

# Spring Festival of Awareness

## April 25, 26 & 27

**25<sup>th</sup>**  
Annual Celebration

at  
**Naramata**  
**BC**

**Register**  
before **March 25**  
Adults pay **\$140**  
Seniors/Teens **\$115**

**Over 50 Workshops**

**Opening & Closing**  
**Ceremonies**

**Sunrise Meditations**  
**& Tai Chi**

**Networking Opportunities**

**A Healing Oasis**  
**A Festival Store & more**

**1-888-756-9929**

**Visit us on the web:**  
**issuesmagazine.net**



# Join us for the 25<sup>th</sup> Spring Festival of Awareness Celebration

In Castlegar, in 1978, members of the Society for Self Awareness, at their weekly meditation decided to hold a Festival of Workshops on the Spring Equinox weekend, March 21st. For six years this weekend became a marvelous Kootenay event, drawing people from all over to join in a celebration of life, love, peace and awareness. The Spirit of the Festival was sensed by many people as an Angel, or a Deva, who 'overlighted' this wonderful event. The work was all done by people happily volunteering their energy, (Sid Tayal and Harry and Nora Jukes among them), workshop leaders graciously giving their time and Selkirk College co-sponsoring the event and generously donating the use of their facilities. Guidance by Spirit was given as to when the event was to move on, so that other groups of people could be involved in this sharing and selfless giving.

In this same spirit of cooperation, in 1984, the healing group in Nelson sponsored the 7th Spring Festival of Awareness at the former Notre Dame University site. Peter and Bonnie Williams, Phyllis Furumoto, Michael Hartley, and a host of many others, took up the challenge.

In 1985, the 8th Spring Festival of Awareness moved to the Okanagan where it was coordinated, in Vernon, by Norbert Maertens and the Halos Society members. First it was held in the local school, then in the two Vernon hotels. The fourth year it didn't happen and Peter Morris, who had been an instructor at the previous year's Festival, wondered why. He asked Angele, organizer of the Penticton Metaphysical Society to find out. When she called the Vernon office they said that for various reasons the Festival energies would lie fallow for a year. Peter convinced Angele that the two of them could put it on. At each meeting she asked for help and slowly a few people came forward. First Urmi Sheldon and Laurel Burnham, then Dave Cursons, Judy Byer and Marion Walters....and the Spirit of the Spring Festival of Awareness found its home at Naramata Centre, a perfect venue. Situated on 23 acres, nestled in a village next to Okanagan Lake, it was a match made in heaven on earth.

The second year the Spring Festival happened in Naramata it was held on the April 1st weekend. The Jester appeared and the rainbow banners were unfurled as the clocks moved forward one hour.

The Spring Festival continues to bloom each year, providing the opportunity for hundreds of folks to experience the magic and wonder of the New Age and the rising awareness of human kind.

## Your Spring Festival of Awareness Crew

Angele is at the top of the rainbow because she took the opportunity to organize this event fifteen years ago. Urmi and Laurel were delighted to hear that it was happening and breathed life into those first meetings. Laurel became Mistress of Ceremonies and Urmi has worn many hats over the years. Together they coordinate the Opening and Closing Ceremonies as well as the ambiance. Marcel became Angele's business partner seven years ago. She has coordinated and assisted in various positions over the years and now offers overall support and looks after finances. Nywyn has been the Store Manager for six years and loves to use her artistic talents creating atmosphere, the instructor badges and signs. Samarpan assisted Urmi in the Healing House six years ago and two years later became the Registration Coordinator. Christina joins the crew this year as the Healing Oasis Coordinator, after helping out with registration last year.

### Onsite Registration

starts Friday at 1:30  
Dinner is at 5:30 pm,  
Opening Ceremonies at  
7 pm, followed by the  
Introduction of Workshop  
Leaders and a Tibetan Bowl  
Meditation with Kalaya.

### Workshops

Sunrise Ceremonies start at  
6:45 am each morning with a  
variety of Movement and  
Meditation exercises. The work-  
shops start at 8:45 am Saturday and  
continue to 9:15 pm with breaks for  
lunch and dinner. Ten workshops to  
choose from in each time slot. The  
schedule is the same for Sunday except  
after lunch the workshops will be for two  
hours. Closing Circle at 4 pm.

### 25<sup>th</sup> Anniversary Celebration

Join us...9:30 Saturday night in the Gym for  
the official celebration and honoring of the  
originators, followed by entertainment.

### The Festival Store

has space to sell various crafts, crystals, jew-  
ellery and more. If you are registered as a festi-  
val participant and want to bring items to sell in  
the store call Nywyn at 492-0039.

**The Healing Oasis** is in the downstairs  
of McLaren Hall. We have many readers, healers  
and Reiki practitioners available for private ses-  
sions at a rate of \$10 per half hour or \$20 per  
hour. Friday sign-up starts at 1:30 pm. Sessions  
available 3 to 6 pm. Sat. sign-up starts at 8 am with  
sessions available 9 am to 7 pm and Sunday 9 am  
to 3:30 pm. Christina 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 a \$15 credit towards meals or  
accommodation. If interested please leave a mes-  
sage at the office for Christina 1-888-756-9929.



# Workshops & Workshop Leaders

The workshop numbers correspond to the numbers on the overall schedule

## Karen Angle

Kelowna • 250-712-1648 • [anglekaren@hotmail.com](mailto:anglekaren@hotmail.com)

Karen is a recording artist, theater director and performer, choral leader, composer and soloist. She has a masters degree in music's relationship to human health and is a nationally accredited counsellor. For the past three years she has been facilitating her performance-style conferences, workshops, and ten-week sessions.



Workshop #01 Saturday morning

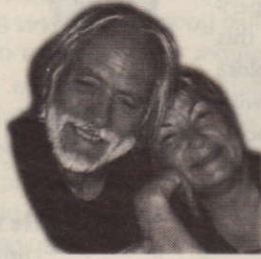
### Voice to Voice

Karen creates a light and inclusive atmosphere where even the timid feel safe opening and expanding their voices. "People say they have a hard time keeping their mouths shut during my workshop!"

## Nora & Harry Jukes

Robson • 250-365-6753  
[jukes@netidea.com](mailto:jukes@netidea.com)

Harry is a retired chemistry instructor, Nora is a retired teacher (now a full time gardener). "Be careful of those Festival energies: we met at the first Festival and have been together ever since!" (What Bliss)



Workshop #02 Saturday afternoon

### Festival Beginnings - 26 Years Ago

Have you ever wondered how it all started? What was the impetus behind this gathering that began so many years ago? It would be impossible to call upon and thank all those many wonderful people who provided and worked with the spiritual energies that resulted in the manifestation of this festival. The two of us and Sid Tayal will give you a brief history and overview of the philosophy behind the festival and the assistance given by the Festival Deva. Come and attune with us and bring your memories along.

## Norma Cowie

White Rock • 604-536-1220  
[www.normacowie.com](http://www.normacowie.com)

Norma has studied metaphysics for nearly 40 years. She teaches, consults, coaches and writes on many metaphysical topics. She brings her vast knowledge to her workshops to share with participants.



Workshop #03 Saturday evening

### Visit a Past Life

Visit a past life through an easy meditative technique. Learn the philosophy behind reincarnation.

Workshop #04 Sunday morning

### How to Read Tarot Cards

Learn how to draw the 'silver thread' through the symbols to make the story portrayed come alive.

## Jeannine Duperron and Paul Butte

Lake Country • 250-766-0760  
[www.itm-britishcolumbia.com](http://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 Thai massage and realizing the wonders of this art. Since then both have returned to Thailand to achieve teacher training at the Institute of Thai Massage in Chiang Mai, Thailand.



Workshop #05 Sunday morning

### Introduction to Thai Massage

Learn the basics of Thai massage through description and hands-on practice. Jeannine and Paul will describe Thai massage and then give a demonstration of some of the simpler techniques for hands, feet, face and shoulders. With their guidance, participants will then learn these techniques for use and practice in everyday life for self, family and friends.

## Hajime Harold Naka

Kelowna • 250-762-5982

Hajime (Dancing Dragon) is an Urban Taoist rebel and a playful, healing martial artist. His innovative 'moving into wholeness, Qigong' and 'peace through movement, Tai Chi' is changing the way people move.

Hajime has been healing, empowering and liberating society, one body at a time since 1983.



Workshop #06 Saturday afternoon

### Tai Chi (Taiji), Peace Through Movement

The graceful, flowing, meditative movements of Taiji improve one's balance, coordination, concentration and self-confidence, while deeply relaxing the body and mind. Taiji is an effective self-defence against stress.

Workshop #07 Sunday afternoon

### Qi-Fully Moving Into Wholeness

Join Hajime on a Qi-full, healing journey through time and space, returning to the source. We will playfully cultivate mindful meditation, compassion, balance and a spiritually enriched life.

Workshop #08 Saturday morning

### Introduction to Reiki

Come and be touched by the power of Reiki. Witness a demonstration of this hands-on healing. Learn care and honour of self, experience energy through simple techniques, and practice giving and receiving on the Reiki table. Open your mind and heart to the possibilities of this gentle, nurturing and beautiful ancient healing art.



**Christina Ince**

Penticton • 250-490-0735  
christina@holisticcounsellor.com

Christina is an holistic counsellor, Reiki Master/Teacher and a graduate of the Holistic Health Practitioner Program at Langara College. Her passion lies in guiding people to heal their primary relationships, and themselves, on physical, mental, spiritual and emotional levels.

Workshop #09 Saturday morning

### Colour Spectrums™

ColourSpectrums™ is a rapid, exciting and long-lasting learning experience conducted in a positive atmosphere of fun and entertainment. In this dynamic session Rob will educate and entertain you as you actively explore your personality strengths and sources of esteem. You will interact with others in a guided process of group discussions and activities. The process creates the magical language of ColourSpectrums™ that naturally enhances self-esteem, pride and dignity.



**Rob Chubb**

Ardrossan, AB • 780-922-6877  
rchubb@compusmart.ab.ca

Rob is a graduate of the Univ. of Victoria with a Bachelor's Degree in Child and Youth Care and a faculty member at Grant MacEwan College in Edmonton for over 20 years. He is the director of ColourSpectrums™, promoting human development and self-empowerment through education, interaction and fun. Rob believes that learning should be fun and looks forward to facilitating this session for you.

Workshop #10 Saturday evening

### The Person who Laughs ... Lasts!

In this stressful world of daily routines we can become human-doings rather than human-beings. Humour is a valuable 'laugh-skill' in the art of being human and can help us break the 'farce of habit.' An up-beat, interactive and educational discovery of our senses of humour and 'elf-esteem.'

Workshop #11 Saturday evening

### The Art of Blending Essential Oils

This is a hands-on workshop. Do you need to relax, revive, add to your sensual You? We will create a 'personal' blend to take with you. Creation smells sweeter than words.



**Marcelle Goldstein**

Winfield • 250-766-9189

Marcelle is a business woman, always believing wholeheartedly in her craft. Her creative passion has led her back to aromatherapy, something that began for her at nine months of age. She shares this passion daily with people of all ages, guiding them in finding a scentsational path.

Workshop #12 Saturday morning

### Your Original Voice (A Writing Workshop)

An integral approach to writing, using yoga, meditation and enquiry. If you keep writing, you will get down to your original voice, where your energy is unobstructed and free. You'll find the person you really are instead of the one you think you should be.



**Shayla Wright**

Nelson • 250-352-7908

Shayla worked with Mother Teresa in Calcutta, and lived in India for twenty-three years, where she studied and taught yoga, writing, meditation and public speaking. She has given classes and seminars for the last twenty years in India, Europe and North America.

Workshop #13 • Soma Yoga Sunday afternoon

Soma Yoga is a synthesis of somatics, chi-gong, and hatha yoga. We align the musculoskeletal system, open the energy pathways, balance the chakras and strengthen the immune and the endocrine system. Deep breathing and relaxation are at the core of Soma Yoga.

Workshop #14 Saturday afternoon

### Bells & Bowls Concert

Experience the healing power of Tibetan Bells. A short talk on sound healing followed by a guided meditation into a "sound bath" of ancient Tibetan bowls and other primitive instruments.



**Kalaya Leighland**

Chilliwack • 604-795-2976

I have counselled abused women for the past five and a half years. I became interested in sound as a source of healing when I began to hear the bowls playing inside my head. As I began to collect my bowls, I found that each had a special power and together they created an avenue for Spirit to work through.

**Tira Brandon-Evans, FS, CH**  
Harrison Hot Springs • 604-858-4151  
www.faeryshaman.org

Tira is a Faery Shaman and Chartered Herbalist. She is the founder and moderator of the Society of Celtic Shamans, and editor of Earthsongs. Elder Grove Press publishes her books, including 'The Green and Burning Tree' and 'Healing Waters.'



Workshop #15 Saturday afternoon

### **Animal Allies and Guides**

Journey into the Shining Realms to seek your animal guides, a joyous reunion with Otherworld friends who have long helped and aided you in this world.

Workshop #16 Sunday morning

### **Dragons are Forever**

Journey into the Shining Realms to meet the Celtic dragons of Earth, Air, Fire, Water and Spirit, form alliances with these great spirits and make new Otherworld friends.

**Alan Gilchrist**  
Vanderhoof • 250-567-5171

Alan lives and works in Vanderhoof where crop circles formed in 1998 and 2001. Some unique experiences and energies with crop circles have spurred his interest in this phenomena. He now studies all available material and spreads the crop circle story with enthusiasm.



Workshop #17 Sunday afternoon

### **Introduction to Crop Circles**

Come and discover some of the mysteries of the crop circles which have occurred across the globe. We will examine some of the discussion about their meaning and what might be creating them. Are intelligent non-human entities making them to pique our interest in ancient themes and new possibilities?

**Phyllis Chubb**  
Westbank • 250-768-0128  
aboutyou@telus.net

Phyllis is a teacher for the Sri Jagannath Center in India and is one of the International teachers for Dirah Academy. She holds degrees in Psychology and Human Relations, writes a weekly newspaper column and practices astrology full time.



Workshop #18 Saturday morning

### **Cycles within Cycles**

Knowing when your energy cycles shift is important when making decisions. Come learn your cycles through Vedic Astrology. Pre-registration is important, along with your complete birth data (and time born if possible.) Be prepared when you register on Friday to complete the sign-in sheet with this data.

Workshop #19 Sunday afternoon

### **The Differences Between Eastern and Western Astrology**

Learn what makes Vedic Astrology different from Western Astrology and how you can use the various tools this ancient art offers.

**Peter A. Morris**  
Sechelt • 604-885-5464  
petermoe@dccnet.com

For more than sixty years, Peter, alias the Psychic Pilgrim, has been closely involved with Spiritual healing, clairvoyance, channelling and deep trance. The 'new' teachings include: experience of the 'other side' and the 'death adventure' and showing how much a part of NORMAL life they are. Teaching these subjects has been his purpose in life.



Workshop #20 Saturday afternoon

### **Let's Talk About Spirit**

Let's talk about Spirit in all its forms. A chance to ask questions you've always wanted to ask. Meditation and how simple it is, channelling, spiritual healing, how and why it works.

Workshop #21 Saturday evening

### **Putting It All Together**

Putting into practice the subjects from the first session. Discover the value of the one second step to meditation, and the use of the 'Red Dots'!

**Margaret Ann Simon**  
Halcyon Creek • 250-265-2155  
touchforhealth@canada.com

Margaret Ann practices twenty-five or so body-work modalities including Touch for Health Instructor, Usui Reiki Master/Teacher, King's Touch Instructor, Ghostbuster/Diviner/Dowser, and is a Herbalist. She is owner/operator of the newest natural thermal springs (Coyote Springs) in the Kootenays, B.C., near Nakusp.



Workshop #22 Saturday morning

### **Muscle Testing Made Easy**

Come and learn the many ways to ask your body questions - using pendulums, rods, hangers and/or necklaces. Learn to ask the universal mind your questions so you get clear answers.

Workshop #23 Sunday afternoon

### **Herbal Helpers**

Explore the world of herbs. Which herbs heal, which is the best way to use them and are they good for you. Learn subtle body and food testing techniques so that you get what your body really needs.

# WEEKEND SCHEDULE

## Saturday

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

Location	8:45am - noon	2:00 - 3:30 pm	4:00 - 5:30 pm	7:15 - 9:15 pm
<b>1 Loft</b>	# 01 <b>Karen Angle</b> Voice to Voice	# 41 <b>Anita Kuipers</b> Dance from the Inside Out		# 33 <b>Dhyana Bartkow</b> Inner Moves Somatic Yoga
<b>2 North Wing</b>	# 51 <b>James Minckler</b> Energy Balancing	# 39 <b>Phil Larstone &amp; Jacob Trezevant</b> Learn to Play the North American Indigenous Flute		# 36 <b>Susan Utri</b> Mirror Image
<b>3 Sessions Room</b>	# 18 <b>Phyllis Chubb</b> Cycles Within Cycles	# 47 <b>Samarpan &amp; Nywyn</b> Unmasking the Fool		# 11 <b>Marcelle Goldstein</b> The Art of Blending Essential Oils
<b>4 South Wing</b>	# 09 <b>Rob Chubb</b> Colour Spectrums	# 44 <b>Sue Peters</b> Interspecies Communication		# 10 <b>Rob Chubb</b> The Person Who Laughs...Lasts!
<b>5 Maple Court 1</b>	# 25 <b>Rev. Dale Jukes</b> Power of the Heart A Men's Forum	# 02 <b>Harry &amp; Nora Jukes with Sid Tayal</b> Festival Beginnings	# 26 <b>Rev. Dale Jukes</b> New Thought - The Roots of the New Age	# 42 <b>Anita Kuipers</b> From Stress to Success with GeoTran
<b>6 Maple Court 2</b>	# 22 <b>Margaret Ann Simon</b> Muscle Testing Made Easy	# 29 <b>Norbert Maertens</b> Eco-Spirituality	# 20 <b>Peter Morris</b> Let's Talk About Spirit	# 21 <b>Peter Morris</b> Putting It All Together
<b>7 upper Alberta Hall</b>	# 46 <b>Duncan &amp; Darcy</b> Spiritual Awareness and Meditation	# 27 <b>Brenda Molloy</b> The Joy of Feng Shui		# 03 <b>Norma Cowie</b> Visit a Past Life
<b>8 lower Alberta Hall</b>	# 12 <b>Shayla Wright</b> Your Original Voice (A Writing Workshop)	# 45 <b>Jon-Lee Kootnekoff</b> Aging Creatively with Humour, Laughter & Forgiveness	# 15 <b>Tira Brandon-Evans</b> Animal Allies & Guides	# 53 <b>Sid Tayal &amp; Bonny</b> Transformation and Inner Child Work
<b>9 Gym</b>	# 31 <b>Joan Casorso</b> Spirit of Rhythm	# 32 <b>Joan Casorso</b> Spirit and Passion of the Drum	# 06 <b>Hajime Harold Naka</b> TaiChi (Taiji) Peace Through Movement	# 35 <b>Laurel MacGregor</b> NIA Technique Power & Play
<b>Other</b>	# 08 <b>Christina Ince</b> Reiki in the Healing Oasis	# 14 <b>Kalaya Leighland</b> Bells & Bowls Concert in the Chapel	# 49 <b>Laurel Burnham</b> Exploring the Labyrinth	

Sunrise Ceremonies are at 6:45 both mornings... please see the schedule following the workshop descriptions.



# APRIL 25, 26 & 27<sup>th</sup>, 2003

## Sunday

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

### In the Gym

#### Friday Night

Opening Ceremonies start at 7 pm. Introduction of Workshop Leaders with some entertainment, ending with a Tibetan Bowl Meditation.

#### Saturday Night

starts at 9:30  
**25<sup>th</sup> Birthday Celebration**  
of the Spring Festival of Awareness.

Honoring Sid Tayal, Harry & Nora Jukes who created the Spring Festival many years ago plus others who have kept the spirit alive. followed by

Live Entertainment in the gym.

#### Sunday Afternoon

4 - 4:30 pm  
**CLOSING CEREMONY**  
with Laurel & Urmi

8:45 am - noon	1:45 - 3:45 pm	Location
# 05 <b>Jeannine Duperron &amp; Paul Butte</b> Introduction to Thai Massage	# 13 <b>Shayla Wright</b> Soma Yoga	Loft <span style="float: right;">1</span>
# 43 <b>Lynne Gordon-Mündel</b> The Power of Ritual	# 37 <b>Susan Utri</b> Balancing Energy with Crystals	North Wing <span style="float: right;">2</span>
# 50 <b>Laurel Burnham</b> • Sacred Crafts	# 19 <b>Phyllis Chubb</b> Differences Between Eastern and Western Astrology	Sessions Room <span style="float: right;">3</span>
<b>Both Drop In</b> # 48 <b>Nywyn &amp; Samarpan</b> Decorating the Mask of the Fool	# 52 <b>James Minckler</b> Color Therapy, Chakras and Emotions	South Wing <span style="float: right;">4</span>
# 04 <b>Norma Cowie</b> How to Read Tarot Cards		Maple Court 1 <span style="float: right;">5</span>
# 30 <b>Norbert Maertens</b> Exploring Masculinity in Our Society (for men only)		Maple Court 2 <span style="float: right;">6</span>
# 16 <b>Tira Brandon-Evans</b> Dragons are Forever		upper Alberta Hall <span style="float: right;">7</span>
# 38 <b>Henry Dorst</b> Deva Healing and Blessings	# 28 <b>Brenda Molloy</b> Discover Do-In (Self Shiatsu)	lower Alberta Hall <span style="float: right;">8</span>
# 24 <b>Urmi Sheldon</b> The Road to Relaxation through Massage and Meditation	# 23 <b>Margaret Ann Simon</b> Herbal Helpers	Gym <span style="float: right;">9</span>
# 34 <b>Dhyana Bartkow</b> NIA Huna For Personal & Global Transformation	# 07 <b>Hajime Harold Naka</b> Qi-Fully Moving into Wholeness	Other
#40 <b>Phil &amp; Jacob</b> Sacred Sound and Body Harmonics in the Chapel	# 17 • <b>Alan Gilchrist</b> Introduction to Crop Circles In South Wing- Front area See display in this room all wknd.	



**Give Away Table**  
for cherished, personal items that it is time to let go of.

**Earth Blessings Table**  
You are welcome to bring water, soil, rocks and other natural objects to be blessed and taken home.

Workshop #24 *Sunday morning*

### **The Road to Relaxation through Massage and Meditation**

Learn a few basic tools and make massage a part of your daily life. We will practice giving a massage as well as receiving one. Afterwards we will learn a few meditation techniques that will allow the experience to unfold more deeply, easily and gently.



**Urmi Sheldon**  
Penticton • 250-492-0987

Urmi is a self-taught massage practitioner. Her ability to uncover the underlying attitudes and habits that shape our physical bodies is uplifting, humorous and empowering. She lived in India for eight years where her understanding of meditation developed

Workshop #25 *Saturday morning*

### **The Power Of the Heart - a Men's Forum**

This workshop will bring forward the heart connection in men. It will lead us into a largely untapped power capable of bringing us into personal fulfillment. It will also point the way toward a world in harmony with itself.

Workshop #26 *Saturday afternoon*

### **New Thought: The Roots Of the New Age**

This workshop will explain the meaning of New Thought and how it led to the birth of the New Age and the awakening of consciousness. It will also introduce the methodology of Spiritual Mind Healing and why it is so effective.



**Rev. Dale Jukes**  
Vernon • 549-4399 or 549-9135

Rev. Dale is a New Thought teacher, practitioner and minister. He has been active in alternative teachings for over twenty years and has embraced most world religions and alternative philosophies. Dale is a lover of life who seeks to share ever greater vistas in a world of learning opportunities.

Workshop #27 *Saturday afternoon*

### **The Joy of Feng Shui**

Discover how to call positive energy into all aspects of your life by applying the ancient Chinese art of placement. Explore the ten basic time proven remedies for environmental balance and the Bagua map. With this introductory knowledge you will be well on your way to intuitively enhancing your personal paradise while honouring Self.

Workshop #28 *Sunday afternoon*

### **Discover Do-In (Self-Shiatsu)**

Do-In is the ancient healing art of self-shiatsu. It 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 in this fun and practical workshop. Please bring a blanket and/or towel.



**Brenda Molloy, CA, CMT, RYT**  
Kelowna • 250-769-6898  
brenmolloy@hotmail.com

Brenda is a Shiatsu Practitioner and Feng Shui Consultant. She follows the Feng Shui teachings of His Holiness Grandmaster Lin Yun. She received her certification in Acupressure and Shiatsu from the Acupressure Institute of Berkeley, California. She instructs classes at the Canadian Institute of Natural Health and Healing in Kelowna.

Workshop #29 *Saturday afternoon*

### **Eco-Spirituality**

In these times of confusion and growing despair, religions and various forms of spirituality keep us enslaved as human 'doings' moving our civilization towards challenging times. This workshop helps to relate our spiritual 'need' to the world of nature, the cosmos, and helping us to become human 'beings' in the here and now. A new look at spirituality for the times ahead, helping to find meaning in our present life.



**Norbert Maertens**  
Vernon • 250-549-2723  
nmaertens@fastmail.ca

On my journey through life, I've always felt the need to connect with the planet, nature and the spirit in all. As our civilization is losing that precious connection, to the detriment of all, I've been devoting time and energy to raise awareness and to be part of the solution, instead of adding to the problem. Since there is more to life than progress, greed and rational based efficiency, I practice a lifestyle based on voluntary simplicity, as if I have nothing to lose but everything.

Workshop #30 *Sunday morning (for men only)*

### **Exploring Masculinity In Our Society**

This workshop is about rediscovery, adventure, love, healing, brotherhood, magic and gratitude. Helping to reclaim our core maleness that is being lost in our 'post-modern' times, and finding life's purpose through nature, ritual and community. This workshop is about planting seeds for a better future, breaking out of isolation through community.



**Joan Casorso**  
Kelowna • 250-862-9724

Joan is an internationally acclaimed certified instructor of Strong, Stretched and Centered. Founder of Inner Rhythms Movement, Joan continues to develop music, movement, and health programs for coaches, school groups, performing artists, corporations and health care professionals.



Workshop #31 Saturday morning

### **The Spirit of Rhythm**

This Inner Rhythms playshop will blend the spirit of yoga and dance movement, song, self-care and relaxation. The dance movement component of the class will be inspired with live drumming. Please bring mat, blanket and wear loose, comfortable clothing.

Workshop #32 Saturday afternoon

### **The Spirit and Passion of the Drum**

The drum creates a rhythmical synergy that goes beyond the spoken word. Enjoy a sampling of African hand drum rhythms, songs and drum circle facilitation. Some drums provided or bring your own.

**Dhyana Bartkow**  
Gibsons • 604-886-9737  
www.innermoves.com

Dhyana pioneered Holistic Fitness in Vancouver in 1982 and founded Inner Moves Centre for Body and Soul on the Sunshine Coast. She customizes personal retreats and transformational experiences for conferences and has created an instructional video *Inner Moves in Hawaii*.



Workshop #33 Saturday evening

### **Inner Moves Somatic Yoga**

Moving beyond stretching and limitations of the musculo-skeletal system, to focus on breath, core strength and elongation... riding the breath wave into poses from the inside out.

Workshop #34 Sunday morning

### **NIA Huna**

#### **for Personal and Global Transformation**

NIA is a body-mind-spirit movement art that we will combine with Huna, ancient Hawaiian Shamanic principles, to unify our three selves and manifest intention. Please bring a blanket.

**Laurel MacGregor**  
Vancouver • 604-736-6805

Laurel, a Nia Brown Belt/Yoga teacher, is a life-long dance and yoga enthusiast. She started training in Nia technique in 1993 and became an instructor. "Nia and Yoga have pulled together many movement facets and have given me a framework to communicate body/mind wisdom and discovery to others."



Workshop #35 Saturday evening

### **Nia Technique: Power and Play**

Explore Nia (Neuromuscular Integrative Action), an effective dance/cardio awareness method for greater health and empowerment. Blending movement of yoga, martial arts and traditional and modern dance, Nia is a vehicle for transformation as we condition the body/mind. Please bring a blanket.

**Susan Utri**  
Lloydminster SK • 306-825-9212  
earthlytransitions@sasktel.net

Susan has been facilitating her own style of workshops for many years and incorporates many of her life experiences. She is gentle, humorous, compassionate and patient and enjoys watching people receive what is important to them in their lives. She is well travelled mentally, physically and emotionally.



Workshop #36 Saturday evening

### **Mirror Image**

Get to know yourself through your own eyes. Though it is easy for us to lie to ourselves, we are rarely able to lie to others when we look into their eyes. \*Please bring a mirror.

Workshop #37 Sunday afternoon

### **Balancing Energy with Crystals**

I will demonstrate how to clear, activate and balance your chakras with the aid of crystals. I will show how your energy centres leave behind an impression, good or not so good.

**Henry Dorst**  
Vancouver • 604-731-1061

Henry is a healing intuitive whose work incorporates feng shui into clearing geopathic areas and other disharmonious energies from places and individuals.



Workshop #38 Sunday morning

### **Deva Healing & Blessings**

Parallel to our physical realm is that of the Devas, ready to serve the Creator and all conscious beings. Their job: to create, maintain and shape forms to accommodate consciousness and the intent of those who are conscious. Knowing this is the key to creating contributions to peace, regenerative agriculture and health.

Workshop #39 Saturday afternoon

### Learn to Play the North American Indigenous Flute

In this experiential workshop we will explore the native flute, as well as playing techniques to enhance the meditative or performance experiences of the player.

Workshop #40 Sunday morning

### Sacred Sound and Body Harmonics

A lively discourse on the principles of harmony that permeate creation and wed spirit with form, opening into group meditation with soundstreams of didjeridu, flutes, chant and honeyed-word.



**Phil Larstone &  
Jacob Trezevant**  
Winlaw • 250-226-7810  
gaia@netidea.com

Phil and Jacob reside in the Slocan Valley where they research, craft and record pancultural and experimental wind-instruments. Their work integrates indigenous and ethnic craft traditions with cutting edge explorations into physics, astronomy, mythospiritality, ethnography and vibrational medicine. They delightfully share their inspiration through workshops, performances and therapeutic sound sessions.

Workshop #41 Saturday afternoon

### Dance From the Inside Out

Reawaken to the joy of your personal dance. Through breath, presence and movement you will create space within to connect deeply to the expressions of your Soul. Dance creates beauty and lightens the heart.

Workshop #42 Saturday evening

### From Stress to Success With GeoTran

The medical profession states stress is the number one cause of disease. Are you stress-free? Learn about a remarkable language, GeoTran, that allows you to transform your stress into vital energy for health, abundance, purpose and meaning.



**Anita Kuipers**  
Armstrong • 250-546-0906

As a Life Coach, Anita uses an eclectic approach to assist clients to access their unlimited possibilities. She supports clients to reclaim their gifts and live a life true to their heart's call. An integral part of her journey is to explore and express Self through movement, voice and art.

Workshop #43 Sunday morning

### The Power of Ritual

This workshop will include rituals reminding us of our vibratory continuity with one another and with our Creator. Remembering that we are at one with the Creator, we will honour our birthright - to shape destiny through sacred intention. There will be time for experiential work, for sharing, for questions and for creating your own potentially life-changing ritual.



**Lynne Gordon-Mündel**  
Kamloops • 250-579-9926 • lynnegm@telus.net

Lynne has a background in the health professions. Many years ago the veil-between-worlds dissolved for her; since that time she has been working with a group process which catalyzes spiritual awakening and conscious living. Lynne is a counsellor, group facilitator, mother, grandmother and author of *Shamanchild*.

Workshop #44 Saturday morning

### Interspecies Communication

This workshop will take you through some simple steps in interspecies communication. Learn how to create a safe internal environment for communication to take place between humans and animals. This is a time to have fun and be in joy!



**Sue Peters**  
Osoyoos • 250-495-2167 • desertsunz@yahoo.ca

Sue has been a student of Hawaiian Huna for four years. She is also a Reiki and Seichem master and teacher, pranic healer, craniosacral therapist, kinesiologist, Jin Shin Do practitioner, attunement and emotional release therapist, life skills coach and more.

Workshop #45 Saturday afternoon

### Aging Creatively with Humour, Laughter and Forgiveness

Age is mind over matter. If you do not mind it doesn't matter. It has been stated that "We don't laugh because we are happy, we are happy because we laugh." Come and be reminded 'how to' consciously plant your subconscious /your garden with humour, laughter and forgiveness.



**Jon-Lee Kootnekoff**  
Penticton • 493-7309 • kootywithlove@yahoo.com

Jon-Lee is a four-time World Masters Games participant. He talks/shares his walk by conveying his life's experiences in a candid, authentic and unique style and delivery. He uses humour, compassion and a gently assertive style to present his creative-lateral thinking, timely and meaningful message.

**Duncan Harte & Darcy Drobeno, Praxis Centre**  
Kelowna • 250-860-5686 • [praxiscentre@thesun.net](mailto:praxiscentre@thesun.net)

Duncan and Darcy have studied spirituality and travelled extensively. Both are graduates of the Leyline Centre for Spiritual Practice in Vancouver. Their experience includes graduate study in Berkeley, California, and teaching together since 1997. They have also worked closely with Langara College (Holistic Health Practitioner Program) and First United Church of Kelowna.



Workshop #46 Saturday morning

### **Spiritual Awareness and Meditation**

Experience yourself as spirit. Explore key tools such as centering, grounding, the aura/personal space. These tools form the foundation for daily meditation practice and support spiritual awareness in everyday life.

### **Samarpan**

Kaleden • 250-497-5146 • [www.osarts.com](http://www.osarts.com)

I love the totality of spontaneous creative expression. I enjoy painting, drawing, dancing, singing, writing, playing with clay and gardening. I share my enjoyment through managing the Okanagan School of the Arts in Penticton and offering weekend workshops exploring meditation and creativity.



Workshop #47 Saturday afternoon

### **Unmasking the Fool**

The Fool is the Spirit of Spring Festival and on this special occasion of the 25th celebration we invite you to discover, create and express your Fool. (One's innocent nature which inspires the trust and spontaneity needed for the leap into the unknown.) A brief introduction to the history and tradition of the Fool and some interactive movement sessions will aid you in the discovery. You will then mould a wearable mask of your 'Fool' and explore the character through theatre and interactive exercises.

### **Nywyn**

Penticton • 250-490-4624

My life is simple and rich. I enjoy pampering people and I love to create, paint, play and dance. I also enjoy writing and acting. I am fascinated by Myth and its many stories and characters. Through its exploration I have learned how we can gain insight and understanding into our lives.



Workshop #48 Sunday morning, DROPIN'S allowed

### **Decorating the Mask of the Fool**

Come to this drop in session to paint and decorate your mask to further illuminate your Fool. Participants are encouraged to wear their mask and be the Fool at the Closing Ceremonies.

### **Laurel Burnham**

Penticton • 250-492-7717

Laurel attended her first Spring Festival almost 24 years ago. She is convinced she heard angels singing then, and has followed their tune ever since. In 1988 she joined Angele and Urmi in re-birthing the Spring Festival of Awareness at Naramata Centre, as Mistress of Ceremonies and Director of Ambience. She is co-creator of the Wise Woman Weekend and is an active community organizer, gardener, wife, and mother of two sons.



Workshop #49 Saturday afternoon

### **Exploring the Labyrinth**

Walk the labyrinth, a practice used by thousands to connect with the Divine. It has a wonderfully rich history and as a spiritual practice has experienced a tremendous revival and acceptance in these 'modern' times. Join me for an exploration of this path of body prayer. Naramata Centre has a twelve circuit labyrinth.

Workshop #50 Sunday morning, DROPIN'S allowed

### **Sacred Crafts**

Together we will create sage smudge sticks, a willow wreath/crown and a garden stepping stone. There could be some other treats in store! Join me for some simple pleasures with this informal drop-in class.

### **James Minckler**

Missoula, Montana • 406-548-4373  
[www.energybalancing.com](http://www.energybalancing.com)

James is the author of two books on Energy Balancing. He has twenty-one years experience teaching groups throughout North America and Europe. His program brings together ancient healing techniques integrated into an easy system to help self and others. Please visit his interactive natural health program website.



Workshop #51 Saturday morning

### **Energy Balancing**

This unique and powerful program is used to influence and affect how you feel by eliminating those everyday aches and pains. Explore the body's energy field using easy procedures to detect and balance energy flow. In this hands-on experience learn the practical application of self health. The focus will be on energy, coordination, digestion and elimination.

Workshop #52 Sunday afternoon

### **Colour Therapy, Chakras & Emotions**

Energy Balancing for the spiritual body. Learn to test your aura and how to use colour to balance the chakras. The connection between emotions and specific organs will be discussed.

**Transformation, New Energy  
and Inner Child Work**

In this workshop we will talk about the new energies coming into Mother Earth which are available to everyone for their transformation. We will share from our experiences, the steps you can take to tap into these new energies and create heaven on this earth for yourself.



Sid is involved with Oriental Healing Arts and Nutritional Healing. He has been working passionately in these fields, at intuitive and logical levels for the past 30 years. Sid is one of the originators of the Spring Festival of Awareness and will join Harry and Nora Jukes for the 'Festival Beginnings' workshop, Saturday afternoon.

Bonny is blending her knowledge of Aromatherapy, Acupressure, Reiki and Nutritional Healing in her practice as partner in the Center for Awareness and Nature's Den Health Store in Rossland, BC.

# SUNRISE CEREMONIES

Saturday	6:45 to 7:30 Location	Sunday
<b>Jeannine Duperron and Paul Butte</b> <b>Thai Style - Tai Chi and Qi Gong</b> A simple form to stimulate the senses.	<b>Loft</b>	<b>Tira Brandon-Evans • Drum stirring</b> Celtic Shamans' traditional drum stirring and chanting the Awen.
<b>Brenda Molloy • Flowing Into Your Day</b> Graceful and flowing sequence of simple Yoga postures and Qi Gong movements. Please bring a blanket and/or towel.	<b>North Wing</b>	<b>Laurel MacGregor • Yoga Basics</b> Experience the benefits of this ancient system of mind/body fitness that balances and rejuvenates. Please bring a blanket and/or towel.
<b>Henry Dorst • Blessing the Grounds</b> Join us as we honor the landscape features and Okanagan Lake. (Weather permitting it will be outdoors)	<b>Sessions Room</b>	<b>Norbert Maertens • A Silent Meditation</b> Honouring the four directions and integrating various aspects of eco-spirituality.
<b>Lynne Gordon-Mündel • Awakening Consciously</b> Moving from dreamtime into conscious movement, we awaken the body to the day.	<b>South Wing</b>	<b>Lynne Gordon-Mündel • Awakening Consciously</b> Moving from dreamtime into conscious movement, we awaken the body to the day.
<b>Karen Angle • Toning and Chanting Morning</b> "Music is the mediator between the spiritual and sensual life." - Beethoven	<b>upper Alberta Hall</b>	<b>Karen Angle • Toning and Chanting</b> "To the birds you gave songs, the birds gave you songs in return. You gave me only a voice, yet asked for more, and I sing." - Tagore
<b>Urmi Sheldon • Nadabrahma</b> An ancient Tibetan morning meditation of toning and silence.	<b>lower Alberta Hall</b>	<b>Jon-Lee Kootnekoff • ReAwakening the Spirit and Soul via Creative Movement</b> Stretch and move with the Festival Jester.
<b>Laurel Burnham • Walking the Labyrinth</b> A time of reflection as we circle after a short passage about the history of this ancient tool.	<b>Labyrinth</b>	<b>Richard Ortega • Walking the Labyrinth</b> A time of reflection as we circle after a short passage about the history of this ancient tool.
<b>Kalaya Leighland • Tibetan Bowls &amp; Prayer Wheel Meditation</b> - Prayers and offerings during a sound contemplation of Bowls and Bells.	<b>Chapel</b>	<b>Kalaya Leighland • Tibetan Bowls &amp; Prayer Wheel Meditation</b> - Prayers and offerings during a sound contemplation of Bowls and Bells.
<b>Laurel MacGregor • Nia Rise &amp; Shine</b> Stretch and easy movement routine acknowledging the elements.	<b>Gym</b>	<b>Hajime Harold Naka • Qigong &amp; Taiji</b> Moving in harmony with nature, while feeling centred between heaven and earth.

Register before March 25<sup>TH</sup> ... Adults pay \$140, Seniors/Teens \$115 plus GST  
plus meals and accommodation for the weekend

# REGISTRATION FORM

Spring Festival of Awareness, April 25, 26 & 27, 2003

On site registration starts Friday the 25th at 1:30 pm. Opening Ceremonies at 7 pm

Name 1 \_\_\_\_\_ Name 2 \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ Prov. \_\_\_\_\_ Code \_\_\_\_\_

Phone \_\_\_\_\_ email \_\_\_\_\_

## FESTIVAL FEES

Weekend \* Saturday Sunday  
only only

		Weekend *	Saturday only	Sunday only
ADULTS	on or before March 25th	\$ 140	\$ 95	\$ 55
	March 26th—April 24th	\$ 165	\$ 110	\$ 65
	April 25th & on site registration	\$ 175	\$ 125	\$ 75
SENIORS 65 yrs+ & Teens (13-19)	on or before March 25th	\$ 115	\$ 80	\$ 45
	March 26th—April 21st	\$ 140	\$ 95	\$ 55
	April 25th and on site registration	\$ 150	\$ 110	\$ 65

REGISTRATION TOTALS.... Please register early if you wish to stay on site

Festival Fees \_\_\_\_\_ Adults @ \_\_\_\_\_ = \$ \_\_\_\_\_  
\_\_\_\_\_ Teens/Seniors @ \_\_\_\_\_ = \$ \_\_\_\_\_

\*Meals (from other side) Breakfast 7:30am, Lunch 12noon, Dinner 5:30pm \$ \_\_\_\_\_

\*\*Accommodation (from other side) ..... \$ \_\_\_\_\_

Subtotal \$ \_\_\_\_\_

add 7% GST \$ \_\_\_\_\_

Grand Total \$ \_\_\_\_\_

Amount enclosed \$ \_\_\_\_\_ (50% deposit required )

Balance ... payable at the door \$ \_\_\_\_\_

Refunds (less \$25) require a written request received by April 16 and will be processed after the event.

We prefer that participants register by completing this form and sending a cheque to:

**Visions Unlimited, Spring Festival. 254 Ellis St., Penticton, BC V2A 4L6**

To register with a Credit Card call Mon. to Fri: 9 am-5 pm • To cancel, confirm or make changes call Mon, Wed, Fri: 9am-5pm

We do not mail receipts. If you need confirmation please give us time to process the form and then call the number below.

If paying by credit card you may register by phone or fax at the numbers below or email: SpringFestival@issuesmagazine.net

**250-492-0039 or 1-888-756-9929 or fax 492-5328**

or register online at [www.issuesmagazine.net](http://www.issuesmagazine.net)

# MEALS....Please preorder by APRIL 14

## Meal packages

1) 6 meals • Fri dinner to Sun lunch \$60.50 \_\_\_\_\_

2) 5 meals • Sat break to Sun lunch \$46.00 \_\_\_\_\_

or select the ones you want... →

## Meal Service Times

Breakfast at 7:30am • lunch at 12noon • dinner at 5:30pm

Please circle if you have a preference for ...

**NO DAIRY    NO WHEAT    NO FISH**

## INDIVIDUAL MEALS

Fri. Dinner    \$ 14.50 \_\_\_\_\_

Sat. Breakfast \$ 7.25 \_\_\_\_\_

Sat. Lunch    \$ 8.50 \_\_\_\_\_

Sat. Dinner    \$ 14.50 \_\_\_\_\_

Sun. Breakfast \$ 7.25 \_\_\_\_\_

Sun. Lunch    \$ 8.50 \_\_\_\_\_

\* Meals Total \$

\$

\*Please enter  
\$ on other side

Meals include soup, salad, entree and dessert, plus coffee and tea, juice or milk.

All meals are vegetarian except Saturday dinner option of fish.

When being served please let the server know what you requested NO DAIRY, NO WHEAT or NO FISH

Please order meals by April 14. This really helps make our job easier. Only if there are last minute cancellations will we have onsite meals available. There are two restaurants off site nearby. Please bring a travelling mug for refreshment breaks.

**ACCOMMODATION REQUIRED? YES \_\_\_\_\_ NO \_\_\_\_\_**

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

**Check out time is 12 noon on Sunday.**

Please ensure to check out on time as all late check outs will be charged for a half day stay.

Please check your choice, descriptions below, then fill it in on the bottom line

Maple Court    Private \$115, Shared \$70 per person or \$130 for a couple

Alberta Hall    Private \$75, Shared - \$52 each, 2 to a room, women only

Cabins    Shared \$52 each, 3 to 6 people in a cabin

R.V. Space    \$ 21.00 per night .. includes electrical hook-up

Tent    \$ 17.00 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**  
both located nearby, 3 blocks off site    **Village Motel (250) 496-5535**

**Maple Court** and **Alberta Hall** have no cooking facilities. Maple Courts have one double bed, one single bed and a bathroom. **Alberta Hall** is a two floor dorm with 2 single beds to a room and a large bathroom on each floor. **Cabins** are spread around the site, each have a kitchen and bathroom, double and single beds and hideabeds (depending on the size of the cabin). **Bedding and towels are included in the price.**

Accommodation spaces fill quickly and are on a first come, first served basis. If you want a specific lodging, please register early and ask—we'll try. We will notify you if your request is not available. Some spaces are available for pre/post festival stays, please let us know if you plan to stay extra nights.

Preferred accommodation \_\_\_\_\_ \*\*Cost \$

\$

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

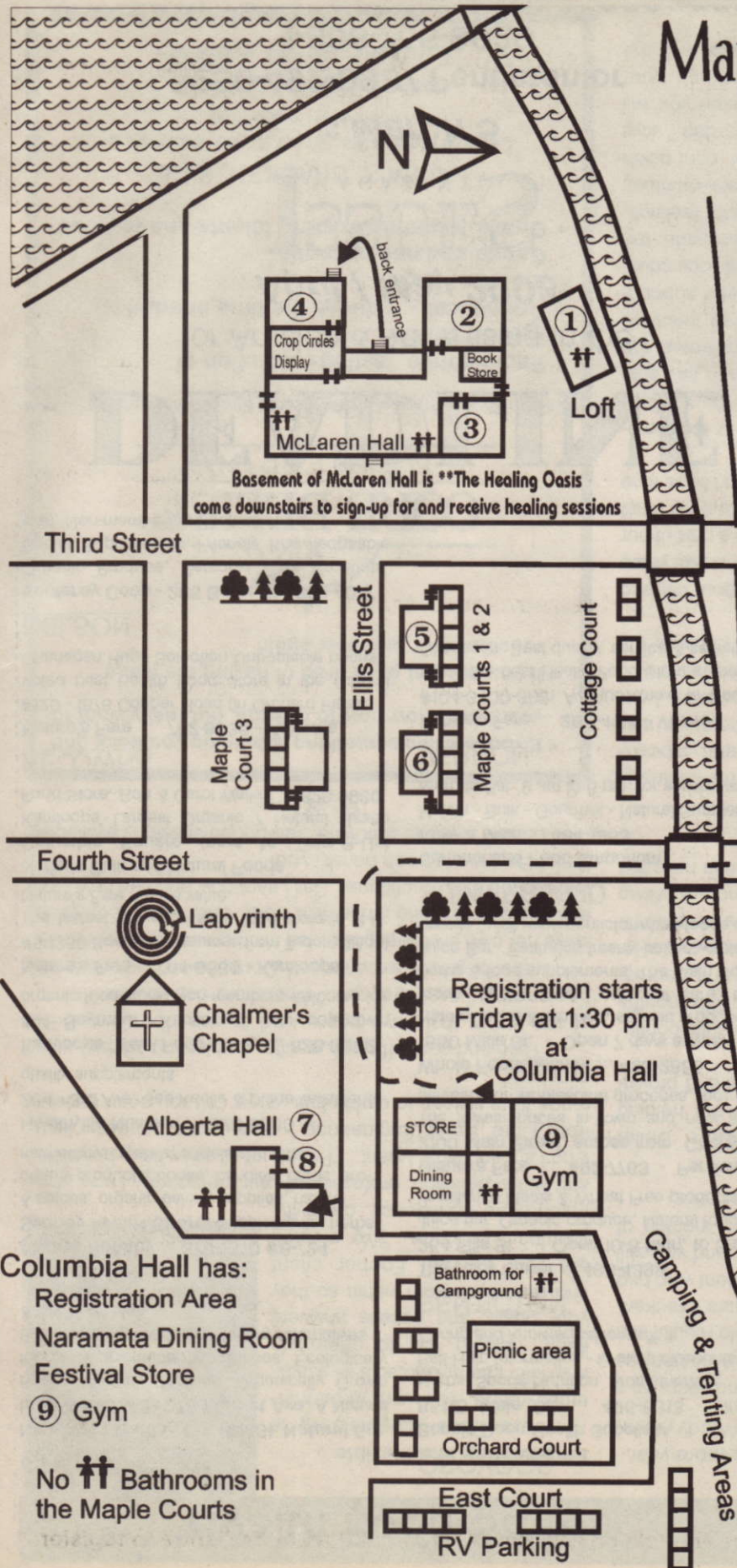
**CHECK OUT TIME IS 12 NOON SUNDAY**

**LATES WILL BE CHARGED FOR HALF DAY STAY**

**ALL PRICES for two nights (Friday & Saturday)**

**Naramata Centre requests.... Please No Pets on site and DO NOT call Naramata Centre to register**

# Map of Naramata Centre



## Finding Naramata

Driving into Penticton **from the South**, pass the Airport and turn left at the traffic lights (just over 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 • After 15 to 20 minutes driving, the road will 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** is located downstairs please follow the signs

From Penticton

Columbia Hall has:  
 Registration Area  
 Naramata Dining Room  
 Festival Store  
 ⑨ Gym

No ♪ Bathrooms in the Maple Courts

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