wise woman magnaine

honouring and celebrating the stages of our lives

10th Annual

September 14, 15, 16, 17 2006 in Naramata BC Schedule and details inside www.wisewomanproductions.ca

Wise Woman Magazine

This is the 3rd edition of the magazine. A publication to inspire, connect and invite women to join our celebration.

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OUR COVERS BY PADMA

Front: Painting "Spirit Of Wisdom" acrylic on canvas - H 36" x W 26"
Back: Painting "Shamaness" acrylic on canvas - H 36" x W 26"

Artist statement: To be a woman is to be one with Mother Nature. We are, each in our own way, manifesting Her from birth until death. We are her mirrors. The spectrum of Her beauties, Her strengths, Her moods and mystery, can never be fully realised in a single painting. But I've found the quest to do so, is a journey in itself. For many years I've welcomed "the women" into my studio and keep a space open for their arrival. Whenever one reveals herself on canvas, it is a moment of intimate recognition as though a beloved friend has re-entered my life.

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A Tale Of Three Wise-itas And Their Friends

Once Upon A Time there were three wise -itas. Actually there were many more than three but this particular story starts with (these) three.

It was about 11 years ago that one little wise-ita thought it would be a good idea to have a gathering and get all the other wise-itas together for a kind of whole woman spiritual jamboree. The other two thought it was a good idea and they planned and planned and worked at getting

the word out all over the land so that other wiseitas could come to their party. They thought of a theme. They would call it "Wise Woman Weekend" and it would be an honouring of the stages of womanhood, particularily the unloved and unexplored later.

stages of womanhood. "Lets make it okay to get older so that when we get there we will be in a world that honours and respects us as older women". This they agreed upon and they set out and planned and planned. And worked and worked right up to the moment the celebration began.

The other wise-itas heard the call. They had been waiting for it. They knew there was a link with the other wise-itas and their hearts yearned to meet. And meet they did, dancing and singing and taking in all kinds of learnings. For some it became a tradition.

The three wise women set off together letting Wise Woman Weekend evolve and billow and bump gently through the years, fitting it into their own busy evolving lives. After all, the ages and stages of Woman are

lived everyday.

The wise-itas learned to seize the moment that they shared for they found that the wise-ita gathering was all too short and the times spent meeting other hearts was small and quick in the grand scheme of things. Fi-

nally after years and years the three wise women came to their 10th Wise Woman gathering and they invited everyone from near and far and far and near and they planned and planned and they waited waited — to see if they (you) would come.



Tao Oracle Card Decks and 16" x 11" prints of images from the deck (see below) will be available at the weekend



is the Padma creator of the images for the Osho Zen Tarot and the Tao Oracle. Padma paints on canvas and antique screens. For her, the process of creating is a meditation in itself. She experiences the development of new artworks as a mystery and a revelation, where subtle changes manifest not only on the surface of a piece, but within herself. Padma lives and paints in Australia.

visit Padma's Gallery at www.embraceart.com

WISE WOMAN WEEKEND 2006 Workshop Facilitators Contact List

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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 2 traffic lights to 3rd traffic light at Eckhardt Ave. Turn right, go through 4 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 2 blocks and you will be on Ellis St. You are now at Naramata Centre. Driving into Penticton from the North, Cross

the bridge over the Okanagan River Channel, you are now on (hwy 97S) Eckhardt Avenue, stay on Eckhardt to **Haven Hill.











THE GRAND DESIGNAN

IN THE COMPANY OF WOMEN ~ Setting the Stage ~

New for the 10th annual!! Thursday 14th 2 PM to Friday 2 PM
Together we will set the stage for the weekend. Share in the company of
women, with food, massage, song, comedy and meditation. Friday program
your choice ... have a session in the Oasis, sleep in, work on a collective
Wise Woman art piece, or create your own, explore Naramata, play with
flowers in the Great Hall or whatever else your heart would enjoy.

OPENING & CLOSING CIRCLES ~ Connecting The

Group Energy ~ Join in group ceremony, dance, song and celebration.

Opening 7 PM Friday & Closing 4 PM Sunday.

SUNRISE CELEBRATIONS ~ Beginning Your Day ~ A wide selection of meditations, Yoga, Tai Chi, labyrinth walk, beginning 6:45
Saturday and Sunday mornings.

30⁺ Workshops ~ Educational And Experiential ~ On subjects from physical health to the esoteric, bellydance to drumming, running daily throughout the weekend - included in registration fee.

WILD WISE WOMAN COMES HOME ~ Entertainment And Expression Of Wild Wise Woman in Each One Of Us ~

An evening of dance entertainment and celebration. Saturday 7 PM in the Great Hall. Bring veils, scarves and clothing you never dare to wear!

WISE WOMAN OASIS — Relax And Rejuvenate — 1 hour (\$20) & 1/2 hour (\$10) sessions; bodywork, energy healing, intuitive readings and more. Practitioners please ask for an application form.

WISE WOMAN CREATIVITY STUDIO - Discover Your

Creative Potential ~ Workshops and open studio time throughout the weekend in the creative and inspiring environment of the studio.

WISE WOMAN EMPORIUM ~ An Abundance Of Unique

Wares ~ Participants can apply for space to sell their products and creations. Space is limited, first-come-first serve. Ask for an application form

GIVE AND RECEIVE TABLE ~ Opportunity To

Give And Receive — Bring small items you are ready to give away and choose something to take home if you wish.

WISE WOMAN PARADE ~ Celebrate A Renewed You ~

An invitation to dress your Wise Woman Self and co-create a joyful end to the weekend. Starts at 3:45 at McLaren Hall proceeding to Columbia Hall and Closing Celebration at 4 PM Sunday.









Wise Woman Oasis - up to 30 practitioners will be offering sessions at the oasis over the weekend. Here are just a few of them. To ensure that you experience this special wise woman treat, consider prebooking at registration and paying on arrival. Session schedule available soon, on request and www.wisewomanproductions.ca



Brandy Dicks missbrandelion@yahoo.ca
Nelson BC Rebalancing Bodywork/
Neurosomatic Therapy - Integrative bodywork
that utilizes deep tissue massage, joint release,
myofascial traction and medical qi gong to harmonize the body/mind and bring your being
into a deeply relaxed state. My practice of healing work keeps me inspired and grounded in
spirit. I live a grateful and creative life in

Nelson, where I feel nourished by Earth, lifted by Air, purified by Water and heartwarmed by Fire.



Donna Grywinski donnavic@shaw.ca Westbank BC Qigong Reiki Healing Touch-Balancing energy combining two ancient healing arts, Reiki and Qigong for sessions which encompass mind-body-spirit.

Donna has studied Qigong for 12 years and is also a Reiki master. She has a home-based practice in Westbank. She volunteers her

services to extended care residents as well as hospice clients.



Fara Enquist fara@sunshinecable.com
Grand Forks, BC Relaxation Massage - Using long soothing strokes and variable pressure I encourages relaxation while stimulating circulation and soothing the nervous system. The guest is undressed, covered with a towel. A mixture of pure cocoa butter and coconut oil will be applied. My training began at Simon

Fraser University over 25 years ago as a Kinesiology student. I became aware of the psychosomatic aspect of bodywork 10 years ago and love the understanding and compassion this knowledge has added to my work.



Isabel Prystawik www.in-good-hands.ca Naramata BC Cortical Field Reeducation works with the nervous system through guided movement exploration. It is useful for those seeking healing from acute or chronic injury, and those who simply want to move about their lives with greater ease and freedom. I discovered CFR while working and

studying at the Esalen® Institute. Experiencing profound improvement to my own movement, I am currently training in CFR. With a certificate in Esalen® massage, I continue to work with growth and creativity.

Are you a healing arts practitioner?

Bring your Water To The Well of Wise Woman Oasis
Application forms www.wisewomanproductions.ca
1-888-497-1182 ~ wisewomanweekend@shaw.ca
Space is limited, first-come basis



Louise McPherson louisemcpherson3@aol.com Vancouver BC Reiki - will assist you relax and release energy blocks you may be holding onto. Past Life Regression - Curious? In this 1hr session Louise will guide you to a lifetime that will enrich and assist you in this life. Louise is a Cht Reiki Master and NGH Certified Hypnotherapist. "In using both these tools on myself, my life has changed

dramatically. I am now of service to assist others through sessions at LouEssence Healing Centre in West Vancouver. I'm truly blessed



Nancy Westmoreland Penticton BC earthadventures@hotmail.com Transitional Energy Synergy Therapy - This relaxing, hands on therapy offers individuals tools to work through life transitions. Rejuvenate mind, body and spirit with gentle guidence/counseling, gain a new perspective and reasons to see transition and change as

opportunity. Nancy is Traditional Cherokee Shaman, an Urban Shaman, dedicated to awakening the true self. Nancy is a trained Crystal Therapist and Feng Shui Consultant, a Menhdi Artist, Certified Herbalist, Energy Synergist and Reiki practitioner.



Ursula Schafer seaschones@yahoo.ca Calgary AB Reflexology - therapeutic foot rub which is both relaxing and rejuvenating, Your feet will be treated royally with a warm wash and gentle massage. It's ability to bring deep relaxation and treat the entire body through nerve endings on the feet makes it a very calming and effective modality. Ursula has been

practising reflexology for three years. She works mainly with elderly people. She is also exploring sound healing through toning and the crystal bowls. She is a mama and loves to grow.

WORKSHOP FACILITATORS OFFERING OASIS SESSIONS

Holly Biggar - Reiki Sessions

Teresa Turner-James - Angel Card Readings and Egyptian Hand & Foot Massage

Tira Brandon Evans - Faery Friends & Ancestors and Into The Shining Realms Readings

Erin Dragonsong - Palmistry Readings

Hilary Drummond - Personal Coaching Sessions

Anita Bakker - Personal Coaching Sessions

Sara Sinclair - Codon Oracle Readings

Karen Jasmine - Massage Sessions

Elizabeth Innes - Ayurvedic Transdermal Marma Sessions

Kristie Straarup - Thai Massage

Joan Moffet - Energy Sessions, Healing Touch

Cindy Bertrand - Reiki, New Decision Therapy

Pat Everatt - Okanagan Essences

WORKSHOP DESCRIPTIONS & FACILITATOR BIOGRAPHIES

workshop schedule on pages 12 & 13

Workshop #1 IN THE COMPANY OF WOMEN with Wise

Woman Productions Team - Laurel, Urmi, Samarpan Thursday 2-10 PM in the Great Hall, Alberta Hall, Wise Woman Studio. Friday onsite and around Naramata area.

Join us for this extra day of Wise Woman wonders! This is the perfect opportunity to assist in the creation of the weekend space. You can also give yourself more time to relax. This afternoon and evening will encompass; group work creativity, singing, meditation and massage. Enjoy the essence of your feminine energy in the company of women. Arrival Thurs afternoon 1-2 PM, see registration form on page 15 for \$ details.

Samarpan, Laurel & Urmi, the Wise Woman Productions team enjoy creating the space for experiencing our wholeness first hand. Their combined passions bring together an enjoyable mix of playfulness, joy and totality.



Workshop #2 INNER RHYTHMS DRUM & DANCE FOR BODY MIND & SOUL with Joan Casorso Saturday 9 AM-Noon in the Great Hall

"Stepping Out of the Box and Into the Circle of the universal heartbeat!" Integration of the Drum (djembe), the dance, the story - connects us to the earth & sky - awakens and balances the ancient Rhythms within us all and gives individuals as well as our community, spiritual, emotional, mental and physical nourishment. Come to this Inner Rhythms workshop to unleash the passion and balance the rhythms of the body / mind/ soul by integrating drum and dance. Expect to be delighted and surprised. Some drums (djembe) will be provided or bring your own. Wear comfortable(flowing) clothing, bring a scarf or veil.

Joan Casorso is an international, entertaining facilitator. Founder of Inner Rhythms Movement, Joan has more than 25 years of teaching experience encompassing eastern and western body/mind/spirit health, dance, drumming, sports, theatre, yoga plus and rhythm based communication activities. Her approach allows participants to relax and open to their full potential.



Workshop #3 THE GODDESS DANCED with Domini Rood Saturday 9 AM-Noon in North Wing

Explore the mystery and myth of this ancient art. Learn basic belly dance movements. Use the power of creation for an improvisational group dance. We will also discuss sacred adornment of the priestess and how it has evolved into present costuming. No prior dance experience necessary. Wear comfy clothes (limited amount of loaners available. If you happen to be a belly dance diva ... bring your gear)

Workshop #4 BREAST OF THE GODDESS with Domini Rood Saturday 3:30-5 PM in the Wise Woman Studio Cave

A distinctive art form to revere and reveal the breast of the goddess. Come ready to bare all and create an ongoing artpiece for Wise Woman Weekend plus take something home.



Domini Rood is a lively and enthusiastic performer and teacher of bellydance. She has had five years of training with local and international belly dance instructors. She is a mother to three daughters. Domini is committed to sharing this art form with all wise women. Domini will perform for Opening Ceremony Friday & with her group The Devas of Dance Sat. evening.

Workshop #5 DANCE OF THE 16 GODDESSES

with Zena Ursuliak Saturday 2-5 PM in the Great Hall

From 8th century Nepal, this offering dance is graceful and powerful. It offers the beauty of life through mudras and stately slow dance steps, bringing peace to the dancer and to those who watch. It is part of the higher Tantra of Nepalese Buddhism. Zena learned this *Charya Nritya* (Divine Dance) in Kathmandu and has been performing and teaching it for manyyears.



Zena Ursuliak lived in India and Nepal for 8 ½ years where she honed her yogic and life skills. She studied with many teachers and was given the title Yogacharini (Yoga Master) as well as an Honourary Doctorate of Dance in New Delhi, India. She lives in Edmonton and owns/operates Dakini Yoga Centre. Zena is a Reiki Master and a Shaman. She will perform the Dance of the 16 Goddesses on Friday night.



"A wise woman is a changing woman

Workshop #6 FENG SHUI FOR TODAY with Brenda Molloy Saturday 9 AM-Noon in South Wing Upper Front

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 honoring Self.

Workshop #7 ACUPRESSURE & MENOPAUSE with Brenda Molloy Sunday 1:30-3:30 PM in South Wing Upper Front

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, deep relaxation and breathing exercises will be explored.

Brenda Molloy is a Shiatsu Therapist, Yoga Teacher, Feng Shui Consultant and 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.



Workshop #8 ACUPRESSURE FACELIFT

with Teresa Turner-James Sat. 9 AM-Noon in Maple Court 3

Learn a natural way to enhance and bring out the youthful glow of your face. Renew your skin's vitality and reduce visible signs of aging. Accupressure assists in balancing the body's meridians through application of gentle pressure to key points on the face resulting in overall improvement in health.

Teresa Turner-James is a Certified Wholistic Practitioner. Her goal is to empower people to move forward in life with ease and grace by balancing physical, emotional, spiritual aspects and raising vibrational levels to accomodate earth changes. She is an intuitive healer with a practice that includes acupressure, energy balancing and standard reflexology. Teresa will be offering Egyptian Hand Massage and Angel Card readings in the Oasis.



Workshop #9 A PLAYFUL INTRODUCTION TO TAI CHI

with Cheryl Tanaka, Sat. 10 AM-Noon in S. Wing Upper Back
The non stressful art of tai chi can be practiced at any age. Even
those with physical or mental limitations can still enjoy and
benefit from the soft flowing movements of this self healing art,
which originated in China. Through partner exercises, we will
explore the principles of yin and yang (which tai chi is based
on), as well as learning a short tai chi form. Participants will be
encouraged to relax and move freely in their own body and
discover their own tai chi.



Cheryl Tanaka has dedicated over ten years to the practice of Tai Chi and Qigong. Studied under Hajime Naka as well as attending many tai chi camps and wokshops where she received instruction from many other tai chi teachers. She would like to bring a relaxed, playful approach to learning a short tai chi form, Yang style.

Workshop #10 FOUNDATIONS & APPLICATIONS OF AYURVED with Elizabeth Innes, Sat. 2-5 PMS. Wing Upper B

The principles of Ayurved have their foundation in the spiritual connection of the human soul to the emotional, sensual, and physical levels of life. Participants will explore the Ayurvedic principles: How the soul connects to the physical body from conception to birth; how to nourish the seven tissues plasma, blood, muscle, fat, bone, bone marrow and reproductive tissue; how to detect the early stages of disease and stop them in their 'tracts' as well as simple dietary recommendations that will increase vitality and healing potential of the body.



Elizabeth Innes is a licenced pharmacist working in her community. She is also a chartered herbalist, a graduate of Dominion Herbal College. She is currently working and studying with Vaidya Rama Kant Mishra. With her years of practice in conventional allopathic medicine, in both hospital and community, Elizabeth has an appreciation of how to bridge the gap between allopathic medicine and Shudh

Ayurved and shares her understanding that each have their place in different situations. Elizabeth will also be offering transdermal marma sessions in the Oasis.

Workshop #11 GYPSY TRIBAL DANCE

with Cindylee Yelland, Sunday 9 AM-noon in Great Hall
This joining of women in dance with elements from many
cultures, empowers us to experience a celebration of
beauty and freedom. The dance is inspired by the Gypsy
archetype—the wanderers, the wild and sensual ones,
wise in the ways of magic and mystery. Dance your

wise in the ways of magic and mystery. Dance your Gypsy dreams into existence when you become a Gypsy Tribal Dancer (feel free to dress the Gypsy within for this workshop).



Cindylee Yelland is a director of the Loose Hip Sisters Bellydance Club in Kelowna, where all women are welcome to explore freedom of movement and express their inner goddess. Cindylee teaches Bellydance and Gypsy tribal dance and has studied extensively with local and international instructors. She performs province wide at community events and private functions.

Workshop #12 KNIT TOGETHER with Heather Wheating offered twice Sat. 10-Noon & Sun. 1:30-3:30 PM in the Studio

There is more to knitting than needles and yarn – just ask any knitter! We will explore the knitting experience throughout the ages of our lives – our own and others. Although this is not a learn to knit class, all levels of knitting skill are welcome. We will share stories, patterns and threads of our lives as discovered through this timeless craft. If possible please bring some knitting of your own or a hand knit item. Heather will "practice" her knitting throughout the weekend, join her and share this timeless tradition to initiate a knitted legacy, creating and joining threads to carry on into future Wise Woman Weekends.

Heather Wheating has been knitting for 45 years and has been heard to say that she feels compassion for those who don't know how to knit. She combines her passion for community, spirit and storytelling with knitting to create a concept she calls knitting²—that is knitting carried to a deeper experience.



Workshop #13 MASKOPAUSE with Anita Bakker & Hilary Drummond, Saturday 2-5 PM in Wise Woman Studio

We will pause to consider the masks that we have worn, the masks we are wearing and the mask of who we will become. A reflective and engaging process to identify and define the masks we wear. Participants will create a mask representing who they will become and initiate a plan to move into the future. Take away action plan and a mask!! A reflective and engaging workshop.

Workshop #14 TRUTH AND DARE with Anita Bakker & Hilary Drummond, Sunday 9 AM-Noon in South Wing Upper Front

Tell yourself the truth and dare to move forward. Work collaboratively and on your own on a variety of different exercises to identify your vision of your perfect life. We will use a values-based approach to build a clear and vibrant picture of what life can be. Participants will leave this session with an action plan to move towards the life of their dreams.

Hilary Drummond has an Executive Coaching Certificate from Royal Roads University and has over 20 years of experience in running her own business in the health care sector. Hilary facilitation style speaks to the heart and intellect of her clients through humour, music and insight.

Anita Bakker brings a refreshing look inward through coaching and her unique facilitation style. She holds certification as a Career Facilitator and is a Certified Executive Coach through Royal Roads University. Her interactive and stimulating group processes are engaging, energizing and thought provoking. She balances it all with refreshing levity and humour. Anita & Hilary will also be offering professional coaching sessions in the oasis.





Workshop #15 INTRO TO THE REALITY DYNAMICS LIST

with Marnie Hancock, Saturday 9 AM-Noon in Maple Court 1

A life changing personal development seminar that teaches you to easily, quickly and comfortably unify all levels of your consciousness, resulting in a life filled with joy and happiness. Learn to effectively direct the conscious, subconscious and higher conscious minds, by learning to master your subconscious mind. A fun, effective sampling of "The Reality Dynamics List Techniques".



Marnie Hancock has been an alumnus of The Reality Dynamics List since 1986. Marnie gratefully credits miracles, joys and empowerment in her life to this transformational seminar. Marnie studied privately with Jann and Joe Timmreck, the founders of the List seminar. She received her Reality Dynamics List Training Certification in 1997 and completed writing the List Class

Manual in 2000. Marnie is focused on private consulting and teaching The List Class and other Timmreck Seminars.

Workshop#16 INTRO TO REIKI: USUI SYSTEM OF NATURAL HEALING with Holly Biggar, Saturday 2-5 PM in Maple Court 1

Reiki is universal life energy. It is an ancient healing art, which anyone can learn. Reiki accelerates mental, emotional and physical healing and supports spiritual growth. Reiki also compliments other healing modalities.



Holly Biggar was initiated by the Grand Master, Phyllis Lei Furumato. She has been practising Reiki since 1982 and teaching since 1985. She is a member of the Reiki Alliance. She lives near Nelson with her family, where they operate a home for special needs children. Holly's reiki practice includes classes and treatments, as well as travelling to teach wherever she is called. Holly will also offer sessions in the Oasis.

Wine, Women & Song

Join us in this coaching workshop to:



Evaluate your current reality
Create your future state
Make a plan to live it!
October 21st - 22nd 2006
Naramata, BC

... come away refreshed and energized!

Hilary Drummond & Anita Bakker

Call 1-888-880-3222 or e-mail hilary@lecoach.net



Workshop #17 DRAGON QUEST with Tira Brandon-Evans Saturday 9-11 AM in Maple Court 2

Journey into the Shining Realms to meet your dragons. Form alliances with these great spirits and make Otherworld friends.

Workshop #18 A BLESSING BETWEEN US

with Tira Brandon-Evans Sunday 1:30-3:30 PM Maple Court 2 Discover the ancient art of Celtic blessing—draw the worlds of spirit and matter together to make and mend—help and heal.

Tira Brandon Evans is founder of the Society of Celtic Shamans, editor of Earthsongs, a chartered Herbalist and a faery shamen. Author of five books, Tira facilitates workshops, teaches, initiates and cares. Tira will also be offering Faery Healing sessions in the Oasis.



Workshop #19 THE GIFT with Cindy Bertrand Sunday 1:30-3:30 PM in Maple Court 3

The Gift brings a refreshing, profoundly beautiful approach to self awareness. This workshop is designed to help you discover things about yourself that you did not know. You will meet your inner child, find out what you "need to be right about", and have an opportunity to tap into your "Knowing".

Cindy Bertrand is a mother, author, public speaker, business woman and student of life. She practices Rei Ki, New Decision Therapy and Vita Flex at "The Reiki Studio" in the Cannery in Pentiction. She has worked professionally in film and theatre for the past three decades in Vancouver, L.A, and Toronto, and can often be seen performing at the Bare Bones Theatre in Penticton. Cindy will be offering sessions in the Oasis.



Workshop #20 INTRODUCTION TO HAWAIIAN HUNA with Rosi McLaren Sunday 1:30-3:30 PM in North Wing

The word "Huna" means "the secret or hidden knowledge". This ancient teaching of the Kahunas of Hawaii can create amazing results for any situation in your life. Huna gives you the tools and the understanding of how to consciously co-create, harmonize, energize, empower and heal. In this fun and joy filled shamanic circle we will do healing meditations, hands on healing, chanting, connecting to the elements and discuss Huna principles.

Since Rosi McLaren began her studies of the teachings of Huna in 1996, her life has been filled with blessings and miracles. For 3 years she has been facilitating monthly circles of personal and planetary healing and sharing of the Huna teachings. "I feel very passionate about Huna for it is so effective, joyful, easy and open-minded. As a mother of four boys and running our



own busy little Restaurant I rely on using the Huna principal to juggle all that I have to do every day."

Workshop #21 INTRODUCTION TO PALMISTRY

with Erin Dragonsong Sat. 2-3:30 PM in Maple Court 3

Our hands can speak volumes, when we know how to read their language. This workshop will introduce you to the basics of palm-reading, enabling you to begin to read your palm immediately. Palmistry is also a practical way to develop intuition and psychic ability. It's a great icebreaker at parties and you always have something to read while waiting in the checkout line!

Workshop #22 INTRODUCTION TO TAROT

with Erin Dragonsong Sat. 3:30-5 PM in Maple Court 3

Tarot is like a telephone line to the Divine: it can tell us where we are in our lives and why and how to move on from here. It can offer comfort in times of need, clarity in times of confusion, and inspiration in times of joy. This workshop will introduce the fundamentals of the Tarot and how to choose from the variety of decks available. You will come away with the ability to begin reading cards for yourself. Psychic powers are not required, the cards will tell you what you need to know.



Erin Dragonsong's passion is inspiring others to reach their full potential. She is an ordained minister and Priestess of the Goddess. She draws from her wide-ranging experience to provide spiritual counselling and guidance to women seeking to improve their health, harmony, and happiness in life. She has been reading

Tarot decks and palms for over 20 years. She has two current websites: GoddessintheBelly.com (bellydance site), and RoseMoon.org (virtual Spiritual Centre). She will soon be launching Moon's Eye View podcast, devoted to providing inspiration and down-to-earth tools for spiritual, joyful living. Erin will also be offering sessions in the Oasis.

Workshop #23 WRITING ON THE WILD SIDE

with Deanna Kawatski, <u>offered twice</u>
Sat. 2-5 PM & Sun. 1:30-3:30 PM in Maple Court 1

Through a series of unique writing exercises, author, Deanna Kawatski will lead participants into the wilds of their own imaginations. There they will learn to write in flow and to unlock treasures they never knew they possessed. Later in the session Deanna will offer tips on how to harness the raw results. She will also share anecdotes about her own journey as a writer and offer advice to anyone with a passion for pursuing this path.



Deanna Kawatski is the author of Wilderness Mother and Clara and Me, both memoirs of the thirteen years she lived as a pioneering mother in Northern B.C. Deanna has also written poetry and magazine articles. Presently she is working on a novel, Stalking the Wild Heart, as well as a new travel memoir, Burning Man, Slaying Dragon. Deanna has given many workshops and readings, including at the Shuswap International Writers' Festival.

Workshop #24 SACRED SOUND

with Florence Masotti Saturday 9 AM-Noon in the Chapel

Using the Crystal bowls Florence will take you on a journey to discover sacred sounds. Sing sacred chants, tone with the bowls

and create a personal life song or Mantra to sing with the group. The session will end with meditation with the bowls.

Florence Masotti has worked for 8 years as a sound healer. She uses the Tibetan and crystal bowls. She is trained in several types of energy healing and Master's level Reiki. She works with a focus on cancer patients. Florence will also offer Crystal Bowl meditation friday evening.



Workshop #25 PROFOUND PLAY

with Celesttina Hart Saturday 2-5 PM in the Chapel

We will use the tools of clown theater, sound and movement to experience, laugh, cry-to be in love with the process of life and create from heart. To be a clown is to shock—to turn everything upside down and most importantly—to find innocence after experience. Rediscovering your child after a lifetime of control can release an incredible amount of creative power.

Workshop #26 CIRCLE OF ONENESS

with Celesttina Hart Sunday 1:30-3:30 PM in the Chapel

Circle of Oneness is an experience of Peruvian Whistling Vessels. In the inner chamber of the vessels is carved a heart, symbol of love and unity as well as a sacred ohm, symbolic of sacred sound. The resonance of the sound helps to heal, balance, and empower oneness and transformation. The power of personal prayer is magnified through the resonance in a group circle. Limit of 16 participants, sign up at the registration desk.

Celesttina Hart is a singer/songwriter and energy worker using sound for healing. She is a workshop and ceremonial facilitator who has been involved in sound voice, vibrational healing, theatre and performance for over thirty years.



Workshop #27 SEX AND THE SENIOR GODDESS

with Jeannette Dunagan Sat. 2-5 PM Maple Court 2

Come and write on the theme of "Sex and the Senior Goddess" This will include honest descriptions of past and present sexual experiences. Paper and pencil is all that is required plus a vivid imagination. Possible stage presentation would be titled "The Viagra Monologues". We will have fun!

Jeanette Dunagan is a well-known-unknown local artist who enjoys drawing, painting, reading and writing. She is a contributor to Okanagan Life Magazine with a focus on Seniors and their lifestyles. She loves the natural world and gardening on the roof of her condo. Her future includes a red sports car and a visit to Washington, D.C.



Workshop #28 HEALING OUR WOUNDS

with Dorianne Kohl Sunday 9 AM-Noon in Maple Court 1

Deep in the unconscious mind, lay the memories of childhood. For some, rejection, abandonment, neglect, abuse, fear, have left scars. As well, our cellular bodies have recorded all the incidents which may have impeded our growth, preventing us from being naturally free, delightfully expressive, fully dimensional beings: In this workshop, my intent is to honour the individuals who are willing & able to work on their recovery. Releasing emotion through vocal work, physical movement and dance, help to free the soul, body & mind... Please bring your favourite blanket, a percussion instrument or rattle.



Dorianne Kohl'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 became a very proud and happy grandmother in 2005, and loves her new role!.

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Workshop #29 HAVING THE EYES TO SEE

with Sara Sinclair Sunday 2-5 PM in Maple Court 1

A Spiritual Guided Photographic and Sound Journey into the realms of travel connecting the southern and northern hemispheres as one. Easily applied tools are provided for enhancing sensory perception. This supports practical processes for increased every day enjoyment of life. The photographs and sounds used in this workshop are from recent travel encounters and wisdom of the Elders shared with Sara by people from many lands including New Zealand, Australia, Canada, United States, Hong Kong Mexico and Europe and the realms of Spirit beyond any lands.

Sara Sinclair's lineage has led her on the path of her grandmothers. When first introduced to Native American style hand drum she recognized the spirit beat. This has carried her on a journey of soulremembering. She has many years of travel, sharing with indigenous cultures. She has facilitated workshops and gatherings in Canada, USA, Australia, New Zealand and Europe. Sara will also offer a story Wisdom of the Elders at the opening.



Workshop #30 SHORT AND SWEET MASSAGES with Karen

Jasmine Sunday 1:30-3:30 in South Wing Upper Back

Whatever time you have, no matter how short, can be used to rebalance and refresh yourself and others. Come learn and share easy and highly beneficial ways to use breath, touch, and visualization to increase your quality of life and enrich the time you spend with others.

Karen Jasmine has been exploring and practicing the art and power of Massage for over 20 years. She learned Swedish Massage and Rebalancing and became a Registered Massage Therapist in 1994. Her Holistic approach encompasses over 18 modalities including structural realignment, therapuetic manual therapies. and energy work. Karen contunues to grow



and enjoy the union of knowledge and intuition in the healing arts. Karen will also be offering sessions in the Oasis

Workshop #33 Gifts Of The Season: Sacred Craftwork with Laurel Burnham Sunday 9AM-Noon in the Studio

Spend some time creating with seasonal materials. We will create sage wands, corn dollies, willow wreaths, herbal crowns, lavender lovelies and various other delights. Everyone will be able to make several sweetly scented seasonal gifts to take home. Let's do this together, in a way that invokes and honors all the creative endeavors of crafty women everywhere. Even if you think of yourself as not very "crafty" you will have a chance to make something wonder-

Workshop #31 STRESS-LAUGHTER-PLAY UNPLUGGED

with Carole Fawcette Sunday 9AM-Noon in North Wing

An informative and upbeat workshop that is sure to leave you de-stresssed and laughing. Learn about the benefits of laughter and how to deal with stress. Unplug from the serious side of life and plug into joy and laughter and celebration!



Carole Fawcette is a Stress Management Consultant and Laughter Coach. Trained by Dr. Madan Kataria of the International Laughter Organization and by Steve Wilson, of the World Laughter Tour, she loves to show others how to look at life in a positive way. Carole is also the founder of the Kalamalka Caring Klowns in Vernon. Carole is often heard to say "If you are not having fun as you go through life, you are doing something wrong". Carole lives just

outside of Vernon, BC with her dog Huey and also works part time at the Vernon Women's Transition House.

Workshop #32 OKANAGAN FLOWER ESSENCES

with Pat Everatt Sunday 9AM-Noon in South Wing Upper B

Facilitate change in the emotional body which is the bridge between body and mind, and the physical and mental levels. Learn the history of flower essences and the consciousness of flowers. Learn when and why to use them and how to build our own essence during blossom season. Pat will muscle test to determine each individual's priority flower to work with. The Okanagan Flower Essences are made from blossoms which have been carefully chosen from a variety of habitats in the only desert in Canada - the northernmost tip of the Sonoran Desert.



Pat Everatt's training incorporates many different aspects of kinesiology, it is based on a therapy that involves neurolymphatics and releasing of the ligaments of the body. Combining identification of the priority emotional issue and active movement re-education, her work has a profound, long term effect. Pat lives and gathers in Keremeos. She will offer sessions in the Oasis and will have her Essences available at the Emporium.



Laurel Burnham says "It is my spiritual responsibility and great delight to be able to call other women together to celebrate. How willing we women are, how open and amazing and full of the divine. I am a woman learning to give birth to herself, learning to take a fierce joy in my own sweet wild woman within. I have studied feminist spirituality, tarot, gardening, Celtic wisdom and the "Goddess" path for over 25 years. I am a humble student of some wonderful Tibetan teachings. I

am also a community organizer, a mother of sons, a lover of life and a woman who loves herself, deeply, madly, trully."

ful to take home.

Workshop #34 INTRO TO THAI MASSAGE with Kristie Straarup Saturday 2-5 PM in North Wing

This method is a unique blend of pressure point work and manipulations or stretches to the body. It is based on the energy system within the body and yoga like stretches. Thai massage can be used to enhance relaxation and wellness or for therapeutic purposes.

Kristie Straarup is a registered massage therapist. She has been practicing and teaching the healing arts for 25 years. She has been a student at major massage schools in Thailand and studied privately with some of Thailand's most auspicious teachers. In her classes she combines the best of this traditional information in a comprehensive style. Kristie will also offer sessions in the Oasis.



Workshop #35 MANAGING ENERGY DURING SERIOUS ILLNESS (for person, healer, & support persons-all) with Joan Moffet Sunday 9AM-Noon in Maple Court 3

Serious illness moves many of us toward fears, treatments, disruptions, possibilities that rock the foundations of our confidence and coping strategies; and none of us are exempt from someone near us being on this path. This workshop will bring forward issues and approaches which can make the world of difference for all.

Joan Moffet is a therapist, healer, educator in the fields of energy medicine, childhood development, perception and physical therapy. She works and travels extensively abroad, taking her knowledge and skill to the service of children and families in the Philippines and other centres in South East Asia. She is now semi-retired, and very involved in the field of Energy Medicine. Joan will also be offering healing sessions in the Wise Woman Oasis.



Workshop #36 THE TAO OF SINGING-Freeing The Natural Singing Voice with Sharon Wiener Sunday 9AM-Noon, Chapel

Through this meditative vocal method that utilizeses presence, relaxation and 'effortless effort' you can overcome shyness, performance anxiety, and your worst fears about singing.



Sharon Wiener is a classically-trained singer and songwriter, meditation instructor and psychotherapist. She inspired many people while teaching this workshop through The Learning Annex in Toronto for many years before moving to Naramata, B.C. in 2005. Workshops are available for large or small groups, and private sessions for individuals.

SUNRISE CELEBRATIONS Saturday & Sunday - 6:45 to 7:45 AM



Huna Healing Circle with Rosi Saturday in South Wing Upper Back — A shamanic circle of visualized meditations and meditations to empower our 'prayers' for personal and planetary healing.



Drum Stirring with Tira Saturday in Maple Court 2 — Drum stirring in a healing circle. Everyone welcome. Bring a drum if you have one.



Osho Active Meditation with Samarpan Saturday in Great Hall — Activity leads to stillness in a natural process that can open space for meditation. Bring a blanket and pillow.



Nadabrahma Meditation with Urmi Saturday in North Wing — Sound and silence. A traditional Tibetan meditation to awaken, clear and rejuvenate.



Walking The Labyrinth with Laurel Saturday at the labyrinth - Experience the simplicity of meditation while walking this ancient pattern.



Water Music - Crystal Bowl Meditation with Florence — Saturday morning in the Chapel An experience of sound invoking the energy of water. with the Crystal bowls.



Quigong & Tal Chl with Cheryl Sunday in the Great Hall- Qigong relaxes the body/mind/spirit, works with "chi" energy, promotes circulation, improves flexibility & strengthens the immune system.



Circle Of Light Yoga with Dorianne Sunday in Maple Court 1—Awaken with a chanting meditation, followed by hatha yoga stretches and breathing. Bring a mat or blanket & wear comfortable clothing



Flowing Into Your Day with Brenda Sunday in South Wing Upper Front — Graceful and flowing sequence of simple Yoga postures and Qi Gong movements. Bring a blanket and/or towel.



Morning Yoga with Zena Sunday in North Wing Breathing, stretching, moving the body/mind and soul awaken. Bring a mat, blanket and wear loose clothing.



Morning Song with Sharon Sunday in the Chapel — Let the freedom of singing set the tone for your day.

WEEKEND

SATURDAY

numbers correspond to a map of the site available upon arrival	SUNRISE 6:45 - 7:45 AM	SATURDAY MORNING 9 AM - 12 NOON		SATURDAY AFTERNOON 2 - 5 PM			SATURDAY EVENING 7-11 PM
GREAT HALL	Osho Active Meditation Samarpan	#2 Inner Rhythms Drumming Joan Casorso		#5 Dance Of The 16 Goddesses Zena Ursullak		W L D	
NORTH WING	Tibetan Meditation Urmi Sheldon	#3 The Goddess Danced Domini Rood		The Goddess Danced Thai Massage		assage	W I S E
3 SOUTH WING Upper Front		#6 Feng Shul For Today Brenda Molloy		Time for a Session at the Oasis		3-5 PM #16 ro To Reiki Healing blly Biggar	W O M A
SOUTH WING Upper Back	Huna Morning Circle Rosi McLaren	#9 Intro To Tal Chi Cheryl Tanaka		#10 Ayurveda Foundations Elizabeth Innes		N C O M	
5 WISE WOMAN STUDIO Lower McLaren Hall		Time 10AM-Noon for a #12 Session Knit Together at the Heather Oasis Wheating		2-5 PM #13 Maskopause Anita /Hilary 3:30-5 PM #4 Breast Of TheGoddess Domini (in the cave)		E S H	
MAPLE COURT 1	Prosperity	#15 Intro To "The List" Marnie Hancock		#23 Writing On The Wild Side Deanna Kawatski		O M E	
MAPLE COURT 2	Drum Stirring Tira Brandon- Evans	9-11AM Time for a Session at the Evans Oasis		#27 Sex And The Senior Goddess Jeanette Dunagan		N T H E	
MAPLE COURT 3	Walking The Labyrinth Laurel Burnham (meet at the labyrinth)	#8 Acupressure Face Lift Teresa Turner-James		2 - 3:30 #21 Into Palmist Erin Dragons	try	3:30 - 5 PM #22 Intro To Tarot Erin Dragonsong	G R E T
GHAPEL	Crystal Bowls Meditation Fiorence Masotti	#24 Sacred Sound Florence Masotti		#25 Profound Play Celesttina Hart		H A L L	

SCHEDULE

SUNDAY

LOCATION numbers correspond to a map of the site available upon arrival	SUNRISE 6:45 - 7:45 AM	SUNDAY MORNING 9 AM - 12 NOON			SUNDAY AFTER 1:30 - 3:30 PM	NOON 4 - 5 PM	
GREAT HALL	Tal Chi Cheryl Tanaka	#11 Gypsy Tribal Dance Cindylee Yelland			111111111111111111111111111111111111111	C	
NORTH WING	Yoga Zena Ursullak	#31 Stress-Laughter-Play Unplugged Carole Fawcette		d	#20 Huna Rosl McLaren	L O S I	
3 SOUTH WING Upper Front	Flowing Into Your Day Brenda Molloy	#14 Truth And Dare Hllary Drummond & Anita Bakker		ond	#7 Acupressure For Menopause Brenda Molloy	NG C-	
SOUTH WING Upper Back		#32 Okanagan Essences Pat Everatt			#30 Short & Sweet Massages Karen Jasmine	R C L E	
5 WISE WOMAN STUDIO Lower McLaren Hall	The Receptive	#33 Gifts Of The Season Laurel Burnham (drop In session)		am	#12 Knit Together Heather Wheating	I N	
MAPLE COURT 1	Circle Of Light Dorlanne Kohl	#28 Healing Our Wounds Dorlanne Kohl			#6 Writing On The Wild Side Deanna Kawatski	H E G	
MAPLE COURT 2		9-11 AM Time for a Having The Eyes Session at the Sara Sinclair Oasis		for a Session at the	#18 A Blessing Between Us Tira Brandon-Evans	R E A T	
MAPLE COURT 3		Time for a Session at the Oasis 10 AM-noon #35 Managing Energy Joan Moffet		s5 Iging rgy	#19 The Gift Cindy Bertrand	H A L L	
OHAPEL	Morning Song Sharon Wiener	#36 Tao Of Singing Sharon Wiener		ng	#26 Circle Of Oneness Celesttina Hart		

Why Wise Woman? ~ reflections by Wise Woman Productions Team



Urmimpu

Writing from Costa Rica ... Why wise woman? The women of the house sit around the patio with the babies and the children. We have set up a sewing area but there is a lot

of other stuff going on. Laundry seems to be a constant daily thing. The chaos of children is less nerve wracking in the open air of the back yard. One of the young women in the house has a small baby and the other day a neighbour brought over a baby to be nursed because the baby's mother was away for the day. This simple act of sharing was a symbolic peek into the everyday world of these women. I watch as they care for the kids and take care of cooking and of keeping the house. The patience that they demonstrate and acceptance of their role as women is something I have never really felt within myself. Could it be that at the age of fifty I can begin to appreciate the life of women to be able to watch the generations roll by? Babies to toddlers to teens to young mothers to grandmothers. To see the span of life repeating over and over and still loving it. Why wise woman? because there is so much beauty and pain and mystery in life and I want to share and feel that with others. I want to know that there is purpose and joy in gathering and sharing and that somehow through everything it is the women who hold the good things in life together. Urmi has started a women's sewing cooperative in a rural village in Costa Rica.



Laurel

One of the ideas I am gnawing on is that we are in danger of losing our imaginations. Is American Idol the best we can do? Stephen

Harper? George Bush? global warming? I'd like to think that we do have the power to imagine another world. And if we understand anything from "What the Bleep Do We Know" or any of the myriad teachings about time/space/reality is that we do have the power to create another world. And that's where we come in, all of us wise women, dancing gracefully and gratefully through our lives here from birth to death, to find a better way. A more loving, spacious and free way. A world where the values that sustain us all: compassion, tolerance, nurturance, peace, patience, good humour, creativity, gratitude, are the virtues that govern every human action on the planet. Just as women continue to give birth to the human race even under the most inhospitable conditions, so too do we have the capacity to give birth to ourselves, to other solutions, to another way of life. Every Wise Woman Weekend is a soul injection for me. A few days a year, I get to be with just women, with a chance for us each to follow the steps of a dance guided by the wisest of hands, following that siren song to my heart's true home. It has been made clear to us that this is the time when we must learn to dance and work together. Why not join us for Wise Woman Weekend? Come celebrate! Come Home!



Samarpan

Counting the first decade of Wise Woman Weekend brought me to consider the counting of time in tens. For me, ten years is a long time to stick

with anything. I guess we begin counting our lives in decades once we have a few "under our belts". With four moving close to five decades under mine I look back at each decade with interesting memories. The first - a blissful childhood - the second getting through school and university opting out of society finding independence the third - motherhood and discovering my seeker ... now in the fourth - lots of physical changes I thought "would never happen to me". I imagine in my fifth decade that motherhood will be a bit more relaxed with both children having 'fledged' by then. I imagine more time for travelling in inner and outer dimensions. I imagine visiting my mom in her garden, she will be in her seventh decade by then and my dad in his eighth. My mother in law will be in in her ninth. My partner in his sixth. My children will both still be in their second for most of my fifth...phew! With an annual event such as Wise Woman Weekend it is easy to mark time. The weekend provides a backdrop on which we can watch the wheel of change turning slowly, marking growth and change in our Selves and our world. We sow the seeds of feminine energy each year, and then we witness as these seeds of change take their time to grow even in our fertile soil of love.

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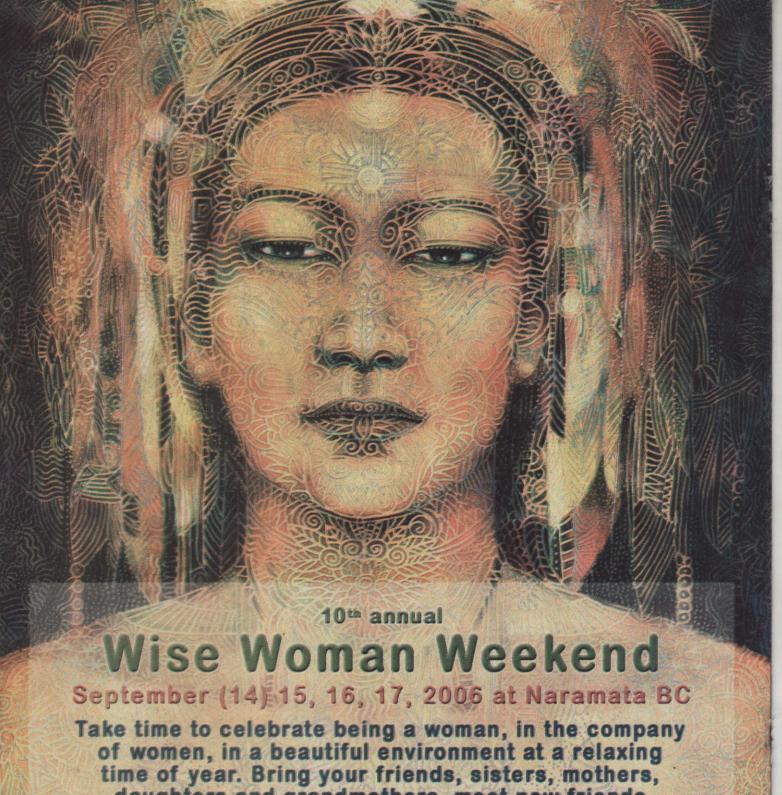
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Wise Woman Weekend

September (14) 15, 16, 17 2006 at Naramata, BC OPTIONAL EXTRA DAY THURSDAY 14 TH FOR A LIMITED NUMBER OF PARTICIPANTS						
Name:	Addres	s:	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.						
Wise Woman registration Desk is in Columbia Hall. It is open 1-2 PM Thursday, 2-10 PM Friday and during breakfast and lunch times Saturday and Sunday.	Thursday Full Weekend: Saturday Only: Sunday Only:	\$80 (same price all ages) inclustates (\$125, seniors 65+ yr.) \$100 (\$80, seniors 65+ yr.) \$60 (\$40, seniors 65+ yr.)	### AFTER AUGUST 25 ### des accommodation, thurs din, fri brk ### \$170 (\$150, seniors 65+yr.) ### \$120 (\$100, seniors 65+yr.) ### \$80 (\$60, seniors 65+yr.)			
Naramata Centre meals must be preordered by August 3 Full course meals include beverages and dessert. Naramata Centre meals must be preordered by August 3 Full course meals include beverages and dessert. Naramata Centre meals must be preordered by August 3 Full course meals include beverages and dessert. Special diet requests available if pre-ordered. Special diet requests						
REGISTRATION DETAILS 50% minimum payment required at registration. Full payment preferred by September 3. There is a \$25 processing fee included in registration fees. Refunds, less this fee, will be given upon written request prior to Sept 8. Payment by money order and cheque is preferred (payable to Wise Woman Productions). We also accept MasterCard & Visa. Charge payments will be processed by Health Action Network Society. We will call for your card number or you can provide it in the space below.		Registration Fee: Accommodation To Meals Total: Total Extra Day Thurs \$6 +6% gst Grand Total Enclosed	S			
ignatureWise Woman Pro	ductions	Prebook (pay on arrival -	a Session in the Oasis \$10 for 30 & \$20 for 60 minutes)			

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