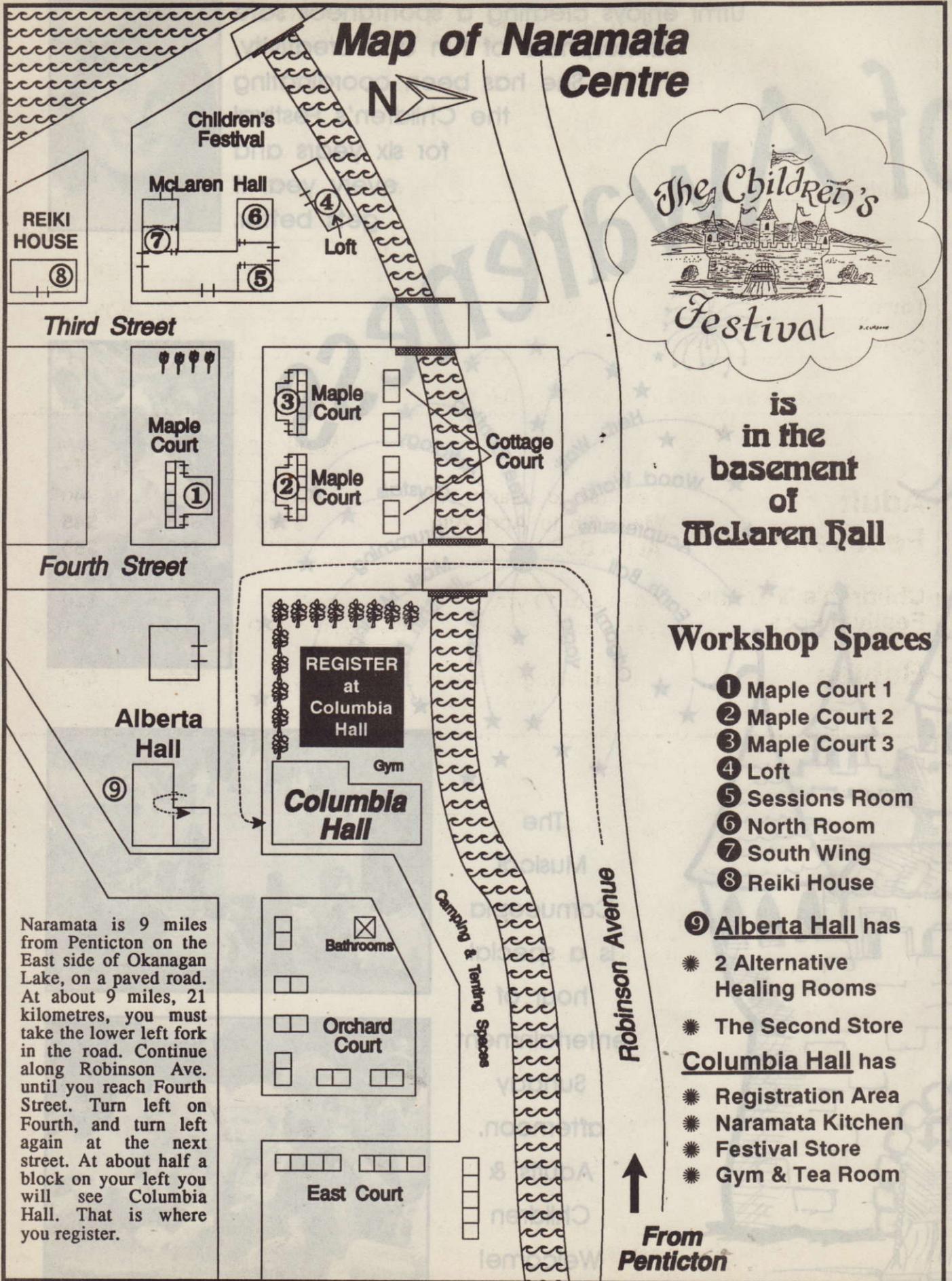
# of Awareness



The Musical Cornucopia is a special hour of entertainment Sunday afternoon. Adults & Children Welcomed



# 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 House

### ⑨ Alberta Hall has

- ☀ 2 Alternative Healing Rooms
- ☀ The Second Store

### 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**

**April 22, 23 & 24th, 1994**

# Spring Festival of Awareness REGISTRATION FORM

<b>Adult(s)</b> _____ _____ <b>Address</b> _____ _____ <b>Town</b> _____ <b>Prov.</b> _____ <b>Code</b> _____ <b>Phone No.</b> _____	<b>Children &amp; Teenagers</b> _____ <b>Age</b> _____ _____ <b>Age</b> _____ _____ <b>Age</b> _____ _____ <b>Age</b> _____
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**\*\*If you have attended the festival before is this a change of address? Yes \_\_\_ No \_\_\_**

		<u>Week-end</u>	<u>Sat. only</u>	<u>Sun. only</u>
<b>Adult Festival Fees</b>	Feb. 1st to March 15th	\$ 85	\$50	\$40
	Mar. 16th to April 20th	\$ 95	\$55	\$45
	At the Door	\$105	\$60	\$50
<b>Children's &amp; Teens Festival Fees</b>	Ages 3 to 19 yrs	\$ 40	\$25	\$20
	No late fees for children. <span style="float: right;">Week-end Family Rate - 3 kids/teens for \$100</span>			
<b>Babies</b>	Childminding for under 3 years	\$ 30	\$20	\$20
	(Childminding by the hour ... \$2.50/hour)			

## REGISTRATION TOTALS

**Festival Fees**

_____ Adults	@ _____	=	\$ _____
_____ Children/Teens	@ _____	=	\$ _____
_____ Babies	@ _____	=	\$ _____

**Meals** (from other side)

_____ Adult Meal Packages	\$ _____
_____ Child Meal Packages	\$ _____
_____ Individual Meals	\$ _____

**Accommodation** (from other side) \$ \_\_\_\_\_

Total amount owing	\$ _____	
<b>add 7% GST</b>	\$ _____	
Amount enclosed	\$ _____	<b>50% deposit required</b>
Amount left owing	\$ _____	

**Refunds available till April 10. After April 10 we will deduct a \$20 charge for paperwork and refund the rest.**  
 Please make cheque payable to the.....Spring Festival of Awareness and send c/o:  
 Jan Stickney, 2990 Wilson St., Penticton, B.C., V2A 6H5. For more info.....phone Jan Stickney 492-0522

## MEALS....REQUIRED ?

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

Meals **MUST** be pre-ordered  
before **APRIL 10th, 1994**

### 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	_____
	<b>Sunday</b>			
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 5:15 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 on Sat. and 3 pm on Sunday. It is upstairs above the Gym.

Coffee, Tea & Juice are included in the registration fee & will be available at various locations all day during the breaks. **Please bring your own MUG**, there will **not** be styrofoam cups on site.

## ACCOMMODATION ....REQUIRED? YES \_\_\_\_\_ NO \_\_\_\_\_

Both nights (Fri & Sat) \_\_\_\_\_ or Friday night only \_\_\_\_\_ Sat. night only \_\_\_\_\_

How many adults \_\_\_\_\_ How many children \_\_\_\_\_

## COST OF ACCOMMODATION IS PER NIGHT

- Maple Court Private \$45, Shared \$30 per person, A Couple or Family of 3, \$55 ... per night
- Alberta Hall Private \$30, Shared - ladies only \$20 each ... per night
- Cabins Shared \$25 per person. Families up to 4 people (must be immediate members) \$65 ...per night
- Royal Anchor Motel 1 bedroom (2 singles & a hidabed) \$45 per night (does not have to be family members)  
(3 blocks off site) 2 bedroom (2 singles, 1 double & a hidabed) \$65 per night (The Motels all have kitchens)
- 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.

or rent your own space by phoning these local Motels: **B.C. Motel (604) 496-5482**  
**The Village Motel (604) 496-5535**

All the cabins have kitchens, Maple Court and Alberta Hall have no cooking facilities. Maple Court is new & deluxe. Alberta Hall is a dorm, 2 single beds to a room with a large bathroom on each floor, the cabins are spread around the site. Accommodation spaces fill very quickly. They are on a first come, first served basis. If you want a specific cabin, please ask and we'll try but no guarantees. You may call Jan at 492-0522 (8 am to 8 pm) to ask questions about registering or accommodation. She will confirm by phone or mail what she has reserved for you.

Preferred accommodation \_\_\_\_\_ for \_\_\_\_\_ people.

Cost of accommodation \$ \_\_\_\_\_

\*\* Please transfer the food and accommodation costs to the other side of the form.

Naramata Centre would like to announce that **NO DOGS** or pets are allowed on the site!