



17th Annual

April 21, 22 & 23rd  
1995

# Spring Festival of Awareness

Naramata Centre, BC, near Penticton



# YOUR Spring Festival of Awareness Crew



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



**Jan Stickney**  
*Registration  
Coordinator*



**Angèle Rowe**  
*Spring Festival  
Coordinator*



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



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



**Sue Montgomery**  
*Hospitality  
Coordinator*



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



**Michael Kruger**  
*Festival Store  
Manager*

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

### MEALS

On Friday we will have Sandwiches for sale.

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

Herbal Teas, Coffee & Juices are available FREE all week-end.

Please bring your Cup or you can buy one at the Festival Store.

### 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 we ask that you phone Michael at 492-5328 before March 20th for details.

### 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

### HEALERS & READERS

If you are a Reiki Practitioner, Reader, or do Bodywork/Massage and want to work at the festival please call: 492-5328 We offer a trade "Give-a-day & Get-a-day"

There will be a cover charge for people booking Healing Sessions this year. \$5 for a ½ hour & \$10 for 1 hour sessions. You can sign up for Healing Sessions - 8 am both morning Healing House is open: **Saturday 11 am - 8 pm**  
**Sunday 9 am - 4:30 pm**

Reiki House opens at 10:30 both mornings, no sign up needed, if it is busy, you sit and wait. Healings are by donation.

### A REMINDER

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

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 492-5328



# WEEK-END SCHEDULE

## FRIDAY

- 1 pm Registration Starts** - Please arrive as early as possible and be part of the 'Honoring of the Four Directions.'
- 7 pm Opening Ceremonies**  
**Dances of Universal Peace** with DayStar  
**Introduction of Workshop Leaders**
- 9 pm Healers Circle** facilitated by Marsha K. Warman  
 Meet at North Wing after the Introductions are over.



## SATURDAY

- 6:45 - 7:30 am Sunrise Ceremonies**
- 8:45 - 4:30 pm Adult Workshops**  
**Children's Festival**
- 7:15 - 9:15 pm Saturday Night Entertainment**  
 followed by **African Drumming**  
 with **David Thiaw till 10 pm**  
**Musical Jam Session till 11 pm**

**7:15 - 10:15 pm Adult 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**

## SUNRISE CEREMONIES - 6:45 to 7:30 am - Saturday & Sunday

Taron Puri Chakra Alignment South Wing	Lynne Mündel Meditation North Wing	Chris Muendel Waterfront Meditation Lake	Harold Hajime Naka Tai Chi & Qi Gong Gym	Dave Goulet Yoga Loft
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## SATURDAY EVENING WORKSHOPS - 7:15 - 10:15 pm

Workshop # 17 <b>KAREN PETTY</b> Healing Touch South Wing	Workshop # 36 <b>MARSHA WARMAN</b> Centering-Core Energetics Loft	Workshop # 41 <b>KATHRINE SUE</b> You-Nique Vibrations North Wing	Workshop # 42 <b>THEODORE BROMLEY</b> Crystals & Huna Energy Sessions Room
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# Workshops & Workshop Leaders

The workshop numbers correspond to the numbers on the overall schedule

## Workshop # 01

### Sing, Just for the Love of It

The good news is, you don't have to have any previous voice training to sing. And, you can sing at any age. All of nature constantly whispers in your ear of her music and her colour. What is your sound and your colour? Your natural voice has always been radiating from within you. Perhaps you don't always listen, but when you become still, you can hear the call of the song in your heart.

That song can open you to a new level of awareness of your giftedness. It can heal old heartaches, break down inhibitions, and connect you to that place inside of you that knows ease, contentment and joy. You may even find yourself singing, for no apparent reason... Just for the Love of It. (3 hrs.)



## Judy Armstrong

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

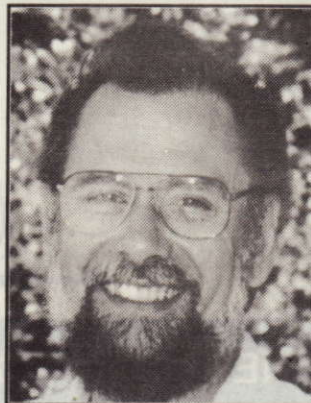
Is an international singer, actress, guest speaker, musical director, composer and workshop facilitator who has inspired thousands of people around the world.

Judy's work with sound and healing has led her to release two unique recordings: "Inside of Me" and "Let Your Heart Sing." Available in cassette and CD, this inspired music composed and recorded by Judy calls to the heart of all people to remember the One Voice which is theirs and ours to share in beautiful harmony, light and love. With compassion, humour and a profound understanding of the transformational process, Judy combines her natural gifts with her extensive training in Psychology of Vision to bring forth and honour the special qualities within us all.

## Workshop # 02

### Death and Beyond

The meaning of life is empty without an appreciation of death. We explore death's process, purpose and life as an integral part of our life journey. What happens at death? Are you prepared? What is life like after death? What does death teach us? Insight, information and inspiration are the gifts you are offered at this presentation. (1½ hrs.)



## Andrew Schneider

Box 2269  
Salmon Arm, BC V1E 4R3  
Phone (604) 832-8483

Andrew has been teaching full time in the esoteric field for 20 years in North America and Europe. As of this spring, he is also a published author of the book, "The Mysteries Revealed." With his wife Bonnie, he operates a retreat centre near Salmon Arm.

## Workshop # 03

### Dancing Towards Enlightenment

Through dance, harmonious patterns are created in our bodies so that they are more receptive and responsive to Soul urges and directions. A fun and enjoyable way to become enlightened. (1½ hrs.)



## Bonnie Schneider

Box 2269  
Salmon Arm, BC V1E 4R3  
Phone (604) 832-8483

I have been teaching Circle dance for 8 years in B.C., Alberta and Scandinavia. My background in dance goes back to childhood where I danced and taught ballet. Circle dance encompasses much more than traditional dance forms.

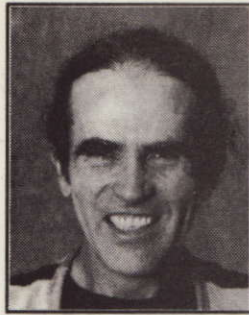
It is another way of bringing spirit into matter.



## Yellow Bear

RR1, Site 6, Comp. 13  
Winlaw, BC V0G 2J0  
Phone (604) 226-7258

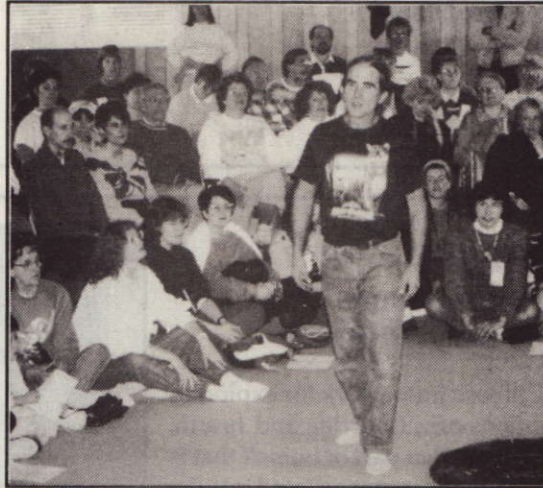
My grandmother told me that the blood of all the races flowed in my veins, and that each was important. Since then, I have studied the religious and philosophical teachings of each racial aspect of myself, working as a lay theologian in the Catholic churches and an ordained Minister for a number of Christian churches. For 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.



## Workshop # 04 Staying Centered

In 1987, Hopi elders reopened the Bear Clan Kiva beginning the Cycles of purification.

1st four years (1987-91) - Spiritual Purification  
2nd four years (1991-95) - Emotional Purification  
3rd four years (1995-99) - Physical Purification  
4th four years (1999-2003) - Mental Purification



This is the last year of the emotional purification cycle. We will attempt to deal with our own emotional impurity and confusion, the roots of which lie within misused and misunderstood sexual energies. This workshop will help us to align ourselves with these natural forces, "turning on the lights" of consciousness and honesty in the dark cellars of ourselves. (3 hrs.)

## Donna Martin

Box 834  
Kamloops, BC V2C 5M8  
Phone (604) 374-2514

Donna Martin, M.A. has an extensive background in yoga and relaxation therapy, stress/pain management, addiction and lifestyle counselling. She uses and teaches the Hakomi Method, locally and internationally.



## Workshop # 05 Bodymind Therapy

This experiential workshop is for anyone interested in ways to integrate body and mind, through mindfulness, breath, grounding, yoga, toning, and some exercises from the Hakomi Method of body-centred therapy. The approach is gentle and intuitive, honouring our inner wisdom. (3 hrs)

## Marlene McGinn

Box 834  
Kamloops, BC V2C 5M8  
Phone (604) 374-2514

Marlene has trained in the Hakomi Method, acupressure (Jin Shin Do), and the Satir Method and has a private practice in Bodymind therapy in Kamloops.



## Workshop # 06 Opening the Heart

This experiential workshop offers gentle and effective ways to use the body, senses, breath, voice, and mindfulness to invite the heart to open: enhancing self-esteem, loving relationships, and the appreciation of Life (3hrs.)



Workshop # 07  
**Inner Rhythms  
Strong, Stretched & Centered**

**open to men & women**

Come awaken, energize. Explore your own Inner Rhythm. Using a mixture of drumming, percussion, and taped music, this workshop will integrate postural alignment, Tai Chi, Yoga, African and tribal dance, self massage and relaxation techniques. Please bring mat, towel, and wear loose comfortable clothing. (3 hrs.)



**Joan Casorso**

2190 Bartley Road  
Kelowna, BC V1A 2M7  
Phone (604) 769-7424

Joan Casorso has been teaching Body/Mind fitness for over 15 years. Integrating her experience as student, performer and facilitator, she helps people to experience themselves more fully.

Workshop # 08

**Jin Shin Do Acupressure:  
Exploring the Wood Phase**

The Five Phases is an ancient Chinese framework for exploring how the seasons and our emotions affect our life and health. Spring is the time of the Wood Phase, that part of ourself that is like the growth tip of a plant and strives to grow upward into the fullest expression of our true self. Anger, frustration or depression is often a signal that our growth has become blocked and that we need to use this valuable energy to forge through to the next stage of becoming ourself.

In this workshop we will learn to do short treatments on each other to evoke the wood phase. Using information from the Chinese classics, focusing exercises and small group sharing, we will explore where we are blocked and how to move into the joy of growth and expression. (3hrs.)



**Arnold Porter**

1270 Balmoral Road  
Victoria, BC V8T 1B3  
Phone (604) 360-0637

Arnold Porter is the co-founder of the Canadian Acupressure Institute in Victoria, BC. He is an

authorized Jin Shin Do teacher with a Masters Degree in counselling who has spent the last 11 years exploring the bodymind interface with clients and students.

Assistants for this workshop are Josey Slater and Sarah Wellington, local Jin Shin Do practitioners living in the Okanagan.

Workshop # 09

**The Electric Body**

How your life-force flows inside and outside your physical body. This body carries the blueprint of your personal soul development and is the record of your complete history as a soul. Learn how your life-lesson is determined by the polarity balance of your aura. Learn about our 14 chakra system. (3 hrs.)



**Melonie Old**

#1 - 310 22nd Avenue S.W.  
Calgary, Alberta T2S 0H4  
Phone (403) 269-3397

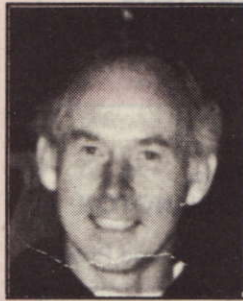
Melonie travels throughout Western Canada lecturing and doing private sessions. She is an applied Kinesiologist who works specifically with emotional stress. She has pioneered her own work on the Electric Body for seven years.



## Dr. Chris Muendel

2420 Parkview Drive  
Kamloops, BC V2B 7J1  
Phone (604) 579-9926

Chris has been a Family Physician for 23 years, specializing in teaching patients that the Self is the healer. Hypnosis, Acupuncture and 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.



*Chris offers  
Waterfront Meditation  
both mornings*

*~ at the Beach...it is not raining ~*

Workshop # 10

## The Healing Journey

Hypnosis, Regression and Dreams can be accessed to further one's own evolution. For example healing sexual abuse, the wounded psyche in any of life's crises, divorce, separation and marital conflicts. (1½ hrs.)

**This workshop is repeated,  
once each day.**

## Lynne Mündel

2420 Parkview Drive,  
Kamloops, BC V2B 7J1  
Phone (604) 579-9926

Lynne Mündel is a catalyst. For fifteen years she has worked as counsellor, author and group facilitator serving the new consciousness.



*Lynne offers  
Gentle Movement  
& Meditation  
both mornings*

*6:45 - 7:30 ~ North Wing ~*

Workshop # 11

## Embodying the Consciousness of the New Millennium

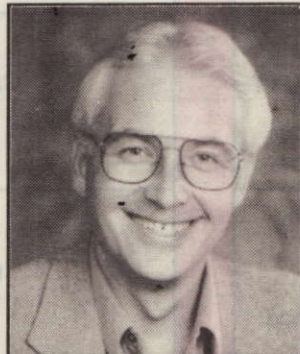
The spirit of the future is working within us right now. Our bodies are being changed. What has been called disease must be acknowledged now as our collective spiritual awakening. This experiential workshop will welcome the new and vital energies that are beginning to permeate the human race, energies that seek to awaken us to our higher potential, energies that challenge us with richer and more powerful spectrums of feeling. Above all, this workshop, like life, asks us for open hearts and honest interchange. (3 hrs.)

## Troy Lenard

153 Timberline Road  
Kelowna, BC V1Y 8R3  
Phone (604) 768-9386

I've applied the practical use of Vibrational Therapies since 1976, using colour and sound, aromatherapy and crystals for consciousness

expansion and healing processes. Soul centering meditations and life guidance counselling, Kundalini balancing and Akashic Channeling have provided me the opportunity of sharing with groups in Canada, Australia, New Zealand and England. I am now a resident of Kelowna and Region.



Workshop # 12

## The Arrival and Impact of the 12 Ray Colour and Chakra System

A shared discussion followed by meditation, involving the nature of the Seven Ray Chakra's System as it evolves into the 12 Ray Chakra System. We will discuss the impact it has on our consciousness and the importance of true group work & group involvement in the preparation of the dawning of a new era. (1½ hrs.)

Workshop # 13

## The Power of Healing Sounds

Experience together the Power and Love of dynamically directed sounds from the ancient Shamanistic Rituals to Gregorian Vowel Intonation to Tibetan Overtone Chanting. From the Animal to the Child to the force of Nature, let's dance the Rhythms of our Being together and have fun. (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>	# 08 <b>ARNOLD PORTER with JOSEY SLATER &amp; SARA WELLINGTON</b> Jin Shin Do Acupressure -Exploring the Wood Phase		# 02 <b>ANDREW SCHNEIDER</b> Death and Beyond	# 03 <b>BONNIE SCHNEIDER</b> Dancing Toward Enlightenment
<b>NORTH WING</b>	# 11 <b>LYNNE MÜNDEL</b> Embodying the Consciousness of the New Millennium		# 05 <b>DONNA MARTIN and MARLENE MCGINN</b> Bodymind Therapy	
<b>SOUTH WING 1</b>	# 46 <b>TARON PURI</b> Harmonizing the Human Energy Field		# 20 <b>MARILEE McLEAN &amp; DUNCAN GOHEEN</b> Sacred Sound Consciousness	# 19 <b>DUNCAN GOHEEN</b> Pranic Healing
<b>SOUTH WING 2</b>	# 32 <b>DONALD CARLSON</b> Dreams - Gateway to Healing		# 24 <b>JANELLE BREESE-BIAGIONI</b> Journal to the Self	
<b>SESSIONS ROOM</b>	# 25 <b>JON-LEE KOOTNEKOFF</b> Enhancing your Self Esteem	# 12 <b>TROY LENARD</b> The 12 Ray Colour & Chakra System	# 40 <b>ALEXI STRANDBERG</b> Tibetan Exercises & Meditation	# 28 <b>LYNN McLACHLAN</b> Uncoupling
<b>GYM</b>	# 07 <b>JOAN CASORSO</b> Inner Rhythms - Strong, Stretched & Centered		# 14 <b>DAVID THIAW</b> Drumming up some Rhythm in your Life!	# 35 <b>HAROLD HAJIME NAKA</b> The Joy of Tai Chi
<b>MAPLE COURT #1</b>	# 15 <b>KAREN PETTY</b> Transformation & Transcendence	# 51 <b>PETER MIKIEL HUTT</b> Aromatherapy - Your Fragrant Pharmacy	# 22 <b>CAROLE CLEMENT</b> The Artist Within	
<b>MAPLE COURT #2</b>	# 30 <b>CECILE BEGIN</b> The Eyes Have It - Iridology The RAYID Method		# 18 <b>CASSIE BENELL</b> Body Harmony	
<b>MAPLE COURT #3</b>	# 10 <b>Dr. CHRIS MUENDEL</b> Healing Journey	# 47 <b>ANNE TWIDLE</b> The Astrology of Life Cycles	# 53 <b>HANK (Hendrik) PELSER</b> The Lymphatic System	
<b>REIKI HOUSE</b>	# 33 <b>GLENNESS MILETTE</b> Intro to Reiki	<b>Reiki House OPEN</b> for sessions 10:30 - 8 pm		The Healing House in Alberta Hall will open at 8 am both mornings for people wishing to sign up for sessions. Healers available Sat. 11 am - 8 pm & Sun 9 - 4:30 pm.



Sunday Morning		Sunday Afternoon		
8:45 to 10:15	10:30 to 12:00	1:15 to 2:45	3:00 to 4:30	
<p># 06 <b>DONNA MARTIN &amp; MARLENE McGINN</b> Opening the Heart</p>		<p># 52 <b>DAYSTAR</b> Dances of Universal Peace</p>	<p># 34 <b>HAROLD HAJIME NAKA</b> Healing Through Qi Gong Magic of Chi</p>	<b>LOFT</b>
<p># 31 <b>DONALD &amp; ANNE MARIE CARLSON</b> Spirit Releasement - Getting Rid of Guests</p>		<p># 01 <b>JUDY ARMSTRONG</b> Sing, Just for the Love of It</p>		<b>NORTH WING</b>
<p># 50 <b>PETER MIKIEL HUTT</b> Spheroidal Gemstone Therapy</p>	<p># 21 <b>MARILEE McLEAN &amp; DUNCAN GOHEEN</b> Personal &amp; Planetary Prosperity</p>	<p># 43 <b>DAVE GOULET</b> Chakra Awareness</p>		<b>SOUTH WING 1</b>
<p># 09 <b>MELONIE OLD</b> The Electric Body</p>		<p># 29 <b>SID TAYAL</b> Shiatsu for Stress &amp; Pain Relief</p>		<b>SOUTH WING 2</b>
<p># 26 <b>JON-LEE KOOTNEKOFF</b> Beyond War</p>	<p># 13 <b>TROY LENARD</b> The Power of Healing Sounds</p>	<p># 39 <b>ALEXI STRANDBERG</b> Hatha Yoga - Inspiration</p>		<b>SESSIONS ROOM</b>
<p># 04 <b>YELLOW BEAR</b> Staying Centered</p>		<p># 14 <b>DAVID THIAW</b> Drumming up some Rhythm in your Life!</p>	<p><b>Children's Festival</b> <b>Musical Cornucopia</b></p>	<b>GYM</b>
<p># 27 <b>LYNN McLACHLAN</b> Menopause - A Support Group for Women</p>	<p># 37 <b>GREGOIRE LAMOUREUX</b> Intro to Permaculture</p>	<p># 38 <b>GREGOIRE LAMOUREUX</b> Permaculture</p>	<p># 16 <b>KAREN &amp; SHARON PETTY</b> Developing Inner Vision</p>	<b>MAPLE COURT #1</b>
<p># 44 <b>JASSANDRA LEA</b> Tai Chi Qi Gong (Going Beyond Words)</p>		<p># 23 <b>PETER MORRIS</b> Generic No Name Healing</p>		<b>MAPLE COURT #2</b>
<p># 48 <b>ANNE TWIDLE</b> A Course in Miracles Beginning the Journey</p>	<p># 45 <b>HARRY JUKES</b> Education for the New Age</p>	<p># 10 <b>Dr. CHRIS MUENDEL</b> Healing Journey</p>	<p># 49 <b>LEONARD HOWELL</b> Angel Conferencing</p>	<b>MAPLE COURT #3</b>
<p># 33 <b>CATHERINE TORRENS</b> Intro to Reiki</p>	<p><b>Reiki House OPEN</b> 10:30 - 4:30 pm</p>		<p>There will be a nominal charge for healings this year. Reiki House is by donation. The Alternate Healing House will charge \$5 for half-hour and \$10 for a one-hour sessions.</p>	<b>REIKI HOUSE</b>

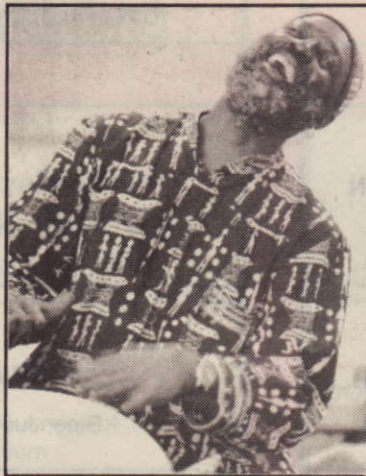


Workshop # 14

## Drumming up some Rhythm in your Life!

Learn the fundamentals of rhythm and group playing. Using a variety of different drums and percussion instruments, we will 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.)

This workshop is repeated, once each day.



## 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.

Workshop # 15

## Transformation and Transcendence

Our lives are rich with infinite possibilities and potential. As individuals, we must each move through the inner material that holds us in separation (and limitation) from our deepest expressions of self. This workshop will examine the process of transformation and provide tools to help illuminate the way through the experiences that would like to convince us to change our minds. (1½ hrs.)

Workshop # 16

## Developing Inner Vision

Our modern world presents us with many challenges and decisions on a daily basis. In our quest to meet the demands of the outside world, we often forget to use our best resource: our inner vision & voice. This workshop will offer tools and techniques for accessing our inner source of information. (1½ hrs.)

Workshop #17

## Healing Touch

### *Saturday Night Workshop*

Healing touch is an energy based approach to healing derived from a broad range of energetic healing techniques. It has therapeutic application to all aspects of an individual - physical, emotional, mental and spiritual. This workshop will be of interest to those who desire, as a professional or client, an understanding of healing work using energy. (3 hrs.)



## Karen Petty

PO Box 72049, 4479 West 10th Ave.  
Vancouver, BC V6R 4P2  
Phone (604) 737-2389

Karen Petty, RN, BScN, MA (Counselling Psychology). She combines her experience as a nurse, therapist, and energetic healer into a private practice that assists individuals experiencing physical, emotional & spiritual transitions to access their own healing opportunities. Karen also teaches the Light Work Meditation, a spiritual path based on energetic principles.



## Sharon Petty

Sharon Petty, BA, Psychology & Communications is a Communications Consultant working in the area of Research and Writing. She also works as a healer. She integrates her inner vision into her daily life and combines her experience and abilities to assist others in accessing their inner voice. She has worked with both individuals and businesses to incorporate the principles of inner vision into their daily experience.



## Cassie Benell

332 Victoria Street  
Kamloops, BC V2C 2A5  
Phone (604) 372-1663

A zoologist by training, I have been practicing bodywork for over 7 years. Initially I began bodywork study to alleviate my own physical and emotional pain. I am a practitioner of Ortho-Bionomy and teaching assistant of Cranio Sacral Therapy.



### Workshop # 18 Body Harmony

A mixture of Ortho-Bionomy, Cranio Sacral Therapy, Reiki, Zero Balancing, Esoteric Healing, Therapeutic Touch. This workshop will present a body positional therapy that spontaneously releases tension. A hands-on "give and experience a lumbar release." (3 hrs.)

## Marilee McLean & Dr. Duncan Goheen

5045 Prospect Lake Rd, Victoria, BC V8X 3X3  
Phone (604) 744-5778



Marilee McLean is a holistic counsellor, who uses NLP, Shaman training, pranic healing and toning. She was trained as a health care administrator. Dr. Goheen is a counsellor, teacher, pranic healer, and has a doctorate in Human Behaviour (PhD). He uses music, toning and meditation in his healing work. They are Directors of the Global Institute in Victoria and work as Meditation Leaders.

### Workshop # 19 Pranic Healing

Advanced Subtle energy healing using colour vibrations. The workshop focuses on group participation and lecture format for the study of the concepts of pranic healing. Including techniques for physical, mental, emotional and spiritual healing. (1½ hrs.)

### Workshop # 20 Sacred Sound Consciousness

Explore the extraordinary potential of vocal harmonics as a tool for health and self transformation. Sacred sound consciousness uses meditation and intention. It is a natural process which can be learned by everyone. (1½ hrs.)

### Workshop #21 Personal and Planetary Prosperity

A key question for people interested in personal and spiritual growth. As a species our thirst for money is destroying the earth and now we are facing the challenge of providing for our needs that is in harmony with the earth. Learn some of the paths that integrate and manifest purpose and financial objectives. (1½ hrs.)

## Carole Clement

P.O. Box 121  
Bowen Island, BC V0N 1G0  
Phone (604) 947-0169 or (604) 255-6410

Carole Clement is a relationship and wellness consultant, a writer and broadcaster. She has been teaching communication for the past 15 years in Canada, France and the USA. Carole is currently working on a collection of short stories about weddings she has performed; she has also released several tapes including The Zen of Flirting (relationships), Lullaby for Adults and Lullaby for Pregnant Women (Stress Management and Visualization.)



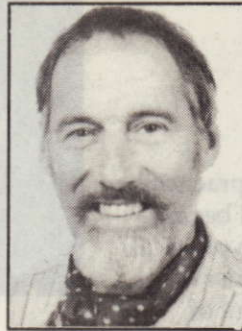
### Workshop # 22 The Artist Within

Join author and broadcaster Carole Clement for a workshop of discovery and enchantment! Explore the multi-faceted aspects of your creativity and bring forth the writer, musician and artist within you through guided visualization, story telling and collage. (Bring pen, paper, scissors, glue and cardboard) (12"x 15" approx.) (3 hrs.)



Workshop # 23  
**Generic No Name Healing**

Healing by the seat of your pants! No Names, No Pack Drill, this is every day healing on yourself and others. Dealing with Dis-ease, first aid on the run. Bring your aches and pains - let's see if we can fix 'em! (3 hrs.)



**Peter A. Morris**

R R 1, S-18, C-49  
Madeira Park, BC V0N 2H0  
Phone (604) 883-9733

56 years ago - I saw a ghost, there was no fear. She smiled at me and all I felt was warmth and love. Ever since I have maintained a connection with spirits. They teach - I learn. I teach - I learn. These entities have taught me well, and with love, many aspects of healing, meditation and past lives counselling.

Workshop # 24  
**Journal to the Self**

A journal workshop based on the book by Kathleen Adams, MA, teaches different techniques which will enhance career as well as offer tools for personal growth and self expression (3 hrs.)



**Janelle Breese-Biagioni**

135 Acacia Crescent  
Penticton, BC V2A 8B8  
Phone (604) 492-4252

I am a local writer, lecturer and Certified Instructor for the The Journal to the Self Workshop. My training and certification was under the direction of Kathleen Adams, MA in Denver, Colorado in June 1994.

Workshop # 25  
**Enhancing your Self-Esteem  
via Metaphysical Humour, Laughter  
& Vivid-Creative Visualization.**

Learn 'how-to' deepen, heighten, magnify and amplify your self-esteem...Come and be reminded that you were born LOVE ... Remember, EDUcation is drawing out or pulling out more of who you authentically ARE ... Continue to live and share your mature simplicity unconditionally. (1½ hrs.)



**Jon-Lee Kootnekoff**

Box 20146  
Penticton, BC V2A 8K3  
Phone (604) 493-7309

Jon-Lee Kootnekoff is a teacher, counsellor, coach, parent, grandad, writer, film maker, self-esteem and self image builder, Olympic athlete, educational humourist, metaphorical story-teller, radio and television personality, futurist, paradigm shifter, entrepreneur, an avid unthinker, learner, dancer and seminar and workshop "junkie".

Workshop # 26  
**Beyond War  
A New Way of THINKING & FEELING**

Join us and be reminded that war is obsolete. Come and share in a way of life that was and still is "ahead of fashion"; a one of a kind presentation about Doukhoborology. Learn or be reminded of beyond war, practical, WHOLE BRAIN THINKING and FEELING EXERCISES. Become immersed in daring, dazzling and dynamic dancing. Learn how to "wax on and wax off," balancing life via music and unthinking. Tapping into crazy-fun wisdom.....(1½ hrs.)



## Lynn McLachlan

1663 Taylor Lane  
Santa Cruz, California  
95062  
Phone (408) 462-6214



Lynn taught for many years, from kindergarten to University, eventually becoming, first, a Family Life Consultant for the Surrey School District, and then Assistant Director of Professional Development. In California, she co-founded a hospice and trained volunteers. She has led women's sacred rituals for 12 years. Lynn is a certified Feldenkrais Teacher. More recently, she has been studying Shamanic counselling, and has trained with Michael Harner and Lynn Andrews.

Workshop # 27

### Menopause - a support group for Women

Menopause is probably the least glamorous topic imaginable. It is one of the very few topics that is still somewhat taboo. In this workshop, we will share our experiences with paper and words. There will be an 8 week ongoing support group following the workshop in the Okanagan depending on interest. (1½ hrs.)

Workshop # 28

### Uncoupling - a support group for Women

We will discover ways to break the cord and set ourselves free after the marriage is ended. Half of marriages today now end in divorce. The amount of pain, confusion, and emotional turmoil behind that number is staggering. An eight week support group will follow the workshop. (1½ hrs.)

## Sid Tayal

Box 300  
Rossland, BC, V0G 1Y0  
Phone (604) 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 # 29

### Shiatsu for Stress/Pain Relief

Through the knowledge of this Oriental bodywork technique you can help yourself and/or friends to transform pain/stress to experience a richer quality of life. Hands-on workshop enhancing bodywork and incorporating Shiatsu techniques to relieve pain and stress. (3 hrs.)

## Cecile Begin

RR 1, S16, C5  
150 Brent Road.  
Peachland, BC, V0H 1X0  
Phone (604) 767-6465



I turned my life around 21 years ago after being diagnosed diabetic. I started on a spiritual path and realized how the mind can affect the body, that we are the architects of our lives. I received my doctorate of Nutripathy from Arizona, and studied colon therapy and nutrition. I studied iridology and the Rayid method and operated a clinic for 7 years in Ontario and 4 years in Peachland. My focus is on balance of Mind, Body, and living in the Now.

Workshop # 30

### The EYES HAVE IT Iridology, the RAYID method

The iris reveals not only your health condition but also your personality, talents, abilities and the person you will attract in a relationship. The eyes are the window of the soul and explain who you are and why you act the way you do. At the beginning of this workshop I will look into your eyes and determine your basic constitution. (3 hrs.)



Workshop # 31

**Spirit Releasement  
Getting Rid of Guests**

This experiential workshop will introduce you to 'Spirit Attachment and Releasement' work; it is far more common and debilitating than one wants to accept. This workshop will explain what it is, who it is, why it is, and MOST IMPORTANTLY WHAT WE CAN DO ABOUT IT! Understand the karmic loops, how to break them and, most important of all, how to heal in both the physical and spirit dimensions. You will all be given the opportunity to actively participate in this process. (3 hrs.)

*Come early - no admittance once the wksp. starts.*



**Donald D. Carlson**

P.O. Box 873  
Spokane, Wash.  
99210-0873  
Phone (509) 625-6095

Donald utilizes old and new-age truths to assist individuals to seek and find their inner being. The truths of the Edgar Cayce readings form an integral part of Don's own personal path. Drawing from a broad background of modalities including Dream Work, Music Induced Imagery, Past-Life Recall Work, Gestalt and Psycho-Drama, Animal Totem work, Colour and Mandalas, and other Altered States of Consciousness.

Workshop # 32

**Dreams - Gateway to Healing**

This is an experiential workshop with active group participation. Bring a current or repetitive dream to the workshop for participants to work on. Dreams are the most direct channel we have for inner guidance. They come from our personal "Resident Psychic" who never lies. Learn to understand the free movies of the mind! (3hrs.) *Come early - no admittance once the wksp. starts.*



**Anne Marie Carlson**

Anne Marie Carlson has been teaching classes in Metaphysics and Healing throughout the Pacific Northwest and Canada since 1978. Her intensive workshops include "Music and Imagery," "Hands On Healing", "Accessing The Inner Self Through Music, Movement, and Interaction," Past Life Recall, including exercises to remember who you are, and "Spirit Releasement." She believes that through laughter, love, and sharing, all souls can be empowered.

Workshop # 33

**Introduction to Reiki**

The Usui System of Reiki is a natural healing art using the Universal Life energy to assist our healthy bodies, minds and spirituality. It accelerates the body's ability to heal physical ailments and opens the mind and spirit to the causes of disease and pain and the necessity for taking responsibility for one's life and the joys of balanced wellness. Reiki involves attunements to the Universal Life Energy and the laying on of hands. (1½ hrs.)

*This workshop is repeated,  
once each day.*



**Catherine Marie Torrens**

Box 176  
Black Diamond, Alberta, T0L 0H0  
Phone (403) 933-5211

Catherine Marie is a Master of the Usui System of Healing with Reiki. She travels teaching Reiki Classes and treats clients in Calgary at the Reiki Centre.

**Glenness Milette**

Box 1066  
Elko, BC V0B 1J0  
Phone (604) 529-7719



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

**The Reiki house is OPEN**

Saturday 10:30am - 8:00 pm  
Sunday 10:30am - 4:00 pm

Admission is by donation

*The Reiki house is the small white house with the fence located next to McLaren Hall. (near the beach)*



## Harold Hajime Naka

825 Grenfell Avenue  
Kelowna, BC V1Y 5J3  
Phone (604) 762-5982

Hajime - a rebel without a cause, is a playful Tai Chi junkie who is quiet, but radical. A spiritual adventurer returning to the source, a place he never left, he is presently encouraging others to play Tai Chi and is cultivating his cynical sense of humour.



*Harold Hajime Naka  
offers Tai Chi both  
mornings 6:45 - 7:30  
~ in the Gym ~*

Workshop # 34

### Healing Through Qi Gong - Magic of Chi

Qi Gong, known for its health restoring and maintaining qualities is the most popular preventive health exercise in the world. The calming effects of Qi Gong help to reduce stress and hypertension. It also slows the aging process through rejuvenation. Qi Gong offers a profound physical and spiritual experience. Qi Gong has been proven effective in China by its impact on the health of millions of people over thousands of years. (1½ hrs.)

Workshop # 35

### 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.)

## Marsha K. Warman

839 Manhattan Dr.  
Kelowna, BC V1Y 1H6  
Phone (604) 762-8857

Over the many years Marsha has shared and worked with people with mental, emotional, spiritual and physical integration and learning as an instructor, lecturer, body worker, spiritual counsellor and presently as a Registered Massage Therapist working with the CranioSacral system and Somatoemotional release. Marsha will be sharing techniques she has used to facilitate healing in a format that allows you to apply to self healing and growth.



Workshop # 36

### Centering Core energetics

*Saturday Night Workshop*

Learn some of the tools and skills to deal with multi-level healing, clearing and personal growth through meditation on feeling, movement, sound, therapeutic imagery, self dialogue, receptive listening and acceptance. Please wear loose fitting layered cotton clothing and bring a pillow and a blanket. (3 hrs.)

## Gregoire Lamoureux

Box 43  
Winlaw, BC V0G 2J0  
Phone (604) 226-7302

Greg has been practicing permaculture for more than 10 years. He has been teaching since 1991. He has taught urban permaculture in Vancouver, Nelson, Grand Forks Osoyoos, Ashcroft & Kaslo. He is the director of the Kootenay Permaculture Institute, a centre for research and education in sustainable ways of living. He writes a regular column on Permaculture in Natural Life Magazine.



Workshop # 37

### Introduction to Permaculture

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

Workshop # 38

### Permaculture

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 # 39

## Hatha Yoga - Inspiration

Discover Body Awareness through the breath. Gentle movements to create space and flexibility in the joints and throughout the body. (3 hrs.)

Workshop # 40

## Ancient Tibetan Exercises & Meditation

8 exercises to create strength and grounding. Followed by gesture and movement exercises to create consciousness rooted in the feminine. Looking and Listening Meditation to create Presence, followed by Tibetan Chanting to create essence. Please bring a blanket or a cushion. (1½ hrs.)



## Alexi Strandberg

#5 - 2200 Heather Street  
Vancouver, BC V5Z 3H6  
Phone (604) 873-6605

I have been studying yoga since 1974 and teaching since 1987. My yoga is grounded in traditional teachings and has evolved into awareness and movement utilizing the breath as the awakener.

Workshop # 41

## You-Nique Vibrations

*Saturday evening workshop*

How do we know what "Karma" we are here to deal with? What does "Soul Purpose" really mean? What is the difference between fate and destiny? What is the advantage of going with the flow? Is there really a plan? Discover patterns, cycles and vibrations and how to live by Divine Design. (3 hrs.)



## Kathrine Sue

Opti-Mystic

254 Ellis Street  
Penticton, BC V2A 4L6  
Phone (604) 492-5371

I have lived in the Penticton area for about twenty years and have been involved in various aspects of recovery, uncovering and self discovery for the past nine years. I've worked with people for the past seven years and especially enjoy 'Soul Searching.' The three hour Life Path Readings I do include various techniques such as Tarot and Numerology as well as channelled insights.

Workshop # 42

## Building Energy with Crystals and Huna Principles

*Saturday evening workshop*

By using Crystals and applying Huna breathing techniques, by focusing on colour (the Chakras) and sound (Chanting), the participants of this workshop will build a powerful energy, that will be applied to healing. (3 hrs.)



## Theodore Bromley

RR1, S,13, C7  
Enderby, BC V0E 1V0  
Phone (604) 838-7686

Theodore has been studying Huna and crystal energy for many years. His workshops have been evolving at such a rapid rate that his Huna and his crystal work have all but merged. This has created an energy phenomenon that he is compelled to share. He has facilitated many workshops and healing circles in the last year. He sells crystals, does psychic readings with crystals. He is a sales representative and distributes the ISSUES Magazine in the North Okanagan, Shuswap and Columbia Valleys.



## Dave Goulet

GR 5, C7, RR1  
Winlaw, BC V0G 2J0  
Phone (604) 226-7548 or 592-0651



*Dave  
offers*

*Yoga*

*both mornings*

*6:45 - 7:30*

*~ in the Loft ~*

I travelled to India in 1969 and many other places seeking to know about the different methods of teaching, from the traditional guru-chela relation where the student lives with the teacher for daily instruction and supervision to weekly classes in a variety of countries. I helped form a Yoga teachers network with colleagues in California before moving to Winlaw in 1992. Most recent is my research into the phenomenon of the Chakras - energy centers of the mind and body.

Workshop # 43

## Chakra Awareness

An introduction to the energy aspect of our being from the Science of Yoga. This workshop gives an integrated view of our physical bodies in light of this age when we have seen that matter and energy are interrelated and interchangeable. We will look at how our energy vortexes (Chakras) are connected to various parts of the nervous systems and glands and organs of the body. Working with body energy, feeling and mind, we will stimulate our own energies and observe the results. We will also use these energies to see more clearly how imagination, memory, intellect, emotion and intuition are also fueled by these same energy flows. A practical application is developed from this knowledge to help us work directly with states of mind so that the body-mind connection comes more in the realm of our own experience. (3 hrs.)

## Jassandra Lea

RR 1 S18 C49  
Madeira Park, BC V0N 2H0  
Phone (604) 883-9733



At age 40, I had a spiritual awakening that has led me on a search for myself. Verbal expression has never been easy or comfortable and only recently have I realized that going beyond words gives me true contact with myself. In the stillness and in the silence is felt the love in my heart and connection to all in the universe. To forget myself is to be myself. The journey begins!

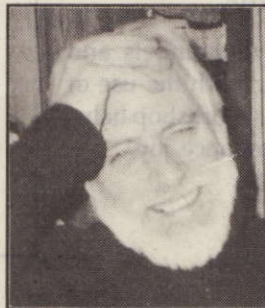
Workshop # 44

## Tai Chi Qi Gong - Going beyond Words

Has your get up and go got up and went! Does your energy feel spent! Qi Gong means the cultivating of vital energy. Experience the stillness and feel the natural state of your being using focused awareness through 18 specific, easy to learn movements. Creativity will blossom, sports activities will improve and daily life will flow.  
"Do it for the Flexible Health of It" (3 hrs.)

## Harry Jukes

Box 251  
Robson, BC V0G 1X0  
Phone (604) 365-6753



We are all teachers (& learners), whether we like it or not. I have been teaching in the established educational system for over 25 years - all levels, from primary grades to university courses. There must be some changes. I have 10 grandchildren - all of them home schooled and doing well!

Workshop # 45

## Education for the New Age

A look at the existing educational system. A discussion and demonstration of existing alternatives. A review of the philosophy and techniques of some 'cutting' edge approaches to learning. Where do we go from here? (1½ hrs.)



Workshop # 46

## Harmonizing (Aligning) the Human Energy Field

"Prana" or "Life Force Energy" is the Stuff the Universe is made of. In this workshop, you will experience and connect with your own "life force" energies through the use of light, sound and movement techniques/meditations. See how these various techniques help you to better align your physical, mental, emotional and spiritual selves into one integrated whole. (3 hrs.)



*Taron offers  
Chakra Alignment  
both mornings  
6:45 - 7:30  
~ South Wing ~*

## Taron Puri

601 - 9930 Bonaventure Dr. SE  
Calgary, Alberta T2J 4L4  
Phone (403) 278-8358

Taron opted out of a career in law to follow his path as a healer/teacher. He brings a joyful, well-grounded approach to self-healing through Energy Awareness - a process of self discovery leading to integration of body, mind & spirit. Taron brings the energy of ease to his work. He offers his services in private sessions, ongoing classes in Energy Awareness and through retreats.

Workshop # 47

## The Astrology of Life Cycles

Our life is marked by stages of intense growth and change. This workshop will focus on the symbolism of Astrology to explore critical periods in adult life common to us all. When we understand the potential for transformation symbolized by the cycles of Saturn, Uranus, Neptune and Pluto, we can receive the gifts of growth and meaning triggered by the transits of these planets (1½ hrs.)

Workshop # 48

## A Course in Miracles - Beginning the Journey

ACIM is a spiritual guide that assists us in changing our perceptions of ourselves and the world we live in. It leads us to our own internal teacher that guides us towards a greater experience of peace and love. This workshop will discuss the basic principles of consciousness, as presented in the course, and focus on the practical application of the concepts in our lives. (1½ hrs.)



## Anne Twidle

324 Park Avenue  
Kelowna, BC V1Y 5P8  
Phone (604) 763-1540

Anne Twidle is a personal growth consultant, breath practitioner, and astrologer who uses astrological symbolism to facilitate insight into the inner dimensions of consciousness and breath work to accelerate emotional release and healing. She is highly trained and experienced in supporting persons who desire personal change and a more unlimited perception of themselves and Life.

Workshop # 49

## Angel Conferencing

A workshop designed to access your angels and work with your higher self. Along with the use of meditation cards and mandalas, this workshop helps individuals needing to manifest abundance, joy, happiness and good health. (1½ hrs.)



## Leonard Howell

#7 - 3114 30th Avenue  
Vernon, BC V1T 2C2  
Phone (604) 558-5047

Leonard, whose native name is Eagle Cloud, is of Lakota Sioux and Metis/Celtic background. He is a popular singer /songwriter and has been in physical contact with Angels throughout his life. He has been a witness to various miracles and would be glad to share them with you.



## Peter Mikiel Hutt

102-582 Alberta Ave.  
Penticton, BC V2A 1P6  
Phone 1-604-975-3122

Peter Mikiel has an 18 year background in traditional pharmacy and a broad background in alternative healing modalities; including Reiki as an instructor and Pranic Healing as an intern. He calls upon his special interests in "green" pharmacy as an aromaologist, to present the apothecary's viewpoint of aromatherapy. As a "Friend of the Gemstone Guardians" for many years, he is inspired to share the secrets of Spheroidal Gemstone Therapy to promote awareness of non-invasive, non-toxic methods of healing the physical, emotional and spiritual.



Workshop # 50

### Spheroidal Gemstone Therapy: Jewelry That Heals

We'll share the profound healing effects of some of our favourite therapeutic quality Gemstones and Earthstones. Learn how crystals interact positively with the Human Energy System when carved into spheres and placed singly, in strands or in combination on the human body. Quartz, Aventurine, Rose Quartz, Emerald, Ruby, Amethyst, Citrine, Carnelian, Tourmaline, Lapis, Malachite, Leopardskin Jasper and more will be used. (1½ hrs.)

Workshop # 51

### Aromatherapy: Your Fragrant Pharmacy

Discover the healing treasure of natural essential oils from the abundance of mother earth. This medicinal care kit provides the most versatile and useful essential oils for home use. (1½ hrs.)

## DayStar

Group 8, Box 1, RR 1,  
Winlaw, BC V0G 2J0  
Phone (604) 355-2591

DayStar is a certified teacher of the Dances of Universal Peace and has lived in the forest of southeastern B.C. for 25 years. She brings her experiences as a teacher, musician, composer, mother and herbalist into her work; creating an environment where people "experience themselves as embodied spirit." She has taught at the West Kootenay Women's Festival, and Okanagan Healing Gatherings. She has ongoing classes near her home and travels regularly throughout her bioregion. Her warmth, humour and expertise create a safe environment in which to learn.



Workshop # 52

### Dances of Universal Peace

The Dances of Universal Peace are simple, meditative and uplifting group dances. They represent and integrate many of the world's spiritual traditions, and help create peace and unity within and without. These Dances originated 25 years ago from the American mystic Samuel Lewis as part of his vision of "Peace through the Arts." Some of the traditions represented are Hindu, Buddhist, American Indian, Sufi, Jewish, Goddess, Christian, Islamic, Celtic and Zoroastrian. (1½ hrs.)

**DayStar will lead the  
opening and closing ceremonies.**

## Hendrick (Hank) Pelsler

160 Kinney Ave  
Penticton, BC, V2A 3N9  
Phone (604) 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 # 53

### The Lymphatic System

The lymphatic system is a secondary circulatory system for tissue fluids. Composed of vessels and ducts for transport and lymphoid tissues for filtering of fluids, the lymphatic system among other things fights infection. Inflamed or unhealthy lymphatic systems are a danger sign often unheeded. Inability of the system to fight infection can cause pathogens to enter the blood stream resulting in Septicemia (blood poisoning). This workshop will examine this most important system in our body. (3hrs.)



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.

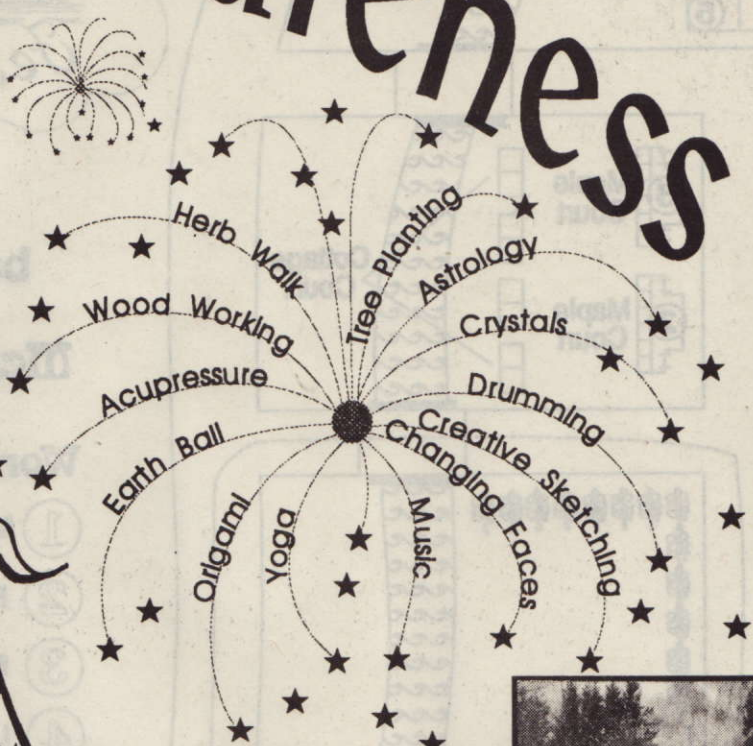


Urmi enjoys creating a spontaneous safe atmosphere of fun and creativity.

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



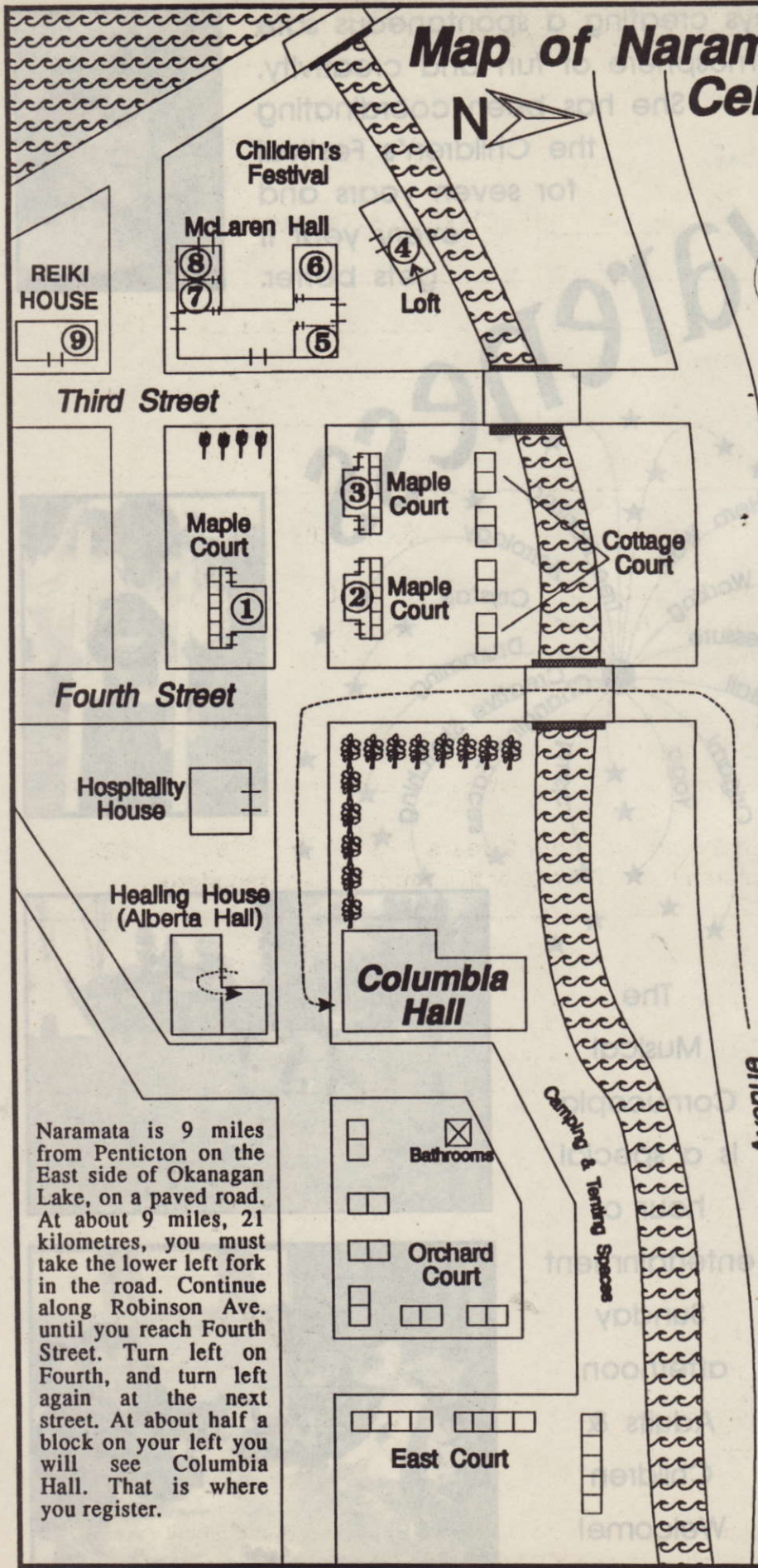
# of Awareness



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



# 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 Wing
- ⑦ South Wing 1
- ⑧ South Wing 2
- ⑨ Reiki House

Columbia Hall has  
Registration Area  
Naramata Kitchen  
Festival Store  
Gym

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 Robison 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 21, 22 & 23, 1995

# Spring Festival of Awareness REGISTRATION FORM

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

\*\*If you have attended the festival before is this a change of address? Yes \_\_\_\_\_ No \_\_\_\_\_

		Week-end	Sat. only	Sun. only
<b>Adult Festival Fees</b>	Feb. 1st to March 15th	\$ 90	\$55	\$45
	Mar. 16th to April 20th	\$100	\$60	\$50
	At the Door	\$110	\$65	\$55
<b>Children's &amp; Teens' Festival Fees</b>	Ages 3 to 12 yrs	\$ 45	\$25	\$20
	Teens 13-19 yrs	\$ 50	\$30	\$25
<b>Babies</b>	No late fees for children.	Week-end Family Rate - 3 kids/teens for \$100		
	Childminding for under 3 years	\$ 40	\$25	\$25
All children under the age of three <u>must</u> be pre-registered.				

## REGISTRATION TOTALS

<b>Festival Fees</b>	_____ Adults	@ _____ =	\$ _____
	_____ Children/Teens	@ _____ =	\$ _____
	_____ Babies	@ _____ =	\$ _____

<b>Meals</b> (from other side)	_____ Adult Meal Packages	\$ _____
	_____ Child Meal Packages	\$ _____
	_____ Individual Meals	\$ _____

<b>Accommodation</b> (from other side)	\$ _____
--	----------

Total amount owing \$ \_\_\_\_\_

add 7% GST \$ \_\_\_\_\_

Amount enclosed \$ \_\_\_\_\_

50% deposit required

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 to:

254 Ellis St., Penticton, B.C., V2A 4L6. For more info.....phone 492-5328



## 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, 1995**

### 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 for sale on site ... opens at 7:00 am.

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 be **NO** styrofoam cups on site. We sell mugs in the store.

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

\*\*\* Weekend rates only! \*\*\*

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

### COST OF ACCOMMODATION FOR BOTH NIGHTS (FRIDAY & SATURDAY)

- Maple Court Private \$90, Shared \$60 per person, A Couple or Family of 3, \$110 ... 2 nights
- Alberta Hall Private \$60, Shared - ladies only \$40 each ... 2 nights
- Cabins Shared \$50 per person. Families up to 4 people (must be immediate members) \$130 - 2 nights
- Royal Anchor Motel 1 bedroom (2 singles & a hidabed) \$90 (does not have to be family members) - 2 nights  
(3 blocks off site) 2 bedroom (2 singles, 1 double & a hidabed) \$130 (The Motels all have kitchens) - 2 nights
- 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**  
**Sandy Beach Lodge (604) 496-5765**

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 492-5328 (9 am to 9 pm) to ask questions about registering or accommodation. We will confirm by phone or mail what we have 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!**