

11th Annual
Wise Women Festival
Sept 19-21 2008

**at Naramata Centre
near Penticton, BC**

**\$155 if registered
before July 30**

A Healing Oasis

**Sunrise Ceremonies
& 31 Workshops**

**A Festival Store
& more...**



www.issuesmagazine.net

SEPTEMBER 19-21 - 11th annual

Wise Women Festival Celebration

\$155 if registered before July 30th

plus meals and accommodation for the weekend plus GST

If 4 women register as a group they may bring their favorite crone for FREE.

A crone is a Wise Woman who is 69 years or older.

You may register by mail using the form on page 9 and pay by cheque ...
or by phone calling Marion (250) 497-6861 using your credit card.

This Celebration is the third weekend of September, at Naramata Centre,
a conference facility operated by the United Church.

Wheel-chair accessible and next to Okanagan Lake near Penticton, BC.
THEY DO NOT ALLOW DOGS ON-SITE.

Weekend Schedule

FRIDAY SCHEDULE

Noon ... OnSite Registration and Healing Oasis Sign-up starts

5:15 - 6:15 pm Dinner

7:30 pm... OPENING CEREMONIES

followed by Introduction of Workshop Presenters and
concluding with a twenty minute Crystal Bowl Sound
Meditation with Terez.

SATURDAY SCHEDULE

6:45 - 7:30 am • Choice of six sunrise ceremonies

7:30 - 8:30 am Breakfast

8:45 - Noon • Choice of eight workshops

12 - 1 pm Lunch

2 - 5:15 pm • Choice of eight workshops

5:15 - 6:15 Dinner

7:30 - 10 pm • BELLY DANCE EXTRAVAGANZA

SUNDAY SCHEDULE is the same except after lunch there is
one last set of workshops. A time for hugs and fond farewells.

Accommodation is on a first come basis.

Information and costs are on the registration form on page 9.

Everyone must check out of their rooms by **10 AM** on Sunday.

Meals Please pre-order by September 1 • Naramata
Centre offers full course meals with a salad bar, beverages and
desserts. Meal prices are on the registration form on page 9.
If we have cancellations, a few meals could become available.



Refreshment Stations provide herbal teas and
organic apple juice all day. Coffee is brewed at 10:15 and 3:30 pm.

We ask that you bring a travelling mug. Thanks!

Finding Naramata - Driving into Penticton from the
South, pass the Airport and turn left at the traffic lights (just
over the bridge) onto Channel Parkway (hwy 97 N). Go through
two traffic lights to a third traffic light at Eckhardt Ave. Turn
right, go through four traffic lights and one block to **Haven
Hill.***** Turn left, up hill one block to the 'Y.' Turn right onto
Johnson Road, go 3 long blocks. Turn left onto Upper Bench
Road, go approx. 1 km. Turn right on McMillan Ave... go 1 long
block, turn left onto Naramata Road. From this point it is

approx. 11 km to Naramata. Watch for the sign • 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. Go two blocks
and you will be on Ellis St and at the Naramata Centre.

Coming from the North - Cross the bridge, you
are now on Eckhardt Avenue, stay on Eckhardt to **Haven
Hill.** Follow the instructions.***

Angèle

Organizer
250-366-0038



Marion
Desborough

Registration
250-497-6861



Christina Ince
Healing Oasis
Co-ordinator
250-490-0735



The Healing Oasis

offers Healing Sessions all weekend
arrive early and enjoy.

Signing up for sessions for the weekend start Friday at noon.

Reiki by donation will start at noon.

A variety of healing sessions are available Friday 3 to 6:30 pm.

Sign up 8 am both mornings. Sessions are 8:30 am to 4 pm.

Rate of \$20 per half hour or \$30 per hour.

Reiki sessions are Friday ONLY (drop-in • by donation)

The Healing Oasis is in Lower McLaren Hall.

If you wish to work in the Healing Oasis

we offer a trade: 6-7 hours of healing sessions for a weekend
pass. All weekend there will be food available in the Healing
Oasis at no charge or you can order the Naramata Centre
meals, prices on page 9. If interested in sharing your skills
please go to our website, it has lots of the details including a
page with *most frequently asked questions*. Then email
Christina at christina@holisticcounsellor.com. If need be...
phone her at home: 250-490-0735.

The Festival Store has space to sell various
crafts, crystals, jewellery and more. If you are registered as a
participant and want to bring items to be sold in the store call
the office at 250-366-0038.

Questions?

Call Toll Free


1-888-756-9929

Wise Women Angels

WEEKEND SCHEDULE

Saturday

Sunday

	8:45 - noon	2 - 5:15 pm	8:45 - noon	1:30 - 3:30 pm
North Wing	# 23 Teresa Cline Healthy Abundance	# 24 Sharon Taphorn Ten Principles of Consciously Creating	# 17 Terez LaForge Crystal Bowl Continuum	# 04 Denise Obidowski Grace of Inspiration Ho'oponopono
South Wing 1 - Front	# 21 Marilee Sharpe Nonviolent Communication	# 22 Marilee Sharpe NVC, part 2	# 10 Rita Scott Youthful Retirement, part 1	# 11 Rita Scott Youthful Retirement, part 2
South Wing 2 - Back	# 01 Ariole Alei Intuition - Waking the Sleeping Giant Within You	# 26 Brenda Molloy Introduction to Feng Shui	# 02 Ariole Alei The Power of Anger -Your Rocket Fuel for Life	# 27 Brenda Molloy Acupressure & Menopause
Sessions	# 03 Denise Obidowski Fun With Journaling	# 30 Kim Greenhow Healing Art of Expression	# 31 Kim Greenhow Healing Art of Expression	# 13 Cara Beckett An Introduction to Source Synergy
Alberta Hall Upper	# 05 Sue Peters The Healing Circle	# 12 Cara Beckett Emotional Freedom Tech.	# 07 Florence Ellen Understanding the Deeper Meaning of Dreams	# 06 Sue Peters Connecting with Spirit Guides
Alberta Hall Lower	# 19 Kuya Minogue Writing a Woman's Life: Spiritual Memoir	# 08 Janet Pearson Nourishing the Divine Temple	# 29 Christina Ince Hot and Heavy	# 09 Janet Pearson Our Emotional Relationship with Food
Great Hall	# 14 Joan Casorso Drum & Dance to the Rhythms of Life	# 15 CindyLee Yelland The Sisterhood of Belly Dance	# 16 Jenny Puls Belly Dancing for the Goddess Within	
Chapel or Other	# 18 Cathy Gordichuck Mystic Colours of the Soul: Colour is a Psychic Sense	# 28 Christina Ince Hands-on Healing <i>in the Healing Oasis Cave</i>	# 20 Kari McCuish Heart of the Drum	# 25 Sharon Taphorn Labyrinth Walk

SUNRISE
6:45 - 7:30

Saturday

Sunday

North Wing	Sharon Taphorn Journey to a Lemurian Healing Temple	Terez LaForge Crystals Bowls
South Wing	Kuya Minogue...Zen Writing Practice	
Sessions	Kari McCuish...Spirit Drum Meditation	
Upper Alberta Hall	Cathy Gordichuck Rainbow Blessings Meditation	
Lower Alberta Hall	Florence Ellen ... Dream Interpretation	
Great Hall	Sunday only Jenny Puls...Belly Dancing	

Saturday Evening Dance Extravaganza in the Great Hall 7:30 - 10:00 pm

Joan Casorso, CindyLee Yelland and anyone else who would like to give a performance or demonstration is welcome to join in the evening activities. Students from the day classes may also perform. CindyLee will lead women in the art of belly dancing. Joan is willing to drum and we'll see what wants to happen.



Joan Casorso and her African Drums



CindyLee Yelland
with her Angel Wings

Workshops & Workshop Leaders

The workshop numbers correspond to the numbers on the overall schedule

Workshop # 01 Saturday morning 3 hours

Intuition – Waking a Precious Sleeping Giant Within You

Have you ever made a decision you regretted? Do you second-guess yourself? Why waste vital energy 'spinning your wheels' when you can know what is right for you in less than a second? Discover why Oprah, Einstein and Gandhi are such powerful and confident influences in our world. Meet your own Guides, experience a Vantage of your own life, enter into Grace – a blissful state of flow. Based on Ariole's acclaimed Book and Tele Class Series *Awakening Instinct - The True Feminine Principle*.



ARIOLE K. ALEI

Vancouver, BC • 604-731-1783

www.HeartSongSolutions.ca

An international teacher, healer, coach and global visionary, I have met personally with His Holiness the Dalai Lama and other world leaders to discuss my Vision of "A New Model of Exemplary Global Leadership". I am the author of seven books including H.O.P.E. = Healing Ourselves and Planet Earth and Imagine This ... A 'Law of Attraction' Book for Children. I lead international Retreats and Tele Classes, awakening human consciousness to its memory of its ultimate potential.

Workshop # 02 Sunday morning 3 hours

The Power of Anger – Your Rocket Fuel for Life

Do you 'never get angry'? Do you feel like there's a pressure bomb inside of you, waiting to explode? Are you depressed or disempowered? Learn how to stand in your power – and love it! Discover the purpose of anger and how to befriend it, never again repressing or avoiding it. Based on Ariole's Book and Tele Class Series *The Power Of Anger - Blasting Through Your Limitations and Transforming The World*.

Workshop # 03 Saturday morning 3 hours

Fun With Journalling

Journaling is a powerful tool for recognizing not only our patterns of behaviour but also as a tool for allowing repressed feelings and thoughts to emerge. This is very liberating for the soul. Come and learn 15 different ideas/ways to pump up your journaling. Some may just surprise you - such as using crystals as a jump-start for your writing. These 15 techniques will be lots of fun, but also very revealing.



DENISE OBIDOWSKI

Kelowna, BC • 250-860-5529

www.enlightenedtransformation.com

A spiritual teacher and published author who opened the Eclectic Spirit Metaphysical Centre in January 2008 in Kelowna. I offer a variety of workshops as well as intuitive readings which include channeling. I have been actively involved in the spiritual path for the past 21 years, and have been intuitively sensitive since childhood.

Workshop # 04 Sunday afternoon 2 hours

Grace of Inspiration - Ho'oponopono (2 hours)

Ho'oponopono is an ancient Hawaiian sacred teaching. Come and learn simple Ho'oponopono tools to aid you in accessing the peace and grace of your own spirit which is continuously connected to All That Is. It is truly your own conscious connection to Spirit that you seek.

Workshop # 05 Saturday morning 3 hours

The Healing Circle

A powerful form of Long Distant/Group & Individual Healing - using Hawaiian Huna, teachings from the Mystery Schools, Andean Shamanic Clearing techniques, Breath and Elemental Energies. This healing circle is directed to individuals, communities, countries, planets, and universes, anywhere that there is a need or desire for change and a more joyful way of life. Everyone can benefit from the power and joy of this circle.



SUE PETERS

Keremeos, BC • 250-499-5209

Being connected with the natural world is very important. This connection teaches us to be grounded in the present, and shows us how to follow the flow of whatever life stream we step into. I have been trained from a colourful mix of both Aboriginal and European based peoples. My teachers have taught me how to learn and work with Earth Energies, the Spirit worlds and how to use the old forms of healing through Reiki, Pranic Healing, Applied Kinesiology, Acupressure, Ra Sheeba, Munay-ki and many other "alternative" modalities.

Workshop # 06 Sunday afternoon 2 hours

Connecting with Spirit Guides

Learn how to tune into and communicate with your Spirit Guides. Those in Spirit, whether it is a relative, friend or spirit guardian are always there beside us gently prodding and loving us along on this Earth Walk. You will be offered some simple steps in learning how to connect and listen to your Guides and Ancestors as they commune with you.

FLORENCE ELLEN

Kamloops, BC • 250-554-8770
www.mysticdreams.ca

I love being a dream interpreter and have appeared many times as a guest on the Kamloops radio station CIFM where I interpret dreams on a live call-in show. I am the author of *Decoding the Parable of Dreams* and owner of Mystic Dreams (a metaphysical shop in Kamloops).



Workshop # 07 Sunday morning 3 hours

Understanding the Deeper Meaning of Dreams

Entice your soul to go further into your inner core as you connect you with your higher self in dream time. Understand the encrypted lost language of dreams that will take you on a journey into the higher realms of spirit guides, beyond the confines of this dimension of time and space.

SUNRISE CEREMONIES: BOTH morning in lower ALBERTA HALL

Dream Interpretation • Bring a dream so we can better understand the messages they give us.

JANET PEARSON

Kaslo, BC • 250-353-2463
www.kootenaylodge.com

A Master Herbalist and Certified Colon Hydrotherapist dedicated to exploring and experimenting with food choices and preparation for cleansing and health. I am an organic farmer working towards growing and feeding myself and others with the very best food possible.



Workshop #08 Saturday afternoon 3 hours

Nourishing the Divine Temple: Food Choices for Higher Consciousness

Take a deep look at the foods you are feeding your Self, exploring the connection between physical and spiritual bodies. Visualization, divination, preparation and taste testing will be used to explore organic, alkaline and raw food choices.

Workshop #09 Sunday afternoon 2 hours

Our Emotional Relationship with Food

How, what, when, where and why do we eat? Journey to discover, share and release emotional connections with food. Learn to create a healthy and nourishing relationship with this life-giving gift from Mother Earth.

RITA SCOTT

Creston, BC • 250-428-3390

I am a semi-retired lawyer who brings a lifetime of experience with change, transformation, life long learning and excitement about the retirement adventure.



Workshop #10 Sunday morning 3 hours

Youthful Retirement, part 1

In the morning we will focus on our fears and expectations around the 'dangers and delights' of retirement. We will engage with others in exercises designed to help make concrete what we most dread and what we most hope for. Sharing in small groups, we will write and role play.

Workshop #11 Sunday afternoon 2 hours

Youthful Retirement, part 2

In the afternoon we will explore the financial, legal and emotional pieces of information and how to obtain what we need to make a happy transition to a youthful time of our lives. Participants can attend the entire 5 hours or come for either the morning or afternoon sessions.

CARA BECKETT

Kamloops, BC • 250-554-7902
www.orgelaithwholistics.ca

Originally trained in bodywork, I began working as an emotional healer and Spiritual mentor to achieve faster and deeper results, by dealing with the original source of pain - unhappy emotions. Only when the original source of pain is released, can you experience peace.



Workshop # 12 Saturday afternoon 3 hours

Learn Emotional Freedom Technique (EFT) and Become Free From Limiting Emotions

EFT, a gentle method of emotional healing, uses tapping to stimulate the body's energy patterns while resolving your emotional issues. Learn to use it for yourself in this informative workshop.

Workshop # 13 Sunday afternoon 2 hours

An Introduction to Source Synergy

Experience a deeper connection with Source with an easy way to "connect". Ask Source to resolve past trauma, and co-create your desires with a synergistic connection between yourself and Source.

Workshop # 14 Saturday morning 3 hours

Inner Rhythms – Drum and Dance to the Rhythms of Life

In this Djembe hand-drumming workshop, participants will experience the rhythmical community connection and the interrelationship between drum, dance and song. The rhythms are learned orally by story (call and response), sung with feeling, played with passion and danced with joy. Rhythm is the universal heartbeat that connects all people and cultures. Some drums will be provided or bring your own.



JOAN CASORSO

Kelowna, BC • 250-862-9724

www.innerrhythms.ca

I bring over 25 years of teaching experience, along with the development of the *Inner Rhythms Teaching Methodology System*. My classes encompass drum, dance, rhythm based communication activities, Yoga plus, community building and body/mind/spirit health. My gentle and informative approach allows participants to relax and open to their potential.

Workshop # 15 Saturday afternoon 3 hours

The Sisterhood of Bellydance

Come, experience a celebration of the divine feminine. Tap into the goddess within and the intuitive knowledge each woman has of this ancient art form, including exploring the sensuous mysteries of the veil. There is no wrong way to dance to the music in your soul. (no dance experience necessary)



CINDYLEE YELLAND

Kelowna, BC • 250-868-2210

www.angelontheloose.com

A spirited and passionate dancer I have studied dance extensively with local and international instructors since 2000. I am the director of the Loose Hip Sisters Bellydance club in Kelowna, where women are free to unleash their passions.

Workshop # 16 Sunday morning 3 hours

Belly Dancing for the Goddess Within

Come and join me for some exotic fun. Connect to the energy of the Goddess through this dance and become healthy, sensual, powerful and spiritual all at the same time. Size or age doesn't matter. Learn the basic movements with the related chakras along with a mini-routine you can take home. Please bring a hipscarf (or buy one in the store). If you wish bring your Goddess clothes!



JENNY PULS

Penticton, BC • 250-497-1189

I am an accountant who at the age 40 started belly-dancing in my spare time. I love teaching women how to move their body parts sensuously and spiritually. For the past 7 years I've been performing and teaching with Get Bent Yoga & Bellydancing. For the past two years I have been practicing Reiki and feel the source has empowered me to share this healing modality.

SUNRISE CEREMONIES: SUNDAY ONLY in the GREAT HALL

Belly Dancing for Fun and Fitness • Stretch and strengthen muscles that allow moving with grace.

Workshop # 17 Sunday morning 3 hours

Crystal Bowl Continuum

Using harmonic sounds and overtones we will explore the musical scale and parallel it to the sacred energy centers in the body, the chakras. Outwardly, you are still and cocooned, internally you may time travel or visit the celestial realms. A good time to dream and set new intentions.



TEREZ LAFORGE

Kamloops, BC • 250-374-8672

www.terezlaforge.com

A long standing student of sound and transformation I use crystal bowls and some metal percussion instruments for stirring us to the core and then returning us to this reality with more personal freedom.

SUNRISE CEREMONIES: SUNDAY ONLY in the NORTH WING

A Sound Meditation • Using the crystal bowls and/or other instruments we will create alignment with our intent.

Workshop # 18 Saturday morning 3 hours

Mystic Colours of the Soul: Colour is a Psychic Sense.

When we become open to the senses and gifts within ourselves we realize the ability to gain knowledge from the Spiritual realms of understanding. To learn the intricacies of colour enriches our perceptual abilities. You will discover your Soul colour(s) and their meanings for you.



CATHY GORDICHUCK

Edmonton, AB • 780-476-0828

www.colourenergetics.com

A colour and sound therapist/educator who established the ColourEnergetics® School of Vibrational Studies over ten years ago, for those who wish to pursue the study of colour and sound therapy. I share my passion and joy of living in full radiant colour with all.

SUNRISE CEREMONIES: BOTH MORNINGS in upper ALBERTA HALL

Rainbow Blessings • Meditation on the spectral colours with affirmations and breathing exercises for balance, relaxation and inspiration.

KUYA MINOGUE

Creston, BC • 250-428-3390

www.zenwords.ca

I have been teaching Zen Practice since 1989. In 2006, I took dharma transmission from Natalie Goldberg in Zen Writing Practice and use writing in all my workshops. I have been researching and writing about women teachers since 1993 and am now the resident Zen teacher at the Creston Zen Centre and teach memoir writing at College of the Rockies in Creston.



Workshop #19 Saturday morning 3 hours

Writing a Woman's Life: Spiritual Memoir

We will use Zen Writing Practice to enter (or re-enter) the process of memoir writing. We all have a story to tell about our spiritual journeys, and taking time to do that is good. We will consider the spiritual memoirs of the wise women of ancient India and China for inspiration. We are the wise women of today; we must write our stories. Bring a notebook and two fast pens.

SUNRISE CEREMONIES both mornings in SOUTH WING

Zen Writing Practice • Try greeting the day with the wisdom from within your mind.

KARI McCUIISH

Cumberland, BC • 250-336-2525

I have been practicing meditation for over 20 years and incorporate various spiritual practices including some Shamanic practices, working with the Fey and one's Higher Self. I am an intuitive Tarot reader, Ra~Sheeba and Reiki Master and have recently completed Level 1 of Signature Cell Healing.



Workshop #20 Sunday morning 3 hours

Heart of the Drum

One does not have to be a musician to enjoy drumming. Drumming creates a vibration that reconnects people with their bodies and the earth and aids in healing and meditation. Try simple techniques that can transform your relationship with drumming. Bring a drum, rattle (maraca) or a tambourine if possible.

SUNRISE CEREMONIES both mornings in the SESSIONS ROOM

Spirit Drum Meditation • A powerful way to meditate as it brings your personal vibration into the realm of spirit allowing for more direct contact. The repetitive beat of a drum gives the mind something to fixate on bringing about a calm, mental state.

MARILEA SHARPE

Kelowna, BC • 250-868-9188

I have worked in the insurance industry for ten years and felt that business was a process of necessary negotiations which sometimes ended in judgments, demands and frustration. About eight years ago I got involved with a study group hosted by Mary Ellen McNaughton in Kelowna, which focused on Marshall Rosenberg's book called *Nonviolent Communication - a language of life*.

The group inspired me to study further so we can all reach a deeper connection with ourselves and others.



Workshop #21 & 22 Saturday morning and afternoon 3 hours each

Nonviolent Communication

A time that allows us to reach beneath the surface and discover what is alive and vital within us. All of our actions are based on human needs that are seeking to be met. When we understand and acknowledge our needs, we create a more satisfying relationship with others and a deeper connection within ourselves.

The first 3 hour workshop will focus on the basics of the NVC process, the actions we are observing, how we feel in relation to what we are observing. The needs, values, desires, etc. that are creating our feelings and the actions that we request in order to enrich our life.

The second 2 hour workshop will focus more on group work using the NVC model, a progression from the first workshop.

TERESA CLINE

Penticton, BC • 250-490-0921

I am a Certified Nutritional Consultant, Reflexologist, Reiki Master/Energyworker, Spiritual/Intuitive consultant and always a student of life. I love to laugh and share my passion with others. After healing myself I have chosen the path to assist others.



Workshop #23 Saturday morning 3 hours

Healthy Abundance

Illness, disease, low energy, weight gain and many other health concerns can be improved by proper nutrition. Take control of your health with the basic principles of nutrition. Food is required to live, yet is still not fully understood by many. Quality nutrients provide the building blocks that are required to live a long, active and healthy life. Learn how nutrients are broken down, absorbed and utilized within your body, and how to improve your health.

Workshop #24 Saturday afternoon 3 hours

Intro to the Ten Principles of Consciously Creating

These principles are powerful tools of awakening, when studied and practiced, they allow you to create the life experience you desire, based on universal laws that you can use right now to create happiness and self fulfillment. Discover how you too can experience a life lived filled with prosperity and joy, in perfect alignment with your higher intentions.

Workshop #25 Sunday afternoon 2 hours

The Labyrinth Walk

Ancient patterns made of grass and gravel. A labyrinth is a single path or unicursal tool for personal, psychological and spiritual transformation. Labyrinths are thought to enhance right brain activity. Come and experience several methods for exploring this sacred space.



SHARON TAPHORN

Vancouver, BC • 604-874-3770

www.playingwiththeuniverse.com

I am a teacher, healer, adventurer, and always the student. I love to share the teachings beyond the physical that assist us in the physical. I am an adult (well sometimes) indigo. I've spent many years working with other realms of consciousness. I am a Signature Cell Healer P/T, Certified Instructor of the Ten Principles of Consciously Creating, Spiritual Psychology and Spiritual Communication from Lightworker, Practical Nurse, Tachyon Wellness Practitioner, Reiki Master/Teacher, and more.

SUNRISE CEREMONIES: SATURDAY ONLY in NORTH WING - A guided journey to a Lemurian Healing Temple.

Workshop #26 Saturday afternoon 3 hours

Introduction to Feng Shui

Discover how to call positive energy into all aspects of your life by applying the ancient Chinese art of placement. With this introductory knowledge you will be well on your way to intuitively enhancing your personal paradise while honoring Self.

Workshop #27 Sunday afternoon 2 hours

Acupressure & Menopause

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



BRENDA MOLLOY

Kelowna, BC • 250-769-6898

www.studiochi.net

I am a Shiatsu Therapist, Acutonics Sound Healing Practitioner, Yoga Teacher, Feng Shui Consultant, and Tantrika. As proprietor of Studio Chi, a school dedicated to the exploration of the movement of chi (energy) I love to share my passion for life. My playshops are relaxing, therapeutic, educational and fun.

Workshop #28 Saturday afternoon 3 hours in Lower McLaren

Introduction to Hands-on Healing

A gentle yet powerful art - with benefits to both giver and receiver. It restores and balances your natural energy, is non-invasive, relaxing and refreshing. Anyone can learn this powerful and nurturing modality. We'll include grounding and the skills of the healer. Wear comfortable clothing and be prepared to give and receive.

Workshop #29 Sunday morning 3 hours

Hot and Heavy

Suffering from emotional eating, starving-and-binging, cravings, overeating, yo-yo dieting, unexplained weight gain, poor self-image, hiding under dull shapeless clothes? Learn about: eating consciously; why 'diets' don't work; a tapping technique to decrease emotional eating and cravings; which colours enhance you; how to accept - even love - the curvaceous woman you are right now!



Christina
is the
Healing
Oasis
Coordinator

CHRISTINA INCE

Penticton, BC • 250-490-0735

www.holisticcounsellor.com

I have an holistic health practice offering Reiki teachings and treatments, Reflexology, Detox Footbath, Hypnosis and NLP, relationship enhancement, couples program and various workshops. I have been involved in women's groups and events for many years, and love helping people realize their healing and truth.

Workshop #30 Saturday afternoon 3 hours #31 Sunday morning 3 hours

The Healing Art of Expression

Join me to discover and explore that innate creativity at the heart of every woman. We'll begin by increasing energy with smudging, breathing, and mind gems, then move on to music and free-form dancing outside! Art supplies are provided for you to access your natural creative abilities, then we will come together in circle to contemplate, reflect on, and discuss our myriad creations with compassion, appreciation and trust.



KIM GREENHOW

Penticton, BC • 250-493-1792

I am a potter, painter, mother, teacher, healing arts practitioner.....after a profound experience I knew I wanted to be a healer so now I blend various healing modalities with the spiritual aspects that manifest in my art work.

Register before July 30th .. \$155 plus meals, accommodation and gst

REGISTRATION FORM

Registration and Reiki start at Noon.
Healing Sessions available Friday 3 to 6:30 pm

Name(s) _____

Address _____ Phone _____

Town _____ Prov. _____ Code _____ email _____

FESTIVAL FEES

		Weekend	Saturday only	Sunday only
Women	on or before July 30 th	\$ 155	\$ 105	\$ 60
All Ages	August 1 th – Sept 15 th	\$ 175	\$ 120	\$ 70
	After Sept 16 th and on site registration	\$ 185	\$ 130	\$ 75

*If 4 women register as a group, they may bring their favourite crone for FREE.
A crone is a Wise Woman who is 69 years or older.*

MEALS....Please preorder by September 1

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

6 meals Fri dinner to Sun lunch \$85.00 _____ **5 meals** Sat breakfast to Sun lunch \$65.00 _____

INDIVIDUAL MEALS Fri. Dinner \$ 20.00 _____ Sat. Breakfast \$ 10.00 _____ Sat. Lunch \$ 13.00 _____
Sat. Dinner \$ 20.00 _____ Sun. Breakfast \$ 10.00 _____ Sun. Lunch \$ 13.00 _____

Please circle if you have a preference for ... **NO DAIRY** **NO WHEAT** **NO FISH**

ACCOMMODATION *Bedding and towels included.* Check out time **10 AM - Sunday**

- Alberta Hall *a two storey dorm with 2 single beds in a room and a large bathroom on each floor.*
 - One woman, one night \$60
 - One woman, two nights \$100
 - Two women, one night \$50 per person
 - Two women, two nights \$75 per person
- Cabins *One or two bedrooms. Front room has a hide-a-bed/couch. Kitchen has dishes, toaster, kettle and pots.*

SHARED ONLY

 - \$100 per person for two nights (2 people in a one bedroom cabin or 3 people in a two bedroom)
 - \$90 per person for two nights (3 people in a one bedroom or 4 people in a two bedroom)
- R.V. Space \$ 35 per night including electrical hook-up *R.V. & tent spaces have a central bathroom with shower and a picnic area.*
- Tent \$ 25 per night .. no power

Festival Fees \$ _____
 Meals \$ _____
 Accommodation \$ _____
 Subtotal \$ _____
 GST (add 5%) \$ _____
 Grand Total \$ _____
Amount enclosed \$ _____ (50% deposit required)
 Balance ... \$ _____ payable at the door

To register by phone with a credit card please call Marion **250-497-6861** in OK Falls; BC

To register by mail using a cheque make it payable to **Visions Unlimited, Wise Women** and mail to:
Marion Desborough
RR#1 S-6 C-100, Okanagan Falls, VOH 1R0

We do not mail receipts. If you need confirmation please give us time to process the form and then call **250-497-6861** or email: **Marion Desborough** at ...lady700@shaw.ca

No refunds on meals or accommodation **after** Sept. 15. A refund is the deposit less \$30 per person if notified **before** Sept. 15.