

April 23, 24 & 25, 1999

**Spring Festival
of
Awareness**



Naramata, BC

Website:

<http://www.retreatsonline.com/can/goto/holistic.htm>

Register before March 20 ... and pay only
\$125 plus GST for the weekend

Questions?
250.492.0039
Toll Free
1-800-756-9929

Registration details on the last page of this upside down section.

We accept Visa and Mastercard or pay by cheque. We prefer getting the forms by mail.

On-site registration starts at 1:30 pm, Dinner at 5:30, Opening Ceremonies at 7:30 followed by Introduction of Workshop Leaders, a Closing Meditation with Lynne Gordon-Mündell then a Crystal Bowl Concert with Christina Goddard.

Bedtime Meditation with Sharon Forrest at 10 pm. The Healing House will be open for sign-ups 3 to 8 pm and re-opens at 8 am Saturday morning.

Saturday Morning offers Sunrise Ceremonies with Tai Chi, Yoga and Meditation. Nine choices of workshops start at 8:45 am as does the Children's Program. More workshops after lunch and dinner. The schedule is the same for Sunday except after lunch the workshop will be for 2 hours then Closing Circle in the Gym at 4 pm.

The Festival Store has space to sell various crafts, crystals, jewellery and more. If you are a festival participant and want to sell items in the store please call Nywyn at 492.0039.

Healer, Readers, Reiki Practitioners and Bodyworkers who want to work at the Festival please phone 492-0039. We offer a trade '**Give-a-day & Get-a-day**'. There will be a cover charge of \$8 for 1/2 hour and \$15 for 1 hour sessions. Healing House and Reiki House hours are on the schedule page. Reiki sessions are drop-in and by donation, Michael will be organizing the schedule. Marcel coordinates the Alternative Healers.

Meals must be pre-ordered by April 15. There are two restaurants nearby, you can cook in the cabins or picnic area and The Juicy Carrot will be serving light vegetarian foods, fresh juices and healthy snacks. Please bring your own mug and save us from washing cups at the juice stations.

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



Your Spring Festival Crew



From top left ... Gerry, Daryl
Urmi, Marcel, Jan
Nywyn, Laurel, Michael, Angèle

Hope you come and share in this once a year celebration to meet and mingle with like-minded people. There are many stories of relationships that had their start at the festival including the originator ... Harry Jukes meeting his lady love. Each year, my heart smiles as I hear about friendships that have endured the test of time for the soul connection seems special in the Spring.

Workshops & Workshop Leaders

The workshop number corresponds to the numbers on the overall schedule

Workshop # 01

Introduction to Your Astrological Moon

The Moon in your birth chart provides information about what is most personal to you. The Moon is your inner mother, your nurturer, your caregiver. Astrology is much more than just your Sun Sign. Find out your moon sign and style in this informative beginner level workshop. (3 hrs. Saturday evening)



Racey Allen

12 - 3476 Coast Meridian Road,
Port Coquitlam, BC V3B 7H6
604-944-2891

Mystic Astrologer, Racey lives and breathes Astrology and loves to share her knowledge of this insightful tool. As well as Astrology, Racey uses her intuitive abilities to help you on your life path. Your chart is your 'soul print', revealing your uniqueness, preferences and gifts. Racey is a speaker, teacher and consultant at Reflections Bookstore in Coquitlam.

Workshop # 02

Energy Balancing

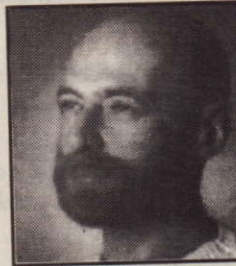
Explore the body's energy field, using easy procedures to detect and balance energy flow. This unique and useful program can influence and affect how you feel by eliminating those everyday aches and pains. In this hands-on funshop learn to listen and talk to your body. This is exciting as the body knows everything and it always tells the truth. Experience the practical application of ancient healing arts from the Oriental, Egyptian and Native People's cultures.

(3 hrs. Saturday evening)

Workshop # 03

Auras & Emotions

Energy balancing for the spiritual body. Focuses on the emotions, chakras, color and auras. Learn to test for auras on yourself and others. (2 hrs. Sunday)



James Minckler

Grant Creek,
Missoula, Montana, 59802
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 gathered from many sources, integrating ancient healing techniques into an easy system to help you walk in balance. He meets with groups throughout North America and Europe.

Workshop # 04

Shamanic Care of the Soul

Sometimes we feel an emptiness, that something is missing, that we aren't the same person we used to be. We may have suffered a soul loss. A shaman can perform a soul retrieval to return lost parts of our soul to us. In this session, participants will learn about the notion of soul from a shamanic perspective and how souls are healed through the practice of soul retrieval. Participants will also identify areas in which they may have soul loss, learn how to call their own souls home, and learn to prevent soul wounding of themselves and others. If appropriate, the facilitator will perform a soul retrieval for a willing participant, with participants forming a healing circle to support the return of the client's soul. (3 hrs. Saturday)



Lauren Rama

9213 - 97th Street,
Edmonton, Alta, T6E 3L1
403-439-7219

Lauren's shamanic gifts are strengthened by extensive training in archetypal psychology and core shamanism — a modern synthesis of the essence of shamanic practices from around the world. Lauren is also a management consultant specializing in fostering creativity in the workplace. She has a private shamanic healing practice in Edmonton and Calgary, regularly leads shamanic healing training courses and vision quest retreats and has over fifteen years experience leading workshops.

Workshop # 05

Clearing the Way Making More Room

Do your spring house cleaning at this light-hearted funshop. Experiential techniques for grounding, centering, balancing and clearing. A potpourri of tools to enhance your ability to take care of yourself. (3 hrs. Saturday)



June Hope

Box 1629,
Princeton, BC, V0X 1W0
250-295-3524

After a number of years studying human energy and the physical body, June discovered Reiki. This became the basis for all her work. She found Reiki to be gentle and safe, an excellent way for people to begin to become aware of energy. She is now combining the techniques and tools she has learned for keeping herself cleared to facilitate the healing process.

Lynne Gordon-Mündell

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

Lynne brings people home to themselves. For twenty years she has worked with individuals and groups helping them rediscover **cellular** appreciation of life. Lynne is a counsellor and group facilitator working specifically with collective vibrational fields, psychological integration and dreams. She is author of three books, her most recent book, *Shamanchild* is available in paperback.



SUNRISE CEREMONIES

MOVEMENT & MEDITATION

Both Mornings
North Wing or Loft

Workshop # 06 Cosmic Consciousness in Ordinary Life

Evolution is asking the human race to adapt to finer vibrational frequencies ... to attune itself to its cosmic source. How do we meet this challenge? This experiential workshop allows us to relax the masks and unconscious habits which limit our ability to change. Come prepared to welcome new levels of relationship, compassion, natural intelligence, strength and authority.
(3 hrs. Sunday)

Shae Cook

#201-255 Victoria St,
Kamloops, BC V2C 2A1
250-828-0370

I have been a healer over many lifetimes including this one, have always been psychic and have felt the presence of God/Spirit/Creator in my life every day. I feel guided in all the work that I do.



Workshop # 07 Shamanic Healing/Body Memory Readings

Stories the Body Tells Us - Learn how the body holds memories, whether it be past life, this life or cellular memories. Through acknowledging and releasing them, healing takes place. *(1½ hrs. Saturday)*

Workshop # 08 Body Breathing

Learn how to allow the body to completely open and heal, while allowing the entire body to breathe through every pore. *(1½ hrs. Sunday)*

David Graham

Box 173, Naramata, BC
250-496-4212

An architect and furniture builder by trade, David painted a moveable labyrinth for Naramata Centre. He is available for consultations for those wishing to install one for themselves.



Workshop # 09 The Labyrinth - Walking the Path

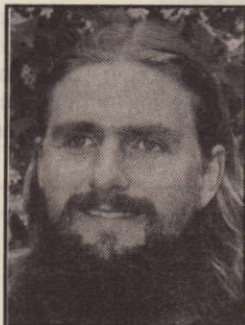
The first part, walking in is often a letting go time, the center is a place for prayer and meditation and the final walking out is taking what you have received and entering community. Take note of whatever happens, how you feel and even the people you meet as everything that happens on the path is said to be a metaphor for the spiritual journey. *(1½ hrs. Sunday)*

The Labyrinth will be spread out on the lawn near Columbia Hall all weekend for those who wish to walk the sacred walk.

Tyson Bartel

#5 - 206 Nicola St,
Kamloops, BC, V2C 4P5
250-372-3814

Tyson is native to Kamloops and has travelled extensively to study meditation, yoga and Traditional Thai Massage in Thailand. Time spent with teachers in India inspired him to return to Canada and offer his insights to others. In 1994 he began providing Thai Massage, instructing yoga, relaxation classes and facilitating workshops. He is currently training to be a Feldenkrais practitioner.



Workshop # 10 Awakening the Body

Our bodies have an innate ability to heal themselves. A powerful way to awaken the inner healer is through movement. By focusing attention on movement our brain enhances its connection to the body and unnecessary tensions release. Experience how mindful movement patterns can free your mind and body! Learn two movement lessons for neck, shoulders and back. *(1½ hrs. Sunday)*
Wear layered clothing or bring a blanket

Workshop # 11 Awakening the Brain

Our brain is the bio-computer through which all information about ourselves is processed. Imagine functioning with more than 10% of your brain!!! This "play"shop (come ready to play) will explore how Brain Exercises can open up your human potential in creative and life-affirming ways. Learn two brain exercises that enhance self-healing and aid meditation practice. *Wear layered clothing. (2 hrs. Sunday)*

Workshop # 12

**Why Bad Things Happen to Good People
And What To Do About It**

Do you occasionally cry out: "Why is this happening to me again?" "Why me God?" or "What did I do to deserve this?" Can you detect patterns in your relationships, work or finances? Do you sabotage yourself just when things are going well? Learn simple tools to decode old patterns and make lasting changes. Yes, in this experiential workshop, you can! Group participation in all modalities. (2 hrs. Sunday)



Dr. Sharon Forrest N.D. Ph.D.

3501 Syracuse Ave,
San Diego, CA, 92122
619-452-1988

Dr. Sharon Forrest is founder of The Forrest Foundation for Effective Living and Healthways International. A Healer since early childhood, Sharon is a licensed Minister and Clinical Hypnotherapist with an extensive background in Transformational Psychology and Naturopathic Medicine. An inspiring and dynamic presenter, she has the gift of enthusiastically blending spirituality, science and healing with love and laughter. "Life Changer" is the best way to describe her.

Workshop # 13

Meet your Guides & Guardian Angels

A healing journey into your magical inner world where you can hear the voice of your Inner God Self that speaks to you with love and wisdom. We will ascertain their names and a sensation that will signal their presence. Proceed to rescue your Inner Child in a situation that will shed light and understanding on patterns, feelings or limitations you experience as an adult and heal. Group participation in all modalities. (3 hrs. Saturday)

Bedtime meditation with Sharon in the Loft at approx. 10 pm Friday.

Prepare for the weekend ...Awaken yourself to a higher level of consciousness.

Workshop # 14

Therapeutic Touch

Therapeutic Touch is a technique using the hands to direct human energies to help someone relax or assist in healing themselves. This technique was developed by Delores Krieger, R.N., Ph.D. It has been taught to many people as well as Health Care Professionals throughout the world. The goal of Therapeutic Touch is to promote relaxation—a sense of well-being, relieve pain, decrease anxiety, tension & stress and to accelerate wound healing. (3 hrs. Sunday)



Marie-Paule Wiley

61 - 29th Street NE,
Salmon Arm, BC V1E 2T2
250-832-8176

I have been using Therapeutic Touch in my nursing of clients since 1984. As a home care nurse I see many patients who have cancer and need supportive care. I have found it to be beneficial for patients who are in pain or need relaxation. I believe each person should be treated as a whole — physical and mental. It can be used for any illness as well as plants and animals. The technique can be taught to families or friends to help their loved ones. It is not meant as a cure but a help to facilitate healing.

SUNRISE
CEREMONIES

TIBETAN BOWLS

Sunday Morning
Sessions Room

Workshop # 15

**Mastering the Art of Relationships;
to Life • to Self • to Other**

From my work in Astrology I have come to see the Art of Relating as a fundamental skill to be developed. I also see most of us begin at the end trying to relate to "other" without looking at the first two building blocks, the relationship to "Life" and the relationship to "Self". Come and explore the 12 (signs) styles of relating. No astrological knowledge is necessary. If you have your chart bring it along. (1½ hrs. Saturday)



Moreen Reed

#7, 1536 Wilmot Place
Victoria, BC, V8R 5S4
250-213-8957

I began my study of astrology in the early 70's from a desire to understand my own life. Recent studies include: Jeff Green's *Evolutionary School of Astrology*, Donna Martin's *Remembering Wholeness*

developing the practice of mindfulness and art of appreciation. I began my professional practice in 1988 and have devoted myself full-time since 1991.

I believe that astrology encourages us to participate in the dance of life (fate) with the creativity of free will.

Workshop # 16

**Astrological Weather for 1999/2000:
Outer Planetary Cycles and Your Life**

I'll give you the low down on who (what sign) is on center stage, what dance they are stepping to (which Planet is calling the shots), and how the rest of us can support our collective unfolding. Yes, I'll speak to the Grand Fixed Cross in August '99. (1½ hrs. Sunday)

WEEKEND SCHEDULE

SUNRISE	SATURDAY MORNING	SATURDAY AFTERNOON		EVENING
6:45 - 7:30	8:45 - 12:00	1:45 - 3:15	3:30 - 5:00	7:15 - 10:30
<p><i>Wake-up Meditation</i></p> <p>Taron Puri</p>	<p># 52 TARON PURI</p> <p>Living Spirituality Being in the Now!</p>	<p># 13 Dr. SHARON FORREST</p> <p>Meet your Guides & Angels</p>		<p># 02 JAMES MINCKLER</p> <p>Energy Balancing</p>
<p><i>Awakening the Body through Movement & Meditation</i></p> <p>Lynne Mündel</p>	<p># 48 ALEXI STRANDBERG</p> <p>The Body as the Path to Counsciousness</p>	<p># 36 CRYSTAL MAMAS MARILYN & LESLIE</p> <p>Crystal Awareness Interactive</p>		<p># 18 JON & MARGARET</p> <p>Healing Relationships, the Open Heart Path</p>
<p><i>Yoga Sun Salutations</i></p> <p>Margrit Bayer</p>	<p># 05 JUNE HOPE</p> <p>Clearing the Way - Making More Room</p>	<p># 25 URMI SHELDON</p> <p>Self Massage</p>		<p># 32 BRIGITTE KAHL & SHEILA MILLEY</p> <p>The Power of your Dreams</p>
<p><i>Dream Meditation</i></p> <p>Mariah Milligan</p>	<p># 44 ROB CHUBB</p> <p>Discover your True Colors</p>	<p># 28 KAREN TIMPANY</p> <p>The Angel's Gift</p>	<p># 51 ANGÈLE</p> <p>Handwriting Explained</p>	<p># 01 RACEY ALLEN</p> <p>Introduction to your Astrological Moon</p>
<p><i>Active Meditation</i></p> <p>Urmil Sheldon</p>	<p># 04 LAUREEN RAMA</p> <p>Shamanic Care of the Soul</p>	<p># 15 MOREEN REED</p> <p>Mastering the Art of Relationships</p>	<p># 40 VICTORIA FABLING</p> <p>Your Inner "Yes"</p>	<p># 37 DONNA DRAPER</p> <p>Wise Woman Ways</p>
<p><i>Dancing Dragon Qigong Taiji</i></p> <p>Harold Hajime Naka</p>	<p># 35 JOAN CASORSO</p> <p>Inner Rhythms The-Art of Movement</p>	<p># 46 HUMMING BIRD THEATRE CO.</p> <p>Serene Face of the Earth</p>	<p># 49 HAROLD NAKA</p> <p>Tao of Energy</p>	<p># 22 DAVID THIAW</p> <p>African Drumming & Movement Gathering</p>
	<p># 27 MARGRIT BAYER</p> <p>Introduction to the Yog Darshan of Patanjali</p>	<p># 42 SISTER KIRAN COYOTE</p> <p>Power of Thought</p>	<p># 07 SHAE COOK</p> <p>Shamanic Healing/ Body Memory Readings</p>	<p>If you are in a workshop and it doesn't suit you please... leave quietly and check out another workshop as long as it is not full.</p> <p><i>Some options are:</i></p> <p>Join in the Children's Festival</p> <p>check out the Festival Store</p> <p>have a Reiki session</p> <p>walk the Labyrinth</p> <p>enjoy quiet time at the Chapel on-site.</p>
	<p># 29 MARION MAZZOCCHI</p> <p>Flower Remedies</p>	<p># 38 VIRGINIA GRAHAM-SMITH</p> <p>Let's Talk Herbs</p>		
	<p># 33 THEODORE BROMLEY & LEA HENRY</p> <p>The Power Within</p>	<p># 47 BARBARA GLOUCHER</p> <p>Life Transformation on a Cellular Level</p>		
	<p># 30 SHARON STRANG</p> <p>Holisitic Massage REIKI HOUSE</p>	<p># 24 WES GIETZ</p> <p>Awareness in Nature (Meet outside of Columbia Hall)</p>		

APRIL 23, 24 & 25, 1999

SUNRISE		SUNDAY MORNING		SUNDAY AFTERNOON	Location
6:45 - 7:30		8:45 - 10:15 10:30 - 12:00		1:45 - 3:45	Loft
Awakening the Body through Movement & Meditation Lynne Mündel		# 06 LYNNE GORDON-MÜNDEL Cosmic Consciousness		# 12 Dr. SHARON FORREST Why bad things happen to good people and what to do about it.	
Cherokee Dance of Life (teachings of Dhyani Ywahoo) Barbara Gloucher		# 31 ABRAHAM HOLT Plejadian Light Attunement		# 03 JAMES MINCKLER Auras & Emotions	North Wing
Yoga Sun Salutations Margrit Bayer		# 19 CAROL RIENSTRA Merlins Magic	# 08 SHAE COOK Body Breathing	# 26 URMI SHELDON Massage a Friend	South Wing Back Room
Guided Meditation Sister Kiran Coyote		# 16 MOREEN REED Astrological Weather	# 10 TYSON BARTEL Awakening the Body	# 11 TYSON BARTEL Awakening the Brain	South Wing Front Room
Chakra Meditation with Tibetan Bowls Marie Paul-Wiley		# 14 MARIE-PAULE WILLEY Therapeutic Touch		# 45 ROB CHUBB He who laughs...lasts!	Sessions Room
Dancing Dragon Qigong Taiji Harold Hajime Naka		# 50 HAROLD NAKA Dance of the Cosmos	# 09 DAVID GRAHAM The Labyrinth Walking the Path	# 25 CAROL RIENSTRA Animal Telepathy	Gym Closing Circle is Sunday at 4 pm
		# 39 TUULIKKI The Power of the Word		# 41 VICTORIA FABLING Sense-Ability	Maple Court 1
		# 34 MARIAH FAYE MILLIGAN Women's Sacred Circle Women only		# 23 AUBERTE CAMPEAU Banging, Clanging & Poetry	Maple Court 2
		# 17 JON SCOTT Men, Mother & the Journey to Manhood Men only		# 43 SISTER KIRAN COYOTE Raja Yoga Meditation	Maple Court 3
		# 21 MICHAEL KRUGER Intro to Reiki REIKI HOUSE	Naramata Centre now has a chapel It is open all day for everyone to enjoy!		Other

Jon Scott

C-38 Gordon Road,
Nelson, BC, V1L 3E3
250-352-1691

Jon has taught workshops throughout North America for fifteen years and brings his experience in Tantra Yoga and Integrated Breathwork. His warm heart and passion for life have acted as catalysts for hundreds of workshop participants to take their own healing journeys.



Workshop # 17

**Men, Mother and the Journey to Manhood
(for Men only)**

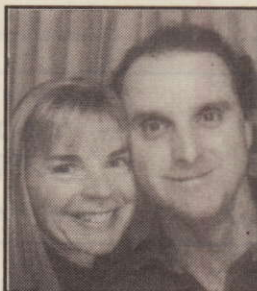
Jon's workshops are a dynamic combination of facilitated exploration of personal issues, world wisdom, and experiential learning. He will use breathwork to help participants explore and release wounding in the mother-son relationship. Through realising a more mature relationship with mother, men will find insights into their manhood, and open to more fulfilling, mature relationships in partnership. Midlife crises and sexual frustrations will be explored as they relate to our mother-son wounding. This workshop will be a breakthrough for men in their relationship to women. (3 hrs. Sunday)

Margaret Carroll & Jon Scott

C-38 Gordon Road,
Nelson, BC, V1L 3E3
250-352-1691

see Jon's description above

Margaret is a Shiatsu Practitioner, Listening Hands Therapist, wholistic counsellor and has taught workshops on energy work and nutrition. Margaret's gift of healing brings participants into the blissful lap of the divine mother.



Workshop # 18

**Healing Relationship;
The Open Heart Path**

An exploration, for men and women, single and coupled, of the rich potential of relationships. Jon and his life partner, Margaret Carroll, will facilitate the exploration of the origins of "dysfunction" and the journey to wholeness in relationship. Using breathwork and energy release techniques, individuals will be able to shift emotional blocks, and gain clarity to uncover the open heart. Healing sexuality, communication and conflict will be part of our journey together. (3 hrs. Saturday evening)

Carol Rienstra

RR #1, S-73, C-8
Osoyoos, BC V0H 1V0
250-495-2702

Carol specializes in emotional and subconscious clearing as a Life Force Therapist. She also works as a Channel, Psychic, Animal Communicator and Reiki



Practitioner. She regularly organizes workshops to teach and share her techniques in Channeling, Life Force Therapy, Animal Communication, Spirit Release, and Creating your own Reality.

Workshop # 19

Merlins Magic

In this workshop you will experience the Cosmic Energy that is all around us. Visually and through the sense of touch we will introduce you to some of the Ethereal Energy of the Ascended Masters and other cosmic beings while learning to recognize them by their vibrational patterns. Be prepared for the unexpected. (2 hrs. Sunday)

Workshop # 20

Animal Telepathy

Most of us are already communicating with pets and animal friends on many levels. In this workshop you will discover how simple it is to communicate on a telepathic level with your pet. You will also gain understanding as to why we choose certain pets and some pets choose us as companions. (1½ hrs. Sunday)

Michael Kruger

272 Ellis St,
Penticton, BC, V2A 4L6
250-492-0522

Michael gave up a career as an electrician in 1994 to study Reiki and other holistic health modalities. He actively practices what he has learned and has a clear way of presenting the information to his clients.



Workshop # 21

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. This gentle hands-on healing art is safe for all to use. (1½ hrs. Sunday)

Workshop # 22
**African Drumming
& Movement Gathering**

Join our happening ... learn to drum through the melodic timbre of David's voice and move with the expert guidance of his colleague. This is a combination workshop for those who want to move energy. (3 hrs. Saturday evening)



David is a percussionist of remarkable talent, an engaging storyteller, composer, teacher, linguist and drum craftsman. David's drums and teaching cassettes are used in over 30 countries. He performs at many concerts including the 'Three Big Guys' a 10 piece Jazz/Afro Jazz Revue. He will be teaching at Penticton's Okanagan Summer School of the Arts, the Summer Institute Alberta Suzuki Music Education Society in Calgary and Music Spheres Year 2000.

David Thiaw
439-13th St, NW,
Calgary, AB T2N 1Z3
403-270-7871

Workshop # 23
Banging, Clanging & Poetry

What is a cabassa, a guirro or how about a vibra-slap? Come find out at this fun-filled afternoon of percussion, dance, poetry and singing. Bring one poem (your own or someone else's) that has had a healing effect on your life. (2 hrs. Sunday)

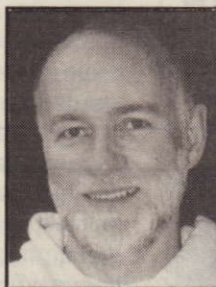


A professional musician and a member of the Okanagan-based band, "Spirit Village". Her musical abilities include the use of a wide variety of hand percussion instruments, singing, guitar and electronic keyboard. She is a budding poet and teaching assistant at a high school in Penticton where she has lived for fourteen years.

Auberte Campeau
#8-45 Green Ave W.
Penticton, BC, V2A 7E5
250-492-5228

Workshop # 24
Awareness in Nature

Learn and practice techniques for adjusting your physical awareness for observing nature and for experiencing dynamic meditation in nature and in daily life. (3 hrs. Saturday)



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. He has been teaching these ways since 1993.

Wes Gietz,
Carmichael 2-6,
Hornby Island, BC, V0R 1Z0
250-335-3102

Workshop # 25
Self Massage for Women

An innovative form of preservation and self maintenance especially geared for women's needs. Your body shape and posture reflect who you are and where you constrict or move energy. With our intent we can change our physical bodies. *Wear comfortable clothing.* (3 hrs. Saturday)

Workshop # 26
Massage a Friend

Understanding a little about physical and energetic anatomy can greatly increase your confidence in giving a massage. Giving and receiving are enhanced through practice and each individual has something special to share through touch. *Bring a partner and wear loose comfortable clothing.* (2 hrs. Sunday)



**SUNRISE
CEREMONIES
ACTIVE
MEDITATION
Saturday Morning
Sessions Room**

Urmi Sheldon
RR 1, Site 3B, C14,
Kaleden, V0H 1K0
250-497-8970

At an early age I was drawn to India where I lived at the Osho Commune International for six years. My travels helped me realize that there is a body of knowledge that we can access. As we clear our energy releasing patterns and blocks a tremendous channel opens to connect us to this universal intelligence. Bodywork and meditation can greatly speed this process. I have dedicated my life to the evolution of my "better" self and in the up and down journey of life I feel I am improving all the time. Living each moment can be arduous but the rewards are great; like the words in Tracy Chapman's song "All that you have is your soul".

Margrit Bayer

4133 Todd Road
Kelowna, BC V1W 4B8
250-861-4102

Margrit has studied, practiced and taught meditation, transformation of understanding, the science of expression, hatha yog, pranayam, and Patanjali Yog Darshan, for more than twenty years. She continues to spend time in India, furthering her practice at the International Meditation Institute, in the Himalayas under the guidance of Swami Shyam. She has studied both in Canada and the United States with wonderful and renowned teachers like Martin Jackson, Sandra Samartino and Rama Vernon. Life has but one goal — that each should come to know the amazing and absolutely glorious nature of our being-ness.



SUNRISE
CEREMONIES

YOGA

Both Mornings
South Wing

Workshop # 27

Introduction to the Yog Darshan of Patanjali

A comprehensive study of the vision (darshan) of oneness (yog) or the sense that "I am everywhere the whole, ever peaceful and ever free." The emphasis in this workshop will be an overview of Patanjali's timeless wisdom, translated into knowledge that works for us today. We will explore the nature of the growth process and how we can begin to grasp the deathless unending nature of our own being. Meditation and expression are an integral part of this. We will learn to chant some of the key sutras (aphorisms). (3 hrs. Saturday)

Karen Timpany

720 Commonwealth Road, #64
Kelowna, BC, V4V 1R6
250-766-4095

Raised in Salmon Arm, BC in the mid 50's and 60's, I came to appreciate wide open spaces, forests and the simple life. Now a mother of three beautiful girls and one incredible grandson, I live and work just outside Kelowna in the small community of Winfield. An entrepreneur, rebel and survivor of single parenting I still find time to walk in the woods, bake bread and pet the dogs. My family and spiritual life hold me together, push me forward, let me laugh and enjoy life more and more every day.



Workshop #28

The Angels Gift

From little people, crystals, herbs and working with energy, the journey continues heavenward. Join me as I share the story that brought me 'The Angels Gift', a healing and teaching blanket designed by the angels. My background in alternative health and communication with spiritual beings have allowed me to understand the blankets' healing processes. See and feel the energy from this remarkable quilt. An uplifting and educational workshop. (1 1/2 hrs. Saturday)

Marion Mazzocchi

S-10, C-4, Slocan Park, BC V0G 2E0
250-359-7593

Marion is a maternity nurse with a love of flowers, who began using flower essences with her children years ago. She has travelled to California to study and attended the International Flower Essence Conference in Findhorn. Marion uses essences from around the world in her practice, is co-founder of Kootenay Flower Essences and co-creator of a number of essence blends.



Workshop # 29

Flower Remedies

It is rare to find a person who does not enjoy flowers. We have used them for centuries to express our love and our condolences. Flowers, however, do much more than stimulate our eyes and sometimes nose. Flowers have a healing energy that works on emotional and spiritual levels and changes unwanted patterns. There are, for example, essences to increase our self-esteem and stimulate creativity. Come and learn about the healing energies of flowers, how to make, use and choose them. We will be using basic kinesiology and pendulums (so if you have one, bring it along), as well as other intuitive methods. (3 hrs. Saturday)

Sharon Strang

#8, 1471 Inkar Rd,
Kelowna, BC V1Y 8J1
250-860-4985

Twelve years in the personal development and health fields and a Master Practitioner in emotional counselling - specializing in breathwork. I have offered full-body healing bodywork treatments (or massages) for five years. I also teach both introductory and professional massage courses.



Workshop # 30

Wholistic Massage The Mind, Body & Energy Connection

This workshop will explore how dis-ease in our minds is connected to our emotions, is connected to our spirit, is connected to our body. There will be some theory as well as "experiential" opportunities to play with energy. An interesting awareness process which will be fun! We will exchange mini-massages. (3 hrs. Saturday)

Workshop # 31
Pleiadian Light Attunement

A background to Pleiadian work being done on the planet at this time. The nature of time and our purpose on Earth will be discussed from a larger galactic perspective. Yet there is a very personal reason for our expression in time during this concluding phase of history. Enjoy the energies, expand your mind and heart! (3 hrs. Sunday)



Abraham Holt
157 Grand Avenue
Norglenwold, AB T4S 1S5
403-887-3933

Abraham has extensive experience and training in the Healing Arts, Meditation and the practicalities of life. He is humorous, poignant and knowledgeable on a wide range of topics. An ordained Minister of the Dolphin Star Temple, and has lived the Buddhist precepts for over twenty years.

Workshop # 32
The Power of Your Dreams

Dreams reveal to us important messages from our subconscious mind. This evening you will learn how to discover in creative ways your own meaning and deeper understanding of the symbols and metaphors in your dreams. If you are prepared to listen, your dream experiences become powerful messengers of information to guide you on your journey of self-discovery, personal growth and healing. (3 hrs. Saturday evening)



Brigitte C. Kahl
1903, 3500 Varsity Drive, N.W.
Calgary, Alberta T2L 1Y3
403-289-1836

Brigitte is a Gestalt therapist, certified Flower Essence Practitioner, certified Practitioner of Inner Balancing (a methodology of the power of listening), Reiki Master and an instructor at the Wild Rose College of Natural Healing in Calgary. She loves to facilitate experiential workshops using her creativity as a doorway to self-exploration, change and growth.

Sheila Milley is trained in Gestalt therapy, in the methodology of Inner Balancing and is a Reiki Master. One of her passions is working with children as a child-care worker. She has workshops in Calgary and in B.C. and enjoys subjects related to self-development and self-empowerment. Sheila's energy can best be described as creative, spontaneous and lighthearted.

Workshop # 33
The Power Within

One method of harnessing and directing THE POWER WITHIN is the Huna Healing Circle that Theodore will lead. Prior to this Lea will share her story of how she recovered from cancer. Lea and Theodore will lead a discussion on the conditions that create the necessity for healing, how to reverse them, and bring into manifestation THE PERFECTION WE ALL ARE. (3 hrs. Saturday)



Lea Henry & Theodore Bromley
RR #1, S-13, C-7
Enderby, BC V0E 1V0
250-838-7686

Lea recovered from a degenerative disk without surgery twenty years ago and last year recovered from breast cancer with little conventional medical treatment. These challenges highlight Lea's devotion to healing herself and others. Lea is a Reiki Master/Teacher, Bodyworker. She successfully tapped into THE POWER that is WITHIN each of us.

Theodore is a long time Huna & crystal energy student. He travels extensively through Western Canada wholesaling his crystals and gems under the auspices of his business THE CRYSTAL MAN. He concurrently facilitates workshops on crystals and Huna and promotes his successful book *The White Rose - the Day the World Looked Up*.

Workshop # 34
Women's Sacred Circle

If you have never been formally or informally introduced into womanhood then this is the workshop for you. Within sacred space we lovingly support and celebrate the passages of womanhood, honoring the maiden, mother and crone through meditation, song and dance. (3 hrs. Sunday)



Mariah Faye Milligan
6595 Herry Rd,
Vernon, BC V1B 3T6
250-558-3665

I am a lover of women's mythology and dreams. They continue to amaze and inspire me especially through facilitating a sacred circle of women. My work involves holistic counselling, dreamwork and healing.

SUNRISE CEREMONIES
DREAM MEDITATION
Saturday Morning • South Wing

Joan Casorso

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

Joan, a mother, teacher and student of life, is the founder of Inner Rhythms. A body/mind movement and health program which integrates eastern and western movement and percussion. Joan works with children and adults including those with disabilities. She has developed music, movement and health programs for schools, Foster Parents, corporation and health care professionals and their clients. Joan also develops wellness programs for horses and small animals.



Workshop # 35 Inner Rhythms The Art of Movement

This workshop is about expressing the art form of movement in combination with sound and music. The workshop will encompass the four basic possibilities of movement: the creative pause (stillness), contraction, expansion and the endless interweaving of these, mixed in the alterations of RHYTHM. *Participants to wear loose comfortable clothing, bring mat or blanket, drum or percussion instrument. ALL ARE ENCOURAGED TO PLAY AT THEIR OWN PACE. (3 hrs. Saturday)*

Crystal Mamas

20340 - 92A Ave.,
Langley, BC V1M 2L8
604-882-3751

We have become fascinated with the beauty, wonder and metaphysical properties of the crystals. We are each on a healing and learning path and have undertaken this venture to share our knowledge and promote a new paradigm of healing and wellness. Together and with our clients and friends, we look forward to an evolving expansion into Light (wisdom and knowledge), Love (the Universal flow of creation) and Truth (the awareness of ourselves as multi-dimensional beings.)

Marilyn Collins

&

Leslie Stokes



Workshop # 36 Crystal Awareness Interactive

Each crystal & healing stone is a wonder unto itself. They are gifts of nature, Mother Earth at her most exquisite. We love their beauty & seek their wisdom. They are marvels of solidified light. We resonate to new healing & clarified vibrations with crystals. They are our teachers and our guides. Please join us in an interactive sharing of our crystal knowledge & excitement as we open to joy & the greatest of all possibilities.
(3 hrs. Saturday)

Donna Draper

1687 Ridgewood Dr.
Castlegar, BC, V1N 2L5
250-365-8226

Donna is a home economist with a masters in education and an extensive background in nutrition and lifestyle education. She is also a herbalist, aromatherapist, and a woman who loves flower essences. She teaches a series of courses for Selkirk College in Grand Forks, Castlegar and Nelson. Her teaching focuses on how we can use the gifts of Mother Nature and the many treatment modalities that are part of the healing arts to heal/whole ourselves.



Workshop # 37 Wise Woman Ways

Herbs, aromatherapy & nutrition will be the focus as we talk about hot flashes, vaginal dryness and emotional instability. Learn to nourish your endocrine system, nibble on crone candy and drink teas rich in calcium. Explore dietary ways to promote bone density, keep your memory sharp, your sleep deep and keep those hot flashes at bay. Gaia has been generous... using her gifts is an act of wisdom that will make the journey to wise woman so much easier. *(3 hrs. Saturday evening)*

Virginia Graham-Smith

Box 1308, Barriere, BC V0E 1E0
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 # 38 Let's Talk Herbs!!

Open discussion on herbs indigenous to our area; the benefits to us and how to prepare them for use. This is the perfect season to discuss how to cultivate various healing herbs in our gardens.
(3 hrs. Saturday)

Workshop # 39
The Power of the Word

In the Beginning there was the Word... Words are expressions of our lives, our passions and our souls. Join Tuulikki in ceremonial space, move through time and space to the sound of drum and song, and allow the voice of your soul to be revealed through the written word... the soul-spoken word. Come and hear the Stories of your Life. Please bring writing materials, a cushion and a symbol that represents an aspect of your soul. No writing experience is necessary. Simply bring your interest, curiosity and openness to what will be revealed! (3 hrs. Sunday)



Tuulikki Tennant
SS#1, S-11, C-38
Revelstoke, BC V0E 2S0
250-837-2159

Tuulikki has always loved the written word, beginning as an avid reader and storymaker in her childhood. She has supported people on their journeys of healing for twenty-one years and during the past eight years has enfolded ceremonial practice into her daily life. Her energy, creativity and playfulness have been much appreciated. She has found the written word to be a powerful vehicle for her own journey of healing and self-discovery. Tuulikki has witnessed the power of soul voice as a unique and authentic expression of Self and thus a GIFT!

Workshop # 40
Your Inner "Yes"

An experiential workshop where you will be encouraged to connect with your "Ultimate" source of wisdom and guidance. You can call on this whenever you need to hear your truth, the right answer for you. This awareness of your body's inner "Yes" will empower you and regular practice also tends to reverse the ageing process. (1½ hrs. Saturday)

Workshop # 41
Sense - Ability

A fun workshop for all ages. We will be sensing the different energies of a variety of different objects, noticing the different vibrations and feelings which are evoked. There will be an opportunity to sense and share impressions of each other's energy fields/auras. We will come away able to receive more information from our environment. (2 hrs. Sunday)



Victoria Fabling
1644 Mission Hill Road
Westbank, BC V4T 2M4
250-707-3580

Victoria is a U.K. trained certified healer and international business consultant. She made a conscious effort to retain and build on her childhood sensitivity and connection with the Divine. She believes what Wordsworth wrote so beautifully "Trailing clouds of glory do we come", and we can remember the wisdom we were born with by using our senses fully.

Workshop # 42
The Power Of Thought
(How to Make Your Mind Your Best Friend)

You are what you think! The energy of human thought is the greatest but least understood energy in the universe. Discover the power of thought and explore the effects of your mind, body and relationships. When you understand and begin to harness the energy of your mind, you have the key to stopping worries, healing relationships and gaining self-confidence. Discover how your power of thought can help you live a happy fulfilling life. (1½ hrs. Saturday)

Workshop # 43
Raja Yoga Meditation: An introduction

Raja Yoga Meditation is an inner journey of discovery which throws up fresh answers to old questions about your real identity and purpose for being here. The technique taught by the Brahma Kumaris is based on an ancient understanding of the mind and its powers. The practice of this method of meditation enables you to remain involved in family and society, fulfilling all responsibilities, yet clear, serene and unselfishly happy—unaffected by negative influences. Raja Yoga is the King of all yogas, the essence of living spiritually. (2 hrs. Sunday)



**SUNRISE
CEREMONIES
MEDITATION
Sunday Morning
South Wing**

Sister Kiran Coyote
Brahma Kumaris Meditation Ctr,
3467 Monmouth Ave,
Vancouver. BC V5R 5R8
604-436-4795

Sister Kiran has over 20 years experience as a meditation teacher. Prior to arriving in Vancouver to administer the newly opened Brahma Kumaris Meditation Center in 1993, she operated her own desktop publishing business in San Francisco, California. She has also worked as a freelance Training Methodologist and Consultant to the Queen Alia Fund for Social Development in Jordan and to Zenger-Miller, a training and development corporation based in San José. Sister Kiran is certified by the State of California as a Health Educator/Counselor and an Acupressure Masseuse. She has authored several articles and book reviews and has published a book on the head of the Brahma Kumaris World Spiritual University in Mt. Abu, India.

Rob Chubb

#13 - 53046 Range Road 222
Ardrossan, AB T8E 2E8
403-922-6877



A certified Level 3 True Colors™ Trainer, Rob is a professional Child and Youth Care worker, educator and foster parent. He is an instructor for the Child and Youth Care Program at Grant MacEwan Community College where he is a continuing faculty member. Rob has balanced his career with continuous front line experience as a Child Care worker in schools, group homes, residential settings, community-bases and foster care programs for over twenty years.

Workshop #44

Discover your True Colors™ !

Are You... Adventurous Orange? Responsible Gold?
Curious Green? Harmonious Blue?

This dynamic session will educate and entertain as you actively explore your personality strengths and sources of esteem using the True Color process of individual reflection and group exploration. You will sort the character cards to identify your personal True Colors™ spectrum and personality style. (3 hrs. Saturday)

Workshop #45

He Who Laughs ... Lasts!

In this stressful world we can become human-doings rather than human-beings. Humour is a valuable laugh-skill in the art of being human. In order to take care of the children around us...we must take care of the playful child within us. Come prepared to participate and leave...feeling great. Bring along your playful inner child — you will both have more fun that way. (2 hrs. Sunday)

Humming Bird Theatre Co,

RR1, Site 21, Comp 37
Cawston, BC, V0X 1C0
250-499-8026

Monika Wildemann, Reiki Master, founder of Humming Bird Theatre Co, actress, costume and set designer, director, will lead the workshop. Monika has been performing over twelve years with theatre troupes focused on awakening earth awareness and responsibility.



Performance
on the lawn
at Columbia Hall
Saturday
during lunch hour.

Workshop # 46

Serene Face of the Earth

Using the giant puppets, masks and costumes of Humming Bird Theatre Co. We welcome you to join us in recreating and enacting a simple, wordless performance called Serene Face of the Earth. Let us send it out as a prayer to the universe.

Wear comfortable clothing, solid colored leggings or track pants, sun hats if the sun shines for us. (1 1/2 hrs. Saturday)

We encourage the teens to participate in the funshop and if all goes well it could continue till 5 pm outside if weather is nice.



Barbara Gloucher

Box 981, Nelson, BC V1L 6A5
250-229-4923

Barbara is the founder, director of the Pacha School of Consciousness. She brings to you thirty-one years of experience, empowering and supporting self healing in herself, clients and students. Working as a facilitator she will listen to and assist you in reconnecting with your cellular self, enabling you to immediately transform this reprogramming into your practice and daily life. Barbara developed and has worked with this non-intrusive energy system called Cellular Reprogramming™ for the last ten years to empower people to move forward in their journeys unmarked from their past.



SUNRISE
CEREMONIES
CHEROKEE
DANCE

Sunday Morning
North Wing

Workshop # 47

Life Transformation on a Cellular Level

Cellular Reprogramming™ is a three step program to eliminate deep-seated patterns at the DNA level of your being. Through this process your immune system is strengthened, resulting in resilient emotional and physical well being. This process also allows you to transcend polarities while within any environment supporting conscious choice in your daily life, unmarked from your past, creating inner sustainability. (3 hrs. Saturday)

Workshop # 48

Breema

The Body as the Path of Consciousness

An Initiation into the body. A physical prayer of peace. Remembering a place within you that is free of judgments and rests joyfully in the heart of innocence like holding a bird in your hand and setting it free. The timeless touch of Breema is the instinctive wisdom of your body. It is your true nature. Learn how we can touch ourselves, each other, our bodies with compassion, with kindness, gentleness and firmness. Remember your body, remember home. Breema. Relax. Enjoy. All welcome.

**Bring a blanket & clean socks please (3 hrs. Saturday)*



Alexi Strandberg
#5 - 2200 Heather St.,
Vancouver, BC V5Z 3H6
604-873-6605

I have come to Breema with many years of yoga study, practice and teaching. Yoga showed me the way. Breema took me home. Learning to relax and be comfortable in my body is the most loving step into wholeness I have taken. The mind becomes receptive, the consciousness in my body comes alive. It's fun too! That's the best part.

Workshop # 49

Tao of Energy

Develop Qi (vital energy) for self-healing and self-cultivation of body, mind, spirit harmony. Learn how to plug into Universal Qi and surf the cosmic wave, swimming with the dragon, soaring with the golden phoenix and dancing with the five elements in a chi-full way. (1 1/2 hrs. Saturday)

Workshop # 50

Dance of the Cosmos

Liberate your Spirit! Step out of your cultural strait jacket and back into your natural, vital, spontaneous, relaxed body. Join Harold (Qi Rider) on a magical Qigong - Tai Chi Journey into the "Quiet Center", where one moves and flows effortlessly through gravity, in harmony with the Tao. (1 1/2 hrs. Sunday)



**SUNRISE
CEREMONIES
QIGONG/TAIJI
Both Mornings
Gym**

Harold Hajime Naka

825 Grenfell Ave,
Kelowna, BC, V1Y 5J3
250-762-5982

Harold Hajime Naka is an urban Taoist Revolutionary. His "Dancing Dragon - school without walls - where the Tao is always open", is designed to bridge the east - west crosscultural gap through the internal arts (Qigong - Taijiquan). Hajime has been cultivating and teaching his innovative Taoist-Buddhist healing, spiritual, peaceful martial arts since 1982.

Workshop # 51

Handwriting Explained

Ever looked at your writing and wondered why you make letters a certain way? After a quick intro into the basics it will be time for personal interpretations as I put theory into practice. This code is basic and makes a lot of sense, it is the layering that gets complex. (1 1/2 hrs. Saturday)



Angèle Rowe,
254 Ellis St,
Penticton, BC, V2A 4L6
250-492-0987

Angèle completed her certification in Graphology seven years ago and has been playing with it ever since. She likes looking at handwriting for it helps her to get a quick understanding of how the brain was programmed.

Workshop # 52

Living Spirituality - Being in the Now

All too often, we talk about it and we think about it but how much do we actually LIVE it? Spirituality is the embodiment of living God's gifts such as support, surrender, ease and unconditional love - in every moment and through every breath you take. Are you truly living Spirit or just talking about it? We will begin with a discussion about what is Living Spirituality and follow through by experiencing together that which Spirit moves us to do. Come prepared to leave all expectations at the door and simply BE! (3 hrs. Saturday)



**SUNRISE
CEREMONIES
WAKE-UP
MEDITATION**

Saturday Morning • Loft

Taron Puri
#601 - 9930 Bonaventure Dr., SE
Calgary, Alta T2J 4L4
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 and spirit. Taron brings the energy of ease to his work. He offers his services in private sessions, retreats and ongoing classes in Energy Awareness.

for children 3 years and older who want something interesting and fun to do!

Children's Festival of

Outdoor Games

Nature Walks

Face Painting

Wild Crafts

Yoga

Cooking

Woodworking

Earthball

Musical Instruments

Pop Bottle Rockets

Cool Science Stuff

Puppet Theatre



Featured this year:

Humming Bird Puppet Company • Interior Space and Science Centre

Cost for the weekend is \$50 per child or \$125 for 3 children if registered by March 20.

To provide adequate staffing early registration is imperative!

Please see the registration form... last page of this upside section

Awareness

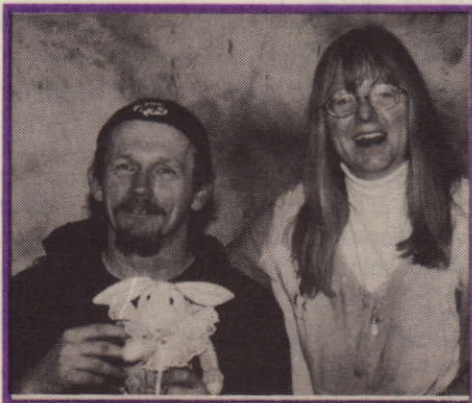
Introducing a Family Fun Evening

*Everyone is Welcome,
including teens.*

Special activities include:

- Mask Making
- Creatures of the Night Parade
- Popcorn & Videos
- Musical Jam
- Storytelling
- Campfire (weather permitting)
- Pool Tournament

*We encourage as many parents as possible to
share this time with their children!*



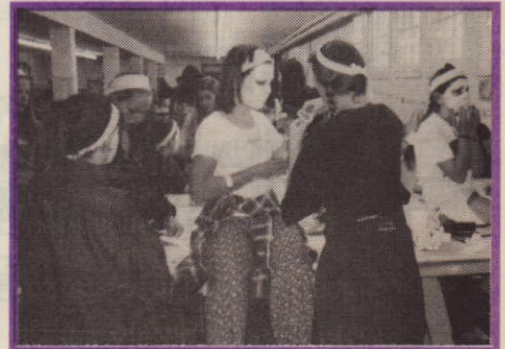
Daryl & Laurel
are your activity leaders



- ★ Explore
- ★ Invent



- ★ Play
- ★ Have Fun



- ★ Make New Friends
- ★ Be Free!



Map of Naramata Centre



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.,
 at the main lights
 Turn right onto Eckhardt Ave

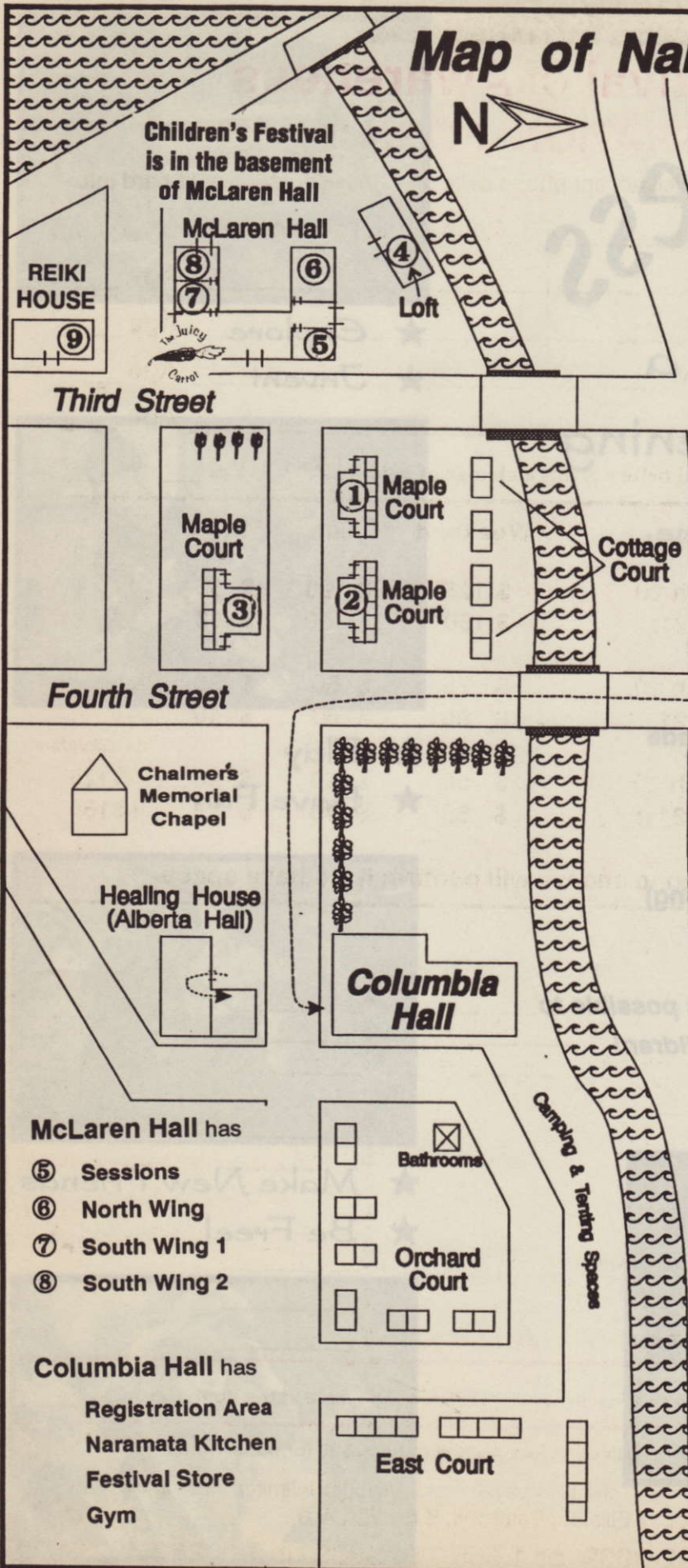
*Keep going through to Haven Hill Road
 (Just after the four way stop) turn left.
 At the top of the hill turn right
 on Johnson Road
 Turn left on Upper Bench Road
 Turn right on McMillan Avenue
 Turn left at stables onto Naramata Road
 From this point it is 9.6
 kilometers to the turnoff to Naramata
 This takes approx. 10-15 minutes
 The highway swings left
 and curves down a hill
 into the town of Naramata.

Turn left on either 3rd or 4th St.,
 go two blocks & 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 23, 24 & 25, 1999

Spring Festival of Awareness REGISTRATION FORM

We prefer mail until the deadline but we will accept phone calls or a fax with your credit card info

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

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

	Register	Weekend	Sat.	Sun.	
ADULT FESTIVAL FEES	before March 20	\$ 125	\$ 90	\$ 55	
	after March 21st	\$ 150	\$ 100	\$ 65	
TEENS 13-19 yrs	before March 20	\$ 75	\$ 50	\$ 35	
	after March 21st	\$ 85	\$ 60	\$ 40	
CHILDREN under 12 yr.	before March 20	\$ 50	\$ 40	\$ 20	3 children/wkd \$125
	after March 21st	\$ 60	\$ 45	\$ 25	

After April 15 please register by phone and we will confirm if we have space.

REGISTRATION TOTALS

Festival Fees

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

Meals (from other side)

_____ Adult Meals	\$ _____
_____ Child Meals	\$ _____

Accommodation (from other side) \$ _____

Total amount owing	\$ _____
add 7% GST	\$ _____
Grand Total	\$ _____

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

Refunds with written request if received before April 15th (less \$35 for paperwork)

We are accepting Visa, Mastercard or make cheques payable to...Visions Unlimited, Spring Festival
please send to: 272 Ellis St., Penticton, B.C., V2A 4L6.

For more info.....phone 250.492-0039 or 1.888.756.9929 or fax 250.492.5328

MEALS....MUST be pre-ordered before APRIL 15

Children's prices are for ages 4 to 11 years. Children 12 years and up need adult meal tickets. Children under 3 are free.

Meals **MUST** be pre-ordered before APRIL 15th, 1999

NO DAIRY Please circle if it is your choice.

Adult meal package: \$56.00 _____

Child meal package: \$33.00 _____

or select the ones you want...☛

Individual Meals		
	Adult	Child
Friday Dinner	\$14.25 _____	\$ 8.00 _____
Sat. Breakfast	\$ 6.50 _____	\$ 4.00 _____
Sat. Lunch	\$ 7.95 _____	\$ 5.00 _____
Sat. Dinner	\$14.25 _____	\$ 8.00 _____
Sun. Breakfast	\$ 6.50 _____	\$ 4.00 _____
Sun. Lunch	\$ 7.95 _____	\$ 5.00 _____

Total \$
of Meals

Please enter \$
on other side

All meals are vegetarian with a no dairy option, and include soup, salad, entree and dessert, plus coffee and tea. When being served please let the server know you requested NO DAIRY.

Meals must be pre-ordered. Otherwise there are two restaurants nearby.

The JUICY CARROT will be on-site with light vegetarian meals and fresh squeezed juices

Coffee, Tea & Juice are included in the registration fee & will be available at various locations all day during the breaks.

Please bring your own MUG or we sell Spring Festival Travel Mugs in the store.

ACCOMMODATION REQUIRED? YES _____ NO _____

*** Weekend rates only! *** (No one night registrations... try the motels.)

How many adults _____ How many children _____ Smoking or Non-smoking _____ Please circle one

COST OF ACCOMMODATION FOR BOTH NIGHTS (FRIDAY & SATURDAY)

Please check off your choice, then fill it in the bottom line

- Maple Court Private \$105, Shared \$65 per person, A Couple or Family of 3, \$120 ... 2 nights
- Alberta Hall Private \$70, Shared - ladies only \$50 each ... 2 nights
- Cabins
 - 2 friends \$120 per cabin for both nights. couple \$100 per cabin both nights
 - 3 friends \$150 per cabin for both nights. 3 family \$120 per cabin for both nights
 - 4 friends \$180 per cabin for both nights. 4 family \$130 per cabin for both nights
 - 5 friends \$200 per cabin for both nights. 5 family \$140 per cabin for both nights
 - 6 friends \$210 per cabin for both nights. 6 family \$150 per cabin for both nights

All cabins have been renovated and now have new beds. Families must be immediate members

- Royal Anchor Motel
 - 1 bedroom (2 singles & a hidabed) \$100 (does not have to be family members) - 2 nights
 - (3 blocks off site) 2 bedroom (2 singles, 1 double & a hidabed) \$145 (The Motels all have kitchens) - 2 nights
- R.V. Space \$ 20.00 **per night** - includes electrical hook-up
- Tent \$ 17.50 **per night** .. no power- R.V. & tent spaces have a central bathroom with shower and a picnic area.
- or rent your own space by phoning these local Motels: **B.C. Motel (250) 496-5482**
The Village Motel (250) 496-5535

All the cabins have kitchens, Maple Court and Alberta Hall have no cooking facilities. Maple Court is new & deluxe. Alberta Hall is a dorm, 2 single beds to a room with a large bathroom on each floor. The cabins are spread around the site. Accommodation spaces fill very quickly. They are on a first come, first served basis. If you want a specific cabin, please ask and we'll try but no guarantees. You may call 250-492-0039 (9 am to 6 pm) to ask questions about registering or accommodation. We will notify you by phone if the accommodation you requested is not available.

Preferred accommodation _____ Cost \$ _____

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