

6th Annual

Wise Woman Weekend

Sept. 13, 14 & 15 • Naramata, BC

A group of women are standing in a field of red flowers, likely roses. They are wearing various dresses and floral crowns. The women are smiling and looking towards the camera. The background shows a line of trees and a fence.

Details inside or visit us on the web
issuesmagazine.net or phone 1-888-756-9929



Wise Woman Weekend

for women of all ages

Register before August 15 ... and pay only \$125 plus meals & accom. for the weekend

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

Friday on-site registration starts at 1:30 pm.

Dinner is from 5:30 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 eight workshops to choose from in each time slot. The schedule is the same for Sunday with the Closing Circle at 4 pm.

The Wise Woman Store has space to sell various crafts, crystals, jewellery and more. If you are a participant and want to sell items, please call Nywyn for an application at 250.492.0039. Space is limited, please register early.

The Healing Oasis will be in the downstairs of McLaren Hall. Bodywork, Readings and Reiki sessions are available Fri. 3-6 pm, Sat. Noon-10 pm and Sun. 9-3:30 pm. Sign-up starts at 2 pm Fri. and continues 8 am Sat. and throughout the weekend. \$10 for ½ and \$20 for 1 hour.

Healers, Readers, Bodyworkers & Reiki Practitioners who want to work in the Healing Oasis please phone 1-888-756-9929 or call Urmi at home 250.492.8971. email: madevaurmi@hotmail.com for an application form. For six hours of work we offer a pass to the weekend, plus lunch.

Accommodation is on a first-come, first-served basis

Please register early if you have a preference and want to stay on site. Information is on the registration form at the end of this program.

Meals • Please preorder meals by August 30, the sooner the better. Naramata Centre offers delicious, full course meals with beverages and dessert. There is NO other food on site. If we have cancellations then a few meals could be available at the last minute. There is a restaurant a few blocks away.

Refreshment Stations provide herbal teas, organic juices and regular coffee during the morning and afternoon breaks. A plastic travel mug is included with your registration fee.

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

Toll Free 1-888-756-9929

Registration details are on the last page of this section.

To cancel, confirm or make changes after you have registered, PLEASE PHONE Mon, Wed or Fri: 9 am - 5 pm

Your Wise Woman Organizers



Nywyn
Store
Manager



Samarpan
Registration
Coordinator



Laurel
Mistress of Ceremonies
& Director of Ambiance



Angèle
Events
Coordinator



Urmi
The Healing Oasis
Planner

Workshops & Workshop Leaders

The workshop numbers correspond to the numbers on the overall schedule

Annie Beserekian

Kelowna • 250-769-0814

Annie is of Middle Eastern roots and is a passionate bellydancer. She's travelled extensively and trained in Egypt, Lebanon and Vancouver. Annie has been teaching in the Okanagan for the past nine years at various community centres, schools and health clubs.



Workshop # 01

Dances of the Nile The Wisdom of Bellydance

This ancient "women's dance" captures the traditions and spiritual wisdom historically practiced by the goddesses of Egypt. The course's emphasis will be on fun, creativity, feeling the music, freeing the spirit and connecting with body movements while experiencing the awakening of our senses and rediscovering our creative female energy to dance from within. (2 hours • Sun.)

Susan Krautter

Mission • 604-462-7842

Susan is a graduate of McGill University, Montreal, and has been nursing in the acute care sector for over thirty years. Currently Susan is an intuitive holistic nurse/counsellor in private practice. Believing strongly in the principles of prevention, she lectures internationally on many wellness topics.



Workshop # 02

Understanding Hormones For Women of All Ages

PMS, migraines, allergies, infertility, menopausal symptoms, hypoglycemia, fibromyalgia, chronic fatigue, depression, low libido, obesity: these and many other symptoms are often hormone-related. Learn what to do! (2 hours • Sat. and repeated Sun.)

Dorianne Kohl

Armstrong • 250-546-9886

Dorianne's professional career as a performing artist for stage and T.V. has taken her to many countries over the past four decades. Her one-woman portrayal of Hagar Shipley (the heroine of "The Stone Angel") has earned national acclaim. She is a yoga and healing arts instructor in Armstrong and Vernon, as well as a drama teacher for youth, and a mother of three children.



Workshop # 03

Singing In The Light

A workshop of songs to lighten the spirit

Chanting meaningful lyrics can become a catalyst for youth and transformation in an individual. Sacred chants remind us of our authentic nature, our roots, connect us to the Great Mother Earth, the Universe and to one another. We will explore some of the origins as well as sing these multi-cultural songs. Please bring a blanket and any instruments you may have. (3 hours • Sat.)

Alma Anderson

Gibsons Landing • 604-886-6862

Alma has been studying metaphysics for thirty years, partly out of choice but mostly because of seepage from the other realms in the form of visions, dreams and verbal nudgings.



Workshop # 04

Return of the Goddess

Her fascination at this time is the exploration of the return of the goddess and how the feminine form of god dances in human bodies. Through humour we will discuss the journey of life and how the goddesses are available for our assistance and celebration. (3 hours • Sat.)

Kathryn Bennett

Santa Fe, NM • 505-351-1333

Kathryn is a doctor of Naturopathic medicine and a long time activist for women and sustainable living. A photographer/artist, small business entrepreneur of organic food products and a published writer in Mother Magazine. Currently she is putting the finishing touches on a soon to be published book on petroglyphs.



Workshop # 05

The Feminine Aspects of the Petroglyphs

Goddess imagery in ancient South West American stone art, slide show and lecture. (2 hours • Sat. night)

Workshop # 06 • Getting In Touch with Our Indigenous Souls

In this crucial time of the destruction of the natural environment, we need to reconnect to nature, to our roots, to the healing power we possess. Basic off-the-grid technology will be covered, including active and passive solar power—to facilitate this healing. (2 hours • Sun.)

Workshop # 14

Yoga For Every Body

An exploration into body/mind awareness using our breath and simple Yoga postures. You will be introduced to the sun salutation flow and guided into a relaxation at the end. (2 hours • Sat.)



Christine Schieberle

Kamloops • 250-374-5421

German background (punctual, reliable!), softened by ten years in Kamloops. My massage practice (Holistic, Craniosacral Therapy, Yoga) and a lot of dancing have led me to the integrating practice of Yoga. I have been studying and practicing Yoga for the last five years and started teaching two years ago.

Workshop # 15

Dancing Meditation

Move your body to still your mind. Inspired by Gabrielle Roth's music and concept I will guide you through the Five Sacred Rhythms of Flowing Stacatto, Chaos, Lyrical and Stillness. *Sweat Your Prayers* by Gabrielle Roth. (2 hours • Sun.)

Workshop # 16

Creating A Mask

Meet a new you through maskmaking! A brief eye-contact and movement session will lead us into moulding plaster masks of our expressions which we will paint and decorate to further illuminate who is waiting to be seen and heard. (2 hours • Sat.)



Samarpan

Kaleden • 250-497-5146

I am eternally interested in all means of creative expression. I facilitate this interest for myself and others through managing the Okanagan School of the Arts in Penticton.

I enjoy playing with clay, painting and drawing and finding the courage to sing, dance, play and say what I need to whenever the 'spirit' moves me.

Workshop # 17

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

This Inner Rhythms workshop will offer hands-on tools to enhance communication, enrich human development and harmonize the rhythms of the body, mind and spirit. The intent is to experience a supportive community blending the drum, gentle yoga, dance movement and song. The rhythms are simple—open to all levels. Bring mat or blanket, drums and percussion instruments—some drums will be provided. (3 hours • Sat.)



Joan Casorso

Kelowna • 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 # 18

Inspiration, Self-Expression and Sacred Space

Discover what stimulates your creativity as you create your own personal sanctuary from a variety of supplied materials. Enter into the creative process as you choose fabric, natural objects, quotes and images. Let the process itself become the inspiration for writing and/or drawing. (2 hours • Sun.)



Barbara Karmazyn

Burnaby • 604-421-6200

A freestyle dancer and expressive arts developer who specializes in healthy lifestyle practices. Barbara is a passionate educator and artistic leader who is gifted at helping people learn to express themselves through rhythm, song, dance, art and storytelling. During the past twenty-one years of teaching she has helped many people give voice and movement to their creativity

Workshop # 19

Dance Play: Dancing from Spirit

Come home to yourself through the joy of free style dance. Discover new ways to respond to music and interact with other dancers through a playful, improvised structure. Experience the magic of dancing from pure spirit and sharing this experience with others. Designed for everyone. (2 hours • Sat.)

Andrine Morse

Prince George • 250-561-0331

Andrine is a Lodge Womyn for the South Door Rainbow Healing Lodge. She uses the teaching pathways of the Rainbow Lodge and the Great Wheel of Life to provide a unique approach to meeting the triumphs and challenges which life has a way of putting in your path. Andrine has over fifteen years experience in the delivery of community social service, counselling and self-esteem programs.



Workshop # 07

Moon Lodge

I would be honoured to share a Women's Moon Lodge with you. This is a wonderful centering experience. (2 hours • Sat. night)

Workshop # 08

Soul Fitness

Together we will discover the creative magic of riding the moon phases, the menstrual cycle from onset to cessation, and four ways to engage with our own creative muse. (2 hours • Sun.)

Gisela Ko

Grand Forks • 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 # 09

Clowning Around

Have you ever wondered if you could be a clown? Or if you'd even like to be one? Well, here is your chance to find out! Bring a nose, or a wig, or a hat, or a kazoo — or all or none of these clown paraphernalia. But, for sure, bring your laugh muscles! You'll need them. (2 hours • Sat. night)

Workshop # 10

Healing the Family, Healing the Self

Shamans have known that families as a whole can get sick and may need healing before an individual can get well. We'll explore different methods of healing families, and self, in shamanic ways. Bring a drum or a rattle if you have one. We will do some journeying into alternative realities. (3 hours • Sun.)

Marcelle Goldstein

Kelowna • 250-769-1236

Marcelle is a successful business woman always believing wholeheartedly in her craft. Her creative passion has led her back to Aromatherapy, something that began at age nine months. She shares her passion daily with people of all ages, guiding them in finding a SCENTSATIONAL path.



Workshop # 11

Are You Scentual?

Let's explore the *scentual* side of you. Let's enhance your life with little effort using essential oils. Let's play in the world of fragrance... for your nose knows. (2 hours • Sat.)

Workshop # 12

Are Women Really From Venus?

The drive to interact, to procreate, is very real. We will explore how best, for fun and pleasure, to get Venus and Mars on our side. Along the way, I will answer age-old questions as the oldest dance in the world gets revealed in a new light. No astrological experience required. (2 hours • Sat. night)

Workshop # 13

What Is Your Connection to the 'Great Mother' Moon?

We all know our Sun sign, the male principle. It's time to embrace our Moon sign, the female principle. We will begin with finding each participant's Moon sign. Bring whatever birth data you have. Discover the gifts the Great Mother bestows on us through each sign. No astrological experience required. (3 hours • Sun.)

Moreen Reed

Victoria • 250-995-1979

I began my study of Astrology in the early 70's, from a desire to understand my own life. In the mid-90's I participated in the first Canadian class of Jeff Green's "Evolutionary School of Astrology." I went on to study counselling skills with Donna Martin in her program "Remembering Wholeness" and then into a study of "Hakomi," a body-centred psychotherapy with Ron Kurtz and Donna Martin. I am now engaged in a regular practise of renzai-style Zen meditation.



SEPT 13, 14 & 15, 2002

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

Sunrise Ceremonies	Sunday		Location
	8:45 - Noon	1:45 - 3:45 pm	
Christine Schieberle Sun Salutation	# 10 Gisela Ko Healing the Family, Healing the Self	# 15 Christine Schieberle Dancing Meditation	Loft ①
Dorianne Kohl Meditation & Yoga	# 33 Syl Rujanschi Moving Into Balance	# 30 Urmi Sheldon Massage for Self and Others	North Wing ②
<i>The craft room is now open to complete a project.</i>	#35 Mariah Milligan & Laurel Burnham A Mythic Journey	<i>Be your favourite Wise Woman. Time to dress up for the parade and put on a clown face, wear your handmade mask or crown. See details below.</i>	Sessions Room ③
Urmi Sheldon Tibetan Sound & Silence	# 29 Sue Peters Letting Spirit be Your Guide	# 06 Kathryn Bennett Getting in Touch with Our Indigenous Souls	South Wing front ④
Susan Krautter Soul Reach Meditation	# 13 Moreen Reed What is Your Connection to the Great Mother Moon?	# 18 Barbara Karmazyn Inspiration, Self Expression and Sacred Space	Alberta Hall upstairs ⑤
	# 23 Lorraine Sinclair Walking With Our Grandmothers	# 02 Susan Krautter Understanding Hormones	Alberta Hall downstairs ⑥
	# 25 Christina Ince & Nywyn Celtic Wheel of the Year (in Maple Court 1)	# 08 Andrine Morse Soul Fitness (in Maple Court 1)	Other ⑦
	# 27 Therese Dorer Spirit Guides	# 01 Annie Beserekian Dances of the Nile The Wisdom of Bellydance	Gym ⑧

Things You May Wish to Bring

- a large scarf for dancing, musical instruments, drums, flutes, rattles, tambourines, etc. If you intend to participate in the Wise Woman Parade or Celebration you may wish to bring beads, flowers, and ribbons to decorate your crown and to share. Check out your closet for that lovely gown you never wear and bring that too!
- your words of wisdom and stories.
- your journals, poetry and songs to share!
- a swimsuit and towel ... the lake will be cool!



Give Away Table

This is a place to recycle your treasures... be it books, clothing, jewellery, or? If you have something to pass on, please leave it on the Give Away Table. *You do not need to bring an item to take an item away.*

Wise Woman Parade

If you would like to dress up as your favourite Goddess, Heroine, Clown or Wise Woman and join the fun. Dress-up starts anytime after lunch. Parade leaves McLaren Hall at 3:55 and proceeds to Columbia Hall for the Closing Circle.

Closing Circle

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

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 - 9 pm
1 Loft	Christine Schieberle Sun Salutation	# 20 Brenda Molloy Internal & External Feng Shui	# 14 Christine Schieberle Yoga for Every Body	# 22 Lorraine Sinclair Healing Ourselves Healing Mother Earth
2 North Wing	Susan Krautter Soul Reach Meditation	# 03 Dorianne Kohl Singing in the Light	# 32 Syl Rujanschi Meditation and the Art of Sitting	# 05 Kathryn Bennett The Feminine Aspects of the Petroglyphs
3 Sessions Room		# 36 Laurel Burnham Sacred Crafts	# 16 Samarpan Creating a Mask	<i>The Craft Room is now open if you wish to complete a project.</i>
4 South Wing front		# 31 Myrna Martin Birthing Your Self	# 11 Marcelle Goldstein Are You Scentual?	# 21 Brenda Molloy Menopause & Acupressure
5 Alberta Hall upstairs		# 04 Alma Anderson Return of the Goddess	# 28 Therese Dorer & Michele Gieselman Power Animals	# 12 Moreen Reed Are Women Really from Venus?
6 Alberta Hall downstairs		# 34 Mariah Faye Milligan How to Turn Stress and Trauma into Positive Energy	# 02 Susan Krautter Understanding Hormones	# 09 Gisela Ko Clowning Around.
7 Other		Kalaya Tibetan Bowl & Prayer Wheel Meditation (in the Chapel)	# 24 Christina Ince Introduction to Reiki (in the Healing Oasis)	# 26 Kalaya Leighland Concert of Tibetan Bowls & Bells (in the Chapel)
8 Gym	Laurel Labyrinth Walk Meditation (at the labyrinth)	# 17 Joan Casorso Inner Rhythms Drum, Song & Movement	# 19 Barbara Karmazyn Dance Play: Dancing from Spirit	Saturday Night Improv. & Dance see details below

Wise Woman Celebration: The Queen Comes Home

4-5:15 pm in the Gym

A community gathering of all Wise Women. We will come together to meditate, celebrate and acknowledge the Divine Feminine that nurtures us all. Together let us honor our life changes. 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.



Saturday Night Improv. & Dance

8-11 pm in the Gym

Time to kick up your heels and dance! Dancing interspersed with five minute presentations by any Wise Woman who wishes to share her talent.

If you are interested in sharing your talent(s) please talk to Nywyn at the Wise Woman Store once you have arrived.

Brenda Molloy, CA,CMT

Kelowna • 250-769-6898

Brenda Molloy is a Feng Shui Consultant, Shiatsu Practitioner and Reiki Master. She teaches at the Canadian Institute of Natural Health and Healing in Kelowna. Her integrated approach to internal and external Feng Shui is rooted in her personal belief in the Five Elements and natural laws.



Workshop # 20

Internal & External Feng Shui

Discover how to apply the ancient principles of Feng Shui to both your external environment and internal landscape of Self to enhance and harmonize your life. (3 hours • Sat.)

Workshop # 21

Menopause and Acupressure

Discover how to call passion and joy into our menopausal years while living in harmony with the changing seasons of our lives. Self help acupressure & joyful living will be explored to assist with this natural process. (2 hours • Sat. night)

Lorraine Sinclair

Edmonton • 780-461-9532

Lorraine Sinclair, mother of three, grandmother of seven, is a Cree cultural teacher, student originally from Lesser Slave Lake. Founder of the Mother Earth Healing Society, she has facilitated healing circles since 1988. She's worked primarily on environmental issues, community and personal development and shared her knowledge across Canada, U.S., England and Scotland. She is working on a book: *Nioma - An Indigenous Woman's Perspective On Empowerment*.



Workshop # 22

Healing Ourselves, Healing Mother Earth

To heal Mother Earth, we must heal ourselves. Teaching about Mother Earth and indigenous healing processes will be shared in a talking circle format. (2 hours • Sat. night)

Workshop # 23

Walking With Our Grandmothers

As community builders and healers, we have the responsibility to balance our minds, bodies, spirits and emotions. This meditative journey utilizes Native teachings and a foot soak, massage to relax the body and guide the spirit to a deeper understanding. (3 hours • Sun.)

Christina Ince

Penticton • 250-490-0735

Christina is an holistic counsellor, Reiki Master/Teacher and a graduate of the Holistic Health Practitioner Program at Langara College. Born in England, she has travelled extensively, spending many years in Ireland, North and South, steeped in Celtic culture. Her passion lies in guiding people to heal their primary relationships, and themselves, on physical, mental and emotional levels.



Workshop # 24

Introduction to Reiki

Come and be touched by the power of Reiki. Witness a demonstration of this hands-on healing, learn about the power and honour of self, experience energy through simple techniques, and practice giving and receiving on the Reiki table. Open your mind and heart to the possibilities of this gentle, nurturing and beautiful ancient healing art. (3 hours • Sat.)

Nywyn

Penticton • 250-490-4624

My life is simple and rich. I enjoy pampering people and I love to create, paint, play and dance. As the 'wheel' turns I celebrate life through acknowledging the changing seasons and what they mean to me. I delight in collecting some of nature's treasures and arranging them to create a special place to ponder upon.



Workshop # 25

Celtic Wheel of the Year

with Christina and Nywyn

Learn to create sacred space to celebrate life throughout the year. Discover simple ways to retrieve a sense of wonder, expand your consciousness and revitalize your imagination by creating altars that honour the eight Celtic festivals. Understand the essential elements of ritual and how you can apply them whatever your culture and beliefs. Experience a guided visualization, make a craft, dance, laugh and feast with two wild women. (3 hours • Sun.)

Workshop # 26

Concert of Tibetan Bowls and Bells

An introduction to the benefits of sound on the body, mind and spirit, followed by an energizing vocal toning exercise. There will be a brief history on the Tibetan bowls and bells. Then a visualization to prepare you to receive the wonderful sounds of the bells and bowls concert. Very uplifting! (2 hours • Sat.)



Kalaya Leighland

Chilliwack • 604-795-2976

I have worked in the area of family violence for five years and have facilitated self-empowerment and transformation workshops for twenty years. I am also a Reiki Master and Teacher, and have done energy work since the '80's. My current interest is the power of sound to heal and transform our lives.

Workshop # 27

Spirit Guides

You are not alone on this journey. We are all connected to the source and have spirit guides to love and care for us. Look forward to discovering how you can connect with your guide and why these connections can change your life. This will be a thought-provoking session of learning, sharing, meditation, discussion, magic and fun. (3 hours • Sun.)



Therese Dorer

Kamloops • 250-578-8437

Her journey to spiritual awareness started in 1993 when she began to meditate. Her work as a spiritual intuitive began in August of 1998. Her intuitive gifts include past life recall and medium work. Therese conducts her readings through the insights of each client's spirit guides.

Workshop # 28

Power Animals

with Michele Gieselman & Therese Dorer

By aligning ourselves with the animals we can learn many things about ourselves. We can learn to see animals as our teachers, friends and companions on earth. Discover what you can learn about yourself and the animal kingdom. A guided meditation will be included. (2 hours • Sat.)



Michele Gieselman

Kamloops • 250-851-0966

Michele has a philosophy that all humans can reach their potential. She works with people through workshops, private healings, massage and energy work. Trained in craniosacral and Reiki, she has the gift of intuitive knowing.

Workshop # 29

Letting Spirit be Your Guide

This workshop is about learning to communicate with the animal and plant world. Simple techniques will be offered in sending and receiving messages. Please bring a cushion and blanket. (3 hours • Sun.)



Susan Peters

Osoyoos • 250-495-2167

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

Workshop # 30

Massage for Self and Others

Learn a few basic tools and make massage a part of your daily life. Followed by Kundalini meditation. This gentle process of shaking, dancing and sitting will wake up your body energy and allow the experience of meditation to unfold. A great way to end the weekend. (2 hours • Sun.)



Urmi Sheldon

Penticton • 250-492-8971

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 # 31 • Birthing Your Self

As an unborn or newborn child you may have been exposed to chemicals, inadequate nutrition, ambivalence about your arrival, family traumas, adoption, caesarean or a difficult birth or early separations. If you are a mother you may have had such experiences with your children. We will explore the impact of such experiences as we access ways of knowing your SELF more deeply and of repatterning these experiences. (3 hours Sat.)



Myrna Martin

Nelson • 250-352-7224

As midwife to the soul, my work is to be with a person giving birth to any aspect of themselves. Facilitating healings for over 25 years I have been a nurse, family therapist, integrative body therapist and prenatal and birth therapist.

Syl Rujanski

Likely • 250-790-2206

Syl was swept up by Feldenkrais lessons in 1985, and found this method to improve all areas of her life. She began professional training in '93, graduated in '96, and now practices at her home at Quesnel Lake and office in Williams Lake. Syl can be found travelling the province offering workshops enthusiastically!



Workshop # 32

Meditation and the Art of Sitting

Both experienced and inexperienced meditators can be less than comfortable with the art of sitting. We will begin explorations to improve the sitting position, "Paradoxical Breathing," to connect with our spine and will finish with a fifteen-minute silent meditation. (2 hours • Sat.)

Workshop # 33

Moving Into Balance

Feldenkrais practice can lead to higher potential through easy, somatic floor lessons called A.T.M. (Awareness Through Movement). Moshe Feldenkrais, ingenious inventor, offers a practical mirror to view ourselves and a way of self-care perception. Bring a blanket and pillow. (3 hours • Sun.)

Mariah Faye Milligan

Vernon • 250-558-3665

Mariah has had a long-time passion 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 # 34

How To Turn Stress and Trauma into Positive Energy

Discover a new counselling method that draws upon profound spiritual energies to quickly and effectively dissolve stress, abuse, trauma, depression, anxiety and all negative emotions. Furthermore, this revolutionary method requires no embarrassing disclosure. Treat yourself to the forefront of 21st Century mind dynamics. (3 hours • Sat.)

Laurel Burnham

Penticton • 250-492-7717

One of Laurel's major life interests is women's spirituality; it inspires her to organize, write and work with women. She continues to find great meaning in working with the myth of Demeter and Persephone, and great delight in working with Mariah, and the other women of Wise Woman Weekend.



Workshop # 35

A Mythic Journey with Laurel and Mariah

You are invited to take a Soul Journey to meet Your Personal Archetypes of the Female Psyche using the Greek Myth of Demeter and Persephone as a guiding map. We will actively participate in the myth through drama, dance and ceremony as done in Ancient Greece. (3 hours • Sun.)

Workshop # 36 • Sacred Crafts

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

Sunrise Ceremonies

start at 6:45 Saturday and Sunday morning

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

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



Soul-Reach • Learn to be custodian of your talents! Through channelled meditation, learn to create harmony with your chosen commitments. (Sat. & Sun)



Tibetan Bowl & Prayer Wheel Meditation Several bowls and bells will be played during a quiet contemplation ceremony of prayers and offerings. (Sat.)



Sun Salutation • An invigorating and meditative practice to connect with our body/mind/spirit. (Sat. & Sun)

Tibetan Sound & Silence

A traditional meditation technique that brings harmony. (Sun.)

Labyrinth Walk

Contemplation time using the exquisite on-site labyrinth. (Sat.)

Yoga and Meditation

A gentle yet subtly empowering way to begin the day. (Sun.)



MEALS....Please preorder by August 30

Meal packages

- 1) 6 meals • Fri. dinner to Sun lunch \$60.50 _____
 2) 5 meals • Sat. breakfast to Sun lunch \$46.00 _____

or select the ones you want...☛

Meal Service Times

Breakfast at 7:30am • lunch at 12noon • dinner at 5:30pm

Please circle if you have a preference for ...

NO DAIRY NO WHEAT NO FISH

INDIVIDUAL MEALS

Fri. Dinner	\$14.50	_____
Sat. Breakfast	\$ 7.25	_____
Sat. Lunch	\$ 8.50	_____
Sat. Dinner	\$14.50	_____
Sun. Breakfast	\$7.25	_____
Sun. Lunch	\$ 8.50	_____

* Meals Total \$

\$

*Please enter \$ on other side

Meals include soup, salad, entree and dessert, plus coffee, tea, juice or milk.

All meals are vegetarian except Saturday dinner option of fish.

When being served please let the server know that you requested: NO DAIRY, NO WHEAT or NO FISH.

Please order meals by August 30. This really helps to make our job easier. Only if there are last minute cancellations will we have any on site meals available. There are two restaurants off site but nearby.

Please use your **FREE Wise Woman Mug**, included in your registration package, for the Coffee, Tea and Juice that will be available at McLaren Hall and Columbia Hall during the refreshment breaks. *The dishwasher is on holiday!*

ACCOMMODATION REQUIRED? YES _____ NO _____

2 night weekend rate only! No one night registrations... try the motels.

Please note Check out time is 12 NOON on Sunday.

Please ensure to check out on time as all late check outs will be charged for a half day stay.

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

- Maple Court Private \$115, Shared \$70 per person
 Alberta Hall Private \$75, Shared \$52 each, 2 to a room
 Cabins Shared \$52 each, 3 to 6 people in a cabin
 R.V. Space \$ 21.00 **per night** .. includes electrical hook-up
 Tent \$ 17.00 **per night** .. no power
 R.V. & tent spaces have a central bathroom with showers and a picnic area.

CHECK OUT TIME IS
12 NOON SUNDAY
 LATES WILL BE CHARGED
 FOR HALF DAY STAY

**ALL PRICES FOR
 TWO NIGHTS
 (FRIDAY & SATURDAY)**

- or rent your own space by phoning these local Motels: **B.C. Motel (250) 496-5482**
 both located nearby 3 blocks off site **Village Motel (250) 496-5535**

Maple Court and Alberta Hall have no cooking facilities. Maple Courts have one double bed, one single bed and bathroom. Alberta Hall is a two-floor dorm with 2 single beds to a room and a large bathroom on each floor. Cabins are spread around the site, each have a kitchen and bathroom, double and single beds and hideabeds (depending on the size of the cabin). Bedding and towels are included in the price.

Accommodation spaces fill quickly and are on a first come, first served basis. If you want a specific lodging, please register early and ask—we'll try. We will notify you if your request is not available. Some spaces are available for post weekend stays, please let us know early if you plan to stay extra nights.

Preferred accommodation _____ **Cost

\$

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

Naramata Centre Requests...Please NO Pets on site and DO NOT call Naramata Centre to register

Map of Naramata Centre

Finding Naramata

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

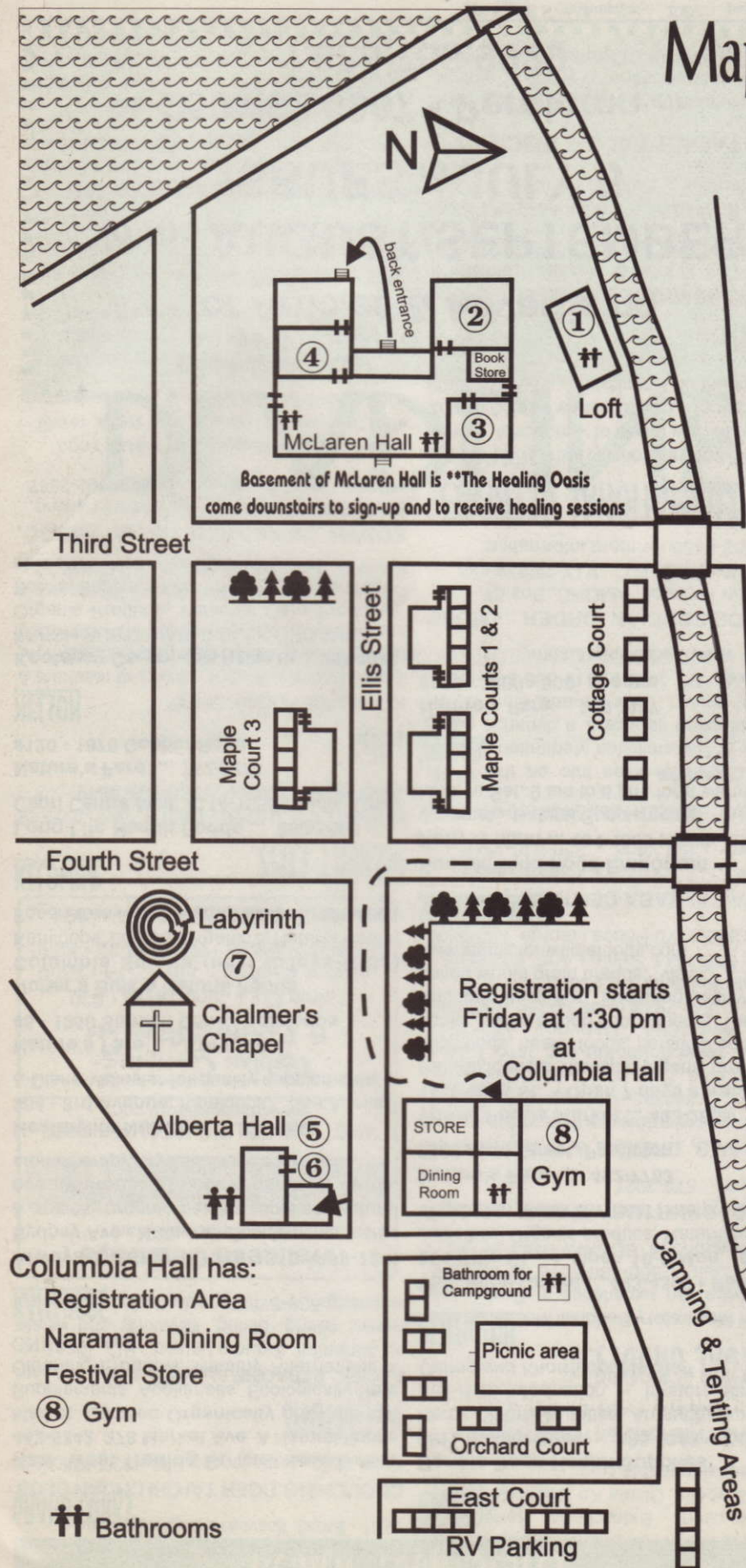
Turn right, go through four traffic lights and one block to **Haven Hill**. Turn left, up hill one block to the 'Y.'

Turn right onto Johnson Road, go 3 long blocks. Turn left onto Upper Bench Road go approx. 1 km. Turn right on McMillan Ave., go 1 long block, turn left onto Naramata Road. From this point it is approx. 11 km to Naramata.

Watch for the signs • After 15 to 20 minutes driving, the road will swing left and curve down the hill into Naramata.

You will be on Robinson Avenue. Turn left on either 3rd or 4th St. 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

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

From Penticton

†† Bathrooms