

5th Annual
Wise Woman Weekend
Sept. 14, 15 & 16



at
Naramata, BC
near Penticton

intended for women
35 years and better



Rites of Passage
Wise Woman Circle
Crowning the Crone...
plus 40 workshops
to honour, educate,
share and give
blessings to each other!



Details inside or visit us on the web issuesmagazine.net

Welcome to the 5th annual Wise Woman Weekend

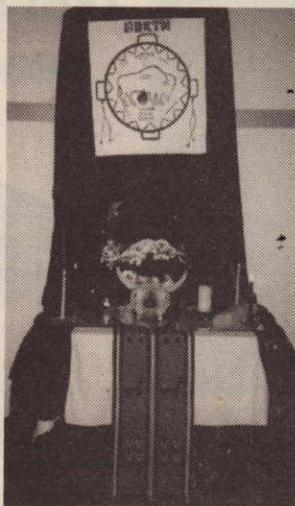
One of Western Canada's largest, most popular gatherings for women. Over 30 presenters offer their knowledge, wisdom and life skills to enhance your journey. Come and immerse yourself in the Divine Feminine.

What last year's participants enjoyed about the weekend.

Fantastic — lots of fun and information.

Thank you for the wake-up call.

The Sunrise Ceremonies were a lovely way to — wake up my day.



Being around women, being in an energy field of growing and healing and learning. Refocusing on my path. Feeling the support and guidance back to my heart.

The self-realizations that were allowed to rise because of the whole (holistic) atmosphere in general.



These are photos of the altars that decorate the gym. They feature the four directions

Meeting and sharing with so many like-minded sisters. I got some inspiration and courage to expand and become more involved.



The variety, the professionalism — a class act — spontaneity and the wonderful creativity of everyone!! Thanks from my heart to all.

Camaraderie of women, learning new things about myself and stretching my comfort zone.



Excellent opportunity to experience a new meditation practice.

Time for me, freedom to just 'be.' The variety of workshops offered.

Everything!! I thank the organizers for the tremendous job, obviously, done with love. Thank you!



Wise Woman Weekend

intended for women 35 years and better

Register before August 15 ... and pay only
\$105 plus GST for the weekend

4 women registering together can bring
one Grandma, who is over the age of 70, FREE

Friday on site registration starts at 1:30 pm.

Dinner is from 5:15 to 6:30 pm.

Opening Ceremonies start at 7 pm, followed by Introduction of Workshop Leaders and a closing meditation.

Sunrise Ceremonies start at 6:45 am Saturday and Sunday with Tai Chi, Meditation and other happenings.

Workshops start at 8:45 am on Saturday and continue to 9 pm with breaks for lunch and dinner. There are ten workshops to choose from in each time slot. The schedule is the same for Sunday with Closing Circles at 4 pm.

The Festival Store has space to sell various crafts, crystals, jewellery and more. If you are a festival participant and want to sell items, please call Nywyn at 250.492.0039. **Space is limited, please register early.**

The Healing Oasis is in the downstairs of McLaren Hall, *not in Alberta Hall as it was before and includes the Reiki practitioners.* It is open for sign-up Friday, 2 to 8 pm and 8am Saturday, **session times are:** Fri. 3-5pm & 7-8pm; Sat. 10:30am -8:30pm; Sun. 9am-3:30pm. There will be a charge of \$10 for 1/2 hour and \$20 for 1 hour sessions. Urmi is the coordinator.

Healers, Readers, Bodyworkers & Reiki Practitioners who want to work in the Healing Oasis please phone 1-888-756-9929 or call Urmi at home 250-497-8970. For six hours of work we offer a pass to the weekend, plus lunch.

Accommodation onsite is on a first-come, first-served basis. Please register early if you have a preference. Information is on the registration form at the end of this program.

Meals. Please preorder meals by September 1. Naramata Centre offers delicious, full course meals with beverages and dessert. If you don't preorder meals there are two restaurants nearby in Naramata.

Refreshment Breaks provide herbal teas, organic juices and regular coffee during the morning and afternoon breaks. If you bring your own mug it will save us from washing dishes.

About the Facilities

Naramata Centre is a retreat and conference facility owned and operated by the United Church of Canada. The entire site is wheelchair accessible. It is set on 23 beautiful acres, next to Okanagan Lake; exceptionally beautiful at this time of year. Come prepared to enjoy nature in all her glory!

Questions? 492-0039 - Penticton

Toll Free 1-888-756-9929

Registration details
are on the last page of this program.

To cancel, confirm or make changes after
you have registered, **PLEASE PHONE**
Mon, Wed or Fri: 9 am - 4 pm

Your Wise Woman Organizers



Angèle
Events
Coordinator



Nywyn
Store
Manager



Urmi
The Healing Oasis
Coordinator



Samarpan
Registration
Coordinator



Laurel
Mistress of Ceremonies
& Director of Ambiance



Marcel
Events
Coordinator

Workshops & Workshop Leaders

The workshop numbers correspond to the numbers on the overall schedule

Workshop # 01

Experiencing the Goddess at Home

There are many Wise Woman Goddesses inside us that we can call on, depending on our needs, for the tasks we set ourselves. We can access their strength. We can call on their wisdom to empower us. In 'Bringing the Goddess Home' slide show, we will look at The Goddesses returning to their sacred temples. In this metaphor we gain a home truth. THE GODDESS IS IN! We will then form a circle. With some guided imagery we will invite into our consciousness the Sacred Goddess Selves that we need for this day. Bring sketchpad or notebook. (2 hr. • Sat. eve.)

Workshop # 02

Illuminate Your Aura

We will own our power as a Wise Woman with a simple illumination ceremony and the creation of a paper aura. To create a crown for the closing Wise Woman Parade, bring images, photos or magazine pictures that speak to you of power that you wish to evoke in your life. We will integrate and illuminate your aura with them. Materials supplied for



**Ann-Rosemary
Conway, BFA
Eco-feminist Visionary**

Victoria

Phone: 250-658-8770

Ann-Rosemary celebrates the return of the Goddess in our hearts and souls as she embraces the heritage of honour of our Sacred Feminine. For Ann-Rosemary it is the path of re-empowerment and rejoicing. It is

Creation's way for this artist of the Spirit. She finds joy in sharing her findings and listening to the resonance of the Goddess in us all. Ann-Rosemary has been on the trail of *Spider-Woman* for the last two years and *She* has led her to connect with women in many worlds. At Dream Hill Studio in Victoria, she has promoted respect for the Sacred Feminine for 25 years in all her art, drum ceremonies, sacred circles

Workshop # 03

Forgiveness: A Challenge and a Gift on the Heroine's Journey

Have you ever blamed someone for hurting you? Have you ever felt guilty? Have you ever judged yourself or another? Blame, guilt, judgement and all perceived 'wrong-doings' are cries for forgiveness. But what does forgiveness really mean? Forgiveness begins with 'us' when we touch the Heroine, the Soul, within us. When we forgive ourselves, we can forgive others. Forgiveness is about healing, it's about restoring lost connections, it's about freedom. It opens the heart, bringing greater peace, harmony, love and acceptance to our relationships with ourselves,



Charmaine Wagner

Kelowna • Phone: 250-762-9803

Charmaine has been teaching and counselling for 35 years. Her quest to understand herself, and life through the study of Ancient Wisdom, Esoteric Philosophy and Master's Degrees in Education and Counselling Psychology has led her to presently teach and counsel from a soul-centred approach. She is dedicated to helping others create a 'Soulful Life' through understanding themselves better and discovering

Workshop # 04

Playing with Sound and Movement

A fun and delightful workshop for relaxation and healing on all levels. We will be using voice, percussion instruments and movement as mediums for self-expression. Bring a favorite poem to read! Wear



Auberte Campeau

Penticton • Phone: 250-492-5228

Auberte has been singing and playing guitar and a variety of other instruments for many years. She is also a Reiki Master

Annie Beserekian

Kelowna
Phone: 250-763-1609

Annie has Middle Eastern roots and is a passionate bellydancer. She has travelled extensively and trained in Egypt, Lebanon and Vancouver. Her performances include various community events in Kelowna, Summer and Fall festivals, shows at private and corporate functions and theme nights. Annie has been teaching in the Okanagan for the past eight years at various Community Centres, Schools, Women's Health Clubs and Melvyn's Living Room in Westbank. She trained and led the Goddess Girls of Arabia and Dancers of the Nile in the Okanagan.



Workshop # 05

Dances of the Nile—The Wisdom of Bellydance

This ancient 'women's dance' renowned for bellydance in our modern world, captures the traditions and spiritual wisdom historically practiced by the goddesses of Egypt. The workshop's emphasis will be on creativity, feeling the music, freeing the Spirit and connecting the Spirit with body movement and music, while experiencing the awakening of our senses and rediscovering our creative female energy to dance from within. (2 hr. • Sat.)

Workshop # 06

The Art of Bellydance— A Holistic Approach to Body Workout

Bellydancing is a fine art, a poem in celebration of life told through the graceful flow of movement. This ancient women's dance originated in Egypt many centuries ago and spread throughout the world. It is an art of muscular control of each part of the body capturing sensuality, excitement and joy. Emphasis will be on isolation techniques, co-ordination, expression, self-esteem, exercise and having fun. (2 hr. • Sun.)

Joy Herbert

Vernon • Phone: 250-542-9517

Her Tibetan name is 'Tsering Chutso.' Joy has a Masters degree in Counselling Psychology and is certified in Reality Therapy by world-renowned Dr. W. Glasser. Joy has led workshops throughout North America in Family Enrichment and Children, The Challenge, Teacher Effectiveness Training for boards of education, Stress Management, Health and Healing is an Inside Job, Superlearning, Course in Miracles, Yoga and Chigong, and currently Optimum Healthy Lifestyle and Trusting Our Intuition. Joy has studied in India and Tibet.



Workshop # 07

Intuition—The Language of the Soul

Intuition is the whole Mind/Spirit meditation state. As wise women we will become more aware of this inner stillness with an introduction to Chigong, diads, discussion and music. TRUST is the key to the intuitive genius potential within each of us. We often have hunches when seeking guidance—direction on the Life Journey. Attainment of Mastery is gained through an experiential process that simplifies and clarifies by listening to that 'still small voice' within. The Optimum Challenge then is to 'Do' in each moment what is KNOWN as the Soul's prompting. (2 hr. • Sat.)

Susan Krautter

Mission
Phone: 604-462-7842

Susan is a holistic nurse with 35 years of nursing experience. She is now in private practice and specializes in natural hormone balance, guided counselling and life skills coaching. Susan's emphasis is on education and she lectures extensively on holistic approaches for wellness of body, mind and spirit.



Workshop # 08

Understanding Hormones: part 1

The following and many other symptoms are hormone related: PMS, endometriosis, migraines, allergies, infertility, menstrual or menopausal symptoms, depression, sugar cravings, fibromyalgia, acne, digestive disturbances, fatigue, osteoporosis, obesity, fibrocystic disease. Learn about the issue of estrogen dominance in the body, its implications on the health of people of all ages. (2 hr. • Sat.)

Workshop # 09

Natural Hormone Balance: part 2

A step-by-step guide of health practices for natural hormone balance through informed self-care practices. Learn how you can enhance your lifestyle and improve your health... by being aware of the medically safe alternatives that are available. (2 hr. • Sun.)

Rose Stapenhurst

Nelson • Phone: 250-354-3881

Rose is an International Circle Dance facilitator and has led dance and movement classes and workshops for more than 12 years. She has trained at the Findhorn Foundation in Scotland as a Sacred Circle Dance facilitator and workshop leader. Rose offers regular Circle Dance events in Nelson.



Workshop # 14

Celebrating Women's Lives with Circle Dance

We will acknowledge and celebrate the stages of women's lives from child to maiden to mother and crone using beautiful traditional women's circle dances from many different countries. We will honour ourselves and each other in a sharing circle and take time to listen to the crone within us all. (3 hr. • Sun.)

Patricia Gibson

Kelowna • Phone: 250-862-4123

Pat enjoys listening to angry and complaining people daily in her work in Client Relations at a large acute care hospital. She considers it a privilege to be in the presence of such an honest emotion. For the past eight years she has taught communication skills. Despite having three teenagers and being a vegan she is reasonably happy.



Workshop # 15

In the Eye of the Storm

Calm, centred and compassionate. We try to live in peace but daily we brush the black face of anger. This workshop invites participants to experience the skills required to stay calm, give up blame and be present in the face of anger. We will incorporate the ground breaking work of Carolyn Myss from the perspective of valuing our energy. (3 hr. • Sat.)

Gisela Ko

Grand Forks • Phone: 250-442-2391

Gisela is a registered Physiotherapist and also a trained instructor in modern dance and ballet. Since 1990 shamanic healing and clowning have grown out of these mainstream professions. She is a graduate of Michael Harner's three year course in advanced shamanism. Gisela is working as a healer of 'impossible' cases, giving workshops and conducting lively drumming circles. She brightens life as a clown and performs at fairs and children's parties.



Workshop # 16

Bring Out the Clowns

This workshop is going to be fun. We'll try anything that's whimsical, unusual, funny and downright nutty. Find out if there is a clown in you dying to come out and live! Bring a nose, wig or hat if you want, but for sure bring your emotions! You'll need them. On Sunday we will join the Wise Woman Parade in costume with our extraordinary music. (Repeat workshop
2 hr. Sat. eve & 2 hr. Sun.)

Phyllis Chubb, MA

Westbank • Phone: 250-768-7119

Phyllis is a Vedic Astrologer and Clinical Counsellor. She maintains a full-time international practice. She empowers her clients by enabling them to have a clearer understanding of the challenges to be faced in this life.



Workshop # 17

Jyotish (Eastern Astrology) & The Power of Feminine Principles

Jyotish, the Vedic sacred science of light, shows an individual's path (Dharma) and lessons (Karma) to be learned in this life. Jyotish places great emphasis on the 27 lunar placements called Nakshatras which override the masculine influence of the Sun. These feminine principles are vital to our understanding of who we are and what we are here to do. Course participants will receive a copy of their Jyotish birth chart. (3 hr. • Sun.)

The numbers indicate the location of the workshop on the map.

WEEKEND SCHEDULE

Saturday

Location	Sunrise Ceremonies			
	6:45 - 7:30 am	8:45 am - Noon	1:45 - 3:45 pm	7 till 9 pm
1 Loft	Judith Good Sky Native Pipe Ceremony	# 19 Laureen Rama Heal Your Soul: Reclaim Your Life	# 13 Barbara Karmazyn Dance Play: Dancing the Spirit	# 01 Ann-Rosemary Conway Experiencing the Goddess at Home
2 North Wing	Urmi Sheldon Tibetan Meditation	# 11 Alexi Strandberg Breema: Nurturing the Nurturer	# 18 Arlene Lamarche Honouring the Woman's Sacred Cycle	# 29 Laurel Burnham Crowning the Queen & Crowning the Crone
3 Sessions Room		# 41 Laurel Burnham Sacred Crafts	# 42 Nywyn Creating a Mythic Goddess Mask	<i>The Craft Room will be open if you wish to finish a project.</i>
4 South Wing	Heather Elliott Stretch and Swing	# 40 Judith Good Sky Women's Healing Quest	# 08 Susan Krautter Understanding Hormones part 1	# 16 Gisela Ko Bring Out the Clowns
5 Alberta Hall upstairs	Susan Krautter Meditation	# 26 Blanche Tanner Conscious Breathing	# 07 Joy Herbert Intuition: Language of the Soul	# 27 Mariah Faye Milligan Dream Quest
6 Alberta Hall downstairs	Thérèse Laforge Singing Bowls	# 25 Susan Peters Fine Tuning Your Radio Waves	# 36 Thérèse Laforge Introduction to Crystal & Tibetan Singing Bowls	# 34 Therese Dorer Animal Totems
7 Maple Court 1		# 03 Charmaine Wagner Forgiveness: A Challenge and a Gift	# 37 Angèle Rowe Are Your Bones Getting Their Calcium?	
8 Maple Court 2		# 15 Pat Gibson In the Eye of the Storm	# 38 Copper Drew Writing Your Truth	
9 Maple Court 3		# 20 Barbara Mallory Emotional Freedom Techniques	# 04 Auberte Campeau Playing with Sound and Movement	Saturday Night Improv. <i>8-11 pm in the Gym</i> Time to kick up your heels and dance to your favorite music.
10 Gym		# 32 Joan Casorso Inner Rhythms	# 05 Annie Beserekian Dances of the Nile	

Wise Woman Celebration 4-5 pm in the Gym

A community gathering of all Wise Women. Let us come together to meditate, celebrate and acknowledge the Divine Feminine that nurtures us all. Sing, chant, dance with Laurel, Urmi and others as we unite our energy and send out blessings for peace on earth and peace in our hearts.



Interspersed with short five minute presentations of any Wise Woman who wishes to share her talent.

Please talk to Nywyn at the Festival Store once you have arrived.

SEPT 14, 15 & 16, 2001

The numbers indicate the location of the workshop on the map.

Sunday

Sunrise Ceremonies			Location
6:45 - 7:30 am	8:45 to Noon	1:45 - 3:45 pm	
Gerry Ambers Coast Salish Morning Ceremony	# 24 Gerry Ambers Coast Salish Healing Traditions	# 16 Gisela Ko Bring Out the Clowns	Loft ①
Dorianne Kohl Meditation & Yoga	# 22 Dorianne Kohl Awakening the Wise Woman Within	# 35 Therese Dorer Time to Reflect: Creating Your Own Earth Bundle	North Wing ②
Urmi Sheldon Labyrinth Walk Meet at Labyrinth	# 31 Jeanette Dunagan Creative Me	# 02 Ann-Rosemary Conway Illuminate Your Aura	Sessions Room ③
Heather Elliott Stretch & Swing	# 23 Brenda Molloy The Joy of Feng Shui	# 33 Urmi Sheldon Basic Massage and Chakra Sounds Meditation	South Wing ④
Susan Krautter Meditation	# 12 Barbara Karmazyn Stories of Strength & Power	# 21 Barbara Mallory Battery Charging: The Energetics of Self-Care	Alberta Hall upstairs ⑤
Thérèse Laforge Singing Bowls	# 30 Barbara Carlyon Build Vitality and Create Balance with Hand and Foot Reflexology	# 36 Thérèse Laforge Introduction to Crystal & Tibetan Singing Bowls	Alberta Hall downstairs ⑥
	# 18 Arlene Lamarche Honouring the Woman's Sacred Cycle	# 09 Susan Krautter Natural Hormone Balance part 2	Maple Court 1 ⑦
	# 17 Phyllis Chubb Jyotish (Eastern Astrology) and The Power of Feminine Principles	# 39 Copper Drew Sharing Your Story	Maple Court 2 ⑧
Joy Herbert Intro to ChiGong by the lake weather permitting otherwise meet at the Gym.	# 28 Mariah Milligan & Laurel Burnham A Mythic Journey	# 10 • Brigid Kemp Women Working Together for Social Justice and Change.	Maple Court 3 ⑨
	# 14 Rose Stapenhurst Celebrating Women's Lives with Circle Dance	# 06 Annie Beserekian The Art of Bellydance	Gym ⑩

Wise Woman Parade

Dress up as your favourite Goddess, Heroine, Clown or Wise Woman and join the fun.
Dress up starts at 3:45 at McLaren Hall. Procession to Columbia Hall for the Closing Circle.



Closing Circle

Autumn Equinox
4:00 - 4:30 pm Sunday
A Ceremony of Harvest and
Thanksgiving for all our Blessings.

Workshop # 18

Honouring the Woman's Sacred Cycle

More than ever, it is a time for women to honour and value their innate spiritual power and creativity. Our menstrual cycle is truly a sacred, healing journey...feelings of powerlessness and hopelessness stem from our disconnection from this most powerful expression of the feminine spirit. Let us begin reclaiming the sacred mystery, magic and power of being 'woman'. This workshop is for all women, regardless of where they are on their menstrual journey.

(Repeat workshop 2 hr. • Sat. eve. & 3 hr. • Sun.)



Arlene Lamarche

Kelowna • Phone: 250-717-8968

Arlene is a seasoned traveller in the health and healing fields, having experience as an R.N., bodyworker, counsellor, workshop facilitator and healing breath practitioner. As the eldest of six sisters, mother of two and sister friend to many, she brings a passion for sacredness, reverence, laughter and ecstasy to her life and her work, knowing these as the vital, precious ingredients for healthy, happy living.

Workshop # 19

Heal Your Soul; Reclaim Your Life

Sometimes we feel an emptiness, that something is missing, that we aren't the same person we used to be. We may have suffered a soul loss. A shaman can perform a soul retrieval to return lost parts of our soul to us. In this session, participants will learn about the notion of soul from a shamanic perspective and how souls are healed through the practice of soul retrieval. Participants will also identify areas in which they may have soul loss, learn how to call their own souls home, and learn to prevent soul wounding of themselves or others. If appropriate, the facilitator will perform a soul retrieval for a willing participant, with participants forming a healing circle to support the return of the client's soul.

(3 hr. • Sat.)



Lauren Rama

Edmonton • Phone: 780-439-7219

Lauren's shamanic gifts are strengthened by extensive training in archetypal psychology and core shamanism—a modern synthesis of the essence of shamanic practice from around the world. Lauren has a private shamanic healing practice in Edmonton and Calgary; regularly leads shamanic healing training courses and vision quest retreats; and has over 15 years experience leading workshops.

Workshop # 20

Emotional Freedom Techniques (EFT)

Fast, effective help for emotional and physical distress is at our fingertips with these techniques. Easy to learn, EFT uses tapping on specific spots on the body to stimulate energy flow and relieve painful feelings. An essential therapeutic 'power tool' for self-care, EFT is also a handy aid to share with friends and family, even with our pets! Come join me for EFT and let's get tapping! (3 hr. • Sat.)

Workshop # 21

Battery Charging: The Energetics of Self-Care

Our bodies are battery-operated vehicles! When the body energies are flowing and balanced, we feel fine and shine in all we do. But sometimes it feels like our batteries are over or under charged, reversed or nearly dead. Learn to recognize signs of the body's energy problems, along with a series of easy, effective energy exercises to charge and maintain those batteries. (2 hr. • Sun.)



Barbara L. Mallory, Ph.D.

Parksville • Phone: 250-954-1130

Barbara is a registered psychologist in private practice and author of *Feeling Free! A Guide to the Energetics of Self-Care*. After a twenty-year career as a professional educator, Barbara devoted her mid-life crisis to completing a doctoral degree in Counselling Psychology at the University of Alberta. Also trained in Healing and Therapeutic Touch, Clinical Hypnosis, and Energy Psychology, Barbara is a holistic mental health practitioner whose service honours the energetic inter-relatedness of body, mind and spirit.

Dorianne Kohl

Armstrong • Phone: 250-546-9886

Dorianne is a performing artist, instructor of yoga, healing arts and drama for youth, as well as a mother of three children. She has worked in several countries including Mexico, where she gained life-changing experiences and skills. Her highly-acclaimed, one-woman show "Portrait of a Lady" - a tribute to Margaret Laurence, has toured major cities across Canada and will be performed in Ottawa this summer.



Workshop # 22

Awakening the Wise Woman Within

We have a wonderful response ability as mature women to awaken to our full potential. Sometimes that means digging deeply within ourselves and removing the masks which obscure our true beauty. The tools of self-discovery I use in my workshops offer opportunity for women to embrace themselves and the inherent wisdom we have. Please bring a blanket and an open heart to the workshop. (3 hr. • Sun.)

Brenda Molloy, CA,CMT

Kelowna • Phone: 250-769-6898

Brenda is a Feng Shui consultant & instructor who also enjoys a successful Shiatsu & Asian bodywork practice. She continues ongoing Asian studies in Berkeley, California. She is a disciple of His Holiness Grandmaster Lin Yun of Black Sect Tantric Buddhism. She follows his teachings in Feng Shui. Her integrated approach to internal & external Feng Shui is rooted in her personal belief in the Five Elements and natural laws. "In Feng Shui, joy & health are true wealth".



Workshop # 23

The Joy of Feng Shui

The environment in which we work and play is an extension of our lives. Discover how to call positive energy into all aspects of your life by applying the ancient Chinese art of placement. Explore the principles of Feng Shui, the ten basic time proven remedies for environmental balance, and the Bagua map. Experience the Five Elements through a guided meditation. With this introductory knowledge you will be well on your way to intuitively enhancing your personal paradise while honoring Self. (3 hr. • Sun.)

Gerry Ambers

Alert Bay • Vancouver Island

Gerry is from the Kwakwakawaka Nation on Northern Vancouver island and is a singer in their tradition. She has a degree in fine arts and has apprenticed in traditional West Coast carving. She has preserved the Kwakwakawaka culture through documentation of the potlach, traditional stories, songs and history. She is a respected leader in her community and many other nations. She is a traditional healer and pipe carrier.



Workshop # 24

Coast Salish Healing Traditions

Listen to traditional stories, customs and healing traditions of the Coast Salish people. Traditional singing, Salish pipe ceremonies and the history and sacred ways of the pipe will be shared. (3 hr. • Sun.)

Susan Peters

Osoyoos • Phone: 250-495-2167

Susan has been a student of Hawaiian Huna for 3 years. She is also a Reiki and Seichem Master/teacher, pranic healer, craniosacral therapist, kinesiologist, Jin Shin Do practitioner, attunement and emotional release therapist and life skills coach.



Workshop # 25

Fine Tuning Your Radio Waves

We live in a vibrational universe. This workshop is about aligning your energies with the energies that create worlds. When you are no longer contradicting energies—jumping from passion to frustration to anger or fear, when you can tune into the continual flow of Life Force—amazing things happen. Learn how to become a deliberate creator. (3 hr. • Sat.)

Workshop # 26

Conscious Breathing

Breathing for health, life-enhancement and well being has been found in ancient yoga texts going back over 4000 years. You will learn numerous easy ways to practice breathing techniques that are powerful and effective in the promotion of health and are sure to enhance many areas of your life. (3 hr. • Sat.)



Blanche Tanner

Riondel • Phone: 250-225-3566

Blanche is a certified Breath Practitioner. She has been a student/teacher of metaphysics and meditation for over 25 years. She has been facilitating workshops on personal growth and spiritual awareness for over 15 years.

Workshop # 27

Dream Quest

Come and learn how to reap the rich harvest of your dreams. Creative techniques in dream interpretation involving art therapy and visualization will be explored. (2 hr. • Sat. eve.)



Mariah Faye Milligan

Vernon • Phone: 250-558-3665

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

Workshop # 28

A Mythic Journey with Laurel and Mariah

You are invited to take a Soul Journey to meet the Archetypes of the Feminine Psyche using the Greek Myth of Demeter and Persephone as a guide map. We will actively participate in the myth, as the ancient Greeks did through drama, dance, ceremony and chanting. (3 hr. • Sun.)



Laurel Burnham

Penticton • Phone: 250-492-7717

Mistress of Ceremonies and Director of Ambiance at the Spring Festival of Awareness, Laurel is no stranger to women's spirituality. It is one of her major life interests and continues to inspire her to organize, write and work with women. She believes that the next step in women's liberation will come about when women finally free their spirits and follow their hearts. She lives, works, plays and gardens in Penticton, with her loving family of men. She organizes, writes and loves to go for long walks in the hills. She has studied the Goddess tradition for over twenty years.

Workshop # 29

Rites of Passage: Crowning the Queen, Crowning the Crone

In our time together, we will celebrate and honor our life changes. Consider this your opportunity to mark the transitions in your life. We will create crowns and a rite of passage for ourselves. Please come radiantly attired as befits this celebration. You are welcome to bring ribbons, flowers and other crown-making materials. (2 hr. • Sat. eve.)

Workshop # 30

Build Vitality and Create Balance with Hand and Foot Reflexology

Learn how to activate the most powerful system in your body—the meridians. In this hands-on workshop (playshop) we will learn how and where to stimulate these points. In a relaxed atmosphere we will work in pairs to activate the foot (ooh and it feels good) and we will work individually on our hands—great to know when you need a tune-up. (3 hr. • Sun.)



Barbara Carlyon

Edmonton • Phone: 780-425-7770

She is a certified reflexology instructor and teaches hand and foot reflexology as well as the Touchpoint and Egyptian reflexology methods. Barb has been in professional practice since 1985 and has created Archways School of Reflexology. She also offers reflexology and massage sessions to assist healing.

Jeanette Dunagan

Kelowna • Phone: 250-762-2399

Jeanette is an artist who has lived and worked in Kelowna since the early 1970's. She was featured in the Kelowna Arts Council, December 2000 newsletter. She presently teaches at Melvyn's Living Room in Westbank and is a presenter with School District #23. She enjoys painting and drawing with children of all ages and is continuing to develop her cartoon series, 'Isabell the Artist'.



Workshop # 31 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 we will draw from the left side of the brain, finishing off with a self-portrait in acrylic paints.

(3 hr. • Sun.)

Joan Casorso

Kelowna • Phone: 250-862-9724

Joan is an internationally acclaimed certified instructor of Strong, Stretched and Centred. She is founder of Inner Rhythms Movement. For more than 20 years this vibrant ball of energy has developed music, movement and health programs for coaches, athletes, school groups, performing artists, corporations, health professionals and their clients.



Workshop # 32

Inner Rhythms - A Revitalizing Compendium of Drum, Song & Movement

The drum infuses the soul, opens the heart, balances body and mind, creating a synergy that goes beyond the spoken word! In this Inner Rhythms workshop experience the relationship between drum, song and movement—open to all levels. Bring mat or blanket, drums and percussion instruments—some drums will be provided. (3 hr. • Sat.)

Urmi Sheldon

Kaleden • Phone: 250-497-8970

Urmi is a self-taught massage practitioner. Her ability to uncover the underlying attitudes and habits that shape our physical bodies is uplifting, humorous and empowering.



Workshop # 33

Basic Massage & Chakra Sounds Meditation

Learn a few basic tools and make massage a part of your daily life. Followed by a Chakra Sounds meditation that stimulates the chakra centres. A great way to end the weekend. (2 hr. • Sun.)

Therese Dorer

Kamloops • Phone: 250-578-8447

Therese started on her journey to spiritual awareness in 1993 when she began to meditate. Her work as a spiritual intuitive began in August of 1998 and since then she has done numerous private readings for clients all over North America. Therese has intuitive gifts that include past life recall, medium work, and conducts her readings through the insights of each client's spirit guides. This past year Therese has held full moon celebrations and brought forth messages from the Wise Ones. Her intent is to share the wonders of spirit with as many people as possible.



Workshop # 34

Animal Totems

By aligning ourselves with the animals we can learn many things about ourselves. We can learn to see the animals as our teachers, friends, and companions on earth. Therese will intuitively help you discover your animal totem. Discover what you can learn about yourself, and the animal kingdom. A guided meditation will be a part of the experience. (2 hr. • Sat. eve.)

Workshop # 35

Time to Reflect: Creating Your Own Earth Bundle

Taking time to reflect helps us to get in touch with our own knowing. Discover the power of Nature and what messages she has for us. Listen to the whispers from nature on this self-discovery journey. Each participant will be encouraged to gather earth gifts, and create their own "earth bundle." This discovery journey will be led by spirit, and will include meditation, and group discussion. (2 hr. • Sun.)

Workshop # 36

Introduction to Crystal & Tibetan Singing Bowls

If sound is your medium for healing, this is the workshop for you. Experience the bowls, one at a time, and together. No musical or voice abilities needed as this workshop is intended for relaxation.

(Repeat workshop • 2 hrs Sat. & Sun.)



Thérèse Laforge

Kamloops • Phone: 250-374-8672

Theresa is a light and sound worker. Psychoacoustic sound and music and Psychoenergetic modalities are her tools. She is a Reiki Master/teacher, a Melchizadek Method instructor and a practitioner of EFT, TAT and the light colour techniques. Thérèse assists people in finding the sound within that breaks up blockages and consequently frees the person's energy field leading to better health and happiness.

Workshop # 37

Are Your Bones Getting Their Calcium?

To age gracefully we must know and give the body its basic needs. Often we take for granted that these needs are being met, until it is too late and something happens to awaken us. The density of our bones and teeth are basic to good health and they depend on getting the building materials so they can rebuild. This workshop will review what is needed so that calcium is directed into the bones. Angèle has lots of ideas for quick and easy ways to stay healthy. *(2 hr. • Sat.)*



Angèle Rowe

Penticton • Phone: 250-492-0987

Angèle is a long time student of nutrition and the Chinese Five Element Theory. Twice a year she instructs vegetarian cooking classes for those interested in a hands-on approach to learning the basics of good health. After a recent fall and a broken hip she has acquired more information that she would like to pass along to others.

Workshop # 38

Writing Your Truth

For *wannabe* writers. A journey to self-discovery and an opportunity to use the power of the subconscious to write for you. This workshop does not require literacy or brilliance. Trust me! You will be surprised at your own magic. Please bring writing paper, tools and a book to write on; there won't be tables to sit at. *(2 hr. • Sat.)*



Copper Drew

Summerland • Phone: 250-494-4048

I began my personal growth writing in the early nineties and developed a short coming-of age story for young girls. Since then I have taken many courses with many different writers. I now pursue the Artist's Way as a means of building discipline and expanding my boundaries. No matter how much other work there is to do, at least one-half a day per week is devoted to my art and writing endeavours.

Workshop # 39

Sharing Your Story

Bring your story of yesterday's workshop and share some of your insights and new awareness with others. This is the writer's reward. *(2 hr. • Sun.)*

Workshop # 40

Women's Healing Quest

This workshop deals with the difference between man and woman in vision questing for men and healing quests for women. It looks at the reasons why we as women do the healing quest rather than a vision quest. The understanding of self leading up to it and the knowledge gained after sitting for three days on the mountain by oneself. It looks at the thirteen teachings of truth. *(3 hr. • Sat.)*



Judith Good Sky

Kelowna • Phone: 250-862-9724

I am an Ojibway Woman from Northwestern Ontario who has been honored with carrying a pipe. I have lived in the Okanagan for 27 years. I spent two years living in Mexico, and now interim Executive Director of the Ki-Low-Na Friendship Centre, former chair of the Board of Governors at the Okanagan University College. I now write: my mom's life story; short stories; prose and poems. I am taking a herbology course by correspondence.

Laurel Burnham

Penticton
Phone: 250-492-7717

One of my great passions is the continued search for the Divine Feminine. I enjoy creating temporary spiritual works of art.



Spiritual Art - Drop in Sessions Take Time to Relax & Create

You are welcome to bring craft or art supplies or items you wish to embellish.

Workshop # 41 • Sacred Crafts

There are many simple, beautiful things we can create in circle, to enhance and beautify our lives and ceremonies. Together we can create a smudge stick, a willow crown and a corn necklace. No artistic ability or previous experience necessary, only an open heart and mind. (3 hours • Sat.)

Nywyn

Penticton
Phone: 250-490-4624

I love to play, paint and create. I have many artistic endeavors including Celtic designs, greeting cards, painting and gardening.



Workshop # 42

Create a Mythic Goddess Mask

Masks are powerful and transforming. Bring your imagination and create a mythical goddess; and unmask another part of yourself. I have a wonderful array of materials, and ideas to inspire you. (2 hours • Sat.)

Sunrise Ceremonies

... choose one of these 45 minute activities for a great beginning to your day...

See overall schedule for location.

You are welcome to enjoy the Chapel and Labyrinth all weekend. Impromptu events are announced at Columbia Hall.

Saturday 6:45 to 7:30 am

Sunday 6:45 to 7:30 am



Judith Good Sky ~ Pipe Ceremony ~ the ceremony must be complete before the sun rises over the mountain and once finished we will eat as part of the feasting which is traditional to my Ojibway people.

**Gerry Ambers
Coast Salish Morning Ceremony**

As the sun rises we get a chance to renew our blessings and our gritudes.



**Urmi Sheldon
Tibetan Sound & Silence**
traditional meditation technique that creates harmony.

Dorianne Kohl ~ Meditation & Yoga
A gentle way to enliven the body.



Heather Elliott (no photo) a 73 year old honored crone
Stretch & Swing ~ Stretch and swing to ease joints and start your day. Deep breathing to relax and stimulate.

Urmi Sheldon ~ Labyrinth Walk
The walk 'in' gives time to clarify your concerns — the walk 'out' is a time to listen for answers.



Susan Krautter ~ Morning Meditation
In the grace of the morning we once again rest secure in the bounty of Mother Earth. Channels of light wrap our meditation in the security of our earth cradle. Here we drum our devotion with every heart beat and here we rise refreshed to the miracles before us today.

Heather Elliott (no photo) a 73 year old honored crone
Stretch & Swing - Stretch and swing to ease joints and start your day. Deep breathing to relax and stimulate.



Thérèse Laforge ~ Singing Bowls
greet the day, the morning and the sun with the singing bowls.

Susan Krautter ~ Morning Meditation
see Saturdays description



Thérèse Laforge ~ Singing Bowls
greet the day, the morning and the sun with the singing bowls.



**Joy Herbert ~ An honoured crone
Chigong** Simple movements to get the chi moving.

Map of Naramata Centre

Finding Naramata

Entering Penticton from the South, pass the Airport and turn left at the traffic lights (just over the bridge) onto Channel Parkway (hwy 97 N). Go through two traffic lights to a third traffic light at Eckhardt Ave.

Turn right, go through four traffic lights and one block to Haven Hill.

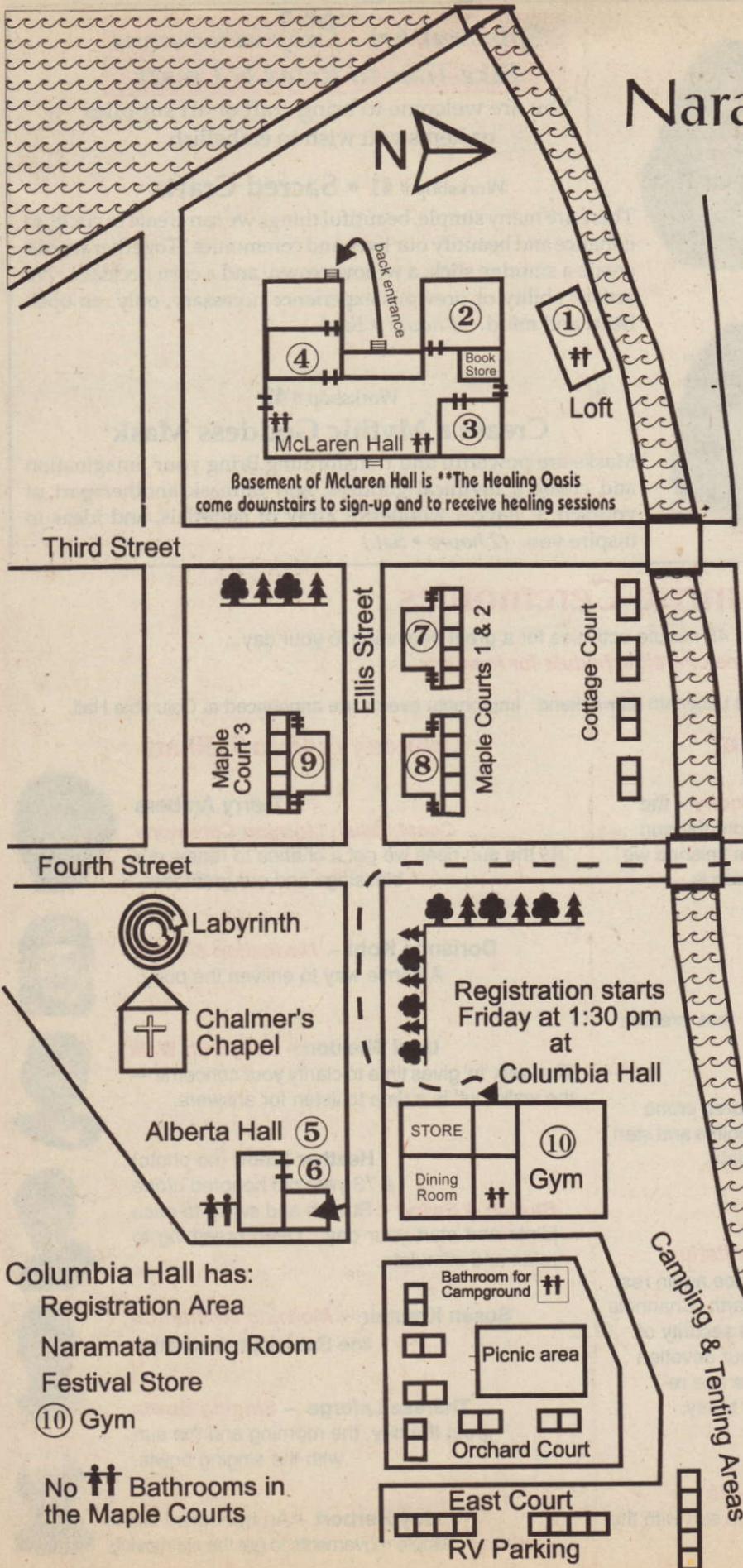
Turn left, up hill one block to the 'Y'. Turn right onto Johnson Road, go 3 long blocks. Turn left onto Upper Bench Road go approx. 1 km. Turn right onto McMillan Ave., go 1 long block, turn left onto Naramata Road.

From here it is approx. 11 km to Naramata.

Watch for the signs • It takes 15 to 20 minutes. The highway will swing left and curve down the hill into 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, stay on Eckhardt to Haven Hill. Follow the above instructions.



Basement of McLaren Hall is ****The Healing Oasis** come downstairs to sign-up and to receive healing sessions

- McLaren Hall has:**
- ② North Wing
 - ③ Sessions Room
 - ④ South Wing front

****The Healing Oasis** it is located downstairs please follow the signs

- Columbia Hall has:**
- Registration Area
 - Naramata Dining Room
 - Festival Store
 - ⑩ Gym

No ♪ Bathrooms in the Maple Courts

From Penticton

MEALS....MUST be preordered before September 1

Please circle if you have a preference for

NO DAIRY NO WHEAT
NO FISH

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	_____

Total \$
of Meals

Please enter \$
on other side

Meal packages

1) 6 meals • Fri. dinner to Sun. lunch \$56 _____

2) 5 meals • Sat. break. to Sun. lunch \$42 _____

or select the ones you want...☛

Meals times: Breakfast 7:30-8:30 am • Lunch 12:00-1:00 pm • Dinner 5:15-6:30 pm

Full course meals include beverages and dessert. Vegetarian for all meals except Sat dinner, option of fish. When being served please let the server know if you requested NO DAIRY, NO WHEAT or NO FISH.

Meals must be preordered by Sept. 1. Otherwise there are two restaurants nearby.

Coffee, Tea & Juice are included in the registration fee and will be available at two locations during the scheduled breaks.

Please bring your own travelling mug and save us washing the dishes.

ACCOMMODATION REQUIRED? YES _____ NO _____

*** Weekend rates only! *** (No one-night registrations... try the motels.)

COST OF ACCOMMODATION FOR TWO NIGHTS (FRIDAY & SATURDAY)

Please check your choice, then fill it in on the bottom line

- Maple Court Private \$105, Shared \$65 each - 2 women to a room
- Alberta Hall Private \$70, Shared - \$50 each - 2 women to a room
- Cabins Shared \$50 each - 3 to 5 women in a cabin
- R.V. Space \$ 20.00 **per night** - includes electrical hookup
- Tent \$ 15.00 **per night** - no power - R.V. & tent spaces have a central bathroom with showers.

**COST IS FOR
TWO NIGHTS
(FRIDAY & SATURDAY)**

- or rent your own space by phoning these local motels: **B.C. Motel (250) 496-5482**
The Village Motel (250) 496-5535

Maple Court and Alberta Hall have no cooking facilities. All the cabins have a kitchen and bathroom. Maple Court has one double and one single bed and space for a hide-a-bed plus a bathroom. Alberta Hall is a dorm, 2 single beds to a room with a large bathroom on each floor. The cabins are spread around the site. Bedding and towels are included in the cost. Accommodation spaces fill very quickly. They are on a first come, first served basis. If you want a specific cabin, please ask and we'll try, **but no guarantees**. You may call 250-492-0039 (10 am to 5 pm) to ask questions about registering or accommodation.

We will notify you by phone if the accommodation you requested is not available.

We are on Summer Hours until August 8 so please be patient.

Preferred accommodation _____ Cost \$ _____

** Please transfer the food and accommodation costs to the other side of the form.

Naramata Centre Requests —NO pets on site and please do not call Naramata Centre to register.

REGISTRATION FORM

Wise Woman Weekend, Sept. 14, 15 & 16, 2001

Onsite registration starts Friday at 1:30 pm. Dinner at 5:15 pm & Opening Circle at 7 pm.

Adult 1 _____ Adult 2 _____

Address _____

Town _____ Prov. _____ Code _____

Phone No. _____ Best time to call _____

Honored Crone or bringing Grandma • Name _____ Age _____

FESTIVAL FEES

		Weekend	Saturday only	Sunday only
ADULTS	before August 15 th	\$ 105	\$ 75	\$ 45
	after August 15 th	\$ 125	\$ 85	\$ 50
SENIORS over 65 yrs	before August 15 th	\$ 90	\$ 65	\$ 35
	after August 15 th	\$ 100	\$ 75	\$ 40

REGISTRATION TOTALS

If you wish to stay onsite please register early

Festival Fees _____ Adults @ _____ = \$ _____
_____ Seniors @ _____ = \$ _____

Meals (from other side) Dinner is served 5:15 - 6:30 pm \$ _____

Accommodation (from other side) \$ _____

Total amount owing \$ _____

add 7% GST \$ _____

Grand Total \$ _____

Amount enclosed \$ _____ (50% deposit required)

Balance ... payable at the door \$ _____

Refunds (less \$25 for handling) require a written request received by Sept. 7th and will be processed after the event.

We prefer that participants register by filling in this form and sending a cheque made payable to....

Visions Unlimited, WWW, 272 Ellis St., Penticton, B.C., V2A 4L6.

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

If paying by credit card (MC or Visa) you may register by phone or fax at the numbers below.

or email: issuesmagazine@img.net

250.492.0039 or 1.888.756.9929 or fax 250.492.5328

To cancel, confirm or make changes after you have registered, **PLEASE PHONE** Mon., Weds. or Fri. 9 am - 4