

Spring Festival of Awareness

Naramata Centre

near Penticton

April
25-27

Adults \$155

Seniors/Young People \$130

if registered before March 15

Over 50 Workshops

Opening and Closing Ceremonies

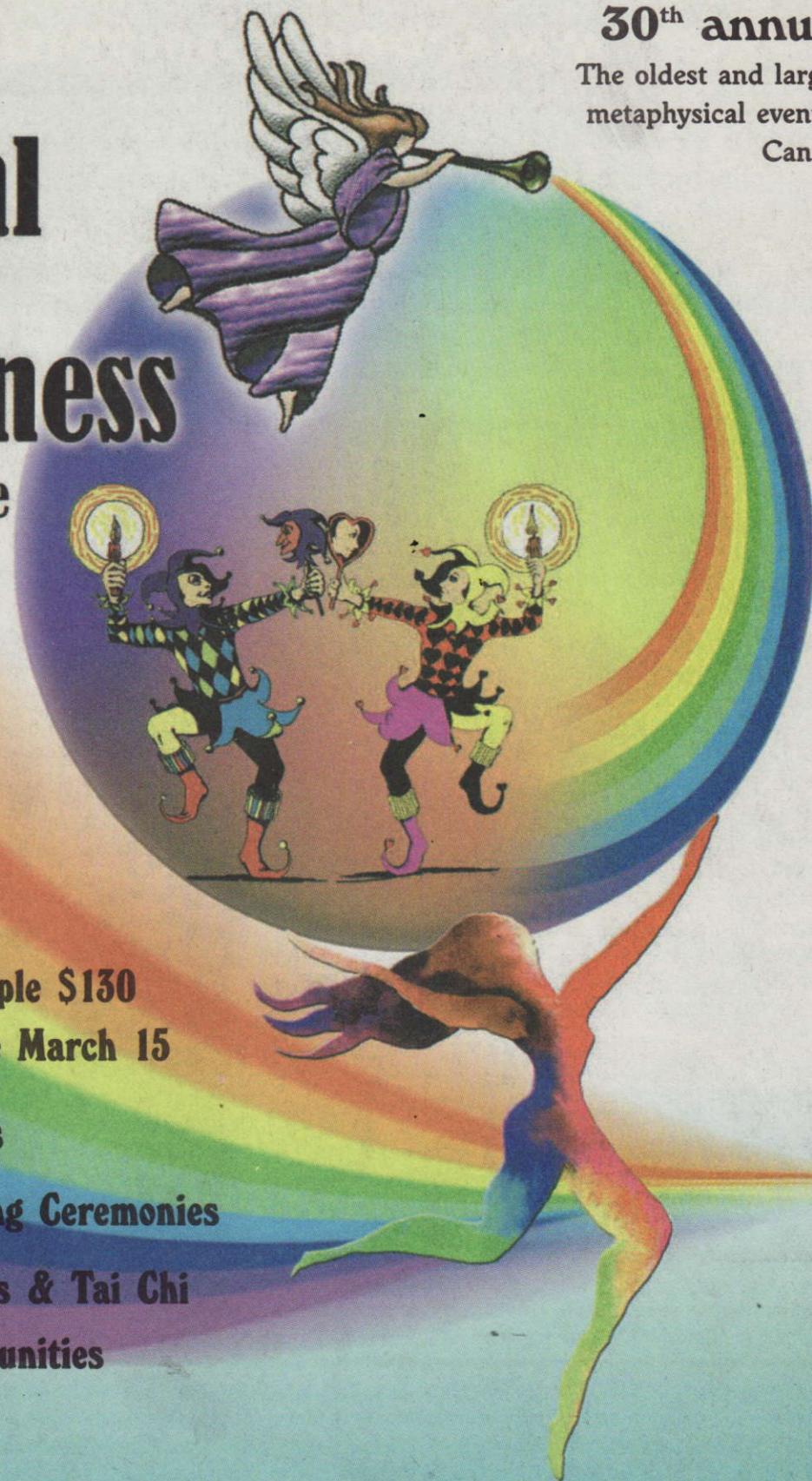
Sunrise Meditations & Tai Chi

Networking Opportunities

A Healing Oasis

A Festival Store & more

30th annual
The oldest and largest
metaphysical event in
Canada



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

30th Annual - April 25, 26 & 27, 2008 Spring Festival of Awareness Celebration

Adults \$155, Seniors/Teens \$130 if registered before March 15ND
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



Your Spring Festival Hosts
Angèle and Richard

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.

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

Weekend Schedule

FRIDAY SCHEDULE

12:30 pm ... OnSite Registration starts
1:30 pm ... Healing Oasis Sign-up starts
5:15 - 6:15 pm Dinner • 7:15 pm... **OPENING CEREMONIES**
Dances of Universal Peace followed by Introduction of Workshop Presenters and concluding with a twenty minute Crystal Bowl Sound Meditation with Terez.

SATURDAY SCHEDULE

6:45 - 7:30 am • Choice of eight Sunrise Ceremonies
7:30 - 8:30 am Breakfast
8:45 - Noon • Choice of twelve workshops
12 - 1 pm Lunch
2 - 5:15 pm • Choice of ten workshops
5:15 - 6:15 Dinner
7 - 9 pm • Choice of eight workshops
9 - 11:15 pm • **ENTERTAINMENT** JamTree is a new project featuring three players from BC's well known Reggae band... Samsara. Devaki Thomas, Jacob Chatterton and Walt Musekamp mix upbeat danceable rhythms with styles of Soul, Reggae, Rock and World Beat for an unforgettable night!

SUNDAY SCHEDULE is the same except after lunch there is one last set of 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 **1 PM** on Sunday.

Meals Please pre-order by April 1 • Naramata Centre offers 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.

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



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 \$20 per half hour or \$30 per hour. Reiki by donation.

The Healing Oasis is in Lower McLaren Hall. The Sanctuary has changed locations and will be in a trailer near the Labyrinth. 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 Centre 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.

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

ARIOLE K. ALEI

Vancouver, BC • 604-731-1783
www.HeartSongSolutions.com

An international speaker, coach, healer and global visionary. She has met personally with His Holiness the Dalai Lama and other world leaders to discuss her Visions of "A New Model of Exemplary Global Leadership". Ariole is the author of seven books including *The Simplicity of Abundance* and *H.O.P.E. = Healing Ourselves and Planet Earth*.

Ariole is the co-founder of a website for singles interested in ecology, nutrition, global peace, awakening and more.



Workshop #01 Saturday morning 3 hours

H.O.P.E. = Healing Ourselves & Planet Earth A Blueprint for Personal and Collective Change

What will it take to motivate humanity from complacency into solution-focused action to resolve our collective crises of global peace, environmental sustainability and poverty, to name a few? Based on her new book Ariole will reveal the healing of the rifts within humanity, and the healing of our relationship with our environment - including the first ever 'Map' of 'How Wounding Happens' and 'How Healing Works.'

Workshop #02 Sunday morning 3 hours

Abundance In Action - Law of Attraction Mastery

Discover how to attune your inner vibration with your higher vibration. Fast-track yourself to Clarity, Power and Results as you gain a clear understanding of how everything you desire comes to you from the infinite vastness of the 'Non-Physical'.

MAHENDRA SINGH

Kelowna, BC • 250-764-8049

A motivating and inspiring speaker from India who lived in Gandhi's Ashram for two years to practice the Gandhian philosophy and way of life. Mahendra lived for two years at a Buddhist monastery where he studied Buddhism and practiced Vipassana meditation. He has completed his M.A. and M.Phil in Ahimsa (Non-Violence) and Peace Studies, where he explored how to create a peaceful family, society and education system. His simplicity, devotion for humanity, remarkable insights and commitment to harmonious relationships, make him an inspiring person.



Workshop #03 Saturday afternoon 3 hours

Living A Happy And Meaningful Life

Recognize your purpose of living and achieve your fullest human potential. Explore the human need for relationships and family; the inherent desire to seek wisdom; and the lasting joy/happiness that we naturally derive from these. Understand all facets of human life in a universal holistic perspective, as a means of achieving harmony within oneself and with existence in its entirety.

Workshop #04 Saturday evening 2 hours

Holistic Health and Relationships

Understand the purpose and actual meaning of health. Examine the connection between health, inner peace and relationships. Explore how to achieve complete health, real inner peace and harmonious relationships within family, society and nature.

RITA SCOTT

Creston, BC • 250-428-3390

A lawyer practicing in B.C. for the past 14 years, she has been a prosecutor, defense counsel, a civil litigator and a mediator with a focus on prevention and resolution.



Workshop #05 Saturday evening 2 hours

The Legality of Doing Business

Learn some of the legal pitfalls that can be avoided when operating a small business along with steps to prevent legal actions from occurring. I will also share some tips to make your business smart and successful.

KUYA MINOGUE

Creston, BC • 250-428-3390
www.zenwords.ca

Kuya is a lay Zen monk. She has been teaching Zen practice since 1989, and Zen Writing Practice since 2003. She is the resident teacher at the ZenWords Zen Centre in Creston, BC.



Workshop #06 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.

SUNRISE CEREMONIES with Kuya, BOTH mornings at 6:45 am in UPPER ALBERTA HALL

Zen Writing Practice • Zen meditation with some fast writing techniques that include: sit, walk, write, read.

Workshops & Workshop Leaders

The workshop numbers correspond to the numbers on the overall schedule

ARIOLE K. ALEI

Vancouver, BC • 604-731-1783

www.HeartSongSolutions.com

An international speaker, coach, healer and global visionary. She has met personally with His Holiness the Dalai Lama and other world leaders to discuss her Visions of "A New Model of Exemplary Global Leadership". Ariole is the author of seven books including *The Simplicity of Abundance* and *H.O.P.E. = Healing Ourselves and Planet Earth*.

Ariole is the co-founder of a website for singles interested in ecology, nutrition, global peace, awakening and more.



Workshop #01 Saturday morning 3 hours

H.O.P.E. = Healing Ourselves & Planet Earth

A Blueprint for Personal and Collective Change

What will it take to motivate humanity from complacency into solution-focused action to resolve our collective crises of global peace, environmental sustainability and poverty, to name a few? Based on her new book Ariole will reveal the healing of the rifts within humanity, and the healing of our relationship with our environment - including the first ever 'Map' of 'How Wounding Happens' and 'How Healing Works.'

- Workshop #02 Sunday morning 3 hours

Abundance In Action - Law of Attraction Mastery

Discover how to attune your inner vibration with your higher vibration. Fast-track yourself to Clarity, Power and Results as you gain a clear understanding of how everything you desire comes to you from the infinite vastness of the 'Non-Physical'.

MAHENDRA SINGH

Kelowna, BC • 250-764-8049

A motivating and inspiring speaker from India who lived in Gandhi's Ashram for two years to practice the Gandhian philosophy and way of life. Mahendra lived for two years at a Buddhist monastery where he studied Buddhism and practiced Vipassana meditation. He has completed his M.A. and M.Phil in Ahimsa (Non-Violence) and Peace Studies, where he explored how to create a peaceful family, society and education system. His simplicity, devotion for humanity, remarkable insights and commitment to harmonious relationships, make him an inspiring person.



Workshop #03 Saturday afternoon 3 hours

Living A Happy And Meaningful Life

Recognize your purpose of living and achieve your fullest human potential. Explore the human need for relationships and family; the inherent desire to seek wisdom; and the lasting joy/happiness that we naturally derive from these. Understand all facets of human life in a universal holistic perspective, as a means of achieving harmony within oneself and with existence in its entirety.

Workshop #04 Saturday evening 2 hours

Holistic Health and Relationships

Understand the purpose and actual meaning of health. Examine the connection between health, inner peace and relationships. Explore how to achieve complete health, real inner peace and harmonious relationships within family, society and nature.

RITA SCOTT

Creston, BC • 250-428-3390

A lawyer practicing in B.C. for the past 14 years, she has been a prosecutor, defense counsel, a civil litigator and a mediator with a focus on prevention and resolution.



Workshop #05 Saturday evening 2 hours

The Legality of Doing Business

Learn some of the legal pitfalls that can be avoided when operating a small business along with steps to prevent legal actions from occurring. I will also share some tips to make your business smart and successful.

KUYA MINOGUE

Creston, BC • 250-428-3390

www.zenwords.ca

Kuya is a lay Zen monk. She has been teaching Zen practice since 1989, and Zen Writing Practice since 2003. She is the resident teacher at the ZenWords Zen Centre in Creston, BC.



Workshop #06 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.

SUNRISE CEREMONIES with Kuya, BOTH mornings at 6:45 am in UPPER ALBERTA HALL

Zen Writing Practice • Zen meditation with some fast writing techniques that include: sit, walk, write, read.

Workshop #07 Saturday morning 3 hours

Living with the Angels

A chance to connect with source energy, bringing happiness, prosperity and joy to this thing called "life." Angels are talking... are you listening? Learn to activate a channel of loving energy flowing into your life and trust your whispers.

Workshop # 08 Sunday afternoon 2 hours

Get Happy

Shift your negative habits and attitudes by recognizing limiting-perceptions. Learn to identify new ways of creating prosperity. Happy people are empowered individuals who are less stressed and radiate a high-energy yield! They are ready to serve.

Workshop #09 Saturday afternoon 3 hours

The Extraterrestrial Presence

I believe that the E.T. presence on earth and in our skies is here to help us in the transition to a higher order which must be accomplished if the human species is to survive and share the resources for the benefit of all. The present plan is to bring into public consciousness that E.T. life exists and that the universe is populated by a great variety of species. Will we welcome our cosmic brothers and sisters with open arms? Includes a video.

Workshop #10 Sunday morning 3 hours

Future Scenarios

where we are and where we are headed

Given the present planetary circumstance, what can we do to prepare ourselves for massive and unprecedented change? Since it is obvious to most of us that we cannot maintain present lifestyles much longer given finite planetary resources, how are we to survive? While change is inevitable and to resist is futile, growth on the other hand, is optional. We have no choice but to make an evolutionary leap in consciousness and create a new human society.

Workshop # 11 Sunday morning 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

www.terezlaforge.com

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 # 12 Saturday morning 3 hours

Stone Divining

Rocks can be portals to hidden grottos and secret rooms. Rock-seeing is a Lakota Sioux technique that is based on the principle that all nature is alive. The language of the rock is its ability to show the seeker images. The stones are a metaphor of your energy body, in the sacred space of the shamanic divination reading, it is possible to both read energies and clear unwanted energies that are uncovered. This method can be used for just about any kind of query.



SUE PETERS

Keremeos, BC • 250-499-5209

Being connected with the natural world is important. This connection teaches us to be grounded in the present, and shows us how to follow the flow of whatever life stream we step into. I have been trained from a colourful mix of both Aboriginal and European based peoples. My teachers have taught me how to work with the Earth Energies, and use the old forms of healing through Reiki, Pranic Healing, Applied Kinesiology, Acupressure, Ra~Sheeba, Munay-ki and other modalities.

SUNRISE CEREMONIES with Sue Peters BOTH mornings at 6:45 am in the LOWER ALBERTA HALL

Aloha Spirit Breath/Blessing • Learn this joyful, short, relaxing, easy and uplifting breathing technique.



ELIZABETH MANUEL

Edmonton, AB • 780-445-9299

www.elizabethmanuel.com

Author, speaker and life coach, her warmth and passion for transforming the lives of thousands of people is apparent in her presentations, coaching and writing. Owner of MetaMind Consulting, a company she created to provide an avenue to share life affirming tools and techniques along with joy and laughter.



ROBERT NICHOL

70 Mile House, BC • 250 456-6039

www.stardreams-cropcircles.com

An award-winning filmmaker, educator and teacher Robert is regarded as a visionary producer of programming that seeks to enlighten as well as entertain. He brings to the world community new ideas and concepts that lead to new approaches in healthy living, new ways of being and finally to the development and evolution of human thought. His gifts as a channel enable him to foresee the future and thus he seeks to bring to light the message of a new spiritual consciousness.

CHRISTINE LUMMIS

Nelson, BC • 250-352-5056

www.arttherapyservices.ca

Christine is a Registered Art Therapist and an Instructor at the Kutenai Art Therapy Institute. She has offered expressive arts and personal healing workshops integrating art, movement, dance and music for over 10 years. She just returned from Mexico where she offered Creative Wellness and Body Wisdom workshops sharing her passion for expressive arts as a healing tool. She has written a manual on the Use of Art in the Treatment of Addictions, and is currently co-authoring a creative workbook for couples.



Workshop #13 Saturday afternoon 3 hours

Body-Awareness through Creative Expression

Understanding personal symbolism and metaphors is the basis of using art as a healing tool. Body awareness techniques to get in touch with the inner landscape will be followed by an exploration of the body's journey using colour and symbols.

Workshop #14 Sunday afternoon 2 hours

Finding Your Flow: Art and Movement

Explore your creative side. Relaxation and gentle movement warm-ups give the critical mind a rest and allow authentic creative expression to come forward. This opening is followed by play with gestural and abstract painting.

JANET PEARSON

Kaslo, BC • 250-353-2463

www.kootenaylodge.com

Janet is a Master Herbalist and Certified Colon Hydrotherapist dedicated to exploring and experimenting with food choices and preparation for cleansing and health. She is an organic farmer working towards growing and feeding herself and others with the very best food possible.



Workshop #15 Saturday afternoon 3 hours

Nourishing the Divine Temple:

Food Choices for Higher Consciousness

Take a deep look at the foods you are feeding your Self, exploring the connection between physical and spiritual bodies. Visualization, divination, preparation and taste testing will be used to explore organic, alkaline and raw food choices.

Workshop #16 Sunday afternoon 2 hours

Our Emotional Relationship with Food

How, what, when, where and why do we eat? Journey to discover, share and release emotional connections with food. Learn to create a healthy and nourishing relationship with this life-giving gift from Mother Earth.

SHARON CARNE

Calgary, AB • 403-239-3784

www.mountainrosemusic.com

Sharon's passion for healing sound has its foundation in a successful thirty-year career performing and teaching the classical guitar. In her workshops people learn how to dissolve stress and experience how sound heals. Her CDs offer support for those who are removing negativity and old patterns of thought and behaviour from their lives. She has studied with healing sound pioneers Jonathan Goldman and Tom Kenyon, and is a reiki master.



Workshop #17 Saturday morning 3 hours

Introduction to Healing Sound

Discover how sound heals, experience the physical effects different kinds of sound have on the body and learn simple tools you can use to keep your physical and energetic bodies in tune.

Workshop #18 Sunday afternoon 2 hours

Introduction to Vocal Harmonics

The focus of this workshop is to introduce and practice the creation of the most powerful and sacred of sounds: vocal harmonics or overtone singing.

BONNIE WILLIAMS

Kelowna, BC • 250-862-6192

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 #19 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.

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	# 39 Lynne Gordon-Mündel Healthy Relationships	# 09 Robert Nichol Extraterrestrial Presence	# 32 Sharon & Marjorie Taking Care of Your SELF		
2 North Wing	# 27 Carol Stewart Mystery School of the Tarot and the Tree of Life	# 13 Christine Lummis Body-Awareness through Creative Expression	# 34 Sharon Taphorn Transitioning and Healing		
3 Sessions Room	# 29 Norma Cowie Past Life Regression	# 45 Josephine Lawless Into the Heart of the Self	# 44 Akbar Kieken Dances of Universal Peace		
4 South Wing	# 01 Ariole Alei H.O.P.E. Healing Ourselves & Planet Earth	# 36 Brenda Molloy Let's Play Tantra	# 05 Rita Scott The Legality of Doing Business		
5 Maple Court 1	# 12 Sue Peters Stone Divining	# 15 Janet Person Nourishing the Divine Temple			
6 Maple Court 2	# 31 Brock Tully A Circle of Friends	# 24 Diana & Gary The Golden Age of Aquarius			
7 Maple Court 3	# 19 Bonnie Williams Are the Lights Bothering You?	# 06 Kuya Minogue The Zen of Ordinary Daily Life	# 22 Hajime Harold Naka A Healing, Spiritual Journey		
8 Chapel	# 17 Sharon Carne Introduction to Healing Sound	# 47 Kari McCuish Heart of the Drum	# 20 Jane Hutchins Munay-Ki - The Healer's Rite		
9 upper Alberta Hall	# 07 Elizabeth Manuel Living with the Angels	# 38 Carol Tatham Brainwaves of Potential	# 30 Norma Cowie Are you Friends with your Shadow Self		
10 lower Alberta Hall	# 48 Eric Bowers Compassionate Communication	# 03 Mahendra Singh Living a Happy & Meaningful Life	# 04 Mahendra Singh Holistic Health		
11 Great Hall	# 40 Dancing Dawn Otter Power Animal Journey				
Other	# 42 • Christina Ince Hands-On Healing <i>in the Sanctuary a trailer beside the Labyrinth - see signs</i>				

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

APRIL 25, 26 & 27th 2008

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
Lynne Gordon-Mündell <i>Awakening</i>		# 33 Sharon & Marjorie Taking Care of Your SELF		# 52 Jon-Lee Kootnekoff How to Get Out of Your Own Way	Loft 1
Wildflower <i>Breath of Joy</i>		# 26 wildflower Body Poetry		# 14 Christine Lummis Finding Your Flow: Art and Movement	North Wing 2
SAT	Jon-Lee Kootnekoff <i>Gentle, Fun Stetching</i>	# 37 Brenda Molloy Introduction to Feng Shui		# 49 Eric Bowers Dynamic Governance	Sessions Room 3
SUN	Brock Tully <i>Acts of Kindness</i>				
Kari McCuish <i>Trance Drumming</i>		# 35 Sharon Taphorn Creating Shifts		# 28 Carol Stewart Soul Path Mythology	South Wing 4
		# 21 Jane Hutchins What the Chakras Show		# 16 Janet Person Our Emotional Relationship with Food	Maple Court 1 5
		# 43 Christina Ince Celtic Wheel of the Year		# 23 Hajime Harold Naka Radical Qi-Robics (Outside if weather is good)	Maple Court 2 6
		# 51 Lyndsay Blais Embracing Change		# 08 Elizabeth Manuel Get Happy	Maple Court 3 7
SAT	Sharon Taphorn <i>Labyrinth Walk</i>	# 11 Terez Laforge Crystal Bowl Continuum		# 18 Sharon Carne Introduction to Vocal Harmonics	Chapel 8
SUN	Terez Laforge <i>A Sound Meditation</i>				
Sue Peters <i>Sacred Breath</i>		# 10 Robert Nichol Future Scenarios		# 46 Josephine Lawless Resting in the Presence of Being	upper Alberta Hall 9
Kuya Minogue <i>Zen Writing Practice</i>		#02 Ariole Alei Abundance in Action		# 25 Diana & Gary Transmission Meditation	lower Alberta Hall 10
Hajime Naka <i>TaiChi and Qigong</i>		# 41 Dancing Dawn Otter Core Dynamics Yogadance		# 50 Devaki Thomas Classical Dance of India	Great Hall 11

Saturday Evening Entertainment ... starts 9 pm

JamTree is a new band featuring three players from BC's well known Reggae band ... Samsara. Devaki Thomas, Jacob Chatterton and Walt Musekamp mix upbeat danceable rhythms with styles of Soul, Reggae, Rock and World Beat for an unforgettable night of Movement and Music! (Non-attendees pay \$10)



Devaki
with the
JamTree
Band

Workshop #20 Saturday evening 2 hours

Munay-Ki – the Healer's Rite

Ascension teachings from the Incas that will increase your vibrations. This rite connects you to a lineage of healers and their wisdom. During the workshop you will receive the rite and learn how to give it to others.

Workshop #21 Sunday morning 3 hours

What the Chakras Show

Learn how to locate the chakras, feel them, and begin the process of defining the messages and information they give.

Workshop #22 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 #23 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.

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 # 24 Saturday afternoon 3 hours

The Golden Age of Aquarius:

Brotherhood, Justice, Peace

Crisis is at its apex in every field of human relationship - politically, socially and environmentally. Yet as the new energy of Aquarius pours into our planetary scheme, we have the opportunity to create a new world based on sharing and love. Come explore the Ageless Wisdom teachings that point the way into a brilliant future for all mankind.

Workshop # 25 Sunday afternoon 2 hours

Transmission Meditation

A powerful form of group meditation where the group acts as an entry point for potent spiritual energies and helps ground them for world service. Join us for an introduction and 30-minute demo where you will directly experience these energies of Light, Love and Aquarian Brotherhood for yourself. (www.TaraCanada.org)

Workshop #26 Sunday morning 3 hours

Body Poetry

Express the poetry of your presence in this world through movement and writing. Open your body, mind and soul to the rhythm and flow of the moment with gentle yoga, expressive movement, guided meditation and free writing. All levels of ability are welcome.



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

Embrace the new day with gentle stretching, invigorating breath work, guided meditation and relaxing integration.

JANE HUTCHINS

Castlegar, BC • 250-365-2136

Jane has been teaching and healing for over 20 years. Trained by International Masters Choa Kok Sui and Haridas Melchizadek she uses a number of healing modalities, and teaches internationally. Jane offers psychic readings, past life journeys and healings.



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.



DIANA HOLLAND

Vancouver, BC • 604-684-0911

Diana is the Canadian correspondent for *Share International* magazine which tracks how current events and spiritual trends are co-birthing the Age of Aquarius. She has practiced Transmission Meditation since 1982 and



will share some of her encounters with the Master Teachers of the Ageless Wisdom.

GARY DORKO

Vancouver, BC • 778-866-9568

Gary began his spiritual studies in 1984 when he travelled to India to attend the public lectures of J.Krishnamurti. He has also studied the work of Alice Bailey and Benjamin Creme and has conducted workshops on Transmission



Meditation in Vancouver and Victoria.

WILDFLOWER • Penticton, BC

250-486-5739 • www.wildflower yoga.ca

wildflower's gentle meditation-in-motion teaching style and her respect of individual experience empower and enable you to deeply connect with your own body/mind wisdom, enhancing your personal awareness and direct experience of the moment. wildflower is a writer and Certified Hatha Yoga Teacher trained in the heart-centered style of Kripalu, meaning compassion.

CAROL STEWART

Nelson, B.C. • 250 825-0104
cstewart@mysteryschool.ca

As founder of a three-year program, The Mystery School, Carol offers a fresh approach to the Tarot and Tree of Life Symbols. 'Right Relationship' to Self, Others, and Life is her theme, revealing a path of exploring one's Soul as source of authentic connection, infinite meaning, creative perspectives and purposeful action.



Workshop #27 Saturday morning 3 hours

The Mystery School of The Tarot and Tree of Life

Light, heartfulness, and a unique consciousness are seeded within each of us at birth. The Tarot and Tree of Life symbols inspire us to remember, water and cultivate these seeds as a precious resource of our collective future.

Workshop #28 Sunday afternoon 2 hours

Soul Path Mythology

Tarot symbols offer a story of a path our soul has been walking, using each life to bring more light and consciousness to one particular aspect of life. Come explore this story of your life's innate purpose and meaning.

NORMA COWIE

Penticton, BC • 250 490-0654
www.normacowie.com

Norma is a teacher, consultant and metaphysical author of seven books, including *Tarot for Successful Living*, *Connecting to the Light*, and *Spiritual Principles of Wealth*. She brings over 40 years of metaphysical knowledge to all her lectures with a straightforward style of imparting information.



Workshop #29 Saturday morning 3 hours

Past Life Regression

Discover how your past lives affect your life today. Explore your relationships and the purpose of this life using an easy visualization technique. Past lives effect our lives in so many ways and if you understand how you can transform the decisions made in other life times you can effect your life now.

Workshop #30 Saturday evening 2 hours

Are you Friends with your Shadow Self

Everything you read about your Shadow Self is usually negative and something you want to forget. I have discovered your Shadow Self is your best friend and can become your best ally in life. Hear how the shadow self works, then do an exercise to connect with it and release energy held within it and give it a new job.

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 #31 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.

SHARON STRANG

Kelowna 250-860-4985 • www.wellnessspa.ca

MARJORIE HORNE

Kelowna 250-768-4766

Both Master Breathwork Practitioners that work in the field of wellness and healing of the body, mind and spirit. They use the form of integrative breath sessions and the healing power of sound, to facilitate a place for people to let go and let in the voice of their own inner guidance. Sharon is owner of the Wellness Spa in Kelowna and Marjorie is a health care professional.



Workshop #32 Saturday evening 2 hours

Workshop #33 Sunday morning 3 hours

Taking Care of Your SELF

As the stresses of everyday life keep us moving at a faster and faster speed, sometimes we forget how to slow down. Through an integrated breath session and the gentle slowing of your brain wave pattern, your own inner healer will be given the opportunity to be heard and felt. You will be led to remember how to nurture and take care of your SELF, as the subconscious thoughts, feelings and beliefs that may be blocking your magnificence are gently brought to your awareness and transformed. Manifestation with ease to help you become a powerful artist in your own life, are the results! *please bring a blanket and pillow, if possible.*

Workshop #34 Saturday evening 2 hours

Transitioning and Healing

Anybody can have positive healing intentions. We are all healers. Some heal with their hands, some with words, some with voice, some with presence... This workshop is about learning some simple healing techniques, experiences with transitioning, from a personal and professional point of view.

Workshop #35 Sunday morning 3 hours

Creating Shifts

Designed to help you consciously shift your life, and assist in moving beyond the drama and out of chaos. We will discuss metaphysical principles and the vibrational flu (changes you experience during the shift). We will use meditation, breathing and stretch your psychic muscles. Gain clarity about why you are here, and what this shift in consciousness is all about.



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.

SUNRISE CEREMONIES with Sharon, SATURDAY mornings at 6:45 am at the Labyrinth

Embrace the new day by walking in meditation around an ancient pattern made of grass and gravel.

Workshop #36 Saturday afternoon 3 hours

Let's Play 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 #37 Sunday morning 3 hours

Introduction to Feng Shui

Discover how to call positive energy into all aspects of your life by applying the ancient Chinese art of placement. With this introductory knowledge you will be well on your way to intuitively enhancing your personal paradise while honoring Self.



BRENDA MOLLOY

Kelowna, BC • 250-769-6898

www.studiochi.net

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

Workshop #38 Saturday afternoon 3 hours

Brainwaves of Potential

Join me in learning about the paradigm shifting discoveries in brain research and neuroplasticity and the exciting potential of neurofeedback to balance and optimize your brain! We will also cover why PSYCH-K works.



CAROL TATHAM

Kelowna, BC • 250-764-3062 • www.thebraintrainingcentre.com

I have a friend who suffered brain injury due to carbon monoxide poisoning, after doing neurofeedback at *Brainstate Technology* in Arizona he was like his old self. This January, I became a Licensee so I could bring it to the Okanagan. As well, seeing a measurable difference in myself after a PSYCH-K workshop over two years ago, I went to Colorado to be certified to teach and facilitate PSYCH-K.

Workshop #39 Saturday morning 3 hours

Healthy Relationships

Most people want to be in healthy relationships but if we are to actually experience them we have to have some understanding of our own nature. In this workshop we will:

- focus on the fact that we relate to one another at sub-atomic levels.
- recognize that our 'moods' arise from our relationship with sub-atomic levels of life.
- begin to understand that our reactions are not caused by external circumstances or by other people.
- explore how communication in relationship can become life-affirming.
- honor the Source of all life out of which health and healthy relationships arise.



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 we form a bridge between the "dreamtime" and waking awareness. **10**

DANCING DAWN OTTER
Penticton, BC • 250-276-6359

A movement facilitator and shamanic practitioner for many years. Her love of the human experience coupled with a playful nature invites participants to embrace joy and play with their experiences of movement and journeying.



Workshop #40 Saturday morning 3 hours

Power Animal Journey

During this workshop, we will learn how to shamanic journey via drumming as a medium to reconcile with our power animals. *If possible bring a rattle or medicine drum along with a blanket and pillow.*

Workshop #41 Sunday morning 3 hours

Core Dynamics Yogadance

Learn to actively awaken the Kundalini or life force energy using posture/kriya, breath techniques and chanting as we build into free movement and self-exploration. *Please bring a blanket and pillow*

CHRISTINA INCE

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

I have a practice in Penticton offering Reiki (treatments and teaching), holistic counselling, Reflexology, Hypnosis, relaxation massage and Aqua-Chi detox footbaths. Years in Ireland honed my fascination with the Celts and cultivated my love of story-telling, and my desire to share ancient wisdoms with wonder, integrity and humour.



Christina Ince
is the
Healing Oasis
Coordinator

Workshop #42 Saturday morning 3 hours in the Sanctuary, a trailer near the Labyrinth

Introduction to Hands-on Healing

A gentle yet powerful art - with benefits to both giver and receiver. It restores and balances your natural energy, is non-invasive, relaxing and refreshing. Anyone can learn this powerful and nurturing modality. We'll include grounding and the skills of the healer. Wear comfortable clothing and be prepared to give and receive.

Workshop #43 Sunday morning 3 hours

Celtic Wheel of the Year

The Celts - a deeply spiritual and mystical race, yet also earthy, sensuous and joyful. Join me on a journey through the eight Celtic festivals; see modern relevance in yearly rhythms and ancient customs; recognize today's celebrations in yesterday's rituals; discover your personal oracle, the Druids, tree astrology, the labyrinth, old superstitions, cures and spells; find enjoyment, attunement, deep meaning, fun - and feast!

AKBAR KIEKEN

Salmon Arm, BC • 250-832-9377

Akbar approaches spirituality from the path of the heart which has guided him for over 25 years. He has been instrumental in offering the teachings of Inayat Khan in Canada since 1978 and is a founding member of the Sufi Movement in Canada, and continues to spread the message of Love, Harmony and Beauty.



Workshop #44 Saturday evening 2 hours

Dances of Universal Peace

These simple, meditative, joyous, multi-cultural circle dances use sacred phrases, chants, music and movements from the many traditions of the earth to touch the spiritual essence within ourselves and others. Based on the work begun in the late 60's by Samuel L. Lewis, they promote peace and integration within individuals and groups worldwide.

Akbar will lead the Dances of Universal Peace in the Great Hall, Friday at 7 pm and Sunday at 4 pm

JOSEPHINE LAWLESS

Peachland, BC • 250-767-6367
www.potentialsunlimited.net

Josephine has been helping people bring about meaningful changes in their lives for over thirty-five years. She has explored hundreds of forms of healing and personal/spiritual growth and facilitated many *Enlightenment Intensive* retreats. She is passionate about helping others awaken to their true self remembering their connection with the Divine. She is a Counsellor and Spiritual Teacher in private practice and conducts workshops.



Workshop #45 Saturday afternoon 3 hours

Into the Heart of Self

Who would you be if you let go of all the things you think/believe you are? Through the process of shamanic journeying, deep trance work and magic you will let go of the veils and masks that hide who you really are. We will cast a circle and work in sacred space as we journey into the unknown. *Bring mat, pillow, blanket and eye cover, something for the altar is optional.*

Workshop #46 Sunday afternoon 2 hours

Resting in the Presence of Being

Learn a simple method of accepting and just being with yourself and sharing this truth with others. Most of the time we are so busy resisting, avoiding, enduring, grasping for, indulging in, or analyzing what is happening to us, and our lives, that we constantly live our lives in the past or in fear of the future. To become truly present is to learn to stop everything and 'just be' in this moment.

Workshop #47 Saturday afternoon 3 hours

Heart of the Drum

One does not have to be a musician to use a drum effectively. The beat of a drum has the ability to reconnect people with their own body and with the earth. It creates a vibration that can aid in clearing blockages; bring about healing in the body and mind and can enhance meditative states. Experience a few simple techniques that can transform your relationship with drumming; alone or with a group.



KARI MCCUISH

Cumberland, B.C. • 250-336-2525

Kari has been practicing meditation for over 20 years and incorporates various spiritual practices including some Shamanic practices, working with the Fey and one's Higher Self. She is an intuitive Tarot reader, Ra~Sheeba and Reiki Master and has recently completed Level 1 of Signature Cell Healing.

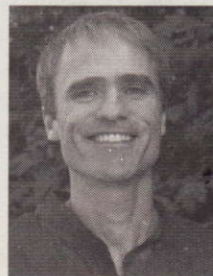
SUNRISE CEREMONIES with Kari BOTH mornings at 6:45 am in South Wing

Experience the meditative state brought about by trance drumming (about 300 beats per minute) with a repetitive simple beat. Starting with a stationary meditation and ending with movement meditation it will center and energize you for the day.

Workshop #48 Saturday morning 3 hours

Compassionate Communication

Learn simple and powerful tools for transforming conflict and enriching life. We will explore our needs and feelings that are beneath our thoughts, beliefs and stories so we can express ourselves compassionately and empathize with others.



ERIC BOWERS

Nelson, BC • 250-354-4224

www.sunwater.ca

Eric is a Compassionate Communication Trainer and holds an advanced certificate in EFT (Emotional Freedom Technique). He works part time at Community Services as a Children Who Witness Abuse and Victim Services Counsellor. Prior to his work in

the Counselling and Communication field, he worked with Mental Health supporting people transitioning back into independent living, was a professional kayaker and an outdoor expedition guide in the far north.

Workshop #49 Sunday afternoon 2 hours

Dynamic Governance / Sociocracy

Born out of the Quaker principles and systems thinking style, this workshop will introduce some of the concepts which support people to work together as harmoniously and effectively as the systems in the natural world do.

Workshop #50 Sunday afternoon 2 hours

Classical Dance of India

This dance style uses goddess like poses, rhythmic foot work, spiritually based hand movements (mudras) and expressive facial gestures. This workshop will combine aspects of the dance with traditional Indian chants and live drumming for a complete mind-body-soul experience. All ages, genders and levels welcome!!



DEVAKI THOMAS

Vernon, BC • 250-306-6224

www.samasamusic.com

Devaki settled in the Okanagan in 1998 and has won many awards for her diverse work in the arts industry. Along with her husband Thomas Thomas they founded the reggae dance band Samsara; in 2002 the couple founded Vernon's Cultural Celebration the Komasket Music Festival which they currently direct.

Workshop #51 Sunday morning 3 hours

Embracing Change

As we well know, change is inevitable, growth is optional! Learn tools that can assist you in moving towards acceptance of any change that occurs in life whether the change is wanted, planned for, or not. Removing blocks or resistance to change, frees up precious energy to achieve your dreams and goals.



LYNDSAY BLAIS

Penticton, BC • 250 809-5399

www.tribes.com/lyndsay

Lyndsay started in 1990 as marketing co-ordinator with Personal Best. She then co-facilitated their couples program with her husband Daniel, using the experiential principals that are the foundation of the Personal Best Course. She lives by the credo that if she can do it, anyone can!

Workshop #52 Sunday afternoon 2 hours

How to Get Out of Your Own Way

Be reminded of 'how-to' awaken from our cultural hypnotic trance; expand our awareness and come away with innovative creative and practical updated tools for your 'tool-kit.' Affirming health and happiness with humour and laughter.



JON-LEE KOOTNEKOFF

Penticton, BC • 250-493-7309

www.jlkootnekoff.com

Refreshingly Unorthodox, Undeniably Uplifting, Unstuffy, Uncanny, A Breath of Fresh Ideas that are Creative and Innovative.

SUNRISE CEREMONIES with Jon-Lee, SATURDAY mornings at 6:45 am in the SESSIONS ROOM

Gently assertive exercises with a touch of elegance to ... relax, focus, stretch and feel happy and healthy.

Register before March 15th and save ... Adults \$155, Young People \$130
 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 15 th	\$ 155	\$ 105	\$ 60
	March 16 th – April 16 th	\$ 175	\$ 120	\$ 70
	After April 16 th and on site registration	\$ 185	\$ 130	\$ 75
SENIORS 63 yrs+	on or before March 15 th	\$ 130	\$ 85	\$ 50
	March 16 th – April 16 th	\$ 150	\$ 100	\$ 60
Young People (11-24 yrs)	March 16 th – April 16 th	\$ 160	\$ 110	\$ 65
	After April 16 th and on site registration	\$ 160	\$ 110	\$ 65

MEALS....Please preorder by APRIL 1

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

6 meals Fri dinner to Sun lunch \$85⁰⁰ _____ **5 meals** Sat breakfast to Sun lunch \$65⁰⁰ _____

INDIVIDUAL MEALS
 Fri. Dinner \$ 20⁰⁰ _____ Sat. Breakfast \$ 10⁰⁰ _____ Sat. Lunch \$ 13⁰⁰ _____
 Sat. Dinner \$ 20⁰⁰ _____ Sun. Breakfast \$ 10⁰⁰ _____ Sun. Lunch \$ 13⁰⁰ _____

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

ACCOMMODATION *Bedding and towels included.* **Check out time 1 PM - 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 \$ 160
 - Shared: Two people, two nights \$ 90 per person • Three people, two nights \$85 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 \$60
 - One woman, two nights \$100
 - Two women, one night \$50 per person
 - Two women, two nights \$75 per person
 - Cabins *One or two bedrooms. Front room has a hide-a-bed/couch. Kitchen has dishes, toaster, kettle and pots.*
SHARED ONLY
 - \$100 per person for two nights (2 people in a cabin)
 - \$ 90 per person for two nights (3 to 5 people in a cabin)
 - R.V. Space \$ 35 per night including electrical hook-up
 - Tent \$ 25 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 5%) \$ _____
 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.

No refunds on meals or accommodation **after** April 20. A refund is the deposit less \$35 per person if notified **before** April 20.

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