

April 24, 25 & 26, 1998

**Spring Festival
of
Awareness**



Naramata, BC

WIN a Meal Package or a Spring Festival T-shirt

by registering before March 20..\$100 • after March 20..\$125

The registration form is on the last page of this upside down section of the paper. We are accepting Visa or Master Card this year or you can mail it with a cheque. On site registrations open at 1 pm, dinner at 5:30 pm.



Angèle Rowe

MEALS MUST BE PREORDERED

on your registration form and start Friday at 5:30. The last meal will be lunch on Sunday. There are two restaurants nearby if you wish to make your own eating arrangements. There will be a Tea House on site serving juices and goodies but NO hot food. Please bring your own mug to save us from washing cups at tea and juice stations.

Accommodation is on a first come-first served basis so register early if you intend to stay on site or phone the local motels; information is on the registration form.

Festival Store has various crafts, crystals, jewellery and much more. If you are a festival participant and want to sell items in the store please call 250.492.0039.

Healers, Readers, Reiki Practitioners and Bodyworkers who want to work at the festival please call: 492-0039. We offer a trade "Give-a-day & Get-a-day" There will be a cover charge for people booking sessions ... \$8 for a ½ hour & \$15 for 1 hour sessions. Healing House and Reiki House hours are on the schedule page. Reiki is by donation.

Meet and mingle with like-minded people and form friendships that last a lifetime. Hope you come and share in our once a year celebration.

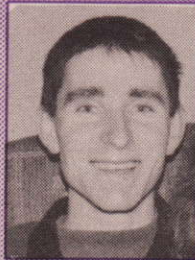
Questions? 250.492.0039
Toll free 1.800.756.9929



Jan Stickney



Michael Kruger



Gerry Parent



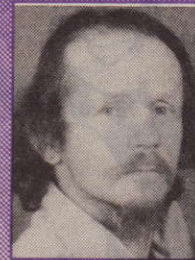
Laurel Burnham



Nwywn



Marcel Campbell



Daryl O'Neill



Judy Byer



Joyce Egolf

Opening Ceremonies start in the Gym Friday at 7:15 pm followed by the Introduction of Workshop Leaders.

The Healing House will open at 9 pm for people wishing to sign up for healing sessions. The Healers Circle of Sharing (for Healers only) also starts at 9 pm. Saturday morning Sunrise Ceremonies start at 6:45 am offering Tai Chi, Yoga and Meditation. Eight choices of workshops start happening at 8:45 am as does the Children's and Teen Programs. More workshops Saturday evening or join us in the Gym for Entertainment and Drumming. Sunday afternoon workshops will only be two hours followed by Closing Ceremonies in the Gym at 4 pm.

Spring Festival of Awareness Crew

Workshops & Workshop Leaders

The workshop numbers correspond to the numbers on the overall schedule

Workshop #01

Bio-Resonance Sound Therapy

Bio-Resonance is a method of balancing the frequencies in the voice by entraining the brain to generate missing or weak frequencies. As these are generated by the brain the voice and body comes into balance. The balancing can be in the physical, mental psychological, biological or a mix of any and all of them depending on what the individual needs. I will be bringing my computer to demonstrate voice analysis to volunteers from the group. (3 hr. Sat)



Bill Blew

#6, 5104 Hasting St., Vancouver, BC, V5B 1P6 • Phone (604) 291-2904

Bill is an ex-industrial education teacher and has a 12 year background in "Digital Pre-Press" computer consulting. He became interested in the use of sound for healing about three years ago and started helping develop a fast and effective method of finding the individual sound a person needs to rebalance their entire body(ies).

Workshop # 02 • Getting Here

Hidden in the unconscious, written in our cells, lie memories of trauma, patterns of avoidance, labyrinths of coping mechanisms that keep us from responding spontaneously to the moment. Rather than analyzing our patterns or discussing our traumas, we can change them, heal...by GETTING HERE, into our lives, into our bodies. This workshop is an opportunity to be present in the here and now, and to inspire the very cells of our bodies to desire health and well-being. It is a time to remember that loving relationship and health are synonymous. (3 hr. Sat or 1½ hr. Sun)

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



Lynne Mündel

2420 Parkview Drive,
Kamloops, BC V2B 7J1
Phone (250) 579-9926

Lynne has been a transformational catalyst and guide for sixteen years. She is also a mother, nurse, author and founder of a transformational community in Kamloops. Lynne's new book, in hand bound leather, *Shamanchild*, is now available.

**Sunrise Ceremony
Awakening the Body
through Movement**

Workshop # 03

The Art of Allowing

Many aspects of our society focus on "making it happen," getting out there and "doing it." We forget how "to be." We often don't allow space in our lives to provide an opening for expansion, for inner exploration and growth. When the space opens we quickly fill it up — "Wow - I've got a free weekend - I'll take a course." The void is avoided at all costs. When we allow a little space in our lives we can enjoy the journey and find the gifts and treasures along the path. (1½ hrs. Sun)

Workshop # 04

Symbology in Everyday Life

Have you ever said "I'd like to venture into a new area for me — something really exciting?" Then you go out the door to work and you travel along the same road that you travel every day, go to lunch at your same favorite restaurant. Whether we are looking for new adventure or healing ourselves we can give our psyche mixed messages. We can intend for the simplest activities of life to be symbolic of our inspirations, our hopes and our dreams. (2 hrs. Sun)



Annette Deib

140 - 25 Avenue NE
Calgary, Alta. T2E 1X8
Phone (403) 276-1987

Annette is a Certified Teacher of the Alexander Technique with a private practice teaching individuals and groups. Through incorporating

the principles of the Alexander Technique into her life, Annette continues to gain understandings into the art of responding to life and being present along the path. Her own journey along the road to wellbeing has opened up many opportunities to share with others, most recently as Conference Director for the Calgary Health Expo.

Norma Cowie

P.O. Box 75051,
White Rock, B.C. V4A 9M4
Phone (604) 536-1220

Author of several metaphysical books, videos and tapes. Creator of *Life Connections*, an intense ten day complete psychic and spiritual development program. Metaphysical Consultant, Religious Science Practitioner.



Workshop # 05

Past Life Regression

The theory plus visit several past lives. Discover a technique of regressing which suits you! (*Sat. evening*)

Workshop # 06

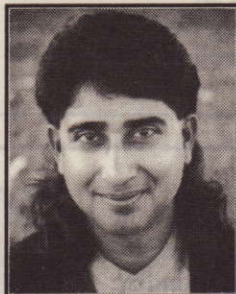
Transforming the Saboteur

How often have you sabotaged yourself? Learn how to identify how you do it - then transform the energy to help/aid you to achieve your goals. (*2 hr. Sun*)

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, retreats and ongoing classes in Energy Awareness.



Sunrise Ceremony
Sat. morning only
Wake up Meditation

Workshop # 07

Meditation - The Lost Art

A workshop in the Fundamentals of Practical Applied Meditation. As a group, we will explore the benefits of meditation and how we can implement it into our daily lives with ease and simplicity. We will accordingly sample several techniques of meditation including light, sound, breath and movement! (*3 hr Sat.*)

Lana Menzies

R.R. #1, Edgewood, B.C. V0G 1J0
Phone (250) 269-7354

For my life I have strived to be fully awake. This process has lead me to meditation, yoga and dance to therapy, primal scream, rebirthing, 12 steps, even university. I have offered classes and workshops on family systems, eating disorders, substance addictions, dance, yoga, body image and creative writing and worked with youth & adults of all ages.



Workshop # 08

Dance to Trance

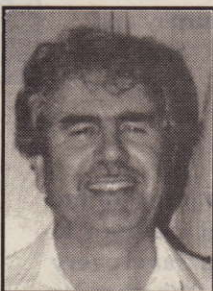
A rejoicing of our physical bodies. For people who love or aspire to love the expression & expansion of their body, the spiritual temple that rests within, and yearns to be fully alive. Go back to our roots through movement, breath and voice.

(*1½ hr. Sat & 2 hr. Sun*)

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 a long-standing interest in complementary and alternative healing arts. He has recently studied Koryo Hand Therapy with Dr. Won J. Lee of the Seo-Am Hand Acupuncture Institute of Canada in Calgary and with Dr. Tae-Woo Yoo in San Francisco. He has also completed courses in Soul Study and Energy Massage with Master Zhi Gang Sha.



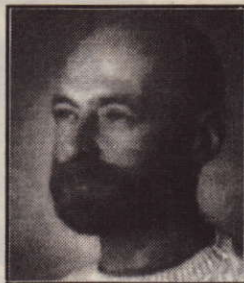
Workshop # 09

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. Participants will be shown how to apply finger pressure, heat, magnets and metallic pellets to specific hand points to bring immediate, amazing results. (*3 hr. Sun.*)

Workshop # 10
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. (1½ hr. Sat & 3 hr. Sun)



James Minckler

Grant Creek, Missoula, Montana 59802
Phone (406) 549-4373
email: energybal@montana.com

Author of two books on Energy Balancing: 'A Body Owner's Maintenance Manual' & 'Advanced Techniques'. His program is a synthesis of philosophies 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.

Workshop # 11
Herbs for Health

Come and explore some alternative means of dealing with common health problems such as: stress, colds, flu, burns, wounds, etc. Various herbs will be discussed including preparation instructions. Come and discover the healing magic growing all around you! (3 hr. Sat.)



Virginia Graham-Smith

Box 1308, Barriere, BC
VOE 1E0 • Phone (250) 672-0149

Virginia's powerful connection to Spirit and great love of nature has manifested itself in her study of herbalism. Her primary focus is on indigenous healing plants, which has led to the creation of a large and bountiful healing garden which she shares with guests of LandSpirit Retreat & Herbals. Virginia has studied course materials from the Australasian College of Herbal Studies, she is a graduate of the Alpine Herbal College and has also studied Meditation, Astrology, Reiki, Tarot and various spiritual philosophies.

Workshop # 12
**Power of Rhythm
African Drumming**

Come on a Safari of the Spirit,
in drumbeat, song and dance.

Through his music and the melodic timbre of his voice David Thiaw speaks to the human spirit. Join his drum circle on Sunday morning and catch the energy. (3 hr. Sun)



David Thiaw

439-13th St, NW, Calgary, AB,
T2N 1Z3 • Phone (403) 270-7871

David is a percussionist of remarkable talent and an engaging story teller, composer, teacher, linguist and drum craftsman. He has just released his new CD of African folktales and music. Upcoming events include the Prince George Children's Festival, the Northern Storytelling Festival in the Yukon and a return tour to Singapore and Malaysia.

Workshop # 13
Dying to Live

If you had only one year to live what would you do? Do you have to wait for a terminal diagnosis to live each day and year fully as if it were your last? What can we learn from death, the dying, and near death/out-of-body experiences that will teach us to be more passionately alive. In this experiential workshop these questions and others will be explored. We will be casting a circle and working in sacred space, searching for our power song and doing some shamanic journeying. Bring a mat and a bandana to cover your eyes. (3 hr Sun)



Jo Ven

RR #1, S-5, C-31, Peachland, BC
VOH 1X0 • Phone (250) 767-6367

For thirty years, Jo has been a devoted student of yoga, meditation, psychic development and spiritual/emotional healing. In the last few years she has been exploring the combination of Shamanism and Wicca in her own journey of self-development and in the process of guiding others on their path. She is currently working as a spiritual teacher/healer and a registered professional counsellor and hypnotherapist in private practice.

Toresa Rayne

9 - 546 - West 13th Avenue,
Vancouver, BC V5Z 1N7
Phone (604) 873-1036

Toresa is a certified Acu-therapist, Reflexologist and Second Degree Reiki Practitioner in White Rock and Vancouver. She has taught through Continuing Education, Hospice and Learning Forums as to growth and development of mind, body and spirit. Toresa's classes are always open sharing with group participation and laughter.



Workshop # 14

Face and Body Reading

If the eyes are the windows to the soul, then your face is your expression, your history and your future. Do you have a nose for money, eyebrows for fame? Your ears indicate your constitution. Come share your face and body gestures and learn to read yourself and others. Second session will cover potential health problems as your body does send clues of the body condition. (1½ hr Sat & 2 hr. Sun)

John Snively

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

John graduated from the University of Toronto dental school in 1971 and the New Mexico School of Natural Therapeutics in 1982. He has maintained a biological and mercury free practice in Nelson for fifteen years and is a board member of the Holistic Dental Association.



Workshop # 15

Dentistry

Implications on Whole Health

Our primary intention is to encourage dialogue and to answer everyone's questions. We will discuss the biocompatibility of materials, metals, flouride, root canals, cavitations and periodontal (gums) health. (3 hr. Sat)

Frances Hill

Box 185, Grindrod, BC
V0E 1Y0 • Phone (250) 838-2121

I began telling stories in the classroom twenty years ago when I noticed that children's imaginations seemed dulled by television. Since then I have told stories in schools and to adults. I have not met an age group that does not love to listen to stories. I think we are all storytellers. It is a wonderful way to share our aliveness and stimulate imagination. Without imagination we are only half alive.



Workshop # 16

Storytelling

Bring a five to seven minute story: a family episode, something you've made up or a written favorite (myth, fairy tale, short story). We'll be telling, not reading, so some memory involved. You can include poetry and /or music. Handouts will cover techniques for preparing and telling stories as well as sources. We will also make up a group story. (3 hr. Sun)

Michael Kruger

272 Ellis Street, Penticton, BC
V2A 4L6 • Phone (250) 492-0522

Michael gave up a career as an electrician in 1994 to study Reiki and Holistic Health. He has been actively teaching and practicing Reiki in the Okanagan Valley through the Holistic Centre in Penticton. This has given him many opportunities to work with a range of other modalities. He has a clear and informative way of teaching this gentle hands-on healing art that is safe for all to use.



Workshop # 17

Introduction to Reiki

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

(1½ hr. Sunday only)

Workshop # 18

Dao of Balance and Harmony

Start a lifelong practice to vital health, happiness and longevity. Discover how Qigong Tai Ji can heal and prevent illnesses and injuries using Qi (energy) while deeply relaxing body and mind. Tai Ji Push Hands (partner play) helps self-confidence, sensitivity, self-awareness and conflict resolution. Experience this magical movement meditation artform. (3 hr. Sat)



Sunrise Ceremony
Tai Chi

Harold Hajime Naka

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

Harold Hajime Naka is a dancing dragon, Taoist rebel, Zen reject, playful warrior, movement artist, confused thinker, spiritual adventurer, unenlightened philosopher, village fool and a legend in his own mind. Harold has been playfully sharing his radical "Peace through Movement" Qigong Tai Ji for the past fifteen years and is still a beginner.

Workshop # 19

Breema:

Ancient Bodytouch, Ancient Wisdom

Breema bodywork is simple in its essence. Manocher Movlai, founder of the Breema Centre says, "Everything Breema accomplishes is the result of life force passing through our body in its natural rhythm, in harmony with everything that is. The harmony is already there." The instinctive wisdom of the body knows this. Enjoy! Come, wear loose comfortable clothing, play, breathe. Be present. (3 hr. Sat.)



expresses aliveness and flexibility through surrendering to the body. It is playful and joyful. It is simple.

Alexi Strandberg

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

Alexi has been teaching yoga for over ten years and practicing for twenty-five years. Recently she has studied Breema bodywork and had become both a practitioner and an instructor. Breema is like having yoga done to you. Breema is an art that

Workshop # 20

The Healing Power of Wilderness

Discussion and slides on how ancient wilderness living leads to a healing relationship with the earth. Ends with a demonstration of bow drill firemaking. (1½ hr. Sun.)

Extending Physical Awareness

Techniques for expanding physical awareness moving into a state of dynamic meditation. Outdoors, weather permitting. (1½ hr. Sun)



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 with pauses as required by the necessities of love and life. His teachers include Tom Brown Jr. and Dan Whetang and he has been teaching these ways since 1993.

Workshop # 21

Integrated Body Therapy

Participants experience doing gentle releases on each other in the neck and pelvic areas, as well as feeling what the releases are like. This non-invasive work is subtle and powerful. Come along to try it out if you have pain in either area! (3 hr. Sat)



Cassie Benell

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

Cassie initially trained as a zoologist and ecologist and later switched to bodywork, which she has done for eleven years. Her work incorporates OrthoBionomy, CranioSacral Therapy, Visceral Manipulation, Zero Balancing and Mechanical Link (all developed by osteopaths) to form Integrated Body Therapy. She lives and works in Kamloops.

WEEK-END SCHEDULE

SATURDAY MORNING

SATURDAY AFTERNOON & EVENING

6:45 - 7:30

8:45 to 10:15

10:30 to 12:00

'Wake up'
Meditation

Taron Puri

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PATRICK YESH

Art, Heart & Soul

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LANA MENZIES

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Art, Heart & Soul

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Ancient Bodytouch • Ancient Wisdom

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Everyone

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A 12" Journey
from our Head
back to our Hearts

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HAROLD NAKA

Dao of Balance & Harmony

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**JOAN CASORSO
LAUREL BURNHAM**

Wild Woman

Entertainment
7:30-8:30
in the Gym

then
Drumming
and
Dancing
till
11pm

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**PATRICIA
ZIERLER**

Practical Spirituality

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TORESA RAYNE

Face & Body
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RÉMI THIVIERGE

Healing your Relationships
Merging Two Worlds

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JOHN SNIVELY

Dentistry ... Implications on Health

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VIRGINIA GRAHAM-SMITH

Herbs for Health

**On site registration
starts at 1:00 pm**

Please arrive early as the line-up gets hectic by 4 pm. Unpack and enjoy the serenity of Naramata and enjoy dinner starting at 5:30 pm. Please order your meals tickets before April 15.

The Healing House is in Alberta Hall. It will be open Friday 9-10 pm and Sat. & Sun. 8-9 am for people wishing to sign up for sessions.

Healers will be available Sat. Noon - 9 pm & Sun. 9 - 3:30 pm. Cost per session is \$8 for half-hour and \$15 for a one-hour sessions.

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

APRIL 24, 25 & 26, 1998

SUNDAY MORNING

SUNDAY AFTERNOON

6:45 - 7:30	8:45 to 10:15	10:30 to 12:00	1:45 to 3:45	
Awakening the Body through Movement Lynne Mündel	# 02 LYNNE MÜNDEL Getting Here	# 03 ANNETTE DEIB The Art of Allowing	# 08 LANA MENZIES Dance to Trance	LOFT
Sunrise Pipe Ceremony Leonard Eagle Cloud	# 10 JAMES MINCKLER Energy Balancing		# 04 ANNETTE DEIB Symbology in Everyday Life	NORTH WING
Yoga for Everyone Rémi Thivierge	# 35 BOBIE PEARCE Wisdom from A Course in Miracles		# 28 BROCK TULLY Relationships take a lot of 'Heart' Work	SOUTH WING 1 Front room
	# 13 JO VEN Dying to Live		# 14 TORESA RAYNE Face & Body Readings	SOUTH WING 2 Back room
	# 09 JOSEPH RANALLO Korean Hand Therapy		# 06 NORMA COWIE Transforming the Saboteur	SESSIONS ROOM
Tai Chi & Qi Gong Harold Hajime Naka	# 12 DAVID THIAW Power of Rhythm African Drumming		Closing Circle starts at 4 pm Everyone Welcome	GYM
	# 20 WES GIETZ Part 1 The Healing Power of the Wilderness Part 2 Extending Physical Awareness (outside)		# 26 PATRICIA ZIERLER Applied Metaphysics	MAPLE COURT 1
	# 16 FRANCES HILL Storytelling made easy		# 29 SHEILA MILLEY & NORMA ISAAC Creating Abundance	MAPLE COURT 2
	# 17 MICHAEL KRUGER Intro to Reiki		REIKI HOUSE OPEN for SESSIONS Saturday 10:30 - 8 pm & Sunday 10:30 - 3 No pre booking necessary by donation	REIKI HOUSE is the small white house beside McLaren Hall
If you are a healer, reader or bodywork practitioner and would like to give sessions at the Festival We offer Give a Day — Get a Day. Phone 250.492.0039 for details.				

Joan Casorso

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

Joan is a certified instructor of Strong, Stretched and Centered, Founder of Inner Rhythms movement and a founding member of the Rhythm Project. For eighteen years Joan has taught mindful/body movement and percussion for children and adults including those with disabilities.



Workshop # 22

"Wild Woman Workshop"

"If you don't howl, how are you going to find your pack?"

Clarissa Pinkola Estes

A workshop created to bring out the "Wild Woman" in everyone. Move, dance, drum, honor the Divine, free your authentic self in a sacred way. Wear loose flowing clothing, bring mat, drum, percussion instruments. (3 hr. Sat.)

Laurel Burnham

Site 55, C 50, RR 2, Penticton, BC
V2A 6J7 • Phone (250) 492-7717

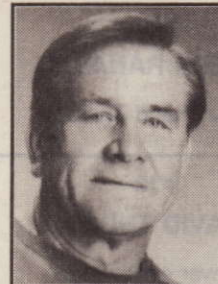
Laurel is a busy mother, writer, gardener and community organizer. She is the Mistress of Ceremonies for the Spring Festival and loves to create ambience. "Through the creation of sacred space, through ritual and dance are the keys to finding our authentic self a.k.a. the wild woman."



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 Wellspring 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 co-authored three Canadian bestsellers.



Workshop # 23

Transcending Control

Using exceptions rather than the rule to go beyond space/time limitations to healing; to all there is.

(3 hr. Sat.)

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 # 24

The Way Through

Healing is not about finding a way out of the situations that confront us. Healing is about finding a way through to the release, to the gift that each situation, each obstacle has to offer. Join Leanne as she uses the gift cards, guidance and the wisdom inherent in each group to discover ways through whatever difficulties or blocks that seem to be present in our lives, to the gift, the strength that is the way through. (3 hr. Sat.)

Workshop # 25

Practical Spirituality

Have you been seeking your spiritual path and feeling a little overwhelmed? This workshop will give some practical tools that when applied to your everyday life will bring you to clarity of mind and creating your truth. Please bring your sense of humour! (1½ hr. Sat.)

Workshop # 26

Applied Metaphysics

Designed for the seeker who is committed to their path, this workshop will give tools for clearing your three lower bodies. We will experience the Sacred Flames, vow releasal, cleansing of lines of force and discuss the power of intent and importance of letting go of judgement. Please set your intent before the workshop to shift through as much as is appropriate. (2 hr. Sun.)



Patricia Zierler

4015 - 15th Avenue
Vernon, BC V1T 8H1
Phone (250) 260-3939

Patricia has spent her adult life seeking her spiritual truths. She is a certified Reiki Master, offering courses in all levels, including Karuna, and incorporates many different modalities into her healing work, including color and sound.

Workshop #27

A 12" Journey from our Heads back to our Hearts

"...we are born butterflies, we go into cocoons and some of us become butterflies again." Through slides, music, discussion, even some magic and juggling we will remember the place and rekindle the joy of being a butterfly. (1½ hr. Sat)

Workshop #28

Relationships Take a Lot of 'Heart' Work!!

Through slides, music, discussion and even some fun we will see that healthy relationships begin when we are in touch with our own heart and feel whole, rather than looking for someone to fill a hole in us, as we are too often taught. (2 hr. Sun)



Brock Tully

Apt 313 - 950 Drake Street
Vancouver, BC V6Z 2B9
Phone (604) 687-1099

Author of four 'Reflections' books (over 130,000 sold) and 'Coming Together' - a 15,000 kilometer bicycle trip. Music CD - 'Touching Heart'; College basketball; football coach; crisis counsellor; international inspirational speaker; owner of Greenhouse Books...where people grow !! in Vancouver.

Workshop #29

Creating Abundance!!

In the facilitation of this workshop we will be using Art/Movement and some written exercises to help you tap into your inner beliefs about abundance. We invite you to come join us for sharing, gathering insights from others and to have fun! (2 hr Sun.)



Sheila Milley and Norma Isaac

1751 - 29th Street SE,
Salmon Arm, BC V1E 2E6,
Phone (250) 832-3796

Norma is a full time practitioner in Reiki, Reflexology and Massage Therapy. She loves teaching others to find their own healing path, bringing wisdom, insights and awareness to the classroom.

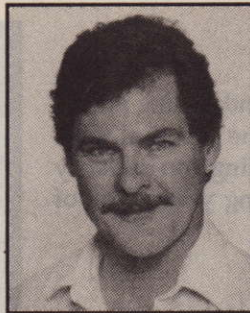
Sheila is involved in gestalt therapy, in combination with her Reiki healing to help others. She is known for her clowning, sense of humour and inspiring positive energy.

Norma and Sheila are also helping to organize the Reiki House. Drop in and meet them.

Rémi Thivierge

2443 Tamarack Terrace, RR #2
Sorrento, BC V0E 2W2
Phone (250) 675-2649

With twenty years experience, Rémi is a qualified marriage and family therapist and approved trainer in the field. He is the founder of the Low Impact Divorce Program. Rémi, who also teaches yoga in Salmon Arm, brings to his work his twenty-five years of personal study in eastern religions and meditation.



Sunrise Ceremony
Yoga for Everybody

Workshop #30

Healing Your Relationships, Merging Two Worlds

We will look at relationships by integrating the Western Mind with Eastern philosophies (including a focus on the chakras). We will examine relationship energy interactions, how to shift and balance so that we experience more fully the presence of ours, and the other's, higher states. (3 hr. Sat.)

Carol Miller

2443 Tamarack Terrace, RR #2,
Sorrento, BC V0E 2W2
Phone (250) 675-2649

Carol is the author of *Expressing Our Natural Gifts*, a practical guide on how to create one's desired life using one's natural capabilities, qualities and aspirations. Carol is a registered Clinical Counsellor and has a Masters' degree in Applied Behavioral Science.



Workshop #31

Expressing Our Natural Gifts *Being with your Source*

The source of your natural gifts consists of accepting and acknowledging your special worth, knowing your talents and understanding your internal resources and strengths. What gets in the way of you owning and honoring this source? In this workshop we will access this place - through creative visualizations, sculpting and exercises aimed at correcting fear-based thought forms. Be prepared to celebrate and affirm this personal right of Source and become more clear on how to take your inherent worth into the world. (3 hr. Sat.)

Joel Whitehead

102 - 1100 Lawrence Avenue, Kelowna,
BC V1Y 6M4 • Phone (250) 763-9805

Joel is a Doctor of Traditional Chinese Medicine who has studied many forms of the Oriental arts in Japan, Korea and Sri Lanka. He is the first Canadian to bring Japanese Nesshi therapy to North America. He owns and operates the Lakeland Acupuncture and Chinese Herbal Centre in Kelowna and is a resident of Summerland.



Workshop #32

The Meridian is the Message

In Oriental Medicine they believe that the organs are entities of divisions that encompass the spiritual and physical bodies. The connecting thread to all semblance of psychophysical aberration are accessed through the meridians and their related points. In this short course, points and meridian relationships will be taught to help you access and understand this connection. (3 hr. Sat evening)

Haley B. Jonstyn, R.N.

Box 30, Rossland, BC V0G 1Y0
Phone (250) 362-5744

My personal journey in healing came about due to a huge disruption in my life - a chronic disease - FMS. This healing journey has been the most exciting and blessed journey of my life. Your inner worlds, accessed by quietening your inner mind & body reveal endless gems and possibilities. Come and share deep relaxation, opening to realms of infinite potential.



Workshop #33

Biofeedback Meditation of the West

In experiencing "present moment" one can "BE" all that there is. The past is history, the future is a mystery and this moment is a gift. That is why this moment is called the present. Learn to quiet mind and body; access healing realms where the body repairs and restores, access peace, calm and ease. Join us to tap into our inner worlds of creativity and pure potential! (3 hr. Sat. evening)

Workshop # 34

Miracles on the Medicine Wheel

In this workshop we create a sacred space with flags (colored cloth), in the Four Directions we will create altars and then pair off with each other to do a healing on each other. This workshop is experiential and can be powerful. Includes prayer and dance. (3 hr. Saturday evening)



Sunrise Ceremony
Sun. morning only
Pipe Ceremony

Leonard Eagle Cloud

Ste 224 - 4675 Valley Drive, Vancouver,
BC V6J 4B8 Phone 604-267-0985

Leonard Eagle Cloud is a Huron Dene Lakota Metis Pipe Carrier. He is well known for miraculous workshops involving Angels, Interspecies communication and deep cellular healing. Leonard opened the Ascending Hearts Conclave in Vernon 1997 and has graced many ceremonies with his Cedar Flute and Pipe including Shared Vision.

Workshop #35

Wisdom from A Course in Miracles

A *Course in Miracles* (ACIM), a set of three 'scribed' books, has influenced millions of people since its publication in 1976. Being able to apply the teachings/ideas of ACIM is what makes them meaningful, and it also is what will show you that they are true. This workshop will endeavor to show you how reachable and applicable the wisdom from ACIM really is. (3 hr. Sun)



Bobie Pearce

411 West Richards Street, Nelson,
BC V1L 3K2 • Phone (250) 352-9686

Bobie has been profoundly affected by the teaching of *A Course in Miracles*. Applying the principles of ACIM has been part of her life for twenty years and continues to be her life's joy and healing. Twenty-five years as a College Instructor of Business Education and Computer Skills has given Bobie the communication skills necessary to share the subject closest to her heart.

Workshop # 36

Art, Heart & Soul

Spirituality and Play do go together! Your most creative self comes alive in our Creativity Playshops. You will learn to artistically channel your creative impulses through spirit, bring about Clarity of Vision, enjoy new energy, feel personal and spiritual growth. Easy exercises in drawing and collage activate your creative healing energies. Set priorities in your life. Join us for an adventure of Art, Heart & Soul. (1½ hr. Sat. morn)



Patrick Yesh

444 Victoria Street, Suite 301
Kamloops, BC V2C 2A7
Phone (250) 314-9610

Patrick has been an art educator for over twenty years. He is an accomplished artist, art instructor, counsellor and international workshop facilitator. His Masters' research was an exploration of art education methods and the human quest for spiritual expression in art. The broad application and appeal of this work has taken him into schools, colleges, universities, First Nations reserves, elder homecare facilities, prisons and a variety of conferences.

Workshop # 37

Art, Heart & Soul II

A longer version of the first one. Join me for some experiential playtime to express your feelings. (3 hrs Sat. evening)

Replacement Workshop

If someone doesn't show this one will happen.

Handwriting Explained

Ever looked at your writing and wondered why you make letters a certain way? This quick intro into the basics will answer some of those questions. Then it will be time for personal interpretations as I put theory into practice.



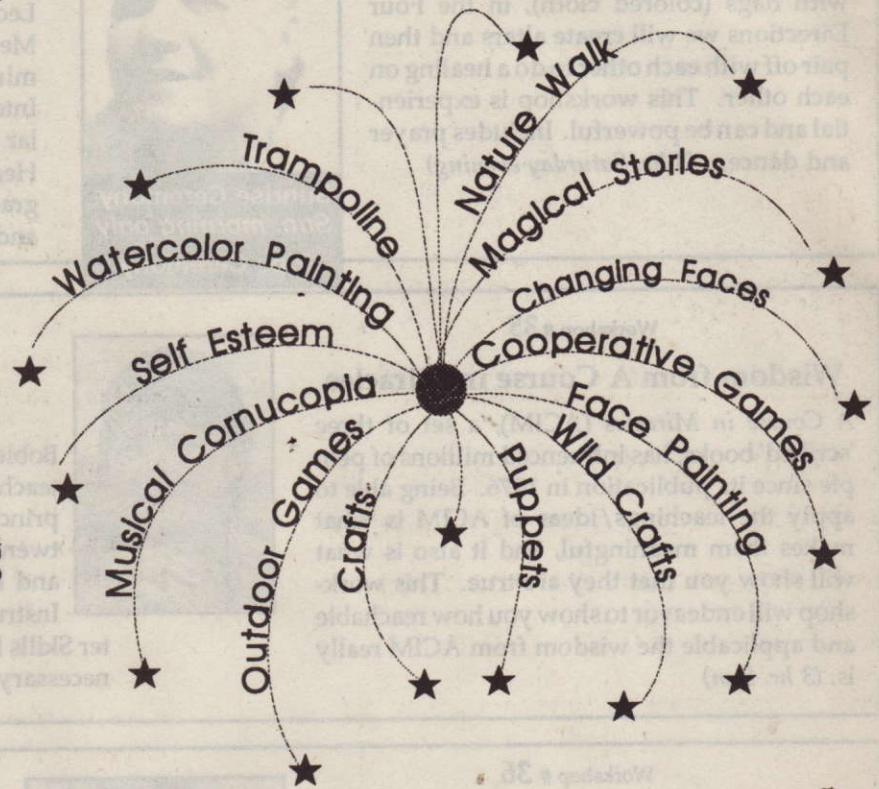
Angèle Rowe

272 Ellis Street, Penticton, BC,
V2A 4L6 • Phone 250-492-0987

Angele completed her certification in Graphology six years ago and has been playing with it ever since. She likes to look at people's handwriting to get an understanding of what is important to them and how their brain is programmed.

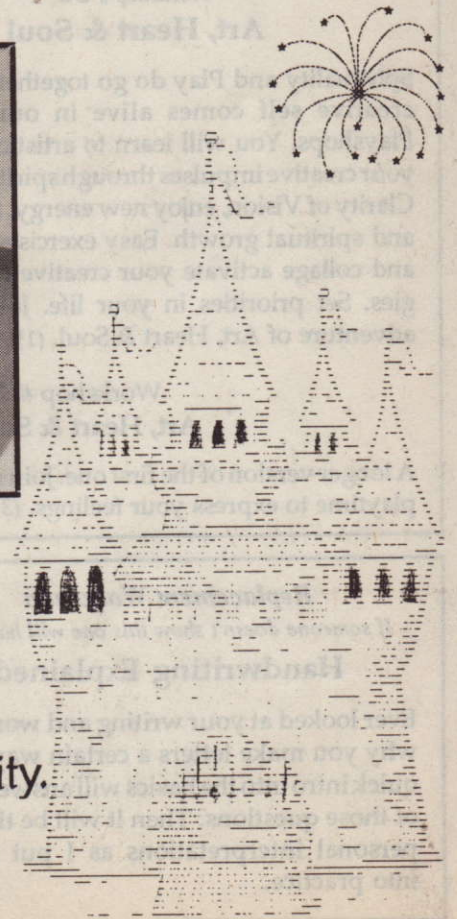
Children & Teen Festival of

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!



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 Festival

The program was designed by two teenagers Yalena and Yonathon. They have been attending the Festival for ten years with Urmi Sheldon, their mother who

organized the Children's Festival for many years and the teen festival last year. This year they will be assisted by Joyce Egolf and Lana Menzies, who have dreamed up some inspiring playshops.



Yalena



Yonathon



Joyce

Throwing the Runes • Learn how to make and read this ancient method of divination work for you.

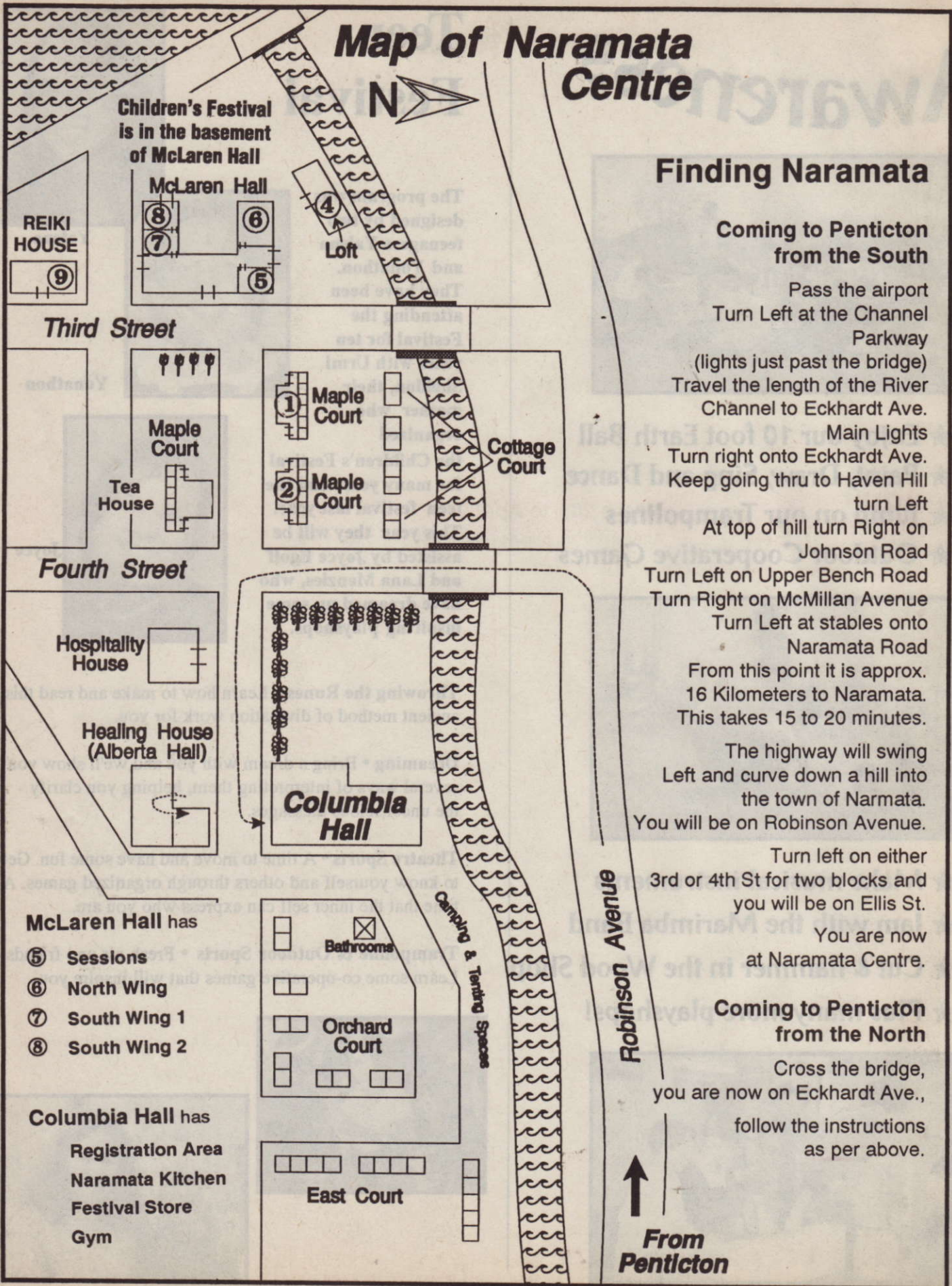
Dreaming • Bring a dream with you and we'll show you several ways of interpreting them, helping you clarify the unconscious messages.

Theatre Sports • A time to move and have some fun. Get to know yourself and others through organized games. A time that the inner self can express who you are.

Trampoline & Outdoor Sports • Fresh air and friends. Learn some co-operative games that will inspire you.



Map of Naramata Centre



Children's Festival
is in the basement
of McLaren Hall

REIKI
HOUSE

McLaren Hall

Loft

Third Street

Maple
Court

Tea
House

1 Maple
Court

2 Maple
Court

Cottage
Court

Fourth Street

Hospitality
House

Healing House
(Alberta Hall)

Columbia
Hall

Camping & Tenting
Spaces

Bathrooms

Orchard
Court

East Court

Robinson Avenue

Finding Naramata

Coming to Penticton from the South

Pass the airport
Turn Left at the Channel
Parkway
(lights just past the bridge)
Travel the length of the River
Channel to Eckhardt Ave.
Main Lights
Turn right onto Eckhardt Ave.
Keep going thru to Haven Hill
turn Left
At top of hill turn Right on
Johnson Road
Turn Left on Upper Bench Road
Turn Right on McMillan Avenue
Turn Left at stables onto
Naramata Road
From this point it is approx.
16 Kilometers to Naramata.
This takes 15 to 20 minutes.
The highway will swing
Left and curve down a hill into
the town of Naramata.
You will be on Robinson Avenue.

Turn left on either
3rd or 4th St for two blocks and
you will be on Ellis St.
You are now
at Naramata Centre.

Coming to Penticton from the North

Cross the bridge,
you are now on Eckhardt Ave.,
follow the instructions
as per above.

↑
From
Penticton

McLaren Hall has

- ⑤ Sessions
- ⑥ North Wing
- ⑦ South Wing 1
- ⑧ South Wing 2

Columbia Hall has

- Registration Area
- Naramata Kitchen
- Festival Store
- Gym

April 24, 25 & 26, 1998

Spring Festival of Awareness REGISTRATION FORM

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

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

		Week-end	Sat. only	Sun. only
Adult Festival Fees	Feb. 1st to March 20th	\$100	\$65	\$45
	March 20th to April 26th	\$125	\$75	\$50
	After April 15, please register by phone and we will confirm if we have space.			
Children's & Teens' Festival Fees	Ages 3 to 12 yrs	\$ 45	\$30	\$20
	Teens 13-19 yrs	\$ 55	\$35	\$25
No late fees for children... 3 kids or teens: \$100 (must be one family)				
Babies	Childminding for under 3 years	\$ 40	\$25	\$25
All children under the age of three <u>must</u> be pre-registered.				

REGISTRATION TOTALS

Festival Fees	_____ Adults @ _____ = \$ _____	On-site registration starts at 1:00 pm.
	_____ Children/Teens @ _____ = \$ _____	
	_____ Babies @ _____ = \$ _____	
Meals (from other side)	_____ Adult Meal Packages \$ _____	<i>Please arrive as early as possible as the line-up gets hectic by 4 pm.</i>
	_____ Child Meal Packages \$ _____	
	_____ Individual Meals \$ _____	
Accommodation (from other side)	_____ \$ _____	<i>Unpack and enjoy the serenity of Naramata. Dinner starts at 5:30pm for those who have preordered their meals.</i>
	Total amount owing \$ _____	
	add 7% GST \$ _____	
	Grand Total \$ _____	

Amount enclosed \$ _____ (50% deposit required)	Balance ... payable at the door \$ _____
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Refunds with written request if received before April 20th (less \$20 for paperwork)

We are accepting Visa, MasterCard or make cheque payable to the...**Visions Unlimited**, Spring Festival and send to: 272 Ellis St., Penticton, B.C., V2A 4L6. For more info.....phone 250.492.0039 or 1.888.756.9929