

Spring Festival of Awareness

Naramata Centre
near Penticton

**April
27-29**

Adults \$145
Seniors/Young People \$120
if registered before March 22

Over 50 Workshops

Opening and Closing Ceremonies

Sunrise Meditations & Tai Chi

Networking Opportunities

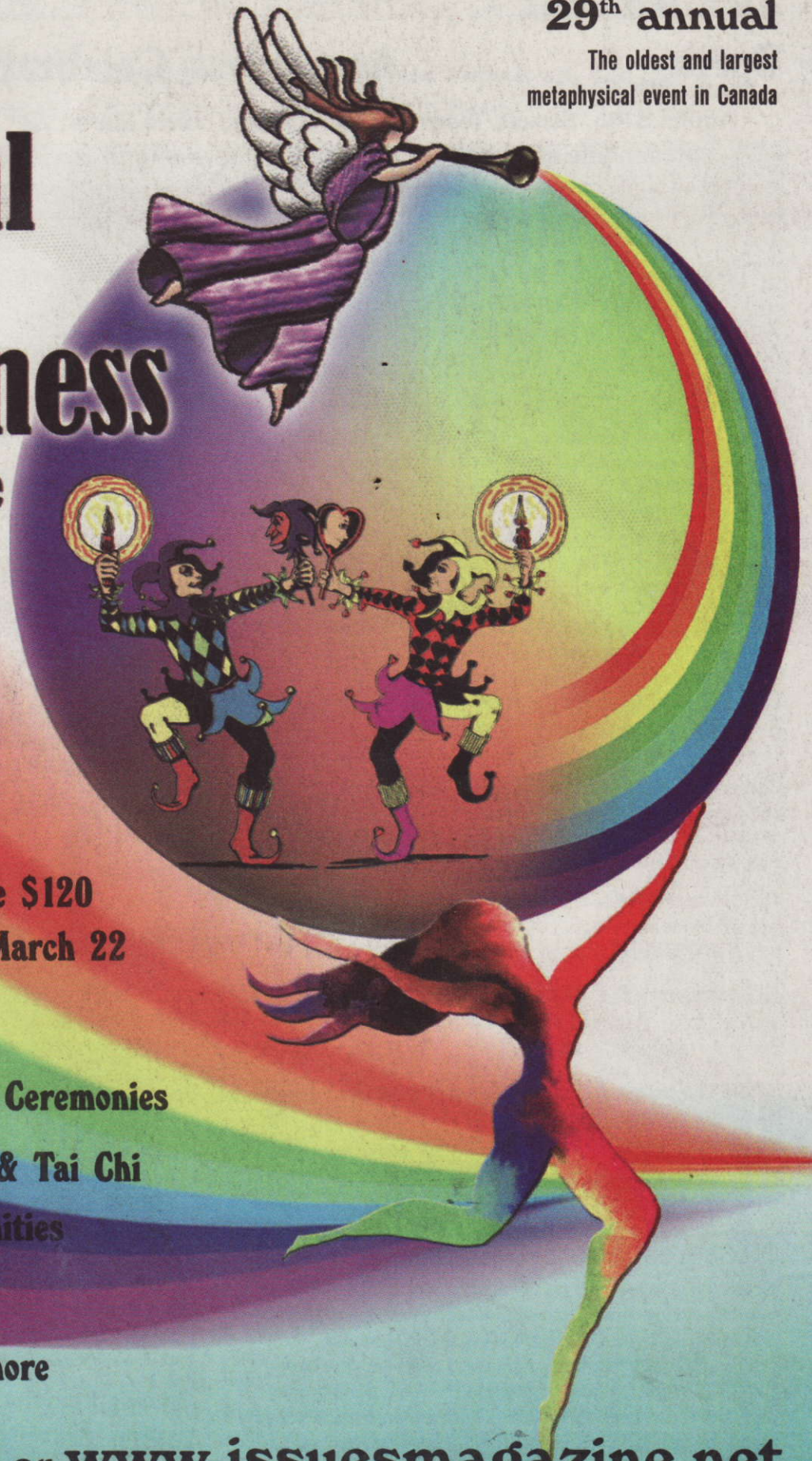
A Healing Oasis

A Festival Store & more

1-888-756-9929 or www.issuesmagazine.net

29th annual

The oldest and largest
metaphysical event in Canada



29th Annual - April 27, 28 & 29, 2007 Spring Festival of Awareness Celebration

Adults \$145, Seniors/Teens \$120 if registered before March 22ND
plus meals and accommodation for the weekend plus GST

We prefer registration by mail using the form on page 13 ... but you can register by phone using your credit card. 1-250-366-0038 or toll free 1-888-756-9929

This Celebration is always the last weekend of April, at Naramata Centre, a conference facility operated by the United Church. Wheel-chair accessible and next to Okanagan Lake near Penticton, BC.



Your Spring Festival Hosts
Angèle and Richard

Questions?
Call Toll Free
1-888-756-9929

Weekend Schedule

On Site Registration starts at 12:30 pm

Healing Oasis Registration starts at 1:30 pm

Dinner is 5:15 - 6:15

Opening Ceremonies start at 7:15 pm with Sacred Dance, followed by Introduction of Workshop Presenters and a twenty minute Crystal and Tibetan Bowl Sound Meditation with Terez and Kalaya to conclude the evening.

Sunrise Ceremonies start at 6:45 each morning with a variety of Movement and Meditation exercises.

A choice of twelve workshops start at 8:45 am.

Lunch is noon, afternoon workshops are 2 - 5:15 pm

Refreshment breaks are at 10:15 and 3:30 pm.

Dinner 5:15 - 6:15 followed by ten more workshops till 9 pm

Saturday Night is Trance Dance time. Enjoy a Visual Light Show and Sacred Art Gallery while moving to World Beat Music synthesized by Rainbow Cathedral, starting at 9 pm in the Great Hall. Also a Poi Fire Dancing Demonstration at 10:30 pm.

The Sunday schedule is the same except after lunch there is a last set of the workshops, then Closing Circle from 4 to 4:30 pm. A time for hugs and fond farewells. No dinner on Sunday.

Accommodation is on a first come basis. Information and costs are on the registration form on page 13.

Everyone must check out of their rooms by **11 am** on Sunday.

Meals Please pre-order by April 10, the sooner the better. Naramata Centre offers delicious, full course meals with a salad bar, beverages and desserts. Meal prices are on the registration form on page 13. If we have cancellations, a few meals could become available at the last minute.



We ask that you bring a travelling mug or give a donation if we wash cups. Thanks!

Refreshment Stations provide herbal teas and organic apple juice all day. Coffee is brewed at 10:15 and 3:30 pm.

The Healing Oasis & The Sanctuary

offers Healing sessions all weekend.. arrive early and enjoy.

Friday sign-up starts at 1:30 pm. Sessions 3:30 to 7 pm.

Saturday sign up at 8 am • Sessions 8:30 am to 9 pm

Sunday sign up at 8 am • Sessions 8:30 am to 4 pm

Rate of \$15 per half hour or \$25 per hour. Reiki by donation.

The Healing Oasis is in Lower McLaren Hall. The Sanctuary is off the grass near Columbia Hall and has 3 rooms for Energy Workers and 3 Reiki tables. Reiki sessions are drop-in and by donation.

If you wish to work in the Healing Oasis



we offer a trade: 6 hours of healing sessions for a weekend pass. All weekend there will be food available in the Healing Oasis at no charge or you can order the Naramata Center meals, prices on page 13. If interested in sharing your skills please go to our website, it has lots of the details including a page with *most frequently asked questions*. Then email Christina at christina@holisticcounsellor.com. If need be... phone her home at 250-490-0735.

The Festival Store has space to sell various crafts, crystals, jewellery and more. If you are registered as a participant and want to bring items to be sold in the store call the office at 250-366-0038. We have a store manager who will deduct a 20% commission on the items sold.

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 sign • 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. Go two blocks and you will be on Ellis St and at the Naramata Centre.

Coming from the North - Cross the bridge, you are now on Eckhardt Avenue, stay on Eckhardt to **Haven Hill**. Follow the instructions.***

Workshops & Workshop Leaders

The workshop numbers correspond to the numbers on the overall schedule

ANNA BEAUMONT

Edmonton, AB • 780-455-4961
www.annabeaumont.com

Anna is an Allied Health Professional in Integrative Body Psychotherapy and has been teaching voice for over fifteen years. She is a professional singer/songwriter, has many recordings and has performed throughout the world. Anna comes to this work through her own personal experience of struggling to be heard, loss of voice and physical illness. It is her passion and commitment to empower people to find their authentic voice and to speak up and be heard once again.



Workshop #01 Saturday afternoon 3 hours

Express Yourself; Finding Freedom & Release through Singing, Movement & Awareness

Is your voice representing you authentically? Where is my voice? How do I block my truth? Opening the body using breath, intention, release techniques and voice exercises we can discover our truth and learn to express it through our authentic voice. Reconnect with your source using your sound!

Workshop #02 Sunday afternoon 2 hours

The Healing Voice; Use Vibration To Heal Yourself

Using the sound of our voice we can tap into our voices' healing qualities and often our bodies, creating a receptive and open body (container) for love and spirit to enter, and return back to our natural state of well-being and flow.

HUGH McCLELLAND

Naramata, BC • 250-496-5367
www.laughalive.com

Hugh is a certified Laughter Yoga Teacher with the Madan Kataria School of Laughter Yoga in Mumbai, India, and a Certified Laughter Leader. Working with individuals, groups, businesses and schools, Hugh guides participants through simple and effective techniques allowing them to discover their own heartfelt, genuine laughter and how it can benefit their work, relationships and personal lives.



Workshop #03 Saturday evening 2 hours

Laugh Alive - Laughter Yoga

Experience the bliss of pure, genuine laughter without jokes or humor. Embrace the health, mental relaxation and spiritual joy that are laughter's great gifts. Learn how this joyful energy can be uniquely yours anytime, anywhere and in any situation.

Workshop #04 Sunday morning 3 hours

The Spirit of Laughter

When you come to silence from laughter the silence is powerfully infused with joy and contentment. Using breath and Laughter Yoga techniques we will experience heartfelt laughter followed by silent meditation and then deep chuckling for a joyful journey into our essential being.

BRITA ADKINSON

Maple Falls, Washington, USA
360-599-9129 • 360-738-4688

Brita lived in the Findhorn community in Scotland for fifteen years, where she organized conferences; led courses in personal and spiritual development; and trained staff. She now lives in Bellingham, Washington State, where she continues to share her knowledge and skills through presentations and workshops.



Workshop #05 Saturday afternoon 3 hours

Leadership and Decision-Making Findhorn Style:

How to Manage an Organization Using Attunement and Inner Guidance

Organizations, groups, and individuals all influence one another, are interconnected, and are infused with Spirit. An organization needs to be seen as a river, constantly changing and evolving into new form. Decision-making processes need to reflect this. Learn techniques for using intuition and meditation when managing groups and projects.

Workshop #06 Sunday morning 3 hours - Limited number of participants, please arrive early

The Transformation Game - an Unforgettable Experience That May Change Your Life

This stunning board game is a tool for radical change. While being fun entertainment, the Game will also touch deep realms of your awareness and demonstrate the power of your own intuition. Be prepared for tears and laughter, challenges, and surprises.

ELIZABETH HARDY

Gunn, AB • 780-967-2482

I am an Aboriginal Tribal Elder and a member of the the Alexis Nakota Stoney Tribe. A women's sweatlodge and pipe keeper. Tribal historian and traditional teacher. I am also a Reiki Master/Teacher, certified Healing Touch and Signature Cell Practitioner.



Workshop #07 Saturday afternoon 3 hours

Native Spirituality

Topics will include:

- The Medicine Wheel concept
- The Powers of the Four Directions and honoring the Grandfathers
- The importance of tobacco and prints protocol to seek answers and healing
- Women's role and conduct in ceremonial circles

Workshop #08 Saturday evening 2 hours

Journalling

All you journal writers out there know how satisfying journalling is. Come to this session and experience techniques that will profoundly deepen your journalling pleasure and speed your personal and spiritual growth. *Bring your journal!*

Workshop #09 Sunday morning 3 hours

Connecting to Angels and Devas

Once you connect to angels and devas they will enrich your life and enhance your spiritual growth. Learn the facts and fallacies of communicating with angels and devas and experience meditations to connect you to your angels.



ALICE BROCK
Surrey/White Rock, BC • 604-536-1264
www.alicebrocklifeworks.com

Alice is a Shaman and Intuitive Healer who helps women radically improve their connection to their inner wisdom and 'come home to their hearts'. She has been involved in mysticism and the human potential movement for eighteen years. She has training in Energy Healing, Angel Healing, Professional Life Coaching, NLP and Education.

Workshop # 10 Sunday afternoon 3 hours

Crystal Bowl Continuum

Using harmonic sounds and overtones we will explore the musical scale and parallel it to the sacred energy centers in the body, the chakras. Outwardly, you are still and cocooned, internally you may time travel or visit the celestial realms. A good time to dream and set new intentions.



TEREZ LAFORGE
Kamloops, BC • 250-374-8672

Terez is a longstanding student of sound and transformation. She uses crystal bowls and some metal percussion instruments for stirring us to the core and then returning to this reality with more personal freedom.

SUNRISE CEREMONIES with Terez SUNDAY morning at 6:45 am in the CHAPEL

A Sound Meditation • Using the crystal bowls and/or other instruments we will create alignment with our intent.

Workshop #11 Saturday afternoon 3 hours

Drawing the Goddess Within

A fun creative workshop for anyone, men and women! If you don't feel creative this is the workshop for you! We start with a meditation to relax and connect with the creativity that is in all of us! Using Goddess cards we find our archetype or ones that appeal to us and then we hit the paper! We do drawing exercises to go deep within ourselves to find the light side of creativity.



JOY ROBERTS
Mission, BC • 604-820-4909

Joy has been an artist as long as she could hold a pencil. In 1991 she graduated from art school and has been teaching and creating ever since. Joy believes she is here to bring Beauty and Love to this world with her work as a Youth Worker, Reiki, and her Art.

Workshop #12 Sunday morning 3 hours

Relaxation, Stress Release and Rejuvenation

Relaxation is understood to be a conscious activity where one slows down the metabolism in order to let go of mental and physical tension. This introduction includes simple everyday awareness of breath, meditation, colour, gemstones and reflexology, including a self-help method to find relief of aches and pains.



DONNA HARMS
Armstrong, BC • 250-546-9123
donna52@telus.net

Donna is certified in Reflexology, Crystal Light Therapy, Gemstone Massage Therapy, Shiatsu, and is a Reiki Master (trained with gem stones) and a Colour Therapy practitioner. She is also an accountant.

Workshop #13 Saturday morning 3 hours
Beyond Ecstasy We Find Self:
an Introduction to Tantra

This fun filled playshop will be spent learning about Tantra and Kundalini energy. Discover how to switch off the mind, awaken all the senses and become aware of your whole body. ** Please bring a blanket or towel.*

Workshop #14 Sunday morning 3 hours

The Divine Feminine Unfolding Vajrayogini Practice *For Women Only*

Tibetan Nuns preserved the Vajrayogini practice in their monasteries, sending the healing energy they had cultivated in their bodies to Mother Earth. With their monasteries now destroyed the practice was becoming lost. The Vajrayogini practice is an opportunity for us in the West to continue the tradition of cultivating this healing energy in ourselves and sending this regenerating energy to the world. ** Please bring a blanket or towel.*



BRENDA MOLLOY
Kelowna, BC • 250-769-6898
www.studiochi.net

Brenda is a Shiatsu Practitioner, Yoga Therapist, Feng Shui Consultant and Tantrika. She is the proprietor of Studio Chi, a school dedicated to the exploration of the movement of chi (energy). Her playshops allow her to share her passion for life in a relaxing, therapeutic, educational and fun way.

ANGÈLE ROY

Vernon, BC • 250-212-7594

www.expression.bc.ca

Angèle is an educator, percussionist, choreographer/dance and founder of the Expression Interactive Performing Art Co. which provides performances and programs for schools, retreats and festivals across Western Canada. She co-founded and performed with the *Images Dance Troupe* and with *Gamalie* the African drum and dance ensemble. She has received reviews from CHBC - TV, CBC, and KADAK. Recently, she co-founded the *Tambour Moving Arts Project* which released a world music CD - *Tambour*. Her genuine nature is to connect with people of all ages and is known for her 'Joie de Vivre!'



Workshop #15 Saturday afternoon 3 hours

Rhythmic Art - world music, rhythm and song

This rhythm, song, vocal and body percussion workshop provides a sense of well-being, rejuvenation and belonging for all. Experience collective joy as we manifest peace and harmony through our bodies and voice. Sing songs in over five different languages, experience the essence of rhythms and polyrhythm from diverse cultural sources, expect high energy, interactive, dynamic cultural experience facilitated with hand drums and an assortment of world percussion instruments for all.

You'll walk, (actually dance and sing) away, as this experience is sure to energize and nurture your spirit!

JOSEPH RANALLO

Rosland, BC

250-362-7763

jranallo@direct.ca

Joseph manages a part time acupuncture practice in which he combines Korean Hand Therapy with other healing modalities. He believes that all people can heal and that all people have a right to receive healing.



Workshop #16 Saturday morning 3 hours

Korean Hand Therapy

Experience this healing modality based on the Korean Acupuncture micro system that is practiced world wide. This system uses easily accessible hand points to accurately diagnose health issues, to balance the meridians, to manage, reduce, and even eliminate pain, and to treat the entire body. You can do all this using only finger pressure, metal fingers rings, and metal pellets. Come and enjoy and learn from this practical, interactive workshop. Please, if possible, bring two coloured metal rings (yellow gold, brass, copper, etc.) and two white metal rings (silver, steel, aluminum, etc.). These rings will serve as your portable MRI.

BONNIE WILLIAMS

Kelowna, BC • 250-862-6192

bonsharwill@shaw.ca • www.irlen.com

Bonnie considers herself to be the luckiest person in the world. She loves her job, a teacher since 1963, she discovered Montessori education in 1985. Two years ago, when a little girl was NOT learning, she discovered Irlen Syndrome, the missing piece in this child's learning. She is now a certified Irlen Screener, and wants the world to know about this sensitivity, so that learning is easier, as well as life in general.



Workshop #17 Saturday morning 3 hours

Are the Lights Bothering You?

Get headaches that nothing seems to fix? Sensitivity to light, especially fluorescents. Does black print on white paper seem to move? It accounts for 65% of 'diagnosed' dyslexia, 33% of 'diagnosed' ADHD, 50% of learning disabilities and possibly up to 80% of Autism. It is possible to screen for Irlen Syndrome and treat it, with coloured overlays and tinted Irlen lenses. You either have it or you don't. There are no side effects of the Irlen tints, and ...best of all, no drugs.

Bonnie will be available at the Healing Oasis for one-on-one consultations Ask at the Healing Oasis reception for a scheduled appointment.

BOBBY BOVENZI

Okanagan Falls, BC • 250-497-8992

www.commonpulse.org

I'd like to pay respect to my instructors Khalid Abdul N'Faly Saleem, Kpani Addy, Keio Ogawa, Mamady "Wadaba" Kourouma, Armando Mafufo, Mamady Keita, Famadou Konate', Clyde Morgan, and Arthur Hull. Without their talent and generosity I would not be who I am today. I've studied and performed West African, Latin and Middle Eastern drumming, as well as Rhythm Circle facilitation in the States, Canada and Japan over the past twelve years, and am so happy to be calling the Okanagan my home.



Workshop #18 Saturday morning 3 hours

Of Bone and Skin, A Rhythm Odyssey

Go deep into the realm of rhythm and experience the euphoric vibration of your bones and their connection to body, mind and soul. We'll begin with body rhythm and odd time signatures, progress to Boomwhackers™ for unity and team building, and end with waves of drum energy, for a nourishing and grounding Rhythm Odyssey.

Workshop #19 Sunday afternoon 2 hours

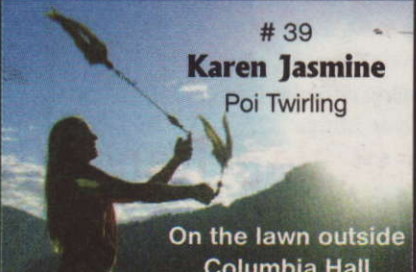

Komodon means 'Crazy Dance'

Be prepared to learn simple African dance moves and play the drums and small percussion at the same time. The class will develop a series of movements that integrate rhythm patterns with choreography for a fun filled workout you'll love!

These numbers indicate the workshop location on the map that you will receive at the Festival

WEEKEND SCHEDULE

Saturday

Location	8:45 - 10:15 am	10:30 - noon	2 - 3:30 pm	3:45 - 5:15 pm	7:00 - 9:00 pm
1 Loft	# 41 Lynne Gordon-Mündel Now	# 50 Gisela Ko A Shamanic Drumming Circle	# 22 Jeannine and George Thai Massage		
2 North Wing	# 13 Brenda Molloy Beyond Ecstasy We Find Self	# 01 Anna Beaumont Express Yourself	# 03 Hugh McClelland Laugh Alive - Laughter Yoga		
3 Sessions Room	# 43 Sandra Lynn Lee The Healing Codes	# 05 Brita Adkinson Leadership and Decision-Making Findhorn Style	# 36 Sharon Taphorn Intro to Signature Cell Healing		
4 South Wing	# 51 Mariah Faye Milligan Emotional Freedom Techniques	# 34 Jean Shelemey Access your Natural Psychic and Intuitive Abilities	# 20 Norma Cowie Is Your High Self Your Friend		
5 Maple Court 1	# 32 Karen Hanna Aromatherapy and Vita Flex	# 26 Christina Ince Old and Smart	# 27 Christina Ince Clutter Clearing with Feng Shui		
6 Maple Court 2	# 42 Brock Tully A Circle of Friends	# 07 Elizabeth Hardy Native Spirituality <i>(Outside if the weather is good)</i>	# 24 Hajime Harold Naka A Healing, Spiritual Journey		
7 Maple Court 3	# 17 Bonnie Williams Are the Lights Bothering You?	# 11 Joy Roberts Drawing the Goddess Within	# 08 Alice Brock Journaling		
8 upper Alberta Hall	# 16 Joseph Ranallo Korean Hand Therapy	# 30 Kuya Minogue The Zen of Ordinary Daily Life	# 47 wildflower Bliss		
9 lower Alberta Hall	# 38 Rachel & Laura Planet Peace Communications	# 48 Kelly Oswald Getting Down to Business	# 49 Kelly Oswald The 'Secret' missing in <i>The Secret</i>		
10 Great Hall	# 18 Bobby Bovenzi Of Bone and Skin, A Rhythm Odyssey	# 15 Angéle Roy Rhythmic Art	# 53 Josea & Mountain Eyes Kundalini Dance		
Chapel	# 28 Phil & Suzanne A Prayer Dance Practice		# 39 Karen Jasmine Poi Twirling	# 46 Kalaya Leighland Classic Tibetan Singing Bowls	
Other	# 45 • Kathy Collins Hands-On Healing <i>in the Sanctuary (Creekside House) just below Columbia Hall- see signs</i>		On the lawn outside Columbia Hall		

Friday evening after the Introduction of Workshop Presenters there will be a Sound Meditation. Join Terez and Kalaya with a 20-30 minute performance of the Crystal and Tibetan Singing Bowls.

APRIL 27, 28 & 29th 2007

These numbers indicate the workshop location on the map that you will receive at the Festival

Sunday

 SUNRISE 6:45 - 7:30		8:45 - 10:15 am	10:30 - noon	1:30 - 3:30 pm	Location
		# 04 Hugh McClelland The Spirit of Laughter	# 25 Hajime Harold Naka Radical Qi-Robics <i>(Outside if weather is good)</i>		Loft 1
		# 14 Brenda Molloy The Divine Feminine Unfolding <i>Vajrayogini Practice - Women Only</i>	# 02 Anna Beaumont The Healing Voice		North Wing 2
SAT	Phil & Suzanne Prayer Dance	# 29 Phil & Suzanne Embracing Harmony	# 38 Rachel & Laura Planet Peace Communications		Sessions Room 3
SUN	Brock Tully Acts of Kindness	# 09 Alice Brock Connecting to Angels and Devas	# 52 Mariah Faye Milligan Energy Medicine		South Wing 4
		# 12 Donna Harms Relaxation, Stress Release and Rejuvenation	 # 40 Karl Muller Polynesian Poi Dancing 1 to 4 pm on the lawn Columbia Hall		Maple Court 1 5
		# 33 Karen Hanna Energy Healing and Anointing with Essential Oils			Maple Court 2 6
		# 06 Brita Adkinson The Transformation Game		Remember - Check Out is 11 am Closing Ceremony 4 - 4:30 in the Great Hall	Maple Court 3 7
Kuya Minogue Zen Writing Practice		# 35 Jean Shelemey Our Empowering Dreams	# 31 Kuya Minogue Write From the Source		upper Alberta Hall 8
Gisela Ko Medicine Wheel Ceremony		# 37 Sharon Taphorn Ten Principles of Consciously Creating	# 44 Sandra Lynn Lee Spiritual Alignment Consulting		lower Alberta Hall 9
Hajime Naka TaiChi and Qigong		# 21 Norma Cowie Past Life Regression	# 19 Bobby Bovenzi Komodon means 'Crazy Dance'		Great Hall 10
SAT	Kalaya Tibetan Prayer Wheel	# 10 Terez Laforge Crystal Bowl Continuum	# 23 Jeannine and George Vipassana Insight Meditation		Chapel
SUN	Terez Laforge A Sound Meditation				

Saturday Evening Trance Dance ... starts 9 pm

A journey of transformation through sound and light... presented by the Rainbow Cathedral, whose focus is to create a safe, nurturing environment conducive to letting go of attachments, judgements, and inhibitions, so that people can become more in tune with their Sacred Selves and realize their Sacred Purpose upon this planet in these exciting times. There will be video projected sacred geometry visuals and video clips along with a sacred tribal art gallery by Ngakpa Yeshe. Sonic shamanism will be facilitated by DJ Mountain Eyes. Karen and Karl will perform a fire dance fiesta in a flurry of flames with poi chains and veils at 10:30 pm along with live drumming outside on the lawn, weather permitting. 7

Workshop #20 Saturday evening 2 hours

Is Your High Self Your Friend

Discover what your High Self is really saying to you. Experience talking with your High Self and discovering what it really thinks. Learn about Core Belief Energy Releasing/Transforming work.

Workshop #21 Sunday morning 3 hours

Past Life Regression

Understand how your past lives affect your present life today. Release and let go of blocks which stop you from creating what it is you want. Experience the easy technique that Norma utilizes in transforming past life blocks.



NORMA COWIE

604-536-1220 • 604-943-3587.

Delta, BC • www.normacowie.com

A professional psychic/metaphysical consultant for over thirty years who has written many books, including three on the Tarot. A Past Life Regressionist, and a Core Belief Energy Releasing/ Transforming Therapist, Norma brings many years of study and practical application to all that she does making her a knowledgeable, fun and enjoyable speaker.

Workshop # 22 Saturday evening 2 hours

Thai Massage

Experience the stimulation of energy in the body through the use of muscle manipulation, reflexology, acupressure and gentle yogic stretches. The objective is to create a balance in the energy distribution which affects the physical, mental and emotional bodies. *Please bring a blanket.*

Workshop # 23 Sunday afternoon 2 hours

Vipassana Insight Meditation

A tool for the exploration of Oneself. This method was discovered 2500 years ago by Buddha. We will give you the foundation of this practice which you can take home.

JEANNINE DUPERRON/GEORGE CHRISTODOULOU

Fairmont, BC • 250-270-0368

www.thecircleoflife.ca



Jeannine and George are International teachers and practitioners of Thai Massage who have studied in many respected schools in Thailand and under the tutelage of some of its great Masters. Their experience also includes extensive training and practice in Buddhist, Vipassana Insight Meditation and Psychology as well as Yoga, Martial Arts and Advanced Psychic Readings.

Workshop #24 Saturday evening 2 hours

A Healing, Spiritual Journey

Join Hajime on the path to self-healing, self-development and self-realization. Through listening, sharing stories, and Qigong Healing meditation you will move playfully into Body-Mind-Spirit wholeness.

Workshop #25 Sunday afternoon 2 hours

Radical Qi-Robics

Hajime's creative energy circulating exercise will relax, open, massage, rejuvenate, invigorate and balance the whole body. Qi-Robics is inspired by nature, Qigong, Tai Chi, cycling, swimming, meditation and imagination.



HAJIME HAROLD NAKA

Kelowna, BC • 250-762-5982

Hajime, (Dancing Dragon) Ph.Qi, is an Urban Daoist legend, Zen reject, Radical Visionary, Qi-dancer and a seriously playful martial artist. His innovative 'Body-Mind-Spirit Moving into Wholeness Qigong-Tai chi' has been healing, empowering and liberating society since 1983. Hajime is re-creating a Radical Inclusive community.

SUNRISE CEREMONIES with Hajime, BOTH mornings at 6:45 am in the GREAT HALL

TaiChi & Qigong • Moving in harmony with nature, feeling centered between heaven and earth.

Workshop #26 Saturday afternoon 3 hours

Old and Smart

Inspired by Betty Nickerson's book of the same name, this workshop is for women moving into a new phase of their lives and wanting to make the most of it. Getting older doesn't have to mean slowing down, changing to fit others' expectations, or giving up anything! Explore enhancing your life, finding your creativity and passion, decide to age with joy and freedom, and re-discover Yourself!

Workshop #27 Saturday evening 2 hours

Clutter Clearing with Feng Shui Principles

Got clutter? You will have to some extent.....in your home and place of work, as well as your mind, body, relationships, and your spirit. The clutter you can't see and touch may be harder to shift than that which you can. Learn to clear your multi-dimensional clutter in positive and enlightening ways.



CHRISTINA INCE

Penticton, BC • 250-490-0735

christina@holisticcounsellor.com

Christina Ince

is the

Healing Oasis
Coordinator

"I have a holistic health practice in Penticton, providing Reiki classes and treatments as well as relaxation massage, couples' workshops, and counselling for relationships and loss and grief. Helping people to help themselves has become a passionate aspect of my life, and I do my best to adhere to Mother Teresa's principle of never letting anyone leave my presence without them feeling better than when they arrived."

PHIL LARSTONE
SUZANNE SCHROYEN
Winlaw, BC • 250-226-7810

Phil and Suzanne have embarked on a path of conscious partnership, to grow and thrive together, and in shared exploration of the ever unfolding mysteries of spirit. They draw on life experiences, studies, realizations, and co-creative process to convey knowledge and inspiration through their workshop offerings.



Workshop #28 Saturday morning 3 hours

A Prayer Dance Practice

Movement can describe and affirm spiritual intentions when used as a conscious practice. Learn a movement form that symbolizes a living prayer, and take part in a facilitated discussion to create a prayer dance from a personal devotion, or through modifying the template learned in the workshop.

Workshop #29 Sunday morning 3 hours

Embracing Harmony: Relationship as a life-song of mutual evolution.

Primary relationships can be the most challenging, yet rewarding, dimensions of human experience. Together we will explore the potential of relationships as a conscious path of healing, purification, self-development, and spiritual transformation.

SUNRISE CEREMONIES with Phil and Suzanne, SATURDAY morning at 6:45 am in the SESSIONS Room
Arising Voices • Sharing songs of gratitude for life and spirit.

KUYA MINOGUE
Golden, BC • 250-344-2267
www.redshift.bc.ca/~kminogue

Kuya has been teaching Zen practice since 1989. After training in the lineage of the Shasta Abbey Monks in Japan, she adopted a hermitage practice in Canada's far north. Since 2003, she has been resident teacher at ZenWords Zen Centre, an Independent Zen Centre in Golden, BC. In Dec. 2006, Kuya received dharma transmission from Natalie Goldberg, author of *Writing Down the Bones* and is now the first Canadian Dharma Heir of Zen Writing Practice. Kuya has been teaching Zen Writing Practice for three years.



Workshop #30 Saturday afternoon 3 hours

The Zen of Ordinary Daily Life.

In this busy world, it is beneficial to come to a full stop and sit still with a peaceful mind. This workshop teaches Zen Meditation and how to apply it to daily life. *Bring a cushion if you have one.*

Workshop #31 Sunday afternoon 2 hours

Write From the Source:

Introduction to Zen Writing Practice

By alternating between sitting meditation, walking and writing in silence, we will reach deep into our creative minds and write from the source. *Bring a notebook and two fast pens.*

SUNRISE CEREMONIES with Kuya, BOTH morning at 6:45 am in UPPER ALBERTA HALL
Zen Writing Practice • Zen meditation with some fast writing techniques that include: sit, walk, write, read.

KAREN HANNA
Lethbridge, AB • 403-394-3436
www.aromatherapy-coach.com

Karen is a holistic practitioner, natural health educator and researcher using therapeutic grade essential oils with over ten years experience. She is a certified teaching intern with the Center for Aromatherapy Research and Education (CARE) and a student in the Institute of Spiritual Healing and Aromatherapy (ISHA) certification program.



Workshop #32 Saturday morning 3 hours

Aromatherapy and Vita Flex

VitaFlex consists of a specialized form of digital electrical stimulation to fire voltages into the body through reflex points. You will learn eight specific techniques using vitaFlex and essential oils to support and balance the body.

Workshop #33 Sunday morning 3 hours

Energy Healing and Anointing with Essential Oils

Throughout history, fragrance has been used in religious rituals to create sacred space and connect with the divine. Today, daily anointing is a part of self care and healing work. *Bring a pendulum if you have one.*

JEAN SHELEMEY
Vancouver, BC • 604-739-0070
metaje@telus.net

Jean is a wellness teacher, alternative healer and an intuitive counselor. She has taught courses across Canada for twelve years in shamanism, meditation, intuition development, manifestation, health, empowerment, cancer healing techniques, and dream interpretation. She has taught corporate wellness courses to TransCanada Pipelines, ICBC, and CSNN.



Workshop #34 Saturday afternoon 3 hours

Access your Natural Psychic and Intuitive Abilities

We are all born with a natural psychic ability and have one gift that is dominant like clairvoyance, clairsentience or clairaudience. Through exercises, begin to learn how to trust and tap into your gifting so that you can make optimal life decisions.

Workshop #35 Sunday morning 3 hours

Our Empowering Dreams

Dreams are messages from our unconscious or internal knowingness. Find out the purpose of dreaming and get guidance on how to recall and interpret dreams to improve your physical, emotional and spiritual wellbeing.

Workshop #36 Saturday evening 2 hours

Intro to Signature Cell Healing

This non-invasive touch healing modality focuses energy on the 'Signature Cell,' which lies within the pineal gland. This cell holds the memory of our cellular perfection and our original blueprint. The re-awakening of this cell allows for a return to optimum health and balance in all four bodies.

Workshop #37 Sunday morning 3 hours

Ten Principles of Consciously Creating

- Living your life with Truth, Trust and Passion

These powerful tools of awakening, when studied and practiced, allow you to create the life experience you desire, based on universal laws that you can use right now to create happiness and self-fulfillment. Discover how you too can experience a life lived filled with prosperity and joy, in perfect alignment with your higher intentions.



SHARON TAPHORN

Vancouver, BC • 604-874-3770

www.SharonTaphorn.com

I am a teacher, healer, adventurer, and always the student. I love to share the teachings beyond the physical that assist us in the physical. I am an adult Indigo. I've spent many years working with other realms of consciousness. I am a Signature Cell Healer Practitioner, Certified Instructor of the Ten Principles of Consciously Creating, Spiritual Intuitive Counsellor and more.

Workshop #38 Saturday morning 3 hours & Sunday afternoon 2 hours

Planet Peace Communications

Nonviolent Communication is a powerful process for inspiring compassionate connection and action. It provides a framework and set of skills to address human problems, from the most intimate relationships to global political conflicts. With practice your NVC knowledge will help change the way you think, speak and act. This in time will contribute to social transformation, as we connect to others in a way that inspires compassionate results.



LAURA WATT

RACHEL ROSS-HERBISON

Argenta, BC • 250-366-4277 • www.cnvc.org

Rachel and Laura are passionate about NVC and sharing it with others.

Between them, they have backgrounds in education, parenting, conflict resolution, communication, conscious business and spiritual studies. Their workshops are inspiring, practical, transformative, experiential and always informative.

Workshop #39 Saturday afternoon 3 hours

Poi Twirling - Centered in Sacred Geometry

Be inside an unfolding, mesmerizing mandala as two balls on strings circle around you in a healing pattern of beauty and delight. Learn to develop right and left brain balance resulting in awesome co-ordination. (Cancelled if raining)



KAREN EVENING JASMINE

Nelson, BC • 250-352-7267

A belly dance performer and instructor. Poi twirling was a natural attraction and it blends with her undulating hip patterns. As a double Sagittarius she loves fire.

Workshop #40 Sunday afternoon 3 hours

Polynesian Poi Dancing

This tribal art form trains the body's coordination and hand/wrist dexterity. Create a body-mind connection as you learn to spin patterns of sacred geometry with balls on ropes. (Cancelled if raining)



KARL MULLER a.k.a. Ngakpa Yeshe

Duncan, BC • 250-748-7402 • www.RainbowSorcery.com

Karl (a.k.a. Ngakpa Yeshe) is a rainbow-warrior light-being with a varied set of skills in healing, martial arts, music, art, and business. A fanatic of fire-dancing, and a master of meditation.

SUNRISE CEREMONIES with Karl BOTH mornings at 6:45 am in SOUTH WING

Buddhalila Mahasati Meditation • Buddha Mudras, relaxing, slow moving elegant hand positions in harmony with breath.

Workshop #41 Saturday morning 3 hours

NOW

All life springs forth from One Source. Relationship with our Source is available to us right now. This workshop will be dedicated to helping its participants find and deepen this fundamental relationship, the central and most vital relationship of their existence. We will listen together to the resonance of Life, using relationship with one another to make us more aware of subtle levels of ourselves. We will listen to our Creator silently guiding human evolution.



LYNNE GORDON-MÜNDEL

Kamloops, BC • 250-579-9926

www.origin8.org

Lynne Gordon-Mündel has a background in the health professions. She is a counsellor / facilitator, founder of Three Mountain Foundation, Kamloops, BC, mother of four, author of *The Pebble and the Peacock* and *Shamanchild*. Lynne is gifted in working with people experiencing awakening.

SUNRISE CEREMONIES with Lynne BOTH mornings at 6:45 am in the LOFT

Awakening • Through guided meditation and movement you will learn to let your dreams 'speak' to you.

BROCK TULLY

Vancouver, BC • 604-687-1099 • www.brocktully.com

In 1970 Brock was the first person to ride a bicycle around North America (16,000 km) In 2000 he rode 18,000 km through 33 states and 7 provinces to raise awareness for kindness. He is author of eight books, five of them are the *Reflections series*. Presently he organizes the World Kindness Concert and travels to schools talking to kids about kindness.



Workshop #42 Saturday morning 3 hours

A Circle of Friends

Following a short intro, we will get to know each other through fun, safe, interactive 'sharings' of who we are and how we feel...you will leave the session with your heart 'opened and touched' and feeling connected and supported by new friends for the rest of the weekend and... beyond.

SUNRISE CEREMONIES with Brock, Sunday morning ONLY at 6:45 am in the SESSIONS Room
Acts of Kindness • Together we will create some anonymous acts of kindness - help us connect to each other.

SANDRA LYNN LEE

Penticton, BC • 250-490-4685
www.MiracleInspirations.com

Sandra is a Spiritual Alignment Consultant, Certified Healing Codes Coach and a practitioner of SOMA Neuromuscular Integration bodywork. She has been doing intuitive energetic healing since 1993 and says... 'People's bodies talk to me.' Sandra encourages people to experience the 'Miracle' that they are each and every day.



Workshop #43 Saturday morning 3 hours

The Healing Codes

Learn about and experience The Healing Codes. This revolutionary energetic self-healing modality effectively heals cellular memories. Heal emotional issues from your past and experience shifts in all areas of life.

Workshop #44 Sunday afternoon 2 hours

Spiritual Alignment Consulting

Do inner conflicts keep you stuck? Get your conscious and unconscious minds, physical body, spirit, and soul cooperating, in support of your well being and success. This impacts physical, mental, emotional, spiritual, and financial life.

KATHY COLLINS

Kelowna, BC • 250-763-5997

After years of working with nutrition and health stores I am now focusing on relaxation healing for mind and body. Both Reiki and the Bach Remedies are safe, non-invasive methods of improving the quality of life that we live.



Workshop #45 Saturday morning 3 hours in 'The Sanctuary'

Hands-On Healing

Whichever healing modality you choose, all provide healing for giver and receiver alike. Come along, de-mystify the process; ask questions; learn how to promote relaxation, achieve peace of mind, find freedom from stress, anxiety and tension. Experience giving and receiving in a safe nurturing setting.

KALAYA LEIGHLAND

Mission, BC • 604-832-0044

Her initial involvement with the bowls came when their haunting sounds began to play in her inner world. As each bowl manifested in her life, her awareness of it's capacity to heal and transport one into the inner planes grew. She believes that sound is part of the twin aspects of God, which are Light and Sound.



Workshop #46 Saturday evening 2 hours

Classic Tibetan Singing Bowls

This is a time to relax. There is nothing required of you, no thinking involved. Just an opportunity to bathe yourself completely in the haunting sounds of the Tibetan Bowls. Enjoy the variety of tones that the twenty plus bowls offer, along with the Eastern percussion of gongs, ting shaws, ocean drums. Individual attention is also given so you can hear the bowls up close. Come in for the whole workshop or stop in for a few minutes to take a Sound Break. *Bring a blanket if you like lying on the floor.*

SUNRISE CEREMONIES with Kalaya, SATURDAY morning at 6:45 am in the CHAPEL

Prayer Wheel Service • Send your prayers of intention to heavenly heights using the Tibetan Singing Bowls and Prayer Wheel.

WILDFLOWER • OK Falls, BC

250-486-5739 • www.wildflowereryoga.ca

wildflower is a Certified Hatha Yoga Teacher trained in the style of Kripalu, meaning compassion. Her unique meditation-in-motion teaching style and her respect of individual experience empower and enable participants to deeply connect with their own body/mind wisdom, enhancing their personal awareness and direct experience of the moment.



Workshop #47 Saturday evening 2 hours

BLISS

Rejuvenate your entire being in this luxuriously relaxing session of gentle, restorative yoga, soothing breath work and guided meditation for deep calm, peace and acceptance. Open to all levels of ability.

SUNRISE CEREMONIES with wildflower, BOTH mornings at 6:45 am in the NORTH WING

Breath of Joy • Embrace the day with gentle stretching, invigorating breath work, guided meditation and relaxing integration.

Workshop #48 Saturday afternoon 3 hours

Getting Down to Business

Back by popular demand... A workshop for holistic and intuitive practitioners who are serious about building and maintaining a successful practice including

- business mastery for the spiritually minded
- how to build and maintain clientele
- marketing and promotion ...and more!



KELLY OSWALD

Whistler, BC • 604-905-0084

www.theoracle.ca

Kelly is a board member of the Assoc. of Holistic Practitioners, owner of 'The Oracle' in Whistler and Founder of the West Coast Institute of Mystic Arts (2001-'06). She is an Ordained Minister and teacher of spirituality and metaphysics who shares her knowledge with the viewers of Canadian national television and listeners of radio stations in Canada, the United States and Mexico..

Workshop #49 Saturday evening 2 hours

The 'Secret' missing in *The Secret*

Discover the keys to work effectively with the principles revealed in *The Secret* movie during this interactive presentation. Understand your true desires and how they can manifest through a deeper understanding of the Universal Laws. Learn how the Law of Attraction can be more effective when other Universal Laws are applied at the same time.

Workshop #50 Saturday afternoon 3 hours

A Shamanic Drumming Circle

Learn how to journey into non-ordinary realities using the drum as the sonic drive to put you into an altered state of consciousness. Bring a drum, or a rattle or two sticks that will make some sound when clicked together. Then let's see what strange journeys we can have.



GISELA KO

Grand Forks, BC • 250-442-2391

www.saskworld.com/holistic/GiselaKo

Gisela is a shamanic healer who trained extensively under Michael Harner and Sandra Ingerman. She also studied Tibetan, Celtic and Siberian Shamanism. She now lives on a mountain, teaching and conducting circles and gatherings in Grand Forks.

SUNRISE CEREMONIES with Gisela BOTH morning at 6:45 am in Lower Alberta Hall

Medicine Wheel Ceremony • Expressing gratitude to the four directions and the elements they represent. Bring a drum if you have one, or a rattle or clicksticks, and be ready for some wake-up exercises from different shamanic traditions!

Workshop #51 Saturday morning 3 hours

Emotional Freedom Techniques (EFT)

Through simply tapping the body's meridian points using EFT, fears and anxiety can quickly melt away, stubborn phobias often fade in minutes, lifelong effects of early trauma can be reduced or completely eliminated, anger can rapidly become manageable and even physical problems may respond positively where other treatments have failed. The extraordinary effects of this unique and powerful method will be taught and experienced in this workshop.



**MARIAH FAYE
MILLIGAN**

Vernon, BC • 250 558 3665

Mariah is a highly experienced professional counsellor who has devoted her life to exploring and teaching cutting edge techniques in personal growth for more than twenty years. She is an Ordained Minister of the church of Healing Energy and holds a BA in Psychology. She is a certified counsellor from the Counsellor Training Institute of Vancouver and achieved an Advanced Certificate in EFT.

Workshop #52 Sunday afternoon 2 hours

Energy Medicine

Use your body's energies to boost your vitality and stamina, strengthen your immune system, relieve pain and common complaints such as colds and tension headaches, sharpen your memory and mind and keep yourself healthy and balanced, all within a daily five minute routine.

Workshop #53 Saturday evening 2 hours

Kundalini Dance

In this workshop we invite you to activate the transformational healing power of our natural life force rising through our chakras. Deepening awareness through breath, sound and movement rejuvenates our innate self healing potential. Trance dance has been used for centuries by tribal collectives to activate healing of the body, mind, soul and spirit. The practice rejuvenates the body, clears old stagnant emotional energy, brings insight and clarity into limiting beliefs and supports the awakening and integration of higher consciousness.



JOSEA CROSSLEY • Nelson, BC • 250-588-9355

www.kundalini-dance.com • divinelilywell@gmail.com

Josea has been dancing since she learned how to stand freely. She is a certified Bodyworker, Cranial Sacral Therapist, Live Food Nutritionist and Kundalini Dance Facilitator who is still in-training with Leyolah Antara Dekanic.



MOUNTAIN EYES • Victoria, BC • 250-385-3933

www.rainbowcathedral.com

Known for his deep spirited sets, Mountain Eyes blends musical medicines, bridging sacred downtempo, global fusion, and psychedelic trance. He is co-founder and event organizer of the Rainbow Cathedral and a Shiatsu Therapist. **12**

Register before March 22ND and save \$20... Adults \$145, Young People \$120
 plus meals, accommodation and gst • OnSite registration starts Friday at 12:30 pm.

REGISTRATION FORM

Healing Oasis Registration starts at 1:30 pm
 Healing Sessions available Friday 3:30 to 7 pm

Name(s) _____

Address _____ Phone _____

Town _____ Prov. _____ Code _____ email _____

FESTIVAL FEES

		Weekend	Saturday only	Sunday only
ADULTS (25-62 years)	on or before March 22 nd	\$ 145	\$ 100	\$ 55
	March 23 rd —April 19 th	\$ 165	\$ 115	\$ 65
	After April 20 th and on site registration	\$ 175	\$ 125	\$ 70
SENIORS 63 yrs+	on or before March 22 nd	\$ 120	\$ 80	\$ 45
	March 23 rd —April 19 th	\$ 140	\$ 95	\$ 55
Young People (12-24 yrs)	on or before March 22 nd	\$ 120	\$ 80	\$ 45
	After April 20 th and on site registration	\$ 150	\$ 105	\$ 60

MEALS....Please preorder by APRIL 10

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

6 meals Fri dinner to Sun lunch \$75.⁰⁰ _____ **5 meals** Sat breakfast to Sun lunch \$57.⁰⁰ _____

INDIVIDUAL MEALS

Fri. Dinner	\$ 18. ⁰⁰ _____	Sat. Breakfast	\$ 9. ⁰⁰ _____	Sat. Lunch	\$ 11. ⁰⁰ _____
Sat. Dinner	\$ 18. ⁰⁰ _____	Sun. Breakfast	\$ 9. ⁰⁰ _____	Sun. Lunch	\$ 11. ⁰⁰ _____

Please circle if you have a preference for ... **NO DAIRY** **NO WHEAT** **NO FISH**

ACCOMMODATION *Bedding and towels included.* Check out time **11 am - Sunday**

- Maple Court *one double bed, one single bed and a bathroom. Fridge, sink and tea kettle in the foyer*
 - Private: One person, two nights \$ 140
 - Shared: Two people, two nights \$ 80 per person • Three people, two nights \$75 per person
 - Alberta Hall *a two storey dorm with 2 single beds in a room and a large bathroom on each floor.*
 - One woman, one night \$50 • One woman, two nights, \$85 per person
 - Two women, one night \$35 per person • Two women, two nights \$60 per person
 - Cabins *One or two bedrooms. Front room has a hide-a-bed/couch. Kitchen has dishes, toaster, kettle and pots.*

SHARED ONLY

 - \$80 per person for two nights (2 people in a cabin)
 - \$75 per person for two nights (3 to 5 people in a cabin)
 - R.V. Space \$ 21 per night including electrical hook-up
 - Tent \$ 17 per night .. no power
- R.V. & tent spaces have a central bathroom with shower and a picnic area.*

Festival Fees \$ _____
 Meals \$ _____
 Accommodation \$ _____
 Subtotal \$ _____
 GST (add 6%) \$ _____
 Grand Total \$ _____
 Amount enclosed \$ _____ (50% deposit required)
 Balance ... \$ _____ payable at the door



Please bring a travelling mug for refreshment breaks.

Send REGISTRATION FORM and cheque to: **Visions Unlimited, Spring Festival: RR 1, Site 4, C 31, Kaslo, BC V0G 1M0**

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

Refunds requires a written or emailed request and will be processed after the event. (Deposit less \$30 per person)

If paying by credit card phone **250-366-0038**
 or **1-888-756-9929** or fax **250-366-4171**