



18th Annual

April 26, 27 & 28th  
1996

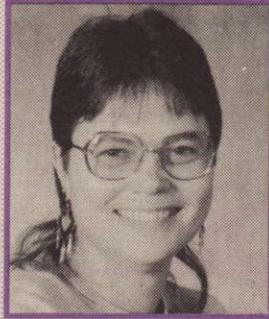
# Spring Festival of Awareness

Naramata Centre, BC, near Penticton

# YOUR Spring Festival of Awareness Crew



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



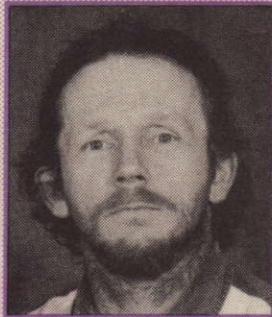
**Jan Stickney**  
*Registration  
Coordinator*



**Angèle Rowe**  
*Promotions  
Coordinator*



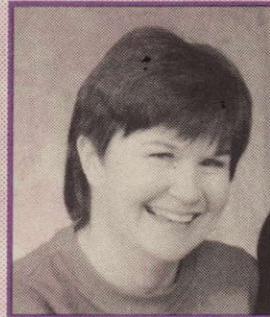
**Urmi Sheldon**  
*Healing House  
Coordinator*



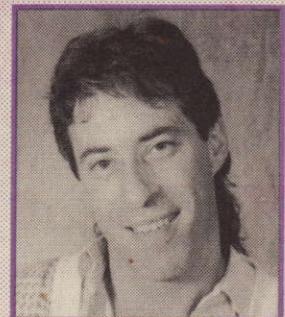
**Daryl O'Neill**  
*Childrens Festival  
Coordinator*



**Joyce Egolf**  
*Hospitality  
Coordinator*



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



**Michael Kruger**  
*Festival Store  
Manager*

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

### MEALS

Turtle Island Cafe will be on site all day Friday, Saturday and Sunday. Sandwiches and snack food available.

Meals for Naramata Kitchen 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 492-0987 before March 30th

### 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 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 ... \$5 for a ½ hour & \$10 for 1 hour sessions.  
You can sign up for Healing Sessions - 8 am both mornings  
Healing House is open: **Saturday 10:30 am - 8 pm**  
**Sunday 9 am - 5 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 mug, cushion and 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 492-5328

# WEEK-END SCHEDULE

## FRIDAY

### 1:00 - 10:00 pm Registration

Please arrive as early as possible as the line-up gets hectic by 5 pm. Unpack and enjoy the serenity of Naramata. Food available at Turtle Island Cafe (on-site) till 9 pm.

### 6:45 - 7:45 pm Opening Ceremonies Honoring the Four Directions Dances of Universal Peace

### 7:45 - 9:15 pm PlayFair with Mahara Brenna Intro of Workshop Leaders

### 9:15 - 10:45 pm Healers' Circle facilitated by Marsha K. Warman in North Wing

## Friday evening ... PlayFair with Mahara

A fun, energizing and interactive community building experience. PlayFair brings people together to meet and mix through a variety of easy and non-threatening exercises.



## SATURDAY & SUNDAY

### 6:45 - 7:30 am Sunrise Ceremonies

### 8:45 am - 5:00 pm Adult Workshops Children's Festival

## SATURDAY only

### 7:15 - 8:30 pm Saturday Night Entertainment

### 7:15 - 10:15 pm Adult Workshops

### 8:45 - 10:45 pm NECK of the WOODS 8 piece / 10 member Marimba Band

Back for a second year, NECK of the WOODS is an eight-piece Marimba band from Nelson, BC which plays traditional Shona music from Zimbabwe as well as contemporary works. This ten member band has a wake-up energy that will have you dancing and enjoying their vibrant upbeat music from Southern Africa. The seven marimbas ranging from the bright sopranos to the thundering bass are all made by members of the band. Gourd shakers called 'hoshos' add a driving beat! Join us for an evening of magic, music and dance.

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

### Loft

#### Chakra Alignment

with Taron Puri  
Saturday morning

#### Pipe Ceremony

with Doreen & Leona  
Sunday morning

### North Wing

#### Subtle Movement

with Lynne Mündel  
both mornings

### South Wing

#### Mantra Meditation

with Peter Morris  
Saturday morning

#### Singing in Rounds

with DayStar  
Sunday morning

### Gym

#### Tai Chi & Qi Gong

with Harold Hajime Naka  
both mornings

## SATURDAY EVENING WORKSHOPS ... 7:15 - 10:15 pm

Workshop # 33

**HALEY JONSTYN**

Abdominal Breathing

North Wing

Workshop # 13

**MARSHA WARMAN**

Calling Home the Longboats

Loft

Workshop # 45

**LAURIE DELIA**

Cards of Destiny

Sessions Room

Workshop # 37

**DANE PURSHKE**

Past Life Therapy

South Wing

# Workshops & Workshop Leaders

The workshop numbers correspond to the numbers on the overall schedule

Workshop # 01

## Quiet Mind, Open Heart

'Quiet Mind, Open Heart' is the experience of absolute being. Transformation of our every day experience occurs when we reveal our true inner nature, like a cloud passing from the face of the sun. This is the source of our vitality and healing. How do we begin? What do we experience? Join George for this facilitated enquiry into true essence. (1½ hrs.)



*Workshop repeated twice on Saturday*

## George Sranko

4415 Chartwell Drive,  
Victoria, B.C. V8N 2R2  
Phone (604) 477-1879

George is an author, speaker and mediator of 10 years. He is a facilitator of Transformation through direct experience of essence. He creates possibilities for transformation that reach beyond intellectual 'understanding.'

Workshop # 02

## The Cosmic Joke

A light-hearted and interesting look at the curve-balls on the spiritual path. Using the central theme of the 'Sacred-clown,' the 'Hiowka,' an inner council of chiefs famous for their strange behavior, help us to break up day-to-day reality. We'll explore paradoxes, opposites and changes in perception and other cracks in reality in a way that participants become 'Honorary Hiowkas' for the day. (1½ hrs.)



*Workshop repeated Saturday & Sunday*

## Mahara Brenna

1655 Whitesails Drive (Y-16)  
R.R.1, Bowen Island, BC, V0N 1G0  
Phone (604) 947-0247

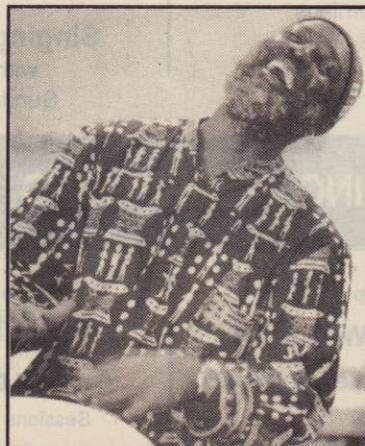
Mahara Brenna is a Holistic Health Educator and Rebirther of 20 years. Mahara travels internationally to teach and conduct a variety of healing and self expression workshops. For the past 12 years she has toured Canada and the U.S. performing "Playfair" as a university orientation show as well as a conference and convention opening act.

Mahara will lead PlayFair, Friday evening, a fun, easy way to get acquainted with interactive community building exercises.

Workshop # 03

## Drumming up the Rhythms of your Life!

African Drum Rhythms - easy to learn and powerful. Harmony and energy flow around the drumming circle! Learn the fundamentals of rhythm and group playing. Using a variety of different drums and percussion instruments, we will practice a couple of songs. 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.)



*Workshop repeated Saturday & Sunday*

## David Thiaw

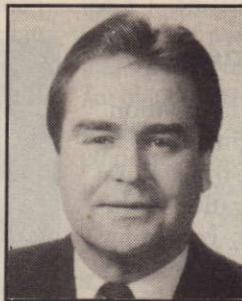
421-13th St, NW  
Calgary, AB, T2N 1Z3  
Phone (403) 270-7871

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. Please bring your drums and percussion instruments.

## Lionel Wilson

805 - 1755 W. 14th Avenue,  
Vancouver, B.C. V6J 2J6  
Phone (604) 737-7515

Lionel is a business development consultant from Vancouver who specializes in the marketing of holistic health and natural products. Lionel has worked with a variety of clients, from the Canadian Holistic Nurses Association to Dr. Steven Aung and Capers Whole Foods Markets. He compiles a monthly column on change for Shared Vision magazine and his work on marketing for the behavioral medicine practitioner has been published in the United States.



Workshop # 04

### Marketing for the Holistic Health Practitioner

The workshop will begin with an overview of the holistic health trends, then examine the issues Re: Health Care Reform. The majority of the time will be spent reviewing over 60 basic communication tools. We will conclude with a couple of case studies and then questions. (3 hrs.)

## Tink Robinson & Judy Armstrong

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



Tink and Judy are well known for their successful careers on National television and their productions at Heritage Fort Steele, B.C. where, for 13 summer seasons until 1989, they wrote, directed, produced and performed at the Wild Horse Theatre. Their talent is in bringing out the best in everyone, and with their deep understanding of the transformational process, Tink and Judy inspire people to be fully awake to their potential in each moment. Judy, B.Mus., N.T.S., has recently recorded two beautiful albums, IN-SIDE OF ME and LET YOUR HEART SING which inspire each person to open to the richness, beauty and creativity within. Tink is a 40-year veteran of professional entertainment, has amassed more than 200 national television shows and was choreographer/performer with the Wayne and Shuster Show for 5 seasons. They have been heralded for their latest successful recording, "KIDS" (for all ages).

Workshop # 05

### The Song In Your Heart

Imagine giving yourself permission to speak your own story, sing your own song and let your voice ring out without effort. Imagine the freedom!

There is a place inside you that already knows how to sing, to play, to dance, to create and you can choose in any moment to open the door to your heart's knowing.

Join husband and wife team, Tink Robinson and Judy Armstrong for a 'playshop' of remembering the magic of being a kid again. It is time to listen and express the song in your heart. All it takes is your willingness. (3 hrs.)

## Carole Clement

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

Carole Clement is a communication consultant, a writer and a broadcaster. She has presented workshops in Canada, France and the USA. Carole is the author of four cassettes on Stress Management and one on Relationships. She is a regular guest on local and national radio and television programs and well as a speaker at provincial and local Professional Associations Conferences.



Workshop # 06

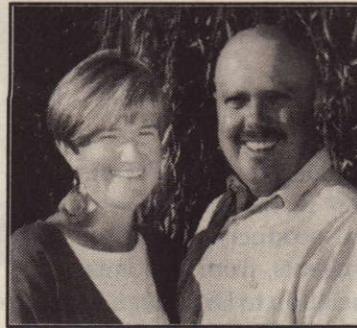
### The Artist Within You

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 # 07

### Atlantean Crystal Bowl Experience

Dale and Holly will lead this open-eye meditation, beginning with an explanation of the origin of *Crystal Bowls*. This is a first hand experience of the true nature of vibration. As the bowl changes the vibration in the room, the forms of the people change, becoming guides revealing past and future life situations and visions. Come experience the Magical Musical Vibration created with these beautiful Chakra tuned Crystal Bowls. Let the sound take you on your own personal journey. (1½ hrs.)



**Dale Quinnell  
Holly Jones**

13012 Kinloch Drive,  
Vernon, B.C.  
V1B 1C2  
Phone (604) 542-5291

Holly Jones, M.A.,  
A.B.S., is a psycho-  
therapist who holds space in a  
loving, safe way for individu-  
als to truly meet their life  
desires.

Dale Quinnell  
is a full-time vibrational  
healer, light worker, truth  
student and teacher.

Workshop # 08

### Crystal Bowl Ascension Meditation

This powerful meditation experience is designed to raise our LIGHT vibration and to help us reconnect to our CHRISTEDSELF. The process of Ascension is that of connecting and integrating with our Higher Bodies. We combine CREATIVE VISUALIZATION with the TREMENDOUS VIBRATION of the ATLANTEAN CRYSTAL BOWLS to take you on your own personal journey. We will be working with all 7 chakra tuned bowls drawing out any energies we are willing and ready to release. We then rebalance and retune our energy bodies. A balanced individual operating from this higher centre feels - JOY! (1½ hrs.)

Workshop # 09

### Introduction to Reiki

Reiki is a universal life force, a soul energy. The Usui Method of Natural Healing is a hands-on healing method that involves attunement to this universal life force. Reiki brings the body, mind and soul into balance and accelerates one's natural healing ability. This introduction will cover the history of Reiki, the many ways it can be used in your life, how it works and what the initiation or attunement process is. There will also be a treatment demonstrated.



**Catherine Torrens**

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

Catherine is a Reiki Master in the traditional Usui System of Natural Healing and in Karuna Reiki. She lives in Black Diamond, Alberta and teaches out of the Reiki Centre in Calgary, travelling to B.C. and Saskatchewan to teach as well. She received an invisible bumper sticker with her Masters in 1991 that says 'Have Reiki Will Travel'.

*Workshop repeated  
Saturday & Sunday*

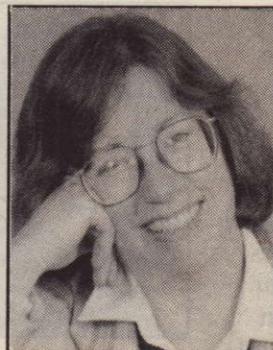
### The Reiki house is OPEN

Saturday 10:30am - 8:00 pm

Sunday 10:30am - 5:00 pm

Admission is by donation

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



**Mary Ferguson**

102 - 582 Alberta Ave.  
Penticton, B.C. V2A1P6  
Phone: 604-490-0485

Mary moved to the Okanagan Valley in the fall of 94. Since then she has been teaching Reiki and studying various healing modalities. Her teaching draws from knowledge of the east and the west. Her spiritual healing practice is guided by spirit for whatever the individual needs at that time.

## Doreen Beattie/White Cloud Woman

P.O. Box 14, 2177 Michigan Way  
Nanaimo, B.C. V9R 5K3  
Phone: (604) 741-0686

White Cloud is of the Anishanabe/Ojibway Nation. She carries a Woman's Medicine Bundle and has worked as a healer for the past 20 years. She has lived and worked in BC for the past 30 years. Her skills are in: Using the aspects of Physical, Emotional, Mental and Spiritual to facilitate the healing in a person. She is a channel for body work, sound, drumming, and various Sacred Ceremonies and Rituals.



### Workshop # 10 Healing using the Medicine Wheel

Meditation, sound and drumming. Connection to the Medicine Wheel through symbols for personal healing using the four directions teachings.

## Leona Gallant of Cree descent

Leona has worked in the healing arts for the past fifteen years using her skills of: counselling, bodywork, Grandfather rocks, sound and drumming. She uses the Medicine Wheel concepts.



*Doreen & Leona  
offer a  
Pipe Ceremony*

*Sunday morning  
6:45 - 7:30  
~ Loft ~*

## Mariah Milligan

S 4, C 58, R.R.#5  
Vernon, B.C. V1T 6L8  
Phone (604) 558-3665

Mariah facilitates small and large healing circles devoted to the Goddess within us all. She has a B.A. in Psychology, is a certified counselor, hypnotherapist and healer. She currently runs a wholistic counselling/healing practise in Vernon.



### Workshop # 11 The Maiden Goddess

Spring is a time for the renewal of the earth as well as the spirit of creativity, adventure and play. This enlivening spirit is symbolized as the maiden in Goddess tradition. She is also seen as virginal 'whole into herself,' the original meaning of virginity. Women and young maidens (12 & up) are invited to heal and strengthen their "maiden" selves through a ritual of chanting, drumming and dance. A portion of this workshop will include instruction in the basics of Goddess ritual. Only women please. Bring drums, rattles and sacred objects for our altar. Bring a veil.

## Laurel Burnham

Site 55, C 50, RR 2  
Penticton, BC V2A 6J7  
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 of the Spring Festival.



|                                  | Saturday Morning   |  | Saturday Afternoon  |  |
|----------------------------------|--|--|---|--|
|                                  | 8:45 to 10:15  | 10:30 to 12:00                                       | 1:45 to 3:15  | 3:30 to 5:00   |
| <b>LOFT</b>                      | # 07<br><b>DALE QUINNELL &amp; HOLLY JONES</b><br>Atlantean Crystal Bowl Experience                                    | # 02<br><b>MAHARA BRENNA</b><br>The Cosmic Joke      | # 10<br><b>DOREEN BEATTIE &amp; LEONA GALLANT</b><br>Healing ... using the Medicine Wheel |  |
| <b>NORTH WING</b>                | # 38<br><b>ZABBE SMYTH</b><br>Finding the Wild Woman Within  |  | # 32<br><b>LYNNE MÜNDEL</b><br>Reality  | # 43<br><b>ALEXI STRANDBERG</b><br>Ancient Tibetan Exercises & Meditation  |
| <b>SOUTH WING 1 (Back room)</b>  | # 27<br><b>CATHERINE LAMOND</b><br>Inspiration: Celebrate the Stars of Summer, your Dreams & Greatest Potential        |  | # 34<br><b>TARON PURI</b><br>Integrating the Self through Light and Sound                 |  |
| <b>SOUTH WING 2 (Front room)</b> | # 04<br><b>LIONEL WILSON</b><br>Marketing for the Holistic Practitioner  |  | # 26<br><b>MAYNARD DALDERIS</b><br>Light and Colour as the Basis of Life                  |  |
| <b>SESSIONS ROOM</b>             | # 28<br><b>BONNIE BORGERSON</b><br>Jin Shin Do Acupressure<br>Deepening into the Way of the Compassionate Spirit       |  | # 24<br><b>JOYCE EGOLF &amp; JUDY BYER</b><br>Mask Making                                 |  |
| <b>GYM</b>                       | # 14<br><b>JOAN CASORSO</b><br>Inner Rhythms - A Celebration of Drums, Dance, and Movement for the Body, Mind & Spirit |  | # 03<br><b>DAVID THIAW</b><br>Drumming up the Rhythms of your Life!                       | # 41<br><b>DAYSTAR</b><br>Singing & Dancing with the Goddess   |
| <b>MAPLE COURT #1</b>            | # 12<br><b>ROSS LEFOLEY</b><br>Totem Animal Retrieval  |  | # 31<br><b>JAN CADIEUX</b><br>Awakening the Inner Therapist                               |  |
| <b>MAPLE COURT #2</b>            | # 01<br><b>GEORGE SRANKO</b><br>Quiet Mind, Open Heart   | # 35<br><b>LEANNE DALDERIS</b><br>Your Gifted Self   | # 16<br><b>TIM JOHNSTON</b><br>Ask the Right Question                                     | # 01<br><b>GEORGE SRANKO</b><br>Quiet Mind, Open Heart   |
| <b>MAPLE COURT #3</b>            | # 48<br><b>PAVLA POLCAROVA</b><br>Facing Each Day with a Smile   |  | # 25<br><b>DAWN RENÉE ROY</b><br>Beauty from Within                                       |  |
| <b>REIKI HOUSE</b>               | # 09<br><b>MARY FERGUSON</b><br>Intro to Reiki   | <b>Reiki House OPEN</b><br>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   | 1:45 to 3:15   | 3:30 to 5:00  |                                    |
| # 08<br><b>DALE QUINNELL &amp; HOLLY JONES</b><br>Crystal Bowl<br>Ascension Meditation               | # 02<br><b>MAHARA BRENNA</b><br>The Cosmic Joke  | # 18<br><b>MERLIN BELTAIN</b><br>Introduction to Shamanism                                   |   | <b>LOFT</b>                        |
| # 44<br><b>HAROLD HAJIME NAKA</b><br>Peace through Movement<br>Healing for the 21st Century & Beyond |  | # 05<br><b>JUDY ARMSTRONG</b><br>The Song in your Heart                                      |   | <b>NORTH WING</b>                  |
| # 30<br><b>MELONIE OLD</b><br>Soul Development to Realization  |  | # 39<br><b>STEFFAN VANEL</b><br>The Tarot: Key to Ancient Wisdom                             |   | <b>SOUTH WING 1<br/>Back room</b>  |
| # 15<br><b>PETER MORRIS</b><br>Awakening the Angel Inside You  |  | # 17<br><b>TIM JOHNSTON</b><br>Creating a<br>Personal Vision                                 | # 42<br><b>ALEXI STRANDBERG</b><br>Celestial Light Body Yoga  | <b>SOUTH WING 2<br/>Front room</b> |
| # 23<br><b>CASSIE BENELL</b><br>Ortho-Bionomy & Cranio Sacral Therapy                                |  | # 06<br><b>CAROLE CLEMENT</b><br>The Artist Within You                                       |   | <b>SESSIONS ROOM</b>               |
| # 29<br><b>YELLOW BEAR</b><br>Listening to Spirit  |  | # 03<br><b>DAVID THIAW</b><br>Drumming up the<br>Rhythms of your Life!                       | # 40<br><b>DAYSTAR</b><br>Dances of Universal<br>Peace  | <b>GYM</b>                         |
| # 46<br><b>PATRICK YESH</b><br>Being Creative<br>The Healthy Soul                                    | # 19<br><b>GREGOIRE LAMOUREUX</b><br>Intro to Permaculture                                   | # 20<br><b>GREGOIRE LAMOUREUX</b><br>The Permaculture Way                                    | # 47<br><b>PATRICK YESH</b><br>My Angels and Me   | <b>MAPLE COURT<br/>#1</b>          |
| # 11<br><b>MARIAH MILLIGAN &amp; LAUREL BURNHAM</b><br>The Maiden Goddess                            |  | # 21<br><b>CAREN MILLER</b><br>Chanting to Awaken<br>the Soul                                |   | <b>MAPLE COURT<br/>#2</b>          |
| # 32<br><b>LYNNE MÜNDEL</b><br>Reality   | # 49 part 1<br><b>THEODORE BROMLEY</b><br>Building Energy with<br>Crystals & Huna Principles | # 49 part 2<br><b>THEODORE BROMLEY</b><br>Building Energy with<br>Crystals & Huna Principles | # 36<br><b>LEANNE DALDERIS</b><br>Guided Insights   | <b>MAPLE COURT<br/>#3</b>          |
| # 09<br><b>CATHERINE TORRENS</b><br>Intro to Reiki   | <b>Reiki House OPEN<br/>10:30 - 5:00 pm</b>  |  | <b>There is a nominal charge for healings.<br/>Reiki House is by donation. The Alternate Healing House will<br/>charge \$5 for half- hour and \$10 for a one-hour sessions.</b> | <b>REIKI HOUSE</b>                 |

Workshop # 12  
**Totem Animal Retrieval**

An aboriginal type workshop using drumming to go and meet your guardian animal.....everyone gets their power animal totem. Increase your connectivity to nature...to the web of life and in the Australian tradition, to the Dreamtime. (3 hrs.)



**Ross Lefoley**

11 Prince Edward,  
Pointe Claire, Quebec, H9R 4C2  
Phone (514) 695-8235

Ross, a 53 year old Psychotherapist, has been teaching awareness workshops for over 20 years. He was taught by the founders of Silva Mind Control and EST. He has been practising shamanism for over 8 years after being taught by aboriginal shamans both here in North America and in Australia.

Workshop # 13

**Calling Home the Longboats  
Singing Over the Bones**

When we sing over the bones, we flesh them out, bring them back to life. Exploring the descent we must make into the underworld, the psyche-home of the shadow - where we find male/female, God/Goddess initiations into instinctual wisdom, vision, intuition and knowledge, in order to mend the rift between our conscious self and soul.



**Marsha K. Warman**

1354 Highland Dr. S.  
Kelowna, BC V1Y 3W1  
Phone (604) 868-0446

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.

*Saturday evening  
workshop*

Workshop #14

**Inner Rhythms**

A Celebration of Drums, Dance and Movement  
for the Body, Mind and Spirit

*open to men & women*

This Inner Rhythms Work/Playshop will focus on awakening, energizing and balancing the rhythms of the bodymind by weaving together African [tribal] dance, percussion, self massage, posture, yoga and relaxation exercises. (3 hrs)



**Joan Casorso**

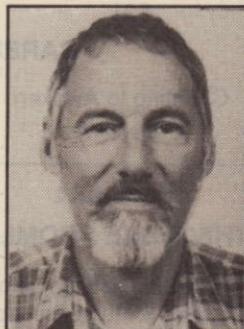
R.R.#6, Casorso Road  
Kelowna, BC V1Y 8R3  
Phone (604) 769-7424

Joan Casorso has been sharing Inner Rhythms-Strong, Stretched and Centered with people for 18 years. Weaving together various bodymind disciplines, creating the setting to feel rhythm's powerful effect on the Body/mind and spirit.

Workshop # 15

**Awakening the Angel  
Inside You**

Inside each and everyone of us is an angel. When we get to know this energy, there are new opportunities and horizons to discover. Healing ourselves and others is the most rewarding achievement. Come discover your angel! (3 hrs.)



**Peter A. Morris**

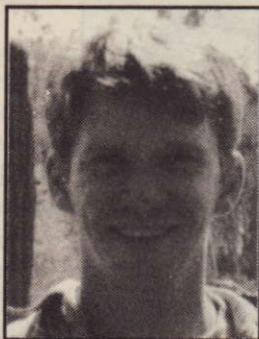
R R 1, S-18, C-49  
Madeira Park, BC V0N 2H0  
Phone (604) 883-9733

Since seeing my first 'Ghost' 57 years ago, the search goes on. Healing, myself and others, has been a priority since being nominated for membership in the National Federation of Spiritual Healers of England. This organization is spreading the energy of healing around the world. That's what I do - simply!

*Peter offers Mantra Meditation  
Saturday 6:45-7:30 am in South Wing*

## Tim Johnston

# 2, 1445 West 11th  
Avenue  
Vancouver, B.C. V6H 1K9  
Phone (604) 732-8806



Tim is a writer and teacher living in Vancouver. He teaches a weekend course in personal transformation called Naka-ima. Currently, he is writing a book about developing a strong relationship with God without formal religion.

Workshop # 16

### Ask the Right Question

Create, confront and show your love by asking the right question. Notice the ways and times you've held back from telling the truth, held back from saying what you see. Ask the question that will have her (or him) look at herself, have her examine her intentions, have her confront. (1½ hrs.)

Workshop #17

### Creating a Personal Vision

Your vision is your purpose in life made real. A vision is a path as well as a destination. You know that you are in touch with your vision when you see both what you intend to create and how to create it. To discover your vision, approach from both ends. Examine your dreams and see how to make them real. Examine your current reality and see how it expresses your intention for the universe. (1½ hrs.)

## Merlin Beltain

9312 Regency Court,  
Vernon, B.C. V1B 2M8  
Phone: (604) 542-5940

Call me Merlin. I am a 56 year old retired teacher. I have been doing this work for several years and have trained with a variety of people experientially: Marc Tey, Johnny Moses and Red Cedar Circle, Starhawk, Z. Budapest, etc. More formal training was received from the Foundation of Shamanic Studies: Michael Harner-Introduction, Sandra Ingerman-Soul Retrieval, Leslie Conton-Extraction, Michael and Sandra-Advanced Shamanic Healing and Shamanism



Workshop # 18

### Introduction to Shamanism

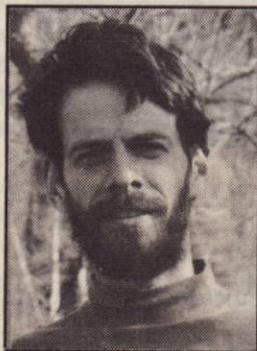
- ~ spiritual healing with helping spirits
- ~ power animals
- ~ soul retrieval
- ~ journeying
- ~ extractions

At the end of the workshop, participants will have an opportunity to journey and discuss their experience. Bring drums and rattles if you have them and a mat to sit on. Also a grapefruit sized rock. (3 hrs.)

## Gregoire Lamoureux

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

Greg has been practising permaculture for more than 10 years. He has been teaching since 1991 in many places around the country. He is a permaculture consultant and designer and the director of the Kootenay Permaculture Institute, a centre for research and education in sustainable ways of living.



Workshop # 19

### Introduction To Permaculture

A general introduction to permaculture. Which is a way to design sustainable human habitat, working with nature, using diversity, interdependence, recycling and conservation to produce a stable and self-reliant system. (1½ hrs.)

Workshop # 20

### The Permaculture Way

Principles and techniques to implement a sustainable way of living around our home and at the community levels. (1½ hrs.)

Workshop # 21

### Chanting to Awaken the Soul

Experience the most joyful and effortless way to connect with Spirit ... chanting! Chants are like musical meditations, beautiful prayers or positive affirmations with a melody. When sung with intent and devotion one dives deeper into the chant's mystical message, integrating its meaning and becoming one with its essence. This powerful tool awakens the Soul within. Please bring your drums and rattles and come prepared to sing your bliss. (1½ hrs.)



### Caren Miller

3903-14th St  
Vernon, BC V1T 7N3  
Phone (604) 558-3944

Caren is a musician who brings music and the spiritual quest together in a beautiful, joyful union. She facilitates chanting workshops and has recorded a tape called *The Pregnant Moon: A collection of chants for the soul*. Caren's initial introduction to chanting as a form of Spirit connection was in 1985 through the teachings of Pamahansa Yoganada. She is a registered nurse involved in naturopathic health care and the mother of two.

Workshop # 22

### Chanting to Awaken the Goddess

With chanting as the awakening instrument we will invoke Divine Mother, celebrating Her various forms and manifestations. Please bring percussion instruments that you might have. (1½ hrs.)

Workshop # 23

### Ortho-Bionomy and Cranio Sacral Therapy

Common ailments, such as low back pain, can be addressed by gently positioning the body to spontaneously release tension. Where possible, self care exercises are given, mainly derived from the above osteopathic disciplines. (3 hrs.)



### Cassie Benell

332 Victoria Street  
Kamloops, B.C.  
Phone: (604) 372-1663

Cassie moved to B.C. from Winnipeg almost 2 years ago. She has been doing body work for 9 years and works with the general public and autistic children. She also trained as a zoologist.

Workshop # 24

### Who is Behind the Mask?

Become aware of and explore the different masks that we wear in our journey of life. This hands-on workshop will help you to express one or two of your *personal* masks. Basic supplies provided but you are welcome to bring anything you wish to incorporate into your mask. This will be a decorative piece not something to wear.



### Joyce Egolf

Site 10, C 20, RR 1  
Lumby, BC, V0E 2G0  
Phone (604) 547-6711

Wizard of Stone creator, Joyce is an artist, crystal therapist and silversmith. She feels masks are a way to explore hidden extensions of ourselves and help us stretch beyond our limitations.

This workshop could be messy so please dress appropriately. (3hrs.)

301 Penticton Ave., Penticton BC, V2A 2M4, Phone (604) 492-3696

Lover of theatre, arts and music Judy's excitement for masks was stimulated as a teenager when she became involved in little theatre. Stage manager for many productions she sees masks as an integral part of the personality. She enjoys paper making and has many creative ways of expressing herself.

### Judy Byer

## Dawn Reneé Roy

P.O. Box 98,  
Naramata, B.C. V0H 1N0  
Phone: (604) 496-5405 or 496-5422

Dawn Reneé taught modelling and was part of the international market for over 14 years. She has developed a course for teens and adults of all ages, where she brings her knowledge and experience together in a positive way. Guiding people into self improvement from the inside, unlike what she had been taught in her career. She will be assisted by Ross Barret, an accomplished composer/musician who travels internationally sharing his spirit inspired music. Together they will help you through a journey of self-discovery and creation.



Workshop # 25

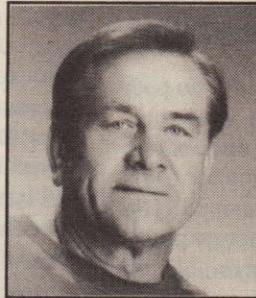
### Beauty From Within

In this experiential workshop Dawn Reneé and Ross aid and guide people in touching their inner beauty. Using movement, body awareness and attitude they lead a journey through the past, present and future, discovering resistance and creating changes that we desire in our life. Reneé and Ross will guide a powerfully subtle meditation to aid in clearing blockages that obstruct our expression of our authentic inner beauty. Ross Barret's live flute music will take you on a journey of clearing, nurturing and expressing. (3 hrs.)

## Maynard Dalderis

87 Cambrian Drive N.W.  
Calgary, Alberta T2K 1P5  
Phone (403) 282-9395

Since 1979 Maynard has led workshops in Burroughs methods of Colour Therapy, Vita Flor, cleansing and has a background in Rebirthing and E - processing. He has co-authored a few best sellers like *Do You Have a Moment, Askceptance, Opening to Healing and Beyond Controloloholism, a twelve step program to recovery.*



Workshop # 26

### Light and Colour as the Very Basis of Life

Colour is the basis for all forms of healing. Colour is the prime nutrient of our physical as well as our Light bodies. A colour projector will be used to demonstrate that: 'All healing methods can be interpreted and understood through light and colour' and 'Rainbows are our slides to home.' (3 hrs.)

## Catherine Lamond

305 - 1730 Pendrell Street  
Vancouver, B.C. V6G 3A3  
Phone (604) 331-8565

Catherine is a humanistic practitioner of drama and expressive arts, an experienced counsellor, teacher and personal growth trainer of 16 years standing. Qualified as a speech and dramatic arts teacher.



Workshop # 27

### Inspiration: Celebrate the Stars of Summer, your Dreams & Greatest Potential

Integrated arts workshop which explores the intuitive self to release creative and spiritual expression. Using a combined method of art form, drama, games, magical story telling, visualization and ceremony we will reclaim the natural self in a journey of self empowerment, fun and creativity. (3 hrs.)

Workshop # 28

## Deepening into the Way of the Compassionate Spirit

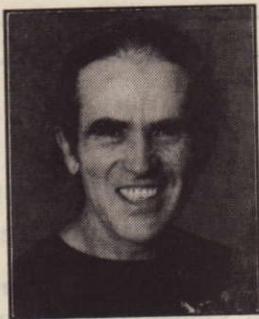
Mindfulness, observing our process, feeling the flow or chi space, accessing the whole through the part - Curious? You are invited to explore, awakening the body, mind and spirit through a blend of Jin Shin Do, Qi Gong and other techniques. Bring a mat and a blanket and wear comfortable clothing. [3 hrs.]



## Bonnie Borgerson

4470 Arsen's Place  
Victoria, B.C. V8N 3T8  
Phone 604-477-3418

Jin Shin Do, Bodymind Acupressure, teacher and spiritual companion; Bonnie brings a loving presence and diverse background to her classes. Her personal vision is to be a clear instrument of the "Compassionate Spirit" - to contribute to a world filled with peace, acceptance and health. She works with Arnold Porter at the Canadian Acupressure Inst. Inc.



Workshop # 29

## Listening to Spirit

This is the first year of the physical purification cycle as predicated by the Hopi elders when they reopened the Bear Clan Kiva in 1987. I will be guided intuitively as to what needs to be said.

## 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 # 30

## Soul Development To Realization

Soul embodiment is achieved through the completion of karmic life lessons of three energy bodies. We are electric, magnetic, light beings. This lecture details what each of the bodies life lessons entail and how we progress from one to the other to achieve enlightenment. Understand how to align the body, mind, spirit team to unfold your destiny and find your true purpose for being here. An informative discussion that allows for audience participation.



## Melonie Old

#1 - 310 22nd Avenue S.W.  
Calgary, Alberta T2S 0H4  
Phone (403) 244-1805

Melonie has been in private practice for seven years in Calgary, researching soul development using Applied Kinesiology to connect onto the electro magnetic light system of the body. She is a practical nurse who has studied Reiki, Qui Gong, Touch for Health, 3 in 1 Concepts as a facilitator plus Applied Kinesiology.

## Jan Cadieux, M.Ed., C.G.C.A.

4415 Chartwell Drive,  
Victoria, B.C. V8N 2R2  
Phone (604) 477-1879

Jan has her Masters in Counselling Psychology, is a registered Canadian Clinical Counsellor and the author of "The Joy of Becoming Your Own Counsellor." Her empowering style has helped individuals and counselling students find their own 'paths of soul.'



Workshop # 31

### Awakening the Inner Therapist

Through participation and interaction we will explore:

1. Quieting the inner chatter using breathwork, meditative silence and intuitive writing.
2. Deepening our awareness of our essence through dreamwork, art and movement.
3. Caring for our souls through trusting our intuition and nurturing our body - mind - spirit. (3 hrs.)

## Lynne Mündel

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

Lynne has been a transformational catalyst and guide for fifteen years. She is also a mother, nurse and author. She has founded a transformational community in Kamloops and focuses weekly and monthly gatherings.



*Lynne offers  
Subtle Movement,  
Relationship with  
Life Force  
both mornings*

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

Workshop # 32

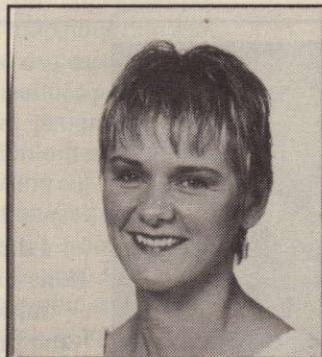
### Reality

One of the most difficult tasks of the human journey is to shed personal ego and to begin to remember we are Consciousness. It is an impossible task until we have allowed our cells to feel their continuity with Consciousness...with Life Force. At this point in human history Life Force can no longer be denied, constrained or repressed. We have to live with deeper feeling states, with more energy and information moving through us. This workshop will provide opportunity to observe life force in the personal body and in the collective body of the group. Participants will be assisted to recognize and relax ego and to open themselves to the fresh vital information that can arise amongst humans willing to receive Reality. (1½ hrs.) *Workshop repeated each day.*

## Haley B. Jonstyn, R.N.

Box 30, Rossland, B.C. V0G 1Y0  
Phone (604) 362-5744

I am a Registered Nurse with a varied background in Conflict Resolution, Codependency, Co-counselling, Reiki and Therapeutic Touch. My own healing journey has led me to know many alternative healing practices. Having found my path of service I dedicate my life's journey to healing.



Workshop # 33

### Abdominal Breathing to Access the Relaxation Response

*An antidote for Fight and Flight, 'F & F'*

An overview of the Sympathetic Nervous System (F&F) and Parasympathetic Nervous System (R&R) will be presented. Also the anatomy and physiology of abdominal breathing and a Biofeedback Technique will be taught. "Breathing is the first place, not the last, one should look when fatigue, disease or other evidence of disordered energy presents itself." Sheldon Saul Hendler M.D. from *Conscious Breathing*.

A Progressive Muscle Relaxation will be presented to access the relaxation response and awaken the medicine within to reverse the symptoms of F & F. (3 hrs.)

*Saturday evening workshop*

Workshop # 34

## Integrating the Self Through Light and Sound

Light and Sound are the two core energies which create form. We will begin with a group discussion on how light and sound energies form the very essence of our being and then partake in specific processes and group guided meditations to familiarize you with Life Force energies. Come prepared to let go and have fun!!! [3hrs.]



*Taron offers  
Chakra Alignment  
Saturday morning  
6:45 - 7:30  
~ Loft ~*

**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 # 35

## Your Gifted Self! A Session With The Guides

The gifts of Spirit are internal and eternal, and when we are connected to our inner gifts, we are awakened to what we really have to give those we love and the world. Working with the Gift Cards, Leanne uses her guidance to identify your gifts and any blocks to their expression. (1½ hrs.)

Workshop # 36

## Guided Insights:

**Look Within and You Will Not Have to Go Without**

By gaining insights into our patterns, our behaviors, our conclusions, we find we have a choice for another way of experiencing life. Leanne will use the group energy and interaction to discover that some of our greatest blocks and resistances contain our greatest gifts and releases. (1½ hrs.)



**Leanne Dalderis**

87 Cambrian Drive N.W.  
Calgary, Alberta T2K 1P5  
Phone (403) 282-9395

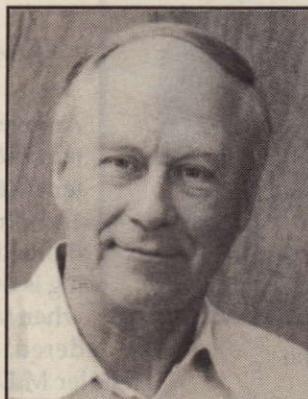
Leanne is co-author of *Do You Have a Moment?*, *Askceptance*, and *Where is Your Worth?* She shares her guided insights through sessions, meetings, and seminars. Offering ease in going

beyond blocks to full awareness and healing, her gift is insight. Through a gentle yet powerful guidance, Leanne goes straight to the heart of the matter to release the spirit of truth. Her focus is our giftedness, for when our gifts are seen and honored, there is only wellness to experience.

Workshop # 37

## Past Life Therapy

Past Life Therapy is channeling your own Higher Self in order to heal your past. We bring with us from previous lives, learned responses that we compulsively repeat in this life. We learned somewhere to respond to life with fear, guilt, shame, anger, sadness etc. My therapy enables you to recall, re-feel, and to release the negativity from your emotional body. As you let go of old compulsive patterns of behavior you are freed to respond to life in ways that are new. (3 hrs.)



**Dane Purschke**

R.R.1, S 2, C A6,  
Peachland, B.C. V0H 1X0  
Phone: (604) 767-2437

I didn't grow up believing in reincarnation. I was born into a traditional Catholic family and at age 20 I began studies for the priesthood. I was ordained ten years later. When I could no longer represent many of the Church's teachings, I left after 25 years. For the same reasons I left the priesthood I have left Christianity with its limited and limiting beliefs. I now help people change old compulsive patterns of behaviour, freeing them to make new choices about their lives.

*Saturday evening Workshop*

## Zabbe Smyth

R.R.1, S-9, C-19,  
Chase, B.C. V0E 1M0  
Phone: (604) 679-7619

Zabbe is an actor, director, writer and producer of theatre. She has toured across Canada with her own play 'The Tale of the Four Directions' and produced and directed two seasons of 'Secwepemc Theatre Society's' native plays which toured Australia, New Zealand and Vienna. She is currently employed by SCES/SFU running the drama department at their Kamloops campus.



### Workshop # 38 Finding the Wild Woman Within

Using body awareness exercises, breathing techniques, rhythm games and a special guided meditation to connect with our own special animal guide, we will meet the 'Wild Woman' in each of us, and sing and dance her awake. Bring drums or other rhythm and percussion instruments.

## Steffan G. Vanel

P.O. Box 476,  
Curlew, WA, 99118  
Phone: (509) 779-4066

Steffan is known internationally for his work with the Tarot and Astrology. He is now residing in the mountains near Grand Forks, BC, where he is working on his forthcoming book, 'Doors of Revelation: The Tarot', presenting his unique synthesis of the principles of Tarot, Astrology, Kabbalah and Jungian Psychology.



### Workshop # 39 The Tarot: Key to Ancient Wisdom Tool for Psycho/Spiritual Healing

In this workshop, Steffan will introduce the deeper wisdom of the Tarot through correlation with the 'Tree of Life, the Kabbalistic diagram portraying how the universe was created; from pure spirit to physical form. He will also demonstrate how to apply this wisdom in service through a sample 'Tree of Life' reading said to be like six months of therapy in two hours. (3 hrs.)

## DayStar

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

DayStar is a certified leader of the Dances of Universal Peace and has lived in the forest of southeastern B.C. for 26 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 # 40 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 thru the Arts.' Some of the traditions represented are Hindu, Buddhist, American Indian, Sufi, Jewish, Christian and Celtic. (1½ hrs.)

### Workshop # 41 Singing and Dancing with the Goddess A Workshop for Women

The Dances of Universal Peace that we will share during this workshop are ancient and contemporary expressions of the Divine Feminine. The sounds of sacred phrases spanning many centuries of spiritual devotion combine with simple movements to bring us closer to ourselves and each other in celebration and knowledge. Ashera, Kuan Yin, Tara and YeMaYa are some of the Goddesses we will explore. (1½ hrs.)

**DayStar offers Breathing Exercises and Singing in Rounds ~ Sunday 6:45~7:30 am ~ South Wing and will lead the Opening and Closing Ceremonies**

Workshop # 42

### Celestial Light Body Yoga

This class is for people interested in exercising the 'light' energies with and of our bodies. We will become aware of and connected with our visions of light, enhancing and increasing our frequencies. We develop stabilization by grounding these energies in the physical body, thus becoming present, our position of true power. (1½ hrs.)

Workshop # 43

### Ancient Tibetan Exercises & Meditation

Learn a complete series of exercises to create strength and grounding rooted in the masculine. This is followed with a gesture and movement series to create consciousness rooted in the feminine. A meditation of Listening and Looking guides us into 'Presence'. (1½ hrs.)



### Alexi Strandberg

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

Yoga has embraced me and taught me to 'lighten-up' in my life. Freeing my body, creating openness and flexibility has given me the gift of joy. It has allowed me to create my life and fulfil one of my life's ambitions - to almost never wear panty hose.

Workshop # 44

### Peace Through Movement 'Healing for the 21st Century and Beyond'

Is your Chi gone? Energize with Qi Gong! Discover the many health benefits from the internal healing / martial arts of Qi Gong and Tai Chi. Qi Gong is the 3000 year old Chinese rejuvenating health exercise system, using internal energies to prevent and heal illnesses and injuries, while deeply relaxing body and mind. Tai Chi is the magical, playful art of harmonizing body, mind and spirit through slow, graceful, meditative movement. Join Hajime 'dancing dragon' and become a Playful Warrior. (3hrs.)



### Harold Hajime Naka

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

Hajime - is Off-Centred in the Tao - returning to the source. Hajime is a dancing dragon, flying without wings who invites everyone to play Tai Chi and discover their true 'playful' nature.

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

Workshop # 45

### Discovering the Cards of Destiny

An introduction to our fascinating deck of Playing Cards. A mystery school to teach a very old and yet a new perspective on these cards that have been with us unchanged for millenniums. What is your Birth Card? How do your karma cards guide you?

A look into Relationships and the connections we have in our lives. (3 hrs.)

*Saturday evening workshop*



### Laurie Delia

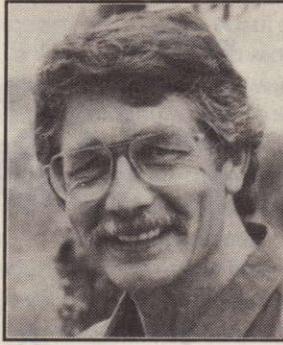
Box 20193  
Penticton, B.C. V2A 8K3  
Phone (604) 493-2407

Born and raised in Manitoba with small town beliefs and traditions, my door of awareness started to open at age 34. Awakened to a new life, with my two children, I arrived in Penticton in 1990. My personal journey of discovery of the 'Cards of Your Destiny' started 1½ years ago. Finding my 8 of spades 'sun sign' I have truly stepped into my destiny. I would love to share this system with you.

## Patrick Yesh

Site 20C, Box 7,  
Creston, B.C. V0B 1G0  
Phone (604) 428-2882

Patrick is a fine artist and art educator, practicing for over twenty-five years, leading Creativity Playshops in Canada and the U.S.A. Patrick's Master's research combined art education methods, spiritual insights, and counselling experience. He lives with his family in Creston, B.C. painting spiritual portraits, teaching and counselling.



Workshop # 46

### On Being Creative: The Healthy Soul

Time to create in various media, with movement and music and time to reflect on our creative natures of mind and spirit; to share the insights we gain about the link between our creative actions, creative thoughts and the growing dominance of our healthy souls. (1½ hrs.)

Workshop # 47

### My Angels and Me

An intimate look at the ever growing relationship between ourselves and our angels. Only good can come from our attempts to communicate and return our love and affection to the Angels. Visualize through art and music this special and eternal friendship. (1½ hrs.)

## Pavla Polcarova

211-1425 Cypress Street,  
Vancouver, B.C. V6J 3L1  
Phone (604) 737-6997

I was born in Czechoslovakia and lived there for the first 16 years of my life. Leaving everything behind, I escaped with my mother through the mountains and spent half a year in an Austrian refugee camp. I have lived in Vancouver since 1985, obtaining a B.Sc. and a law degree. Unhappy with the traditional way of practising law, I now run my own law and mediation practice where I focus on creating practical solutions through communications, compassion and cooperation. As well, I lead workshops in the personal growth area.



Workshop # 48

### Facing Each Day With a Smile

An interactive, hands-on workshop on recognizing and manifesting what you need in your every day life to be happy. Explore what may be holding you back and learn about some of the ways of overcoming your own internal blocks to creating what you want. Through increased self-knowledge, you will gain greater control over your life, allowing for much greater expression of your true self. (3 hrs.)

## Theodore Bromley

RR1, S13, C7  
Enderby, BC V0E 1V0  
Phone (604) 838-7686

Theodore has been studying Huna and crystal energy for many years. He also has his own business wholesaling and retailing crystals and gemstones. In the last year he has accepted a position on the Board of Directors of World Huna Alliance, an international organization dedicated to the study of Huna. He has also just authored a metaphysical novel entitled *The White Rose - The Day The World Looked Up*.



Workshop # 49

### Building Energy with Crystals and Huna Principles

#### Part 1

An introduction to the reality of crystal energy and Huna principles. Participants will experiment with the energy in order to use it for healing.

#### Part 2

A continuation of part 1 with time applied to building energy rather than in explanation. Sound [chanting] and colour will also be involved.

On April 1st we will mail the Children's 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.



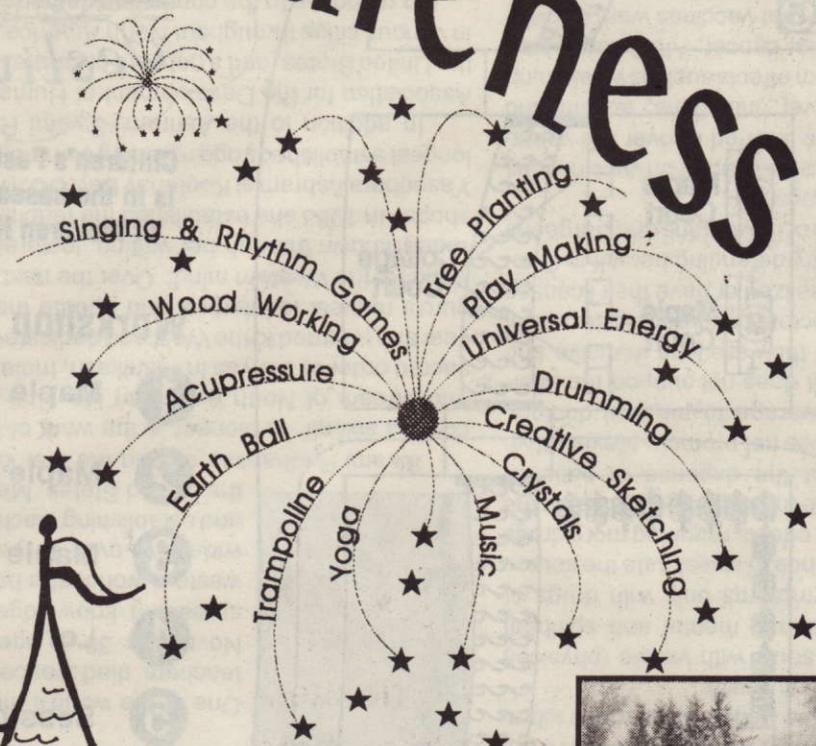
The Children's Festival programming consists of outdoor games, arts & crafts, woodworking, the trampoline plus many exciting workshops for children 3 yrs & up.



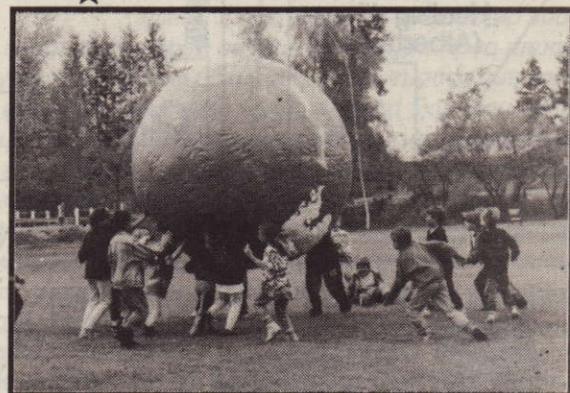
Daryl enjoys creating a safe atmosphere of fun and creativity. Every year it just gets better.



# of Awareness



The Electro Technical Theatre is a special hour of entertainment Sunday afternoon. Adults & Children Welcomed



# Map of Naramata Centre



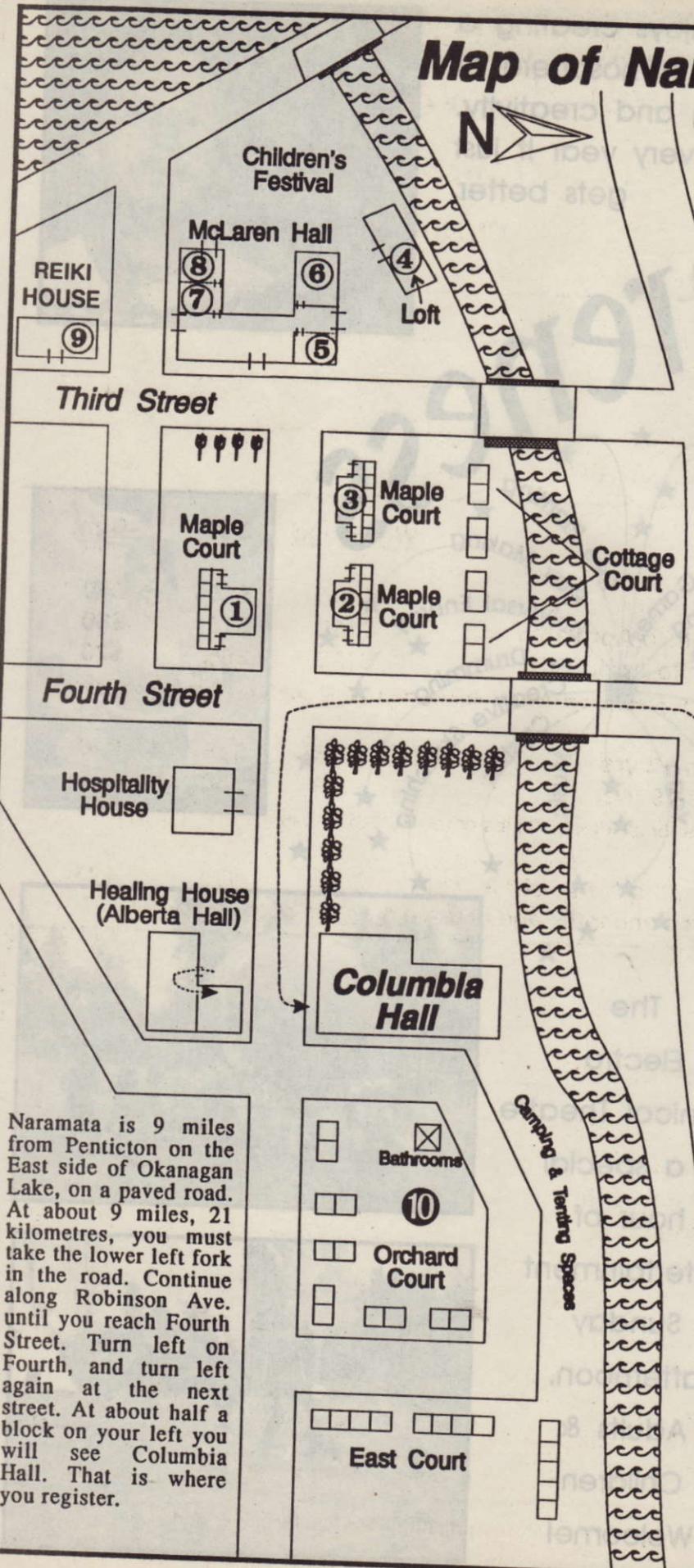
Children's Festival is in the basement of McLaren Hall

## 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
- 10 Childminding House

Columbia Hall has  
 Registration Area  
 Naramata Kitchen  
 Festival Store  
 Gym

↑  
 From Penticton



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. 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.

April 26, 27 & 28, 1996

# Spring Festival of Awareness

## REGISTRATION ... by MAIL ONLY

|                            |                            |           |
|----------------------------|----------------------------|-----------|
| 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   | \$100    | \$65      | \$50      |
|  | March 16th to April 15th   | \$110    | \$75      | \$60      |
|  | April 16th to April 28th   | \$125    | \$85      | \$70      |
|  | After April 15, please register by phone and we will confirm if we have space. |          |           |           |
| <b>Children's &amp; Teens' Festival Fees</b>                             | Ages 3 to 12 yrs   | \$ 45    | \$25      | \$20      |
|  | Teens 13-19 yrs  | \$ 50    | \$30      | \$25      |
| No late fees for children... 3 kids or teens: \$100 (must be one family) |  |          |           |           |
| <b>Babies</b>  | 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) | \$ _____                                |
|  | <b>Total amount owing</b> \$ _____      |
|  | add 7% GST \$ _____                     |
|  | <b>Grand Total</b> \$ _____             |

Amount enclosed \$ \_\_\_\_\_ (50% deposit required) Balance ... payable at the door \$ \_\_\_\_\_

Refunds with written request if received before April 20th (less \$20 for paperwork)  
 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 ?

Children's prices are for ages 4 to 10 years. Children 11 years and up need adult meal tickets. Children under 3 are free.

Meals **MUST** be pre-ordered  
before APRIL 15th, 1996

### MEAL PACKAGES

Adult .. all 6 meals \$53.00 \_\_\_\_\_

Adult .. first 5 meals \$38.00 \_\_\_\_\_

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           | \$15.00  | _____ | \$8.00 | _____                       |
| <b>Sunday</b>    |          |       |        |                             |
| Breakfast        | \$5.50   | _____ | \$4.00 | _____                       |
| Lunch            | \$7.00   | _____ | \$4.75 | _____                       |
| Dinner           | \$15.00  | _____ | \$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! \*\*\* (No one night registrations... try the motels.)

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) \$100 (does not have to be family members) - 2 nights  
(3 blocks off site) 2 bedroom (2 singles, 1 double & a hidabed) \$145 (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 6 pm) to ask questions about registering or accommodation. We will notify you by phone if the accommodation you requested is not available.

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!**