

# Spring Festival of Awareness

Naramata Centre

near Penticton

**April 29  
- May 1**

Adults \$150

Seniors/Young People \$125  
if registered before March 15

Over 50 Workshops

Opening and Closing Ceremonies

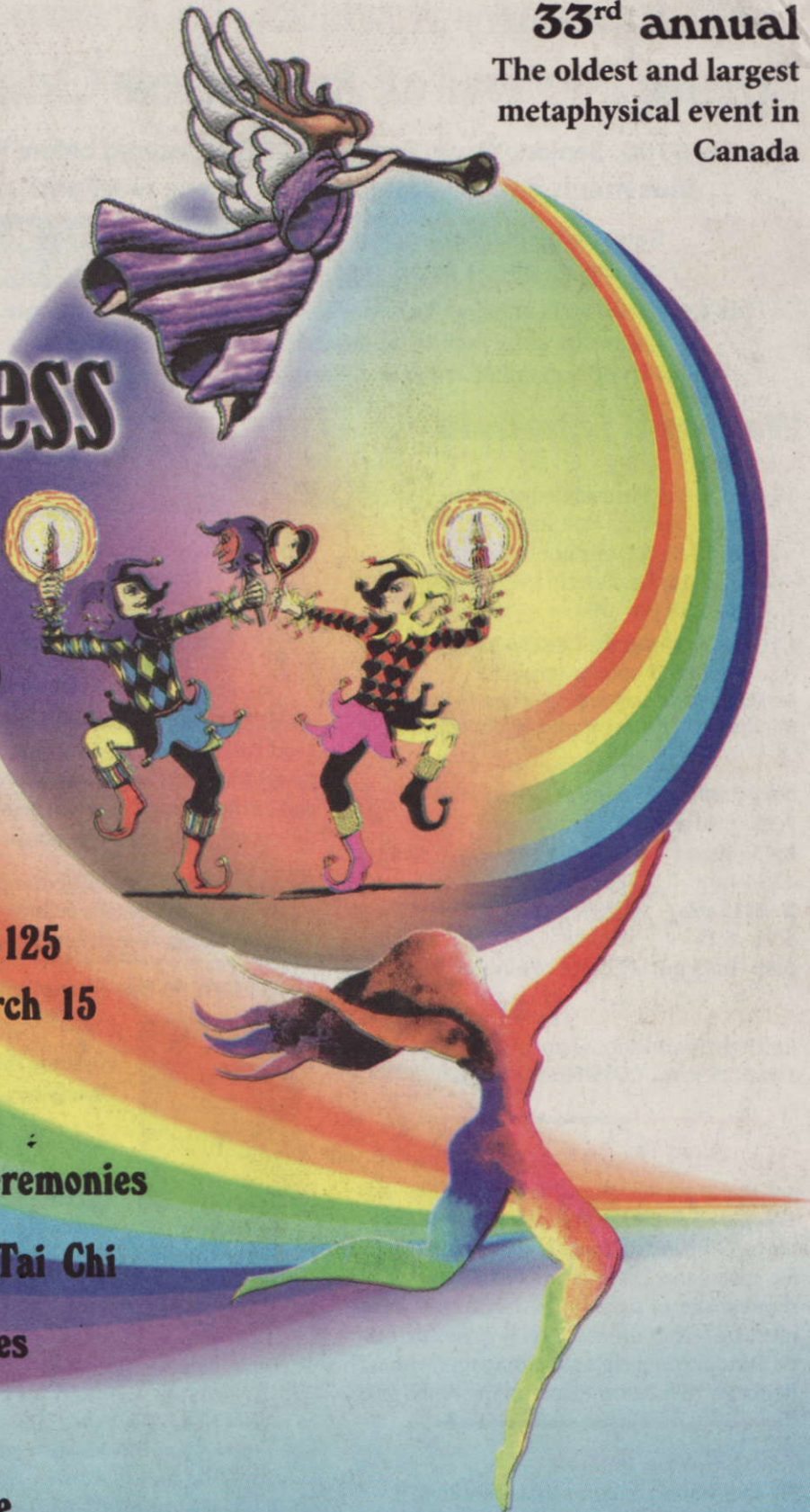
Sunrise Meditations & Tai Chi

Networking Opportunities

A Healing Oasis

A Festival Store & more

**33<sup>rd</sup> annual**  
The oldest and largest  
metaphysical event in  
Canada



[www.issuesmagazine.net](http://www.issuesmagazine.net)

# 33<sup>rd</sup> Annual - April 29, 30 & May 1, 2011 Spring Festival of Awareness Celebration

Adults \$150, Seniors/Young People \$125 if registered before March 15<sup>th</sup>  
plus meals and accommodation for the weekend plus HST

Register by mail using a cheque and the form on page 16  
Register by phone using your credit card: 1-250-497-6861

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



Angele & Richard  
Festival Organizers

Questions?  
1-855-366-0038

## Weekend Schedule

### FRIDAY SCHEDULE

- 12 pm On-site FESTIVAL Registration at Columbia Hall starts
- 1 pm Healing Oasis sign-up starts
- 2:15 - 5:15 Sessions in the Healing Oasis
- 5:15 - 6:15 pm Dinner

### 7:10 pm... OPENING CEREMONIES

A Song Ceremony followed by the presenters and concluding with a twenty minute Crystal Bowl Sound Meditation.

### 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 eleven workshops
- 5:15 - 6:15 Dinner
- 6:45 - 8:45 pm • Choice of nine workshops

**SUNDAY SCHEDULE** - only 1.5 hours off for lunch then workshops happen from 1:30 - 3:30.  
**4 to 4:25 pm... CLOSING SONG CEREMONY.**

## The Festival Store

has space to sell various crafts, crystals, jewellery and more. If you are registered as a participant, instructor or healer you can apply for space and bring items to be sold. Go to the website or ask Marion for details. Items must be left in the store till it closes at 2 pm on Sunday. We have a store manager who will deduct a 15% commission on the items sold.

## Give-Away Table

For the sharing of items that are valued and now ready to be shared with another.



## Refreshment Stations

provide herbal teas and organic apple juice so please **bring a travelling mug.**

## The Healing Oasis is in Lower McLaren Hall.

Sign-up for a maximum of ONE hour per day.

Intuitive Readings, Body-work, Energy-work, Reiki and more

Sign-up starts at 1 pm on Friday - Sessions are 2:15 to 5:15 pm  
Saturday sessions are 8:30 am to 9 pm & Sunday sessions 8:30 am to 3 pm

Rate of \$25 per half hour and \$40 per hour.

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. Healers bring food to share for the evening potlucks. We provide soup and homemade bread for lunch and there is a variety of choices for breakfast or bring your own, a fridge and stove is accessible. Or you can order Naramata Centre meals (prices on page 16.) A few bursaries are available towards accommodation.

For more details please go to our website: [www.issuesmagazine.net](http://www.issuesmagazine.net)  
it has all the details including a page with *frequently asked questions*.  
Another option is to contact Marion 250 497-6861 and she will mail the form.

**Marion is the Registration Co-ordinator ph: 250-497-6861**



Marion  
Desborough

**Accommodation** is on a first come basis.

Costs are on the registration form on page 16.

**Check-out of rooms is 1 PM on Sunday.**

**Meals** Please pre-order by April 10 • 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 close by.

**Finding Naramata** - Driving into Penticton from the South, pass the Airport and turn left at the traffic lights (just over the bridge) onto Channel Parkway (hwy 97 N). Go through two traffic lights to a third traffic light at Eckhardt Ave. Turn right, go through four traffic lights and one block to **Haven Hill**.\*\*\* Turn left, up hill one block to the 'Y'. Turn right onto Johnson Road, go 3 long blocks. Turn left onto Upper Bench Road, go approx. 1 km. Turn right on McMillan Ave... go 1 long block, turn left onto Naramata Road. From this point it is approx. 11 km to Naramata. Watch for the signs. After 15 to 20 minutes of 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. 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

## Spring Festival of Awareness OPENING AND CLOSING CEREMONIES

Friday ~ 7:10 - 8 pm • Sunday ~ 4 - 4:25 pm in the Great Hall

Danielea will open and close the festival with an interactive and divinely inspired *Song Ceremony*.

Based on a simple chant sung by participants and enlivened with sacred gestures and movement it traditionally involves some form of conscious touch. This gives individuals in the group the opportunity to connect one-on-one, directly and deeply at heart level, while moving within a field of unified consciousness. We invite you to be part of this experience.

Workshop #01 Sunday morning 3 hours

### Wisdom of the Naramata Willows

The Willow is traditionally known as a Tree of Dreaming, Inspiration, Enchantment and above all else, Compassion. The Willow trees at Naramata Centre powerfully embody these attributes with living grace. Following a sacred sound attunement, grounding and guided visualization, you meditate with a Naramata Willow of your choice. Each Willow has it's own 'voice' and you will hear it in your own unique way. Bring any messages, images, poetry and songs back to share with the group. *Journals, recorders and drawing tools are helpful.*

*This workshop is limited to 12 people and may include a short presentation of the 'wisdom' of the Naramata Willows at the Closing Ceremony.*



### DANIELEA CASTELL

Prince George, BC • 250 981-8067  
[www.oneconsciousvoice.com](http://www.oneconsciousvoice.com)

Danielea's specialty is Songweaving, the art of using sacred songs to consciously integrate people, place and purpose, as in a Song Ceremony. She has over twenty years experience creating unique opportunities for individuals to reconnect with their heart's inner voice. She is certified in both Yoga of the Voice™ and Language of Mastery™ leading Sound Healing with Mother Nature and Conscious Language workshops in a variety of community and organizational settings.

Workshop #02 Saturday afternoon 3 hours

### Poi Mandalas

The spirit power of sacred symbols is dancing around and through you while learning to twirl two balls on two strings called poi. Develop awesome coordination and R/L brain balance that opens the inner gates to creative life solutions. We will join in a circle together and take basic sacred symbols to create moving mandalas that expand and magnify the beauty and power of poi dancing.

*Karen will demonstrate Fire Dancing  
Saturday 10:30-11 pm outside Columbia Hall.*



### KAREN EVENING JASMINE

aka SOULFIRE  
Nelson, BC • 250 352-7267



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

*Karen is working in the Healing Oasis for 3 hours.*

Workshop # 03 Saturday afternoon 3 hours

### Embrace the Shadow to Claim your Power

We are all made from light and darkness. When we repress our shadow self - it creates drama and conflict in our lives. The pressure of these times is calling us to accept all parts of ourselves. Learn techniques through the ancient technology of Kundalini Yoga + Meditation to come into wholeness.



### CATALYST YOGI

Naramata, BC • 250 488-5157  
[www.CatalystYogi.com](http://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 playfulness.

**SARAH ORLOWSKI**  
Grand Forks, BC • 250 442-2829

Sarah practices Qi Gong, having studied over ten years with Grand Master Peng. She is a clinically trained Master Herbalist in private practice and has taught extensively in the Alternative Health Field, including at Douglas College, Boucher Naturopathic Institute, and Van Dusen Gardens. She is a co-founder of Filbelly Forest, a certified organic farm that focuses on herbal medicine and sustainable agriculture education workshops and internships.



Workshop #04 Saturday evening 2 hours

### Spring Cleansing

How to live with the seasons and create your own Spring cleanse to eliminate toxins and reset the organ systems. Focus is on liver detoxification using diet and herbs and discussion will be on how to custom design a cleanse that can be incorporated into your lifestyle without undue discomfort.

Workshop #05 Sunday morning 3 hours

### Sustainable Agriculture

The gardening of the future harkens back to the gardening of past centuries and acknowledges the climate, terrain and weather system of any given area and works within these parameters, rather than against them. Learn how to make appropriate choices based on your garden's exposure, rainfall levels and climate zone, while minimizing your efforts. Some call it permaculture (as coined by Bill Mollison), though all indigenous cultures have long been involved with the observation of the land and its life forms, giving rise to sustainable techniques such as diversified plantings, using natural water sources and including other species' needs as a necessary part of the equation.

**SOL & ROBIN MENARD**  
Kelowna, BC • 250-863-7863  
[www.APathofHeart.com](http://www.APathofHeart.com)

Robin is a Registered Clinical Counsellor with her MSW from the UBC and four years experience. Sol is a Registered Professional Counsellor with seven years experience. They are trained in Emotionally Focused Couples Therapy and Virginia Satir Family Therapy with a private practice in Kelowna specializing in couple's therapy working together.



Workshop #06 Saturday evening 2 hours

### Creating a Secure and Deep Bond Within Intimate Relationships

Emotion Focused Couples Therapy has been proven to help 75-90% of couples improve their relationships. We will teach you how to identify and escape negative conflictual patterns and ways in which you can build a lasting a deep emotional bond within your relationship. This workshop is designed for couples or singles.

Workshop #07 Sunday morning 3 hours

### Original Pain Work: Learning How to Grieve Your Past

Using a technique of family sculpting in a therapeutic environment we will help you get in touch with the grief attached to the losses of childhood. We will help you embrace and process this in a safe environment. Please bring a pen and paper for writing. John Bradshaw spent ten years in sobriety still feeling compulsive with eating and smoking. He reported that it wasn't until he did "Original Pain Work" and grieved the losses from his past that he finally experienced a sense of peace and calm within himself.

**DAWN DANCING OTTER**  
Penticton, BC • 250 809-3380  
[www.dancingotter.ca](http://www.dancingotter.ca)

Dawn has been facilitating ecstatic exploration for more than 20 years, including Yoga Asana/Pranayama/Nidra, Ecstatic Dance, and Shamanic Medicine. Her practice is founded in studies with Manfred Lukas, Eva Vigran, Gabrielle Roth, Shiva Rea, Richard Miller, Sri K Patthabi Jois, Dr. Ihaleakala Hew Len, Mabel Katz, and Byron Katie. She has a Shamanic Medicine practice in Penticton and facilitates trainings.



Workshop #08 Saturday afternoon 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 free-form dance with yoga techniques/breathwork and mantras. *Bring a blankets, and pillow.*

**SUNRISE CEREMONIES with Dawn Dancing Otter: BOTH mornings 6:45 am in SOUTH WING.**  
**Guided Yoga Nidra** - this is a deep meditation which awakens consciousness and quickly facilitates manifestation.

Workshop #09 Saturday morning 3 hours

## CCMBA - Complete Cellular Mind Body Alignment

If you are a healer or in need of healing, this is one of the best gifts you can give yourself. Here's your chance not only to witness miracles; perhaps experience one! Experience the Law of Grace, which takes precedence over the Law of Karma.

Workshop #10 Sunday afternoon 2 hours

## Spiritual Alchemy

An ancient science of transforming base metals into gold. Learn to work with one's Inner Powers to transform the base metals of unconscious emotions, traumas, unwanted patterns, conflicts, and disease into the gold of Self-Realization and vibrant health. Learn from Sharon's failures and victories... and discover some life-changing secrets.



**DR. SHARON FORREST**

Coquitlam, BC • 604-475-0809

[www.healingnow.com](http://www.healingnow.com)

Doctor of Homeopathic and Naturopathic Medicine, Transformational Psychology and Clinical Hypnotherapy with an extensive background in Ancient Wisdom, Spiritual Alchemy, Energy-Hands-on Healing and Nutrition. A pioneer in the field of healing degenerative diseases for forty years she continues to prove that Energy Medicine is well on its way to being the medicine of the future. Dr. Forrest also has numerous programs for 'Street Children' and the underprivileged in Peru.

Workshop # 11 Saturday afternoon 3 hours

## Embodying Organs

A guided physical journey of your digestive system (mouth to anus) that allows a greater sense of being and harmony within self and universe. Through sensing, sounding and movement we will embody the digestive organs and revisit prenatal mouthing.

Workshop # 12 Sunday afternoon 2 hours

## Exploring Vowel Vibrations with Solar Plexus Support

We image prenatal navel radiation movement from navel to head, coccyx, arms/hands and legs/feet, then engage the breathing diaphragm and solar plexus to support our voiced exploration of vowels sounds, colours and movements.



**GERDA (Jair-da) MORROW**

Kamloops, BC • 250 314-1009

Seymour Arm, BC • 250 318-7067

Gerda is a semi-retired voice coach and Body-Mind Centering practitioner who appreciates opportunities to share her love of finding pleasant and serviceable speaking voices within people. Her style focuses on self-awareness of one's own physical body and energy flow, promoting personal health and understanding. *Bring a mat, blanket, water and a personally meaningful poem or chant.*

Workshop #13

Saturday afternoon 3 hours

## The New Group Consciousness

No matter where you are on your spiritual journey it is through self-awareness and self-love that you heal and grow. Many are being called to experience spiritual growth within the group dynamic. This is where we experience the most accelerated growth and it is the only way to access the highest levels of energy that is available now. This inter-active workshop includes a live channelled meditation, activation, and details on working within the new group-consciousness. It is through the power of love that you remember your Divinity and are able to step into Self-Mastery. The only pre-requisite for attending is your heart-felt call.



**KAREN COOGAN aka MaLeem**

Penticton, BC • 250 770-1166

MaLeem is gifted in the Intuitive and Healing Arts. After receiving her Reiki Master Degree in 2004, she trained internationally as a Water/Love Body Healer, an energetic program of healing, self-awareness, and spiritual growth, graduating as a Mumara in 2006. She is a channel for Divine guidance and plays the Crystal Bowls.



**LAURIE SAGLE aka AnaLaRai**

Parksville, BC • 250-248-4006

AnaLaRai is a gifted Intuitive Healer, Reader and Facilitator. Her spiritual journey was accelerated in 2002 during a Spiritual Retreat in Montreal, facilitated by Dr. Lilliana Corredor. Training with her, she became a Water/Lovebody Healer, graduating as Mumara in 2004. She is a Crystal Master, Divine Channel and Emmissary of Love.

Together they have been co-facilitating Spiritual Retreats and Journeys internationally since 2007 and co-founded Divinely Guided Spirituality. [www.divinelyguidedspirituality.com](http://www.divinelyguidedspirituality.com)

*A Mumara is an Emmissary of Love and Service. Through refining, opening, awakening, and applying the higher purpose of the mind and heart, the Mumara is able to distill the essence of what is. Learning to be masters of their thinking, their emotions, and their applied use of power while allowing the flow to happen freely.*

**SUNRISE CEREMONIES with MaLeem: SATURDAY morning only 6:45 am in CHAPEL.**

**Labyrinth Walk** - Combine the heavenly tones of crystal bowls and the connection to earth as you walk the Labyrinth.

**TED LUND & TERESA TAYLOR**  
Naramata, BC • 250 496-5797

Ted has Healing Touch Level 3. For the past five 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. Teresa, his soulmate and partner, will be co-presenting.



Workshop # 14 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.

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

Georgina has been teaching animal communication for ten years. She teaches Iridology at Langara College in Vancouver B.C. She is a Herbalist, Iridologist, and Natural Health Consultant, incorporating iridology, homeopathy, nutritional healing, Sound and Energy Healing into her work with animals and people.



Workshop #15 Saturday evening 2 hours  
**Animal Communication**

Using guided meditations and the loving energy of the White Light, Georgina will lead participants through the steps of communicating with animals. We will practice using a live animal photograph so we can get immediate validation of our communication style. Lots of guidance and gentle advice while we practice. *You are welcome to bring a photo of a pet you wish to communicate with.*

*Georgina is working in the Healing Oasis Saturday doing Sound Healings using the Acutonic Vibrational Healing Forks.*

**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 #16 Saturday afternoon 3 hours  
**Elemental Shapeshifting: a Celtic Journey**

2500 years ago a Druid, named Amergin pronounced "I am a wind on the deep waters / I am a shining tear of the sun / I am a hawk on a cliff / I am a god who sets the head afire..." His declaration was based on his transformation through becoming other elements. Join me on a Celtic mythic journey of discovery to recall our truth through meditation and movement. *Bring a blanket for meditation.*

Workshop #17 Saturday evening 2 hours **The Dark Goddess**

Her realm is the night, the dark phases of the moon, and the shadow self – the part you conceal, the part that deals with power, fantasy and fear. Transformation and sovereignty of self is her domain. She beckons you to become all that you are by delving into your dark side. Waiting for you is your true self, whole and complete. *Bring a blanket for meditation.*

**SUNNAIRA (LorRaine) ARMSTRONG**  
OK Falls, BC • 250 497-6797

Being an avid student of spirituality Sunnaira has participated in teachings from many different nations and each one deepens her connection with Mother Earth, Father Sky and Great Spirit. She has studied the ancient prophecies and likes to focus her energy and ceremonies to help humanity make the great shift to expressing Heart-centered consciousness.



Workshop #18 Sunday morning 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 known? The energy of our planetary, solar system and galactic alignment is reaching a fulcrum point in 2012 with two shifts happening at the same time. This happens once every 360,000 years. The less intense shifts happen every 5,225 years. These shifts create opportunities in the heart/mind energy field, bringing peace and healing.

**SUNRISE CEREMONIES with Sunnaira: BOTH mornings 6:45 am LOWER ALBERTA HALL.**  
A TIME TO GIVE THANKS for a new day with drum, song, prayer and meditation.

Workshop #19 Saturday afternoon 3 hours

## The Art of Intuitive Writing

Be it song, poetry or prose; let the Muse flow through you as you create a work to inspire yourself and others. Visualization, discussion, writing, and a few songs to set the energy. *No previous writing or musical experience required. Paper and pencils provided.*

Workshop #20 Sunday afternoon 2 hours

## Somewhere Over the Rainbow

What lies over the rainbow? Set the energy with song – your choice – from old favourites to new creations – then tune into your own awareness of “other” realms and receive answers for the “now” in your life. Meditation, visualization, discussion, and intuitive exercises. *No musical or mediumship background required.*



## ROSEMARY PHILLIPS

Christina Lake, BC • 250-447-9713

[www.rosemaryphillips.ca](http://www.rosemaryphillips.ca)

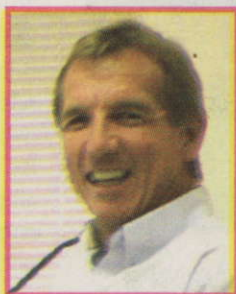
After graduating from Ryerson Interior Design (1972), Rosemary found new meaning in the subject as she began applying her natural born gifts of healing, clairvoyance, singing, writing and colourful psychic art for the “interior design” of our being and health. She now combines her singing and clairvoyance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

Workshop # 21 Saturday morning 3 hours

## Choose to be Healthy

A practical guide to the new science of Epigenetics

Roger will highlight the ‘biology of belief’ as a rapidly emerging science that describes how your thoughts have a profound effect over your physiology and genes. This practical workshop will integrate science, medicine and guided visualization, allowing you to take control of your own health, and other aspects of your life.



## DR. ROGER DRINKWATER

Vernon, BC • 250 307-7485

[www.AnantaCreations.com](http://www.AnantaCreations.com)

A scientist and businessman with a lifetime of research, teaching and work experience in medical science. A specialist in molecular genetics, Roger enthusiastically embraces the biology of belief, the rapidly emerging field of Epigenetics which effectively combines science and metaphysics.

Workshop # 22 Sunday morning 3 hours

## Access Your Inner Power

Through guided imagery Elara will help you reprogram your subconscious mind which is your power center, in order to create success in your life:



## LEA REARDON aka Elara

Vernon, BC • 250 306-5325

[www.TransformationWithElara.com](http://www.TransformationWithElara.com)

Elara has facilitated meditation classes and self-empowerment workshops since 1995, as well as practiced the healing arts. She is passionate about helping others to transform their lives to a higher level of joy and fulfillment. She has a natural ability to connect with people to help them awaken their True Nature.

- \* Healthy body and mind
- \* Fulfilling relationships
- \* Courage to follow your dreams
- \* Financial freedom

*Elara is working in the Healing Oasis for 3 hours.*

Workshop #23 Sunday afternoon 2 hours

## Developing Your Intuition: How to identify and listen to your 'Gut Instincts'

Learn why developing your intuition is an important tool for the new energies for 2012. Understand WHY most of our everyday thinking, feeling and acting are outside of our conscious awareness. Intuition is a powerful muscle that with practice, will take our feeling to a higher level. It is knowledge without rational thought - a ‘knowing’. So wear some purple, meet your sixth sense and share a special gift.



## JOLLEAN MCFARLEN

Kelowna, BC • 250 448-5339

[www.jadorecolour.com](http://www.jadorecolour.com)

International Feng Shui and Colour consultant/therapist, winning designer; author of six books, producer of Quan Yin Tarot cards and CD, entertainer and visionary. She teaches for the City of Kelowna and is a director for the Arts Council. A pioneer in the field of spiritual living for over four decades. She has made Kelowna her home again after three years working, studying and traveling in Asia where she was chosen ‘most expert teacher/trainer.’

**SUNRISE CEREMONIES with Jollean: BOTH mornings 6:45 am in the SESSIONS ROOM.**

**QUAN YIN MEDITATION: Adapted from her latest CD, an indepth experience of the qualities of compassion.**

**EIKO UEHARA**  
Salmon Arm, BC • 250 804-5432

Eiko is a Registered Clinical Counselor as well as an Art Therapist. Her work experience is with children, adolescents, and adults both in one-on-one and group settings. Art therapy is not only for a person who needs psychological help, but also for those who are concerned about their well-being. Through expressing oneself with art making, it is possible for one to connect to his or her true self!



Workshop #24 Saturday evening 2 hours

### What Do Colors Mean to You?

What kind of colors do you like? Do specific colors evoke certain feelings in you? Let's play with colors and find out what they mean to you. Colors have been proven to have a profound impact on the mind and body.

Workshop #25 Sunday morning 3 hours

### Connecting with Your Innate Artist

Art activities will be used to encourage participants to explore art as a method of self-expression, self-exploration and a unique way of communication. Artistic skills are not required but courage, curiosity, and creativity are.

**CRYSTAL ROSE**  
Penticton, BC • 778 476-2798  
www.crystalrosepsychywitchdr.com

Crystal is a charismatic yet down-to-earth mystical personality who employs several of the healing arts along with her natural gifts as a seer in a way that is both entertaining and insightful. She is the perfect characterization of a 'Traveling Wise Woman' who finds love and joy in every experience, and then shares.



Workshop #26 Saturday afternoon 3 hours

### Spring Clean your Subconscious

Using Sacred Scalar Energy and Voice Activated Hydration Systems experience a group session that allows you to release many blockages effortlessly. As each of us contains our entire life within the tone of our voice, we can neutralize stressors using the basics of sound technology. As we all process information differently, each of us will experience this in a unique way that is geared to be profoundly personal. *Bring a blanket and pillow.*

*Crystal Rose is working in the Healing Oasis for 3 hours.*

**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 #27 Saturday morning 3 hours

### Let's Play Tantra

The focus of this tantra playshop will be working with intimacy in relationship. Discover how to be in your heart center and explore relationship from the wisdom deep within. *Bring a blanket or towel.*

Workshop #28 Sunday afternoon 2 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. *Wear comfortable clothing & bring a blanket/or towel.*

**MARIE-JEANNE FENTON**  
Kelowna, BC • 250 862-5121  
www.thehealthartist.com

Marie-Jeanne is a Oneness Blessing Giver. Her holistic business focuses on quantum and vibrational healing, including accessing the Akashic Records, Quantum Biofeedback, Yuen Method™. She has recently expanded her personal healing through Shamanic Journeying and is studying the Science of Medical Intuition.



Workshop #29 Saturday morning 3 hours

### The Akashic and Beyond

Learn how one can access the 'archive of the soul' called the Akashic Records. The Ananda Mandala meditation – a chakra balancing and vigorous breathing journey – will be used for clearing and relaxation. We will then transition to a state of Divine Universal Consciousness allowing us to perceive the impressions and vibrations of the records. *Bring blankets and cushions.*

**SUNRISE CEREMONIES with Marie-Jeanne: BOTH mornings at 6:45 am in UPPER ALBERTA HALL.**  
**THE ANANDA MANDALA** - Chakra balancing, vigorous breathing and meditation help to raise levels of consciousness. **8**



Workshop #30 Sunday morning 3 hours

### Intro to *Connect to Your Own Power*

Spend empowering time in the Angelic Realm. Learn to connect through thoughts, feelings, seeing and knowing. Gain new insights to self through guided meditations and have the opportunity to experience the presence of Arch-angels Michael and Raphael.



*Cindy is working in the Healing Oasis for 3 hours.*

**CINDY SMITH**  
Powell River, BC • 604 483-5223  
www.cindysmithaep.com

After many years of working in the counselling field, Cindy has now found her life passion by teaching others to find their own power, trust in their intuition and connect to their angels. Cindy teaches the *Angel Empowerment Practitioner Certification™ Course*, and has developed *Connect To Your Own Power* workshops.

Workshop #31 Saturday afternoon 3 hours

### EFT Discovery (Emotional Freedom Technique)

Learn different ways to apply E.F.T. on physical or emotional issues and release negative emotions and physical pain by tapping on meridian points. E.F.T. is a long-lasting and gentle therapy that involves no drugs or equipment, can be easily learned and used on any ailments.



**SYLVIE HAREL**  
Kelowna, BC • 250 762-7231  
www.sylvieharel.com

Sylvie has been involved in the healing field for about 6 years as a masseuse then as an Emotional Freedom Technique (EFT) teacher. She is passionate about helping people empower themselves with this wonderful easy self-applied tapping tool that help you relax and remain positive. In her workshops Sylvie uses empathic communication.

Workshop #32 Sunday afternoon 2 hours

### EFT - Addictions and Cravings

Learn different ways to apply E.F.T. when dealing with addictions and cravings. EFT can bring down the immediate craving within minutes so that one can walk away from food, cigarettes, alcohol, drugs, and other addictive substances. In a few cases this simple procedure has also collapsed the overall addiction.

Workshop #33 Saturday morning 3 hours

Workshop #34 Sunday afternoon 2 hours

### Standing and Walking Meditation

We will start with a focus on Tai chi Principles while we explore balance, alignment, relaxation, and rootedness for overall health and well-being - physically, emotionally, mentally and spiritually. An exploration to become aware of patterns of tension that hold our bodies. Tension is caused by fighting the force of gravity. Letting go of tension allows access to deeper levels of awareness. Walking meditations are used to take the new wisdom 'on the road'. Resolving body tension will allow the body to settle into a more efficient and relaxed alignment.



**SANA SHANTI**  
Nelson, BC • 250 354-4114

Sana's background is primarily in Tai Chi and Qigong but she has also trained in energy work and studied various therapies and philosophies which she combines to create her body-based transformational trainings that focuses on health, peace and well-being. She travels Western Canada and the US teaching Tai Chi principles to diversified groups so they can integrate these principles into their bodies and lives.

*Hajime and Sana are instructors at the annual Kootenay Lake Tai Camp, that happens August 6-13, near Kaslo, BC.*

Workshop #35 Sunday afternoon 2 hours

### Rock on with Qi Gong

Experience the health restoring power of Qi-cycling, 5 animal frolics, 5 healing sounds, Taiji Ruler and 8 Brocade Qigong exercises. You will feel rejuvenated, re-energized and Qi-full.



**HAJIME NAKA**  
Kelowna, BC • 250 762-5982

Hajime, is a foolishly wise Daoist Rebel, with a cause and effect. He enjoys writing poetry and short stories, dancing to his own inner rhythm, and thinking outside the box. He describes himself as a word dancer, movement artist, crazy wisdom philosopher and an authentic fake.

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

**QI GONG - TAI CHI • Start the day feeling centered and balanced, smiling, breathing and moving with nature.**

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 <b>Loft</b>	# 45 <b>NEIL &amp; TINA</b> The Passion Test™	# 11 <b>GERDA MORROW</b> Embodying Organs	# 06 <b>SOL &amp; ROBIN</b> Creating a Secure and Deep Bond Within Intimate Relationships
2 <b>North Wing</b>	# 27 <b>BRENDA MOLLOY</b> Let's Play Tantra	# 36 <b>EILEEN HEAD</b> Personality Potential The Enneagram System	# 55 <b>TEREZ LaFORGE</b> Crystal Singing Continuum
3 <b>Sessions Room</b>	# 44 <b>CINDI TOMOCHKO</b> Art Therapy: Healing is a Creative Act(ion)	# 19* <b>ROSEMARY PHILLIPS</b> The Art of Intuitive Writing	# 24 <b>EIKO UEHARA</b> What do Colours Mean to You?
4 <b>South Wing</b>	# 49 <b>BROCK TULLY</b> Journey Back from Your Head to your Heart	# 16 <b>LINDA BUTLER BUCHANAN</b> Elemental Shapeshifting A Celtic Journey	# 17 <b>LINDA BUTLER BUCHANAN</b> Dark Goddess
5 <b>Orchard Court 1</b>	# 09 <b>SHARON FORREST</b> CCMBA - Complete Cellular Mind Body Alignment	# 26 <b>CRYSTAL ROSE</b> Spring Clean your Subconscious	
6 <b>Orchard Court 2</b>	# 47 <b>MARIAH MILLIGAN</b> The Theta Experience	# 53 <b>NORMA COWIE</b> Past Life Regression	# 04 <b>SARAH ORLOWSKI</b> Spring Cleansing
7 <b>Maple Court 3</b>	# 29 <b>MARIE-JEANNE FENTON</b> The Akashic and Beyond	# 31 <b>SYLVIE HAREL</b> EFT Discovery	# 15 <b>GEORGINA CYR</b> Animal Communication
8 <b>Chapel</b>	# 50 <b>STEPHANIE &amp; COLETTE</b> Yuen Method™ Demonstration	# 51 <b>STEPHANIE MONSEN</b> Introduction to the Yuen™ Method	# 38 <b>SID &amp; PETER</b> Energy Imbalances Acugraph 4 Diagnostics
9 <b>upper Alberta Hall</b>	# 21 <b>ELARA &amp; ROGER</b> Choose to be Healthy	# 13 <b>MaLeem &amp; AnaLaRai</b> The New Group Consciousness	# 41 <b>LEAH SINCLAIRE</b> Analyze your Name
10 <b>lower Alberta Hall</b>	# 40 <b>LEAH SINCLAIRE</b> Analyze your Birth Chart	# 03 <b>CATALYST YOGI</b> Embrace the Shadow to Claim your Power	# 39 <b>DEBORAH WARREN</b> ET Contact
11 <b>Great Hall</b>	# 33 <b>SANA SHANTI</b> Standing and Walking Meditation	# 08 <b>DAWN DANCING OTTER</b> Dance Alchemy - the 4 Elements	
<b>other</b>	# 42 <b>PENNY AND ROSI</b> Frequencies of Brilliance Work in the Healing Oasis <i>The Cave aka the Reiki Room</i>	# 02 <b>KAREN JASMINE</b> Poi Mandalas Lawn of Columbia Hall	

# April 29, 30 & May 1, 2011

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
 <p><b>SUNRISE</b> both morning 6:45 - 7:30</p>		# 07 <b>SOL AND ROBIN</b> Original Pain Work Learning How to Grieve Your Past	# 12 <b>GERDA MORROW</b> Exploring Vowel Vibrations with Solar Plexus Support	Loft <sup>1</sup>
<p><b>SUN</b> CINDI TOMOCHKO <i>Dru Yoga</i></p>		# 30 <b>CINDY SMITH</b> Intro to <i>Connect to Your Own Power</i>	# 28 <b>BRENDA MOLLOY</b> Discover Shiatsu	North Wing <sup>2</sup>
<p><b>SUN</b> TEREZ LAFORGE <i>Crystal Bowl Bath</i></p>		# 25 <b>EIKO UEHARA</b> Connecting with your Innate Artist	# 20 <b>ROSEMARY PHILLIPS</b> Somewhere Over the Rainbow	Sessions Room <sup>3</sup>
<p>JOLLEAN McFARLEAN <i>Quan Yin Meditation</i></p>		# 22 <b>ELARA REARDON</b> Access Your Inner Power	#37 <b>EILEEN HEAD</b> Conversation Negotiation	South Wing <sup>4</sup>
<p>DAWN DANCING OTTER <i>Guided Yoga Nidra</i></p>		# 01 <b>DANIELEA CASTELL</b> Wisdom of the Naramata Willows	# 10 <b>SHARON FORREST</b> Spiritual Alchemy	Orchard Court 1 <sup>5</sup>
		# 14 <b>TED LUND</b> Healing You and the Earth	# 54 <b>NORMA COWIE</b> Tarot: The Ancient Tool of Self Discovery	Orchard Court 2 <sup>6</sup>
		# 05 <b>SARAH ORLOWSKI</b> Sustainable Agriculture	#35 <b>HAJIME NAKA</b> Rock on with Qi Gong <i>(Outside if the weather permits)</i>	Maple Court 3 <sup>7</sup>
		# 18 <b>SUNNAIRA ARMSTRONG</b> Return of the Ancestors and Wisdom Keepers	# 23 <b>JOLLEAN McFARLEN</b> Developing Your Intuition	Chapel <sup>8</sup>
<p><b>SAT</b> KAREN COOGAN <i>Labyrinth and bowls</i></p>		# 43 <b>SANDRA RICHARDSON</b> Release Unwanted Energies and Entities	# 48 <b>MARIAH MILLIGAN</b> Reference Point Therapy	upper Alberta Hall <sup>9</sup>
<p><b>SUN</b> BROCK TULLY <i>Celebrate Kindness</i></p>		#52 <b>COLETTE STEFAN</b> Are you Searching for Answers?	# 32 <b>SYLVIE HAREL</b> EFT: Addictions and Cravings	lower Alberta Hall <sup>10</sup>
<p>MARIE-JEANNE FENTON <i>The Ananda Mandala</i></p>		# 46 <b>TINA THRUSSELL</b> Movement + Music = Magic	# 34 <b>SANA SHANTI</b> Standing and Walking Meditation	Great Hall <sup>11</sup>
<p>SUNNAIRA ARMSTRONG <i>A Time to Give Thanks</i></p>				
<p>HAJIME NAKA <i>TaiChi and Qigong</i></p>				

### Saturday Night Options

9-10:30 pm recorded music in the Great Hall  
at 10:30 Fire Dance with Karen outside.

**ET Skywatch** - 9 to 11:30 pm at the Beach



## EILEEN HEAD

Calgary, AB • 403 452-9865  
www.lifeequationsinc.com

Eileen is a Life Path Coach, Seminar Presenter, Vision Therapist, Hypnotherapist, Reiki Master and Certified Enneagram Personality teacher with a passion to assist people in enriching relationships, creating more joy and fun in their lives. An avid seeker of knowledge for over 25 years has led her to many self-growth and enrichment seminars that have been life changing.



Workshop #36 Saturday afternoon 3 hours

## Personality Potential - The Enneagram System

Identify the nine personalities, their strengths, challenges, communications styles and world perspective. De-mystifying your own and other's behaviours will assist you with understanding reactions, actions and interactions for a deeper connection, empowering you to speak up and manage your life with more confidence.

Workshop #37 Sunday afternoon 2 hours

## Conversation Negotiation

Relationships are the foundation of your life. Learn techniques to create more connection and start conversations empowering you to speak up. Practise the steps for negotiating: setting the mood, asking for agreement and generating feedback.

## SID TAYAL

Rossland, BC • 250 362-9481  
www.healingartsinstitute.ca

Sid was one of the founding members of the Spring Festival of Awareness, 33 years ago. He has followed the principals of Macrobiotics, Ayurveda, Traditional Chinese Medicine, Naturopathic Medicine, Patanjali's Yoga sutras, Neuromuscular and Ortho-bionomy most of his life. Every fall he offers a one year Health Rejuvenation Program in Rossland. Bonny, his wife, and Sid operate a Health Food Store in Rossland, BC.

## PETER SOMERVILLE • Trail, BC • 250 368-8211

Peter has completed Sid's Health Rejuvenation Program and trained on the Digital Meridian Imaging Acugraph Diagnostic tools and will assist in the presentation.

*Sid & Peter offer 3 hours of twenty-minute sessions in the Healing Oasis on Sunday.*



Workshop # 38 Saturday evening 2 hours

## Energy Imbalances

A demonstration of the Acugraph 4 Digital Meridian Imaging Diagnostic System. They will also discuss the energy imbalances of selected course participants by the Acugraph diagnosis and suggest nutrition, traditional Chinese medicine, acupressure and ortho-bionomy techniques that might help to resolve energy imbalances.

## DEBORAH WARREN

Vernon, BC • 250 503-1313  
www.ocseti.org

I joined CSETI (Center for the Study of Extra Terrestrial Intelligence) in 1999 in Vancouver and have attended five CSETI "Ambassador to the Universe" trainings. I have been assisting ET Contact groups in the Okanagan / Shuswap, teach Computer Science at the college level and offer a number of shaman journey workshops, drawing on the work of anthropologist Hank Wesselman.



Workshop #39 Saturday evening 2 hours

## ET Contact

View images, video and audio samples of extraterrestrial contact that have been experienced by CSETI groups. Time to understand why ordinary citizens must invite direct contact with ETs. We must demonstrate that we are spiritually ready for the technology they gave to humanity 60 years ago. Free energy, electro-gravitic propulsion systems and consciousness-assisted technology will allow us to transform human civilization.

**Friday & Saturday 9 to 11:30 pm • at the Beach • Everyone welcome  
ET Skywatch**

We will try and contact extraterrestrials using the CSETI protocols developed by Dr. Steven Greer. We will be under the stars for a few hours, bring a chair and sleeping bag to ensure that you are warm enough.

Workshop #40 Saturday morning 3 hours

### Analyze your Birth Chart

Have numbers always held a fascination for you? What's your purpose? Will you ever meet your soul mate? Enter the magical, fascinating world of numbers! Join Leah for a lively, learning experience where she shows you hidden pearls using your name and birthday. Discover the magic of numbers and how they can change your life!



**LEAH SINCLAIRE**  
Calgary, AB • 403 819-2312  
[www.quantumnumerology.com](http://www.quantumnumerology.com)

Leah became fascinated with numerology in 1998 when she studied under Clayne Conings, a philosopher of the Kabalarian wisdom. She continued with five years of personal study before founding Quantum Numerology Inc., an internet consulting business. She discovered there is a 'quantum field' that is governed by simple math. Leah provides consultations and is co-author of *Manifest Success: Momentum, Miracles and Motivation*.

Workshop #41 Saturday evening 2 hours

### Analyze your Name

What does your name mean? What destiny does your name give you? Your children? When you married you changed your destiny! Introducing 'Name Analysis' and the secrets to success using numbers.

Workshop # 42 Saturday morning 3 hours

### Frequencies of Brilliance Work *Workshop in the Healing Oasis*

Penny and Rosi will share their experiences of the powerful Frequencies of Brilliance energy work, which was founded by Christine Day. Through energetic doorways on the body, the work opens up light aspects of the self, accessing unlimited potential for living, loving and healing ourselves. This introductory session includes: a heart opening initiation, table work demonstration, sacred geometry formation meditation and an introduction to self-nourishing Manna.

*Penny & Rosi offer sessions in the Healing Oasis.*



**PENNY TANNER**  
Ottawa, ON and  
Cranbrook, BC • 613 818-2444  
[www.empresenergyworks.com](http://www.empresenergyworks.com)

Penny has been exploring various forms of energy work since the nineties which has supported profound changes and openings. In 2003, she received her first initiation into the Frequencies of Brilliance work and will soon take levels 15 & 16.



**ROSI MCLAREN**  
Surrey, BC • 604 720-9773

Rosi was initiated into the Frequencies of Brilliance work in 2008 and just finished her level 5. She feels the work and courses will help to awaken us to our own divine brilliance.

Workshop # 43 Sunday morning 3 hours

### Release Unwanted Energies and Entities

Ever get a hundred dollar response to a ten cent issue and wonder why it happened? Learn a simple and profound ceremony to release unwanted energies that are attracted to your light and don't know how to go home.

*Sandra offers sessions in the Healing Oasis.*



**SANDRA RICHARDSON**  
Okotoks, AB • 403 306-0034  
[www.beyondbeliefhypnotherapy.com](http://www.beyondbeliefhypnotherapy.com)

Sandra has been intuitively counseling people for over forty years. Through the course of her life and spiritual search, she has become a Ceremonialist, Reiki Master, and a Clinical Hypnotherapist. Using these tools she has developed classes and workshops.

Workshop #44 Saturday morning 3 hours

### Art Therapy: Healing is a Creative Act(ion)

With the use of basic art materials, we will allow for, and give form to, our thoughts, feelings, memories and dreams. Followed by a sharing circle focused on the art-making process; insight and understanding, growth and renewal are made possible. *No art experience is necessary. Confidential sharing is respected.*



**CINDI TOMOCHKO**  
Penticton, BC • 250 276-5308  
[www.windinthewillowstudio.com](http://www.windinthewillowstudio.com)

Cindi is an art therapist and Dru yoga instructor based out of *Wind in the Willow Creative & Healing Arts Studio*. She has a visual arts background. Cindi is also a Buddhist practitioner which acts as the foundation in her life.

**SUNRISE CEREMONIES with Cindi: BOTH mornings 6:45 am in the LOFT.**

**Dru Yoga** movements help to free up any stagnation and blockages of energy and to shed the holding quality of winter.

## NEIL & TINA THRUSSELL

Calgary, AB • 403 285-5266

[www.bestucanb.ca](http://www.bestucanb.ca)

[www.universalcircleofwomen.com](http://www.universalcircleofwomen.com)

Tina is a student of nine different dance arts, has seven years experience as a personal growth workshop developer and facilitator and four years experience as a licensed white belt Nia teacher. She was recently gifted from spirit with the vision for creating *Universal Circle of Women*.

Neil has been facilitating awareness expanding experiences for seven years. A certified *Passion Test*™ facilitator with two years experience facilitating this simple, yet effective process for discovering your life destiny. Tina and Neil are both workshop and retreat developers for *Best U Can B Inc.*, with a reputation for delivering genuine, heart-felt messages and creating safe and sacred space.



Workshop #45 Saturday morning 3 hours

### The Passion Test™

the effortless path to discovering your life destiny

Are you ready to have more fulfillment in your life? Are you ready to create a life that matters? Take the Passion Test to bring more excitement and 'fire' into your life! Learn simple but powerful way to clarify what is most important in your life and align your life with those passions.

Workshop #46 Sunday morning 3 hours

### Movement + Music = Magic

Through a holistic blend of discussions, experiential exercises, exploratory movement and Nia (which is dance-based, barefoot movement to music that blends dance arts, martial arts and healing arts to connect mind, body and spirit), you will discover the pleasure principle, moving your body in a way so you can experience the joy of movement!

## MARIAH FAYE

### MILLIGAN

Vernon, BC • 250 558-3665

Mariah is an experienced counsellor who is passionate about exploring and teaching cutting edge techniques in personal growth. She is also a Sedona Method Coach, practitioner and teacher of Commanding Wealth and practitioner of Reference Point Therapy.



Workshop # 47 Saturday 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 focus on utilizing them to manifest our Soul desires. In the process we will also observe and let go of negative feelings and beliefs which prevent the manifestation of our goals.

Workshop # 48 Sunday afternoon 2 hours

### Reference Point Therapy (RPT)

#### Healing the Inherited Trauma of our Ancestors

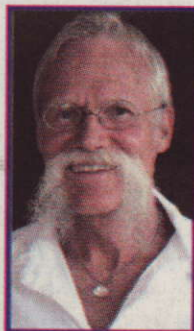
RPT is described as a quantum leap forward in rapid physical and emotional healings. I personally had a stubborn sciatica nerve pain heal in two sessions. This occurs because RPT recognizes the importance of how genetic encoding prevents our stubborn traumas from fully healing. Traumas are inherited 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.

## BROCK TULLY

Vancouver, BC • 604 687-1099

[www.brocktully.com](http://www.brocktully.com)

Brock is the author of 8 books, including 'Reflections' series; 3 epic bicycle trips (46,000 km) around North America to raise awareness for a KINDER world; Producer of the World Kindness Concert, One of a KIND Stories, and co-founder Kindness Rocks; co-founder of the Kindness Foundation of Canada [www.kindnessfoundation.com](http://www.kindnessfoundation.com)



Workshop #49 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 CHAPEL**

**Celebrate Kindness • Share a story of kindness that has touched your heart!**

Workshop # 50 Saturday morning 3 hours

## Yuen Method™ Demonstration .... Bring Your Pain and Leave Without It!

Stephanie demonstrates from 8:45 to 10:15, then a coffee break • Colette demonstrates from 10:30 to Noon

This touch free technique will help you to resolve the underlying source of your issues and eliminate it from your system thereby allowing your body to heal itself. Immediate and lasting results are possible. Experience this healing modality for yourself.

Workshop # 51 Saturday afternoon 3 hours

### Introduction to the Yuen Method™

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



**STEPHANIE MONSEN**

Calgary, AB • 403-614-5789

[www.energyparadigm.ca](http://www.energyparadigm.ca)

Stephanie 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. She specializes in pain elimination and in removing obstacles to personal and financial success.

Workshop # 52 Sunday morning 3 hours

### Are you Searching for Answers

After this workshop you will identify...

- \* Why Too Many Answers Are Worse Than None
- \* Where Your Pain Really Comes From
- \* The Real Solution. The Answer Will Surprise You!

The Yuen Method raises the bar for humanity by providing consistent results for success in fitness, relationships, finances, purpose, career, youthfulness, time and health. Everyone can learn how to use this innovative, hands-off method to identify the true cause of energetic weakness in the body, mind and spirit and eliminate them once and for all.



**COLETTE STEFAN**

Regina, SK • 306 584-9135

[www.crystallinevision.com](http://www.crystallinevision.com)

Colette is a certified Yuen Method™ practitioner/Instructor. She interned with Dr. Yuen, achieving certification in November of 2008. "The Yuen Method has empowered me in every area of my life. I am blessed to have Grandmaster Kam Yuen honor me with the privilege of sharing this information with you."

Workshop #53 Saturday afternoon 3 hours

### Past Life Regression

Hear how your past lives affect this life and experience the joy of visiting one or more past lives. Past Life Regression is a wonderful way of understanding yourself today.

Workshop #54 Sunday afternoon 2 hours

### Tarot: The Ancient Tool of Self Discovery

This 100 year old divination tool is used today to discover who you are. It demonstrates how life works and what needs to be done to create happiness and wellbeing. We will explore the major laws and lessons of life through this old and wonderful tool.



**NORMA COWIE**

Penticton, BC • 250 490-0654

[www.normacowie.com](http://www.normacowie.com)

Norma Cowie has been a student of metaphysics for over 40 years. As a working psychic consultant, coach and teacher Norma utilizes all her knowledge in everything she does. She is the author of eight books CDs and DVDs. Her workshops are always informative and interesting.

Workshop # 55 Saturday evening 2 hours

### The Deeper Chakras

Time allows for a lengthy consideration of each chakra, visited mostly through the sound of the corresponding bowl and musical note. The dual purpose of cleansing and strengthening the chakra happens simultaneously. Know your chakras, help your body have optimum health.



**TEREZ LaFORGE**

Kamloops, BC • 778-471-5598

[www.terezlaforge.com](http://www.terezlaforge.com)

Terez has been playing the bowls for 20 years now and continues to discover their potency as a way to enhance the body/mind/spirit connection. Using the chakra system and sound for self awareness and personal growth occurs with the crystal bowls. This leads to personal and global goals for participants. Terez hosts Full Moon and New Moon Meditations in Kamloops.

**SUNRISE CEREMONIES with Terez: SUNDAY morning ONLY at 6:45 am in the NORTH WING.**

**Come in your pj's and blanket for a journey through the seven main chakras to the droning sound of the crystal bowls.**

**Register before March 15<sup>th</sup> and save ... Adults \$150, Seniors & Young People \$125 plus meals, accommodation and hst • 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
<b>ADULTS</b> (26-62 years)	on or before March 15 <sup>th</sup>	\$ 150	\$ 110	\$ 55
	March 16 <sup>th</sup> — April 16 <sup>th</sup>	\$ 170	\$ 120	\$ 65
	After April 28 <sup>th</sup> and on site registration	\$ 180	\$ 130	\$ 70
<b>SENIORS</b> 63 yrs+ <b>and</b> <b>STUDENTS</b> (10-25 yrs)	on or before March 15 <sup>th</sup>	\$ 125	\$ 95	\$ 45
	March 16 <sup>th</sup> — April 28 <sup>th</sup>	\$ 145	\$ 105	\$ 55
	After April 28 <sup>th</sup> and on-site registration	\$ 155	\$ 115	\$ 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 \$98.00 \_\_\_\_\_ **5 meals** Saturday breakfast to Sunday lunch \$76.00 \_\_\_\_\_

<b>INDIVIDUAL MEALS</b>	Fri. Dinner	\$ 24.00	Sat. Breakfast	\$ 12.00	Sat. Lunch	\$ 16.00
	Sat. Dinner	\$ 24.00	Sun. Breakfast	\$ 12.00	Sun. Lunch	\$ 16.00

## 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*
- Alberta Hall *A two storey dorm with two single beds in a room and a large multi-use bathroom on each floor.*
    - Shared: Two people, two nights \$ 110 per person • Three people, two nights \$105 per person
    - Private: One person, two nights \$200 • Private: one person, one night \$120.
  - R.V. Space \$ 40 per night including electrical hook-up *R.V. & tent spaces have a central bathroom with shower and a picnic area.*
  - Tent \$ 25 per night .. no power

**To book nearby accommodations visit [www.DiscoverNaramata.com](http://www.DiscoverNaramata.com) Many have websites with images and directions**  
 BC Motel: 250-496-5482 • Village Motel: 250-496-5535 • Over 20 B & B's  
 Naramata Heritage Inn: 250-496-6808 • Sandy Beach Lodge: 250-496-5765

**Festival Fees** \$ \_\_\_\_\_  
**Meals** \$ \_\_\_\_\_  
**Accommodation** \$ \_\_\_\_\_  
**Subtotal** \$ \_\_\_\_\_  
**HST (add 12%)** \$ \_\_\_\_\_  
**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, 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? **1-855-366-0038** Angele Ortega



**Please bring a travelling mug for refreshment breaks.**

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