

Wise Woman Weekend, Sept. 12, 13 & 14, 2003

at Naramata, BC

details inside



WISE WOMAN WEEKEND



Photos from
Wise Woman
2002

7th annual

Wise Woman Weekend

for women of all ages

Register before August 15...
and pay only \$135 for the weekend
plus meals and accommodation



4 women registering together can bring one Wise Woman, who is over the age of 70 for a FREE Weekend. Meals and accommodation not included.

Onsite Registration starts Friday at 1:30 pm, Dinner is at 5:15 pm, Opening Ceremonies at 7 pm, followed by the Introduction of Workshop Leaders and a twenty minute meditation to conclude the evening.

Workshops Sunrise Ceremonies start at 6:45 each morning with a variety of Movement and Meditation exercises. A choice of nine workshops start at 8:45 am. The afternoon workshops are from 1:45 to 3:45 pm. On Saturday there is a group gathering titled *The Queen Comes Home* from 4:15 to 5:30 pm with Laurel, Shemmaho and Urmi. Dinner is followed by a choice of nine more workshops. Shake it up to a live drum group and enjoy some impromptu entertainment until 11 pm. The morning schedule is the same on Sunday, after lunch there is the last set of the workshops, then Closing Circle from 4:15 to 5 pm. No dinner is served on Sunday. Fond farewell hugs are had by all.

The Festival Store has space to sell various crafts, crystals, jewellery and more. If you are registered as a participant and want to bring items to sell in the store call the office at 250-492-0039.

The Healing Oasis is in the downstairs of McLaren Hall. We have many readers, healers and Reiki practitioners available for private sessions at a rate of \$10 per half hour or \$20 per hour. Friday sign-up starts at 1:30 pm. Sessions available 3 to 6 pm. Saturday sign-up starts at 8 am with sessions available 11 am to 9 pm and Sunday 9 am to 3:30 pm.

If you wish to work in the Healing Oasis we offer a trade - 6 hours of giving sessions for a weekend pass and a \$20 credit towards meals or accommodation. If interested leave a message at the office for Christina 1-888-756-9929 or email her at christina@holisticcounsellor.com. The forms are on the website as well... www.issuesmagazine.net

Accommodation is on a first come basis. Please register early to avoid disappointment. Information and costs are on the registration form at the end of this section.

Meals Please pre-order by August 29, the sooner the better. Naramata Center offers delicious, full course meals with beverage and dessert. There is NO other food on site. If we have cancellations a few meals could become available. There is a restaurant a few blocks away. More information and costs on the registration form.

Refreshment Stations provide herbal teas, organic juices and coffee during the morning and afternoon breaks. This is included in your registration fee. We ask that you bring a travelling mug so we don't have to wash cups.

Questions?
Call Toll Free
1-888-756-9929

Your Wise Woman Organizers



Urmi Sheldon & Laurel Burnham
Mistresses of Ceremonies and Directors of Ambiance



Angèle
Overall Coordinator



Samarpan
Registration Coordinator



Christina Ince
Healing Oasis Organizer

Workshops & Workshop Leaders

The workshop numbers correspond to the numbers on the overall schedule

Barbara Karmazyn

Burnaby 604-421-6200

Barbara is a freestyle dancer and expressive arts facilitator who specializes in healthy lifestyle practices. Her company Artsplay, promotes health and well-being through the arts. 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.



Workshop # 01 *Saturday morning*

Dance Play: Dancing from Spirit

Awaken your dance spirit. Come home to yourself through the joy of freestyle dance. Expand your movement range as you dance to a wonderful variety of world music. Discover new ways to respond to music and interact with other dancers through a playful, improvised structure. Designed for the beginner-beginner, living room bloomers and anyone who loves to dance.

Workshop # 02 *Sunday afternoon*

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 become inspiration for writing and/or drawing.

Jeanette Dunagan

Kelowna 250-762-2399

Jeanette is a well known, unknown Kelowna artist. Recent works include large water colour florals. She is an avid outdoor enthusiast and is currently associated with the Okanagan Institute for Learning in Retirement. She is a grandmother nearing her 70th year.



Workshop # 03 • *Creative Me* *Saturday afternoon*

Self-discovery and self-expression using paper and paint. Inspiration for beginner and experienced artists.

Workshop # 04 • *Labyrinth* *Sunday afternoon*

Never journeyed the circles before? Time to find out why this is such a popular way to meditate.

Sandra Mindus

Victoria 250-652-9978

Sandra has been actively creative all her life. Ten years ago, she discovered the magic of the mandala for her own growth and healing. She now shares her knowledge and experience, combining meditation, journaling, mandala creation and Healing Touch/Pathways to help other women on their journeys of growth and healing.



Workshop # 05 *Saturday evening*

Cycles and Seasons: A Mandala Workshop

In order to explore and honour times of transition in our lives, we will each create a mandala, a magic circle, to acknowledge our personal rhythms and cycles.

Workshop # 06 *Sunday afternoon*

Mandalas, Meditation and Journals

These are powerful tools for growth and healing. Create a mandala, learn how to read it, use it for meditation, then record your insights in your journal.

Brenda Eastwood

Brentwood Bay 250-652-3311
www.brendaeastwood.com

Brenda is not your typical nutritionist with all the rules about what you can do and what is not allowed. She helps you see the good that you are doing in your life and then explains how minimal changes can bring you maximum results. Brenda had a private practice for 17 years but is now out on the road helping thousands of people through her workshops and seminars. She has fun and so does her audience. Her seminars are far from ordinary. Brenda is a dynamic speaker who has her audiences shaking with laughter as she discusses subjects that aren't normally discussed in a fun, yet totally professional manner. It's like sitting around the kitchen table with your best friend!



Workshop # 07 *Saturday morning*

Nutritional Secrets to Hormonal Health

You will be amazed and intrigued as you discover, possibly for the very first time, what is actually taking place in your body. You will laugh and have fun as Brenda makes crystal clear how to resolve women's hormonal issues in a way that is absolutely life changing! No matter what your age, Brenda has the solutions for your women's health concerns.

Workshop # 08 *Sunday afternoon*

The Scoop on Poop - How to Create Vibrant Health from the Inside Out

An interactive workshop taking participants step-by-step through the significance of a poorly functioning intestinal tract. How this was created and how to correct it naturally to help you be healthier, and feel better than you have ever felt before. Proper colon function is one of the few subjects that most health care practitioners will agree upon and Brenda is the 'Colon Queen.'

Workshop # 09 Saturday morning

Colour Sensing

This workshop will explore how we perceive colour through all of the senses. With the use of music, aromatherapy, coloured silks, movement and visualization, you will discover your favorite colours for rest, inspiration, and healing.



Cathy Gordichuk

Edmonton 780-476-0828 • www.colourenergetics.com

Cathy has received training and certification as a colour and vibrational therapist from *The Colour Institute of Canada*. She has studied with Pauline Wills and Renee Brodie, both leaders in the field of colour. At present she teaches classes for the Edmonton Public Schools and the Learning Network. She developed and created the *Colour and Sound Therapy Network of Canada*, a non-profit organization dedicated to research and education.

Workshop # 10 Saturday afternoon

Yoga: Bringing Together Body, Mind & Spirit

This workshop will blend a gentle warm-up with Yoga asanas using the wall for support and alignment, pranayama (breathwork), hand mudras, yoga nidra (deep relaxation) and a sprinkling of philosophy. Suitable for all levels. Bring a mat and/or blanket.



Susan Oliver

Okanagan Falls 250-497-1104

Sue is an avid student and certified SOYA yoga teacher. "Yoga meets you right where you are and leads you on an incredible journey of self-discovery, self-acceptance and a deepening connection to all. On top of that it feels really good."

Workshop # 11 Sunday morning

Building Living Bones For Action in the Feldenkrais® Method

Discover better use of gravity, ground forces and compression to provide information for the development of strong, flexible, weight-bearing bones. This central support runs through the individual to create an environment of potential and possibility...far beyond the bones!



Syl Rujanschi

Likely 250-790-2206

Syl's interest in human potential led her to study many learning and healing modalities. The Feldenkrais® Method, practiced since 1985, is the center of her work; helping others to discover within, a more authentic and integral life.

Workshop # 12 Saturday evening

Bringing the Goddess Home

The Goddess is a metaphor for a sacred aspect of ourselves. Ancient people saw the Earth Mother as the sacred regenerative force of the universe who called on us to take responsibility for respecting not only our planet but ourselves as well. We will look at slides of Goddesses returning to their rightful places, in the temples of our hearts, from around the world. Ann-Rosemary will then offer guided imagery for each of us to journey into our own personal metaphors and connections. Please bring a notebook.



Ann-Rosemary Conway

Victoria 250-658-8770

www.theartsandculturalhighway.ca

Ann-Rosemary has walked the trail of beauty for twenty-five years honouring the Sacred Feminine at Dream Hill Studio in Victoria where she facilitates the Cybele Moondrummers, Community Art Shows, Eco-feminist Artwork and Journeys to Sacred Sites.

Workshop # 13 Saturday evening

Acupressure & Menopause

It is said that women go through menopause while men just pause. In this fun and informative hands-on class we will pause just long enough to learn acupressure points to work with many common problems of menopause including hot flashes, night sweats, insomnia, and fatigue. Stress reduction practices such as gentle stretching and deep relaxation and breathing exercises will also be explored.



Brenda Molloy, CA, CST, RYT

Kelowna 250-769-6898

Brenda is a successful Shiatsu Practitioner, and Feng Shui Consultant. She is a Registered Yoga Therapist trained and certified by Claire E. Diab and the American Yoga Academy. She follows the teachings of His Holiness Grandmaster Lin Yun. Brenda received her certification in Acupressure and Shiatsu from the Acupressure Institute in Berkeley, California. She enjoys a thriving practice and also instructs classes at the Canadian Institute of Natural Health and Healing.

Workshop # 14 Sunday morning

The Joy of Feng Shui

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. With this introductory knowledge you will be well on your way to intuitively enhancing your personal paradise while honouring Self.

Alma Anderson

Gibsons 604-886-6862

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



Workshop # 15 *Saturday afternoon*

Tales and Tools of the Goddess

An anecdotal journey of the return of the Goddess. I will be sharing my visions and awareness of meeting the Divine Feminine more than halfway. Negotiating with joy and laughter.

Joan McIntyre

Vernon 250-549-7107

Joan has lived in a spiritual community in Vernon for almost 20 years. Recently, she retired from university teaching where she taught English literature. Joan has facilitated workshops throughout North America and Israel.



Workshop # 16 *Saturday evening*

Finding Your Own Voice

We come together to sing together. Even if you're sure you can't sing, join with others to raise your voice in song and praise. Some vocal technique will be offered.

Workshop # 17 *Sunday morning*

Empowering Ourselves

Through working with story and spirituality based exercises participants learn how to claim their wholeness.

Therese Dorer

Kamloops 250-578-8437

Therese works as a spiritual consultant and has intuitive gifts that include: past life connections, medium work helping many families with closure with loved ones who have passed on. Therese works as an intuitive and has given many personal readings to clients all over North America. She conducts her readings through each client's personal spirit guide. It is Therese's intention to share the magic and wonder of spirit with as many people as possible.



Workshop # 18 *Saturday morning*

Connecting with your Spirit Guide

You are not alone on this journey. We are all connected to the source and have spirit guides to love and care for us. Therese has experienced many wondrous spiritual connections and in this session she will share her visions, insights and experiences. 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.

Workshop # 19 *Sunday afternoon*

Introductory Psychometry

Psychometry, is the art of reading the energy of objects. Everything in our world is energy and holds an energy. Therese will help you to remember your ability to connect to these energies and to read objects for others. There will be meditation and time to go into the quiet. Laughter, magic, and fun of course, will all be included.

Michele Gieselman

Kamloops 250-851-0966

As an energy worker, Michele works with people to help them recognize and embrace their own empowerment. This includes Massage, Hot Stone Massage, CranioSacral, and Reiki. Michele constantly strengthens her connection with Spirit, and Mother Earth.



Workshop # 20 *Saturday afternoon*

Working with your Power Animals

Michele will help to remind you of how our Power Animals assist us to get in touch with ourselves and with Mother Earth.

Workshop # 21 *Sunday morning*

Learning to Understand Your Body Wisdom

Michele will share her knowledge about our bodies and our energy centres, and also provide us with tools to help us to maintain a state of health and well-being.

Jean Shelemey, B.Com.

Vancouver 604-739-0070

Jean is a wellness teacher, alternative healer and an intuitive counselor. She has taught across Canada for ten years. This includes meditation, intuition development, vibrational psychology for personal health and empowerment, cancer healing techniques, and dream interpretation. She has taught corporate wellness courses to TransCanada Pipelines, ICBC and CSNN.



Workshop # 22 *Saturday afternoon*

Our Empowering Dreams

Dreams are messages from your unconscious or internal knowingness. Find out the purpose of dreaming and get guidance on how to recall and interpret dreams to improve your physical, emotional and spiritual well-being.

WEEKEND SCHEDULE

Saturday

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

Location

	Sunrise 6:45 - 7:30	8:45 am - Noon	1:45 - 3:45 pm	7 - 9 pm
Loft 1	<i>Susan Oliver</i> Sunrise Yoga	# 25 <i>Ewa Luby</i> Your Breath - Your Future	# 10 <i>Susan Oliver</i> Yoga: Bringing Together Body, Mind and Spirit	# 39 <i>Crone Counsel</i> <i>Wise Women</i> <i>Speak</i>
North Wing 2	<i>Karen Angle</i> Toning and Chanting Awakenings	# 07 <i>Brenda Eastwood</i> Nutritional Secrets to Hormonal Health	# 15 <i>Alma Anderson</i> Tales and Tools of the Goddess	# 16 <i>Joan McIntyre</i> Finding Your Own Voice
Sessions Room 3		# 41 <i>Samarpan</i> Masks of Face or Body	# 03 <i>Jeanette Dunagan</i> Creative Me	# 05 <i>Sandra Mindus</i> Cycles and Seasons: A Mandala Workshop
South Wing 4	<i>Urmi Sheldon</i> Nadabrahma Meditation	# 09 <i>Cathy Gordichuk</i> Colour Sensing	# 20 <i>Michele Gieselman</i> Working with Power Animals	# 12 <i>Ann-Rosemary</i> Bringing The Goddess Home
Maple Court 1 5		# 30 <i>Brenda Woolner</i> Uncoupling: Lessons on Reconfiguring an Intimate Relationship	# 45 - <i>Penticton Raging Grannies</i> Composing Protest and Support Songs	# 32 <i>Tira Brandon-Evans</i> The Maiden Crone
upper Alberta Hall 6	<i>Laurel Burnham</i> Walking the Labyrinth At the Labyrinth	# 18 <i>Therese Dorer</i> Connecting with Your Spirit Guide	# 22 <i>Jean Shelemey</i> Our Empowering Dreams	# 13 <i>Brenda Molloy</i> Acupressure and Menopause
lower Alberta Hall 7	<i>Anne Briggs</i> Meditation Journey	# 42 <i>Norma & Anne</i> Subtle Aromatherapy	# 34 <i>Karen Angle</i> Resonating Your Voice	# 26 <i>Deanna Kawatski</i> Awakening the Writer's Voice Within
Gym 8	<i>Brenda Molloy</i> Flowing Into Your Day	# 01 <i>Barbara Karmazyn</i> Dance Play: Dancing from Spirit	# 43 <i>Joan Casorso</i> Spirit and Passion of the Drum	# 23 <i>Annie Beserekian</i> The Art of Bellydance
Other 9	<i>Kalaya Leighland</i> Tibetan Bowls & Prayer Wheel Meditation - Chapel	# 35 <i>Christina Ince</i> Introduction to Reiki In the Healing Oasis	# 28 <i>Terez Laforge</i> Chakra Sound Work with Crystal Bowls - Chapel	# 31 <i>Kalaya Leighland</i> Concert of Bells and Bowls - Chapel

Wise Woman Group Celebration: # 38 - The Queen Comes Home

Saturday, 4:00 - 5:30 pm in the Gym
Join Laurel, Urmi and Shemmaho for a celebration of the magic, mystery and delight of embodied womanhood. Through song, dance and ritual we will finally come home to our true selves and our own Divine power. Please come prepared to be crowned!



Saturday Evening

Join Joan Casorso and her group for a fun filled evening of drumming and dancing. Also enjoy impromptu entertainment including the sensual art of belly dancing.
9-11 pm in the Gym

September 12, 13 & 14th, 2003

Sunday

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

Sunrise 6:45 - 7:30	8:45 am - Noon	1:45 - 3:45 pm	Location
Susan Oliver Sunrise Yoga	# 11 Syl Rujanschi Building Living Bones for Action in the Feldenkrais® Method	# 02 Barbara Karmazyn Inspiration, Self-Expression and Sacred Space	Loft 1
Karen Angle Toning and Chanting Awakenings	# 21 Michele Gieselman Learning to Understand Your Body Wisdom	# 08 Brenda Eastwood The Scoop on Poop	North Wing 2
CRAFT ROOM IS OPEN	# 40 Laurel Burnham Sacred Crafts	OPEN Finish your project or create a new one.	Sessions Room 3
Urmi Sheldon Nadabrahma Meditation	# 17 Joan McIntyre Empowering Ourselves	# 34 Karen Angle Resonating Your Voice	South Wing 4
Jeanette D. Exploring the Labyrinth <i>At the Labyrinth</i>	#36 Christina Ince Aah-Men!	# 33 Tira Brandon-Evans The Horrible Hag	Maple Court 1 5
Tira Brandon-Evans Drum Stirring	# 14 Brenda Molloy The Joy of Feng Shui	# 19 Therese Dorer Introductory Psychometry	upper Alberta Hall 6
Anne Briggs Meditation Journey	# 44 Urmi Sheldon The Importance of Touch-Massage Basics	# 27 Deanna Kawatski The Powerful Practice of Journalling	lower Alberta Hall 7
Brenda Molloy Eight Essential Standing Exercises	# 24 Annie Beserekian Dances of the Nile	# 37 Shemmaho Jepi Sioux Singing and Dancing the Divine Feminine	Gym 8
Kalaya Leighland Tibetan Bowls & Prayer Wheel Meditation <i>In the Chapel</i>	# 29 Terez Laforge Chakra Sounds with Crystal Bowls <i>In the Chapel</i>	# 04 Jeanette Dunagan Exploring the Labyrinth <i>At the Labyrinth</i>	Other 9

Wise Woman Parade

You are invited to dress up as your favorite Goddess, Heroine, Clown or Wise Woman and join the fun. The parade starts at McLaren Hall Sunday at 3:55 and proceeds to Columbia Hall for the Closing Circle.



Giveaway Table

for cherished, personal items that it is time to let go of.

Earth Blessings Table

You are welcome to bring natural objects to be blessed and taken home.

Waters of the World

Bring water from any place in the world that you would like blessed. This will be included in our closing ceremonies.

Workshop # 23 Saturday evening

The Art of Bellydance

A holistic approach to a body workout. Bellydancing is a fine art, a poem in celebration of life told through the graceful flow of movements. 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, beauty and joy. The workshop emphasis will be on isolation techniques, co-ordination, expression and self-esteem.



Workshop # 24 Sunday morning

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 emphasis will be on creativity, feeling the music, freeing the spirit and connecting the spirit with body movement and music. Experience the awakening of our senses and rediscover our creative female energy to dance from within.

Workshop # 25 Saturday morning

Your Breath - Your Future

Experience an introduction to rebirthing techniques, a rebirthing session and a sharing period following the session. Please bring a blanket or sleeping bag. This soft and gentle technique will give you dynamic energy to clear away the blocks that keep you from perfect health and from having what you want in your life.



Ewa is a breath integration practitioner, rebirther, somatherapist and Gestalt practitioner. She studied in Poland, Germany and France for 10 years before coming to Canada. She has been facilitating rebirthing workshops and individual and family therapy for six years. She believes that watching your breath and body can help you to balance and heal yourself.

Workshop # 26 Saturday evening

Awakening the Writers' Voice Within

Have you ever had a desire to write but don't know where to begin? This session will guide you through a writing process that will help you free the unique voice locked within. Come prepared to write! Open to experienced and aspiring writers.



Deanna is the author of three books including *Clara and Me* and *Wilderness Mother* and books of poetry. Her feature articles have appeared in many magazines including *Mother Earth News*, *Harrowsmith* and *Country Journal*. In the 1970's Deanna lived in Europe and later pioneered in the BC Wilderness for thirteen years. She and her family now reside on a farm in the Shuswap where she continues to pursue her passion for writing.

Workshop # 27 Sunday afternoon

The Powerful Practice of Journalling

I have kept journals for the past thirty-two years and will explore some facets of this practice including the journal as a tool for self-realization and finding, amidst the ore...the gold of authentic detail. Come prepared to write!

Workshop # 28 Saturday afternoon

Chakra Sound Work with Crystal Bowls

Reposeful listening to the Crystal Bowls sounding up from the root chakra to the crown chakra and back down again.

Workshop # 29 Sunday morning

Chakra Sounds with Crystal Bowls

Listening to singing bowls we will stimulate each chakra. Chakra charts and chakra essences will be provided for simplicity, clarity and acceleration. First we set our intention, then we tone together.



Terez is a student of sound as transformer-transmuter of our energy fields for blockbusting, relaxation and accelerating growth for the self/Self. She uses crystal bowls and tuning forks.

Annie Beserekian
Kelowna 250-769-0814

Annie Beserekian is of Middle Eastern roots and is a passionate bellydancer/choreographer. She has travelled extensively and trained in Lebanon, Egypt and Vancouver. Her performances include various community events in the Okanagan; festivals, shows at private and corporate functions and theme nights. Annie has been teaching in the Okanagan for the past ten years at various community centres, schools, women's health clubs and at the Centre for the Arts in Kelowna.

Ewa Luby
Terrace 250-635-0664

Deanna Kawatski
Celista 250-955-6308

Terez Laforge
Kamloops 250-374-8672

Brenda Woolner

Nelson 250-352-2010 www.growthwork.ca

Brenda has eighteen years of experience in the social service sector in Ontario and BC. She is a social worker and certified life coach offering individual/group coaching, classes, workshops and retreats.



Workshop # 30 *Saturday morning*

Uncoupling: Lessons on Reconfiguring an Intimate Relationship

This session has been designed for separated and divorced women who wish to use their separation/divorce to enhance their personal and spiritual growth. Together we will work through some of the exercises and tasks cited in Brenda's book.

Kalaya Leighland

Chilliwack 604-795-2976

I have worked with women and their issues for a number of years. I used primitive sound instruments and voice to help them release their blocks. Then I began to hear the Tibetan bowls playing inside my head and made a commitment to pursue sound as a source of healing. As I collected my bowls, I found that each had a special power and together they created an avenue for Spirit to work through.



Workshop # 31 *Saturday evening*

Concert of Bowls & Bells

We will start with a brief introduction on sound healing and the history of the Tibetan Bowls. Then a guided visualization leads you into a concert of sound. A short break then a chakra meditation using only the Tibetan Bowls. Guaranteed to leave you refreshed, relaxed and revitalized!

Tira Brandon-Evans

Harrison Hot Springs
faery@uniserve.com • www.faeryshaman.org

Tira Brandon-Evans is Founder and Moderator of the Society of Celtic Shamans, editor of Earthsongs, and a Faery Shaman. Author of four books, her articles have appeared in Spirithunter; Body, Mind, Spirit; Earthsongs; and other magazines. Tira facilitates workshops, teaches, initiates and cares.



Workshop # 32

The Maiden Crone *Saturday evening*

Childless by choice or chance? Childless friends? Understanding some spiritual aspects of childlessness.

Workshop # 33

The Horrible Hag *Sunday afternoon*

Raging hormones or a wounded psyche? Understanding, embracing and transforming your angry crone.

Karen Angle

Kelowna 250-712-1648 www.voicetovoice.ca

Karen is a recording artist, theater director and performer, choral leader, composer and soloist. She has a masters degree in music's relationship to human health and is a nationally accredited counsellor. For the past three years she has been facilitating her performance-style conferences, workshops, and ten-week sessions.



Workshop # 34 *Sat. & Sun afternoon*

Resonating Your Voice

Toning, chanting, harmonizing and improvising using indigenous and child-like techniques to re-open and align your original voice, singing melodies and songs full of spirit.

Same workshop both times

Christina Ince

Penticton 250-490-0735
www.holisticcounsellor.com

Christina is an holistic counsellor, Reiki Master/Teacher and a graduate of the Holistic Health Practitioner Program at Langara College. Her passion lies in guiding people to heal their primary relationships, and themselves, on physical, mental, spiritual and emotional levels.



Workshop # 35 • **Introduction to Reiki** *Saturday morning*

Come and be touched by the power of Reiki. Witness a demonstration of this hands-on healing. Learn care 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.

Workshop # 36 • **Aah-Men!** *Sunday morning*

Men ... don't you just love them?! Well, maybe not, if your experiences have not been positive. Fathers, ex-husbands, current lovers: you feel hurt, afraid, bewildered, or just pretty-damned-mad. Those feelings turn into resentment, affecting your physical/mental/emotional health AND subsequent relationships. (If you are at any stage of menopause, you know how everything can intensify!) We'll look at forgiveness, for yourself and your men: the first step in releasing the past and its inherent resentment. Whether or not you choose to love again, join with other women in letting go, looking forward to renewed energy for life, and learn to cherish that beautiful, unique woman who is You! Please bring something for our Healing Altar.

Workshop # 37 *Sunday afternoon*

Singing and Dancing the Divine Feminine

Beyond ideas, beyond beliefs, beyond facts there is a dimension of the Divine Feminine that can be experienced through music and dance. Come, let us journey together to a state of consciousness where feminine, divine and joy are one and the same. Prepare to be altered. Taped music will be used to learn from.



Shemmaho Jepi Sioux

Winlaw 250-355-2591

Shemmaho aka Daystar, has been teaching singing and sacred circle dancing for 20 years. She is a certified dance leader and Mentor in PeaceWorks. A forest dweller for over 30 years, she brings a wholesome earthiness to her work.

Shemmaho means She-Who-Sings-the-Memories-Home, and her desire is to lift the feminine into her exalted position of holiness in the hearts and minds of companion lovers in the Great Mystery.

Workshop # 38 *Saturday late afternoon (4-5:30 pm)*

The Queen Comes Home

Join Laurel, Urmi and Shemmaho for a celebration of the magic, mystery and delight of embodied womanhood. Through song, dance and ritual we will finally come home to our true selves and our own Divine power. Please come prepared to be crowned!



Laurel Burnham

Penticton 250-492-7717

One of Laurel's great passions in life is the search for the Sacred.

She is inspired to organize, speak and work for and on behalf of women and other living beings in this regard. She is a gifted speaker and energetic pilgrim. She has studied feminism, tarot, gardening, paganism, the Goddess in her many guises, and Celtic spirituality. She is the co-creator of Wise Woman Weekend, and aspires to be a Wise Woman one day, too.

Workshop # 39 *Saturday evening*

Crone Counsel: Wise Woman Speaks

Have you ever wished that you could consult a Wise Woman? Have you ever wanted the advice and guidance of an impartial woman of wisdom and experience? Here is an opportunity to do just that. This will be a council of Wise Women/Crones facilitated by Laurel to answer your questions.

Workshop # 40 *Sunday morning*

Sacred Crafts/Sacred Play

Here is an opportunity to make a sage wand/smudge stick, a willow crown, corn dollies and other wonderfully simple and fun seasonal crafts. Even if you don't consider yourself particularly "crafty" or clever, you will still be able to make something great to take home.

Workshop # 41 *Saturday morning*

Masks of Face or Body

Make a plaster cast of your face or favorite body part. The craft room will be open Sunday morning for you to decorate your creation after it has cured. One roll of plaster provided free. Extra rolls for purchase - \$2 each. Bring towel or blanket if you want to plaster a body part.



Samarpan Faasse

Kaleden 250-497-5146 www.osarts.com

I love the totality of spontaneous creative expression. I enjoy painting, drawing, dancing, singing, writing, playing with clay and gardening. I share my enjoyment through managing the Okanagan School of the Arts in Penticton.

Workshop # 42 *Saturday morning*

Subtle Aromatherapy

Using small quantities of essential oils affects the aura and brings healing to the physical body. Participate in measuring these changes to the aura with a dowsing rod and scanning for changes in the aura with your hands. Witness a demonstration of an aura massage using essential oils and crystals.



Norma Smith Agassiz 604-796-8944

Norma is a Reiki Master/Teacher and certified Holistic Practitioner. She owns Body Balance Therapies in Agassiz and believes in using natural healing techniques to heal your body, ease your mind and soothe your soul.

Anne Briggs Sorrento 250-835-8431

Anne Briggs moved to Canada from England in 1991 and is honoured to call the Shuswap her home. Certified as a Holistic Practitioner and community lay counsellor Anne brings enthusiasm, empathy and passion for her work into her sessions.

Joan Casorso

Kelowna 250-862-9724

Joan is an internationally acclaimed, certified instructor of 'Strong, Stretched and Centered.' Founder of Inner Rhythms Movement, Joan continues to develop music, movement, and health programs for coaches, school groups, performing artists, corporations and health care professionals.



Workshop # 43 Saturday afternoon

The Spirit and Passion of the Drum

The drum creates a rhythmical synergy that goes beyond the spoken word. Enjoy a sampling of African hand drum rhythms, songs and drum circle facilitation. Some drums provided or bring your own.

*Joan and her drummers will be playing
Saturday evening 9-11 pm.*

Urmi Sheldon

Penticton 250-490-4016

Urmi is a self-taught massage practitioner. Her 'just do it' attitude encourages you to make massage a part of your daily menu.



Workshop # 44 Sunday morning

The Importance of Touch-Massage Basics

Relax, discover and share your natural abilities to know and understand touch.



Workshop # 45 Saturday afternoon

The Penticton Raging Grannies • Composing Protest/Support Songs

Join the Grannies in composing songs of protest. The Grannies will demonstrate the process. Then participants will choose topics and create satirical ditties to well-recognized tunes. No musical talent is required for this non-serious fun workshop.



Sunrise Ceremonies start at 6:45 Saturday and Sunday morning

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

Sunrise Saturday

Loft • Susan Oliver

Sunrise Yoga ...Greet the day, awaken the spine and open the heart.

North Wing • Karen Angle

Toning & Chanting Awakenings... Centering and renewing entrance into a day of tone-filled vocalizing.

South Wing • Urmi Sheldon

Nadabrahma traditional Tibetan meditation.

Labyrinth • Laurel Burnham

Exploring the Labyrinth

Lower Alberta Hall • Anne Briggs

Meditation Journey... Guided meditation for grounding, connecting with the divine within and offering gratitude for the gift of life.

Gym • Brenda Molloy

Flowing Into Your Day ...Graceful and flowing sequence of simple Yoga postures and Qi Gong movements. Bring a blanket.

Chapel • Kalaya Leighland

Tibetan Bowls and Prayer Wheel Meditation...An opportunity to use a Tibetan Prayer Wheel to offer your special prayers to the Divine during the Tibetan Bowl meditation.



Sunrise Sunday

Loft • Susan Oliver

Sunrise Yoga ...Greet the day, awaken the spine and open the heart.

North Wing • Karen Angle

Toning & Chanting Awakenings... Centering and renewing entrance into a day of tone-filled vocalizing.

South Wing • Urmi Sheldon

Nadabrahma traditional Tibetan meditation.

Labyrinth • Jeanette Dunagan

Exploring the Labyrinth

Lower Alberta Hall • Anne Briggs

Meditation Journey... Guided meditation for grounding, connecting with the divine within and offering gratitude for the gift of life.

Upper Alberta Hall • Tira Brandon-Evans

Stirring Up Healing with Drum Stirring in a healing circle. Everyone welcome. Bring a drum if you have one.

Gym • Brenda Molloy

Eight Essential Standing Exercises ...An energizing series of movements combined with breathing techniques to awaken and revitalize the body, mind and spirit.

Chapel • Kalaya Leighland

Tibetan Bowls and Prayer Wheel Meditation...An opportunity to use a Tibetan Prayer Wheel to offer your special prayers to the Divine during the Tibetan Bowl meditation.

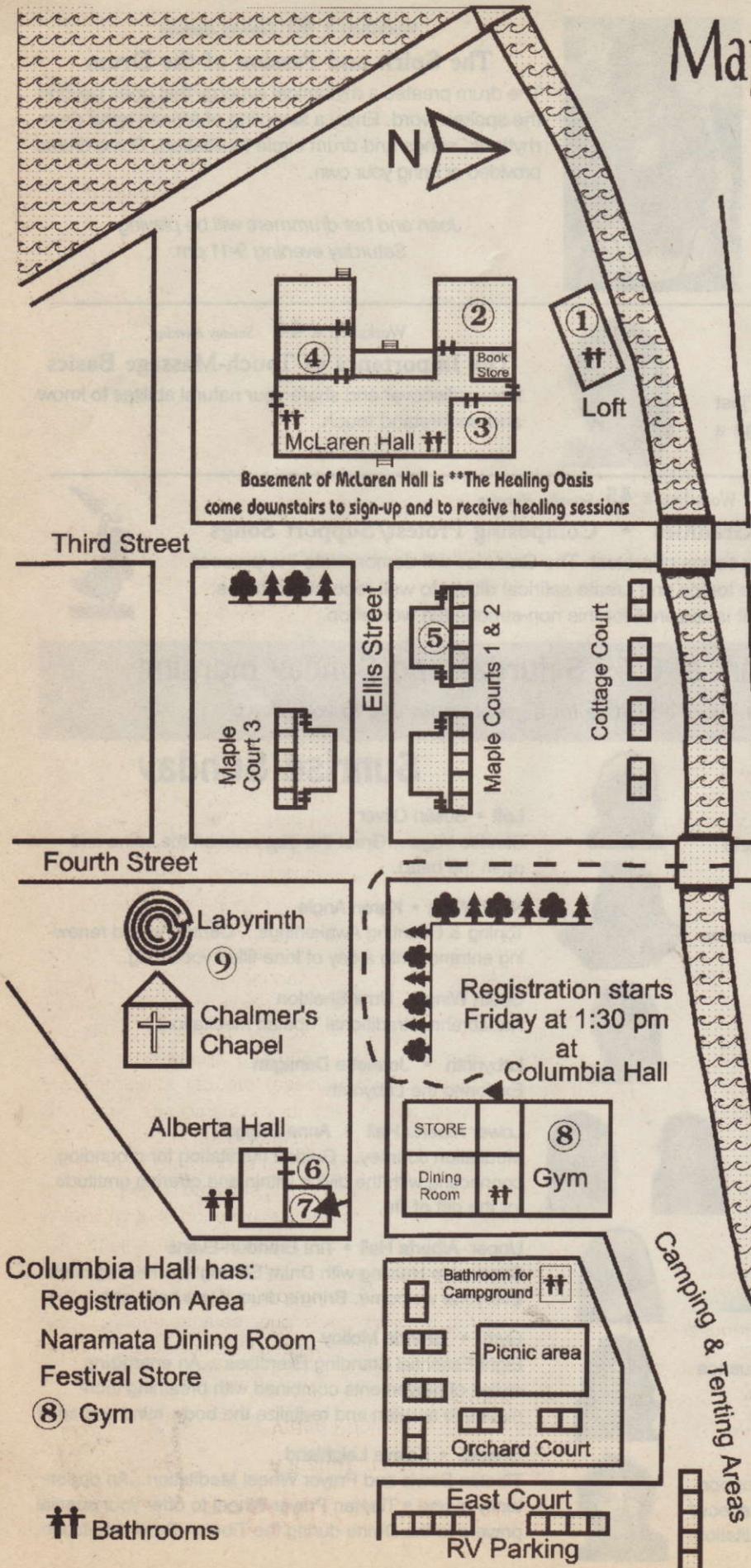
Map of Naramata Centre

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

Columbia Hall has:
 Registration Area
 Naramata Dining Room
 Festival Store
 ⑧ Gym

†† Bathrooms

Register before August 15th ... Adults pay \$135 plus GST, Seniors \$115 plus GST
plus meals and accommodation for the weekend

REGISTRATION FORM

Wise Woman Weekend, September 12, 13 & 14, 2003

On site registration starts Friday the 12th at 1:30 pm. Opening Ceremonies at 7 pm

Name 1 _____ Name 2 _____

Address _____

Town _____ Prov. _____ Code _____

Phone _____ email _____

WISE WOMAN FEES

		Weekend	Saturday only	Sunday only
ADULTS	on or before August 15 th	\$ 135	\$ 90	\$ 55
	August 16 th —Sept 11 th	\$ 155	\$ 105	\$ 60
	Sept 12 th & on site registration	\$ 165	\$ 110	\$ 65
SENIORS 65 yrs+	on or before August 15 th	\$ 115	\$ 80	\$ 40
	August 16 th —Sept 11 th	\$ 125	\$ 85	\$ 45
	Sept 12 th & on site registration	\$ 135	\$ 90	\$ 55

Check here
for an honoured
crone badge.
(70+ years)

REGISTRATION TOTALS.... Please register early if you wish to stay on site

Wise Woman Fees

___ Adults @ _____ = \$ _____
___ Seniors @ _____ = \$ _____

*Meals (from other side) Breakfast 7:30am, Lunch 12noon, Dinner 5:15pm \$ _____

**Accommodation (from other side) \$ _____

Subtotal \$ _____

add 7% GST \$ _____

Grand Total \$ _____

Amount enclosed \$ _____ (50% deposit required)
Balance ... payable at the door \$ _____

Refunds (less \$25) require a written request received by August 30 and will be processed after the event.

We prefer that participants register by completing this form and sending a cheque to:

Visions Unlimited, Wise Woman, 254 Ellis St., Penticton, BC V2A 4L6

To register with a Credit Card call Mon. to Fri: 9 am-5 pm • To cancel, confirm or make changes call Mon, Wed, Fri: 9am-5pm

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

If paying by credit card you may register by phone or fax at the numbers below or email: wisewomen@issuesmagazine.net

250-492-0039 or 1-888-756-9929 or fax 492-5328

or register online at www.issuesmagazine.net

MEALS....Please preorder by August 29

Meal packages

1) 6 meals • Fri dinner to Sun lunch \$60.50 _____

2) 5 meals • Sat break to Sun lunch \$46.00 _____

or select the ones you want... →

Meal Service Times

Breakfast at 7:30am • Lunch at 12noon • Dinner at 5:15pm

Please circle if you have a preference for ...

NO DAIRY NO WHEAT NO FISH

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

All meals are vegetarian except Saturday dinner option of fish.

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

Please order meals by August 29. This really helps make our job easier. Only if there are last minute cancellations will we have onsite meals available. There are two restaurants off site. Please bring a travelling mug for refreshment breaks.

Accommodation Required? YES ___ NO ___

2 night Weekend rates only! No one night registrations... try the motels.

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, descriptions below, 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 shower and a picnic area.

- 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 a 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 pre/post weekend stays, please let us know if you plan to stay extra nights.

Preferred accommodation _____ **Cost \$

\$

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

CHECK OUT TIME IS 12 NOON SUNDAY
LATES WILL BE CHARGED FOR HALF DAY STAY
ALL PRICES for two nights (Friday & Saturday)

Naramata Centre requests.... Please No Pets on site and DO NOT call Naramata Centre to register

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