

Summer 2004

# Wise Woman Magazine

honouring & celebrating the stages of our lives

**Wise Woman Weekend  
September 17, 18, 19, 2004  
Schedule & Full Details**

# In The Company Of Women



## Laurel

Once a year, I get to travel to the Wise Woman's well. I find a company of women gathering every year at Naramata Center for Wise Woman Weekend. There, my soul is restored and my cup of creativity overflows. I will travel there again, this year on Sept 17, 18 & 19th. I have learned that we cannot travel the path to enlightenment, the spiral dance to divinity, or the road to heaven without a little celebrating along the way. As a woman, I recognize that I need the healing touch of the Divine Feminine. My soul longs for beauty, for a glimpse of the Goddess. My mind is hungry for wisdom. I long to be inspired by the loving words of other women. I can find that inspiration at Wise Woman Weekend. The range of knowledge & understanding presented by the workshop leaders amazes me. The touch of loving hands at the Healing Oasis, restores my body and soul. A chance to walk the labyrinth, then shake my hips to the wonderful drumming, stretch my arms and body in ecstatic dance energizes my spirit. As the magic of the weekend unfolds, the Goddess in each of us begins to emerge. Our faces (and bodies) begin to glow, our laughter is louder and more frequent! The lovely dresses come out of the suitcases. All the beautiful yoginis and belly dancing queens are there and the wild wise woman comes home.



## Urmi

The first time Laurel invited me to an all women weekend was back in '96. The weekend was called the Goddess Connection and was held in Febuary at Idabel Lake. At first I was skeptical, why would I want to go to an all women weekend. What fun could it be without the guys. Well, the weekend opened my eyes to the experiance of sisterhood and the beauty of the feminine energy. Throughout the weekend we laughed, cried and enjoyed. The all girl enviroment allowed for a playful and sincere unfoldment as we got to know each other and peeled through the layers of our cultural conditioning, until we were just women, comfortable with our imperfections and wielding our new felt power of Self. Now I know and truly experience the value of women, each year as we create Wise Woman Weekend. Months of meetings with Laurel and Samarpan draw us ever closer as we work through the planning and conceptualizing of the weekend. The power of women, the soft yielding power of the feminine is often overshadowed in our culture. The Wise Woman Weekend is an opportunity to connect with the many faces of womanhood, the many aspects of the feminine and the various stages of our lives. All our intentions are for sharing this with each other and our loved ones and to take wise woman home.



## Samarpan

Maturing—aging—being okay with myself each day, this is a state of being that has taken my 44 year life-time to settle into.

After childhood bliss, teenage rebellion, university confusion and angst, motherhood doubts, attraction/distraction to/of boys/men, I am now feeling settled and at ease (sometimes I put the word *finally* in there for emphasis!)

Retreats of varying lengths—a day, a weekend, a month—spent with women have become a practice in my life that began in '94. Though many of the retreats were not intentionally for women only it was primarily women who attended. We each brought our own private expression to the retreats and within the diverse individual experiences a common thread of sisterhood, understanding and willingness to see ourselves connected us to one another.

Wise Woman Weekend is a celebration where each woman brings her uniqueness and shares it with everyone else. It is a simple, receptive, feminine process. We don't have to *do* anything, just be there in our own way. Each woman's way is absorbed and becomes nourishment for the garden that we grow together—a garden of love and celebration. The garden blooms fully by Sunday afternoon and we each return home as renewed, refreshed wise women.

## Upcoming Events

# Wise Woman Retreats

The Wise Woman Productions team is planning more fun!

Mark your calendar! The 9<sup>th</sup> Annual Wise Woman Weekend will happen September 16, 17, 18, 2005 at Naramata.

Seasonal Weekend Events for groups of up to 60 women, venues to be announced Winter '04 February • Spring '05 May

Wise Woman visits your community. All we require is a venue and a team of women to bring the celebration closer to you.

Lets spend more time together. We'd like to try four to six day retreats with groups of 25 to 200. Imagine what can happen!

Beyond the borders... when we really let our wish list expand... we see wise woman at the turtle beach in Costa Rica!

Please let us know your interest in these offerings. Your comments and suggestions are welcome! We would like to meet you to discuss the possibilities. We can keep having fun, celebrating, living in joy and... spreading it around! *Laurel Samarpan Urmí,*  
*Wise Woman Productions*

1.888.497.1182 • 250-490-0329 Penticton  
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www.wisewomanproductions.ca



## Wise Woman Magazine

honouring & celebrating the stages of our lives

This is the first edition of the magazine. We plan to create future publications to inspire and connect women and the feminine principle to our world in joy and celebration.

### Contact Us:

1.888.497.1182  
wisewomanweekend@shaw.ca  
www.wisewomanproductions.ca

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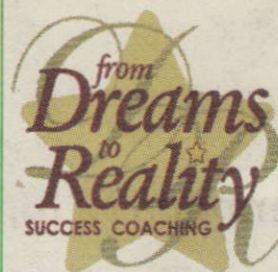
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Mind, Body and Spirit Magazine Ltd

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ise  
omen  
weekend

September 17, 18, 19 2004 in Naramata, BC

## The Grand Design

### Opening & Closing Circles ~ Setting the Stage

Honour the energy of the Wise Woman, join us in ceremony, dance sing and celebrate at 7 PM Friday & 4 PM Sunday.

### Sunrise Celebrations ~ To begin your day

Meditation, yoga, Tai Chi, labyrinth walk or drumming.

### Workshops ~ 30 educational and experiential

On subjects ranging from physical health to the esoteric, bellydance to drumming. Happening daily over the weekend.

### Meeting The Wild Wise Woman Within ~ The mystery unveiled

Many surprises in this evening of healing, renewal and celebration. Saturday evening 7 PM in the Great Hall. Bring veils, scarves and clothing you never dare to wear for the Mystical Trunk. *The Wild Rose Singers from Winlaw will be playing a mother drum, the 'Heart Beat' for the evening.*

### Wise Woman Oasis ~ Come to the Oasis to be renewed

One hour (\$20) and half hour (\$20) sessions including various types of bodywork, energy healing and intuitive readings. Practitioners are invited to apply.

### Wise Woman Creativity Studio ~ Discover your creative potential

There will be workshops and open studio time throughout the weekend.

### Wise Woman Emporium ~ An abundance of unique wares

Participants are invited to apply for table space.

### Give Away Table ~ An opportunity to give and receive

You are invited to bring items you are ready to give away and choose something to take home if you wish.

### Wise Woman Parade ~ A renewed you

An invitation to dress as your renewed Self and co-create a joyful end to a wonderful weekend.



# Workshop Descriptions

check the schedule for location

## #01 Resonating Your Voice with Karen Angle

Saturday Afternoon 3 hours

Toning, chanting, harmonizing and improvising are the focus in this workshop to open and align your original voice. Using playful and indigenous singing techniques, songs full of spirit will come easily.

## #02 Clutter Busting with Janet Mayfield

Saturday Afternoon 2 hours

If you are a clutter bug this workshop is for you! Clutter is dead energy. Clutter has no value and things without value have no positive effect on your life. If you are a clutter bug, this workshop is for you! We will discover how to conquer the mountain and get your life working for you.

## #03 Looking For Love? Balanced Relationships

with Janet Mayfield Sunday Afternoon 2 hours

Interested in having someone "sane" to spend time with? Want to heat things up in your current relationship? Learn to use Feng Shui and your own intentions, to experience a positive shift in how your relationships (or lack there of) are going right now!

## #04 Power Animals & The Shamanic Journey

with Gaye Hanson Saturday Morning 3 hours

Learn the basics about core shamanism, the role of power animals for protection and guidance and an introduction to journeying. Participants will journey in pairs for each other's power animals, experience an overview of extraction, soul retrieval, work with our gender specific programs and look at the next steps in the practice of shamanic journeying and forming a drumming group.

## #05 Walking The Spiritual Path In The World

with Gaye Hanson Sunday Afternoon 2 hours

The challenge of our times is to bring our spiritual presence and balance "down from the mountain" and learn how to maintain a spiritual stance in the world. The use of archetypes will help to develop a spiritual understanding of the lessons embedded in the roles we play and the life paths we choose. Methods for maintaining a spiritual stance including; gaining insight and clarity; regaining balance; protecting and cleansing personal energy and psychic self-defence will help to bring an understanding of these lessons.

## #06 Self-care With Herbs and Essential Oils ~

### A Hands And Face On Experience with Beverley Gray

Saturday Afternoon 3 hours (limited to 25 sign up sheet at registration desk)

Be prepared to have some fun! Learn how to use plants for your herbal skin care regime. Explore and use herbs & essential oils for foot soaks, face steams, facial muds, moisturizing and relaxation. This is a hands & face on workshop! We will be trying many herbal applications and make a herbal facial cream. *If possible please bring: 2 towels, face cloth, a hair band.*

# Biographies

## Karen Angle, Kelowna

[www.voicetovoice.ca](http://www.voicetovoice.ca)

A recording artist, theater director and performer, choral leader, composer and soloist, Karen 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. She is the mother of three boys.



## Janet Mayfield, Edmonton

[www.balancingactproductions.ca](http://www.balancingactproductions.ca)

A certified Feng Shui consultant and a professional organizer, Janet is a lively speaker who can present important information in an entertaining and non-threatening manner. Realistic, truthful, and full of life experience and insight, Janet has a knack for looking at life in the most positive way.

*Janet is also offering The Dance of Life Sunrise Celebration on Saturday.*



## Gaye Hanson, Whitehorse

867-633-6753

"Blue Flowing Water Woman" has worked with First Nation, Métis, and rural/remote communities in a variety of capacities for twenty-five years. For the past ten years, Gaye has developed an understanding of core shamanism and personal development. She is at the beginning of her path as a Cree woman and looking forward to the many teachings that are offered through the return to her ancestral roots. Gaye combines her shamanic practice with single motherhood and a successful management consulting practice.



## Beverley-May Gray, Whitehorse

[www.yukonherbshop.com](http://www.yukonherbshop.com)

A skilled Herbalist and Aromatherapist with extensive knowledge of medicinal plants Beverley has been guided to create unique & effective herbal products in a time-honored and innovative way. She owns and manages Aroma Borealis Herb Shop, a company dedicated to the healthy applications of plants and herbs. The power of plants has inspired Bev to create workshops and educational materials for the community. Bev is a mother of three.



### #07 A Journey Through A Rainbow of Colour

with Cathy Gordichuk *Saturday Morning 3 hours*

This colour journey covers the aspects of colour in many forms. The physical, mental, emotional and personality rays are all examined. Develop an understanding of the chakra colour connections. The sound and body exercises assist you in "clearing" each centre. Discovering your sense of colour through essential oils, toning and the use of visualizations will take you to the colour-full rainbow soul of your Self.

### #08 This Perfect Shining Moment with Tira Brandon-Evans

*Saturday Morning 2 hours*

We do not remember days, we remember moments. We may endure hours but we live moment-by-moment, breath-by-breath. We are eternally now. In the perfect shining moment of the here and now all is one, complete. Develop an awareness of and appreciation for this moment of shining perfection we call life.

### #09 Meeting the Matrons with Tira Brandon-Evans

*Sunday Afternoon 2 hours*

Faery Shamans believe every species on Planet Earth is the child of a great mother or matron. They are sometimes called devas, nature spirits, great mothers, matrones, or faeries. The great mothers pour their energies into their children eternally. Many are willing to work with us to help and heal, to make and mend. Here are some shamanic techniques to help you discover and work with the matrons.

### #10 Sisterhood of Belly Dance with Domini Rood &

Cindy Lee Yelland *Sunday Morning 3 hours*

Join us in an experience of the world's oldest dance form, a dance that accepts and celebrates all women! This workshop will focus on the intuitive knowledge each woman has of this ancient art form and share its mystical and healing benefits. Tap into the Goddess within. Come shimmy with wild abandon and dance to the music in your soul. Bring scarves and suitable clothing to delve into the mysteries of the east.

### #11 Vajrayogini Practice ~The Divine Feminine Unfolding

with Brenda Molloy *Saturday Afternoon 2 hours*

Tibetan nuns preserved the Vajrayogini practice in their monasteries, sending the healing energy they had cultivated in their bodies to Mother Earth. With their monasteries now destroyed the practice is becoming lost. The Vajrayogini practice is an opportunity for us to continue the tradition of cultivating this healing energy in ourselves and sending this regenerating energy to the world.

### #12 Acupressure For Menopause

with Brenda Molloy *Sunday Afternoon 2 hours*

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 discomforts 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.

### Cathy Gordichuk, Edmonton

[www.colourenergetics.com](http://www.colourenergetics.com)

A certified colour and sound therapist/educator, Cathy is the Canadian representative for the International Association of Colour. For the past ten years she has been giving workshops on the the healing art of colour and is a respected speaker in the field of colour therapy and psychology. *Cathy is also offering Rainbow Journey Sunrise Celebration Saturday and sessions in the Oasis.*



### Tira Brandon-Evans, Harrison Hot Springs

[www.faeryshaman.org](http://www.faeryshaman.org)

is founder and moderator of the Society of Celtic Shamans, editor of Earthsongs, a Chartered Herbalist, and a Faery Shaman. Author of five books, her articles have appeared in Spirithunter; Body, Mind, Spirit; Timeless Spirit; and other magazines. Tira facilitates workshops, teaches, initiates and cares. *Tira is also offering Drum Stirring Sunrise Celebration both mornings.*



### Cindy Lee Yelland & Domini Rood, Kelowna

[celestialcindy@aol.com](mailto:celestialcindy@aol.com) & [thesilkenhips@telus.net](mailto:thesilkenhips@telus.net)

Domini and Cindy have both studied belly dance for the past four years. They have taught workshops in various communities and have extensive performance experience throughout the Okanagan valley and other areas of BC. They are passionate about sharing the many joyful benefits of this ancient art form.



### Brenda Molloy, Kelowna

250-769-6898

Shiatsu Practitioner, Yoga Therapist, Feng Shui Consultant, & Tantrika. She is the proprietor of Studio Chi, a school dedicated to the exploration of the movement of chi (energy). Brenda loves to share her passion for life. Her playshops are relaxing, therapeutic, educational and fun. *Brenda is also offering Sunrise Celebrations both mornings.*



**#13 Menopower!™ ~ A Loving Guide To Menopause Years and Beyond** with Sharone Maldaver *Saturday Morning 3 hours*

Menopower is taking back our bodies, accepting and acknowledging ourselves as beautiful just the way we are—at any age, at any stage, at any rage, and finding ways to honour ourselves and each other. By incorporating good food, exercise, attitude and faith into our everyday lives we can feel the power of being menopausal women. We will share our own stories in a circle; prepare and eat some quick helpful healthful snacks; and do some healings for, and with, each other. We'll be talking about whatever comes up, so please be prepared to laugh and cry! By the end of this workshop, it is my wish that you will feel Menopowerful!™

**#14 Bringing The Circle Home To Communities and Families** with Sharone Maldaver *Sunday Morning 3 hours*

A "Talking Bee" circle. Learn how to create circles within your communities and families. We will explore aspects of cleaning space, the use of smudging with sage, the rules of confidentiality and have a simple discussion about chakras. We will discover ways of getting into our bodies, getting in touch with feelings we tend to ignore in the "normal" world, and ways of letting go and connecting on a deeper level through listening, sensing, and sharing with our innermost feelings. We will do some singing, chanting and circle dancing. Please bring musical instruments and songs, chants, dances, you wish to share. Goddesses are women in the neighbourhood getting together and sharing.

**#15 Balance ~ What Is It and How Do I Attain It??**

with Hilary Drummond and Norma Reid *Sunday Afternoon 2 hours*

Living a rich full life means abundance in all areas; spiritual, physical, mental and emotional. How balanced are you? How do you stand in relation to finances, career, relationships, recreation, environment and personal growth. Using the Wheel of Life you will chart where you are in areas important to you. This tool allows you to clearly see how smooth your ride is, and what areas are in need of improvement. Construct an action plan to create balance in your life.

**#16 Introduction To Energy Psychology** with Mariah Milligan *Saturday Afternoon 3 hours*

A revolution is brewing in modern psychology that is changing the face of therapy. Energy Psychology is currently a cutting - edge treatment you can now use on your own. to let go and release emotional distress, including phobias, anxiety, stress, compulsions and addictions. Come and learn how to apply these simple tools.

**#17 Bringing Your Dreams To Life** with Mariah Milligan *Sunday Afternoon 2 hours*

Learn how to naturally explore your dream images by allowing them to come forth in your mind. As we give space to these images they will come alive for us. They will speak to us of our inner truths and wisdom. Perhaps they will change form to reveal even deeper aspects of ourselves that need to be heard. Trusting this natural process, we will be touched with beauty , grace and richness of the soul. *Bring a personal dream and let yourself be surprised.*

**Sharone Maldaver, Whitehorse**  
bythebluffs@hotmail.com

For the past 20 years Sharone has wandered around Canada, the U.S.A. and Mexico, selling her wares and facilitating circles. With a focus on sharing, understanding ourselves and each other, exploring the goddess in all of us and creating peace in our communities Sharone weaves her experiences into "this wonderful magical moment". For the past ten years she has been a menopause counselor and has recently written a book called Menopower!™ A Loving Guide to Your Menopausal Years and Beyond".



**Hilary Drummond, Penticton**  
250-490-3324

A certified Executive Coach who has run her own business for twenty years, Hilary has worked as an occupational therapist and recently graduated from Royal Roads University with her Executive Coach Credential. A member of the International Coaching Federation, she is committed to facilitating growth in others.



**Norma Reid, Penticton**  
www.fromdreamstoreality.ca

A certified Executive Coach and owner of From Dreams to Reality Success Coaching, Norma has 22 years social services experience. She values life long learning, living life authentically, making a contribution and having loving connections. Norma is passionate about living life to the fullest and helping others realize their potential. *Hilary and Norma are also offering coaching sessions in the Oasis.*



**Mariah Faye Milligan, Vernon**  
plumblossom@shaw.ca

A practicing therapist of Energy Psychology in Vernon BC. Mariah has a B.A. in Psychology, is a certified counselor and is trained in hypnosis and healing work. She is a long time contributor to the Wise Woman Weekend and brings her insight into the value of exploring our unconscious through dreams.





**#18 Bringing The Goddess Home**  
with Ann-Rosemary Conway & Valerie Walsh  
*Saturday Afternoon 2 hours*

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 our planet and ourselves. We will look at slides of Goddesses returning to their rightful places, in the temples of our hearts, and ancient locations around the world. Ann-Rosemary will then offer guided imagery for each of us to journey into our own personal metaphors and connections.

**#19 Personal Pilgrimage to Sacred Sites**  
with Ann-Rosemary Conway & Valerie Walsh

*Sunday Afternoon 2 hours (limit of 10 sign up sheet at registration desk)*

How can deepening the travel experience bring personal enrichment? How does one plan a personal pilgrimage? How can we recognize a sacred site? What elements make up a sacred site on the Earth, in our gardens, homes and hearts? How can we honour Gaia and ourselves? Valerie and Ann-Rosemary have travelled to the sacred sites of Malta, the Orkney Islands, Galstonbury, Avebury, Cornwall and Gabrioloa Island. They will share some of their personal revelations. *Please bring a notebook.*

**#20 Inner Rhythms Drum Workshop**  
**"Connecting People to Community"**  
with Joan Casorso *Saturday Morning 3 hours*

The power of the drum and its rhythms: a kinesthetic means of learning about individual, family and community relationships. The Drum's eternal character is always changing; the rhythms, patterns and breaks are predictable components. They are learned orally, using call/response songs, story, movement and imitation. This workshop is designed to enrich human development, strengthen team/community culture, develop focus/concentration/memory: integrate whole brain-body learning, while awakening the rhythms of the body, mind & soul. Some drums and percussion instruments will be provided or bring your own drum. *Bring mat or blanket for opening and closing circle.*

**#21 Untangling From Past Wounds**  
with Dorianne Kohl *Sunday Morning 3 hours*

Many women were rejected, abandoned or disapproved of in childhood. We carry the scars and the bones of Skeleton Woman (the life/death/life figure in ancient stories and mythology). We will explore our depths using the tools of art, writing, movement, song & dance, to re-create the strength, self-mastery & self-acceptance required for a fully active, loving and creative life. We will re-emerge with a greater sense of our individual beauty. *Please wear comfortable clothing, bring a blanket, journal, coloured and plain pens, a drum or rattle if you have one.*

**#22 Ageless Body ~ Timeless Mind**  
with Urmi Sheldon *Sunday Morning 3 hours*

Life is a series progressions and regressions. This ebb and flow of energy is directly recorded in our physical body. By accessing the rejuvenating quality of self massage and the healing capacity of massaging others we can direct our life energy where needed. This is a hands on workshop.

**Anne-Rosemary Conway, Victoria**  
[www.theartsandculturehighway.ca](http://www.theartsandculturehighway.ca)

"Many moons ago the Goddess appeared in my visions and dreams. She made a nest in my heart, to help me recognize the sacred feminine in others. For to know The Goddess, one must be one. We walk our talk sharing empowerment. I express Her wisdom through art, stories, workshops, and ceremony. Blessed Be."



**Valerie Walsh, Victoria • [valeriewalsh@shaw.ca](mailto:valeriewalsh@shaw.ca)**

has travelled to sacred sites, exploring earth energy in general and sacred sites in particular in Malta, Orkney, Scotland, and England. She finds our potential for deep connection with our Mother Earth and energy lines to our past experiences and collective experience exciting and inspiring.



**Joan Casorso, Kelowna • 250-862-9724**

Internationally acclaimed, certified instructor of Strong, Stretched & Centered and founder of Inner Rhythms. For more than 25 years Joan has developed music, movement, health and community building programs for coaches, students, athletes, school groups, teachers, performing artists, corporations, health care professionals and their clients.



**Dorianne Kohl, Armstrong • 250-546-9886**

Performing artist, yoga instructor and drama teacher for youth. Dorianne was a regular performer on the Wayne and Shuster Comedy Hour for CBC TV. She has toured the country with a one-woman show, "Portrait of a Lady a tribute to Margaret Laurence." She is the mother of three grown children. *Dorianne is also offering Yoga Sunrise Celebration on Sunday.*



**Urmi Sheldon, Penticton • [usheldon@yahoo.com](mailto:usheldon@yahoo.com)**

I have always been interested in the rejuvenating abilities of the body. At an early age I traveled to India and spent time in the presence of the spiritual master Osho. This experience had a profound influence on the direction of my life and my understanding of energy. Raising twins and living in our hectic and stressful culture has taught me about compromise and endurance. Combining the two experiences has given me a perspective on life and its various stages. *Urmi is also offering Nadabrahama Meditation Sunrise Celebration both mornings.*



**#23 Native Stick Drumming**  
with Shemmaho *Sunday Morning 3 hours*

Drumming and singing go hand-in-hand with a native style drum. You will learn how to hold the stick and play several traditional beats. You will also learn some songs of invocation and healing to sing as you play. Tapes of the songs and beats we learn will be available for purchase at the workshop, to aid you in continuing and practicing on your own.

**#24 Communicating With Your Inner Advisor**  
with Michele Gieselman *Saturday Morning 3 hours*  
(limited to 20 sign up at registration desk)

We will explore a variety of fun ways to access your inner advisor. Through the magic of play you will learn how to receive messages and answers to questions. You will also discover your passion which exists in your heart centre and is your connection to you inner guide.

**#25 Feng Shui Astrology - Nine Star Ki**  
with Charlyne Chaisson *Sunday Morning 3 hours*

Nine Star Ki is a form of Asian astrology which allows the understanding of moon sign influences. The three numbers looked at are in alignment with the sun, moon and ascendant of the Western system, but are interpreted as principle, character, and energetic numbers or stars. I view this system as the more feminine, lasting and grounded astrology that also taps directly into your personal Feng Shui challenges, it allows understanding the self from a personality level as well as giving insight into career strengths, relationship challenges, This system offers valuable insights and is a dynamic way to chart your future.

**#26 Sacred Touch**  
with Alexi Strandberg *Saturday Morning 3 hours*

Experience your body's ever present loving wisdom, through ancient techniques, nurturing touch and your natural life force rhythms. Touch connects us to our world and to each other in an intimate way. Touch communicates belonging. It assures us. It affirms us. It cultivates who we become. Touch heals us and makes us whole. Touch exercises will be both individual and interactive, connecting us to our Self and to one another.

**#27 Awakening Your Writer's Voice**  
with Deanna Kawatski  
*offered twice, Saturday Morning & Sunday Morning 2 hours*

Do you have 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 all, experienced and aspiring writers. *Bring pen and paper.*

**Shemmaho Jephi Sioux, Winlaw**  
[www.slocanvalley.com](http://www.slocanvalley.com)

Shemmaho means She-Who-Sings-the-Memories-Home. I was born to sing and drum. Cut off from my native roots as a child, I was astonished when I first heard native American spiritual singing. Sense memories of other places, environments and peoples were awakened within me. I honour Eagle Star as the first Cree person who spent many hours teaching me traditional songs.



**Michele Gieselman, Kamloops • 250-851-0966**

is an intuitive healer who has worked as a professional Middle Eastern dancer, fitness instructor and personal trainer. She has facilitated many workshops and has her own practice in Kamloops. A full Mesa carrier with the Inca Shaman tradition, Michele aspires to aid people in their discovery of personal power and wonderfulness.

*Michele is also offering sessions in the Oasis.*



**Charlyne Chaisson, Nelson • adarse@netidea.com**

International Feng Shui Consultant and Geomantic Dowser. Charlyne uses traditional classical Asian systems based in symbolism and geomantic dowsing to create balanced, harmonious and abundant healthy environments. Her work in Geomantic Dowsing, Nine Star Ki Astrology and Garden Her work in Geomantic Dowsing, Nine Star Ki Astrology and Garden Activations is simple yet profoundly effective.

*Charlyne is also offering sessions in the Oasis.*



**Alexi Strandberg, Sunshine Coast**  
[inservice@shaw.ca](mailto:inservice@shaw.ca)

A certified Breema bodywork practitioner and instructor. She is also a yoga instructor with 30 years of yoga study and practice. "Discovering the wisdom of the body has been a journey into the beauty of the soul. We are all connected. We are one." *Alexi is also offering sessions in the Oasis.*



**Deanna Kawatski, Celista • 250-955-6308**

Author of three books including *Clara and Me* and *Wilderness Mother* as well as 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 13 years.



### #28 Sacred Crafts Sagesticks, Nosegays & More

with Laurel Burnham *Sunday Morning Drop in*

A wonderful opportunity to make a sage wand/smudge stick, a willow crown, corn dollies and other wonderfully simple and fun seasonal crafts. Bring flowers from your garden or any other items you would like to weave into your creations to make them individual and delightful. Even if you don't consider yourself particularly 'crafty' you will be able to make something great to take home.

### #29 The Creative Path Way

with Samarpan Faasse and Jane Shaak  
*Saturday Morning 3 hours*

This playful, fun and engaging session weaves through the stages of creativity with hands-on experience and intellectual understanding to assist the individual to make connections to their own process, wherever they are on the path. The stage is set, you are the star and this is the moment. Enjoy!

### #30 Opening the Heart

with Sue Peters *Saturday Afternoon 3 hours*

Get in touch with your heart chakra to discover how the heart can be opened and healed. This will include Hawaiian Dolphin Breathing, soul & heart mantras, exploring the inner landscapes of the heart through art, Radiating Self-Love technique, Hawaiian Aloha Spirit Blessing.

### #31 Tai Chi

with Pam Latham *Saturday Afternoon 1.5 hours*

Introduction to simple Tai Chi moves to calm and centre your being. This simple ancient practice is known to extend and improve life. Pam is also offering *Tai Chi Sunrise Celebration Sunday*.

### Laurel Burnham, Penticton • 250-492-7717

One of Laurel's great passions in life is the search for the Sacred. She is inspired to 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. *Laurel is offering a Labyrinth Walk Sunrise Celebration both mornings.*



### Samarpan Faasse, Penticton • 250-490-0684

I am an observer of the relationship between creativity and confidence. I think that our individuality can be found through our creative expression — a wonderful and simple way of saying yes to your Self and witnessing the freedom this brings.



### Jane Shaak, Naramata • 250-488-1776

I am interested in creativity and the growing edge that allows us to lead open, expansive lives individually and in relation to others. Ultimately, we create our own realities, so we may as well explore the possibilities, enjoy the process and go for it!



### Sue Peters, Penticton

<http://ca.geocities.com/anmamassage>

I have a deep sense of connection with nature and the spirit world. Because of this, it was natural for me to learn the ways of the shaman soul. By teaching classes on Shamanism, Interspecies Communication, Elemental Magik, Reiki, Ra Sheeba and Hawaiian Huna, I am able to share with others some magikal and practical ways we can open doors and move out of a stuck place into unlimited possibilities - with a just a little help from nature, and the spirit world, of course! *Sue is also offering sessions in the Oasis.*



*'A Wise Woman is a changing woman.'*







# Mandala Way Communications

- graphic design
- publishing/editing
- coordinating/managing
- facilitating

Samarpan Faasse  
250-490-0684 Penticton  
samarpan@shaw.ca

# WEEKEND




# SATURDAY

<b>LOCATION</b> these numbers correspond to a map of the site which will be available at the event	<b>SUNRISE</b> 6:45 - 7:45 AM	<b>SATURDAY MORNING</b> 9 AM - 12 NOON	<b>SATURDAY AFTERNOON</b> 2 - 5 PM	<b>SATURDAY EVENING</b> 7-11 PM	
<b>1</b> LOFT	Rainbow Journey Cathy Gordichuk	#07 Journey Through The Rainbow Of Colour Cathy Gordichuk	#30 Opening The Heart Centre Sue Peters	M E E T I N G  T H E  W I L D  W I S E  W O M A N  W I T H I N  I N  T H E  G R E E T  H A L L	
<b>2</b> NORTH WING	Nadabrahma Tibetan Meditation Urmi Sheldon	#04 Power Animals & The Shamanic Journey Gaye Hanson	#11 (2-4 PM) Vajrayogini Practice Brenda Molloy		time for a Session at the Oasis
<b>3</b> SESSIONS		#27 (9-11AM) Awakening Your Writers Voice Deanna Kawatski	time for a Session at the Oasis		#16 Intro To Energy Psychology Mariah Milligan
<b>4</b> SOUTH WING Upper Back	Dance of Life Janet Mayfield	#13 MenoPower™ Sharone Maldaver	#02 (2-4 PM) Clutter Busting Janet Mayfield		time for a Session at the Oasis
<b>5</b> SOUTH WING Lower Back		#26 Sacred Touch Alexi Strandberg	#18 (2-4 PM) Bringing the Goddess Home Ann-Rosemary & Valerie		time for a Session at the Oasis
<b>6</b> WISE WOMAN STUDIO Lower McLaren Hall		#29 The Creative Path Way Samarpan & Jane	#06 Self Care with Herbs and Essential Oils Beverley Gray		
<b>7</b> GREAT HALL	Flowing Into Your Day Brenda Molloy	#20 Inner Rhythms African Drumming Joan Casorso	#31(2-3:30 PM) Intro To Tai Chi Pam Latham		time for a Session at the Oasis
<b>8</b> CHAPEL	Drum Stirring Tira Brandon-Evans	#08 (9-11AM) This Perfect Shining Moment Tira Brandon-Evans	time for a Session at the Oasis		#01 Resonating Your Voice Karen Angle
<b>9</b> OTHER	Walking the Labyrinth Laurel Burnham	#24 Communicating with Your Inner Advisor Michele Gieselman South Wing Upper Front			

# SCHEDULE

## SUNDAY

**LOCATION**  
these numbers correspond to a map of the site which will be available at the event

	<b>SUNRISE</b> 6:45 - 7:45 AM	<b>SUNDAY MORNING</b> 9 AM - 12 NOON	<b>SUNDAY AFTERNOON</b>		
			1:30 - 3:30 PM	4 - 5 PM	
<b>1</b> LOFT	<b>Yoga</b> Dorianne Kohl	<b>#23</b> <b>Native Stick Drumming</b> Shemmaho	<b>#05</b> <b>Walking The Spiritual Path In The World</b> Gaye Hanson	<b>CLOSING CIRCLE IN THE GREAT HALL</b>	
<b>2</b> NORTH WING	<b>Nadabrahma</b> Tibetan Meditation Urmi Sheldon	<b>#22</b> <b>Ageless Body ~ Timeless Mind</b> Urmi Sheldon	<b>#12</b> <b>Acupressure For Menopause</b> Brenda Molloy		
<b>3</b> SESSIONS		<b>#27 (9-11AM)</b> <b>Awakening Your Writers Voice</b> Deanna Kawatski	time for a Session at the Oasis		<b>#17</b> <b>Bringing Your Dreams To Life</b> Mariah Milligan
<b>4</b> SOUTH WING Upper Back	<b>8 Essential Standing Exercises</b> Brenda Molloy	<b>#14</b> <b>Bringing The Circle Home</b> Sharone Maldaver	<b>#03</b> <b>Looking For Love</b> Janet Mayfield		
<b>5</b> SOUTH WING Lower Back		<b>#21</b> <b>Untangling From Past Wounds</b> Dorianne Kohl	<b>#19</b> <b>Visiting Sacred Sites</b> Ann-Rosemary Conway & Valerie Walsh		
<b>6</b> WISE WOMAN STUDIO Lower McLaren Hall		<b>#28</b> <b>Sacred Crafts</b> Laurel Burnham	<b>Open Studio Time</b> til 3 PM <b>Dress up space for Parade</b> at 3:45		
<b>7</b> GREAT HALL	<b>Tai Chi</b> Pam Latham	<b>#10</b> <b>Sisterhood Of Bellydance</b> Cindy Lee Yelland & Domini Rood	<b>World Music &amp; Free Dance</b> til 3 PM		
<b>8</b> CHAPEL	<b>Drum Stir</b> Tira Brandon-Evans	<b>#25</b> <b>Feng Shui Astrology</b> Charlyne Chaisson	<b>#09</b> <b>Meeting the Matrons</b> Tira Brandon-Evans		
<b>9</b> OTHER	<b>Walking the Labyrinth</b> Laurel Burnham		<b>#15</b> <b>Balance ~ What &amp; How?</b> Hilary & Norma <b>South Wing Upper Front</b>		

# Begin Your Day With Sunrise Celebrations

6 AM both mornings, check the schedule on page 12 & 13 for location



**Rainbow Journey**  
with Cathy Gordichuk  
A guided meditation journey up the rainbow stairway of the spectrum ending with colour affirmations and body movements to awaken the chakra centres. *Saturday*

**Tai Chi** with Pam Latham simple, fluid movement to calm and centre your being. This simple ancient practice is known to extend and improve life.  
*Sunday*



**Nadabrahma Tibetan**  
Sound and silence. This traditional Tibetan meditation helps to awaken, clear and rejuvenate.  
*Both mornings*



**The Dance of Life**  
with Janet Mayfield  
A moving meditation honoring the nine Essential Endeavors in the Wheel of Life. *Saturday*



**Yoga** with Dorianne Kohl  
Greet the day with stretching and breathing to awaken the body and senses. Bring a blanket.  
*Sunday*



**Walking the Labyrinth**  
with Laurel Burnham  
Experience the simplicity of meditation while walking this ancient pattern.  
*Both mornings*



**Flowing Into Your Day**  
with Brenda Molloy  
Graceful, flowing sequence of simple yoga postures and Qi Gong movements. Bring a blanket. *Saturday*

**8 Essential Standing Exercises** with Brenda Molloy ~ An energizing series of movements and breathing techniques to awaken and revitalize the body, mind and spirit. *Sunday*



**Stirring Up Healing**  
with Tira Brandon-Evans  
Drum stirring in a healing circle. Bring a drum if you have one.  
*Both Mornings*

## Why Wise Woman?

If you are reading this and you are a woman between the ages of 30 and 60, you are part of an entire generation of women that is on the cusp of a remarkable time. Many of us will live long, healthy, full lives, well into our 70's, 80's and beyond. Individually and collectively we have an opportunity to tap into a remarkable well of knowledge and information, from around the world, and through time.

We truly have the potential to become wise women. We can become the women we want to be at any age: healthy, happy, wise and strong. We can gather wisdom as we joyfully "grow" older.

At Wise Woman Weekend, a wonderful feast of women's wisdom is set out before us. We attempt to present it in the way women learn best—multi-dimensional, experiential, beautiful, in a fun environment.

You don't have to think of yourself as a wise woman in order to attend. You don't have to be a certain age to participate. All you need is your open and willing woman's heart. **Just come and join in the fun!**



## 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*, go 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 to Wise Woman Weekend. 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. drive two blocks and you will be on Ellis St. You are now at Naramata Centre. **Coming from the North**, Cross the bridge over the Okanagan River Channel, you are now on (hwy 97 S) **Eckhardt Avenue**, stay on Eckhardt to **\*\*Haven Hill**.

**The Venue**, Naramata Centre is located on a beautiful campus within a peaceful village on the shores of Lake Okanagan in "Wine Country", British Columbia. September in the Okanagan is renowned for beautiful warm weather and an abundant harvest of fresh fruits and vegetables. Participants can relax and enjoy strolling, swimming and sunbathing in this serene environment.





*8th Annual*  
**Wise Woman Weekend**  
September 17, 18, 19, 2004 at Naramata, BC

Name: \_\_\_\_\_ Address: \_\_\_\_\_ City: \_\_\_\_\_

Province: \_\_\_\_\_ PC: \_\_\_\_\_ Ph. (\_\_\_\_) \_\_\_\_\_ E-Mail \_\_\_\_\_

**REGISTRATION FEES FOR WEEKEND—Space Is Limited Register Early**

4 women can bring a friend 70+ years for free. Accommodation and meals are extra, see details below.

	ON/BEFORE AUGUST 31	AFTER AUGUST 31
<b>Full Weekend:</b>	\$145 (\$125, seniors 65+ yr.)	\$170 (\$150, seniors 65+yr.)
<b>Saturday Only:</b>	\$100 (\$80, seniors 65+ yr.)	\$120 (\$100, seniors 65+ yr.)
<b>Sunday Only:</b>	\$60 (\$40, seniors 65+ yr.)	\$80 (\$60, seniors 65+ yr.)

**ON-SITE ACCOMMODATION** - On-site accommodation is limited, 2 nights only. Prices shown are totals for both nights. Accommodation includes bedding and towels. Camping is by the night. Please circle your choice.

**Motel**—\$115 private/\$70 shared (for 2 women) have private bath, 1 double, 1 single bed per room.

**Dorm**—\$75 private/\$55 shared (for 2 women) have shared bath, 2 single beds per room.

**Cabin**—\$65 shared (for 3 to 5 women) have bathroom, a variety of bed arrangements in 1 & 2 bdr units with full kitchen facilities.

**Camping**—\$17 without/\$21 with, power, per Night campground has bath and kitchen facilities.

Let us know if you are planning to share with friends:  
Names \_\_\_\_\_

**Single night stays**, try these motels, 2 blocks off-site.  
BC Motel 250-496-5482 • Village Motel 250-496-5535

**REGISTRATION DETAILS**

50% minimum payment required at registration. Full payment preferred by September 3. There is a \$25 processing charge on all registrations. Refunds, less this fee, will be given upon written request prior to Sept 10. Payment by money order and cheque is preferred (payable to Wise Woman Weekend). We also accept MasterCard & Visa. We will call for your card number or you can provide it in the space below. We advise you to make a copy of your completed form before mailing or faxing it to us.

MC/Visa # \_\_\_\_\_ Exp \_\_\_\_\_

Name on card \_\_\_\_\_ Signature \_\_\_\_\_

**MEALS AT ON-SITE CAFETERIA**

Please pre-order by August 30

6 meal pkg. (fri din to sun lunch) = \$ 63.70

5 meal pkg. (sat. brk to sun lunch) = \$ 48.45

*Or choose individual meals*

Breakfast \$7.65 x \_\_\_\_\_ meals = \$ \_\_\_\_\_

Lunch \$8.95 x \_\_\_\_\_ meals = \$ \_\_\_\_\_

Dinner \$15.25 x \_\_\_\_\_ meals = \$ \_\_\_\_\_

**Total:** \$ \_\_\_\_\_

**Meal Choices:** Fri. dinner;  
( Please circle Sat. breakfast, lunch, dinner;  
choices) Sun. breakfast, lunch.

Full course meals include beverages and dessert. Special diet requests available if pre-ordered. Please circle if you have a preference for: no dairy no wheat no fish/chicken  
There are restaurants nearby if you choose to not buy meals.

**FEE TOTALS**

Registration Fee: \$ \_\_\_\_\_

Accommodation Total: \$ \_\_\_\_\_

Meals Total: \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

+7% gst \$ \_\_\_\_\_

**Grand Total** \$ \_\_\_\_\_

Enclosed \$ \_\_\_\_\_ Min 50%

Balance \$ \_\_\_\_\_

**Wise Woman Productions**

Box 23015 Penticton, BC V2A 8L7 • 1.888.497.1182 • fax 250-493-0392 • www.wisewomanproductions.ca

The Largest Women's Gathering In Western Canada



8<sup>th</sup> Annual

**September 17, 18, 19, 2004**

at Naramata, BC

*Take time to celebrate being a woman, in the company of women, in a beautiful environment at a relaxing time of year.*

*Bring your friends, sisters, mothers, daughters and grandmothers, meet new friends and ... rediscover your feminine nature.*

*(see inside for details)*



Laurel ~ Samarpan ~ Urmi  
Wise Woman Productions



**1.888.497.1182** • 250-490-0329 Penticton

**[www.wisewomanproductions.ca](http://www.wisewomanproductions.ca)**