

2015 Festivals & Special Events

at the
*Johnson's Landing
Retreat Center*

Spring Festival of Awareness

PENTICTON

April
24-26

KOOTENAYS

May
8-10



plus...

Sacred Music, Sacred Dance • July 1-5

Rejuvenation Festival • July 24-26

Tai Chi/Qi Gong Summer Camp • August 15-21

37th Annual Spring Festival of Awareness

April 24-26 • Penticton, Shatford Centre

May 8-10 • Johnson's Landing Retreat Ctr.

Naramata Centre is not available. We offer 2 festival weekends for our Spring event.
 Penticton Event details below • Johnson's Landing details start page 12

Adults \$150, Seniors/Young People \$125
 if registered before March 20 plus meals and accommodations, **DETAILS** page 9.

Festival Organizers



The Penticton site is wheelchair accessible as it has an elevator.

Weekend Schedule

FRIDAY SCHEDULE

- 12 pm** On-site Festival Registration
- 1 pm** Healing Oasis sign-up starts
- 2 - 5** Sessions in the Healing Oasis
- 5:15 - 6:15 pm** Dinner

OPENING CEREMONIES at 7 pm • See page 3

SATURDAY SCHEDULE

- 6:45-7:30 am** • Sunrise Ceremonies
- 7:30 - 8:30 am** Breakfast
- 8:45 - Noon** • Choose one of six workshops
- 12 - 1 pm** Lunch
- 2 - 5:15 pm** • Choose one of six workshops
- 5:15 - 6:15 pm** Dinner
- 6:30 - 9 pm** • Choose one of six workshops

SUNDAY SCHEDULE - only 1.5 hours off for lunch then workshops happen from 1:30 - 4 pm.
4:10 to 4:30 pm... CLOSING 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. Go to the website or ask Marion for details 250 497-6861. Items must be left in the store until it closes at 2 pm on Sunday. We deduct a 15% commission on items sold.

The Healing Oasis

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

Sign-up starts at 1 pm on Friday - Sessions are 2 to 5 pm
 Saturday sessions are 10:30 to 9 pm & Sunday sessions 8:30 am to 3 pm

Rate of \$25 per half hour and \$40 per hour.
Reiki drop-in sessions all weekend, by donation.

If you wish to work in the Healing Oasis

We offer a trade: 6 hours of healing sessions for a weekend pass. please go to our website: www.issuesmagazine.net it has details including a page with *frequently asked questions*. Then call or email Marion.... Marion@issuesmagazine.net

Phone Marion: 250-497-6861 for Registration, Festival Store and Healing Oasis

Meals Please pre-order by April 10 • We offer full course meals with a salad bar, beverages and desserts. Meal prices are on the registration form. If we have cancellations, a few meals may become available on-site.

Refreshment Stations provide organic herbal teas and fair trade coffee so please **bring a travel mug**. Festival mugs can be purchased on-site.

Give-Away Table - Share valued items with another.



OPENING CEREMONIES

7 pm - Miriam will share interactive and inspiring Sacred Circle Dances.

... for the next portion we get our chairs.

8:00 - Greeting from your hosts, then introduction of the instructors.

9:30 - Uplifting sounds by Theresa Lee playing the planetary gongs and bowls.

WORKSHOPS & WORKSHOP LEADERS

Workshop #01 Saturday afternoon 3 hours

Awaken the Psychic Within

Did you know you are psychic, that you are a powerful intuitive? The truth is that each of us is incredibly intuitive and has an amazing ability to tune into our environment, the Universe, our inner voice and gut instincts. Join Michelle for an energetic, upbeat, interactive workshop, where you will immediately start using your psychic skills in the most fun, energetic but easy-going environment.

Workshop # 02 Sunday afternoon 2.5 hours

Messages from Heaven

Time to connect with your loved ones, angels and spirit guides. Learn information about receiving messages while increasing your confidence in knowing what your spirit guides and angels want you to know so they can support you. Michelle will share messages of love, laughter and clarity. This free flowing workshop will give you an opportunity for interactive learning and is as entertaining as it is informative.



MICHELLE MORRISON

Kamloops, BC • 250 682-8176

www.TheBalancedSoul.com

Michelle is a Spiritual Consultant, Intuitive, Medium, Reiki Master Teacher, Shamanic Practitioner, Writer and Speaker. A lifelong clairvoyant medium who is passionate about working with people, supporting each person to see, feel and experience their greatness. With her authentic and engaging nature, Michelle will have you laughing and feeling empowered as you connect to your higher self, intuition and the Divine as you awaken your true power and elevate your Spirit.

Workshop #03 Saturday morning 3 hours

Workshop #04 Sunday afternoon 2.5 hours

Nurturing Ourselves with Ayurveda

Zora will share health secrets and tips from the vast reservoir of Ayurvedic and Tantric knowledge, such as chakra tuning, self massage of marma points, proper use/preparation of herbal tonics, appropriate diet/lifestyle for one's constitution to keep oneself youthful, happy and vibrant as we age.



ZORA DOVAL

Riondel, BC • 250 227-9434

www.AyurvedaNow.ca

Zora studied Ayurveda with Dr. Svoboda and Dr. Lad and holds a diploma from the Ayurvedic Institute in New Mexico. She has authored two books on Ayurveda and is a practitioner of High Yoga Tantra and participates regularly in meditation retreats with her master. At her retreat center on Dakini Land near Nelson, she conducts intensive meditation retreats and offers various Ayurvedic therapies.

Workshop #05 Sunday morning 3 hours

Yoga using a BackMitra

This experiential workshop offers deep restoration, combining BackMitra sequences, gentle hatha yoga and breathing inquiry. An ingenious prop, the BackMitra is simple to use on the spine and highly effective to release tension, increase mobility and promote health.



SHARON ABBONDANZA

Vancouver, BC • 604 228-8268

www.InspiringYoga.com

Sharon's love of the body infuses all her teachings. She artfully combines the intelligence of yoga therapy with the innovation of restorative alignment using the BackMitra. With fourteen year's teaching experience, and over 3,000 hours of training, Sharon's love of yoga translates into on-going in-depth personal studies, developing teacher trainings and collaborating with an exceptional group of teachers and facilitators.

SUNRISE CEREMONIES with Sharon: BOTH mornings at 6:45 am

Gentle Yoga using a BackMitra to help you get ready for the day

DR. SHARON FORREST
Surrey, BC • 604 385-1111
www.HealingNow.com

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

Sharon sponsors numerous programs for the underprivileged in Peru. She says, "Nurturing, educating, empowering and inspiring children is a positive investment that helps them reach their full potential."



Workshop #06 Saturday morning 3 hours

Complete Cellular Mind Body Alignment and Cellular Soul Memory Clearing

An electromagnetic phenomena that you have to see to believe! Powerful and yet simple, it is claimed by researchers to be the most powerful 'Hands-On-Healing' technique today. Attend this experiential workshop and learn this amazing protocol in just a few hours!

Workshop #07 Sunday morning 3 hours

Why Bad Things Happen To Good People and What To Do About It

Do you occasionally cry out, "What did I do to deserve this?" Do you question why you have a certain disease or reoccurring problem? Is it possible that by exploring your childhood, past lives and womb experiences, you could gain insight and heal the problems you face today? Whether we are aware of it or not sabotaging patterns, chronic diseases, depression, relationships, anger, fear, aches and pains have solutions.

VICKI HOLLEMAN
North Vancouver, BC • 778-997-6545
www.VickiHolleman.com

My interest in health began after high school. I dug deep into nutrition and physical activity and earned a Degree in Health Promotion (B.Sc.) from Dalhousie University. After eight years studying holistic health I had a painful blow that left me in chronic fear and ill health for six months. This led me to my spiritual journey when I found that there was no one lifestyle program for everyone and more importantly, that most of the time there are deeper issues that prevent people from fully living the happy, healthy life they desire. I have studied with Tony Robbins, Deepak Chopra, Michael Beckwith, Derek Rydall, Karen McGregor, Caroline Sutherland and many more.



Workshop #08 Saturday night 2.5 hours

Step Into Your Power

5 most important steps you can take to heal fully and stand tall in your own authentic power. Transform those past experiences and personal limitations into fuel for your bigger life vision.

Working in the Healing Oasis

BONNIE O'SULLIVAN
Vancouver, BC • 778 999-0162
www.HealWithAstrology.com

Bonnie is the founder of *Heal with Astrology*, a popular astrology practice that includes a blog that gets up to 10,000 visitors a month from 124 countries, thousands of subscribers to our daily astrological forecasts and clients from around the world! She is also founder of *Spiritual Startup*, an organization that brings together spiritual practitioners to support each other as we build companies that change the world! She has been studying astrology and shamanic healing for fifteen years.



Workshop #09 Saturday evening 2.5 hours

What's Your Sign

We will explore the three elements in astrology that form your experience and expression of self in the world. Your moon sign, which represents your emotional self, your ascendant which is the lens through which the world sees you and your sun sign which is the essence of self.

Workshop #10 Sunday morning 3 hours

Using Astrology to Heal Your Life

In order to truly heal ourselves we must first heal that which is holding us back. This workshop will help you to discover your wounds and the tools you have been provided to heal them. Once you begin to heal you can change your beliefs. We will explore: the light and shadow of each astrological sign; Sedna, Chiron and Black Moon Lilith.

Workshop # 11 Saturday evening 2.5 hours

Hypnosis in Today's World

Are hypnotic techniques and subliminal activities used in today's world to interfere with perception? Suddenly you have an idea or get a feeling, but when you take a quiet look within, you ask yourself, "Is that point of view really me?" Join my workshop and get the inside scoop on how receptive our MINDS have been made. This interactive workshop might be an 'ah-ha' moment...which simply means stepping out of societies programming and vibrating at a higher frequency.



*Working in
the Healing Oasis*

DETLEF JOE FRIEDE

Parksville, BC • 250 248-9297

www.CanadianHypnosisAssociation.ca

www.goHypnosis.ca

Detlef Joe Friede (MCH) is a certified Master Clinical Hypnotherapist and President of the Cdn Hypnotherapy Association. He started studying Hypnosis in his early 20s and used these techniques combined with his gifts of clairvoyance and clairaudience to make his way through to being a Senior German Health Government official. Being guided from Source, he came to Canada many years ago, and after intense studies with Dr. Sharon Forrest, he has stepped forward to teach and share knowledge. He is founder of the *Oceanside Art of Hypnosis and Energy Healing Education Centre*.

Workshop #12 Saturday morning 3 hours

The Energy Experience

Our subconscious patterns are in a constant state of interaction with the people around us. People feel this as the energy that emanates from us, and they react to it without realizing why. Discover how consciously working with your body's energy can create a more welcoming environment for the people around you, boost your health, and calm your nerves. Learn how to harness your personal energy to improve relationships and build your business.

Workshop #13 Saturday evening 2.5 hours

The 60-Second Samadhi

The Meditation Course for Everyone

We all need peace of mind, but we don't always have the time to meditate. In this course, Bonita draws on her many years of experience, from the age of 13 when she first began meditating. She demonstrates the latest methods based on neuroscience, offering techniques for achieving a calm, clear state of consciousness in seconds, as well as in-depth paths to creativity and deeper realization.



BONITA SUMMERS

Kelowna, BC • 778 755-5887

www.SpiritKelowna.com

I have over 30 years of experience as a professional psychic, and am a certified crisis counsellor. I also have over 20 years experience as a Recognized Therapeutic Touch Practitioner with the Therapeutic Touch Network of Ontario and with the British Columbia Therapeutic Touch Network Society. I have been a meditator since the age of 13, experiencing various methods, including Zen meditation, Vipassana, and Tibetan practices.

Workshop #14 Sunday morning 3 hours

Music of the Spheres

These cosmic sounds will reawaken our consciousness by connecting with the body's natural harmonic frequencies. To begin we will meditate to the transportive sounds of the Planetary Gongs. This will be followed by an interactive and playful exploration of sound healing with the Acutonics® tuning forks and Tibetan singing bowls.

Please bring a mat and blanket.



THERESA LEE

Riondel, BC • 250 225-3518

www.KootenaySoundHealingCentre.com

Theresa's passion for learning and natural curiosity about the interconnectedness of all things led her to the Acutonics® system of vibrational healing. Theresa has trained in New Mexico with Donna Carey and Ellen Franklin, becoming a certified teacher of Acutonics® in 2012. In 2013 Theresa developed the Kootenay Sound Healing Centre where she teaches and offers sound healing treatments.

SUNRISE CEREMONIES with Theresa: BOTH mornings at 6:45 am

Enjoy the powerful sounds of the Planetary Gongs as they adjust your vibrations for the day.

KERRY PALFRAMAN

Penticton, BC

www.IndigoWisdom.ca

A registered nurse by profession, Kerry began delving into the world of alternative, holistic and esoteric studies after being diagnosed with a life-threatening illness that conventional medicine was unable to treat effectively. She continues to contradict and confound conventional medical wisdom by her reliance upon, understanding of, and application of the Ancient Mystery School Teachings, alternative and esoteric means.



Workshop #15 Saturday afternoon 3 hours

A Chat With Spirit – Channelled Messages from Your Angels, Guides and Higher-Self

Bring your personal or worldly questions to class where Kerry will connect you with your higher-self, angels and spirit guides. Kerry also has the uncanny ability to step into your shoes and become you (or of anyone else, alive or passed over). She experiences your reality just the way you do (all the way out to your soul!). Be ready for some truly remarkable insights.

Workshop #16 Sunday morning 3 hours

Dreams and Messages from your Higher-Self

Dreams tell you who you are but your higher-self, guides, angels and Your Creator actually send you more guidance during the day than at night! Learn how to easily recognize and understand these daily and nightly messages as a whole new level of reality is revealed, Powerful, eye-opening and life changing!

COLETTE MARIE STEFAN

Kelowna, BC • 250 764-8998

www.TheTruthIsFunny.com

Colette is an accomplished speaker, author and hosts her own radio show "The Truth Is Funny... Shift Happens." In 2010 Colette met Marc Kettenbach and they knew instantly they were kindred souls... surfing the edge of reality as they inspired each other to excel and break through mediocrity. Together they have created Energetic Upgrade Seminars, an opportunity to experience relief through energetic shifting.



Workshop #17 Saturday afternoon 3 hours

E = mc² - Everything is Energy

You are more than physical matter! It is natural to want to expand and accelerate along with the universe. Information = Energy! What you perceive as your failures, may just be inaccurate information that you have put into effect. Join me to let go of limiting beliefs and learn to embrace the knowledge to improve your performance in every aspect of your life.

Workshop #18 Sunday afternoon 2.5 hours

Demonstration of an Energetic Upgrade

It is my pleasure to share some inclusive, life-transforming information and easy to use tools that will ease your experience as you learn to navigate and shift your reality to your authentic desires. Join me for an interactive discussion and demonstration of energy in action. Shift Happens!

HAJIME NAKA

Kelowna, BC • 250 762-5982

'Ph.Qi' is a Master of Relaxation and Qi-play. Hajime has been healing, empowering, and liberating society one cell at a time for thirty years and counting. He was a double gold medalist at the Canadian Chinese Martial Arts Championships in 1999.



Workshop #19 Sunday morning 3 hours

Moving into Wholeness

Qigong, Tai Chi will guide you back to your naturally aligned, centered and balanced state by quieting the mind and listening to the wisdom of the body. You will experience your body, heart-mind and spirit moving into wholeness. You will feel rejuvenated and relaxed.

SUNRISE CEREMONIES with Hajime: BOTH mornings at 6:45 am.

QI GONG - TAI CHI • Start your day in harmony with nature and you will have a Qi-full day.

Workshop #20 Saturday afternoon 3 hours

The Power of Sound

At the beginning was the Word = Sound = Vibration. Sound is the primordial substance from which our reality is created. We will explore our potential of reshaping our world from within by understanding the vibrations and frequencies of sounds we hear, speak or sing.



MIRIAM CUNHA
Kelowna, BC • 250 448-5523
www.Yonisha.com

Miriam is an artist and facilitator of different philosophical, theological, esoteric and spiritual studies and practices that she has dedicated her life to including: Shamanism, Magick, Healing Arts, Reiki, Laughter Yoga, Ethnic Dances, Rhythms and Music, Mayan Tzolkin Calendar, Tarot Cards, Channeling, Writing, Graphic Arts, Sacred Geometry, and others.

Workshop #21 Saturday evening 2.5 hours

Past Life Regression

Discover who you were in another life. Hear the importance of Past Lives in relation to your life now. Understand the wheel of life and how it affects the cycle of lives. Norma achieves great success in this workshop for participants to experience another time and place. A great opportunity to experience who you are.



NORMA COWIE
Penticton, BC • 250 490-0654
www.NormaCowie.com

Norma 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 #22 Sunday afternoon 2.5 hours

Metaphysics 101

Designed for you to ask any question you want to ask regarding spiritual, metaphysical, psychic or any other questions you have wanted to ask, but did not know who to ask. Always interesting and mind expanding.

Workshop #23 Saturday morning 3 hours

Communicate with Your Angels

Learn how to trust and enhance your connection to your Angel team using all your senses. I will teach use of an Angel Oracle deck. Bring a deck or purchase at store. Participate in a guided meditation to connect to one of your Guardian Angels.



CINDY SMITH
Calgary, AB • 403 970-3496
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 #24 Saturday evening 2.5 hours

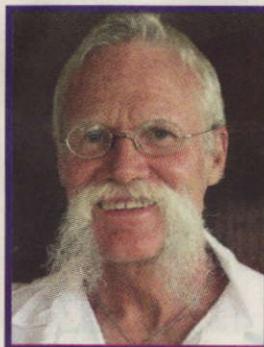
Balance your Energy with the Angels

Do you feel drained at the end of the day because there is nothing left to give? Learn how to balance and protect your energy using concrete tools provided by the Angel Team. Cindy will explain why Archangel Michael encourages us to bring balance into our daily lives. Workshop will include guided meditation.

Workshop #25 Saturday afternoon 3 hours

Journey Back from Our Head to Our Heart

If you are dealing with depression, health or relationship issues, addictions, loss of 'loved ones', low self-esteem, or simply feeling a desire to feel more connected to your heart and others, please join us as we laugh, cry, and share our feelings together.



BROCK TULLY
Vancouver, BC • 604 687-1099
www.BrockTully.com

Brock is now author of nine books, including the just released *The Great Gift...for someone special*. Brock did three epic bicycle trips (46,000 km) around North America to raise awareness for a KINDER world; he was the producer of the World Kindness Concert, and is co-founder of Kindness Rocks and the Kindness Foundation of Canada.

SUNRISE CEREMONIES with Brock, SUNDAY morning ONLY at 6:45 am.

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

MAHADA THOMAS
Penticton, BC • 250 493-4342

Mahada has been on a personal healing journey and walking the path of the spiritual warrior for 20 years. She was introduced to yoga and chanting as a child at a Kripalu Ashram. Now she is a Usui/Karuna Reiki Master Teacher, sound healer and writer. She has created voice workshops and holds classes called Vocal Yoga. She has studied chakra and sound therapy, reflexology, Indian Head Massage, and most recently Munay-Ki, and Shamanic healing.



Working in the Healing Oasis

Workshop #26 Saturday morning 3 hours

Free the Voice

Through the use of sound, movement and meditation we open to the Divine wisdom within. There will be gentle movement and exercises to open the throat, heart and energy centers of the body. We will explore the powerful effects of sound healing and learn about this effective tool for conscious evolution. Join us as we have fun with toning, overtone chanting, singing, and movement. This workshop is suitable for both shy and experienced voices.

MARIE-JEANNE FENTON, Ph.D.

Kelowna, BC • 250 317-2745
www.TheHealthArtist.com

Marie-Jeanne wrote her thesis on "The Power of Forgiveness" to earn her Master's Degree. She is a Healing Arts and Holistic Hypnosis Practitioner, Quantum Biofeedback Technician, and has recently completed her Ph.D.- specializing in Metaphysical Parapsychology. Expect deep work, beautiful music and a mystical journey in her workshops. Bring what you need to rest.



Workshop #27 Saturday morning 3 hours

Why People Don't Heal

To animate radical healing we must forgive ourselves and others, let go of past hurts, and get out of the low frequency of Guilt, Blame and Regret. Be prepared to move beyond sympathy, and release the victim archetype using advanced forgiveness concepts.

Workshop #28 Sunday afternoon 2.5 hours

Hypnotic Journey into Silence

Want to know and experience what hypnosis really is and how it can improve your life? This session will discuss the neurobiology of hypnosis and include an hypnotic group healing, wrapping up with a unique 30 minute silent "re-treat" for those of you who have always wanted to challenge your mind with this deep practice. *Bring eye scarf.*

BRENDA LAINOF

Naramata, BC • 778-514-0029
www.WhisperingEnergetic.ca

Brenda has been working as an Intuitive Healing Practitioner for the past twelve years. Brenda muscle tests for foods, supplements, recommendations for herbs, or energies that may be blocking the body to self-heal. Brenda's passion for health and wellbeing came out of numerous health challenges and a near death experience.



Workshop #29 Saturday afternoon 3 hours

**The Power of Muscle Testing
- Tapping Into Your Subconscious**

Learn various methods to muscle test and access information stored in your subconscious mind. Muscle testing is like training-wheels for your intuition. As you become more adept at listening to your intuition, you will find that you can feel the answer before you even ask the question.

Working in the Healing Oasis

ANNA MICHAEL KRISTA

Peachland, BC • 250 354-3428
www.AnnaMichaelKrista.org

Since leaving a corporate career and her MBA 20 years ago, Anna has not just studied, but lived with, Buddhists, yogis, Christians, eco-communities, primitive skills enthusiasts and Peruvian shamans. She also carved out several solo retreats, including a year in jungle isolation. She uses her experience and her connection with I AM to help you to simplify your path, grow your personality and skillfully help others.



Workshop #30 Sunday afternoon 2.5 hours

The Way Of Alive

A new level of *Alive* is available to all who ask. Uplift your spirituality in daily life by strengthening your connection to nature during a shamanic meditation where you will also receive a direct blessing from the I AM source. Then learn how to use it to help yourself and others! Even if you are a seasoned spiritual seeker, these lessons will surprise you with their beauty, goodness and simplicity.

Working in the Healing Oasis

SUNRISE CEREMONIES with Anna: SATURDAY morning 6:45 am • Instinctual Movement
Invite Mother Nature to express Herself through your instinctual movement. Dance yourself free!

PENTICTON REGISTRATION

Register before March 20th and save ... Adults \$150, Seniors & Young People \$125
plus meals, accommodation and gst

On-Site registration starts Friday Noon • Healing Oasis registration Friday at 1 pm • Sessions 2-5 pm

FESTIVAL FEES

		Weekend	Saturday only	Sunday only
ADULTS (26-62 years)	on or before March 20 th	\$ 150	\$ 110	\$ 55
	March 21 th — April 20 th	\$ 170	\$ 120	\$ 65
	After April 20 th and on site registration	\$ 180	\$ 130	\$ 70
SENIORS 63 yrs+ and STUDENTS (10-25 yrs)	on or before March 20 th	\$ 125	\$ 95	\$ 45
	March 21 th — April 20 th	\$ 145	\$ 105	\$ 55
	After April 20 th and on-site registration	\$ 155	\$ 115	\$ 65

MEALS....Please pre-order before APRIL 5

MEAL PACKAGES Meals, dessert and beverages. If you have dietary restrictions please let us know.

Friday dinner to Sunday lunch \$95 _____ Saturday breakfast to Sunday lunch \$75 _____

INDIVIDUAL MEALS Fri. Dinner \$ 23 _____ Sat. Breakfast \$ 12 _____ Sat. Lunch \$ 15 _____
Sat. Dinner \$ 23 _____ Sun. Breakfast \$ 12 _____ Sun. Lunch \$ 15 _____

ACCOMMODATION Check out time at the Days Inn is 1:30 pm on Sunday

This year we are booking the Days Inn but **YOU must book ASAP**, they will only hold the rooms at our special rate for so long.

2 Queen Beds Room 2 adults - \$85 + tax per night
3 adults - \$95 + tax per night
4 adults - \$105 + tax per night

Family Suite/Kitchenette (max 6 adults) from \$125 + tax

Prices include continental breakfast each morning and use of indoor pool and hot-tub.

To book please call Days Inn Reservations: **250-493-6616** • ask for the Spring Festival Group Rate



Are you interested in Billeting? Let Marion know 250-497-6861. Camping facilities may not be open this early in the season. If you have a back yard for a tent or spare room to rent, let Marion know.

REGISTRATION FORM

Please bring a travel mug.

Name(s) _____

Address _____ Phone _____

Town _____ Prov. _____ Code _____ email _____

Festival Fees \$ _____

Meals \$ _____

Accommodation \$ _____

Subtotal \$ _____

GST (add 5%) \$ _____

Grand Total \$ _____

Amount enclosed \$ _____ (50% deposit required)

Balance ... \$ _____ payable at the door



Make cheque payable to: **Spring Festival ... Send to**
Marion Desborough, L4-4505 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 10
We refund festival fees, less \$50 per person, if notified by April 10.

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

Questions? **1-855-366-0038** Angele Ortega

Penticton Schedule ~ April 24-26

Saturday ~ doors open at 6 am

Room	8:45 - noon	2 - 5:15 pm	6:30 - 9 pm
Pine	# 26 MAHADA THOMAS Free the Voice	# 20 MIRIAM CUNHA The Power of Sound	# 21 NORMA COWIE Past Life Regression
Fir	#03 ZORA DOVAL Nurturing Ourselves with Ayurveda	# 29 BRENDA LAÏNOF The Power of Muscle Testing	#09 BONNIE O'SULLIVAN What's Your Sign
Cedar	# 23 CINDY SMITH Communicate with Your Angels	# 15 KERRY PALFRAMAN A Chat with Spirit	# 24 CINDY SMITH Balance Your Energy with the Angels
Oak	# 27 MARIE-JEANNE FENTON Why People Don't Heal	#17 COLETTE STEFAN $E = mc^2$ - Everything is Energy	# 08 VICKI HOLLEMAN Step into Your Power
Birch	# 06 SHARON FORREST Complete Cellular Mind Body Alignment and Cellular Soul Memory Clearing	# 01 MICHELLE MORRISON Awaken the Psychic Within	# 11 DETLEF JOE FRIEDE Hypnosis in Today's World
Maple	#12 BONITA SUMMERS The Energy Experience	# 25 BROCK TULLY Journey Back from our Head to our Heart	#13 BONITA SUMMERS The 60-Second Samadhi

SATURDAY EVENING 9:15 to 10:30

Chakradance with Avichi or Singing with Frances

Chakradance® is sound and movement therapy that encourages spontaneous free-form expression while shaking off old energies. Chakradance® uses sounds from around the globe that are composed to resonate with the seven chakras. We dance with eyes closed, barefoot, and with mindfulness so you can connect with yourself for further reflection, integration and healing. No dance experience or "abilities" necessary as you dance how you feel in the moment.



Avichi van Campen is also working in the Healing Oasis

Frances Murphy will bring her guitar and the words, you bring your voices and enthusiasm.

Frances created the instructors badges.



You will receive a map to find the rooms upon your arrival.

Sunday ~ doors opens at 6 am



	8:45 - noon	1:30 - 4 pm	Room
	# 14 THERESA LEE Music of the Spheres	# 22 NORMA COWIE Metaphysics 101	Pine
	# 10 BONNIE O'SULLIVAN Using Astrology to Heal Your Life	#04 ZORA DOVAL Nurturing Ourselves with Ayurveda	Fir
S A T U R D A Y	# 16 KERRY PALFRAMAN Dreams and Messages from your Higher Self	#30 ANNA MICHAEL KRISTA The Way of <i>Alive</i>	Cedar
	# 05 SHARON ABBONDANZA Yoga using a BackMitra	#18 COLETTE STEFAN Demonstration of an Energetic Upgrade	Oak
	# 07 SHARON FORREST Why Bad Things Happen to Good People	# 02 MICHELLE MORRISON Messages from Heaven	Birch
S U N D A Y	#16 HAJIME NAKA Moving into Wholeness	# 28 MARIE-JEANNE FENTON Hypnotic Journey into Silence	Maple

CLOSING CEREMONIES 4:10 to 4:40 SUNDAY with MIRIAM

Join us in the Pine Room, on the main floor, with interactive Sacred Circle dances.
A time for final hugs as we gracefully release the energies that joined us for this weekend.

Spring Festival of Awareness 2
will happen May 8-10
at the
Johnson's Landing Retreat Center
North of Nelson, BC (in the Kootenays)
See details on the next page

SPRING FESTIVAL OF AWARENESS 2 (in the Kootenays)

May 8-10 at the Retreat Center

Festival Fees includes **FREE camping** ● \$135 for adults ● \$110 for student /senior plus meals, (upgrades if wanted) and gst • **Early Rates are till April 10** • more details on page 17

Weekend Schedule

FRIDAY SCHEDULE

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

OPENING CEREMONIES in the DOME at 7 pm

See schedule - top of next page

SATURDAY SCHEDULE

- 6:45-7:30 am • Sunrise Ceremonies
- 7:30 - 8:30 am Breakfast
- 8:45 - Noon • Choice of four workshops
- 12 - 1 pm Lunch
- 2 - 5:15 pm • Choice of four workshops
- 5:15 - 6:15 pm Dinner
- 6:30 - 9 pm • Choice of three workshops

SUNDAY SCHEDULE - only 1.5 hours off for lunch then workshops happen from 1:30 - 4 pm.

4:10 to 4:30 pm... **CLOSING CEREMONY.**

Saturday Marketplace

Space will be made on the lawn so please let us know if you will bring items to trade or sell.

Give-Away Tables - Exchange valued items

The Healing Oasis is near the Group Room.

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

Sign-up starts at 1 pm on Friday - Friday sessions are 2 to 5 pm
Saturday sessions are 10:30 to 9 pm & Sunday sessions 8:30 am to 3 pm

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

If you wish to work in the Healing Oasis

We offer a trade: 6 hours of healing sessions for a weekend pass. please go to our website: www.issuesmagazine.net it has details including a page with frequently asked questions. Then call or email Angele... Angele@issuesmagazine.net

If you wish to work in the Healing Oasis, be a volunteer or register as a participant phone Angele: 250-366-0038

Meals Please pre-order by May 1 • We offers full course meals with salad bar, beverages and desserts. Meal prices are on page 17. Let us know if you have allergies or food sensitivities.

Refreshment Stations provide organic herbal teas and fair trade coffee so please **bring a travel mug.**

Festival mugs can be purchased on-site.



Saturday Schedule

	8:45 - noon	2 - 5:15 pm	6:30 - 9 pm
Group Room	# 15 PATRICIA CLAPP Understanding Your Body as Pure Energy	#03 TYSON BARTEL Feldenkrais for Yoga and Meditation	# 18 GINA LEIGH Guided Meditation and Breathwork
Dome	#12 ZORA DOVAL Nurturing Ourselves with Ayurveda	#14 THERESA LEE Music of the Spheres	#13 ZORA DOVAL Nurturing Ourselves with Ayurveda
Tipi	# 04 MARIE-JEANNE FENTON Why People Don't Heal	# 08 DETLEF JOE FRIEDE Hypnosis in Today's World	# 07 THERESE LAFORGE Crystal Bowls and the Chakras
Sacred Space	#17 SUSAN SNEAD Healing the Collective Wound Astrology	# 10 ANNA MICHAEL KRISTA The Way of Alive	Saturday evening 9:15 to 10:30 pm • TBA

OPENING CEREMONIES in the DOME

7:15 pm - Sreemayi will share interactive and inspiring Sacred Circle Dances.

... for the next portion we get our chairs.

8:00 - Greeting from your hosts, then introduction of the instructors.

8:40 pm - Uplifting Sounds with Theresa Lee, Therese LaForge and Oceanna James using crystal bowls and the planetary gongs

Workshop #01 Sunday morning 3 hours

The Science of Heart Intelligence: from mental chaos to inner peace

Sreemayi will also lead the dances for Closing Circles Sunday at 4:10 pm

Did you know that your heart is the first organ to develop in the fetus? Yes, even before the brain! As a trained and licensed HeartMath Coach, Dania will bring to you some scientific facts about your own heart and some simple techniques that you can learn to make a quick shift from mental chaos and emotional turmoil to feeling more calm, clear and content! Explore experientially how your heart is like a mother drum and all physical systems align to her rhythm. You may also try a bio-feedback device to let you see the shifts when they happen.



SREEMAYI DANIA EDWARDS
Nelson, BC • dania@netidea.com
www.UniversalDancesofPeace.org
www.HeartMath.org

Sreemayi has been drumming for the Nelson Dances of Universal Peace team since 2006 and began her training and practice as Dance Leader in 2008. She is a Registered Jin Shin Do Bodymind Acupressurist and a Licensed HeartMath Coach. Sreemayi will be just returning from living at Amma's Ashram in India.
www.amritapuri.org

Workshop #02 Sunday morning 3 hours

Overcoming Stress with Humour

Join this entertaining workshop that is brim full of humour, laughter, compassion, and a gently-assertive attitude that provides meaningful, creative-lateral-thinking messages that connect you with the meaning of life and its many changes.



JON-LEE KOOTNEKOFF
Penticton, BC • 250 493-7309
www.jlKootnekoff.com

A leader in the self-esteem movement with a message that is relevant to people from all walks of life, including: corporate boardrooms, First Nations communities, schools, community groups, sports teams, and classrooms. Jon-Lee has been inducted into the BC Sports Hall of Fame and the BC Basketball Hall of fame in 2007 as an athlete and coach.

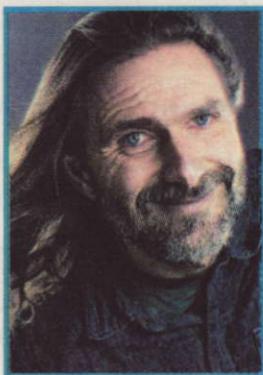
SUNRISE CEREMONIES with Jon Lee: BOTH morning 6:45 am in either the dome or the tipi
Relaxed and Serene Fitness with added humour for good measure.

Sunday Schedule

		8:45 - noon		1:30 - 4 pm		
		#19	#05	#16	#09	
SAT	KEVIN <i>Tai Chi</i>	KEVIN WALLBRIDGE Understanding the flow of Dao	MARIE-JEANNE FENTON Hypnotic Journey into Silence			Group Room
	THERESA LEE <i>Planetary Gongs</i>	SREEMAYI DANIA EDWARDS The Science of Heart Intelligence	PATRICIA CLAPP Meet Your Nine Inner Energy Systems			Dome
	JON LEE <i>Relaxed Fitness with Humour</i>	OCEANNA JAMES Crystal Bowls and Voices	DETLEF JOE FRIEDE Hypnosis and Energy Channeling			Tipi
SUN	THERESE <i>Sounds of the Bowls</i>	JON LEE KOOTNEKOFF Overcoming Stress with Humour	ANNA MICHAEL KRISTA The Way of Alive			Sacred Space

TYSON BARTEL
Winlaw, BC • 250 226-6826
www.ThaiTouch.ca

Tyson began learning about yoga and meditation while living in Asia and has taught yoga for over 20 years. He completed a 4 year Feldenkrais teacher training in 2001. Slokan Valley is his home, where he grows a garden, practices Thai massage and teaches Yoga and Feldenkrais in Nakusp and Winlaw.



Workshop #03 Saturday afternoon 3 hours
Feldenkrais for Yoga and Meditation

Inspire curiosity and creativity in your yoga by hearing about the life affirming work of Dr. Moshe Feldenkrais and learning some "Awareness Through Movement" exercises for breathing, posing physically and focusing mentally for yoga and meditation. *"The present is the time in which we live, and what we do with our present selves is the most important thing."* ~ Moshe Feldenkrais

Working in the Healing Oasis

MARIE-JEANNE FENTON, Ph.D.
Kelowna, BC • 250 317-2745
www.TheHealthArtist.com

Marie-Jeanne wrote her thesis on "The Power of Forgiveness" to earn her Master's Degree. She is a Healing Arts and Holistic Hypnosis Practitioner, Quantum Biofeedback Technician, and has recently completed her Ph.D.- specializing in Metaphysical Parapsychology. Expect deep work, beautiful music and a mystical journey in her workshops. Bring what you need to rest.



Workshop #04 Saturday morning 3 hours
Why People Don't Heal

To animate radical healing we must forgive ourselves and others, let go of past hurts, and get out of the low frequency of Guilt, Blame and Regret. Be prepared to move beyond sympathy and release the victim archetype using advanced forgiveness concepts.

Workshop #05 Sunday afternoon 2.5 hours

Hypnotic Journey into Silence

Want to know and experience what hypnosis really is and how it can improve your life? This session will discuss the neurobiology of hypnosis and include an hypnotic group healing, wrapping up with a unique 30 minute silent "retreat" for those of you who have always wanted to challenge your mind with this deep practice. *Bring eye scarf.*

OCEANNA JAMES
Kamloops, BC • 250-371-7406

Oceanna is a classically trained singer with a deep connection to the healing power of sound and the voice. She holds an MA in Theatre and works as a performer throughout BC. Having explored and studied many healing modalities including Quantum Touch, Jin Shin Jyutsu, EFT, Energy Medicine, Iridology, and Access Consciousness BARS, she blends her belief in the body's innate knowledge and desire to heal with the powerful focus and physical vibration provided by our voices.



Workshop # 06 Sunday morning 3 hours
Crystal Bowls and Voices

We use the droning tones of crystal singing bowls, arranged in musical fifth intervals, to bring ease and peace in our bodies and our souls. Bowl players and toning singing voices are welcome.

Bring your blankie and water bottle.

Working in the Healing Oasis

THERESE LAFORGE
Kamloops, BC • 778 471-5598

Therese has been playing crystal and alchemic bowls for over twenty years. She combines these sound skills with several energy modalities, namely Theta healing, Bodytalk, EFT/TFT, Tappas, and Access Consciousness. Therese co-facilitates monthly sound events in Vernon and Armstrong, and leads Full and New Moon events in Kamloops.



Workshop # 07 Saturday evening 3 hours
Crystal Bowls and the Chakras

Letting go of limitations and rebuilding helpful flow in your body simultaneously occurs with the bowls. Set time is given to chakras in fifth combinations. I promise minimal speaking and lots of pure sound with frosted, clear and alchemic bowls.

Dress for comfort and bring your intentions and your blanket.

Working in the Healing Oasis

SUNRISE CEREMONIES with Therese: SUNDAY morning 6:45 am in the TIPI
A CRYSTAL BOWLS SOUND BATH • Bring your blanket to hear restorative and nurturing tones for your soul.

Workshop # 08 Saturday afternoon 3 hours

Hypnosis in Today's World

Are hypnotic techniques and subliminal activities used in today's world? Do you have an idea or get a feeling, but when you take a quiet look within, you ask yourself, "Is that point of view really me? Get the inside scoop on how receptive our MINDS are. This interactive workshop might provide an 'ah-ha' moment...which simply means stepping out of societies programming and vibrating at a higher frequency.



DETLEF JOE FRIEDE
Parksville, BC • 250 248-9297
www.CanadianHypnosisAssociation.ca
www.goHypnosis.ca

Detlef Joe Friede (MCH) is a certified Master Clinical Hypnotherapist and President of the Cdn Hypnotherapy Association. He started studying Hypnosis in his early 20s and used these techniques combined with his gifts of clairvoyance and clairaudience to make his way through to being a Senior German Health Government official. Being guided from Source, he came to Canada many years ago, and after intense studies with Dr. Sharon Forrest, he has stepped forward to teach and share knowledge. He is founder of the *Oceanside Art of Hypnosis and Energy Healing Education Centre*.

Workshop #09 Sunday afternoon 2.5 hours • **Hypnosis and Energy Channeling**

During this hands-on workshop, Joe will demonstrate energetic surgery, where the mind is decoded so the emotions can be regressed. When the client is ready to heal, there is no limitation. Witness how using the state of trance and energy channeling as a combo works, as we move into the fifth dimension.

Workshop #10 Saturday afternoon 3 hours

Workshop #11 Sunday afternoon 2.5 hours

The Way Of Alive

A new level of *Alive* is available to all who ask. Strengthen your spirituality in daily life by exploring your connection to nature during a shamanic meditation where you will also receive a direct blessing from the I AM source. Then you can put into practice this understanding by helping yourself and others! Even if you are a seasoned spiritual seeker, these lessons will surprise you with their beauty, goodness and simplicity.



ANNA MICHAEL KRISTA
Peachland, BC • 250 354-3428
www.AnnaMichaelKrista.org

Since leaving a corporate career and her MBA 20 years ago, Anna has not just studied, but lived with, Buddhists, yogis, Christians, eco-communities, primitive skills enthusiasts and a Peruvian shaman. She also carved out several solo retreats, including a year in jungle isolation. She uses her experience and her connection with I AM to help you to simplify your path, grow your personality and skillfully help others.

Workshop #12 Saturday morning 3 hours

Workshop #13 Saturday evening 2.5 hours

Nurturing Ourselves with Ayurveda

Zora will share health secrets and tips from the vast reservoir of Ayurvedic and Tantric knowledge, such as chakra tuning, self-massage of marma points, proper use/preparation of herbal tonics, appropriate diet/lifestyle for one's constitution to keep oneself youthful, happy and vibrant as we age.



ZORA DOVAL
Riondel, BC • 250 227-9434
www.AyurvedaNow.ca

Zora studied Ayurveda with Dr. Svoboda and Dr. Lad and holds a diploma from the Ayurvedic Institute in New Mexico. She has authored two books on Ayurveda and is a practitioner of High yoga tantra and participates regularly in meditation retreats with her master. At her retreat center on Dakini Land near Nelson, she conducts intensive meditation retreats and offers various Ayurvedic therapies.

Workshop #14 Saturday afternoon 3 hours

Music of the Spheres

These cosmic sounds will reawaken our consciousness by connecting with the body's natural harmonic frequencies. To begin we will meditate to the transportive sounds of the Planetary Gongs. This will be followed by an interactive and playful exploration of sound healing with the Acutonics® tuning forks and Tibetan singing bowls.

Please bring a mat and blanket.



THERESA LEE
Riondel, BC • 250 225-3518
www.KootenaySoundHealingCentre.com

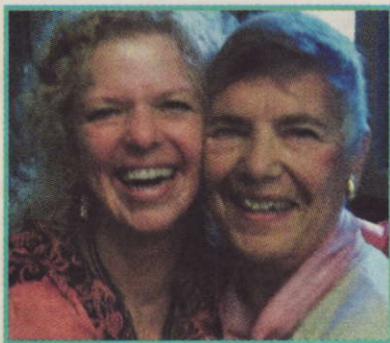
Theresa's passion for learning and natural curiosity about the interconnectedness of all things led her to the Acutonics® system of vibrational healing. Theresa has trained in New Mexico with Donna Carey and Ellen Franklin, becoming a certified teacher of Acutonics® in 2012. In 2013 Theresa developed the Kootenay Sound Healing Centre where she teaches and offers sound healing treatments.

SUNRISE CEREMONIES with Therese: SATURDAY morning 6:45 am in the DOME

PLANETARY GONGS BIG SOUNDS. Bring your blanket to hear restorative and nurturing tones for your soul.

PATRICIA CLAPP
Nelson, BC • 250 825-4599
www.EnergyMedicineWorks.ca

Patricia has studied intensively with Donna Eden and is a certified Practitioner. This year she is completing the Clinical Practitioner designation. Her earlier work was as a classroom teacher, professor, and educational administrator. Patricia has maintained a lifelong interest in alternative medicine. She found her life work with Eden Energy Medicine, combining traditional wisdom with cutting edge studies in epigenetics and quantum physics.



Donna Eden is on the left

Participants will overview the nine energy systems that Donna Eden sees in our bodies as a "latticework of energies." We'll participate in gentle exercises that activate each of these systems. Eden Energy Medicine is intended to help you "speak directly to your bodily wisdom" so you can express radiant health.

Workshop # 15 Saturday morning 3 hours

Understanding Your Body as Pure Energy

Donna Eden's work follows in the path blazed by Einstein in his famous statement: "Everything is Energy... this is not philosophy, this is physics." The gentle protocols taught in Eden Energy Medicine awaken your bodily energy systems, allowing you to renew habit patterns. We'll learn the *Daily Energy Routine* which takes 5-10 minutes and increases your overall vitality

Workshop # 16 Sunday afternoon 2.5 hours

Meet Your Nine Inner Energy Systems

SUSAN SNEAD
East shore of Kootenay Lake, BC • 250 225-3520

Susan's passion with Astrology began in the early 1980s when she attended workshops and breathed the language of astrology into her daily life. Today she teaches classes and has been reading charts for over 30 years; offering deep insights to those who are searching for an understanding of the journey. She is an ESL teacher, an artist and incorporates a combination of Reflexology, Tuning Fork Sound Therapy and energy healing into her massage practice.



Workshop #17 Saturday morning 3 hours

Healing the Collective Wound

An astrology workshop highlighting the roles of Chiron and Neptune traveling through Pisces; healing grief within the collective unconscious and preparing the spiritual ground for planetary renewal.

Working in the Healing Oasis

GINA LEIGH
White Rock, BC • 604 700-4220
www.SacredEnergyMassage.com

Gina is a holistic massage therapist trained in the applied kinesiology modality called "Touch for Health". She is also a Personal Growth Coach, Certified Rebirther and Yuen Method practitioner. Her passion is to revitalize the mind, body and spirit.



Working in the Healing Oasis

Workshop #18 Saturday evening 2.5 hours

Guided Meditation and Breathwork

Conscious Connected Breathing (Breathwork) is a simple breathing technique that can lead to emotional clearing. The breath can act as a bridge between the conscious and unconscious, between the mind and the body. When we consciously breathe with this awareness and surrender to what is, it is possible to resolve, integrate and heal previously unresolved issues within ourselves. This frees up energy, bringing greater aliveness as we move towards fulfillment of our potential as human beings.

KEVIN WALLBRIDGE
Nelson, BC • 250 354-4172
www.aocs.org

Kevin studied in China and is a cofounder of the Academy of Classical Oriental Sciences School of Chinese Medicine in Nelson BC. He is a medical anthropologist who trained as an acupuncturist and Chinese herbalist. He is also a winning competitor at National and Provincial tournaments for Tai chi and Qi Gong.



Workshop #19 Sunday morning 3 hours

Understanding the flow of Dao Tai Chi and Qi Gong Movements

Tai Chi is the art of flowing body movements to improve your energy levels and bring the body into harmony while calming the mind.

SUNRISE CEREMONIES with Kevin: BOTH morning 6:45 am in the GROUP ROOM.

Empower your self • Learn simple movements that create harmony in the body

JOHNSON'S LANDING REGISTRATION

Register before April 10th and save ... Adults \$135 • Seniors & Young People \$110
plus meals, any accommodation upgrades and gst • ON-SITE REGISTRATION STARTS FRIDAY.

SPRING FESTIVAL at Johnson's Landing

includes **FREE CAMPING**, upgrades available

		Weekend	Saturday only	Sunday only
ADULTS (26-62 years)	on or before April 10 th	\$ 135	\$ 100	\$ 40
	April 11 th — May 5 th	\$ 155	\$ 110	\$ 50
	After May 5 th and on site registration	\$ 165	\$ 120	\$ 60
SENIORS 63 yrs+ and STUDENTS (10-25 yrs)	on or before April 10 th	\$ 110	\$ 85	\$ 35
	April 11 th — May 5 th	\$ 130	\$ 95	\$ 45
	After May 5 th and on-site registration	\$ 140	\$ 105	\$ 55

MEALS....Please pre-order before May 1

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

Friday dinner to Sunday lunch \$95 _____ Saturday breakfast to Sunday lunch \$75 _____

INDIVIDUAL MEALS Fri. Dinner \$ 23 _____ Sat. Breakfast \$ 12 _____ Sat. Lunch \$ 15 _____
Sat. Dinner \$ 23 _____ Sun. Breakfast \$ 12 _____ Sun. Lunch \$ 15 _____

ACCOMMODATION UPGRADES •• Per person, per night •• 7 pm is check out time

Cabin • private \$75 • shared \$50

Lodge or Tree House • private \$50 • shared \$35

Dorm with 4 beds, has a shower • shared \$35

Tent Cabin, wood floor with tent includes bed and bedding • private \$40

Tent in Upper Campground with solar shower • bring foamy and bedding • private \$30

Big Tipi - sawdust floor and wood stove, sleeps many, bring small tarp, foamy and bedding • shared \$25

REGISTRATION FORM

Please bring a travel mug.



Name(s) _____

Address _____ Phone _____

Town _____ Prov. _____ Code _____ email _____

Festival Fees \$ _____

Meals \$ _____

Accommodation \$ _____

Subtotal \$ _____

GST (add 5%) \$ _____

Grand Total \$ _____

Amount enclosed \$ _____ (50% deposit required)

Balance ... \$ _____ payable at the door

Make cheque payable to: **Spring Festival of Awareness**
Send to Issues Magazine, RR 1, S 4, C 31, Kaslo, BC, V0G 1M0

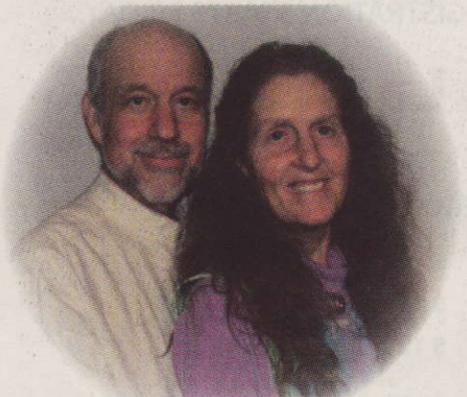
We do not mail receipts. If you need confirmation please give us time to process the form and then call the number below.

We refund festival fees, less \$25 per person, if notified by April 30. No refunds on meals or accommodation **after** April 30

If registering and paying with credit card phone

250-366-0038 or 250-366-4402

Johnson's Landing Retreat



Richard & Angele
invite you to join us, as this
may be our last season.

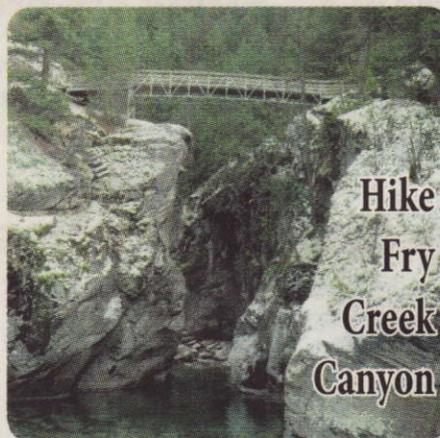


From the deck of the Main Lodge we have a magnificent view of the Selkirk Mountains, overlooking magnificent Kootenay Lake. We back onto the Purcell Wilderness Conservancy Provincial Park with the famous Fry Creek Canyon hiking trail starting minutes from our door. Our getaway is an amazing place to rejuvenate. Walk our labyrinth or the many trails and fairy dells that surround us.

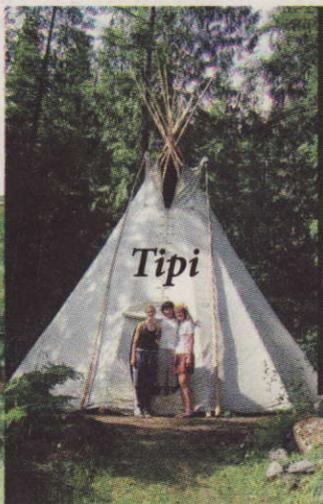
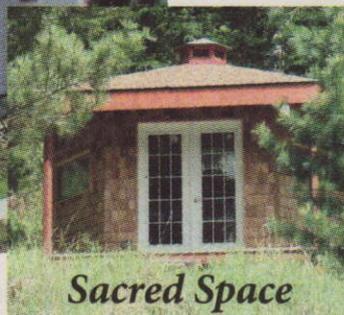
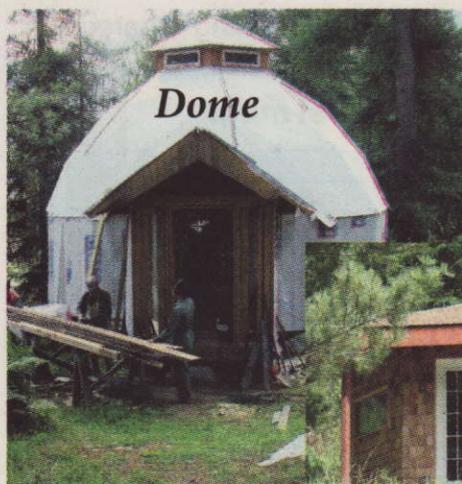
We provide delicious vegetarian cuisine, using most of our grown veggies and organic grains. Our home made cookies and desserts are made with fair trade organic sugar and free range eggs, not too sweet, so they make a healthy snack. They can be wheat free, if needed.

We use alternative energy initiatives, recycle, reuse and farm using sustainable methods that include vermi-composting and we are Kootenay Mountain Certified.

You can find us 2 hours north of Nelson and 4 hours south of Revelstoke.



Workshops will happen in one of these 4 spaces



Group Room

www.JohnsonsLandingRetreat.bc.ca • 877 366-4402
info@JohnsonsLandingRetreat.bc.ca

SUMMER SCHEDULE BY DATE

APRIL 4 - 6
Solar Energy Install

May 8 - 10
Spring Festival of Awareness

June 12 - 14
Solar Energy Install

June 15 - 21
Intuitive Painting

June 26 - 28
Sustainable Solutions
Bio Char workshop

July 1 - 5
Sacred Music, Sacred Dance
Dances of Universal Peace

July 8 - 11
Reiki Levels 1 & 2

July 12
Reiki Gathering

July 24 - 26
Rejuvenation Festival

August 1 - 14
Permaculture Design

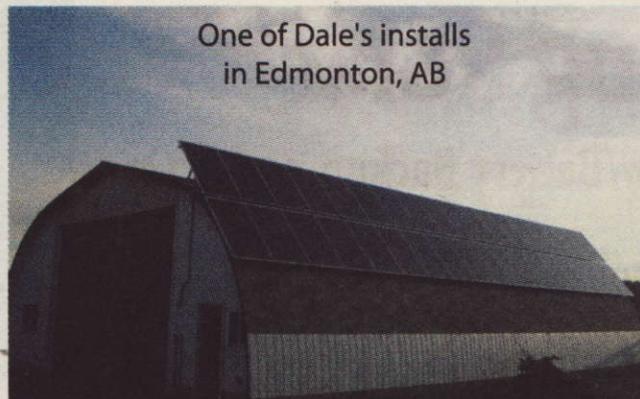
August 5 - 9
Family Artists Camp

August 15 - 21
Tai Chi Summer Camp

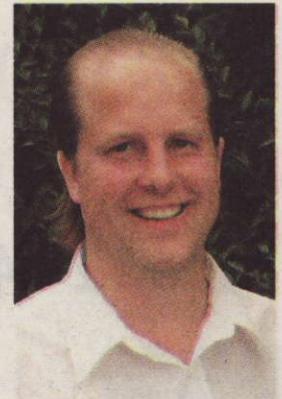
August 28 - 30
Wise Women's Festival

September 11 - 18
Timber Framing

September 25 - 27
Mushrooms



One of Dale's installs
in Edmonton, AB



Solar Energy Install

April 4 - 6 • \$150 plus gst • with Dale Rowe
A hands-on work/study program

Price includes shared accommodation and meals

Friday and Saturday evening, get a basic understanding of how to plan a solar electric system for your grid-tied or off grid home to be Net Zero Energy. Dale will also cover components, costs and benefits of Solar PhotoVoltaic energy generation.

Saturday and Sunday will be hands-on setting up the a simple 12 panel solar array and the components to have it function at the Retreat Center, as we ready the campground for its inaugural use in May. A good time to work with a professional in the field of Solar Installations.

Dale Rowe has a passion for renewable energy. He designed and fabricated a waste oil heating system for his family home. Has worked on designs for electric vehicles and a kite powered generator design for high wind locations. Four years ago Dale started a company in Edmonton called *That Solar Place* which supplies, designs, and installs solar installations. He has a passion for his topic and is always keeping up with the latest innovations.



The Second Spring Festival of Awareness

at the Retreat Center - May 8 - 10 (see pages 13-17)

OPENING OF THE SEASON

FREE EVENT

May 1 - 7 and May 12 - 18

~ We supply meals and accommodations ~

Please call to reserve your space 1 (250) 366-4402

Come between May 1-7 and help the Retreat Center get ready for the biggest event it has ever hosted, the *Spring Festival of Awareness*.

Come between May 12 - 18 and join our Spring work party where volunteers prepare the gardens for the new season.

Share your skills during the day. Evenings may include a yoga class or something interesting for the group.

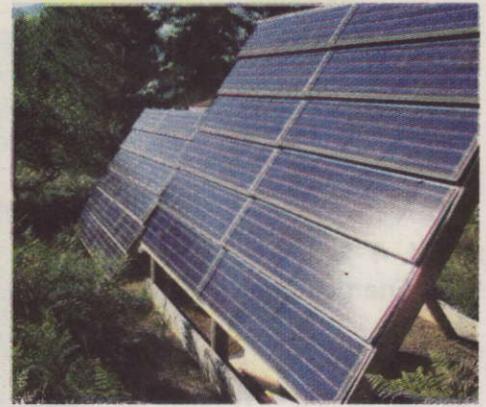


To register call 250-366-4402
check website for details

Going Solar

Grid Tie, Grid Tie w/Battery Backup, or Off Grid

June 12-14 with Sequoia of Backwoods Solar



Sequoia Cross

is the Chief Executive Officer for Backwoods Solar, one of the oldest and most respected off-grid solar, wind, and micro-hydro suppliers in the country. Her passion is to make sure that renewable energy is done right. She is a mentor and sounding board for a strong business practice of solid training that will help strengthen and grow renewable energy throughout the world.

For a longer bio and non-profit commitments read page 28 of Issues Magazine.

Get detailed advice and understanding of the real planning process for realizing your energy-independent dreams! Bring your calendar, note pad, calculator, and pencil. If you know what appliances you have or will have, bring information on how many watts they need. We will show you how to make the calculations for determining how much power you use/would use. You will then move forward to the next planning phase of finding the right type, size, and cost for your power system. We will choose one lucky participant's information to use as the teaching example. Participants will come away with their own planning guide and a clear plan for designing a power system tailored to their independent energy needs.

Day One: Planning/Design/Budget, Loads, Aspect and Geography considerations, Hybrid Options, Using the Planning Guide

Day Two: Battery Management, Battery Types as part of the Energy Plan Maintenance Toolkit and Management Schedule Recommendations
• Afternoon Tour of Example Systems in the Area

\$150 plus gst includes Free Camping and Buffet Lunches
Accommodation up-grades and extra meals available - see page 21

Intuitive Painting

June 15-21 • 6 days with Ted Wallace

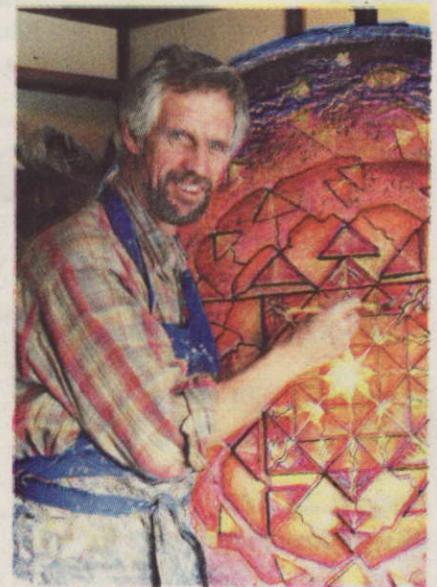
\$325 before May 15 or **\$350** after • 6 nights
Accommodations with meals extra • rates on page 21

Using the brilliant colours of acrylic paints in an encouraging, non-judgemental environment, students are given techniques and opportunity to go deep into the well of their creativity. For beginners this is an opportunity to start a relationship with painting by experiencing the joy and energy of creating. For the experienced artist it is a chance to break out of patterns and refresh a relationship with the heart and soul of their artistic process. In past years the power of the process and the sincere openness of the group has created a transformative atmosphere and an exciting collection of paintings. Ted will cover inspiration, idea development, and techniques for building a painting.

Ted Wallace: After receiving his B.Ed in Art at the U. of Calgary in the seventies, Ted spent time in Mexico. This experience, which was intended to continue his art education, also started a life-long spiritual quest. Years later the creative dam burst, releasing a huge amount of energy, and he became obsessed by his passion for creating art. This obsession has now continued for over 24 years.

NO ARTISTIC TALENT OR EXPERIENCE NECESSARY... Come as you are.

Past participants can be assured of new concepts, techniques and experiences to explore.



NOTE: There is a materials fee of \$100 which includes all of your canvasses, acrylic paints, a variety of color mediums, use of brushes, smocks and whatever else might be necessary to create a series of paintings. *This is payable to the instructor.*

Biochar

- what it is, what it can do, why it works, how to make it and how to use it - sustainably! We'll cover the gamut of biochar with valuable information, how-to's and hands-on demos that will interest gardeners, conservationists, foresters, farmers and citizen scientists. Let's light a few matches and learn how to save the world!



\$150 plus gst includes a pre-workshop demonstration with your hostess Angèle about Vermi Composting and Cardboard Mulching

BioChar workshop with Gloria Flora starts Fri. evening and continues Sat and Sun. Price includes Free Camping and Sunday Snack between 11-11:30 am.

Read article about Gloria Flora on page 22-23 on the Issues Magazine side.

Reserve your space by phoning the Johnson's Landing Retreat: 250-366-4402

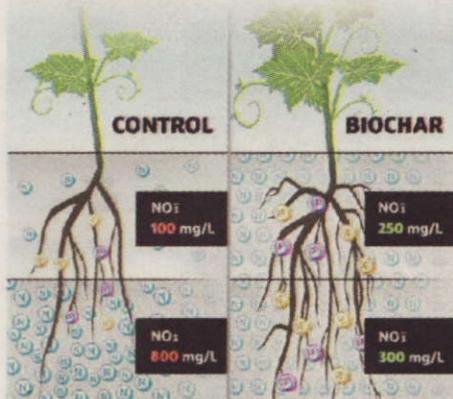
Upgrade your accommodations if you don't want to tent, details page 23

Option: meals \$100 includes

Friday • Dinner

Saturday • Breakfast, Lunch & Dinner

Sunday • Breakfast & a late Lunch



Biochar improves nutrient cycling + uptake

SCHEDULE

Option: Arrive Thursday afternoon and set up camp, Friday morning take a hike to Fry Creek

Friday 2-5 pm Vermi Composting and Cardboard Mulching with your hostess Angèle

Friday 7-9 pm Introduction • Getting to know each other.

Saturday 9-12 & 2-5 8-10 evening Learning about Bio-char with Gloria Bio Char Bonfire with Singing

Sunday 9-11 & 11:30 - 2 (hearty snack between 11 and 11:30)

Optional: Late lunch

Optional: Hike after Sunday buffet

We want this to be affordable so if cash is limited and time isn't, ask about a working trade.



Paul Taylor's book will be available for purchase



Art students painting on the deck of the Group Room

Retreat Center Accommodation Fees include Meals

PRIVATE

Cabin (private outhouse).....	\$124.95
Tree House (private outhouse).....	\$119.95
Room in the Lodge (shared bathroom).....	\$109.95
Tipi (private outhouse).....	\$109.95
Tent Cabin.....	\$ 89.95
Campground (Bring your tent, bed and linen).....	\$ 69.95

SHARED (2 singles or a double bed)

Dorm - 2 people (private bathroom).....	\$124.95 ea.
Cabin (private outhouse).....	\$ 99.95 ea.
Tree House (private outhouse).....	\$ 94.95 ea.
Room in the Lodge (shared bathroom).....	\$ 89.95 ea.
Tipi (private outhouse).....	\$ 89.95 ea.

Sacred Music, Sacred Dance

~ Dances of Universal Peace ~

North of Nelson, B.C. • July 1-5

at the Johnson's Landing Retreat Center

Four Days **\$260 includes FREE CAMPING and MEALS**

Limited space for fifty dancers so register early



~ The DANCE LEADERS ~



Akbar Lody Kieken

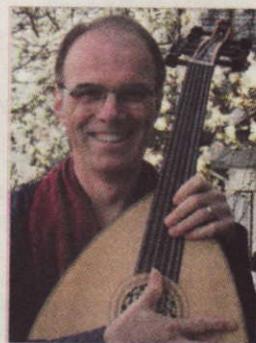
has been leading dances since the mid-seventies. Akbar is a certified dance leader in the INDUP (International Network of the Dances of Universal Peace) and an initiate of several Sufi orders. Akbar makes his home in Sunnybrae, B.C. and is looking forward to sharing his love

of eating, dancing, singing and praying together. Akbar has been to dance workshops with Pir Shabda Khan, Shahabuddin Less, and Saadi Klotz, among others.

Amir O'Loughlin

has been one of Vancouver's foremost ambassadors of inter-spiritual music for over 35 years. He has followed and taught the Sufi path for the same length of time. He is the National Representative in Canada for the Sufi Order International.

Amir has been leading the Dances of Universal Peace since 1982, and through his teacher Shahabuddin David Less has been blessed with the transmission of Murshid Samuel Lewis.



Majida Myriah Pazereckas Roy



is a certified Dances of Universal Peace leader, and has led the Dances in several countries. She is in the eleventh year of co-leading the Dances in her community of Colville, Washington, and feels it is a privilege and honor to share these beautiful and sacred dances with the world. She looks forward to extending her love of dance, music, and joy in yet another beautiful Canadian venue!

Sreemayi Dania

has been drumming for the Nelson Dances of Universal Peace team since 2006 and began her training as a Dance Leader in 2008. Darvesha Victoria MacDonald from New Mexico is her DUP mentor, a 'Murshida' of the Sufi Ruhaniat International lineage, President of the DUP International Board of Directors, as well as a practicing Buddhist. Her Spiritual Path is with Amma (Mata Amritanandamayi) from India.



SACRED MUSIC, SACRED DANCE Festival Schedule

WEDNESDAY Starts with Dinner at 5 pm followed by Evening Dances at 7 pm

The afternoons are free time, if you wish to offer an activity (lead a gender group, yoga etc...) please contact Richard.

THURSDAY- SATURDAY SCHEDULE

7:00-7:30 am • Morning Practice
7:30 - 8:30 am Breakfast
9:00 am - Noon • Morning Dances
12:15 - 1:15 pm Lunch
1:15 - 5:15 pm • Free Time
5:30 - 6:30 pm Dinner
7:00 - 9:30 pm • Evening Dances
 Thursday evening Zikr (Practice of Remembrance)

SUNDAY SCHEDULE

7:30 - 8:30 am Breakfast
9:00 am - Noon • Morning Dances
 12:15 - 1:15 pm Lunch
 Clean-up, pack up and say our good-byes.

KARMA YOGA: Participants are requested to do 3 clean-up tasks over the four days. Karma Yoga allows us to keep registration fees at a minimum and it involves all in the creation and celebration of community through co-operative, mutually beneficial work in the spirit of selfless service. The sign up sheet will be outside the Lodge.

1/2 Price Off Festival Fees in exchange for 10 to 12 hours of Work Trade time helping to run this event, phone (250) 366-4402 for details and to register.

Note: We are looking for someone to coordinate and oversee the Work Trade positions and Karma Yoga in exchange for the registration fee. Phone (250) 366-4402 for details

If you do not enjoy camping, UPGRADES available Per person, per night



Cabin

- Private \$75
- Shared \$50

Lodge -or- Tree House

- Private \$50
- Shared \$35



The Dorm

- 4 beds and a shower
- Shared \$35



Private Tent Cabin

Tent on a wood platform includes bed and bedding

- Private \$40

Tipi, sleeps many, bring small tarp, foamy and bedding

- Shared \$25



Private Tent

Upper Campground solar shower, bring foamy and bedding • Private \$30

~ Sacred Music, Sacred Dance REGISTRATION FORM ~

Name(s) _____
 Address _____ Phone 1 (_____) _____
 Town _____ Province _____ Code _____ E-Mail _____

Festival Fees \$ 260 includes tax

Accommodation upgrades \$ _____
 +GST (add 5%) \$ _____

Total \$ _____
 Amount enclosed \$ _____

Make cheque payable to: **Johnson's Landing Retreat**
 RR 1, S 4, C 31, Kaslo, BC, V0G 1M0

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

We refund festival fees, less \$25 per person, if notified by June 24 • No refunds **after** June 24

If registering and paying with credit card phone **250-366-4402 -or- 250-366-0038**



Reiki 1 • July 8-11 • \$225 • Reiki 2 • July 9-11 • \$650

Fees are set by the Reiki Alliance. If you have questions about Reiki please call Eleanor Quirk 250-358-2559 between 9-10 am or Angele 250-366-0038.

\$100 included camping fees, facility use, and the Sunday Gathering. Accommodation up-grades available and you can book meals.

Reiki Gathering • Sunday July 12

Sharing Reiki treatments • 10 am to 3 pm

Investment for the day is \$35 and includes a Buffet Lunch.

Eleanor Quirk learned Reiki in 1983 and has taught it in BC & UK since 1990. She also teaches healthcare, anatomy and physiology. A mum, nurse, midwife, gardener, artist and musician. She is a passionate believer in health from the inside out.

Rejuvenation Festival • July 24-26

Schedule will be in the June edition of Issues. It will be similar to the Spring Festival. Meet interesting people with skills and stories to share. \$135 for a pass and free camping.

Permaculture Design: *A Holistic Way of Living* August 1-14 • Two week Residential Experience with **Sarah Orlowski**



\$1,190 includes instruction, free camping and vegetarian meals.

\$1,220 after July 1. Accommodation up-grades available, see page 23.

This is a Work/Study Program, you will participate as part of the community.

The word permaculture is derived from the term 'permanent agriculture,' denoting its long term sustainability, which takes into account the sustainability of all earth's life forms. Based on observation of Nature's patterns, it works with Nature (rather than against) and acknowledges all the multiple functions of any farm, garden or food forest.

This 14 day course will cover the principles of Permaculture Design, including site analysis and design, patterns and landscape reading, micro-climates, land stewardship, water catchment, storage and distribution, wind blocks, tree ecology, organic and bio-intensive gardening, seed saving, plant propagation, medicinal herbs, soil rehabilitation, orchard and forest garden design, wildlife corridors, agro-ecology, local economics and strategies.

You will receive a Permaculture Design Certificate if you successfully complete the course.

Sarah Orlowski has over two decades of gardening experience, including 13 years of farming. She co-owns a certified organic permaculture orchard, in Grand Forks, B.C. Along with holding a Permaculture Design Certificate, Sarah is a Master Herbalist and Qi Gong practitioner. Sarah offers personal health consultations using remedies prepared from the bounty of the farm. An experienced teacher, Sarah has instructed for Douglas College, Capilano College, Van Dusen Gardens, Vancouver School Board, the Canadian College of Traditional Chinese Medicine and the Boucher Institute of Naturopathic Healing.

The Family Artists Camp

August 5-9 • 4 days

with *Jacqueline Wedge & Ted Wallace*

Come to a family weekend of creative fun. There will be two professional artists, one teaching teens and adults and one teaching the kids. At times the two groups will work and play together. The entire four days will consist of good food, great company, lots of laughter and loads of creativity. The only pre-requisite is that you need to know what end of the paintbrush to hold. With the gentle, expert guidance of your instructors your intuition will blossom. Don't miss this chance to have a wonderful family experience that you will remember for the rest of your life.

Grandparents bring your grandchildren A great opportunity to bond.

Children's Event: Using acrylic paints and inks, collage bits, treasures from nature, string, and other random materials, students will be encouraged to listen to their inner artist, guided by Jacqueline through playful creativity. Armed with various tools, brushes, spatulas, sticks, as well as inspiring colour palettes, wondrous pieces of art will be made, compared, contrasted, deconstructed, and loved. We will focus on colour combining, line and texture, contrast and unifying themes, intuition, and wabi-sabi (celebrating so-called mistakes as accidental awesomeness). Though we will be learning techniques and styles of painting, no experience is necessary (we will be leaving our expectations at the door). At break-times we will be learning some ukulele tunes (she's bringing instruments for everyone to use) so be prepared to make beautiful messes and funky music.

Teens and Adults: Using the brilliant colours of acrylic paints in an encouraging, non-judgemental environment, students are given techniques and opportunity to go deep into the well of their creativity. For beginners this is an opportunity to start a relationship with painting by experiencing the joy and energy of creating. For the experienced artist it is a chance to break out of patterns and refresh a relationship with the heart and soul of their artistic process. In past years the power of the process and the sincere openness of the group has created a transformative atmosphere and an exciting collection of paintings. This course will cover intuitive painting, inspiration, idea development, techniques for building a painting and more.

Jacqueline Wedge is a mom, a potter (MoonRakings Clay Art), a music teacher, and a farmer with a degree in art history. She lives on Kootenay Lake's East Shore with many animals. When not teaching piano, marimbas, or art classes, she can be found chasing/feeding animals, stacking firewood, tie-dyeing, or making pottery in her studio for her retail shop in Crawford Bay. Jacqueline loves working with nature's designs, using ridiculous amounts of colour, and adores teaching both adults and kids how to tap into their own personal creative beings with wild abandon.

Ted Wallace's biography is on page 20.



FEES

- Teens & Adults • \$300 = \$75 a day
- Ages 6 - 12 • \$240 = \$60 a day
- Ages 2 - 5 • \$100 = \$25 a day

Adults and Teens pay a material fee of \$50
Children will get a list of materials to bring with them

Includes FREE Camping and 4 Buffet Lunches

Book breakfast & dinner for an additional charge
Accommodation upgrades available, see page 23

38 Annual KOOTENAY LAKE TAI CHI SUMMER CAMP

with Hajime Harold Naka • Brian Knack • Kevin Wallbridge • Arnold Porter

August 15 - 21

Six Days for **\$635** (Early Rate) **includes:**
Instruction, FREE CAMPING and MEALS!
(Regular rate after July 15 • \$660)

at the Johnson's Landing Retreat Center



Hajime leading a class

Tai Chi is a beautiful art of flowing body movements. It is a system of body/mind exercise that will improve your health, energy level and relationships. The slow graceful forms of this system bring the body's functions into harmony and calm the mind, making your life more efficient and peaceful. Tai Chi practice promotes sensitivity and calm control in all situations.

Tai Chi Forms: Beginners will be introduced to a simple Tai Chi short form that will give them the feeling of the basic principles, posture, flow and energetics.

Intermediate and Advanced students will have form-improvement sessions that are not style-dependent. They will also have the option to study fan forms, weapons and Tai Chi partner sets and Push Hands.

Qi Gong: All retreat participants can share in the morning and evening Qi Gong sessions. Qi Gong exercises are the foundation of a healthy, vital life. They are the core foundation of the Tai Chi practice.

River Dragon Chi Massage: Arnold will lead us through an easy, clothes-on, massage form in the evenings to relax and replenish us at the end of the day.

In accordance with the healing aspects of Tai Chi, the camp provides healthy, delicious food and plenty of time for relaxing. Enjoy nature, friendships and swimming in the lake.



A few Work/Study Options
are available at 50% off.

For details call the Retreat Center
1 (250) 366-4402



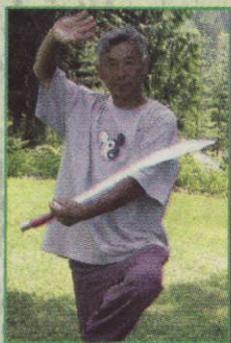
[facebook.com/KootenayLake TaiChiCamp](https://facebook.com/KootenayLakeTaiChiCamp)

Tai Chi is the art of flowing body movements to improve your energy levels and bring the body into harmony while calming the mind. *Beginners Welcome*

Intermediate and Advanced students will have form-improvement sessions that are not style-dependent. Option include Fan Forms, Weapons & Push Hands.

Qi Gong starts the day and optional massage in the evenings.

TAI CHI SUMMER CAMP INSTRUCTORS



Hajime Harold Naka is an Urban Daoist rebel with a cause... and effect. He has been studying, practicing and teaching QiGong - Tai Chi - Daoist philosophy and meditation for thirty-two years. Hajime is a certified senior Tai Chi instructor and double gold medalist at the Chinese Canadian Martial Arts Championships. Hajime teaches in Kelowna, BC.



Sifu Bryan Knack began studying martial arts in the mid-70s, he then turned his studies to Tai Chi and Qi Gong. He had two training centers in Portland, Oregon, with 2 of his masters from China. In 2007 he was inducted into the USA Marshal Arts Hall of Fame as Chinese Martial Art Master of the year. Sifu Knack offers study in Tai Chi Yang Style, Tai Chi Chen Style, Qi Gong, Bagua, Push Hands, Weapons.



Kevin Wallbridge has lived and studied in China and is a cofounder of the prestigious Academy of Classical Oriental Sciences School of Chinese Medicine in Nelson BC. He is a medical anthropologist who is trained as an acupuncturist and Chinese herbalist. He is a gold medal winning competitor at National and Provincial tournaments and a silver medal winner at the international level for Taijiquan and Baguazhang).



Arnold Porter is a Jin Shin Do Acupressure teacher and lifelong student of the healing arts and Qi Gong. His flute music bring us gently out of our dreams in the morning. His River Dragon Tai Massage teaches us to relax each night. Arnold is the producer of the DVD 'Everyday Qi Gong'.

If you do not enjoy camping, *UPGRADES are available*, see page 20

~ Tai Chi REGISTRATION FORM ~

Name(s) _____
 Address _____ Phone 1 (_____) _____
 Town _____ Province _____ Code _____ E-Mail _____

Camp Fees

Early rate w/tax \$666.75 \$ _____
 Regular rate w/tax \$693 \$ _____
Amount enclosed \$ _____

Any accommodation upgrades and taxes can be paid on arrival.

Upgrade request _____

Make cheque payable to: **Johnson's Landing Retreat**
 RR 1, S 4, C 31, Kaslo, BC, V0G 1M0

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

We refund camp fees, less \$25 per person, if notified by August 6
 No refunds on camp fees **after** August 6



Wise Women's Festival • August 28-30

at Johnson's Landing Retreat Center

The June edition of ISSUES will have the schedule

Timber Framing September 11-18 • 7 days

Did you ever look at a beautiful timber frame structure and wonder how it is done? This is your chance to participate in a small, timber frame project from the start to finish. Michael starts with an overview of natural building, timber framing and ecological forestry. He will lead us through a Project Overview, taking time to explain the design drawings so you can learn how each joint is laid out on the timbers for cutting.



This is a hands-on building project where you get to practice with some of the hand and power saws used in timber frame work. A rare opportunity to learn the basics of timber framing in a six-day course. We will build a beautiful timber frame entry way.

Michael Hollihn spent years studying food security and top-soil erosion called Philosophy of Technology, and also enjoyed Eastern Philosophy and Existentialist Thinkers at UVIC, then continued with Selection Logging and Eco-system Mapping at the Ecoforestry Institute, and Timber Frame Production at the College of the Rockies. He has been practising Yoga, Qi Gong and Vipassana meditation for 18 years. He operates Prana Timber Frames and Prana Food and Shelter Farm in Midway.



\$500 includes Tuition, Instruction, Accommodation and Meals for 6 days

Know Your Mushrooms

September 26-28 • **\$195** • plus 2 days of accommodations with meals, rates on page 21



Starts with a slide show covering basic mushroom biology and ecology while introducing the local species through his beautiful photos. Learn helpful hints on identifying and finding mushrooms which follows as we visit different habitats to collect as many mushrooms as we can. Then a mushroom cook-out where participants learn basic cooking techniques and get to sample the unique flavours of these earthly delights.

Tyson Ehlers is an ecologist from the Slocan Valley, who specializes in wild mushrooms. His numerous research projects and scientific articles contribute to a better understanding and management of mushrooms in BC. He strives to foster the important connection between people and the forest, delivering workshops and guiding mushroom forays for over 10 years with people of all ages.