



Join these wise women
and share in the
adventure!



Wise Woman Weekend
Sept. 17, 18 & 19
Naramata, BC



Wise Woman Weekend • Sept 17, 18 & 19



Lets' celebrate the changes in our lives!
It is time to honour ourselves and turn
our attention to personal growth.

Thirty-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 or a reading. We
will also have a Wise Woman Store
to browse through.

If you wish to work in the Healing
House or sell items in our store please
call: 1-888-756-9929

Meals & accommodation must be pre-ordered
see registration form on the last page.

The Wise Woman Weekend is an annual opportunity
to honour and celebrate the adventure of growing older.
Visions Unlimited and Wise Woman Productions
organizes and sponsors.

This photo was taken at last year's event. Over
200 women attended and we expect more this year!
In this photo (left to right) is Laurel Burnham, Noor-un-
Nisa and Betty Nickerson, some of your guides on this
journey home. This is your opportunity to join them in
their wisdom, and sharing of love and laughter.



Workshops & Workshop Leaders

The workshop numbers correspond to the numbers on the overall schedule

Workshop # 01

Rites of Passage: Crowning the Crone

In this season of our lives, let us come together to create a dynamic ceremony to recognize the passages to 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. (Sat. evening 2½ hrs)

Workshop # 02

Dancing the Divine Feminine

Circle dances and practices from different sacred sources honoring the goddess in us all. All dances will be fully taught. (Sat. 1½ hrs)

Workshop # 03

Writing Practice

Opening the creative channel with ten minute free-flow exercises. There will be plenty of opportunity to share what you write. (Sat. 1½ hrs)



Noor-un-Nisa
Joan Smith

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

Salmo, BC
250-357-2475

Laurel Burnham is assisting with
Rites of Passage: Crowning the Crone

Betty Nickerson

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 youth programs for seven years 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.

Ladysmith, BC • 250-722-3349



Workshop # 04

Spirituality and the Environment

Modern life disassociates us from the Earth causing many to think we are the highest manifestation of life's complexity. But are we? Our fertile brain and enormous ego has caused too many of us to believe that all things are our right, created for our benefit. Can we place ourselves above a sunrise, above a flower, a rushing stream or a tree, or are we not also, part of All That Is?

Discover how we can share life with other living things. Once we accomplish this through our intelligence and our choices, all life will be significantly enriched, and we will begin to right the wrongs committed in our name. (Sat. 1½ hrs)

Betty is our Guest and Keynote Speaker on Friday and has an article in the ISSUES section on page 37

Margaret Gabriel

was born in 1934 in Doncaster, Yorkshire, England, she is happily married to her third husband. Mother of three, Grandmother of five (soon to be six), and raised three children on her own. Margaret worked as a bookseller, a caterer, aromatherapist, film-editor and currently operates "Gabriels on Gambier: Bed, Book, Breakfast." Her current passions are art — taking lessons in watercolour—birds, people and gardening. Her island home and acreage allow her to appreciate Sufi Hazrat Inayat Khan's dictum "The only scripture we need is the sacred manuscript of nature." She has been on the Sufi path for twenty years. *Margaret has a personal story on page 37 of ISSUES.*

Gibsons, BC • 604-886-0419



Workshop # 05

Coming into our own: Honoring our life's journey

A sharing workshop where we acknowledge our joys and sorrows in a loving, supportive atmosphere. We will sing and dance and celebrate all the wise women of the world in a sacred ritual. Participants are requested to bring 1) A photograph of self as a child between the ages of five and ten years. 2) A photograph, if possible of their mother and grandmother 3) A notebook or journal and pen 4) A list of books which the participant has found meaningful. (Sat. evening 2½ hrs)

Janice Shaw

has twelve years of experience in working with women's issues. She has a warm & humorous way of looking at ourselves. She has been in private practice for nine years with a special emphasis on mind, body, spirit and how it all connects to our wellness or lack of. Janice brings to this workshop, her philosophy of the body being our teacher through her journey of physical and inner healing.

Calgary, AB • 403-205-1134



Workshop # 06

Women of the Wise Blood

A spiritual journey through menopause utilizing the native medicine wheel — Rites of Passage. This transition is about moving the eyes in a different direction, the direction of the spirit, of sacredness, of walking through the gateway with a new contract and relationship with your sacred will. Native tradition believes menopause as a very wise time - I help women make this transition a beautiful, smooth journey. (Sat. 3 hrs)

Joan Casoro

is a mother, teacher and student of life. She is the founder of Inner Rhythms, a body/mind movement and health program which integrates eastern and western movement and percussion. Joan works with people with disabilities and has developed health programs for schools, foster parents, and corporations.

Kelowna, BC • 250-862-9724



Workshop # 07

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. (Sat. 1½ hrs)

Workshop # 08

Bring on the Clown

Did you ever wonder what it might be like to be a clown — being blissfully crazy, letting it all hang out, flirting shamelessly with dogs, birds or good-looking lords -- and getting away with it? Well in this workshop you'll learn some basics of clowning and then you can decide if you'd like to pursue this any further. Come and enjoy the fun. Bring a nose or funny hat if you can! (Sat. evening 2½ hrs)



— no, not funerals, but just about everywhere else. And I'll do this for the rest of my life!!!

Gisela Ko

has been a physiotherapist and a dance instructor for some forty years. In 1990 both these professions took a strange turn: the physiotherapist became a shaman-healer and the dancer became a clown. I had found my true calling at last! Ever since I've performed, or just plain worked the crowd at Fall Fairs, parades, kids parties, old folks homes, demolition derbies, weddings and

Grand Forks, BC • 250-442-2391

Workshop # 09

Therapeutic Touch

Therapeutic Touch is a technique using the hands to direct energy to help people relax, relieve pain, decrease tension and stress, accelerate wound healing and restore a sense of well-being. This technique was developed by Delores Krieger, R.N. and has been taught to health care professionals, patients, families throughout the world. Class size limited to 30. (Sun. 3 hrs)



Marie-Paule Wiley

is an R.N., Healing Touch practitioner and Reflexologist. She works as a home care nurse and Healing Touch practitioner and facilitates support and relaxation for cancer patients.

Salmon Arm, BC • 250-832-8176



Gisele Leclair

Gisele is an R.N. with a degree in nursing. She works as a home care nurse and Healing Touch Practitioner and teaches palliative care at OUC, Vernon.

Vernon, BC • 250-545-2747

Workshop # 10

Crisis and Opportunity The Heart of Mediation

Strengthening the self and realizing one's inherent human capacity for dealing with conflict by engaging in conscious and deliberate reflection through choice and action. Reaching beyond the self to relate to others and experiencing and expressing concern and consideration for others, especially whose situation is different from one's own.

(Sat. evening 2½ hrs)



Cathay Gibson

has worked to promote the practice of mediation for 11 years in the Okanagan Valley. She has done research in a Master of Arts program to establish a Victim Offender Reconciliation Program, received an appointment as a Sexual Harassment Officer between the B.C.G.E.U. and the Public Service Commission and co-mediated in a Family Law practice. She has established a business in Family Mediation and Workplace Dispute and calls it: Gibson & Associates. "As a mediator, I intervene in a dispute or negotiation as an acceptable, impartial and neutral third party, who has no decision-making power but to assist disputing parties to resolve the contentious issues of their conflict. I like to engage the parties in conflict resolution because I believe it builds tolerance and understanding."

Kelowna, BC • 250-862-2662

Workshop # 11

The Creative Spirit

An opportunity for self expression and self-discovery through drawing and painting. The workshop includes visualization, relaxation and imagery. Participants discuss their work at the closing of the workshop. Limited to 18. (Sun. 2 hrs)



Jeanette Dunagan

is an artist who lives and works in Kelowna. She recently returned from the Bay area after a six month study period. Her most recent workshop was given at the Women and Religion Retreat in the Monte Toyon Redwoods near Santa Cruz. She views humans as divine spirits.

Kelowna, BC • 250-762-2399

Cathleen Kneen

is a veteran of what used to be called the Women's Liberation Movement. She draws on her experience as a sheep farmer and activist against violence against women in her speaking, writing, and organizing with local groups across B.C., particularly around industrial agriculture and genetic engineering. With her husband, Brewster, she co-publishes *The Ram's Horn*, a monthly newsletter of food system analysis; she also sits on the board of the Certified Organic Associations of BC and publishes their quarterly magazine. Cathleen lives on a small organic farm in Sorrento, where she gardens and makes high-fired stoneware pottery.

Sorrento BC, • 250-675-4866



Workshop # 12

Farmageddon: Women and the Food System

Women's power to control the wholesomeness of food we eat is being taken away at an alarming rate as not only agricultural chemicals, hormones, and antibiotics, but also genetically engineered organisms are finding their way onto our plates unannounced. What are the biotech corporations

doing to our food? Why is it not labelled? What are the likely effects on us and our environment? What can we do? In a dynamic, participatory and empowering session, Cathleen Kneen will address these and related questions. (Sun. 3 hrs)

Sandra Bradshaw

is a Guild Certified Feldenkrais Practitioner® and long time educator in the public school system in B.C. She has many years of experience presenting workshops on a variety of topics including movement and music. Sandra is starting a full-time Feldenkrais practice in the Okanagan Valley this fall. She is the grandmother of two wonderfully spirited grandsons.



Vanderhoof, BC • 250-567-9383

Workshop # 13

Growing Younger, Feeling Better

Imagine receiving the benefits of a fitness workout, facial and internal massage while moving yourself in ways that are barely discernible to a casual onlooker. Far out?? Perhaps, but this will be your experience as you participate in the gentle movements used in this introduction to *Feldenkrais' Awareness Through Movement Lessons®*. Whether you are a professional athlete or confirmed couch potato, if you can move you can join the fun and learn effortlessly. Wear comfortable clothing and bring a blanket. (Sat. evening 2½ hrs)

Sue Peters

has been a student of Hawaiian Huna for two years. She is also a Reiki and Seichem Master/Teacher, Pranic Healer, CranioSacral Therapist, Applied Kinesiologist, Jin Shin Do, Attunement and Emotional Release Therapist and Life Skills Coach.



Osoyoos, BC • 250-495-2167

Workshop # 14

The Hawaiian Medicine Wheel

This workshop will explore the 5 elements and assist those women who are moving through life transitions. It strengthens your personal medicine wheel. (Sat. 3 hrs)

Workshop # 15

Divine Dance - The Tree of Life

The art of tuning our physical awareness to the Divine presence among us by the means of sound, posture and gentle movement accommodating all levels of physical ability. This sacred form brings great blessings when enjoyed in solitude or with others. (Sun. 3 hrs)

Angèle

is publisher of *ISSUES* and organizes events that help people educate themselves on all levels of being —physical, mental and emotional. Her healing journey included studying Graphology for several years approx. ten years ago and uses it daily as a way to observe people and their programming.



Penticton, BC • 250-492-0987

Workshop # 16

Handwriting Explained

A short intro to understand the basic traits and why we make letters in a certain way. Then we will compare your handwriting to the copy book style, seeing the difference between how you were taught to write and how you have chosen to express yourself. Handwriting Analysis is just another tool; by changing our handwriting, we can change our programming — it works both ways. (Sat. 1½ hrs)

Workshop # 17

Sacred Craft Making

In this workshop we will create an empowerment necklace. You are welcome to bring beads, charms, amulets that have significance for you, as well as thread, needles, string, ribbon, shells or whatever. Materials will be available for those who would like to participate but do not have their own supplies. This workshop will honor the hard work of all women down through the ages. Come prepared to create beauty. (Sat. 3 hrs)

Laurel is Mistress of Ceremonies and is assisting Noor-un-Nisa in Rites of Passage: Crowning the Crone, with Haley in First Blood Ceremony, and with Mariah in The Power of Mythic Lives



Laurel Burnham

As mother of the Wise Woman Weekend, Laurel is delighted to be able to be her Priestess self, surrounded by so many wonderful wise women. In her other life, she mothers two boys, gardens, swims and organizes. She considers herself a visionary, and is in the process of reclaiming her mythic story. Laurel knows she will become an awesome crone.

Penticton, BC, 250-492-7717

Workshop # 18

The Power of Mythic Lives

Through visualization, song, dance and the enactment of the sacred drama of Persephone, Demeter and Hecate we become aware of how the Greater Story reflects our personal stories. Integrating the wisdom of the past we are encouraged to create a new myth that opens a doorway to a life-affirming future. (Sun. 3 hrs)

Workshop # 19

Wisdom of the Heart - Exploring Women's Dreams

Dreams are an acknowledged window to the soul and exploring them can be richly rewarding — both spiritually and practically. You are invited to an exciting experiential journey into your personal dreamscape to discover the true depth and beauty of the female self. (Sat. 3 hrs)



Mariah Faye Milligan

has had a long time interest in exploring the depth and heights of the female psyche through myth, ceremony and dreams. She has a B.A. in Psychology, is a trained counselor, hypnotherapist and healer.

Vernon, BC
250-558-3665

Workshop # 20

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 birth-right as a woman. To celebrate this passage wear something red. When we heal our own wounds in this place, we are more available to support young women in their first bleeding and be more connected and compassionate with our own bleeding time. Feedback from last year's participant "Thank you so very much for helping me to heal this pain/shame/betrayal from so long ago. This workshop had structure, tools of healing, power and insight of leadership and meaningfulness of the issue."
(Sat. 3 hrs)

Workshop # 21

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 as we tap into our inner worlds of creativity and pure potential!
(Sun. 3 hrs)



Haley Jonstyn

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 western Canada.

Vancouver, BC
604-632-9595

Jollean Mc Farlen

is President of Jadore Colour Group Inc., a winning decorator, a Colour Therapist (registered London, England), also a Colour/Feng Shui consultant.

Jollean is an international professional motivational speaker/trainer. She teaches at colleges, Pres. CAPS - Director BCIT 15 yrs. and owned a family business for 30 years. Listed in Who's Who and interviewed on W5, CTV and CBC Radio. She is a gifted visionary and grandmother who loves sharing her knowledge, humour, joy and near-death experiences. Jollean motivates others to enjoy risks, take responsibility, appreciate their own uniqueness and is prepared for liftoff for the year 2000. Author of three books and tapes.

Kelowna, BC • 250-860-9087



Workshop # 22

Zapping into Colour, Healing and Divine Guidance

What do Colour, Joy, Feng Shui, TAO, Egypt, China, Ireland and S. Europe have in common? Jollean and her guides (Quan Yin and Mother Mary)...will take you on a colourful journey to open your channels to allow "divine guidance," intuition, creativity and other psychic events to happen. Using the 'golden energy' (Shum) and chanting she will help women clear blockages from past lives. Bring candle and holder, felts or pencils and paper to create. Learn your personal number and colours for the year 2000. Jollean will be in China and S. Europe for the summer studying, writing, teaching and preparing. (Sat. 3 hrs)

Joy Herbert Linklater

Her Buddhist name is 'Tsering Chutso. Her credits include Counselling, Psychology, Reality Therapy (Certified). She is founder/consultant of Canadian Attitudinal Healing Society, instructor of Quantum Healing workshops, Stress Management, Reality Therapy, Yoga, Tai Chi, Course in Miracles, Superlearning and Meditation. She has taught at universities and corporations throughout Canada and in India and studied with Hindu and Buddhist Masters. She was a volunteer in Costa Rica for a U.N. Project Village for homeless children.

Penticton, BC • 250-490-2009



Workshop # 23

Creating Sacred Spaces Experiential-Dyads and Visualization to Music

Opening Heart-Mind Wisdom with fun flowing movements of Chi Gong and Tai Chi. Stimulate your happy hormones (endorphins) and develop inner stillness. Embrace the Great Wisdom of the Buddha in a walking meditation. By creating sacred space we develop compassionate awareness of wise women through the ages. (Sat. 3 hrs)

Christina Goddard

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.

Peachland, BC • 250-767-3373



Workshop # 24

Chakra Healing/Balancing with Crystal Bowls

I will give an explanation of the chakras and how we can use the crystal bowls to balance and heal energy blocks. The second part will include one-on-one healing with the crystal bowls. (Sat. 1½ - 3 hrs)

Margaret Carroll

is a Shiatsu Practitioner, Listening Hands Therapist, wholistic counsellor and has taught workshops on energy work, nutrition and relationships. Margaret's warm, compassionate presence encourages participants to move deeply into their essence to heal and transform old patterns and blocks.

Castlegar, BC • 250-365-2490



Workshop # 25

Unravelling Love: The Open Heart Path

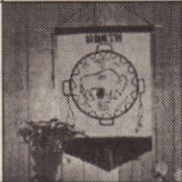

Come and explore the nature, myths, dysfunctions and addictions of our perceptions of love. Using energy release techniques we will dissolve emotional blocks to gain clarity and open our hearts to a deeper awareness of love. (Sat. 3 hrs)

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 7:15 pm followed by Circle Dances, Keynote Speaker Betty Nickerson & Cathleen Kneen. Introduction of the Workshop Leaders and a Crystal Bowl Meditation.



Location	Sunrise Ceremonies	Saturday			
	6:45 - 7:30 am	8:45 to Noon	1:45 - 3:15 pm	3:45 - 5:15 pm	7:30 - 10 pm
North Wing	Lynne Mündel Awakening the Body through Movement & Meditation	# 37 Sharon Forrest Ancient Wisdom Revived	# 06 Janice Shaw Women of Wise Blood		# 05 Margaret Gabriel Coming into our Own: Honouring Life's Journey
South Wing Upstairs	Dorianne Kohl Yoga with Meditation	# 25 Margaret Carroll Unravelling Love The Open Heart Path	# 43 Carole Collins Aromatherapy	# 04 Betty Nickerson Spirituality & the Environment	# 13 Sandra Bradshaw Growing Younger, Feeling Better
South Wing Downstairs		# 32 Beth Sellars Creativity Unleashed	# 03 Noor-un-Nisa Writing Practice	# 16 Angèle Rowe Handwriting Explained	# 08 Gisela Ko Bring on the Clown
Lower Lounge Downstairs	Christina Goddard Guided Meditation	# 22 Jollean McFarlen Zapping into Colour, Healing & Divine Guidance	# 20 Haley Jonstyn & Laurel Burnham First Blood Ceremony		# 40 Linda Forner The Joy of Dance
Games Room Downstairs		# 17 Laurel Burnham Sacred Craft Making	# 31 JoAnn Janson Women Wake-up!	# 27 Jude Dawson The Homeopathic First Aid Kit	# 33 Rev. Orlea Rayne The Legend of the One
Sessions Room	Janice Shaw Meditation	# 14 Sue Peters Hawaiian Medicine Wheel	# 34 Bonnie Scarborough Nutrition for Fast Paced Lifestyles	# 36 Christy Cook Mozart & Beyond	# 10 Cathay Gibson Crisis & Opportunity The Heart of Meditation
Gym	Sharon Forrest Guided Meditation	# 23 Joy Herbert Linklater Creating Sacred Spaces	# 07 Joan Casorso Drum Circle	# 02 Noor-un-Nisa Dancing the Divine Feminine	# 01 Noor-un-Nisa & Laurel Burnham Rites of Passage: Crowning the Crone
Maple Court 3		# 19 Mariah Milligan Wisdom of the Heart Exploring Dreams	# 24 Christina Goddard Chakra Healing/Balancing with Crystal Bowls Meditation in the Chapel followed by one-on-one healings		



Location	Sunday			
	<i>Sunrise Ceremonies</i> 6:45 - 7:30 am	8:45 - Noon	1:45 - 3:45 pm	4:15 - 4:45 pm
North Wing	Lynne Mündel Awakening the Body through Movement & Meditation	# 41 Lynne Mündel Woman - Shaman - Visionary	# 38 Sharon Forrest Discover your Life Purpose	<p>Closing Ceremonies: A Celebration of Gratitude A Celebration of Harvest Home with Noor-un-Nisa & Laurel</p> <p>The autumn equinox is the perfect opportunity to give thanks for the infinite generosity of Mother Earth.</p> <p>Please bring an object that represents abundance.</p> <p><i>Poem by Betty Nickerson</i></p> <p>Earth is our castle, our future, our temple and our home. We are spirits Wrapped in the stuff of the Earth. Rivers of oceans Flow in our veins Mountains of minerals Build our bones Acres of growing things Give us strength and sinew We fill our lungs With the breath of trees We are created from Our Mother the Earth She is within us Let us call her name Holy Let us honor her whole.</p> <p><i>Blessed be</i></p>
South Wing Upstairs	Dorianne Kohl Yoga with Meditation	# 42 Dorianne Kohl The Red Moon Passage	# 35 Christy Cook Bonnie Scarborough Heavenly Bodies "As Above so Below"	
South Wing Downstairs		# 21 Haley Jonstyn Biofeedback: Meditation of the West	# 11 Jeanette Dunagan The Creative Spirit	
Lower Lounge Downstairs	Christina Goddard Guided Meditation	# 12 Cathleen Kneen Farmageddon: Women and the Food System	# 44 Carole Collins Creation by Design	
Games Room Downstairs		# 28 Virginia Graham-Smith Herbal Helpers for Women	# 29 Virginia Graham-Smith Explore the Moralizing Stories told to Women	
Sessions Room	Marie-Paule Wiley Tibetan Bowls	# 09 Marie-Paule Wiley & Gisele Leclair Therapeutic Touch	# 30 JoAnn Janson Return to the Super Self	
Gym	Joy Herbert Linklater Tai Chi	# 15 Sue Peters Divine Dance The Tree of Life	# 39 Linda Forner Energenic Dancing	
Maple Court 3		# 18 Mariah Faye Milligan & Laurel Burnham The Power of Mythic Lives	# 26 Jude Dawson The Homeopathic Treatment of Menopause	

Workshop # 26

The Homeopathic Treatment of Menopause

Introduction to homeopathy (general) then more specific details regarding the use of homeopathic medicines to help women with menopausal symptoms - detailed information of the remedies used and examples from real case histories. Under homeopathy - life can begin at 60! (Sun. 2 hrs)

Workshop # 27

Your Homeopathic First Aid Kit

General introduction to homeopathy - details of homeopathic remedies used to treat most minor accidents and ailments - which remedies to use in certain situations. How to take homeopathic remedies and how to treat your family and friends. (Sat. 1½ hrs)



Jude Dawson

trained in the UK as a 'Classical' Homeopath - which is a four year course and clinical training and then a year's supervision. I am licensed to practice by the British School of Homeopathy and work full-time as a

homeopath in the Shuswap Homeopathy Clinic in Salmon Arm. I have been involved in homeopathy for nine years.

Salmon Arm, BC • 250-804-0104

Workshop # 28

Herbal Helpers for Women

For some of us the fall means colds, flu, winter blues and exhaustion. Come and meet many herbal helpers and flower essences waiting for a chance to come to your aid. Information on herbs for menopause and clarification of the changes that will happen. (Sun. 3 hrs)

Workshop # 29

Exploring the Moralizing Stories Told to Women

Participate in this light-hearted, positive, sharing circle to discuss the stories that have been told to women. For example: "A woman without a man is incomplete." How have these stories impacted our lives and have they influenced how we raised our sons and daughters? How can we as Wise Women change the stories? (Sun. 2 hrs)



Virginia Graham-Smith

has focused her learning on plants indigenous to our area. She has studied herbs and flower essences at the Alpine Herbal College and Australasian College. She

hosts retreats on the use and preparation of herbal products and has been affiliated with Women's Centers where she has facilitated training for volunteers and assisted with job reentry programs for women.

Barriere, BC • 250-672-0149

Workshop # 30

Return to the Super Self

Imagine a blissful life where your business and/or personal life thrive and flourish beyond your wildest dreams, in spite of any chaos or conflict in the world at large. In other words, your own personal Heaven on Earth. This is not just a fantasy but everyone's birthright! How to make the fantasy a reality? By accessing Super Self. We Are All Latent Superselves! This presentation reveals the how of it. (Sun. 2 hrs)

Workshop # 31

Women, Wake Up!

If you really love yourself, how come you're still walking into brick walls? Many women live in some level of fear — of men, of success, of today's world in general. The resultant stress is aging them unnecessarily. JoAnn illustrates how "loving yourself first" and a new way of thinking is the greatest service of all and the key to healing and bliss. Find out what this entails and how to incorporate it in your life without guilt or self-judgement. (Sat. 1½ hrs)



JoAnn Janson

is the author of two books *Define Yourself and Discover Your Destiny* and *The Tomb*, both about the process of going within, Self-mastery, and Self-Realization. She is also a professional singer/songwriter and performs her original music in her presentations. Attending one of her sessions is unlike any other experience you've ever had. Hers is not just a presentation; it's a whole body experience!

Vancouver, BC • 604-269-6616

Beth Sellars

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.

Cawston, BC • 250-499-2096



Workshop # 32

Creativity Unleashed

Drawing on the inner artist, the spontaneous child, we explore our own creativity; using a variety of techniques — imagery, music and body rhythms and a variety of mediums and tools, this workshop provides an opportunity to discover and translate inner life to a visual context. An exciting and energetic, yet peaceful and healing workshop. (Sat. 3 hrs)

Rev. Orlea Rayne

was a successful professional in Education when she had a stroke that changed her life. Orlea's life is a miraculous story of how powerful divine intervention can be to get us on our true path. She started painting sacred mandalas after a near-death experience during which she was given sacred codes, symbols and colours that change the cellular memory of the viewer. Angels, guides, transcended artists and ascended masters assist Orlea with her art. Because a stroke damaged her spatial imagery, she had to learn to paint with her heart and hands and listen to the inner guidance. It was a lesson in listening to divine guidance. Today Orlea's mandalas are all over the world. Seers, spiritual healers, persons working on ascension and 'conscious growth of truth,' own her paintings. She specializes in commissions — painting personal mandalas for clients with the help of their angels and guides.

Vancouver, BC, 604-899-0410



Workshop # 33

The Legend of the One

Orlea will share her book *The Legend of the One*. This story of creation that has the potential to not only change the way we see our world, but also to change the world we view. The tale was channeled to Orlea in mandalas and she was told to write the story in 1998. It helps us see how we are part of the whole and how each of us affects and are affected by the whole. It is a story of just how powerful the I am presence can be to get us to meet our divine mission.

(Sat. evening 2½ hrs)

Bonnie Scarborough

has been practising holistic therapy for the last 15 years and currently runs an active practice in Calgary and Bragg Creek. Her background includes Aromatherapy, Iridology, Herbology and many more modalities. She has dedicated her life to empowering people to discover their own healing abilities. Now working as a Spiritual Healer/Teacher/Counsellor and Divine Channel she teaches classes in Transformative Healing.

Priddis, AB • 403-931-3247



Workshop # 34

Nutrition for Fast Paced Lifestyles

Make better choices that will help increase your energy as the day progresses. Understand why the digestive process is so important and how it affects the other body systems including the liver. (Sat. 1½ hrs)

Workshop # 35

Heavenly Bodies "As Above So Below"

Bringing in the feminine aspects/energies of the Masters and Archangels (Quan Yin, Mother Mary...) we will share tools for self acceptance, inner growth and breath work, personal empowerment and understanding free will and choice. Christy will perform her original channelled music on the Hammer Dulcimer music behind Bonnie's guided meditations. (Sun. 2 hrs)

Christy Cook

is a classically trained musician. Her studies include the flute, organ, African Drumming and Indonesian gamelan as well as the dulcimer. She is a dynamic and vibrant performer. She has come to acknowledge the healing power of both music and meditation.

Bragg Creek, AB



Workshop # 36

Mozart and Beyond

Tapping into the healing power of music. Learn the latest discoveries about how music can help you in healing and learning. Discover the benefits of toning for healing, stress reduction, and for bringing more joy into your life. (Sat. 1½ hrs)

Workshop # 37

Ancient Wisdom Revived plus Slide Show on Peru and Machu Picchu

The Quetchua, Inkas and Keepers of Ancient Wisdom call this time frame 'Patakutekk' - The Turning of the Times. A time when people must go within and know themselves; when a significant percentage of humanity can and must pass from the third to the 4th level. This time frame heralds a time when we must leave fear, pain and limitations behind and learn to share our gifts and accomplishments. A time when priests, healers and teachers with great powers as way showers appear to awaken those abilities in others. A time when we must step into our power. Are you ready or is something holding you back? Let's find out and break through!

(Sun. 3 hrs)

Workshop # 38

Discover Your Life Purpose, Understand Your Karma with Egyptian Numerology

Do you question why you were born? Do you wonder why certain painful events occurred in your life? Are you aware of your talents and abilities? Do you ask what your life mission is? Does something inside you feel you should be doing more? In spite of all you have accomplished and all you have, do you still feel that something is missing? If you have answered 'yes' to any of these, this is the workshop for you! (Sat. 2 hrs)



Dr. Sharon Forrest

is founder of The Forrest Foundation for Effective Living and Healthways International. A healer since early childhood, Sharon is a licensed

Minister and Clinical Hypnotherapist with an extensive background in Transformational Psychology and Naturopathic Medicine. An inspiring and dynamic presenter, she has the gift of enthusiastically blending spirituality, science and healing with love and laughter. "Life Changer" is the best way to describe her.

San Diego, CA • 619-275-1999

Workshop # 39

Energetic Dancing

Generating your own joyous energy through dance. Learn the seven basic movements of Belly Dancing and how to use these rhythmic moves to gather energy and stimulate each chakra of the physical body. Joyous energy from dancing improves physical, energetic health and spiritual well-being.

(Sun. 2 hrs)

Workshop # 40

The Joy of Dance

In the first 15 minutes you will learn a new and exciting way to dance freely and spontaneously to just about any music.

(Sat. evening 2½ hrs)



Linda Forner

Dancing is Linda's passion, she feels at home on any dance floor. Over the past 26 years Linda has danced individually and with a dance troupe, entertaining hundreds of people. Linda has an infectious rhythm and a joy for

dancing that inspires people to get up and dance. She has adapted her formal training into a new and fun way of "Energetic" dancing. Linda lives a happy life in Rosevalley, Kelowna with her mate and companion of 27 years, her daughter and a supportive community of wonderful friends and neighbours.

Kelowna, BC • 250-769-4238

Workshop # 41

Woman - Shaman - Visionary

Woman is not just a man with a different body-shape. Her psyche is different. How can we redeem the essence of womanhood, our Shaman-nature, our visionary abilities in our lives and relationships? We will be working experientially - allowing Life Force to remind us who we are and where our wisdom lies. (Sun. 3 hrs)



Lynne Gordon-Mündel

has worked with individuals and groups for twenty years, helping them to rediscover cellular appreciation of life and to attune with their Source of Being. Lynne works with collective vibrational fields, psychological integration and dreams. She is author of three books; her most recent book, *Shamanchild* is now available in paperback.

Kamloops, BC • 250-579-9926

Dorianne Kohl

has spent the better part of her lifetime as a performing artist via the mediums of stage and T.V. in Canada, England, the U.S.A. and Mexico. She has maintained a deep spiritual connection and devotion to the healing and performing arts through her work as a facilitator/instructor/performer for Sen Klip Native Theatre, B.C. Festival of the Arts, and Okanagan University College. Recently "Woman Alive," which Dorianne authored, co-directed and performed in, won rave reviews and acclamation as an important piece of environmental theatre and a tribute to Mother Earth.



Armstrong, BC • 250-546-9886

Workshop # 42

The Red Moon Passage ... Womens' Time of Change

We enter perhaps the most productive, creative and fulfilling time of our lives, afeared that we have come to the end rather than the beginning! We deny ourselves the 'Right to Prosper' inwardly and expand our horizons. This workshop will re-define "men-o-pause; to breathe life and love into the individuals self-perception thru meditation, creative visualization, movement to the inner voice, songs, chants, creating balance and harmony, acceptance and grace. (Sun. 3 hrs)

Carole Collins

is a certified Emotional Polarity Therapy Practitioner. She has spent the last twenty years involved in personal growth and development. She worked as a Massage Therapist in SK and AB before moving to BC. Studies that have enhanced her work include, Applied Kinesiology, Craniosacral therapy, Visceral Manipulation, Aromatherapy, Nutrition, Reflexology and Toastmasters.



Vernon, BC • 250-260-1130

Workshop # 43

Aromatherapy

This is an aromatic experiential workshop. Learn how to choose therapeutic essential oils and how to use them in your everyday life. Learn the benefits of using essential oils, what they are, how they are obtained and how they affect the body. (Sat. 1½ hrs)

Workshop # 44

Creation by Design

"Have you ever wondered why some people have all the 'luck' and you don't?" Learn how to become happier and healthier, experience a new outlook, take charge of your life, change limiting beliefs, improve your lifestyle! Learn how to create what you desire in life! Learn to love and honour yourself, others and life! (Sun. 2 hrs)

Wise Woman Weekend 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	\$95	\$65	\$45
<i>after</i>			
Aug. 1	\$115	\$75	\$55
<i>after</i>			
Sept 1	\$125	\$85	\$60

Meals
&
lodging
are
optional

See
reverse
side

Make cheque payable to... **Visions ... unlimited**

Send to: 272 Ellis St., Penticton, B.C., V2A 4L6

Visa or Mastercard accepted by phone

Wise Woman Weekend September 17, 18 & 19, 1999

The Healing House is in Alberta Hall

Sign up for bodywork sessions and readings starts 3 - 8 pm on Friday and Sat. at 8 am.

Sessions available

Sat. 10:30 am - 8:30 pm & Sun. 9 am - 3:30 pm.

Cost is \$8 for 1/2 hour & \$15 for 1 hr. sessions.

Sunrise Ceremonies - 6:45 am

your choice... see schedule for location

Christina Goddard - Guided Meditation

Lynne Mündel - Movement Meditation using Music

Marie-Paule Wiley - Tibetan Bowls

Joy Herbert Linklater - Tai Chi

Dorianne Kohl - Yoga with Meditation

Janice Shaw - Meditation

Sharon Forrest - Meditation

We will have a GIVE-AWAY TABLE for anyone wishing to pass on items they have loved but have out-grown.

Finding Naramata

Driving into Penticton from the South, pass the Airport (first set of lights) and turn left (second set of lights just past bridge) onto Channel Parkway (**start clocking**).

Three more sets of lights and you reach **Eckhardt Ave** and Railway Ave. It is now 5 k.

Turn right on Eckhardt and travel to Government St. (6.7 k) go through lighted intersection & round the corner (left turn) at Haven Hill, up hill turn right onto Johnson Road. (7 k) Turn left on Upper Bench Road. (8 k) Turn right on McMillian Avenue (9.8 k)

Turn left onto Naramata Road. (10 k). From this point it is approx. another 11 k to Naramata. Watch for the signs • It takes 15 to 20 minutes. The hwy. 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 on Eckhardt Ave., continue to Eckhardt and Railway Ave. (second light) follow the instruction as above.

✂ Please clip and mail with cheque or phone to register with Visa or MasterCard Number.

ACCOMMODATION For how many _____

Smoking _____, Snoring _____, Handicapped _____

ACCOMMODATION EACH for **TWO NIGHTS**

- Private - \$ 100 in Maple Court
- Shared - \$ 60 each in Alberta Hall or the Cottages
- Shared - three women \$ 50 each
- Shared - four women \$ 40 each
- 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, 1999

VEGETARIAN MEAL PACKAGES

Price includes coffee / tea, soup, salad, main course and dessert.

- 1) 6 meals • Fri dinner to Sun lunch \$53 _____
- 2) 5 meals • Sat. break. to Sun. lunch \$39 _____

INDIVIDUAL MEALS

Fri. Dinner	\$14.00	_____
Sat. Breakfast	\$ 6.00	_____
Sat. Lunch	\$ 8.00	_____
Sat. Dinner	\$ 14.00	_____
Sun. Breakfast	\$ 6.00	_____
Sun. Lunch	\$ 8.00	_____

- Options
- No Dairy or eggs
 - No Wheat
 - Fish okay

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

Refunds before Sept. 10th (less \$20 for paperwork) • To cancel, change, confirm or ask questions please call...

☎ **250.492.0039** or **1.888.756.9929**