

Spring Festival of Awareness

Naramata Centre

near Penticton

**April
24-26**

Adults \$165

Seniors/Young People \$135

if registered before March 15

Over 50 Workshops

Opening and Closing Ceremonies

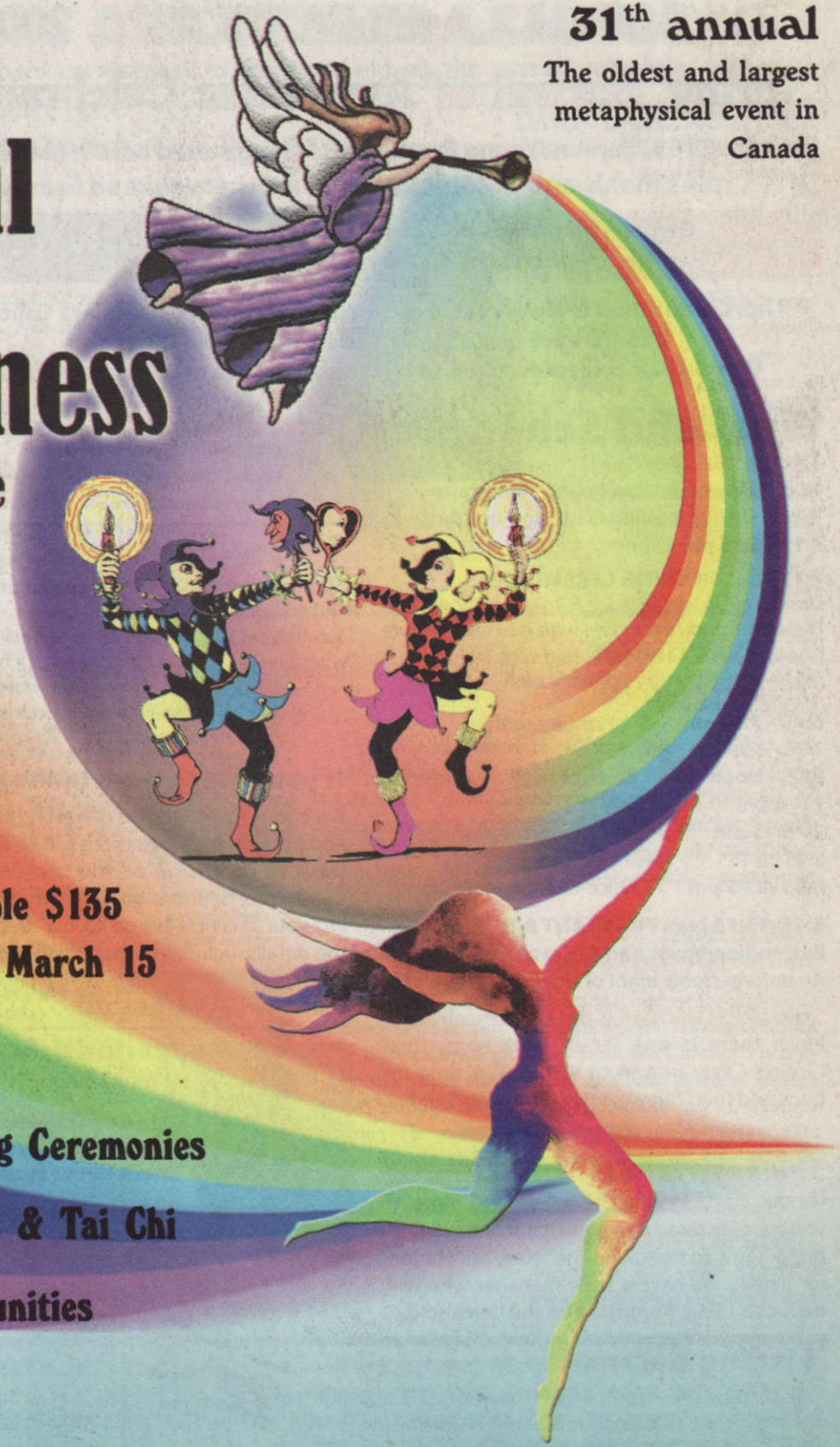
Sunrise Meditations & Tai Chi

Networking Opportunities

A Healing Oasis

A Festival Store & more

31th annual
The oldest and largest
metaphysical event in
Canada



www.issuesmagazine.net

31st Annual - April 24, 25 & 26, 2009

Spring Festival of Awareness Celebration

Adults \$165, Seniors/Young People \$135 if registered before March 15th
plus meals and accommodation for the weekend plus GST

Register by mail using a cheque and the form on page 14
Register by phone using your credit card: 1-250-497-6861



Your Spring Festival Hosts
Richard and Angèle

Questions?
Call 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.

Weekend Schedule

FRIDAY SCHEDULE

12 pm On-site Festival Registration starts
1 pm On-site Healing Oasis sign-up starts
5:15 - 6:15 pm Dinner

7:15 pm... OPENING CEREMONIES

*Dances of Universal Peace followed by Workshop
Presenters and concluding with a twenty minute
Crystal Bowl Sound Meditation with Terez.*

SATURDAY SCHEDULE

6:45 - 7:30 am • 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
6:45 - 8:45 pm • Choice of eight workshops

8:45 - 11:15 pm • PRASHANT & ROBIN:
East Indian Music and African Drums
An unforgettable night of rhythm and sound.

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

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, ask Marion for details. We have a store manager who will deduct a 15% commission on the items sold.

Refreshment Stations provide herbal teas and organic apple juice.



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

The Healing Oasis

Sign-up starts at 1 pm - Sign up for a maximum of 2 sessions at a time.
Friday sessions are 2:30 to 5:30 pm
Saturday sessions are 8:30 am to 9 pm & Sunday sessions 8:30 am to 3 pm
Rate of \$20 per half hour or \$30 per hour. Reiki by donation.

*The Healing Oasis is in Lower McLaren Hall. Sessions start Friday at 2:30 pm
Reiki sessions are Friday only. 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 in the Healing Oasis at no charge or you can order the Naramata Centre meals, prices on page 15. 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@holisticcounsellor.com or phone: 250-490-0735.



Christina Ince



Marion
Desborough

Marion is the Registration Person this year!

Marion's phone is 250-497-6861

Accommodation is on a first come basis.

Costs are on the registration form on page 15.

Check out of rooms is 1 PM on Sunday.

Meals Please pre-order by April 8 • Naramata Centre offers full course meals with a salad bar, beverages and desserts. Meal prices are on the registration form. If we have cancellations, a few meals could become available on-site. There are two restaurants not too far away.

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

Workshop #01 Saturday afternoon 3 hours

Soul Alchemy: Karma Clearing

When we look out into the world, we see that there is love, there is peace, there is unity; and we also see suffering, violence, and chaos. Whatever we view outside of ourselves is the same dance which continues inside of ourselves. Through ancient Shamanic practices of self-inquiry and the four graces of ho'oponopono, we acknowledge our responsibility in co-creating the reality in which we are engaged. *Please bring a blanket and pillow.*

Workshop #02 Sunday morning 3 hours

Dance Alchemy: Dance of the Heart

We begin with yoga movement (gentle Vinyasa style), and move into freeform, expressive (Ecstatic) dance, and eventually into stillness. As we integrate the heart chakra through movement, we learn to become more sensitive to the authentic voice of the heart, the voice of compassion and deep love. This playshop is suitable for every 'Body,' as movement intensity is self-determined. *Please bring a blanket and pillow.*

Workshop #03 Saturday morning 3 hours

Wake Up to the New Energy/New Era

We are in the midst of the most profound and expanding new consciousness in all of time. If you've noticed that 'new age' modalities don't work like they use to, it's because this energy is different than anything that's existed before. Come and find out what the real 'secret' is to thriving in this new era!

Workshop #04 Sunday afternoon 2 hours

Your Darkness is Your Divinity

This is an introduction to 'Aspectology' or the New Energy Psychology channelled through Tobias of the Crimson Circle. We all have millions of fragmented and wounded 'aspects' of ourselves going back centuries that cause imbalance in our present life. It's easy to focus on the 'light,' positive side and not want to feel our dark pieces that are also who we are. At our core we are not broken and there is nothing to fix - only embrace and integrate!



Tammie and Faye are co-facilitating these two workshops



DAWN DANCING OTTER

Penticton, BC • 250 276-6359

www.dancingotter.ca



Through dance, yoga, and Shamanic medicine, she is unfolding the truth that is within. Her own healing process has inspired the pathway of service that she is actively walking. Dawn's otter nature is gregarious and playful, as she shares her experiences and invites you into the co-creation of self-acceptance and radiant peace.

TAMMIE O'RIELLY

Lake Country, BC • 250 766-0443

www.truelight.nu

Tammie specializes in creating events and films that inspire and enlighten. A spiritual pioneer since 1982, she is a certified Coach U graduate, OverLight Facilitator, ordained minister and Shaumbra Institute Teacher through the Crimson Circle, a global affiliation of New Energy Teachers. Her passion is inspiring consciousness.

FAYE STROO

Kelowna, BC • 250 868-8820

Faye has been a transformational counsellor and workshop facilitator for the past 20 years. Having obtained her doctorate in Psychology from the Concept Therapy Institute, she is also certified as a New Spiritual Energy teacher through the Shaumbra Institute, and an ordained minister. Her mission is to provide a supportive and safe environment to facilitate personal and spiritual growth.

Workshop #05 Sunday afternoon 2 hours

Maturing Our Magic

Designed to assist in expanding our conscious awareness, we will explore concepts, insights and meditations to assist in maturing our levels of personal Magic! Magic is the act of creating, magical is the result! Join me as we create the magical life we know we are here to experience!



SHARON TAPHORN

Vancouver, BC • 604 874-3770

www.playingwiththeuniverse.com

Sharon shares her wisdom, spirit, and passion around the world through her various Radio programs on The Shift Radio (www.theshiftradio.com) and Utopia Radio (www.uto-piaradio.com), Angel Card of the Day, as well as a variety of workshops on Healing, Expanding Consciousness, Meditation and Spiritual Growth. A gifted intuitive, she offers Lemurian Oracle Card Readings and OverLight Spiritual Coaching.

SUNRISE CEREMONIES with Sharon

SATURDAY - North Wing - Magical Meditation - Enjoy a walk to a Lemurian Temple of Light.

SUNDAY - Walk a Labyrinth: meet there - A walking meditation around an ancient pattern made of grass and gravel. 3

GEORGINA CYR

Port Alberni • 250 723-0068
www.animal-communicator.com

Georgia became a certified Herbalist, Nutrition Consultant and Iridologist in the early 1990's. Today she is an Iridology Instructor and teaches courses at Langara College in Vancouver B.C. She offers correspondence courses on natural health and nutrition for humans and animals as well as Animal Communication with online Student Discussion Forums and personal mentoring.



Workshop #06 Saturday evening 2 hours

Animal Communication

Does your pet have health challenges or behavior problems? Learn to do an intuitive health scan using telepathy so you can communicate with your animal friend and find solutions that work for both of you.

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.



Workshop # 07 Saturday evening 2 hours

Clacking - Journeying With Rock Medicine

Clacking was a fundamental shamanic method for thousands of years. It is believed to have preceded drumming as a way of calling a journey or visioning. For this reason it tends to draw us energetically back in time through the collective consciousness. Please bring two fist-sized stones, and a white candle and candle holder.

Workshop # 08 Sunday morning 3 hours

Guarani Shamanic Energy

An energy technique that has been used for 6000 years by the Guarani Indians who live deep in the Amazon jungle of central Brazil. In this workshop we will imprint our palms with spirit medicine, learn to work with spiral energy, and activate stones for use in dreamtime. Please bring a large feather, a white candle and holder, and a small stone.

JOSEPHINE LAWLESS

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

For almost forty years Josephine has been studying and teaching meditation, yoga, psychic development and spiritual/emotional healing. She is passionate about helping others awaken to their true self and to remember their connection with the Divine. The core of this work is based on Ramana Maharshi and Poonjaji teachings.



Workshop #09 Saturday morning 3 hours

Saying 'YES' to Life by Surrendering To What Is

An opportunity to get curious and explore your habitual patterns of attachment to people and things being a certain way. Start to develop the courage to be vulnerable in each moment. Learn some techniques that will help you surrender us to what is. We will work in a safe and supportive environment.

Workshop #10 Sunday morning 3 hours

Satsang: Resting in the Mystery of your own Being

Satsang is a sanskrit term meaning: Truth Group. There is great power in gatherings together to support one another's awakening. We habitually overlook the effortless peace and fulfillment that is already alive within us, this natural innocent presence, this stillness that is always here. We will sit in silence for a time and then talk about your innermost questions.

HUGH McCLELLAND

Naramata, BC • 250 460-0797
www.laughalive.com

A certified Laughter Yoga Teacher trained by Dr. Madan Kataria, the founder of International Laughter Clubs. Working with individuals, groups, and businesses, 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 #11 Saturday afternoon 1.5 hours

Laugh Alive - Laughter Club

Experience the joy of genuine, heartfelt laughter that doesn't rely on jokes or humour. Together we'll embrace the fun, relaxation, and spiritual peace that are laughter's great gifts.

Workshop #12 Sunday morning 3 hours

Laugh Alive - Joyful Living

We will release and refresh our natural, heartfelt laughter through simple Laughter Yoga techniques. We'll then discover how this experience of physical and spiritual joy can be ours anytime and anywhere.

SUNRISE CEREMONIES with Hugh SATURDAY morning at 6:45 am in Sessions Room

Laugh Alive: Energize body and soul with breathing exercises that stimulate genuine, heartfelt laughter.

Workshop #13 Saturday morning 3 hours

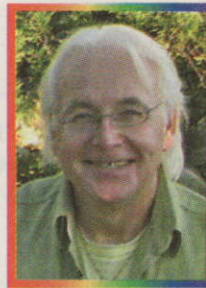
Opening our Heart to the Divine

Using color, sound and ceremonial activity we will invoke the God/Goddess energy from the divine plane, initiating the healing process of the heart and mind allowing the Holy Spirit to descend.

Workshop #14 Sunday morning 3 hours

Activating the Rainbow Bridge to the Soul

Utilizing the seven rays of creation with the creative imagination and the vowels and consonants of these words of power, the Aum/Ohm, a living bridge of light and love is built to the soul and spirit, providing an instrument of service for humanity.



TROI LEONARD
www.rainbowphoenix.dk

Troi has been actively sharing a practical process of personality integration and soul fusion, using the harmonics of sound, colour and vibration for over 30 years. As an intuitive teacher, healer and spiritual guide, he loves to share the wisdom of your soul to inquiring minds.

He lived in Canada for years, now in Denmark, and travels internationally to share his passion and joy.

Workshop #15 Saturday morning 3 hours

Tuning your Body with your Voice

We will learn and practice several ways you can use your voice to tune and balance your chakras and body. Discover how sound heals, experience the physical effects different kinds of sound have on the body.

Workshop #16 Sunday afternoon 2 hours

Applied Psychoacoustic Music

Experience how psychoacoustic music manipulates major body rhythms. This knowledge gives you a basis of physical experience from which to choose the music you listen to.



SHARON CARNE
Calgary, AB • 403 239-3784
www.mountainrosemusic.com

Sharon has transformed her successful 30 year career of teaching and performing the classical guitar to creating programs and experiences that teach people how sound and music can be used as powerful wellness tools. Sharon participated in a recent study on stress reduction sponsored by the Integrative Health Institute at Mount Royal College in Alberta. She has studied with healing sound pioneers Jonathan Goldman and Tom Kenyon.

Workshop #17 Saturday morning 3 hours

Nonviolent Communication (NVC)

Powerful tools of the heart for transforming conflict and enriching life. This workshop will introduce the key concepts of NVC: connecting to the divine life-energy beneath your judgemental thinking, expressing yourself consciously and compassionately, and empathizing with others even when they are expressing judgements and blame.

Workshop #18 Sunday morning 2 hours

Creating Organizations and Groups Where People Thrive

How can we build thriving relationships built on trust and connection while working effectively together towards a shared purpose? How do we balance our needs with the needs of others and the needs of the whole? How can we spend more time creating our vision and less time working out friction and conflict? Come to this workshop to get an overview of needs-based systemic change.



ERIC BOWERS
Nelson, BC • 250 354-4224
www.sunwater.ca

Eric is a certified Nonviolent Communication (NVC) Trainer and a trainer candidate for Dynamic Self-Governance (Sociocracy). A growing passion for Eric is NVC and Dynamic Self-Governance consulting for businesses, organizations, and community groups.

Workshop #19 Saturday afternoon 3 hours

Connect to Angels and Devas

Are you curious about angels? Learn about angels and devas and how to communicate with them. Take part in special meditations to help you build a relationship with angels.



ALICE BROCK
Whiterock, BC • 604 536-1264
www.alicebrocklifeworks.com

Alice helps creative, spiritually-oriented men and women who feel like they are spinning out of control and who want to get their lives back on track. She gently eliminates the unconscious inner obstacles that stop them from being attuned to their inner wisdom, living authentically and using the gifts they were born with.

SUNRISE CEREMONIES with Alice, BOTH mornings at 6:45 am in Lower Alberta
Meditation and Directed Journalling • A quiet and reflective way to start your day, enhanced by the touch of angels. 5

BRENDA MOLLOY

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

Brenda is a Shiatsu Therapist, Acutonics Sound Healing Practitioner, Yoga Teacher, Feng Shui Consultant, and 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 #20 Saturday morning 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 #21 Sunday afternoon 2 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.

NORMA COWIE

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

Norma has been studying metaphysics since 1964, and has produced seven books, several tapes and videos. As a Metaphysical Life Consultant she uses her psychic ability, past life regressions, Inner Child Transformation plus Soul/Source Connections tools to help people increase their own workable knowingness so change can happen. Her techniques are straightforward, unique and easy to use.



Workshop #22 Saturday evening 2 hours

Grief: the inhibiting feeling which does not seem to go away

Experience Norma's model of how grief comes and stays and how one can release it and move towards living a full life once again.

Workshop #23 Sunday morning 3 hours

Past Life Regression

Understand how past lives affect your life today and visit yourself in another life. Discover what regrets and emotions you have brought with you from other lives, and transform them.

ANGELA PRIDER

Vancouver, BC • 604 374-0259
www.westcoastshamanic.com

Angela's shamanic gifts have been strengthened over the past 15 years through a combination of practise and extensive training in Core Shamanism. She has a private practise in Vancouver where she synthesizes classical shamanic healing and contemporary Self Regulation therapy. She also teaches workshops and long-term apprenticeships on shamanism.



Workshop #24 Saturday evening 2 hours

Shamanic Power Animal Retrieval

Shamanism is the oldest spiritual practise on Earth and our ancestors used its divination and healing techniques to live in harmony. Come and learn the fundamental practise of Journeying and experience shamanic initiation by meeting with your Power Animals.

Workshop #25 Sunday morning 3 hours

Bringing the Soul Home

Soul loss is the soul's natural coping mechanism when dealing with trauma and other overwhelming events. Shamans all over the world have tracked soul parts in other realities to bring them home to the body. Learn about how soul loss happens, where the soul parts go, how to prevent this, and how to call your soul parts home.

BROCK TULLY

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

Brock has written 8 books including the 'Reflections' book series; 3 epic bicycle journeys of close to 50,000 km - for a Kinder world; International Inspirational Speaker; producer of the World Kindness Concert; co-producer of Kindness Rocks; co-founder of the Kindness Foundation of Canada; has coached college football and basketball; triathlete; magician, musician, juggler; and has worked in drug rehab, crisis centres, and psychiatric hospitals.



Workshop #26 Saturday morning 3 hours

Journey Back from your Head to your Heart

Brock will share insights into how depression, anger, unhealthy relationships, addictions, and other challenges can be positive opportunities for deepening and enriching our life. Participants will be encouraged to share their feelings, so please come willing to open your heart or support others who do. Tears and laughter have healing powers.

SUNRISE CEREMONIES with Brock, Sunday morning ONLY at 6:45 am in the SESSIONS Room
Celebrate Kindness • Share a story of kindness that has touched your heart!

Workshop #27 Saturday morning 3 hours

The Sacred CosmoGram Introduction

Language of the Light manifested into the physical as CosmoGram to support the expansion of love. Experience the new Chakra CG System Earth-Alignment and a guided Mediation with a CG.



ALEXANDRA LUPPOLD
Black Diamond, AB • 403 933-0004
www.butterflygarden.ca

11 years ago I came to Canada from Germany, with just a backpack and a dream; and a search for love and peace. On my journey of healing I picked up some tools, such as Reiki Master, BodyTalk practitioner and Systemic Constellation Facilitator. Through my connection to Nature I am gifted with insights.

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

My intention is to share a moment of creation, so that you remember and live the love you truly are.

Workshop #28 Saturday evening 2 hours #29 Sunday morning 3 hours

The Healing Art of Expression

Join me to discover and explore that innate creativity at the heart of every woman. We'll begin by increasing energy with smudging, breathing, and mind gems, then move on to music and free-form dancing outside! Art supplies are provided for you to access your natural creative abilities, then we will come together in circle to contemplate, reflect on, and discuss our myriad creations with compassion, appreciation and trust.



KIM GREENHOW
Penticton, BC • 250 493-1792

I am a potter, painter, mother, teacher, healing arts practitioner....after a profound experience I knew I wanted to be a healer so now I blend various healing modalities with the spiritual aspects that manifest in my art work.

Workshop #30 Saturday evening 2 hours

Returning to Source

Join Hajime's Healing-Spiritual Journey back into wholeness. We will explore ways to cultivate inner peace, compassion, balance and rediscover our true nature.



HAJIME NAKA
Kelowna, BC • 250 762-5982

A Qi-challenged Accu'pun'tourist

Founder of Okanagan Inner-Qi company, Hajime, (Dancing Dragon) Ph.Qi, is an Urban Daoist legend. His innovative 'Body-Mind-Spirit Moving into Wholeness Qigong-Tai Chi' has been healing, empowering, transforming and liberating society since 1983.

Workshop #31 Sunday afternoon 2 hours • Qi-Fusion

Put Health Care back into your own hands with Hajime's playful, energy meditation exercises, to prevent and heal chronic illness and injuries, while deeply relaxing and rejuvenating.

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 # 32 Sunday morning 3 hours

Embrace Your Sacred

Do you want to connect with the 'True Essence of You' that lies deep within, but don't know how? By using 'Passionate' Mediation, we will connect with that God Spark inside and 'clear the decks' of confusion and extraneous baggage, and gain some practical assistance to move more deeply into fulfilling our Individual Life Purpose.



TRISHA ZIERLER
Penticton, BC • 250 276-4844

The loss of someone dear to me in 1974 launched me on a journey of desiring to discover "how it all works." During my ever-continuing process of discovery, I have shed much anger and confusion and am coming to an ever-increasing peace within myself and the world. My desire is to help people live passionately and joyfully, fulfilling the promise of their God/Goddess within.

Workshop # 33 Sunday afternoon 2 hours

Mystic Chocolate

Join me on a meditative journey through the seven chakras. Each one will be enlivened by a raw chocolate flavoured to reflect the nature and colour of the chakra. Enjoy the magic of staying present.



KAREN FJESTAD
Calgary, AB • 403 246-0209

Karen has always sought to discover the possibilities of life, exploring ways to express herself while honoring her unique ability to encourage others to fully express who they are. She creates magic raw chocolate and shares her expertise in raw food and whole food cooking, as well as offering her calm to meditation and yoga inspired movement for children at Breathing Space in Calgary.

SUNRISE CEREMONIES with Karen BOTH morning at 6:45 am in South Wing

SuperFoods - Learn how to add more of these amazing foods to your diet and fill every cell of your body with light and love. We will sample a variety of superfoods and make some amazing smoothies.

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

WEEKEND SCHEDULE

Saturday

Location

Location	8:45 - noon	2 - 3:30 pm	3:45 - 5:15 pm	6:45 - 8:45 pm
1 Loft	# 03 TAMMIE & FAYE Wake Up to the New Energy	# 34 TERRY WILLARD Yes, Pigs Can Fly		# 24 ANGELA PRIDER Shamanic Power Animal Retrieval
2 North Wing	# 20 BRENDA MOLLOY Let's Play Tantra	# 11 HUGH Laugh Alive	# 54 LAWRENCE Laughter is the Best Medicine	# 39 TEREZ LAFORGE Crystal Singing Bowl
3 Sessions Room	# 50 CINDI TOMOCHKO Art Therapy: Creativity & Healing	# 49 PATRICK YESH Art and Spirit		# 28 KIM GREENHOW The Healing Art of Expression
4 South Wing	# 26 BROCK TULLY Journey Back From Your Head to Your Heart	# 42 HARIBHAJAN KHALSA Get Ready it's the Aquarian Age		# 06 GEORGINA CYR Animal Communication
5 Maple Court 1	# 09 JOSEPHINE LAWLESS Saying Yes to Life by Surrendering	# 40 JANET PEARSON Nourishing the Divine Temple		# 38 AKBAR KIEKEN Dances of Universal Peace
6 Maple Court 2	# 17 ERIC BOWERS Nonviolent Communication	# 52 STEPHANIE MONSEN Yuen™ Method		# 56 VIDEO NIGHT Music of the Rainbow Gathering in USA
7 Maple Court 3	# 27 ALEXANDRA LUPPOLD The Sacred CosmoGram	# 55 JEANNINE & GEORGE The Enneagram		# 45 FLORENCE ELLEN Understanding Dreams
8 Chapel	# 15 SHARON CARNE Tuning your Body with your Voice	# 44 TED LUND Healing You and the Earth		# 07 SUE PETERS Clacking - Journeying with Rock Medicine
9 upper Alberta Hall	# 47 MARIAH MILLIGAN The Theta Experience	# 46 DENNIS MILLIGAN Building a Better World One Community at a Time		# 30 HAJIME NAKA Returning to the Source
10 lower Alberta Hall	# 13 TROI LEONARD Opening our Heart to the Divine	# 19 ALICE BROCK Connect to Angels and Devas		# 22 NORMA COWIE Grief
11 Great Hall	# 43 JOAN CASORSO Inner Rhythms Drumming	# 01 DAWN DANCING OTTER Soul Alchemy: Karma Clearing		
other	# 51 KATHY & HALEY Hands-on Healing <i>In the Healing Oasis</i>	# 36 KAREN JASMINE Poi Dancing <i>Will be on the lawn of Columbia Hall</i>		



APRIL 24, 25 & 26th 2009

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

Sunday

		8:45 - noon	1:30 - 3:30 pm	Location
				
	CINDI TOMOCHKO <i>Dru Yoga</i>	# 35 TERRY WILLARD Flower Essences	# 04 TAMMIE & FAYE The Darkness is your Divinity	Loft ¹
SAT	SHARON TAPHORN <i>Magical Meditation</i>	# 25 ANGELA PRIDER Bringing the Soul Home	# 21 BRENDA MOLLOY Introduction to Feng Shui	North Wing ²
SUN	TEREZ LAFORGE <i>A Sound Meditation</i>			
SAT	HUGH McCLELLAND <i>Laugh Alive</i>	# 29 KIM GREENHOW The Healing Art of Expression	# 41 JANET PEARSON Creating a Deep Relationship with Nourishment	Sessions Room ³
SUN	BROCK TULLY <i>Acts of Kindness</i>			
	KAREN FJESTAD <i>SuperFoods</i>	# 23 NORMA COWIE Past Life Regression	# 05 SHARON TAPHORN Maturing Our Magic	South Wing ⁴
		# 32 TRISHA ZIERLER Embrace Your Sacred	# 48 DONNALEE DAVIDSON The Rhythm and Art of Poi <i>Will be on the lawn of Columbia Hall Hoping the weather will be good!</i>	Maple Court 1 ⁵
		# 18 ERIC BOWERS Creating Organizations and Groups Where People Thrive		Maple Court 2 ⁶
		# 08 SUE PETERS Guarani Shamanic Energy	# 31 HAJIME HAROLD NAKA Qi-Fusion <i>(Outside if the weather permits it)</i>	Maple Court 3 ⁷
SAT	ALEXANDRA LUPPOLD <i>Creation Meditation</i>	# 10 JOSEPHINE LAWLESS Satsang: Resting in the Mystery of your own Being	# 16 SHARON CARNE Applied Psychoacoustic Music	Chapel ⁸
SUN	SHARON TAPHORN <i>Walk a Labyrinth</i>			
	FLORENCE ELLEN <i>Dreams</i>	# 14 TROI LEONARD Activating the Rainbow Bridge	# 53 STEPHANIE MONSEN Yuen™ Method	upper Alberta Hall ⁹
	ALICE BROCK <i>Angel Journalling</i>	# 12 HUGH McCLELLAND Laugh Alive - Joyful Living	# 33 KAREN FJESTAD Mystic Chocolate	lower Alberta Hall ¹⁰
	HAJIME NAKA <i>TaiChi and Qigong</i>	# 02 DAWN DANCING OTTER Dance Alchemy: Dance of the Heart	# 37 PRASHANT MICHAEL Kirtan Chanting	Great Hall ¹¹

Saturday Evening Entertainment ... 8:45 - 11:15 pm

Robin and Praschant are from Vancouver, with varied musical talents. They have teamed up to provide music that your body and soul can groove to. Songs in various languages that interplay with energetic, spiritfuf, and melodic tones and vocal improvisations. (Non-attendees pay \$10) ⁹

TERRY WILLARD

Calgary, AB • 403 270-0891
www.wrc.org

Recognized as one of North America's leading Clinical Herbalists he currently serves as the President of the Canadian Assoc. of Herbal Practitioners, on the Canadian Council of Herbalist Assoc. and is a member of the American Herbalist Guild. For over thirty years he has been an active practitioner and teacher, director of the Wild Rose College of Natural Healing, is in the Canadian Health Food Assoc.'s Hall of Fame and is author of 12 books including his latest, *Flower Essences: Emotional Alchemy and Spiritual Evolution*.



Workshop # 34 Saturday afternoon 3 hours

Yes, Pigs Can Fly

Most of us know that big changes are happening. In this multimedia presentation, we will look at ideas ranging from the Mayan 2012 calendar, to New Age thoughts and current main stream think tank info. By looking at some of the cutting edge concepts of the 'new biology' on epigenetics, we have a model to work with these changes. Expect some radical ideas and have lots of fun.

Workshop # 35 Sunday morning 3 hours

Flower Essences - The New Wave of Emotional Strength

Much of our health and social issues rests square on the shoulders of emotional stress. In this fast paced lecture learn how to transmute daily stresses and deep seated emotional issues into clear thinking and good health. Touching on both new and ancient models of how emotions affect us, we will see how simple flower essences can fill us with vitality.

KAREN JASMINE aka SOULFIRE

Nelson, BC • 250 352-7267

Karen is a Belly Dance instructor/performer and director of Soulfire Dance Troupe. She has a clear and powerful style of building poi moves, from the simplest to the complicated, and dancing them.



Workshop # 36 Saturday afternoon 3 hours

Poi Dancing

Be inside an unfolding, mesmerizing mandala. Two balls on two strings circling around you in endless healing patterns of beauty and delight. Develop R/L brain balance and awesome co-ordination as you enter the Magic Realm of Poi Dancing and Twirling.

PRASHANT MICHAEL JOHN

Vancouver, BC • 778 991-5402
www.lehera.net or www.tandava.com

Prashant is an award winning world musician with his bands, Lehera and Tandava, who has been practicing meditation and devotional singing for the past 35 years. He has also recorded 2 cds of instrumental bhajans for the Charities of Mata Amritanandamayi. He has participated in the Vancouver Sacred Music Festival and the Bhakti Festival in the Kootenays.



Workshop #37 Sunday afternoon 2 hours

Kirtan Chanting

Join in this spiritually uplifting celebration of melody and rhythm with this call-and-response chanting, which includes both Sanskrit and English versions. Prashant will explain the significance and a brief account of his experiences with legendary spiritual Masters Anandamayi Ma and Amritanandamayi Ma to strengthen the intention of these already potent chants.

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.



Workshop #38 Saturday evening 2 hours

Dances of Universal Peace

These simple, meditative, multi-cultural circle dances use sacred phrases, chants, music and movements from the many traditions. 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 7:15 pm and Sunday at 4 pm

TEREZ LAFORGE

Kamloops, BC • 250 374-8672
www.terezlaforge.com

Terez hosts crystal bowl events on Full and New moons in Kamloops, assisting with letting go and integration of new parameters of experience. The combination of deliberate intention and crystal bowl tones facilitate desired changes for hearts and minds.



Workshop # 39 Saturday evening 2 hours

Crystal Singing Bowls

Enjoy sound bathing while you are reclined, wrapped in your warm throws, letting the vibrations wash over you to cleanse out the heaviness and lift your heart and soul.

SUNRISE CEREMONIES with Terez SUNDAY morning at 6:45 am in North Wing

A Crystal Bowl Bath: Come in your pj's and bring your blanket. Cocoon yourself while the sound activates your chakra centres. 10

Workshop #40 Saturday afternoon 3 hours

Nourishing the Divine Temple:

Food Choices for Health and Higher Consciousness

We'll take a deep look at the foods we feed ourselves, exploring the connection between our physical and spiritual bodies. We'll look at ten ways to improve our eating habits including use of the pendulum. We'll taste test to explore: organic, alkaline, sprouted, fermented and raw food choices.

Workshop #41 Sunday afternoon 2 hours

Creating a Deep Relationship with Nourishment

How, what, when, where and why do we eat? Learn ways to create a healthy and nourishing relationship with this life-giving gift from Mother Earth. Explore the use of blessings, pendulums and savouring.



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. As an organic farmer, she is working towards growing and feeding herself and others the very best food possible.

Workshop # 42 Saturday afternoon 3 hours

Get Ready it's the Aquarian Age

The Aquarian Age has dawned and marks the transition into new ways of being within the evolution of humanity. Learn everything you need to know from a Kundalini Yoga perspective.



HARIBHAJAN KHALSA
Penticton, BC • 250 488-5157
www.WellnessCatalyst.com

Haribhajan expertise lies in the areas of meditation, guided visualization and the use of sacred sounds to give people a deep experience of their authentic selves. His approach is both mystical and quite down-to-earth and always with a touch of playful.

Workshop # 43 Saturday morning 3 hours

Inner Rhythms Drumming

Celebrating the Rhythms of Community

Enjoy a fun, interactive, hands-on exploration of culture and community with a focus on African Djembe drumming. Using oral tradition such as call/response songs, story, movement and imitation, participants will experience and create a synergy that moves us beyond the spoken word. This African and world music rhythms workshop will blend art form with skill and technique development. Some drums will be provided or bring your own.



JOAN CASORSO
Kelowna, BC • 250 862-9724

Joan brings over 25 years of teaching experience, along with the development of the **Inner Rhythms Teaching Methodology System**. Her classes encompass drum, dance, rhythm based communication activities, Yoga Plus, community building and body/mind/spirit health. Joan's gentle and informative approach allows participants to relax and open to their potential.

Workshop # 44 Saturday afternoon 3 hour

Healing You and the Earth

Discover the healing properties and power of crystals and stones. Learn how these remarkable gifts from the earth help heal our body, mind, spirit and the earth. See how our vibrational level is affected and raised by crystal energy. Understand why our vibrational level is pertinent to the upcoming shift in the earth and our consciousness.



TED LUND
Naramata, BC • 250 496-5797

Ted has Healing Touch Level 3. For the past four years, and with the help of guides and ascended masters, Ted has come to understand crystal healing and developed methods that work because of his strong desire to heal. Before this path, he built log homes and is also currently a craftsman and renovator.

Workshop # 45 Saturday evening hours

Understanding the Deeper Meaning of Dreams

Entice your soul to go further into your inner core as you connect you with your higher self in dream time. Understand the encrypted language of dreams that take you on a journey into the higher realms of spirit guides, beyond the confines of time and space.



FLORENCE ELLEN
Kamloops, BC • 250 554-8770
www.mysticdreams.ca

Flo is a dream interpreter who has appeared many times as a guest on a live call-in show in Kamloops. She is the author of *Decoding the Parable of Dreams*, common sense ideas that were taught to her as a child by her mother and grandmother.

SUNRISE CEREMONIES: BOTH morning in upper ALBERTA HALL

Dream Interpretation • Bring a dream so we can better understand the messages they give us.

DENNIS MILLIGAN

Vernon, BC • 250 306-6224

www.cogscanada.ca

Dennis was trained by a London firm of merchant bankers and lived and worked in India, China, Japan and Hong Kong before coming to Canada in 1974. He is a director of Canadians for Constitutional Money and the Canadian branch of Community Options Groups (COGs). He is an economic analyst and an international speaker who has been predicting the current economic crisis for more than 25 years.



Workshop # 46 Saturday afternoon 3 hour

Building a Better World - One Community at a Time

In these unstable times, we are called to 'think globally and act locally' and to collectively create a new world through personal action. There's no shortage of wealth, materials, creativity or skills. Harvested sustainably, our planet is bountiful beyond measure but without financial security and higher consciousness, we can neither protect ourselves nor build strong communities. Join us to find out about COGs (Community Options Groups) - and how they are 'meshing' around the globe to achieve these goals.

MARIAH FAYE MILLIGAN

Vernon, BC • 250 558-3665

Mariah is an experienced counsellor who has devoted her life to exploring and teaching cutting edge techniques in personal growth. She holds a BA in Psychology and is a certified counsellor with the Counsellor Training Institute of Vancouver. She has an Advanced Certificate in EFT and is a certified Teacher and Practitioner of Commanding Wealth.



Workshop # 47 Saturday morning 3 hour

The Theta Experience: Engaging Your Greater Capacity

Learn to access the infinite sources of the Creative Mind through intentionally lowering our brain wave patterns into the theta range levels. These brainwaves naturally occur in dreams and deep meditation. Now we can learn to consciously access these deeper brainwave states and utilize them to manifest our Soul desires, heal negative core beliefs, improve our health and heal relationships quickly and easily.

DONNALEE DAVIDSON

Penticton, BC • 250 486-3473

An accomplished performer and instructor of Maori Fire poi and Middle Eastern Belly Dance. Donnalee has been performing and sharing her love of dance for ten years in several countries including New Zealand, Turkey, Ireland and Greece.



Workshop # 48 Sunday afternoon 2 hour

The Rhythm and Art of Poi

Maori Poi is an art that centres the body and envelops it in a rhythmic mandala, the collective motions of many people spinning together ignites a joyful energy exchange. Join Donnalee for a workshop that introduces the balance, natural rhythm and spiritual heritage of Maori Poi. (*Practice pois will be available or bring your own!*)

PATRICK YESH

Cochrane, AB • 403 519-8268

www.artheartandsoul.com

Patrick is a Fine Arts teacher, who facilitates the empowerment of personal creativity by teaching dynamic personal growth seminars in therapeutic and spiritual arts: the application of art to life and spiritual growth.



Workshop # 49 Saturday afternoon 3 hours

Art and Spirit

Experience the integration of personality by unifying the human, soul and divine mind through the creation of art. Learn how to use therapeutic art to develop a language of emotional intelligence so we can understand ourselves and express our core values that are embedded in the artistic symbols we create.

CINDI TOMOCHKO

Penticton B.C. • 250 276-5308

Following a visual arts background, Cindi certified as an art therapist with the Vancouver Art Therapy Institute. She has 20 years diverse experience including facilitating Care for the Caregiver groups. Her own self-care includes Buddhist and yogic practices. She certified to teach yoga in 2004 with Sandra Sammartino. Inspired by Dr. Mansukh Patel, his Walks for Peace, as well as the Dru team's success with post-traumatic stress disorder, Cindi became a Dru Yoga Instructor and has recently moved to the Okanagan.



Workshop # 50 Saturday morning 3 hours

Art Therapy: Creativity and Healing

With the use of basic art materials our thoughts, feelings, memories and fantasies are expressed via image, colour and shape. Through sharing and meaningful dialogue focused on the art-making process, difficult emotions and mind-states may be transformed into opportunities for insight, growth, and renewal. No previous art experience is necessary. Confidentiality is assumed and respected.

SUNRISE CEREMONIES with Cindy BOTH mornings in the Loft

DRU YOGA: Unique to Dru Yoga are its Energy Block Release Sequences based on gentle yet potent movements that increase energy levels, ease back pain, wash away stress and more!

51 Sat. morning 3 hours in Lower McLaren

Introduction to Hands-on Healing

A gentle yet effective art - with benefits to both giver and receiver. It is relaxing while restoring and balancing your natural energy. Anyone can learn this powerful and nurturing modality that includes grounding. Be prepared to give and receive.

HALEY FISHER
Penticton • 250 488-9485

Haley was strongly influenced by Buddhism and Zen. A classical pianist, who recently begun exploring agricultural endeavors by working in Viticulture and the Enology industries.



KATHY COLLINS
Kelowna • 250 763-5997

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

Workshop # 52 Saturday afternoon 3 hours

Workshop # 53 Sunday afternoon 2 hours

Yuen™ Method

Learn underlying theory and fundamental techniques of the Yuen Method. Using bio-quantum physics we connect to the root cause of physical, mental or emotional pain. Learn how to eliminate this pain while making the energetic corrections to restore health and balance to life. This touch free technique resolves the underlying source and eliminates it. Let me prove that healing does not have to take a lot of time or effort.



STEPHANIE MONSEN
Calgary, AB • 403 750-2114

Stephanie is one of a handful of Yuen Method™ Certified Practitioners practicing and teaching in Canada. Studying and practicing the Yuen Method™ since September 2006 she has just returned from Dr. Kam Yuen's biannual certification class in Los Angeles, California. Stephanie specializes in pain elimination and in removing obstacles to personal and financial success.

Workshop # 54 Saturday afternoon 3 hours

Laughter is the Best Medicine

A merry heart doeth good like a medicine, but a broken spirit drieth the bones. Bible Proverbs 17:22

First a bit of history on the jester and then we'll talk about some of the benefits of laughing. Then as a group we will brainstorm for different ways to get laughter started, then it's time to laugh.



LAWRENCE LaFLAMME
Oliver, BC • 250 488-5017

After almost dying I decided to live each day as it comes. I had lost the child within and allowed things to pile up. I changed my thinking and noticed I was smiling and laughing more while learning to heal myself. Today I do Triggerpoint Therapy but in the past I have done most everything from truck driving to ministering.

Workshop # 55 Saturday afternoon 3 hours

The Enneagram Explore the 9 Personality-Types

This ancient system is used for understanding personality types and explains why we behave the way we do, and it points to specific directions for individual growth. An important tool for improving relationships with family, friends, and co-workers and a method for self-realization.



**JEANNINE DUPERRON &
GEORGE CHRISTODOULOU**

Fairmont Hot Springs • 250 270-0368
www.thecircleoflife.ca

George and Jeannine have over ten years of practice and 2900 hours of training in Vipassana Insight meditation and psychology. Their studies in western psychology have taken place in the oriental way through meditation and personal experience as that is how it happens in the East. They combine a western mind with the understanding of an eastern view. They are Thai Massage and Yōga instructors.



Rainbow Family Gathering is in New Mexico 2009

www.welcomehome.org

Workshop # 56 Saturday evening 2 hours

When the earth is ravaged and the animals are dying, a new tribe of people shall come unto the earth from many colors, classes, creeds, and who by their actions and deeds shall make the earth green again. They will be known as the warriors of the Rainbow.

- Old Native American Prophet

Don Babcock from Trail, BC has a video tape of the music and songs from a one month retreat that is held annually in a US National Park which focuses on Peace.

Register before March 15th and save ... Adults \$165, Young People \$135
plus meals, accommodation and gst • On-Site Registration starts Friday at 12 pm.

REGISTRATION FORM

Healing Oasis Registration starts at 1 pm
Healing Sessions available Friday 2:30 to 6 pm

Name(s) _____
 Address _____ Phone _____
 Town _____ Prov. _____ Code _____ email _____

FESTIVAL FEES

		Weekend	Saturday <small>only</small>	Sunday <small>only</small>
ADULTS (25-62 years)	on or before March 15 th	\$ 165	\$ 125	\$ 60
	March 16 th — April 16 th	\$ 185	\$ 135	\$ 70
	After April 16 th and on site registration	\$ 195	\$ 145	\$ 75
SENIORS 63 yrs+ and Young People (10-24 yrs)	on or before March 15 th	\$ 135	\$ 105	\$ 50
	March 16 th — April 16 th	\$ 155	\$ 115	\$ 60
	After April 16 th and on-site registration	\$ 165	\$ 120	\$ 65

MEALS....Please preorder by APRIL 8

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

6 meals Friday dinner to Sunday lunch \$92.00 _____ **5 meals** Saturday breakfast to Sunday lunch \$70.00 _____

INDIVIDUAL MEALS Fri. Dinner \$ 22.00 _____ Sat. Breakfast \$ 11.00 _____ Sat. Lunch \$ 15.00 _____
 Sat. Dinner \$ 22.00 _____ Sun. Breakfast \$ 11.00 _____ Sun. Lunch \$ 15.00 _____

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*
 • Shared: Two people, two nights \$ 100 per person • Three people, two nights \$95 per person
 • Private: One person, two nights \$ 180 • Private: one person, one night \$100.
- Alberta Hall *a two storey dorm with 2 single beds in a room and a large bathroom on each floor.*
 • Shared: Two women, two nights \$ 80 per person • Two women, one night \$55 per person
 • Private: One woman, two nights \$110 • One woman, one night \$ 65
- 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 one bedroom cabin or 3 people in a two bedroom)
 • \$ 95 per person for two nights (3 people in a one bedroom cabin or 4 people in a two bedroom)
- 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.

To book a B&B or Motel **visit:www.discovernamata.com**

Festival Fees \$ _____

Meals \$ _____

Accommodation \$ _____

Subtotal \$ _____

GST (add 5%) \$ _____

Grand Total \$ _____

Amount enclosed \$ _____ (50% deposit required)

Balance ... \$ _____ payable at the door

Make cheque payable to: **Visions unlimited, Spring Festival ...Send it to Marion Desborough, RR 1, S 6, C 100, OK Falls, BC, V0H 1R0**

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 15.
 We refund festival fees, less \$35 per person, if notified.

If paying by credit card phone **250-497-6861**

Questions? **1-888-756-9929** Angele or Richard Ortega



Please bring a travelling mug for refreshment breaks.

Naramata Centre requests.... NO pets on site and DO NOT call Naramata Centre to register