

Spring Festival of Awareness

Naramata Centre

near Penticton

April
23-25

Adults \$165

Seniors/Young People \$135

if registered before March 15

Over 50 Workshops

Opening and Closing Ceremonies

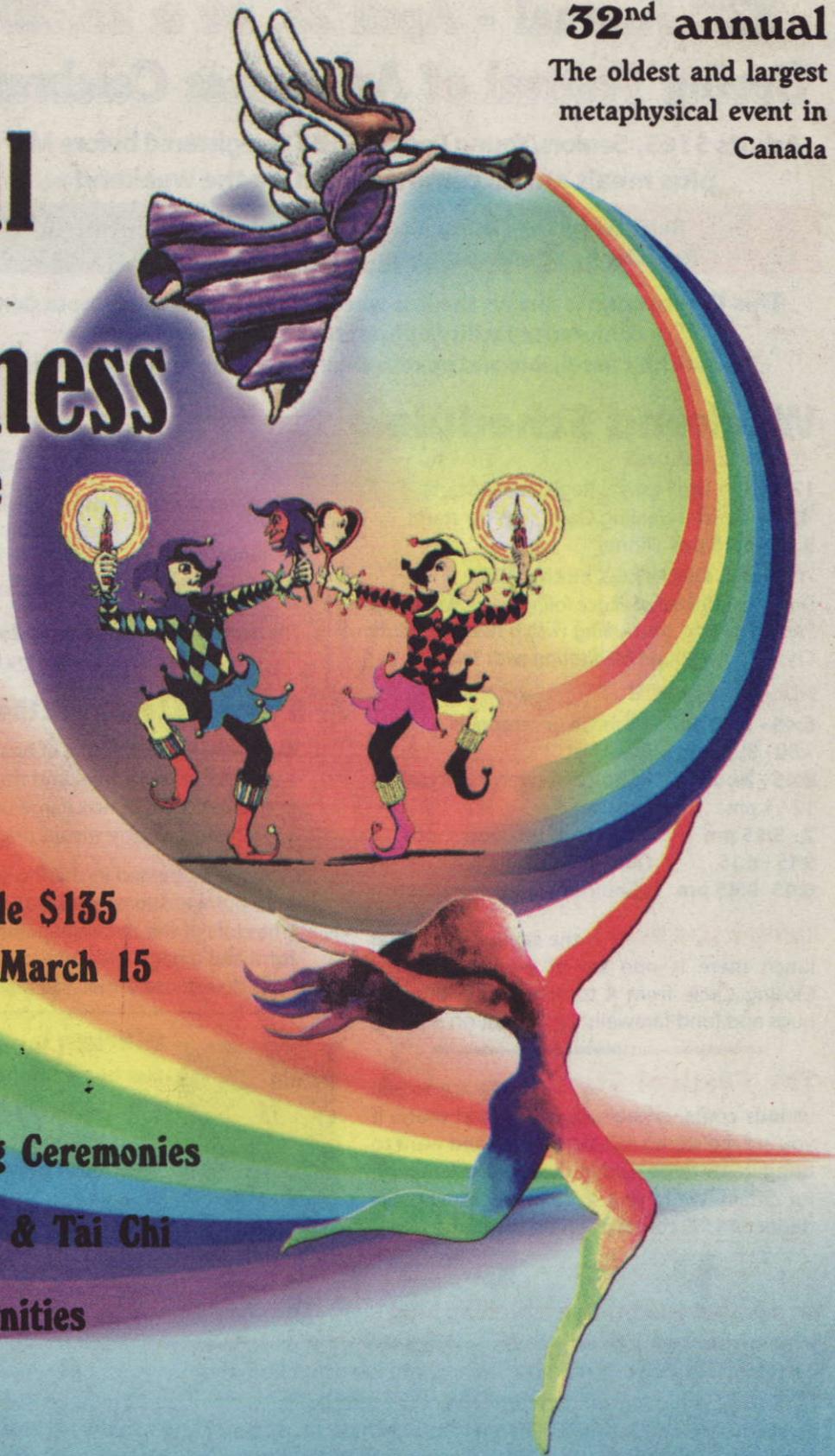
Sunrise Meditations & Tai Chi

Networking Opportunities

A Healing Oasis

A Festival Store & more

32nd annual
The oldest and largest
metaphysical event in
Canada



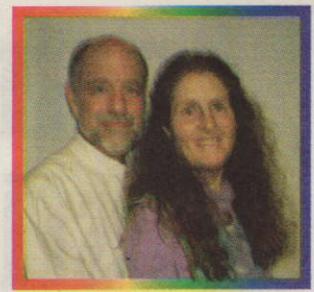
www.issuesmagazine.net

32nd Annual - April 23, 24 & 25, 2010

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

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.



We ask that you bring a travelling mug!



Marion
Desborough

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 14.

If you are interested in sharing your skills please go
to our website: www.IssuesMagazine.net
it has lots of the details including the application
form and a page with *frequently asked questions*.
If you do not use e-mail call Marion 250-497-6861.



Christina Ince
is the Oasis
Co-ordinator

Marion is the Registration Co-ordinator
Her home phone is 250-497-6861

Accommodation is on a first come basis.

Costs are on the registration form on page 14.

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 morning 3 hours

Follow Your Heart

We hear this statement but what does it mean? Our western society encourages logical thinking, and a reliance on affirmations from external forces to acknowledge if we are successful. By following your heart you may be giving yourself permission to notice other choices in life.

Please bring three small stones that you can hold in your hands: one stone from Mother Earth, a rose quartz, and an amethyst.



THERESE DORER

Kamloops, BC • 250 578-8437

www.crystalclearinsights.ca

I have worked as a spiritual consultant and healer, since 1998. Since 2002 I have embraced the Shamanic teachings from the Quero in Peru. I am a full Mesa carrier of this ancient Shaman tradition, and have been initiated into the Shamanic healing traditions of the Medicine Healers of Peru.

Workshop # 02 Sunday afternoon 2 hours • Finding your Soul Song

We all have a song to sing, our authentic song that can connect us to our wisdom and ancient knowing. Come prepared to have fun. As a child I was told I could not sing, but as I grew older I got curious about my voice and discovered that was not true. If you are curious as to what song you hold in your heart, join us. *Please bring a rattle, or drum if you have one.*

Workshop #03 Saturday afternoon 3 hours

Universal Dances of Peace

Co-create Sacred Space with the flowing movement of your body, your voice and your open heart! These dances awaken life-energy and Peace within, bringing us easily from the busy mind of a thousand thoughts to the flowing feeling of Oneness. From the beginning of time, sacred movement, song and story have brought people together as One. The Dances of Universal Peace were initiated in the late 1960's by Samuel L. Lewis, a Sufi teacher and Zen Master, who also studied Hinduism, Judaism and Christianity. *Bring comfortable clothing, dance foot-wear • optional: finger food to share like fruit or nuts, water bottle, cushion and shawl / sweater for meditations.*



Dania will lead the Dances of Universal Peace Friday at 7:15 for the Opening Ceremonies and Sunday at 4 pm for Closing Circles.

DANIA KalTara

Nelson, BC • 250 354-0413

www.universaldancesofpeace.org

www.floweroflife.org

Dania has been drumming for the Nelson Dances of Universal Peace team since 2006 and began her training as Dance Leader in 2008. She led the Dances at the Wise Women's Festival 2009. Her passion to grow towards Unity consciousness, which has no place for judgements for self and others, and finds fertile ground in circles of Love devotion, such as these Dances. She is also an Authorized Facilitator for the *Flower of Life Workshops* since 1996.

Workshop #04 Saturday afternoon 3 hours

How to Create a Successful Passionate Business

Are you absolutely sure you want to create a business from your passion? Are you looking for practical tools to build and maintain a successful practice? Discover how you can enjoy a fulfilling, profitable career in a field you absolutely love – without sacrificing your values.

TOPICS INCLUDE:

how to build and maintain clientele
business mastery for the spiritually minded
marketing, promotion and media partnerships,
competition, multiple incomes and more!



KELLY OSWALD

Whistler, BC • 604 905-0084

www.theoracle.ca or

www.westcoastmysticarts.com

Kelly has a BSc Metaphysics, is a Spiritual Counselor and owner of The Oracle (a store in Whistler, BC), founder of the West Coast School of Mystic Arts and the Association of Holistic Practitioners, an author and Ordained Minister with the Canadian Metaphysical Ministry, reaching students, practitioners and seekers around the globe. Her specialties include: Defining Life Purpose, Harmony in Relationships, Meditation, Career and Spiritual Development.

Workshop #05 Sunday morning 3 hours

Defining Your Life Purpose

Why is the search for your life purpose so elusive? With all the talk of 'being on your path,' do you feel a bit lost? During this experiential workshop discover the choices you can make to align to your purpose and work confidently towards living an authentic life.

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

Recognized as one of North America's leading Clinical Herbalists Terry 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. He 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 # 06 Saturday afternoon 3 hours

Changing Times: Portal to the Golden Age

With all the changes and shake-ups we are seeing in our daily lives, where are we going? Building on the base of many ancient and indigenous cultures, tempered by modern breakthrough in science and mixed with prophecies and deep insights of current thinkers, we now have a good road map for the future. Bracing for Armageddon or embracing a Golden Age is up to the individual. Which do you want to see? In this fast-paced presentation we will explore our options.

Workshop # 07 Sunday morning 3 hours

The Mystical Side of Mushrooms

Mushrooms are way smarter than you might think. Many cultures have been based on their relationship with these seemingly insignificant bioforms. From Shamanic visions to Christianity no stone will be left unturned in understanding their mystical past. We will then turn our attention to the future and see how mushrooms can be our salvation, both ecologically and in the medical arena. In this fun-filled and thought-provoking presentation we will get a new insight into these lowly fungi.

DAWN DANCING OTTER
Penticton, BC • 250 276-6359
www.dancingotter.ca

Dawn is a self-described Lover and Soul Alchemist. In her life journey, she has studied and integrated Yoga, Pranayama, Ecstatic Dance, Massage Therapy, and Shamanic Transformation; distilling these practices over the last 15 years. The manifestation of her body of work has been Quantum Shamanic Transformation and DanceAlchemy, which each explore the limitlessness of wisdom and healing through Shamanic lifestyle and ecstatic trance state.



Workshop #08 Saturday evening 2 hours

Intro to Soul Alchemy/Transmutation

As we become more energetically clarified on our life journeys, we become more deconstructed - more basic. This clarified internal environment naturally 'heals' everything and everyone else as we hold that clear mirror up to the Universe - the intention of loving unconditionally. We will be drumming, Shamanic Journeying, and revealing the symbolism and form of our higher selves while working in partners.

Workshop #09 Sunday morning 3 hours

Dance Alchemy - The Four Elements

Dance and movement access the honest expression of the body's unconscious programming. We will be able to 'move' whatever has become obstructive to our personal growth. Any 'body' is free to explore this playshop, even those who have movement challenges, of any kind, because we all have movement challenges. This is the journey of discovering freedom! We will incorporate freeform dance with yoga techniques/breathwork and mantras. *Please bring a blanket and pillow.*

LorRaine ARMSTRONG
OK Falls, BC • 250 497-6797

LorRaine has walked the Red Road for over 20 years and was shown the way by several wonderful teachers. Cecil Cross from Pine Ridge, South Dakota, introduced her to Sacred rites of the Lakota. She was taught to follow and honour the Native teachings until she could remember the ways of her own ancestors. To share ceremony is a powerful healing space, and an honouring of those who have kept the sacred knowledge alive.



Workshop #10 Saturday afternoon 3 hours

Return of the Ancestors and Wisdom Keepers

Are you one of the Wisdom Keepers? Have you been having meditations, dreams or visions that infuse you with energy that has you vibrating at a frequency faster than what you have know? The energy of our planetary, solar system and galactic alignment is reaching a fulcrum point in 2012. This happens once every 360,000 years. There are less intense ones that happen every 5,225 years...2012 both will be happening. What an opportunity for the shift of heart/mind energy to Peace and Healing for the Sacred Hoop.

SUNRISE CEREMONIES with LorRaine: BOTH mornings 6:45 am LOWER ALBERTA HALL, (outside if weather permits)
A TIME TO GIVE THANKS for a new day with drum, song, prayer and meditation.

Workshop #11 Saturday morning 3 hours

Sing and Colour You Healthy

Experience the healing properties of music and colour. Sing uplifting songs - your choice. Create colourful chalk drawings representing past (past lives), present, and future. (Drawings can be interpreted.) No musical or artistic background required. *Art supplies provided.*



ROSEMARY PHILLIPS
Christina Lake, BC • 250-447-9713
www.rosemaryphillips.ca

After graduating from Ryerson Interior Design (1972), Rosemary found new meaning in the subject as she began applying her natural born gifts of healing, clairvoyance, singing, writing and colourful psychic art for the "interior design" of our being and health. She now combines her singing and clairvoyance in unique "Music and Mediumship" concerts.

Workshop #12 Saturday afternoon 3 hours

Celtic Totems

Each of us and our fellow creatures is an expression of divinity in action: so thought the ancient Celts. In fact, certain animals were considered to be essential expressions of Life. To experience our lives through these creatures' guidance was considered a blessing. We will devise a set of Celtic totem stones to take home. *Bring along your favourite meditation blanket and pillow, together with some coloured markers to make totem stones. I will bring the stones.*



LINDA BUTLER BUCHANAN
Merritt, BC • 250 378-4435

Linda holds a Doctor of Metaphysics, and is a Reiki master/teacher, Ra~Sheeba master, certified interspecies communicator, and member of the Order of Bards, Ovates, and Druids. She has a deep appreciation for all life with an equally deep commitment to sharing of knowledge.

Workshop #13 Saturday evening 2 hours

Flower Essences

The various essences have a wonderful reputation for being fast acting and producing powerful results on the physical level. I will talk about the connection between emotional patterns and imbalances with further insight into other factors that can lead to dis-ease. Bach or Bush Essences can easily be combined with all the healing modalities, including allopathic medicine or chiropractic.

photo credit Edge Publishing



MARY DUNSDON
Kamloops, BC • 250 579-8011
www.LiveLoveLaughWellness.com

In 1999 I took a *Life Style for Health* course in Colorado. The following year I became a Bionetic Practitioner and opened the *Live Love Laugh Wellness Clinic*. As my journey into a healthier lifestyle expanded, I trained in the Australian Bush Flower Essences. This past year I travelled south of the border to take my International level 1&2 Essential Oil and Reflexology training. Educating instead of medicating is my way of life.

Workshop #14 Sunday morning 3 hours

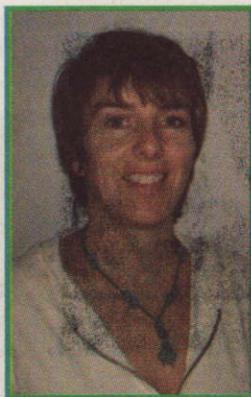
Raw Food Living

I will be demonstrating the basics for Raw Food Living including sprouting, making nut mylk/cheese and dehydrating. Samples will be provided along with lots of easy-to-do knowledge. I believe that by understanding the wisdom of natural foods and their effects on the body we will attain mastery over dis-ease.

Workshop #15 Saturday morning 3 hours

Ecstatic Trance Dance

A journey into universal rhythms, natural ecstatic movement and the inner realms of life. Inspired by the work of Gabrielle Roth and Wilbert Alix, this dynamic, multi-faceted dance journey is for anyone who loves to move freely, experience freedom and ecstasy through music and sound, and delve into layers of the self that lie beneath the surface. You will be skillfully guided in a safe and respectful context. *No experience necessary. Bring your water bottle, loose comfortable clothing, bandana, yoga or other mat and small pillow.*



JENNIFER STEED
Fernie, BC • 1-866-783-6561
www.Yoga-Jen.com

Jennifer has led tens of thousands of people in yoga, meditation and ecstatic dance helping them to live mindfully. Jennifer's ability to bring respect, honor, humor and compassion to your path of healing is infectious. She has produced 3 audio yoga CDs and 1 DVD, co-founded Western Canada's premiere yoga teacher development company, Trinity Yoga and is a registered Massage Therapist.

SUNRISE CEREMONIES with Jennifer: BOTH mornings 6:45 am in the LOFT.
GENTLE YOGA offers inner exploration of natural movement infused with conscious breath. This attuned awareness will give you the opportunity to become more present for the day's experiences. No previous yoga experience needed.

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.



Workshop #16 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 #17 Sunday afternoon hours

Discover Shiatsu

Shiatsu is an ancient healing art which incorporates gentle stretching techniques with finger, hand, and elbow pressure. Participants will be guided through a basic back shiatsu routine to relieve back, neck and shoulder tension. * Please wear comfortable clothing & bring a blanket/or towel.

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.



Workshop #18 Saturday morning 3 hours

Your Inner Ghosts

Norma, author of *Connecting to the Light*, shares how we freeze in space in time and these inner ghosts need to be unfrozen, transformed and integrated into the present. Experience an 'unfreezing' of one of your own inner ghosts.

Workshop #19 Sunday afternoon 2 hours

Past Life Regression

Explore the reasons why past lives are so important and experience a past life regression with Norma, author of *Many Lives, Many Ways of Remembering Them*.

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

Georgina 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 #20 Saturday morning 3 hours

Emotional Blueprint Iridology

Eyes really are the windows to the soul. They reveal what kind of health challenges we are genetically predisposed to, and more importantly, how our emotions affect our health and when these health problems started. The pupil acts as a crystal ball, reflecting images that can take the study of Iridology to a deeper level, revealing aspects of personality through the iris.

Workshop #21 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.

DOUG FERENCE
Ferne, BC • 1-866-783-6561

Doug has been a student in personal development, spiritual studies and sovereignty for over 20 years. His most recent path is Shamanism in the Peruvian tradition with studies in Peru, Costa Rica and Nicaragua. Doug is a student with *The Power Path School of Shamanism* in Santa Fe, New Mexico. In January he attended the *Tipping Point Prophets Conference* in Cancun, Mexico, deepening his knowledge in the Mayan prophecies.



Workshop #22 Saturday morning 3 hours

Life inside Nature's Circle

Experience yourself more deeply connected to the natural forces and the wisdom of Great Spirit in this introduction to Peruvian Shamanism. Learn and practice the ancient tools of setting a sacred circle, connecting with and calling in the essence of all six directions, learn to pray, learn to listen and re-ignite your natural self.

SUNRISE CEREMONIES with Doug: BOTH mornings at 6:45 am in the CHAPEL.
GUIDED PERUVIAN SHAMANIC practice to renew inner peace and ground your energy.

Workshop #23 Saturday evening 2 hours

The Sacred CosmoGram Intro

Sacred geometry speaks in a vibrational frequency to our crystalline structure and bypasses the mind, which is mostly limited by our own belief system, so that change can happen.

Workshop #24 Sunday morning 3 hours

Sacred CosmoGram in Ceremony

Experience vibrational healing. Let go of old resentments toward yourself, resurrect your truth and be part of the ceremony with the CosmoGram 'Law of Spirit.'

Workshop # 25 Saturday morning 3 hours

Machu Picchu and More

Experience the mystical/magical Peruvian Sacred Site energies from Tipon, Sacsayhuaman, Sacred Valley, Pisac, Moray, Ollantaytambo, Chincheros, Machu Picchu, Wayna Picchu and Puta Kisi.

Workshop # 26 Sunday afternoon 2 hours

Chant Encounters of the Fun Kind

The Sacred Sounds contained in ancient chants speak directly to our DNA, awakening/strengthening our authentic selves. Come have some fun as we sing and play together the songs of Deva Premal and others.

Please bring drinking water.

Workshop #27 Saturday evening 2 hours

Four Tools Leading to Consistent and Creative Consciousness

Participants will be introduced to four readily available tools which, when used regularly, will enable an individual to remain in the present, exercise, be creative and attain personal goals.

Workshop #28 Sunday morning 3 hours

Blending Modern Science and Ancient Wisdom

Validation of ancient wisdom has impacted modern medical and psychological disciplines. Ideas once considered impossible are now accepted. A variety of daily and life-long cycles will be presented.

Workshop #29 Saturday evening 2 hours

Cultivating a Beginner's Mind

Join Hajime in a Zen Circle and meditate on our true nature. We will sit, stand, lie, breathe, doze off and make mindful movements into the now, now, now.

Workshop #30 Sunday afternoon 2 hours

Qi-Power

Discover the Healing, Empowering and Transforming of Qi (vital force energy). The circular focussed movement of Qi Gong and Tai Chi help the Body, Mind and Spirit to flow into wholeness.



ALEXANDRA LUPPOLD

Black Diamond, AB • 403 933-0004

www.sacredcosmogram.com

Alexandra came from Germany to Canada 12 years ago. Leaving everything behind she followed her heart's call for peace. She is the co-creator of the Sacred CosmoGram. She is a Reiki Master and is trained as Body-Talk practitioner and Systemic Constellation Facilitator. She has studied under Lea Bill (Cree Medicine Woman) in the native tradition since 2003.



TRISHA ZIERLER

Penticton, BC

250 276-4844

Life just keeps getting better and better, you know?

I have been blessed to have many people in my face to move me along to where I need to be (often kicking and screaming), so I can get on with what I came to do.



PHYLLIS CHUBB

Bowser, BC • 250 767-9498

www.PhyllisChubb.com

Phyllis has studied many branches of psychology and metaphysics. Over the past 35 years of her active practice, she has worked with thousands of men and women as they question the purpose of life. An International lecturer, author and teacher, she continues to share her gifts.



HAJIME NAKA

Kelowna, BC • 250 762-5982

Hajime is a Daoist rebel, Zen reject, unenlightened Buddha, Qi-dancer and a non-lethal martial artist. His 'Body-Mind-Spirit, Flowing into Wholeness' Qigong-Taiji has been healing, empowering, transforming and liberating society one cell at a time since 1983. He is also a Radical Visionary playfully re-creating an inclusive community.

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

TAIJI & QIGONG • Stretching, moving in harmony with nature. Feel refreshed, grounded and centered while gently waking up. 7

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

WEEKEND SCHEDULE

Saturday

Location	8:45 - noon	2 - 5:15 pm	6:45 - 8:45 pm
1 Loft	# 18 NORMA COWIE Your Inner Ghosts	# 06 TERRY WILLARD Changing Times: Portal to the Golden Age	# 50 STEPHANIE MONSEN Yuen™ Method Demonstration
2 North Wing	# 16 BRENDA MOLLOY Let's Play Tantra	# 55 WILDFLOWER Restorative Free Flow	# 37 TEREZ LAFORGE Crystal Singing Continuum
3 Sessions Room	# 11 ROSEMARY PHILLIPS Sing and Colour You Healthy	# 12 LINDA BUTLER BUCHANAN Celtic Totems	# 48 BERTI BAKER Joyful Journalling
4 South Wing	# 43 JANET PEARSON Tarot Movement Journey	# 04 KELLY OSWALD How to Create a Successful Passionate Business	# 27 PHYLLIS CHUBB Four Tools leading to Consistent and Creative Consciousness
5 Maple Court 1	# 20 GEORGINA CYR Emotional Blueprint Iridology	# 44 DENNIS MILLIGAN Building a New Earth a New Economic Approach	# 38 KERRACE ALEXANDER Stress: What's a Personality Got to Do With It?
6 Maple Court 2	# 01 THERESE DORER Follow Your Heart	# 33 FLORENCE ELLEN How to Write for the Spiritual Market	# 41 KAREN COOGAN Love-Body Activation
7 Maple Court 3	# 25 TRISHA ZIERLER Machu Picchu and More	# 35 MICHAEL O'CONNOR Journey into the Heart and Soul of Astrology	# 21 GEORGINA CYR Animal Communication
8 Chapel	# 22 DOUG FERENCE Life inside Nature's Circle	# 10 LORRAINE ARMSTRONG Return of the Ancestors and Wisdom Keepers	# 29 HAJIME NAKA Cultivating a Beginner's Mind
9 upper Alberta Hall	# 45 MARIAH MILLIGAN Reference Point Therapy	# 40 CATALYST YOGI Move from Fear to Joy Manage your Emotional Self	# 23 ALEXANDRA LUPPOLD The Sacred CosmoGram Intro
10 lower Alberta Hall	# 31 JOSEPHINE LAWLESS Saying 'YES' to Life - Surrendering to What Is	# 47 BERTI BAKER The World Peace Formula	# 13 MARY DUNSDON Flower Essences
11 Great Hall	# 15 JENNIFER STEED Ecstatic Trance Dance	# 03 DANIA KALTARA Universal Dances of Peace	# 08 DAWN DANCING OTTER Intro to Soul Alchemy
other	# 53 CHRISTINA Hands-on Healing <i>In the Healing Oasis</i>		Extra Event Sunday 7-10 pm - \$22 after the Festival www.mishramusic.com You may choose to buy a Sunday dinner and one more nights accommodation.

APRIL 23, 24 & 25th 2010

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

Sunday

SUNRISE
both morning
6:45 - 7:30

JENNIFER STEED
Gentle Yoga

SUN *TEREZ LAFORGE*
Crystal Bowl Bath

ANANDA
Just to Be

WILDFLOWER
Breath of Joy



DOUG FERENCE
Shamanic Practice

JANET PEARSON
Melchizedek Meditation

LORRAINE ARMSTRONG
A Time to Give Thanks

HAJIME NAKA
TaiChi and Qigong

8:45 - noon

07
TERRY WILLARD
The Mystical Side of Mushrooms

51
STEPHANIE MONSEN
Introduction to the Yuen™ Method

28
PHYLLIS CHUBB
Blending Modern Science and Ancient Wisdom

05
KELLY OSWALD
Defining your Life Purpose

49
ANANDA PROKOPOVA
Stop - Wait - Listen

54
CHRISTINA INCE
Celtic Wheel

52
TED LUND
Healing You and the Earth

24
ALEXANDRA LUPPOLD
Sacred CosmoGram in Ceremony

46
MARIAH MILLIGAN
The Theta Experience

14
MARY DUNSDON
Raw Food Living

09
DAWN DANCING OTTER
Dance Alchemy - The Four Elements

1:30 - 3:30 pm

19
NORMA COWIE
Past Life Regression

32
JOSEPHINE LAWLESS
The Effortless Peace and Happiness That is Already Here

39
KERRACE ALEXANDER
Practice the Universal Language of Love

21
BRENDA MOLLOY
Discover Shiatsu



42
KAREN COOGAN
Atlantis and Lemuria: Partnership for the New Age

26
TRISHA ZIERLER
Chant Encounters of the Fun Kind

02
THERESE DORER
Finding your Soul Song

#36
MICHAEL O'CONNOR
Astrology and the Great Alignment

34
FLORENCE ELLEN
Understanding the Deeper Dreams

30
HAJIME NAKA
Qi-Power
(Outside if the weather permits)

Location

Loft 1

North Wing 2

Sessions Room 3

South Wing 4

Maple Court 1 5

Maple Court 2 6

Maple Court 3 7

Chapel 8

upper
Alberta Hall 9

lower
Alberta Hall 10

Great Hall 11

Saturday Night Dance 9-11 pm • Great Hall

Joy One is a versatile and gifted DJ - whose passion is to create transformational journeys through music. He has been a founder of an intentional dance community in Edmonton and continues to spread conscious vibes through intelligent music selection. His music will help your mind open, your heart sing, your soul sigh and your body move or be still! His CD choices include Tribal Funk, House and Breaks, Electro, Rock, Soul, Celtic, Down-tempo, Motown and Reggae.



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

For over 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. A Counsellor and Spiritual Teacher who conducts Enlightenment Intensive retreats.



Workshop #31 Saturday morning 3 hours

Saying 'YES' to Life - Surrendering to What Is

An opportunity to get curious and explore your habitual patterns of attachment to people and things being a certain way. You can start to develop the courage to be vulnerable in each moment, by learning some techniques that will help you surrender to what is. Bring your issues and challenges and we will work on them in a safe and supportive environment.

Workshop #32 Sunday afternoon 2 hours

The Effortless Peace and Happiness that is Already Here

In this moment, could you simply let go of wanting control? For most of us this is hard. This is an opportunity to welcome whatever is here for you in the moment and to be able to stretch beyond it. In the stillness we can learn to give permission to just 'Be.' We often overlook the effortless peace and fulfillment that is already alive within us. We will sit in silence for a time and then it's open for questions, sharing and assistance.

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. She is the owner of Mystic Dreams a metaphysical store in Kamloops.



Workshop #33 Saturday afternoon 3 hours

How to Write for the Spiritual Market

Published author Florence will walk you step by step through the process of writing using your eighth chakra while overcoming the barriers to writing. You will be walked through every aspect of publishing - from the query letter to finished copy. Bring pen and note pad and start your outline and first chapter in the workshop. If you have always wanted to be a spiritual writer this is the write time!

Workshop # 34 Sunday afternoon 2 hours

Understanding the Deeper Meaning of Dreams

Entice your soul to go further into your inner core as you connect yourself 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.

MICHAEL O'CONNOR
Gibsons, BC • 1 888 352-2936
www.sunstarastrology.com

Michael is a professional Astrologer with an international clientele for 16 years. For the past 25 years he has study Astrology, Numerology and related psychological and spiritual modalities. He has written a popular weekly horoscope column for numerous publications since 1993. Michael's core interest is to understand human nature and the nature of life in order to awaken and inspire people to their destiny and greatest potential.



Workshop #35 Saturday afternoon 3 hours

Journey into the Heart and Soul of Astrology

Understanding the heart and soul is a science of the heart. This science is holistic and mystical as it approaches reality from the metaphysical as well as from the physical. Students will better understand the laws and principles behind Astrology and behind all modes of divination.

Workshop #36 Sunday afternoon 2 hours

Astrology and the Great Alignment of 12/21/2012

The presentation offers a deeper understanding both into the basic science of Astrology and then brings emphasis to the major current cycles of our times.

TEREZ LAFORGE
Kamloops, BC • 778-471-5598
www.terezlaforge.com

Terez hosts crystal bowl events on Full and New moons, 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 # 37 Saturday evening 2 hours

Crystal Singing Continuum

Relax and unwind the chakras as we free up the energy column with the sound and vibrations of the singing bowls. Experience more freedom in the quadrants of mind-body-spirit as old patterns give way and your field opens to new creativity.

SUNRISE CEREMONIES with Terez: SUNDAY morning ONLY at 6:45 am in the NORTH WING.
A CRYSTAL BOWL BATH: Come in your pj's and bring a blanket. Cocoon yourself while the sound activates your chakras.

Workshop # 38 Saturday evening 2 hours

Stress: What's Personality Got to Do With It?

Come learn how the chakra system and emotional imprinting from childhood form many aspects of your personality. We will introduce the *RippleFX Emotional Mapping System* which teaches you how to map energy patterns that cause stress triggers in your personal lives and relationships.

Workshop # 39 Sunday afternoon 2 hours

Practice the 'The Universal Language of Love'

The power of stillness provides a tool to move beyond a world of fear, violence, and war to embrace life, and accept the spiritual awakening and ascension process at work in our lives, which includes chaos, uncertainty, and surprise. When we are in accord with the present moment the future or past falls away.



KERRACE ALEXANDER
Vancouver, B.C. 604-646-0508
<http://bigfishstrategies.blogspot.com>

Kerrace is the founder of Bigfish Strategies Inc., and principle facilitator of the RippleFX System which supports individual spiritual awakening and ascension. We develop real world adult learning systems that provide transformation and healing. Kerrace bases all her work on a 12 year process of spiritual awakening and ascension. When individuals transform, change happens: it's like a ripple effect.

Workshop # 40 Saturday afternoon 3 hours

Move from Fear to Joy Manage your Emotional Self

We can either be ruled by our emotions or we can learn to make our emotions work for our Soul's Journey. Through the powerful technology of Kundalini Yoga + Meditation, learn to manage and discover the gift and shadow of each emotion (fear, anger, sadness and joy).



CATALYST YOGI
Naramata, BC • 250 488-5157
www.CatalystYogi.com

Catalyst Yogi's 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 down-to-earth, and always with a touch of playful.

Workshop #41 Saturday evening 2 hours

Love-Body Activation

We exist within the fluid environment of love and yet we continue to feed our experiences through pain. We will be cutting the cords that continue to feed this Pain-Body and clear and open connections to our Love-Body.

Workshop #42 Sunday afternoon 2 hours

Atlantis and Lemuria: Partnership for the New Age

Atlantis and Lemuria were spiritually evolved civilizations that existed on Earth. We will be blending the best of both civilizations through the awakening within you of the Golden Codes of Atlantis and the Silver Seeds of Lemuria.



KAREN COOGAN
Penticton, BC • 250-770-1166

Karen is an Intuitive Healer, Reader, and Instructor trained as a Reiki Master/Teacher, a LoveBody Healer/Teacher, Card, Face and Hand Reader, and also works with the vibrational tools of Colour Energy® and Crystal Bowls. She is a Conscious Channel for Divine Love and has operated a healing practice in Grande Prairie since 2004. Currently she resides in Penticton.

Workshop #43 Saturday morning 3 hours

Tarot Movement Journey

Engage your entire being into the Major Arcana of the Medicine Woman Tarot as you move with the music and follow the guided visualization of seeking, healing and loving. Gain power on the path of your life by interacting with the elements of creation and the Great Mystery.



JANET PEARSON
Kaslo, BC • 250 353-2043
www.peacefulvillage.ca

Janet is a life-long dancer who has been learning from the Tarot for 14 years. She was guided by her angels at last year's Spring Festival to put these two loves together to create this movement journey. Janet's influences include the Munay-Ki, Flower of Life and 13 Original Clan Mothers.

SUNRISE CEREMONIES with Janet: BOTH morning at 6:45 in UPPER ALBERTA HALL.

THE BREATHE OF UNITY: Share a Drunvalo Melchizedek-type meditation where we breathe together to connect with Mother Earth and Father Sky, and open our hearts to share the love with each other.

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 # 44 Saturday afternoon 3 hours

Building a New Earth - a New Economic Approach to an Old Problem

Old Economic and Financial models are breaking down - and so they must if we are to build a New Earth. Higher Levels of Government cannot assist us in the positive transformation now underway, but positive viable solutions do exist and are already gaining recognition at the local level where we work, live and raise our families. This combined lecture/workshop will briefly explore both the problems and the solutions and will invite the participants to share their experiences and ideas.

**MARIAH FAYE
MILLIGAN**
Vernon, BC • 250 558-3665

Mariah is an experienced counselor who is passionate about exploring and teaching cutting edge techniques in personal growth. She holds a BA in Psychology, is a certified counsellor, a practitioner and teacher of Commanding Wealth and practitioner of Reference Point Therapy.



Workshop # 45 Saturday morning 3 hours

Reference Point Therapy Healing the Inherited Trauma of our Ancestors

RPT can be described as a quantum leap forward in instant physical and emotional healings. I personally had a stubborn sciatic nerve pain heal in two sessions. This occurs because RPT recognizes the importance of how genetic encoding prevents our stubborn traumas from fully healing. Traumas are inherited and passed down through the generations of our ancestral lines. RPT simply allows the Power of our Spiritual Beingness to gently dissolve the trauma where it originally began in our ancestral history.

Workshop # 46 Sunday morning 3 hours

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.

BERTI BAKER
Fruitvale, BC • 250-367-0222

Berti is a Life Coach, mediator, consultant/facilitator, intuitive, writer and speaker. For 35+ years, her unique, revolutionary approach has assisted individuals, couples, families and organizations in transforming their lives. Blending leading-edge science, spirituality and cognitive therapeutics, Berti offers joyful paths to rediscovering and expressing our true nature.



Workshop #47 Saturday afternoon 3 hours • **The World Peace Formula**

This is a simple yet extremely powerful technique which, if applied with sincerity of intention, can bring about 'miracles' in our communication - with anyone, anywhere, anytime - no matter how challenging the relationship situation might be. Investigate with us the natural laws on which this formula is based. Clarify what we are - and are not - responsible for in our relationships.

Workshop #48 Saturday evening 2 hours

Joyful Journalling

There are many excellent reasons to journal - and infinite benefits to be reaped from doing so. Learn three basic 'never-fail' techniques, each of which can be done in under five minutes. We will practise these techniques and then reflect upon the insights gained. Although you will certainly not be required to do so, you will have opportunities to share.

ANANDA PROKOPOVA
Nelson, BC • 250 825-0116

I am an active elder in the practising art of conscious listening. I support and guide souls by listening and using movement, the sound of light and/or laughter. I am often called a 'Mid-wife of the Soul.' I have many years experience and training that allows me to open the inner jewel within the brilliant core of every being.



Workshop # 49 Sunday morning 3 hours

Stop - Wait - Listen

Using the sound of light, movement and silence we will allow releases and balances to happen as the inner heart connects to all that is, allowing inner and outer smiles.

**SUNRISE CEREMONIES with Ananda: BOTH mornings at 6:45 am in the SESSIONS ROOM.
JUST TO BE. Sitting and listening to the Sounds of Light we will allow the whole being to open.**

Workshop # 50 Saturday evening 2 hours
Yuen Method™ Demonstration
Bring Your Pain and Leave Without It!

Healing does not have to take a lot of time or effort. Immediate and lasting results are possible through the Yuen Method™. This touch free technique will help you resolve the underlying source of your issues and eliminate them, allowing your body to heal itself.

Workshop # 51 Sunday morning 3 hours
Introduction to the Yuen Method™

Learn the underlying theory and techniques of the Yuen Method™. Using bio-quantum physics we connect to the root cause of physical, mental or emotional pain and eliminate it through energetic corrections to restore health and balance to life. Let me show you that healing does not have to take a lot of time or effort.

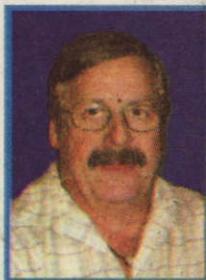


STEPHANIE MONSEN
Calgary, AB • 403-614-5789
www.energyparadigm.ca

Stephanie is one of a handful of Yuen Method™ Certified Practitioners teaching in Canada. She has achieved the highest level of proficiency and in November 2008 she was awarded the designation of "Yuen Method™ Certified Practitioner and Instructor" by Dr. Kam Yuen. Stephanie specializes in pain elimination and in removing obstacles to personal and financial success.

Workshop # 52 Sunday morning 3 hours
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 #53 Saturday morning 3 hours in the Healing Oasis
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. Any one 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 #54 Sunday morning 3 hours
Celtic Wheel of the Year

The Celts are a deeply spiritual, mystical, humorous and earthy race. Join me to explore the eight Celtic festivals, modern relevance to yearly rhythms, the Druids, tree astrology, your personal Oracle, along with ancient wisdom, customs, spells, cures and rituals. Be enlightened, surprised, entertained and blessed; find your connection to the past with deep meaning as well as fun; and feast!



*Christina Ince
is the
Healing Oasis
Coordinator*

CHRISTINA INCE
Penticton, BC • 604-532-1815

My fascination for the Celts came from living in Ireland, North and South, for many years; and my interest in ancient wisdom aids me in my practice of Reiki, both teaching and giving treatments.

Workshop # 55 Saturday afternoon 3 hours
Restorative Free Flow

Together we will cultivate relaxation and ease with gentle, basic posture flow to feel the physical, emotional and spiritual benefits of breath, authentic movement and stillness. We'll linger longer to savour the precious pause of the moment with breath awareness, mindfulness and journaling. This nourishing contemplative practice is open to all levels of ability and is an opportunity for body, mind and soul to express itself fully and, at the same time, to simply be.



WILDFLOWER
Penticton, BC • 250 486-5739
www.wildflowereryoga.ca

People deeply connect with their own body-mind wisdom through Wildflower's gentle meditation-in-motion teaching style and her respect for individual experience. She is a Certified Kripalu Yoga Teacher with specialized training in restorative and therapeutic yoga.

**SUNRISE CEREMONIES with WILDFLOWER: BOTH mornings at 6:45 am in the SOUTH WING.
BREATH OF JOY! Embrace the new day with gentle stretching, invigorating breath work and guided meditation.**

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

REGISTRATION FORM

Healing Oasis Registration starts at 1 pm
Healing Sessions available Friday 2:30 to 5:30 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	\$ 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 pre-order by APRIL 8

MEAL PACKAGES Meals include dessert and beverage. If you have dietary restrictions please advise.

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 _____

ACCOMMODATION *Bedding and towels included. Check out time 1 PM - Sunday*

- Cabins *One or two rooms. Double bed and/or two single beds plus front room with a hide-a-bed/couch plus kitchen.*
- Maple Court *One double bed, one single bed and a bathroom. Fridge, sink and tea kettle in the foyer.*
- Orchard Courts **NEW**...*Two single beds and a bathroom in each room with a shared common space that includes a kitchen.*

Pricing for above accommodations

- Shared: Two people, two nights \$ 105 per person • Three people, two nights \$100 per person
- Private: One person, two nights \$ 185 • Private: one person, one night \$100.

- Alberta Hall *A two storey dorm with two single beds in a room and a large multi-use 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

- R.V. Space \$ 36 per night including electrical hook-up *R.V. & tent spaces have a central bathroom with shower and a picnic area.*
- Tent \$ 26 per night .. no power

Sandy Beach Resort is located 5 minutes off-site, deluxe rooms at Festival rates. See ad page 19 (other side of magazine) or www.SandyBeachResort.com. *Marion does the registration for this option.* The 2 bdrm. cabins have Queen bed and 2 singles - \$125 per person for 2 nights. Lodge rooms have Queen bed, private bath \$210 private or \$230 for a couple for 2 nights.

Festival Fees	\$ _____	The Mishras Raga Concert
Meals	\$ _____	
Accommodation	\$ _____	Sunday 7-10 pm is \$22 extra
Subtotal	\$ _____	plus gst
GST (add 5%)	\$ _____	plus options of
Grand Total	\$ _____	Sunday dinner and another night.
Amount enclosed	\$ _____ (50% deposit required)	
Balance ...	\$ _____ payable at the door	

Make cheque payable to: **Visions unlimited, Spring Festival ...Send it to Marion Desborough, L1-4505 McLean Creek Rd, OK Falls, BC, V0H 1R1**

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. 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.