

What Women said about last year's *Wise Woman Weekend*:

The friendship of the other women gave the weekend a very special feeling. The leaders of the workshops were helpful, and I gained considerable insight into how to increase my understanding of myself.

A REALLY GREAT WEEKEND!

The Croning/Crowning ceremony was something yearned for and the Wise Woman Circle let us express and empathize deep emotions. So many women I would like to know better...

"I'm grateful to the organizers and the workshop leaders for the tremendous amount of work and energy they put into this weekend -- see you next year!

**Stimulating
to both
mind and body!**

Altogether an inspiring time.
Thanks Laurel and Angèle — do it again!

LEADERS, SPEAKERS AND ORGANIZERS WERE VERY HIGH CALIBRE. PARTICIPANTS ALSO WERE VERY INTELLIGENT AND KNOWLEDGEABLE.



Wise Woman Weekend

For Women
35 years & Better

Celebrating the Autumn Equinox

SEPTEMBER 18, 19 & 20

Lets celebrate the changes in our lives!

It is time to honour ourselves and turn our attention to personal growth. Twenty-one workshop leaders will lead us through informative and creative workshops, healing circles and other ceremonies.

There will be a Healing House on site for those who would like to experience bodywork and our Wise Woman store to browse through. If you wish to work in the Healing House or sell items in our store please call. Meals and accommodation must be pre-ordered.



For information or registration 1.250.492.0039 or 1.888.756.9929

Sponsored by Visions...unlimited: ISSUES Magazine, the Holistic Health Centre & Wise Woman Productions

WEEKEND SCHEDULE

Friday

On-site registration starts at 2 pm. Arrive early and enjoy the ambiance of Naramata Centre, situated on the shore of Okanagan Lake. Opening Ceremonies start at 7:30 pm followed by Circle Dances, Keynote Speaker Betty Nickerson, Introduction of the Workshop Leaders and a Crystal Bowl Meditation.

	Sunrise Ceremonies	Saturday			
	6:45 - 7:30 am	8:45 am to 10:15	10:30 to Noon	1:45 - 5 pm	7:30 - 9:30 pm
Loft	Lynne Mündell Meditation	# 13 Beth Sellars Creativity		# 14 Lynne Mündell I am not my body —and I am!	# 16 Jo Clarke Take Two Videos
Sessions	Christina Guided Meditation	# 02 Jo Ven & Nwywn Reclaiming our Magical Nature Embracing the Lost Parts of Ourselves		# 03 Yarrow Alpine Flower Essences & Herbs	# 04 Urmi Sheldon Self Massage
Columbia Gym	Shulan Jang Tai Chi	# 09 Noor-un-Nisa Dances of Universal Peace	# 20 Joan Casorso Drumming	# 17 Haley & Laurel First Blood	# 08 Noor-un-Nisa Rites of Passage: Crowning the Crone
Columbia Lounge		# 01 Betty Nickerson Writing our Stories	# 15 Jo Clarke Men, Women & Thought	# 10 Audrey Ure Menopause	# 07 Vera Ito Retirement

	Sunrise Ceremonies	Sunday			
	6:45 - 7:30 am	8:45 - Noon	1:45 - 3:45 pm	4:00 - 4:45	
Loft	Urmi Sheldon Tibetan Exercises	# 21 Jeannette Dunagan Creative Me	# 14 Lynne Mündell I am not my body —and I am!	Closing Circle: A Celebration of Abundance: with Noor-un-Nisa & Laurel The autumn equinox and harvest season are a time to give thanks for the blessings we have received. Please bring a symbol or object that represents the harvest of your years.	
Sessions	Christina Guided Meditation	# 06 Sharon O'Shea Alchemy of Astrology	# 12 Ann Eaton Growing Old Disgracefully		
Columbia Gym		# 11 Angèle Rowe Finding Balance	# 19 Christina Goddard Crystal Bowls		
Columbia Lounge		# 18 Haley Johnson Biofeedback • Meditation of the West.	# 05 Laurel Burnham Wise Woman Circle		

Workshops & Workshop Leaders

The workshop numbers correspond to the numbers on the overall schedule

Workshop #01

Writing our Stories

Some of the most exciting literature being produced in Canada today is from women who are telling their stories. Every woman has at least one story to tell, the story of her life. Ever had the impulse to write your story? Join Betty, author of seven books, for a round table discussion on writing your life story(ies). Bring a pen/pencil and a scratch pad. Come prepared to write!



Betty Nickerson

Ladysmith • Phone: 250-722-3349

Author of seven books including *Old & Smart: Women & the Adventure of Aging*, Betty writes, consults, and lectures extensively in Canada and the US. Prior to her retirement Betty broadcast regularly on radio, and wrote, produced and performed seven years of youth programs on CBC television. A wise and witty woman, Betty erases forever the stereotype of 'little old lady' and replaces it with the truth -

older women are dynamic, experienced and wise. "We are pioneers who are free to create our own image, establish our own rules, decide what we wish to do, and do it." She speaks frankly with warmth, intelligence and plenty of well-placed chuckles.

Keynote Speaker Friday Evening

Workshop #02

Reclaiming Our Magical Nature, Embracing the Lost Parts of Ourselves

We are more than we think we are. We all have many different *voices* or personalities within us. Most of us have taken on identities that incorrectly or inadequately express our essential being and have lost or neglected very vital and important parts of ourselves. Discovering and honoring all the aspects can be an enlightening and empowering experience. We will use ritual, myth and drama to awaken and reclaim the creativity, power and magic.

Life is a psychological fairy tale, an ever evolving mystical drama or shadow play, where you are both the star performer and principle audience. Karen La Puma



Jo Ven

Peachland • Phone: 250-767-6367

For thirty years, Jo has been a devoted student of yoga, meditation, psychic development and spiritual/emotional healing. In the last few years she has been exploring the combination of Shamanism and Wicca in her own journey of self-development and in the process of guiding others on their path. She is currently working as a spiritual teacher/healer and a registered professional counsellor and hypnotherapist in private practice.



Nywyn

Penticton • Phone: 250-490-4624

As a child I was interested in theater and only recently have taken the time to explore the possibilities. The plays range from light-hearted to drama. My latest theatrical role was one of sadness and grief as I learned of my husband's death. I found the part challenging, especially because the rest of the play was so humorous. Engaging in the energy and emotions of this character provided some deep insights for myself. This wonderful tool can help us realize our potential as well as being lots of fun.

Workshop #03

Flower Essences, Herbs and Self Empowerment

Take a journey with me as we explore the humorous side of healing our emotional selves using the inspiration of flower essences. Learn a bit about the herbs that surround us and how to use them for self-sufficiency. Time and weather permitting we will do a herb identification walk around Naramata Centre grounds.



Yarrow Alpine

Sorrento • Phone: 250-835-8393

In 1990, Yarrow founded the Alpine Herbal Centre, and since then has been teaching a certificate course on the spiritual and therapeutic use of herbs. She has written a book, *Strong & Independent*, and champions a self-sufficient lifestyle. Past years have seen her as a homesteader, teacher, natural food store owner and lecturer.

Urmi Sheldon

Penticton • Phone: 250-497-8970

I was born in Northern Alberta and at an early age travelled to Europe and on to India where I studied at the Osho Commune. I have always been interested in health and meditation and how the two support each other. I found it necessary to devise means of self-preservation and spiritual survival. The more I am aware of my body, the more I understand what I need to do to become the ultimate me - not in comparison to anyone else but within myself and for myself.



Workshop # 04

Self Massage for Women

To heal ourselves we must learn to listen to our needs and accept that we are guardians of our own well-being. The physical body needs physical touch. This workshop offers simple tools and practical methods for integrating self-care into our lives and includes breast examination, lymphatic drainage, face massage and meditation. I will share my understanding on how energy circulates and how we can reform ourselves through touch of our bodies.

Laurel Burnham

Penticton • Phone: 250-492-7717

I have been blessed with the knowledge that my journey home to the Crone will be the flowering of my life. At this stage in my life I am mother of young sons, a wife and lover, a gardener and Mother's daughter. I work primarily to serve my community and the spirit of loving abundance. I organize, write, plant and dream of a world where women can finally come to love themselves, and so each other, where the men are proud to be gentle, and the loudest sound is children's laughter. I am pleased to be able to call together yet another Wise Woman Weekend.



Workshop # 05

Wise Woman Circle Telling our Stories

A female poet once wrote that if a woman were to tell the truth about her life, the world would crack open. Let us crack the Cosmic Egg together, and midwife the new millenium, by sharing from the heart. This will be an opportunity to tell our stories within sacred space. Let us show our love for ourselves and each other by being present and speaking our truth.

Sharon O'Shea

Kaslo • Phone: 250-353-2443

A spiritual astrologer for 30 years, Destiny and paths of Fearlessness are her specialties. Fun & Loving are her game. And except for a few brief moments in the experience of the Absolute Abysmal, her friends are still her friends and joy surrounds her. So you can see - Life leads the thoughtful person on a path of many windings and every once in a while brings it into full view.



Workshop # 06

The Alchemy of Astrology

We will begin with a brief introduction to the planetary energies used in astrology today, the ones we have used traditionally and the new ones now facilitating the re-emerging feminine consciousness. Through understanding our past we are able to envision our future. Through discussion we will explore the many facets of the feminine actions of healing, nurturing, grieving, loving and caring. The wisdom of the receptive will be gently nourished and a guided meditation will close our circle.

Vera Ito

Kelowna Phone: 250-860-3087

Vera is a retired Medical Laboratory Technologist. As Canada's first 'Unified Retirement Theorist™', she has done considerable research on the nonfinancial aspects of retirement. She continues to work on enhancing her own retirement, which includes helping others to enhance theirs. She is an experienced Toastmaster, Vice President of the World Service Assn. and secretary of the Okanagan Institute for Learning in Retirement.



Workshop # 07

Retiring?

Don't Vegetate — Regenerate

Let's explore together the unlimited possibilities of retirement. How much time did we spend preparing to go into the work force? How little time do most of us spend preparing for this next stage of life? Together we will examine the foundations of a successful retirement and access our unique gift(s) as an elder of our society. Let's live our lives as they were meant to be lived.

Workshop #08

Rites of Passage: Crowning the Crone

In this season of our lives, let us come together to create a dynamic ceremony to recognize the passage to Warrior/Queen and Elder/Crone. All our lives have been but preparation for this time. Please come radiantly attired as befits this homecoming. You are welcome to bring scarves, ribbons, flowers, candles and crown making materials.



**Noor-un-Nisa
Joan Smith**

Salmo
492-357-2475

A Reiki Master, private counsellor, deep country dweller, gardener, grandmother, lover of life and Sufi Teacher.

Workshop #09

Dances of Universal Peace

Learn dances from spiritual traditions from around the world.

Assisted by Laurel Burnham

Workshop #10

Menopause & Beyond

A question and answer time. Audrey has gone through this natural process and offers practical suggestions on how to prepare for this change of life. She'll discuss symptoms, risk factors for osteoporosis and cardiovascular disease and various treatments.



Audrey Ure, ND

Penticton • Phone: 250-493-6060

Graduated from the National College of Naturopathic Medicine in Portland, Oregon in 1988. She lives in Kaleden and as a physician has a deep commitment to healing

Workshop #11

Finding Balance

It is a fine line between giving and taking, doing and being, healing ourselves and healing the world. Growing older means becoming more focused on what needs doing and how much time or energy there is to do it.

Time will be spent sharing and exploring ways to achieve our goals. Sharing our insights, skills and knowledge empowers us to continue on the journey, sometimes all it takes is another's encouragement that what we are doing is of importance.



Angèle Rowe

Penticton • Phone: 250-492-0987

As founder and publisher of ISSUES, I have been working slowly and steadily on a vision of a holistic community that I would like to be part of. I have learned to listen to myself, my breath, and my self-talk. I observe the events and people I attract into my life and use them as a guide to see how I am doing. Every situation is a chance to heal myself for I am surrounded by teachers.

Workshop #12

Growing Old Disgracefully

Let's destroy stereotypes - what other people think women over 40 should act like. We will address important questions like: "How can I have more fun in my life?" "Do I play enough?" "How can I make up for the sobriety of my youth?"



Ann Eaton

Penticton • Phone 250-490-9871

Born in Birmingham, England. I am the founding member of the first two Growing Old Disgracefully groups in Canada. I am deeply committed to the Baha'i faith

Workshop #13

Creativity

A gift for a chosen few? Everyone please scream out "No!" Then prove it to yourself! It's time to free up the inner child and experience the sheer joy of losing yourself in the act of creating. Be brave and trust yourself, for the process itself is where the joy is... not the end-product.



Beth Sellars

Cawston • Phone 250-499-2096

Artist, creator of *Earth Extensions*, I work and play primarily in my studio in Cawston. I didn't get creative till mid-life when I opened a photography and framing studio. That allowed me to enter through the back door to creativity which I never would have had the courage to do otherwise.

Lynne Mündell

Kamloops • Phone: 250-579-9926

Lynne lives what she teaches. In daily life as well as group and community work, she is a reminder that we are infinite beings. Lynne is a mother, a practical mystic, founder of a transformational community in Kamloops and author of *The Pebble and the Peacock*, *Voyage to Arataan*, and *Shaman Child*.



Workshop # 14

I am not my Body — And I am!

Our culture unconsciously nurtures the assumption that our quality of life must decline when the physical body begins to undergo change in the later years. Look deeply into the process of change, confronting the myth of 'aging,' inviting intimacy with the eternal Self. It's experiential — it will work directly with the physical paradox of finite and infinite body.

Jo Clarke

Penticton
250-492-0206

I came to the Okanagan to teach Psychology at Okanagan University College from a counselling position in Alberta. As a single parent raising three daughters in various locals from California to Britian to Canada. My interests are many, starting with family and moving through higher education to fixing up my old house, writing, drawing, and everything in between.



Workshop # 15

Women, Men and Thought

The ghost of the bias that women are irrational and over emotional still lurks around our classrooms and boardrooms, where women's creative ideas are virtually ignored in favour of our "people skills." To exorcise the ghost, we will examine how the cultures and communication of gender shape our thinking and thoughts from birth on, before bringing to light the powerful, creative ideas we all can develop.

Workshop # 16

Take two videos and see me on the Mountaintop

Films have been used to slip powerful spiritual messages into the common culture right under our noses! We will lighten up our journeys through exposure to film clips of excellent, popular movies that can provide spiritual first aid, understanding, and inspiration; lift our spirits; allow glimpses into other dimensions; help bring us closer to the Light.

Haley Johnson, RN

Phone: 1-888-530-2233

Allowing the connection of the sacred feminine to unfold, travelling in Greece with the book *Goddess Sites in Europe* as my guide, a sign from our Mother came to me on Delos, the most sacred of Greek islands. The sign was for me to perform Rites of Passage as my inner / spiritual work. I am deeply honoured to present a First Blood Ceremony. I presently work as a Biofeedback Trainer in many areas of western Canada.



Workshop # 17

First Blood Ceremony

When we first bled were we honored as young maidens with fertile wombs for creation of life? It has been my observation that the majority of us were kept in the dark and shamed at some level. For instance, my mother spent more time explaining how to wrap and conceal the pad than talking to me about the physical and emotional development of becoming a young maiden. Come to the sacred space of *First Blood Ceremony* to re-claim your birthright as a woman, to celebrate this passage wear something red. When we heal our own wounds in this place, we have more available to support young women in their first bleeding and be more connected and compassionate with our own bleeding time.

Workshop # 18

Biofeedback - Meditation of the West

In experiencing "present moment" one can "BE" all that there is. The past is history, the future is a mystery and this moment is a gift. That is why this moment is called the present. Learn to quiet mind and body; access healing realms where the body repairs and restores, access peace, calm and ease. Join us to tap into our inner worlds of creativity and pure potential!

Christina Goddard

Peachland • Phone: 250-767-3373

My spiritual journey has taken me on many unique roads. At times I have been in the valley looking up and at other times I have been in the mountains looking down. At one of these crossroads I cried "Make me a vessel fit to be used by spirit." My desire is to be the physical form of spirit here on Earth.



Workshop #19 Crystal Bowls

As the quartz bowls sing you will feel your whole body respond to the healing vibration. As they vibrate, the cleansing sounds heal our physical, spiritual and emotional bodies as well as Mother Earth.

Joan Casoro

Kelowna • Phone: 250-862-9724

Teacher of mindful body movements and percussion instruments for both children and adults including those with disabilities. I am founder of Inner Rhythms and member of the Rhythm Project.



Workshop #20 Drum Circle

Learn rhythms that are simple, played by story and sung with feeling. Drumming creates a synergy that goes beyond the spoken word. Some drums will be supplied.

Jeannette Dunagan

Kelowna • Phone: 250-762-2399

I moved to Kelowna in 1970 leaving behind a lifestyle that gave me little satisfaction or pleasure. Always longing to communicate as an artist I took some training at Okanagan College. I still struggle on all levels, as it is difficult to make a living as an artist but I would rather be creative than be unhappy working at something I don't enjoy. I continue to have art shows, teach workshops and I do commissioned pieces.



Workshop #21 Creative Me

A time of Self discovery and Self expression. Designed for the undiscovered artist in all developmental stages of drawing and painting. We will spend time listening to our hearts, souls and defining our goals. Using meditation and visualization as we draw from the left side of the brain. Finishing off with a self-portrait in acrylic paints.

Wise Woman Week-end Registration Form

Name(s) _____

Address _____

Town _____ Prov. _____

Code _____ Phone No. _____

REGISTRATION TOTALS

_____ Adults @ _____ \$ _____

Meals (from other side) \$ _____

Accommodation \$ _____

Total amount owing \$ _____

add 7% GST \$ _____

Grand Total \$ _____

Amount enclosed \$ _____

50% deposit required • Balance payable at the door

Amount left owing \$ _____

SEMINAR FEES

WEEKEND		Saturday only	Sunday only
<i>before</i>			
Aug. 1	\$85	\$55	\$40
<i>after</i>			
Aug. 1	\$100	\$65	\$50
<i>after</i>			
Sept 1	\$115	\$75	\$60

**Meals
&
lodging
are
optional**

**See
reverse
side**

Make cheque payable to... **Visions ... unlimited, WWW**
Send to: 272 Ellis St., Penticton, B.C., V2A 4L6.

Visa or Mastercard accepted by phone

September 18, 19 & 20, 1998

Sunrise Ceremonies

Join **Shulan Jang**, an elder from China who speaks very little English. Each morning at sunrise she is at a park in Penticton dancing tai chi. When asked how she was in such good shape at 59, she said, "I practice my tai chi, eat lots of vegetables, a little bit of fish and tofu and think little."



Christine Goddard offers a guided meditation in a safe place where we will co-create with spirit. Followed by silent time to listen as spirit speaks to us.

Urmi Sheldon offers Tibetan Exercises; a series of five movements that are simple to learn and if done consistently will increase our chi and endurance.

Lynne Mündell offers Movement Meditation using music. As we honour the dreamtime we allow it to express itself through our movements gradually waking ourselves up. The dreams you have at night are remembered by the body even though you may not be aware of them.

We will have a **GIVE-AWAY TABLE** and a **S HARING TABLE**. Please be guided accordingly and bring what you may.

Finding Naramata

Driving into Penticton from the South Pass the Airport and turn left at the Channel (lights just past bridge) onto Channel Parkway. It is a good mile and several stop lights before you reach

Eckhardt Ave

Turn right and travel ten blocks or so round the corner at Haven Hill and turn right onto Johnson Road. Turn left on Upper Bench Road. Turn right on McMillian Avenue. Turn left at stables onto Naramata Road. From this point it is approx. 16 km to Naramata. Watch for the signs • It takes 15 to 20 minutes.

The highway will then swing left and curve down a hill into the town of Naramata.

You will be on Robinson Avenue. Turn left on either 3rd or 4th Street for two blocks and you will be on Ellis St. You are now at Naramata Centre

Coming from the North

Cross the bridge, you are now on Eckhardt Avenue, follow the instruction as above.

✂ Please clip and mail check or phone to register with Visa or MasterCard No.

ACCOMMODATION For how many _____

Smoking _____, Snoring _____, Handicapped _____

ACCOMMODATION for **TWO NIGHTS**

- Private \$ 105
- Shared - two women \$ 65 each person
- Shared - three woman \$ 50 each peson
- Shared on a hida-bed \$ 25 for 4th person
- R.V. Space \$ 20 per night - includes electrical hook-up
- Tent \$17 per night

The cabins are fully furnished with kitchens and a few dishes.

No dogs allowed on site.

Weather could be cool for Tenting, so come prepared.

MEALS Please pre-order meals by September 10th, 1998

MEAL PACKAGES

- 1) 6 meals • Fri dinner to Sun lunch \$53 _____
- 2) 5 meals • Sat. break. to Sun. lunch \$40 _____

INDIVIDUAL MEALS

Fri. Dinner	\$ 15.00	_____
Sat. Breakfast	\$ 6.00	_____
Sat. Lunch	\$ 8.00	_____
Sat. Dinner	\$15.00	_____
Sun. Breakfast	\$ 6.00	_____
Sun. Lunch	\$ 8.00	_____

- Options
- No Dairy
 - No Wheat
 - Fish okay

Meals need to be pre-ordered, otherwise there are two restaurants off site.

Refunds before Sept. 15th (less \$20 for paperwork) • To cancel, change, confirm or ask question please call...

☎ 250.492.0039 or 1.888.756.9929