



19th Annual

April 25, 26 & 27<sup>th</sup>  
1997

# Spring Festival of Awareness

Naramata Centre, BC, near Penticton

# FESTIVAL CREW



Left to right starting with the front row: **Angèle:** Overseer & Official Hugger, **Urmi:** Teen & Team Spirit, **Samarpan:** Volunteer Ambassador, **Judy:** Instructors' Hostess, **Laurel:** Mistress of Ceremonies & Director of Ambience, **Jan:** People Processor, **Marcel:** Healers' Harmonizer, **Daryl:** Fun Facilitator, **Gerry:** Set-up Supervisor, **Terrence:** Store Manager, **Michael:** Dean of Details ... Missing is **Joyce:** Hospitality Hostess

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

### MEALS

Meals for Naramata Kitchen must be pre-ordered.

Herbal Teas, Coffee & Juices are available FREE all weekend.  
**Please bring your Cup** or you can buy one at the Festival Store.

**The Sundance Cafe will be on site all day Friday, Saturday and Sunday providing delicious breakfast, lunch and dinner fare as well as healthy snacks, desserts, coffee and tea.**

### 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 492-5371 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 weekend 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: 492-5371  
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 492-5371, fax 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.

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

**7:45 - 9:15 pm Creative Chaos** with Angèle & Urmi  
**Workshop Leaders' introductions**

**9:15 - 10:45 pm Healers' Circle** in North Wing  
 Share stories and get to know healers from around the province. Catherine Torrens & Michael Kruger facilitating.  
**Musical Jam** in the Loft ... organized by Stewart McLeod and the Penticton Drummers.

## Friday evening ... Creative Chaos with Urmi & Angèle

*A fun, energizing and interactive experience. Meet and relate through a variety of easy and enjoyable exercises. Then... time to meet the Instructors.*



## SATURDAY & SUNDAY

**6:45 am - 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**

*Back for a third 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 'hosho' 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	North Wing	South Wing	Sessions	Gym
<b>Light Meditation</b> with Taron Puri Saturday morning <b>Drumming up the Sun</b> with DayStar Sunday morning	<b>Awakening the Body Through Movement and Meditation</b> with Lynne Muendel both mornings	<b>Dynamic Meditation</b> with Urmi &/or Samarpan both mornings	<b>Bringing the Mind to Cellular Level</b> with Maurine Valorie both mornings	<b>Tai Chi &amp; Qi Gong</b> with Harold Hajime Naka both mornings

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

Workshop # 51 <b>CASSIE BENELL</b> Integrated Body Therapy North Wing	Workshop # 49 <b>HEALING CIRCLE</b> Catherine Torrens & Theodore Bromley Loft	Workshop # 48 <b>READING THE TAROT</b> Maurine Valorie Sessions Room	Workshop # 50 <b>DANE PURSCHKE</b> Past Life Therapy South Wing
--	--	---	--

70B

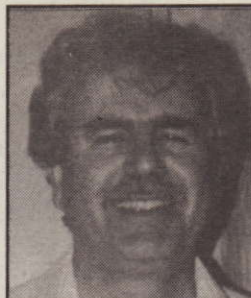
# Workshops & Workshop Leaders

The workshop numbers correspond to the numbers on the overall schedule

## Joseph Ranallo, B.A. (Hons.), M.A.

P.O. Box 1272  
Rossland, B.C. V0G 1Y0  
Phone: (250) 362-7763

Joseph is a teacher, administrator and writer with long-standing interest in complementary and alternative healing arts. He has attended courses and workshops in reflexology, massage, polarity, acupressure and Touch for Health. In 1995, he took part in a session presented by Dr. Ralph Dale, universally acclaimed authority in Micro Acupuncture Systems. He has recently completed the Koryo Hand Acupuncture course with Won J. Lee of the Seo-Am Hand Acupuncture Institute of Canada in Calgary. He has made presentations on Korean Hand Therapy in Washington State, at the Naramata Fall Festival of Awareness and in the West Kootenays.



Workshop # 01

### Korean Hand Therapy

Korean hand therapy is a healing practice based on an acupuncture microsystem developed by Dr. Tae-Woo Yoo in 1971. With a brief introduction people can be taught to promote and maintain their own health and energy balance using simple, inexpensive, non-invasive, safe techniques. Workshop participants will be shown the application of finger pressure, heat, magnets and metallic pellets to specific hand points, bringing immediate, amazing results. (3 hrs.)

## Rachel Lamb

7-1276 Ryan St  
Victoria, B.C. V8T 1Y3  
Phone (250) 480-7144

Rachel is the 'mother' of Dancing Body Dancing Spirit. Her studies include dance, healing, women's spirituality, tribal and indigenous wisdom and shamanism.



Workshop # 02

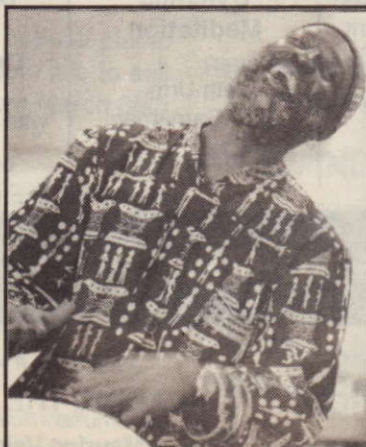
### Dancing Body • Dancing Spirit

Join Rachel in this unique 'playshop' incorporating dance, journalling, poetry and play. Her unique approach will inspire you to joyfully embrace your creative self tapping into a wonderfully rich source of the divine as it dances through the body and out into the world. (3 hrs)

## David Thiaw

439-13th 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.



Workshop # 03

### Power of Rhythm African Drumming Workshop

African Drum Rhythms - easy to learn and powerful. Drumming awakens the rhythmic spirit within us, it is a little journey for the self. Using a variety of different drums and percussion instruments, we will practice a couple of rhythms. 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*

Workshop # 04

### Chanting to Awaken the Soul

In this workshop we will be experiencing one of the most joyful ways to connect with Spirit ... chanting! Chants are musical meditations, beautiful prayers and positive affirmations with a melody. When singing with intent and devotion one dives deeply into the chant's 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.)

*Workshop repeated each day.*



**Caren Miller**

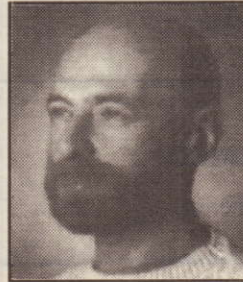
Vernon, B.C.

Caren is a musician who brings music and the quest for Divinity together in a beautiful, joyful union. She facilitates chanting workshops and has produced an inspiring recording called *The Pregnant Moon: A collection of chants for the soul*. Using these and other celestial songs, Caren believes chanting can alter our consciousness facilitating a profound attunement with the Creator and our higher selves. *The Pregnant Moon* will be available at the Festival Store.

Workshop # 05

### Energy Balancing

Explore and study the body's energy field, using easy procedures to detect and balance energy flow. Energy Balancing is a unique and useful program to influence and affect how you feel by eliminating those everyday aches and pains. In this hands-on funshop learn to listen and talk to your body. This is exciting as the body knows everything and it always tells the truth. Experience the practical application of ancient healing arts from the Oriental, Egyptian and Native Peoples' cultures. You are invited to join the circle for an educational and entertaining adventure in awareness. (3hrs)



**James Minckler**

Grant Creek  
Missoula, Montana 59802  
Phone (406) 549-4373

Author of two books on Energy Balancing: 'A Body Owner's Maintenance Manual' & 'Advanced Techniques'. His program is a synthesis of philosophies and techniques gathered from many sources and brings together ancient healing techniques integrated into an easy system to help you walk in balance. He meets with groups throughout North America and Europe.

**Urmi**

S-3B C-14 RR 1  
Kaleden, B.C. V0H 1N0  
Phone (250) 497-8970

Originally from northern Alberta, Urmi's spiritual journey started at an early age. She travelled in Europe for 2 years and spent 6 years at the OSHO Commune International in Pune, India. This experience is the basis for her interest and understanding of Energy Bodywork and meditation.



Workshop # 06

### Creative Chaos

Participation, movement, fun. Explore the lighter side of yourself. Theatre sports, dance and meditation guide the way to inner peace and self acceptance. (3 hrs.)

**Angèle**

254 Ellis St,  
Penticton, BC, V2A 4L6  
Phone (250)492-0987

I have spent many years attending workshops, reading books and having lots of bodywork done to help me develop my sense of awareness. This empowers me to be present in the moment and trust that I will be guided. Sharing my knowingsness with others comes naturally and from the heart, for I have learned never to take myself or life too seriously. Balance and lightness are the key words for healing ourselves.

68 C

	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>	# 02 <b>RACHEL LAMB</b> Dancing Body • Dancing Spirit		# 17 <b>LYNNE MUENDEL</b> Intelligence	# 04 <b>CAREN MILLER</b> Chanting to Awaken the Soul
<b>NORTH WING</b>	# 05 <b>JAMES MINCKLER</b> Energy Balancing		# 31 <b>HAROLD NAKA</b> Surfing the Qi/Chi	# 29 <b>ANN OHLMACHER</b> Moving Through
<b>SOUTH WING 2 Back room</b>	# 23 <b>LEANNE DALDERIS</b> Being Able to Ask		# 21 <b>WAYNE POWELL</b> Introduction to Huna Hawaiian Shamanism	# 18 <b>DIANNE HOHOL</b> Kalana Hula Hawaiian Shamanism
<b>SOUTH WING 1 Front room</b>	# 01 <b>JOSEPH RANALLO</b> Korean Hand Therapy		# 33 <b>KALAWNA BIGGS</b> Intuition	# 25 <b>ZABBE SMYTH</b> Taking Your Inner Child out to Play
<b>SESSIONS ROOM</b>	# 22 <b>TARON PURI</b> So What about Relationships?		# 14 <b>ALEXI STRANDBERG</b> Tibetan Exercises	# 39 <b>MOREEN REED</b> What can Astrology do?
<b>GYM</b>	# 43 <b>JOAN CASORSO</b> Inner Rhythms - A Celebration of Drums, Dance, and Movement for the Body, Mind & Spirit		# 03 <b>DAVID THIAW</b> Power of Rhythm	# 28 <b>DAYSTAR</b> Singing & Dancing with the Goddess
<b>MAPLE COURT #1</b>	# 07 <b>JOHN SNIVELY</b> Biological Dentistry		# 47 <b>FAYE STROO</b> Transformational Healing Touch	# 41 <b>GREGOIRE LAMOUREUX</b> Intro to Permaculture
<b>MAPLE COURT #2</b>	# 10 <b>DOUGLAS MAXWELL</b> Geomancy and the Influence of Location		# 46 <b>PHIL LARSTONE</b> Mayan Calendar	
<b>MAPLE COURT #3</b>	# 35 <b>JON SCOTT</b> Men & Mother ... Healing the Wound		# 08 <b>DENNIS MILLIGAN</b> Toward a Bright Tomorrow	
<b>REIKI HOUSE</b>	# 09 <b>MARY FERGUSON</b> Intro to Reiki	<b>Reiki House OPEN</b> 10:30 - 8 pm for private sessions	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.	

61 C

2

Sunday Morning		Sunday Afternoon		
8:45 to 10:15	10:30 to 12:00	1:45 to 3:15	3:30 to 5:00	
# 04 <b>CAREN MILLER</b> Chanting to Awaken the Soul	# 17 <b>LYNNE MUENDEL</b> Intelligence	# 15 <b>YELLOW BEAR</b> Listening to Spirit		<b>LOFT</b>
# 30 <b>ANN OHLMACHER</b> Moving Into Deeper Relationship	# 32 <b>HAROLD NAKA</b> Joy of Tui Shou Push Hands	# 06 <b>URMI SHELDON &amp; ANGÈLE ROWE</b> Creative Chaos		<b>NORTH WING</b>
# 19 <b>DIANNE HOHOL</b> A Hawaiian Shaman Journey	# 20 <b>WAYNE POWELL</b> Ancient Arts of Hawaiian Bodywork	# 37 <b>THEODORE BROMLEY</b> Huna Healing		<b>SOUTH WING 2 Back room</b>
# 25 <b>ZABBE SMYTH</b> Taking Your Inner Child out to Play	# 34 <b>KALAWNA BIGGS</b> Palmistry	# 11 <b>SAVALIA MAXWELL</b> Divination		<b>SOUTH WING 1 Front room</b>
# 40 <b>MOREEN REED</b> The Chinese Curse: "May you live in Interesting Times"	# 13 <b>ALEXI STRANDBERG</b> Breema	# 16 <b>BARBARA GLOUSER</b> Cellular Reprogramming and Experiential Flower Essence		<b>SESSIONS ROOM</b>
# 27 <b>DAYSTAR</b> Dances of Universal Peace	# 36 <b>SIDNEY MARATU</b> Shona Drumming & Dance	# 03 <b>DAVID THIAW</b> Power of Rhythm	<b>Children's Festival Musical Jam</b>	<b>GYM</b>
# 42 <b>GREGOIRE LAMOUREUX</b> Permaculture is Growing	# 45 <b>ANGÈLE ROWE</b> Discover what your Handwriting Reveals	# 26 <b>WES GIETZ</b> Part 1 The Healing Power of the Wilderness Part 2 Extending Physical Awareness (outside)		<b>MAPLE COURT #1</b>
# 12 <b>MARIAH MILLIGAN &amp; LAUREL BURNHAM</b> Women Only The Maiden Goddess		# 24 <b>MAYNARD DALDERIS</b> Light Body and Colour		<b>MAPLE COURT #2</b>
# 44 <b>MICHAEL WELSH &amp; DON MCGINNIS</b> Men Only Building Sacred Community		# 38 <b>ROB BEDALL</b> Healing with Heart, Third Eye & Voice		<b>MAPLE COURT #3</b>
# 09 <b>LORO TYLOR</b> Intro to Reiki	<b>Reiki House OPEN</b> 10:30 - 8 pm for private sessions	There is a nominal charge for healings. Reiki House is by donation. The Alternate Healing House will charge \$5 for half-hour and \$10 for a one-hour sessions.		<b>REIKI HOUSE</b>

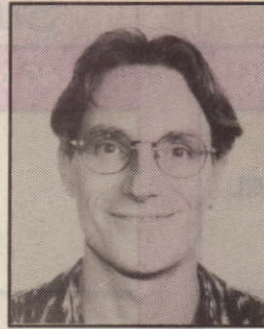
600

3

## John Snively

201-402 Baker Street  
Nelson, BC V1L 4H8  
Phone(250)352-5012

John is a graduate of Univ. of Toronto Dental School (1971) and New Mexico School of Natural Therapeutics (1982). He has been practicing mercury-free since 1983 in Nelson B.C. Offering a pro-biotic approach to dentistry.



Workshop # 07

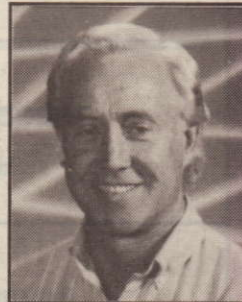
## Biological Dentistry

We will discuss the contribution of dentistry to the body burden. Learn how our teeth, jaws and dental work affect our whole health. Special attention will be paid to biocompatibility of restorative materials and interference fields such as cavitations. Open discussion encouraged. (3 hrs.)

## Dennis Milligan

6595 Herry Road  
Vernon, B.C. V1B 3T6  
Phone (250) 558-3665

Dennis is a member of the Committee on Monetary and Economic Reform and B.C. Director of Canadians for Constitutional Money. He networks internationally with leading economists and spiritual leaders exploring exciting new ways to revitalize our economic, political and social structures.



Workshop # 08

## Toward a Bright Tomorrow

We stand poised on the threshold of a new awareness about money creation and real wealth. The myths surrounding national and personal debt that threaten global peace and personal privacy are being exposed. This workshop explores the unpublicised *PROFIT* clock, shares emerging new economic, political and environmental models from around the globe and challenges us to get involved in a grass roots process of constructive change. (3hrs)

## Loro B. Tylor

108 - 2183 West 44th Ave.  
Vancouver, BC V6M 2G4  
Phone(604)264-8600

Loro Tylor was born in England into a family very familiar with spirituality. She has travelled widely and experienced many phenomena on her own path. She is a full-time practising ReikiMaster/Spiritual healer. Loro gives treatments and teaches the ancient art of hands-on-healing, as well as lecturing on a wide range of spiritual concepts.



Workshop # 09

## Reiki Healing

### What it is/What it does

Reiki is a Japanese word representing Universal Life Energy and was developed by Dr. Mikao Usui in the late 1800's. This hands-on healing method brings the body, mind and soul into balance and accelerates one's natural healing ability. It can be used as a self-healing tool or on others. (3hrs)

*Workshop repeated  
Saturday & Sunday*

## Mary Ferguson

102 - 582 Alberta Ave.  
Penticton, B.C. V2A 1P6  
Phone(250)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 west. Her spiritual healing practice is guided by spirit for whatever the individual needs at that time.



## The Reiki house is OPEN

Saturday 10:30am - 8:00 pm  
Sunday 10:30am - 5:00 pm

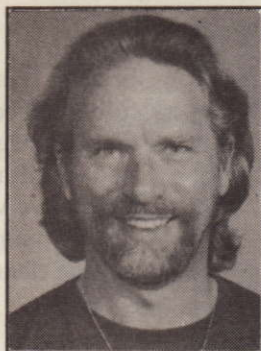
Admission is by donation

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



Workshop # 10  
**Geomancy and the  
Influence of Location**

An over view of matching personal vibrations to the correct living situation and location. A system evolved over 16 years. Workshop includes a 'tour of B.C.' describing various zones. *Background in astrology is helpful but not necessary.* (3hrs)



**Douglas Maxwell**

C 73 Imperial Rd RR.#1  
100 Mile House B.C. V0K 2E0  
Phone (250) 395-4374

Doug has been a professional astrologer for 25 years and a professional musician for 12 years. He has given workshops at the Spring Festival before under the name Doug Redwing. Formerly of Salmon Arm, he has lived in 100 Mile House for 8 years.

Workshop # 11  
**Divination**

This workshop will offer each participant a hands-on exploration of divination methods such as psychometry, runes, cards, etc. Centering, sensitizing energy receptors, attuning to the medium used and interpreting signals will all be explored as we work with various methods and each other. Bring objects for psychometry. (3 hrs.)



**Savalia Maxwell**

C 73 Imperial Rd RR#1  
100 Mile House B.C. V0K 2E0  
Phone (250) 395-4374

Born in Dauphin, MB., Savalia has lived in B.C. since the early '70's. She has been teaching in the school system since the '60's, specializing in Kindergarten. Well versed in tarot, numerology, astrology and runes, she has given psychic readings for many years.

Workshop # 12  
**Come Be Queen  
of the May**

**A Workshop for Women**

If you have never been formally or informally welcomed into womanhood, this is the workshop for you. Through ritual, meditation, song and dance we will celebrate the passages of womanhood, honouring maiden, mother and crone. We will also honour the spirits of spring by dancing the May Pole. Women of all ages are welcome. You are also invited to bring materials to make a crown (wreath) and a small basket *please do not let the lack of these items prevent you from attending.* (3hrs)



**Mariah Milligan**

6595 Herry Road  
Vernon, B.C. V1B 3T6  
Phone (250) 558-3665

Mariah leads both small and large Goddess Groups on a regular basis. She has a B.A. in Psychology, is a certified counsellor, hypnotherapist and healer. She currently runs a holistic counselling/healing practise in Vernon.



**Laurel Burnham**

Site 55, C 50, RR 2  
Penticton, BC V2A 6J7  
Phone(250) 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 working for and with women and am inspired by my participation in the organizing collective of the Spring Festival.

64B

5

## Alexi Strandberg

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

Alexi is a yoga instructor and practitioner in Vancouver. She has recently become a Breema bodyworker. Breema has had a profound effect on her life and method of teaching yoga and ancient exercises. The body is the soul's vehicle. Her understanding of this ever evolving interconnectedness of life as spirit is her path of weaving the oneness.



Workshop # 13

### Breema

Breema is an ancient method of body touch that is done fully clothed on a floor-mat. Breema harmonizes, aligns and balances the body's energy systems. The focus is to find comfort in your body, connect with your body's instinctive wisdom centre, the hara, and move from this centre in a nonjudgemental way. Please bring a blanket, pillow, clean socks and wear loose clothing. (1½ hrs)

Workshop # 14

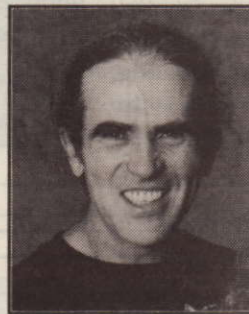
### Ancient Tibetan Exercises & Meditation

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)

## Yellow Bear

S-6,C13,RR1  
Winlaw, BC V0G 2J0  
Phone (250) 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. My guidance and study came from the elders and teachers of many different tribes and traditions.



Workshop # 15

### Listening to Spirit

This is the second year of the physical purification cycle as predicated by the Hopi elders when they reopened the Bear Clan Kiva in 1987. Join Yellow Bear for a 'spirit-guided' talk on our times. (3 hrs)

## Barbara Glousher

Box 981  
Nelson, BC V1L 6A5  
Phone(250)354-4742

Founder and main facilitator of the Pacha School, Barbara brings you 28 years of experience empowering and supporting self-healing in her self, clients and students. She is a master facilitator and will listen to and assist you in recalling and restoring the voice of your *healer within*, enabling you to immediately adopt this knowing into your practice and daily life. She has been accessing genetic, cellular, and immune memory of the DNA and reprogramming this information at the cellular level for the past ten years. Experiential flower essences have been her dear friends for 18 years.



Workshop # 16

### Cellular Reprogramming and Experiential Flower Essence

You will explore programs at the cellular level which prevent you from being fully empowered, vibrant and whole in your daily life and reprogram them with the support of flower essences. (3 hrs.)

Workshop # 17

### Intelligence

#### How does it develop?

This experiential workshop provides the first step in a journey toward truly intelligent relationship with life. We will challenge the cultural assumption that evolution is happening through the rational mind. Participants experience feelings and insights associated with organic revelation, the basis of true intelligence. (1½ hrs.)

*Workshop repeated each day.*

Both sessions offer similar opportunities for growth and understanding although the content will be unique



Lynne offers

#### *Awakening the Body through Movement*

6:45 - 7:30 ~ North Wing  
both mornings

### Lynne Muendel

2420 Parkview Drive,  
Kamloops, BC V2B 7J1  
Phone (250) 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's new book, *Shamanchild*, is now available. Hand crafted, limited edition prints can be purchased at the Festival store.

Workshop #18

### Kalana Hula/Hawaiian Shamanism

Kalana Hula is from the Hawaiian Shaman tradition, *The Way of the Adventurer*, a path based on love, cooperation and harmony. Experience this powerful meditative dance which focuses on the breath, 7 elements of nature: fire, wind, water, earth, plants, animals and people, communing with water and Haipule (affirming the creation of new dreams and giving them to your Highest Self). (1½ hrs)

Workshop # 19

### A Hawaiian Shaman Journey

Journey to the Garden Tiki (your inner garden) for rest, healing, insight or adventure. Meet your spirit guides or helpers to assist you to make any changes that you would like to affect your life. You can heal the outer world by healing the inner world! (1½ hrs.)

Workshop #20

### The Ancient Arts of Hawaiian Bodywork

An introduction to 2 forms of ancient Hawaiian massage. **Kahi Loa**, Hawaiian Skin massage is a light touch bodywork that uses 7 elements of nature to integrate and balance your energy. **Lomi Lomi Nui** is designed to facilitate all major transitions in life...a soul initiation, helping to remove blocks which prevent your energy from flowing freely. It is a very deep transformational work of Great Love that integrates the mind and body with Spirit. This introduction covers the history, philosophy and psychology of Hawaiian bodywork. *includes Kahi Loa demonstration* (3 hrs)

Workshop #21

### Introduction to Huna-Hawaiian Shamanism

Huna is a philosophy of life that is at the root of all ancient cultures and spiritual paths. Free of dogma, it holds profound keys to learn how to love and heal ourselves and our relationships. It is *The Way of the Adventurer*. This session will cover the history of Huna, the power of blessing and the 7 principles of Aloha. Come and experience Aloha! (3 hrs)



### Wayne Powell & Diane Hohol

Box 428 Station A  
Nanaimo, B.C. V9R 5L3  
Phone (250) 741-1752

Wayne comes from Moloka'i, Hawaii with 11 years experience in practicing Huna and studying the work of various Kahunas. He has been practicing many different healing arts for over 18 years. He has also developed his own unique form of the 'Temple Style' Hawaiian massage Lomi Lomi Nui and the Body Tune-up

Wayne and Diane are co-founders of *Hawaiian Shaman Adventures* and members of Aloha International.

Diane holds university degrees as well as certificates from Aloha International. She has also designed and taught many different kinds of programs, workshops and groups. As one of the best in her field Dianne brings her expertise to us through Huna and the Healing Arts.

600 C

7

## Taron Puri

60 - 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.



*Taron offers*  
**Light Meditation**  
**Saturday morning**  
**6:45 - 7:30**  
**~ Loft ~**

Workshop # 22

## So What About Relationships?

Relationships are an integral and yet challenging fact of being Spirit in Body. The fact that we are born into already existing communities and societies means that we inevitably must 'interact' with each other. These interactions or 'Relationships' serve to fuel our innate desire to grow as individuals. If we choose to experience them consciously, we can partake of their transformative and healing gifts. In this workshop we will share our collective observations, experiences and insights regarding the relationships in our lives. Through discussion, guided meditation and the use of various Energy tools and techniques, we will explore how we can become more conscious, more fulfilled and ultimately experience increased harmony and flow within our existing and future relationships. (3 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?, Acceptance, 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 #23

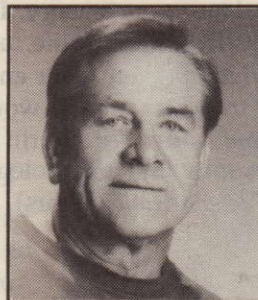
## Being Able to Ask

Most of us have difficulty with asking for what we need. We have been taught that it is not okay to ask. We have many conditions on asking. We are out of touch with just what it is we need to ask or even what to ask. Join Leanne as she uses the 'Gift Cards' and other group processes to explore the whole area of being able to ask for what we truly desire in our lives. (3 hrs)

## Maynard V. Dalderis

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

Maynard has conducted wholistic seminars internationally since 1979. He has extensive background in Vitaflex, Colour Therapy, E-therapy, Rebirthing, the 12 Step Program, a Course in Miracles and has designed *The Well-spring Release*. Maynard shows an uncanny ability to 'tune in' to holding patterns and demonstrates their release. With his wife Leanne and *The Guides* Maynard has coauthored three Canadian best sellers.



Workshop # 24

## Light Body and Colour

Light and Colour are our rainbow bridge home. Maynard demonstrates how a simple colour lamp may be used as a catalyst for healing at that juncture where body, emotions, mind and spirit meet. 'Healing is EASE itself.' (3 hrs.)

Workshop # 25

### Taking Your Inner Child Out to Play

At what age were you told to 'stop playing and grow up'? Our most creative self is accessed through play and needs to be integrated back into ourselves. In this workshop we will connect with our inner child through a guided visualization and welcome her/him back into our circle. With easy and fun rhythm exercises, theatre and improvisation games, we will explore the world anew through the eyes of the child. (1½ hours)

*Workshop repeated each day.*



### Zabbe Smyth

R.R.1, S-9, C-19,  
Chase, B.C. V0E 1M0  
Phone: (250) 679-7619

Zabbe is an actor, director, writer and producer of theatre. She toured across Canada with her own play 'The Tale of the Four Directions' and produced and directed two seasons of Secwepemc Theatre's native plays which toured Australia, New Zealand and Vienna. She opened the drama Department for Simon Fraser University/SCES for their Kamloops Campus. She is currently performing in a murder mystery 'A Stab in the Dark' with the comedy troupe 'By the Seat of Our Pants' and singing with the jazz band 'Jazzabella'

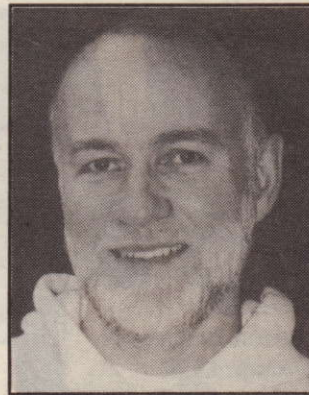
Workshop # 26

### The Healing Power of Wilderness

Part 1 • A slide show and discussion: how establishing the skills to live primitively with the earth leads to a healing relationship. *Includes a demonstration of firemaking by friction* (1½ hrs)

#### Extending Physical Awareness

Part 2 • Techniques for expanding and extending awareness using the physical senses - moving towards the boundary between physical and nonphysical awareness. (1½ hrs) Workshop to be held outside.



### Wes Gietz

663 Caleb Pike Rd, R.R.#6  
Victoria B.C. V9E 1G9  
Phone (250) 478-3110

Wes has studied and practiced natural skills and beliefs for over 40 years. He has taught ancient living skills, awareness and healing for the past three years. His primary teacher has been Tom Brown Jr.

Workshop # 27

### 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. Some of the traditions represented are Hindu, Buddhist, American Indian, Jewish, Christian, African and Celtic. (1½ hrs.)

Workshop # 28

### 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 combine with simple movements to bring us closer to ourselves and each other in celebration and knowledge. (1½ hrs.)



### DayStar • Jephi Sioux

Group 8, Box 1, RR 1,  
Winlaw, BC V0G 2J0  
Phone (250) 355-2591

DayStar is a certified leader of the Dances of Universal Peace. 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." Her warmth, humour and expertise create a safe environment in which to learn.

**DayStar offers Drumming Up the Sun  
~ please bring a drum and we will create a rhythm  
for the day ~ Sun. 6:45~7:30 am ~ South Wing**

## Ann Rosamund Ohlmacher

303 Observatory St  
Nelson, B.C. V1L 4Y4  
Phone (250) 354-4904

Ann is an advanced practitioner of Structural Integration (Rolfing), a movement teacher and has completed an M.A. in somatic psychology at the Naropa Institute. She has studied dance and art therapy, NLP, middle eastern dance, continuum body-mind centering and has taught workshops and classes in movement, bodywork and dance.



Workshop #29

### Moving Through

A movement workshop that can help resolve stuck holding patterns (trauma) in the body even as it evokes states of deep satisfaction, delight and ecstasy. This workshop will utilize modalities from body-centered psychotherapy, dance therapy and art therapy. (1½ hrs)

Workshop #30

### Moving into Deeper Relationship

A movement workshop that will deepen one's connection to self and partner and energize and enliven the relationship. We will explore such issues as bonding / taking space 'resolving conflict' and 'cultivating pleasure' through movement and body-centered modalities. (1½ hrs)

## Harold Hajime Naka

825 Grenfell Avenue  
Kelowna B.C. V1Y 5J3  
Phone: (250) 762-5982

Hajime is the Okanagan's original dancing dragon and inscrutable taoist rebel. His 'School Without Walls' is designed to create a space for self-discovery and self-healing through the internal arts of China. Hajime has studied with Gua Fu-Feng, Chung-Liang Al Huang, Sam Masich, Andy Dale, John Camp and Rex Eastman.



*Harold offers  
Tai Chi  
6:45 - 7:30 ~ Gym  
both mornings*

Workshop #31

### Surfing the Qi/Chi

Qigong/Chi-Kung helps us to reestablish a balance between body, mind and breath to our natural and artificial environments. By relaxing the body and quieting the mind, we learn to listen and respond to our body's natural wisdom, telling us to return to the source. Join the Dancing Dragon on this magical journey. (1½ hrs.)

Workshop #32

### Joy of Tui Shou / Push Hands

Push Hands is a form of Tai Chi partner play where one uses mind intention to overcome muscle tension. It teaches one to cultivate sensitivity to the energy flow in the body and can be used to resolve conflict in one's life. Tui Shou is an effective self-defence where softness overcomes hardness. (1½ hrs.)

## Kalawna Biggs

Ste. 902 - 1122 Gilford Street  
Vancouver, B.C. V6G 2P5  
Phone: (604) 608-0488

Starting from the age of ten Kalawna has been a clairvoyant healer. She is a certified member of the British Astrological and Psychic Society and has worked in many places in Europe and the United Kingdom. She is the protégée of Peter Morris, Jessandra Lee her mother and many spirit guides. Kalawna has a very special lightness and ease for everyone to enjoy.



Workshop #33

### Intuition

Different ways to improve your intuition for personal and professional use. Learn tools such as meditation, learning to trust and improving accuracy. After a group meditation we will share our experiences if you wish. (1½ hrs)

Workshop #34

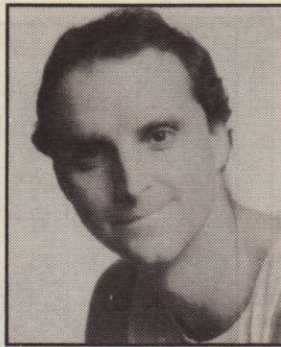
### Palmistry

Learn to read palms, perfect accuracy and uses in everyday life. Come enjoy the laughter, fun and learning. (1½ hrs.)

Workshop # 35

## Men And Mother: Healing the Mother-Son Wound

A man's unresolved feelings about his mother can have a major impact on the rest of his life. We live within a cultural system that leads to predictable problems in the mother-son relationship. Men's sexual frustration that they project on their wives and lovers often emanates directly from this unexamined wound. Midlife Crisis for men is often a direct confrontation with the man/boy's desperate search for authentic identity. To develop true self confidence and to fully take on the next stage of our lives as men, we must undertake the journey within ourselves to confront what is unresolved with our mothers and thus reclaim all the power contained within the mother-son bond. (3 hrs)



**Jon B. Scott**

615 - 2nd St  
Nelson, B.C.  
Phone (250) 352-7848

Jon is a warm insightful workshop facilitator with a passion for men's work that comes directly from the heart of his own journey as a man. Jon will be offering insights and perspectives that have been revealed in the unfolding of his relationship with his own mother and all the women who have walked in her shadow.

Workshop #36

## Shona Drumming & Dance

Shona is one of the languages of Zimbabwe and represents its Tribal Culture. Join Sidney and the Marimba Band ... 'Neck of The Woods' in this movement workshop. Some participants will learn traditional Shona drum rhythm patterns. Some participants will learn to move to those drum rhythms and patterns. Come, let go and enjoy moving to a heartbeat out of Africa! Experience the joy and let go. (1½ hrs)



## Sidney Maratu & Neck of the Woods

S 10, C 4, RR 2, Blewett Rd,  
Nelson, BC, V1L 5P5  
Phone (250) 352-5965

Sidney was born in Harare, Zimbabwe into a family of musicians. He has played the mbira from an early age and also plays marimba, drum and hosho. Sidney has recorded his music in Zimbabwe, has travelled in Africa and to London to play his music. Currently he is in Nelson sharing the Shona culture with the Marimba Band, Neck of the Woods. He will be performing and teaching at the Zimbabwe Music Festival in Victoria, B.C. May 16-18, 1997.

Workshop # 37

## Huna Healing

The principles of Huna will be explained for the participants to understand the methodology and reason why this healing technique works. This experiential workshop includes deep breathing, chanting and prayer ritual to increase mana (energy) to facilitate powerful healing and will climax through the Ha Prayer Rite, Huna's most sacred ritual. (3 hrs)

Theodore will also prepare an elaborate crystal energy grid for the Healing Circle to be led by Reiki Master Catherine Torrens Saturday evening.



## Theodore Bromley

RR1, S13, C7  
Enderby, BC V0E 1V0  
Phone (250) 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*.

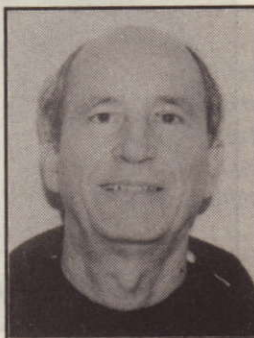
58 B

11

## Rob Bedall

549 Foul Bay Rd.  
Victoria, BC V8S 4G9  
Phone (250)592-7802

I became a TM teacher in 1973 and took the 4 month advanced course in 1977. I then studied iridology and herbalism with Dr. John Christopher of Utah. In 1983, I became interested in psychic healing using love, light and sound and the method I use and teach today was 'gifted' to me.



### Workshop # 38 Healing with Heart, Third Eye & Voice

This is a method, not a system, which is completely spontaneous, intuitive and yet very conscious and precise depending on the degree of the practitioners awareness and ability. In practice, it has elements of subtle chiropractic and what might be termed sound and light acupuncture. (3 hrs.)

## Moreen Reed

Box 363  
Kamloops, BC V2C 5K9  
Phone 1-800-667-4550

Began her study of astrology in the early 70's, from a desire to understand her own life. Recent studies include Jeff Green's Evolutionary School of Astrology and "Remembering Wholeness" Bodymind approach to relationship. She began her professional practise in 1988 and devoted herself to a full time office in 1991. In 1992 she took her work on the road "I believe that astrology takes us to the place/space between fate and free will."



### Workshop # 39 What can Astrology do?

Astrology is the study of planetary cycles and their correlation to life on earth. This snapshot of our solar system at the precise moment of your birth (your natal chart) can reveal your potential challenges. This will be followed by a discussion of the planetary cycles (transits) as they continue to aspect that original chart throughout your life. (1½ hrs)

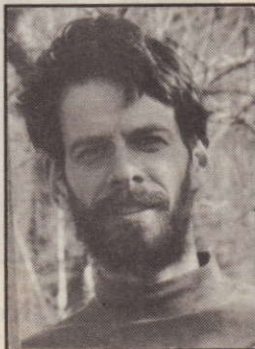
### Workshop # 40 The Chinese Curse: "May you live in interesting times"

Bring your observations of the current times we live in and we will add the current symbolic cycles of the planets of our solar system and the the Archetypical backdrop of the signs of the Zodiac. Together we weave the new myths of our times. (1½ hrs.)

## Grégoire Lamoureux

Box 43  
Winlaw, BC V0G 2J0  
Phone (250) 226-7302

Grégoire has been eating permaculture for breakfast for many years. He has been teaching in many parts of B.C., Quebec, Ontario and the Yukon. He is the founder and director of the Kootenay Permaculture Institute, a centre for research, education and implementation of sustainable ways of living.



### Workshop # 41 Permaculture

Permaculture is the conscious design and maintenance of food, fibres and energy producing ecosystems which have the diversity, stability and resilience of natural ecosystems. (1½ hrs.)

### Workshop # 42 Permaculture is Growing!

Many people around the country are using permaculture principles and techniques to live sustainably. See examples from urban environments, backyards, small farms and eco-village (1½ hrs.)

childrens



Workshop #43  
**Inner Rhythms  
Strong, Stretched and Centered**

open to men & women

This workshop is a Celebration of Drum, Dance & Movement for the Body, Mind & Spirit. The focus of this work/playshop is on the body/mind achieving overall well-being. The content is flexible and designed to **awaken** the rhythms of the Bodymind. (3 hrs)



**Joan Casorso**

3860 Casorso Road  
Kelowna, BC V1W 4R7  
Phone (250) 862-9724

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.



**Don McGinnis**

110 Highland Place  
Penticton, B.C. V2A 6M6  
Phone (250) 490-9850

Don has been involved in the men's movement as group leader, participant and organizer for about 8 years. He has an extensive background in group and individual counselling, energy work and meditation. He advocates a deeper and richer definition of self which transcends restrictive stereotypes.

Workshop #44

**Building Sacred Community  
(men only)**

Through trust-building and revealing one's self and through movement, expressive and sound exercises, participants will move into deeper levels of emotional trust and honesty with other men. (3 hrs)



**Michael Welsh**

S-16 C-17 RR1  
Naramata, B.C. V0H 1N0  
Phone (250) 496-5246

Michael is a tree doctor, acupressure therapist, student and one of the organizers of the South Okanagan Men's Evolvement Network. He lives on an organic farm several kilometres north of the Festival site.

Workshop #45  
**What your  
Handwriting Reveals**

A quick intro on the the basics and then personal interpretations of why you write the way you do. Discover the inside meaning of the line as it travels through space reflecting our programming. Changing your handwriting can help to reprogram the desired changes within yourself. (1½ hrs)



**Angèle**

254 Ellis Street  
Penticton, BC, V2A 4L6  
Phone (250)492-0987

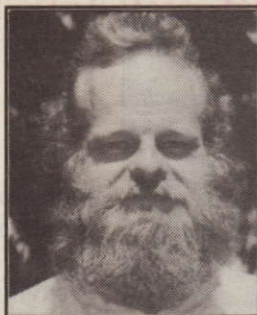
Angèle studied Graphology for several years with the intent of doing it full time. After failing her final exam and knowing she had six months to wait before rewriting she decided to keep busy by organizing the Spring Festival in 1989. Two years later she finally found the time to rewrite and became a certified Graphologist. Now she uses handwriting as a way to understand people and when they are ready, to provide them with tools to help reprogram the brain.

56 Children's

## Phil Larstone

Box 99, Winlaw,  
BC V0G 2J0  
Phone 250-226-7810

He manufactures didgeridus and co-operates Earth Spirit General Store, a metaphysical/indigenous book and self-healing centre.



Workshop # 46

## Mayan Time Calendar

An introduction to both the classic Mayan and Jose Argue Dreamspeak calendar systems, their prophecies and implications for these times leading up to calendar end on December 21, 2012 (3 hr)

## Faye Stroo

600 Spruceview Place S.  
Kelowna, V1V 1S8  
Phone 250-868-8820

Faye is a Transformational counsellor and a workshop leader for Transformational Therapy and has been facilitating workshops for 10 years. Her background includes Psych. nursing, education, hypnosis, traditional and non-traditional psychology, Reiki and NLP. She attained her doctorate in Philosophy from the Concept Therapy Institute in San Antonio, Texas in 1980. Recently she completed the advanced Life Force Healing courses and includes these practices in her workshops and private counselling. She is also a long time student and teacher of 'A Course in Miracles'.



Workshop # 47

## Transformational Healing Touch

You will discover and experience unique, powerful, simple tools and techniques for accessing and practising the *Power of Presence* and discovering and releasing the blocks to free flowing life force. Transformational Healing Touch balances the Life Force energy flowing through the body. The gifts of free flowing life-force are love, peace, joy and abundance. Realizing that within each of us are the latent powers to bring our bodies and lives into total harmony we discover and allow the influence of *who we truly are* to shine through (1½ hrs)

## Saturday evening workshops

## Maurine Valorie

3408-33rd Ave  
Vernon, B.C. V1T 2P1  
Phone(250)549-3402

A professional tarot reader, her psychic ability is renowned by thousands of clients. She is internationally recognized for her involvement in psychic fairs, radio programs, facilitating workshops and the television show "Friends and Lovers." Having trained with psychologist Chuck Spezanno for nine years, her readings are psychological, spiritual and down-to-earth. Her first book "Simply Tarot-How to read the Tarot cards in Plain English" will be published in 1997.



Workshop #48

## Part 1: How to read the Major Arcana Tarot Cards

A fun, easy way to incorporate one's life with 'the book of life' (tarot cards). Numerological and astrological aspects of the cards. Meditation, ritual music and in class readings. These cards are the CHAPTERS of your life. (1½ hrs.)

## Part 2: How to Read the Minor Arcana Tarot Cards

Through these cards you will see the events of your life. With awareness you choose what your experiences will be. Tips on centering the self so that you can see a 'waking dream' in a 10 card spread. The cards become a portal for the high mind to allow you to 'see' beyond the linear ego mind. (1½ hrs.)

*Maurine offers  
Bringing the Mind  
to Cellular Level*

*6:45-7:30  
Sessions Room  
both mornings*

Map

## Saturday evening workshops

Workshop # 49  
**Healing Circle**

Allow yourself to receive healing and balancing energies from crystals and Reiki practitioners. Rest on the floor in the center of a circle of energy workers radiating energy to you and the planet. Feel the peace and love flow to and through you.

Theodore Bromley will create an elaborate crystal energy grid, predesigned and programmed for the energy present. (3 hrs).



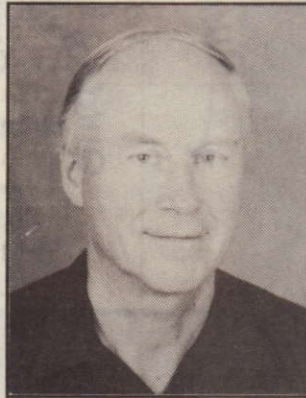
### Catherine Torrens

8940 Clarkson Dr #8  
Black Creek, BC V9J 1B1  
(250) 337-1982

Has been a Reiki practitioner for 11 years and teacher for 5 years. To provide you with the means of healing yourself and maintaining balance in your own life she offers workshops and individual Reiki sessions in Alberta and BC.

Workshop # 50  
**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 (250) 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.

Workshop # 51  
**Integrated Body Therapy**

This workshop gives an introduction to Integrated Body Therapy, with noninvasive and self-correcting techniques formulated from several osteopathic disciplines. Basically, the body is positioned comfortably to spontaneously release tension. Participants will be shown how to do hands-on work for the neck and the pelvis. A past participant, who subsequently has taken three courses of Integrated Body Therapy, said one of her problem areas cleared up for six weeks after another participant worked on her. (3 hrs.)



### Cassie Benell

335 Victoria Street  
Kamloops, B.C. V2C 2A3  
Phone: (250) 372-1663

Before studying bodywork ten years ago, Cassie Benell worked as a zoologist/ecologist. Since then she has studied a variety of osteopathic disciplines as well as other healing modalities. She is a Registered Practitioner of Ortho-Bionomy and an Advanced Practitioner and Upledger Certified Teaching Assistant of Craniosacral Therapy. She works out of several clinics in the Okanagan and has been teaching IBT for two years.

54c

Reg  
Form

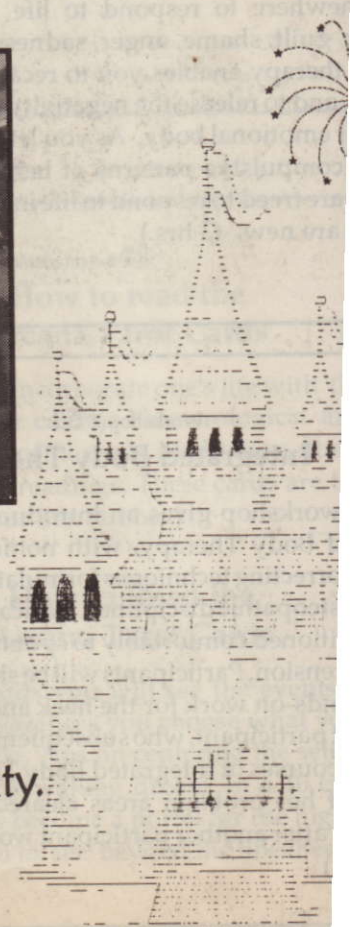
# Children & Teen Festival

An opportunity for children 3 years and up to be creative and active while exploring some exciting ways of having fun!



Daryl & Laurel  
enjoy creating a safe  
atmosphere of fun & creativity.

Every year it gets better!



# f Awareness



- ★ Enjoy our 10 foot Earth Ball
- ★ Paint, Draw, Sing and Dance
- ★ Jump on our Trampolines
- ★ Outdoor Cooperative Games



- ★ Make musical instruments
- ★ Jam with the Marimba Band
- ★ Cut & hammer in the Wood Shop
- ★ Plus many more playshops!



## Teen Playshops

Urmi is the Teen Spirit Leader for this year. She encourages all teens to participate in the Saturday only Teen Program, designed with activities suitable for their enjoyment. Sunday they can attend the adult workshops or design their own play time. Please meet at the Sundance Cafe (Hospitality House across from the Gym) Saturday at 9 am, prompt.



Please no teens are welcome in all the Adults' and men's programs at any time.



### Mask Making with Joyce

Discover your hidden self and create a memorable keepsake. Supplies are provided.

### Theatre Sports with Urmi

Play acting is a great way to take the seriousness out of who we are. Get to know each other in a fun way.

### Handwriting Analysis with Angèle

The differences between how you were taught to write and how you actually form your letters are clues to understanding your true potential and hidden aspirations.

### Meet the Marimba Band

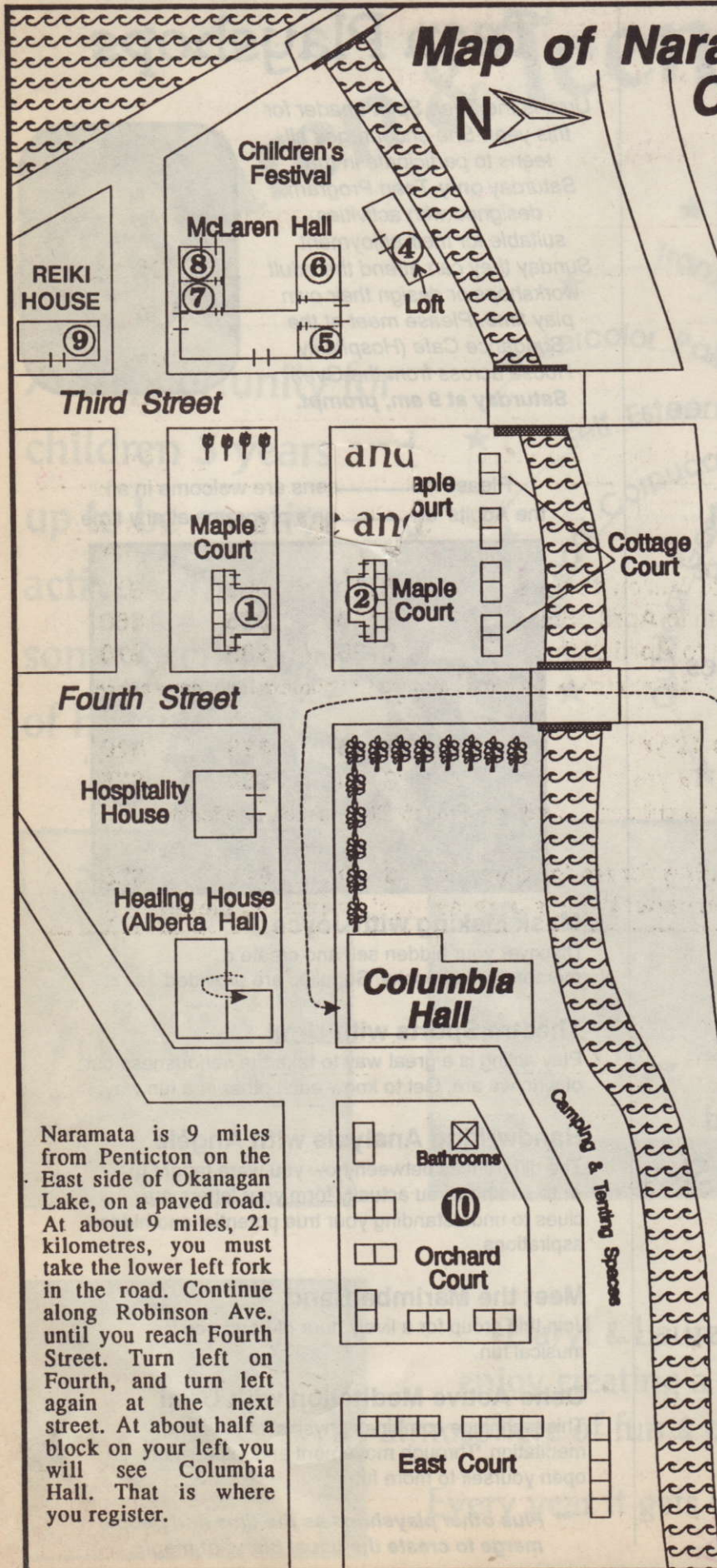
Join this group for a lively hour of hands-on musical fun.

### Osho Active Meditation with Urmi

This technique combines physical fitness and meditation. Through movement and expression open yourself to more fun.

**\*\* Plus other playshops as the time and people merge to create the usual blend of magic.**

# Map of Naramata Centre



Children's Festival is in the basement of McLaren Hall

## Workshop Spaces

- 1 Maple Court 3
- 2 Maple Court 2
- 3 Maple Court 1
- 4 Loft
- 5 Sessions Room
- 6 North Wing
- 7 South Wing 1
- 8 South Wing 2
- 9 Reiki House
- 10 Childminding H

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, 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.