

April 26, 27 & 28
Spring Festival
of
Awareness
at
Naramata
BC

24th
Annual Celebration

Over 50 Workshops
Opening & Closing Ceremonies
Sunrise Meditations & Tai Chi

Networking Opportunities

A Healing Oasis
Festival Store & More

1-888-756-9929

Details inside
or visit us on the web:
issuesmagazine.net



**Register before March 26 ... and pay only
\$140 plus GST for the weekend
plus meals and accommodation**

**Questions?
250-492-0039
Toll Free
1-888-756-9929**

Registration details on the last page of this section.

We prefer cheques but accept Visa and MC by phone.

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 on the registration form. The juice stations will be open during the refreshment breaks each morning and afternoon. This year we are providing all participants with a travel mug, so that we do not have to wash cups.

Friday

o n - s i t e registration starts at 1:30 pm, Dinner at 5:30 pm, Opening Ceremonies at 7 pm, followed by Introduction of Workshop Leaders and a closing Crystal Bowl meditation with Terez.

Sunrise Ceremonies start at 6:45 am with a variety of Movement and Meditation exercises. **Workshops** start at 8:45 am Saturday and continue to 9 pm with breaks for lunch and dinner. Eleven workshops to choose from. The schedule is the same for Sunday except after lunch the workshops will be for 2 hours. Closing Circle at 4 pm in the Gym.

Saturday Night

Various workshops from 7:15 to 9:15 pm or join Nywyn and friends 9 to 11 pm in the gym for some **Live Entertainment** intermixed with **CD Music** to inspire you, and get your body moving and feet stomping.

The Festival Store has space to sell various crafts, crystals, jewellery and more. If you are registered as a festival participant and want to bring items to sell in the store please call Nywyn at 250-492-0039.

The Healing Oasis is in the downstairs of McLaren Hall. We have many readers, healers and Reiki practitioners available for private sessions at a rate of \$10 per half hour or \$20 per hour. Sign-up starts Friday at 2:30 pm. Healing sessions available 3:30 to 6:30 pm. Saturday sign-up starts at 8 am. Sessions available 11 am to 9 pm and Sunday 9 am to 3:30 pm. Urmi is the organizer.

If you wish to work in the Healing Oasis we offer a trade - 6 hours of giving sessions for a weekend pass and lunch. If interested please leave a message at the office 250-492-0039 or call Urmi at home in the evenings 250-492-8971.



About the Facilities

Naramata Centre is a retreat and conference facility owned and operated by the United Church of Canada. The entire site is wheel- chair accessible. It is located next to Okanagan Lake : exceptionally beautiful this time of the year.

Your Spring Festival Crew

Starting at the top is **Angèle**, then **Marcel**, overall coordinators. Below and to the left is **Nywyn**, the Store Manager and to the right is **Laurel Burnham**, Mistress of Ceremonies Bottom row is **Samarpan**, the Registration Coordinator and to her right is **Urmi Sheldon**, the Healing Oasis Manager

Workshops and Workshop Leaders

The workshop numbers correspond to the numbers on the overall schedule

Workshop # 1

Cycling for Kindness

Through slides, music and video footage from Brock's epic 18,000 km. bicycle trip, and insights from Brock's 'Reflection' books, we will see and experience the ripple effect and importance of 'Acts of Kindness.' Some participants will share their 'stories' and how they have been profoundly affected.



Brock Tully
Vancouver • 604-687-1099
www: brocktully.com

Brock is an internationally recognized inspirational speaker and author. He draws his inspiration from a well, filled with the love and stories of kindness from people of all walks of life, who he has met on his journey. His message inspires 'living to the fullest' by 'giving to the fullest' and bringing kindness into our homes and workplaces.

Workshop # 2

Relationships.....a Lot of 'Heart' Work

Through slides, music and stories, Brock will share his thoughts about healthy relationships and why we so easily, lose touch.

Workshop # 3

Heal Your Soul; Reclaim Your Life

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. Participants will identify areas in which they may have soul loss, learn how to call their own soul home, and learn to prevent soul wounding of themselves or others.



Lauren Rama
Edmonton • 780-439-7219

Lauren Rama's shamanic gifts are strengthened by extensive training in archetypal psychology and core shamanism - a modern synthesis of the essence of shamanic practice from around the world. Lauren has a private shamanic healing practice in Edmonton and Calgary and has over fifteen years experience leading workshops.

Workshop # 4

Earth Healing Ceremony

Come participate in a beautiful guided visualization and drum celebration for healing ourselves and our planet.

Workshop # 5

Deepening Your Intimate Connections

Are you looking for more rewards and less hardships in your relationships? Come expand your relational understandings and move towards richer, more fulfilling interactions with everyone you relate to.



Kelly Tobey
Calgary • 403-217-5533
www: kellytobey.com

Kelly is a Transformational Facilitator. Since 1991 he has been addressing people's physical, mental, emotional, and spiritual disharmony with uniquely intuitive and individualized, experiential processes. They are practical, compassionate and lasting. Kelly is known for inspiring thousands of individuals to new levels of self-fulfillment and joy.

Workshop # 6

Men: Understanding Masculine Qualities

The world needs more men who live powerfully while guided by heartfelt inspiration. Explore how to balance and use the gift of your masculine qualities to best serve everyone, including yourself.

Workshop # 7

Yoga and the Crystal Bowls

We will move through the seven sound movements via yoga postures. With the crystal bowls, we move, tone and meditate to open, clear and rebalance the chakras.



Terez Laforge
Kamloops • 250-374-8672

I am a soundworker in training, passionate about sound as preventative and restorative medicine for the body and soul. Sound used with conscious intention draws big responses from the four quadrants of the body. I am a keeper of seven crystal bowls and psycho-acoustically engineered music for health enhancement.

Workshop # 8 • Crystal Bowls

If good music and sound shift you to higher states of wellness, then join us. The bowls quickly relax the body and the mind, opening portals for multi-levelled healing.

Brenda Molloy
Kelowna • 250-769-6898

She is a disciple of His Holiness Grandmaster Lin Yun of Black Hat Sect Buddhism and follows his teachings in Feng Shui. She received her certification in Acupressure and Shiatsu from the Acupressure Institute in Berkeley, California. She instructs Shiatsu classes at the Canadian Institute of Natural Health and Healing and offers workshops in Feng Shui.



Workshop # 9
The Joy of Feng Shui

Call positive energy into all aspects of your life by learning the principles of Feng Shui and the Bagua map. Enhance your personal paradise while honouring Self.

Workshop # 10
Discover Do-In (Self-Shiatsu)

The ancient healing art of self-Shiatsu enables us to become caregiver to ourselves as we learn to alleviate pain and tension from our bodies. Discover how to stimulate your body's natural healing powers using acupressure points, breathing and a few simple stretches.

Norma Cowie
White Rock • 604-536-1220
www:normacowie.com

Norma Cowie, metaphysical author, teacher and lecturer brings over thirty-five years experience to her workshops. She is a dynamic, fun and informative presenter.



Workshop # 11
The Ancient Tarot - The Unbound Book Of Wisdom

Tarot is an everyday personal tool. Discover the philosophy which is contained in these seventy-eight symbols. By knowing this philosophy, all areas of your life are enhanced.

Workshop # 12
Stop Sabotaging and Begin Winning

Utilizing visualization, meditation and other techniques you will examine your sabotage programs and transform them so they support you in creating what you want in your life.

Carol Stewart
Nelson • 250-825-0106

Over twenty-six years of offering workshops and readings internationally, Carol has developed a profound approach to working with the tarot symbols for self and soul awakening. In 1998, she founded the Mystery School in Nelson, B.C. She authored the book *Sacred Memory, Holy Yearning* about her experiences in Peru.



Workshop # 13
Soul Path Mythology

There is a myth in the tarot that the day you were born holds a key to your soul's purpose. We will open this door and experientially explore this mystery.

Workshop # 14
Tarot and Tree Of Life Mythology

United, the tarot and tree of life symbols envision a process of collective evolution. These symbols also offer a map to awaken, quicken, and guide each soul's unique life journey.

Jon Kelly
Richmond • 888-453-0751
www:yourinnervoice.com

An internationally recognized authority on messages hidden backwards within speech. Since 1998, he has successfully provided psychotherapy, coaching and training to hundreds of clients. Media credits include over four hundred guest appearance.



Workshop # 15
Your Unconscious Secrets Revealed!

This workshop will explore the unconscious messages hidden backwards in speech. Drawing from his library of rare backwards recordings, documented in thousands of hours of real-world public and private testing, Jon will play dozens of fascinating examples from newsmakers, and provide commentary and answer your questions.

Lynne Gordon-Mündel
Kamloops • 250-579-9926

For twenty years Lynne has worked with people, discovering transcendent levels of reality and relationship. Once a registered nurse, Lynne is presently a counsellor, group facilitator, founder of Three Mountain Foundation and author of *Shamanchild*.



Workshop # 16
Centering

Events of September 11th, 2001 have caused people to begin asking such questions as "Where do we find safety?" Lynne will provide an experiential reminder of a place beyond warfare, a place of Peace. This place resides in your own "Centre," in a knowledge of yourself that exists always, before birth, beyond death.

Workshop # 17
Soma Yoga and Meditation

Soma Yoga is a synthesis of yoga, somatics and chi-gong. It is an easy, graceful way to release the deep structures of the body, using the power of breath, touch, and intention. Some of the work is done with partners. A simple meditation afterward will allow us to go deeper into the silence.

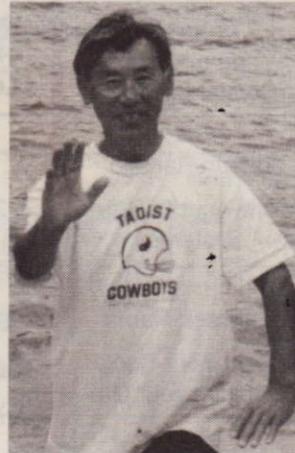


Shayla Wright Nelson • 250-352-7908

Shayla trained as a co-worker with Mother Teresa in India, worked with handicapped children and problem adolescents and ran a centre for meditation and human potential in New Zealand. She has taught yoga, meditation, expression, communication, philosophy and writing, and is a certified Soma Yoga instructor.

Workshop # 18
Dancing Into Wholeness

Experience the healing power of Hajime's 'Radical Tao Qigong'. We will shed our cultural, institutional strait-jackets and create an inner Qi (energy) space to liberate the breath, body, mind and spirit.



Hajime Harold Naka
Kelowna • 250-762-5982

Hajime 'dancing dragon' is an inscrutable urban Taoist rebel and a spiritual, healing martial artist. His Radical Tao 'Dancing into Wholeness, Qigong' and 'Peace through movement, Tai Chi' is changing the way people move. Hajime has been healing and liberating society, one body at a time, since 1982, through his 'Eternal Qi School'.

Workshop # 19
Tai Chi Push Hands Play

Push hands is a co-operative two-person Tai Chi exercise to cultivate body awareness, relaxation, sensitivity, rooting, balance and Qi flow. Push hands builds self-confidence and self-defence skills (conflict resolution).

Workshop # 20
Feng Shui Strategies for Business

Arrange your office for success and prosperity. Set-up an eight point business system. Discover how to balance internal and external chi to allow more harmony and good fortune to flow.



Jollean McFarlen
Kelowna • 250-860-9087
www: jadorecolour.com

She is a winning decorator, Visionary, Feng Shui & colour consultant for commercial and residential clients. Author of six books and a motivational speaker, she was chosen Trendsetter for the 21st Century. She travels internationally doing workshops, consulting with corporations, and Intuitive Readings.

Workshop # 21
Developing Your Intuitive Abilities

A guided experience of accessing and moving your energy, as well as the energy of others. Tap into universal power, wisdom and guidance. Meet your intuition guide/angel and awaken the voice of your soul. Learn exercises that can develop your mental muscle. Bring paper and pen.

Workshop # 22
ColourSpectrums™

Are you: Action Orange? Organized Gold? Conceptual Green? Relationship Blue? This interactive session will educate and entertain as you explore your personality strengths. Sort through the four *ColourSpectrums™* attribute cards, identify your personality spectrum, interact with others, discuss and celebrate diverse personality strengths. Note: \$5 for material, payable at door.



Rob Chubb
Ardrossan, AB
780-922-6877

Rob is an experienced child and youth care worker, foster parent, post secondary educator and business entrepreneur. Rob directs the *ColourSpectrums* Training Centre, promoting human development and self-empowerment through education, interaction and fun. Rob believes that learning should be fun.

Workshop # 23
The Person Who Laughs....Lasts!

This is a dynamic, interactive session which entertains and educates on the positive power of humour and laughter. Humour reduces stress, nurtures self-esteem, improves memory, manages crises, demonstrates empathy, creates group cohesion and increases resiliency.

The numbers indicate the location of the workshop on the map.

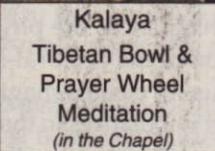
WEEKEND SCHEDULE

Saturday

Location	Sunrise Ceremonies					
	6:45 - 7:30 am	8:45 am - Noon	2 - 3:30 pm	4 - 5:30 pm	7:15 - 9:15 pm	
1 Loft	Lynne Mündel Awakening Naturally	# 31 Maury Fraser Who Moved my Cheese?	# 22 Rob Chubb Colour Spectrums		# 23 Rob Chubb The Person Who Laughs ... Lasts!	
2 North Wing	Terez Laforge Crystal Bowls	# 7 Terez Laforge Yoga and the Crystal Bowls	# 2 Brock Tully Relationships ... a Lot of 'Heart' Work	# 21 Jollean McFarlen Developing Your Intuitive Abilities	# 1 Brock Tully Cycling for Kindness	
Sessions Room	Gail Dawson Circle Dance	# 36 Joseph Ranallo Micro-Acupuncture Systems	# 47 Catherine Inner Wisdom with Tranz-Danz Meditation		# 42 Evelyn Armstrong Art & Dream Symbols	
3 4 South Wing	Shayla Wright Soma Yoga	# 3 Laureen Rama Heal Your Soul, Reclaim your Life	# 37 Sharon Strang The Healing Power of Breath	# 27 John Snively & Shannon Anima The Secret Science of Longevity	# 10 Brenda Molloy Discover Do-In (Self-Shiatsu)	
5 Maple Court 1		# 34 Andrine Morse Teaching Pathways of the Rainbow Lodge	# 33 Nathalie Bégin Cleansing for Vibrancy!	# 39 Margaret Ann Simon Herbs for Health		
6 Maple Court 2		# 35 Gail Dawson Attunement	# 53 Louise Bélisle You're Already Home			
7 Maple Court 3		# 13 Carol Stewart Soul Path Mythology	# 15 Jon Kelly Your Unconscious Secrets Revealed			
8 Other	Kalaya Tibetan Bowl & Prayer Wheel Meditation (in the Chapel)	# 18 Harold Naka Dancing into Wholeness (meet by the Chapel)	# 29 Sage Berrett-Heller Intro to the Labyrinth (meet at the Labyrinth)	# 48 Kalaya Leighland Healing thru Sound (in the Chapel)		
9 UPPER Alberta Hall	Henry Dorst Feng Shui / Geomancy	# 28 John Snively Healing All the Bodies	# 5 Kelly Tobey Deepening Your Intimate Connections			# 24 Mafaza Self Esteem
10 lower Alberta Hall	Jeannie & Paul Thai Style TaiChi & QiGong	# 46 Phyllis Chubb Making Use of Vedic Astrology	# 11 Norma Cowie The Ancient Tarot	# 51 Myrna Martin Birthing Your Self		# 12 Norma Cowie Stop Sabotaging and Begin Winning
11 Gym	Harold Naka Radical Tao Qigong Taiji	# 44 Joan Casorso Dance the Inner Rhythms	# 45 Joan Casorso Drum the Inner Rhythms	# 49 Henry Dorst Feng Shui According to Body Talk		

APRIL 26, 27 & 28, 2002

The numbers indicate the location of the workshop on the map.

IN THE GYM	Sunrise Ceremonies	Sunday		Location
	6:45 - 7:30 am	8:45 - Noon	1:45 - 3:45 pm	
Friday Night Opening Ceremonies start at 7 pm. Introduction of workshop leaders and a crystal bowl meditation.	Lynne Mündel Awakening Naturally	# 16 Lynne Gordon-Mündel Centering	#32 Maury Fraser Let's Laugh	Loft ¹
	Jollean McFarlen Shun Meditation	# 42 Evelyn Armstrong Art & Dream Symbols	# 43 Jon-Lee Kootnekoff Living Life with Purpose & Passion	North Wing ²
	Gail Dawson Circle Dance	# 52 Myrna Martin Deepening the Birthing Process	# 20 Jollean McFarlen Feng Shui Strategies for Business	Sessions Room ³
	Shayla Wright Soma Yoga	# 41 Jeannine Duperron & Paul Butte Introduction to Thai Massage	# 38 Sharon Strang Releasing Dis-Ease Through Massage	South Wing ⁴
		# 40 Margaret Ann Simon Eat Right, Live Right	# 33 Nathalie Bégin Cleansing for Vibrancy!	Maple Court 1 ⁵
		# 6 Kelly Tobey Understanding Masculine Qualities <i>Men only</i>	#54 Louise Bélisle Being With What Is	Maple Court 2 ⁶
		# 50 Henry Dorst Great Path Walking	# 14 Carol Stewart Tarot and Tree of Life Mythology	Maple Court 3 ⁷
	Kalaya Tibetan Bowl & Prayer Wheel Meditation <i>(in the Chapel)</i>	# 30 Sage Berrett-Heller Labyrinth Intensive <i>(meet at the Labyrinth)</i>	# 8 Terez Laforge Crystal Bowls <i>(in the Chapel)</i>	Other ⁸
	Jon-Lee Relax, Stretch and Feel Well	# 25 Mafaza & Anterra Energy Focused Relationships	# 26 Anterra Advanced Energy Healing	UPPER Alberta Hall ⁹
	Brock Tully Acts of Kindness	# 17 Shayla Wright Soma Yoga and Meditation	# 4 Laureen Rama Earth Healing Ceremony	lower Alberta Hall ¹⁰
	Jeannie & Paul Thai Style TaiChi & QiGong	# 9 Brenda Molloy The Joy of Feng Shui	# 19 Harold Naka Tai Chi Push Hands Play	Gym ¹¹

Saturday Night
with Nywyn and friends.
9 - 11 pm
Live entertainment intermixed with CD dance music to inspire you and get your body moving and your feet stomping.

Sunday Afternoon
Earth Blessing Closing Circle
4 - 4:30 pm
Pray, sing & dance for the love of the Earth

with Laurel and Urmi
The Gym will have 2 tables

1) Give Away for you to collect and pass on any treasures.

2) Earth Blessings
Bring water, soil, rocks and other natural objects from where you live to collect the energy and take home with you.

Mafaza

Shawnigan Lake • 250-733-2388

Mafaza is a certified counsellor/facilitator as well as a clairvoyant/clairaudient channel. Since 1983 he has worked as a street outreach worker, crisis worker, and as a counsellor. In 1996, he founded Euphoria Wholistic Wellness to assist those on their spiritual journey.

Anterra

Shawnigan Lake • 250-733-2388

Anterra is an Interior Designer and a Feng Shui Practitioner (five years). As a Clairvoyant Channel, Certified Soul Directed Energy Healer and a Personal Wellness Coach with a background in Crisis Intervention and Nutrition, her unique set of skills meets her clients' needs in a deep compassionate way.



Workshop # 24

Self Esteem

Three factors determine or influence our choices in life: Value of self, Fear of abandonment, Fear of betrayal. These issues chip away at our self-esteem, our relationship to ourself and to others. Participate in this workshop and discover the origins as well as the solution to these issues.

Workshop # 25

Energy Focused Relationships - Anterra and Mafaza

We are energy in motion. How we understand and relate to one another as a mirror and energetically is the primary key to developing a "heart to heart", "soul to soul" relationship. Relationships that we call mate or twin flame experiences. If you desire such a relationship, do not miss this workshop.



Workshop # 26

Advanced Energy Healing

Come and enjoy learning about the soul and its role in advanced energy healing—learn about concurrent lifetimes, group consciousness and how events like September 11th have affected the soul of the Earth. Understand how healing your soul will help to heal the soul of Humanity.

Dr. John Snively

Nelson • 250-229-5789

John has been an alternative healthcare practitioner for twenty years. For fifteen years he practiced biologically-principled dentistry. He is a graduate of the New Mexico School of Natural Therapeutics with a global practice in Radionic therapy. He has many years of experience, giving CORE cranial sacral treatments.



Workshop # 27

The Secret Science of Longevity

Shannon Anima and John Snively

Discover the secrets of youthful beauty, and a vibrant long life. Find out how science and mysticism create an alchemical recipe of nutritional medicine, sexual practices, and elixir to lengthen and enliven your lifetime.

Workshop # 28

Healing All the Bodies with John Snively

His work focuses first on bionutrition principles for optimal health, and healing of degenerative disease conditions. Secondly he introduces CORE synchronism which balances the physical, emotional and soul bodies through direction of the cerebral-spinal fluid. Radionics is the third modality using electro-magnetic technology to send distance healing to correct imbalances in the subtle anatomy.

Shannon Anima has an M.A. in Behavioural Science and Leadership. She has taught yoga and healing for twenty-five years, living in ashrams and directing a yoga and health centre. Currently she works as a counsellor and business/health consultant while completing work on several books.

Sage Berrett-Heller

South Slokan • 250-359-6699

Sage and her assistant, Donna Nett, have shared their fascination for making and building rock, clay, sand, earth, plant material and beach labyrinths for ceremonies, workshops and personal use. They have been seen dancing, singing, laughing, weeping, twirling, walking blindfolded forwards and backwards, intoxicated in deep reverence within the many facets of labyrinth worship.



Workshop # 29

Introduction to the Labyrinth

Use the labyrinth for personal and collective guidance, as a walking meditation, honoring life transitions, and ceremonies. We will walk the outdoor labyrinth, journal (bring one if you wish), and have a sharing circle to close.

Workshop # 30

Labyrinth Intensive

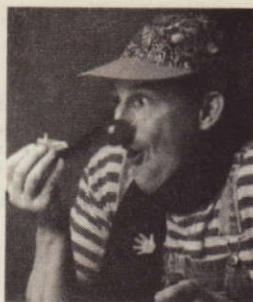
Receive a brief history of labyrinths and learn how to draw and build your own 7 and 11 circuit labyrinth. We will walk the outdoor labyrinth, record our journeys and share our experiences. You may bring a journal and a blanket/pillow to sit outdoors.

Workshop # 31 • Who Moved My Cheese?

If things never changed, this world would be a boring place. We get stuck and then someone or something moves the cheese. We need to be resilient and willing to move forward. Learn the art of improv. comedy and theatre games that stimulate the mind to be infinitely creative.

Workshop # 32 • Let's Laugh

A little bit of Zen, a dash of Tao, a whole lot of Fun. Based on the Laughter Club and works of Patch Adams, this workshop uses laughter as the basis for change in one's life. Be prepared to laugh.....



Maury Fraser
Langley • 604-888-7702

Maury is a cancer survivor who has used comedy to heal his life. What kept him strong is his commitment to never saying "uncle". Always looking and learning has driven him to succeed. Maury has been influenced by the work of Patch Adams and Robin Williams and the gang from "Whose Line Is It Anyway?"

Workshop # 33 Cleansing for Vibrancy!

Cleansing is an effective tool for vibrant health and a doorway to emotional and spiritual awareness. Iridology helps determine the intensity at which one should cleanse, what system(s) should be cleansed or supported, and in which order. (repeated both days)



Nathalie B. Bégin
Westbank • 250-768-1141

Nathalie has experienced blessed opportunities starting at a young age in the field of nutritional healing. Today, as a registered nutritional consultant, iridologist, and colon hydrotherapist, her desire is to help people discover their utmost potential physically, emotionally, and spiritually. Nathalie practices in Westbank with her mother, Cecile.

Workshop # 34 Teaching Pathways of the Rainbow Lodge

This gentle lodge teaches how each of us comes into the world with unique talents and purpose. Together we will explore the Power of the Spirit of Time, Spirit of Places, Spirit of our Tribe(s) and Spirit of our Ancestors.



Andrine Morse
Prince George • 250-561-0331

Andrine is a Lodge Womyn for the South Door Rainbow Healing Lodge. She uses the teaching pathways of the Rainbow Lodge and the Great Wheel of Life to provide a unique approach to meeting the triumphs and challenges which life has a way of putting in your path. Andrine has over fifteen years experience in the delivery of community social service, counselling and self-esteem programs.

Workshop # 35 Attunement

A non-touch therapy that balances the endocrine glands, chakras, organs and meridians using a radiant energy current through the hands. It opens the sacred space for health and connection to indwelling Source.



Gail Dawson
Prince George • 250-562-9197

Gail lives in Prince George with her family on a five-acre property, the Willows. The Willows hosts a wide variety of alternative healing, meditation and dance workshops. She has been involved in attunement for over twenty-five years, and circle dancing and meditation for the past ten.

Workshop # 36 Diagnosing and Managing Your Health Through Your Micro-Acupuncture Systems

The human body consists of many micro-acupuncture systems. Three of these systems are readily accessible for general and/or self-diagnosis and treatment, the hand, the ear, and the tongue. Participants will learn to promote and maintain their own health and energy balance with this inexpensive, easy-to-learn, minimally invasive, safe technique. Participants are asked to bring two rings to the workshop: a coloured one (gold, copper, or brass) and a white one (silver, aluminium, or stainless steel).



Joseph Ranallo
Rossland • 250-362-7763

Joseph is an acupuncturist, educator, and writer with a long-standing interest in alternative healing arts. He has studied Korean Hand Therapy with founder, Dr. Tae-Woo Yoo. He manages a part-time home-based acupuncture practice in Rossland.

Sharon Strang
Kelowna • 250-860-4985
www.healingartsassociation.com

Sharon has been in the wholistic health field since 1979 and a master breath practitioner since 1996. She is the owner of Focus Bodywork in Kelowna where she offers wholistic massage and teaches massage workshops.



Workshop # 37

The Healing Power of the Breath

Breath is life. As we suppress our feelings we suppress our life force. By learning various breathing techniques, we can relearn to breathe and rechoose to live! Various types of breathwork will be taught and experienced.

Workshop # 38

Releasing Dis-Ease Through Massage

Stress is suppressed emotions held in our body. The pain can also affect our emotional and spiritual bodies. Using massage techniques, the breath and awareness, healing can occur.

Margaret Ann Simon
Galena Bay • 250-265-2155

A Master Herbalist working with over forty different healing modalities. She loves to bring core problems to the surface and work with those who truly are ready for healing.



Workshop # 39

Herbs for Health

The basics: what they are good for, how to prepare them and use them effectively. As well as planting tips and how to cultivate and store them.

Workshop # 40

Eat Right, Live Right

Learn to muscle test for foods. We are unique beings and some foods are better for you than others. Your body knows best.

Jeannine Duperron and Paul Butte
Nakusp • 250-265-0067
www.itm-britishcolumbia.com

Jeannine began her studies in 1998 after experiencing a massage while in Thailand and noticing that the numbness in her toes was gone.

Paul began his studies in 1999 after also having the experience of a Thai massage and realizing the wonders of this marvellous art. Since then both have returned to achieve teacher training at the Institute of Thai Massage in Chiang Mai, Thailand. They are currently in Thailand continuing their studies and teaching skills, returning just before the Festival.



Workshop # 41

Introduction to Thai Massage

We will give a description of Thai massage as well the benefits. We will then give a demonstration of some of the simpler techniques (ie, feet, hands, face, shoulders) and assist people in learning these techniques so they can use and practice them in everyday life on family and friends.

Evelyn Armstrong
Merritt • 250-378-6491

Evelyn has presented lectures and workshops on printmaking, visual culture, art and dream symbolism. She holds a diploma from the Vancouver School of Art and Design (now ECIAD), has studied at UBC, and at Vermont College, where she received her MFA. In Sculptural Installations she reflects on aspects of the lived experience.



Workshop # 42

Art and Dream Symbols

A hands-on workshop intended to establish context in which to use the language of symbols to discover balance between thinking, feeling, intuition and sensation, in dream recording and in creative artistic expression.

Jon-Lee Kootnekoff
Penticton • 1-888-493-7307
www.jlkootnekoof.com

A teacher, counsellor, coach, Olympic athlete, self-esteem and self-image builder, author and film maker. His seminars, style and delivery have been described as: "Refreshingly unorthodox, undeniably uplifting, unstuffy and uncanny, a breath of fresh ideas."



Workshop # 43

Living Life with Purpose, Passion and Persistent Patience

Be reminded to ask your Creator or Higher Self to let you experience the wonders that are beyond your imagination and to show you your divine plan; and to continue to have peace in your mind, love in your eyes and life on your tongue.....and yes, to laugh lots!

Workshop # 44
Dance the Inner Rhythms

Rhythm is the universal heartbeat that connects all world cultures. This Inner Rhythms workshop will integrate the performing arts of yoga movement, world African dance, song, self massage and relaxation. This class will have live drumming. Bring blanket, and wear loose clothing.

Workshop # 45 • **Drum the Inner Rhythms**

Drumming, the age old tradition of building community; creates a synergy that goes beyond the spoken word. This workshop will be a sampling of African hand drum rhythms and songs. Please bring your own drum, some will be provided.



Joan Casorso
Kelowna • 250-862-9724

Founder of Inner Rhythms movement, Joan continues to develop music, movement and health programs for coaches, school groups, performing artists, corporations, health care professionals and their clients. She has developed an intense, fun, informative program.

Workshop # 46
Making Use Of Vedic Astrology

Relationships, especially intimate relationships, begin with optimism and joy, then something strange happens. The other person seems to change. Has the other person really changed? Accepting other people as they are is a major factor in the establishment of relationships. See how this understanding can be achieved using astrology.



Phyllis Chubb
Westbank • 250-768-0128

Phyllis is a Vedic Astrologer and Clinical Counsellor. She maintains a full-time international practice. She empowers her clients by enabling them to have a clearer understanding of the challenges to be faced in this life.

Workshop # 47
**Inner Wisdom with
a Tranz-Danz Meditation**

An intro to the spiritual concepts and inner wisdom. I will help open and reconnect you to the presence of animal symbols and messages from your guides and angels. The meditation is with music, allowing you to take an inner journey and release inner tension.



Spirit Medium Catherine
Fraser Valley • 250-357-9574

As a vehicle which spirits use to communicate with their loved ones, I like to combine my life experiences, spiritual beliefs and my natural ability as a spirit medium to assist individuals in their personal growth and help them gain inner wisdom.

Workshop # 48 • **Healing Through Sound**

Through discussion and exercises we will feel how sound impacts the body and colours our emotions. Experience the vibrations of different sound instruments. Practice a simple vocal exercise that will leave you feeling fresh and alive! We will end with a Tibetan bowl and bell meditation.



Kalaya T. Leighland
Chilliwack • 604-795-2976

I counsel abused women and run programs that teach women to take back their power and lives and put joy in their hearts. I am a Reiki Master and do energy work with crystals and Tibetan bowls. I have facilitated empowerment workshops for twenty years.

Workshop # 49
Feng Shui According to Body Talk

Your body is affected by various factors in your environment. Learn the most important ones and how you might manage them. This is Feng Shui distilled with scientific/intuitive techniques.



Henry Dorst
Vancouver • 604-731-1061
www.zyworld.com/dowsingbc

Henry's central aim is to link people to their own inner source, directly connecting them to their Inherent Great Potential. The tools which he uses and teaches others to use include special kinesiography and health dowsing. He has developed a form of feng shui using these tools.

Workshop # 50
Great Path Walking

Simple lessons in letting your body direct you towards it. Become aware of and define your Great Path. What is of true value to you? Who are your allies to support you on your journey?

Myrna Martin
Nelson • 250-352-7224

"As a midwife to the soul, my work is to be with a person giving birth to any aspect of themselves." She has been facilitating healing for over 25 years. As a nurse, family therapist, integrative body therapist, and prenatal and birth therapist Myrna has worked in the mental health system and private practice.



Workshop # 51
Birthing Your Self

As a sensitive newborn child, you may have been exposed to toxic chemicals, inadequate nutrition, ambivalence about your arrival, family traumas or a difficult birth. We will explore the impacts of these experiences, enabling you to know yourself more deeply and to open to the possibility of repatterning these ways of being.

Workshop # 52
Deepening the Birthing Process

As early as our time in the womb, we learn through our bodies, and lay foundations for personal strengths and wounds. We will explore the patterns we learned coming into relationship with our bodies and with other humans and how that is impacting each of us in our current life.

Louise Bélisle
Nelson • 250-825-0104

A psychotherapist for more than twenty-three years, working with individuals and groups, as well as leading experiential workshops. In the intuitive work I do, I see myself as a guide and mentor. I have led many Enlightenment Intensives.



Workshop # 53
You're Already Home

The truth of who you are is already in you. It has never not been. Often in our seeking we move further from the truth. In this experiential workshop learn a simple method of self-inquiry.

Workshop #54
Being With What Is

We often resist, analyze, deny, complain or endure many of the circumstances and events in our lives. We do our utmost to avoid being with 'what is' in the moment. Learn the simplest, most challenging way of living, to be with life 'as it is.'

Saturday Sunrise Ceremonies

Lynne Gordon-Mündel • Awakening Naturally
We begin with honouring the dreamtime, then progress into subtle movement and meditation.

Terez Laforge • Meditate or contemplate while listening to the crystal bowls

Gail Dawson • Sacred Circle Dance with Chant

Shayla Wright • Soma Yoga and Meditation
20 minutes of easy, movements using the breath, followed by 20 minutes of meditation.

Henry Dorst • Feng Shui Geomancy assessment of energies of the site, land and buildings and clearing dissonant energies.

Jeannie & Paul • Thai Style - Tai Chi Qi Gong
A simple form to stimulate the senses.

Harold Hajime Naka • Radical Tao Qi Gong Taiji
Moving in harmony with nature, while feeling centred between heaven and earth (Yin & Yang).

Kalaya Leighland • Tibetan Bowl and Prayer Wheel Meditation - Several bowls and bells played during quiet contemplation - ceremony of prayer and offerings.



Sunday Sunrise Ceremonies

Lynne Gordon-Mündel • Awakening Naturally
We begin with honouring the dreamtime, then progress into subtle movement and meditation.

Jollean McFarlen • Shun Meditation using colour and Chi breathing. Rhythmical musical exercises to balance the chakras.

Gail Dawson • Sacred Circle Dance with Chant

Shayla Wright • Soma Yoga and Meditation
20 minutes of easy, movements using the breath, followed by 20 minutes of meditation.

Jon-Lee Kootnekoff • Relax, Stretch, Focus, Imagine and Feel Well - Discovering the "inner key" to unlock your healing energy.

Brock Tully • Share some time creating and giving some early morning 'Acts of Kindness.'

Jeannie & Paul • Thai Style - Tai Chi Qi Gong
A simple form to stimulate the senses.

Kalaya Leighland • Tibetan Bowl and Prayer Wheel Meditation - Several bowls and bells played during a quiet contemplation - ceremony of prayer and offerings.

Map of Naramata Centre

Finding Naramata

Driving into Penticton **from the South**, pass the Airport and turn left at the traffic lights (just past the bridge) onto Channel Parkway (hwy 97 N.). Go through two traffic lights to a third traffic light at **Eckhardt Ave.**

Turn right, go through four traffic lights and one block to **Haven Hill**. Turn left, up hill one block to the 'Y.'

Turn right onto Johnson Road, go 3 long blocks. Turn left onto Upper Bench Road go approx. 1 km. Turn right on McMillan Ave., go 1 long block, turn left onto Naramata Road. From this point it is approx. 11 km to Naramata.

Watch for the signs • It takes 15 to 20 minutes. The highway will then swing left and curve down the hill into 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 from the North

Cross the bridge, you are now on **Eckhardt Avenue**, stay on Eckhardt to Haven Hill.

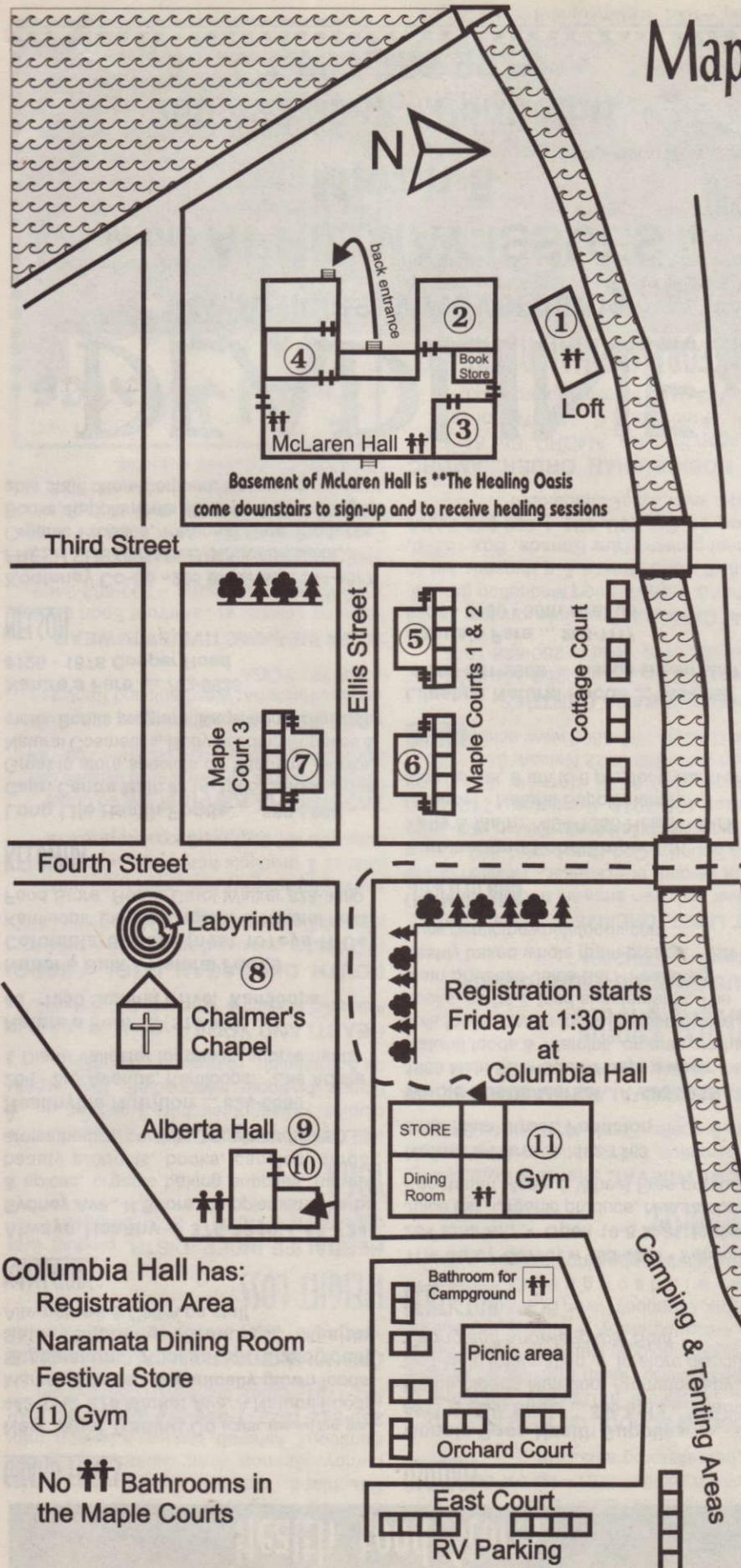
Follow the above instructions.

McLaren Hall has:

- ② North Wing
- ③ Sessions Room
- ④ South Wing front

and ****The Healing Oasis** it is located downstairs please follow the signs

From Penticton



Basement of McLaren Hall is ****The Healing Oasis** come downstairs to sign-up and to receive healing sessions

Registration starts Friday at 1:30 pm at Columbia Hall

Columbia Hall has:
 Registration Area
 Naramata Dining Room
 Festival Store
 ⑪ Gym

No ♪ Bathrooms in the Maple Courts