

13th Annual

Wise Women's Festival

Sept 18-20 2009

**at Naramata Centre
near Penticton, BC**

**\$165 if registered
before August 15**

A Healing Oasis

Sunrise Cermonies

A Festival Store



Kuan Yin
Goddess of Compassion
as painted by
Daniela Schenker
in the book with the
same title published by
SoundsTrue.com

Program is on-line at www.issuesmagazine.net

September 18 - 20 • 13th annual

Wise Women's Festival Celebration

Adults \$165, Crones & Maidens \$135 if registered before August 15th
plus meals and accommodation for the weekend plus GST

Register by mail using a cheque or by phone using a credit card.
Details on page 14



Wise Women Angels
Marion, Angèle & Christina

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.

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

Weekend Schedule

FRIDAY SCHEDULE

12 pm On-site Festival Registration starts
1 pm On-site Healing Oasis sign-up starts
5:15 - 6:15 pm Dinner

7:15 pm... OPENING CEREMONIES

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

SATURDAY SCHEDULE

6:45 - 7:30 am • Sunrise Ceremonies
7:45 - 8:30 am Breakfast
8:45 - Noon • Choice of twelve workshops
12:15 - 1 pm Lunch
2 - 5:15 pm • Choice of ten workshops
5:30 - 6:15 Dinner
6:45 - 8:45 pm • Choice of eight workshops

9 - 11 pm • Belly Dancers and Drummers
then taped music for those who wish to
continue dancing.

SUNDAY SCHEDULE is the same except after
lunch there is one set of workshops, then
Closing Circle from 4 to 4:30 pm. A time for
hugs and fond farewells. No dinner on Sunday.

The Festival Store has space to sell
various crafts, crystals, jewellery, etc. If you
are a registered participant and want to bring
items to be sold in the store, ask Marion for
details or go the website. We have a store man-
ager so that you may attend the workshops.

Refreshment Stations provide herbal teas and organic apple juice.



Please bring your travel mug or buy one from
the Festival store - There will be NO extra cups on site!

The Healing Oasis:

Sign-up starts at 1 pm - Sign up for a maximum of 2 sessions at a time.
Friday sessions are 3 to 6 pm
Saturday sessions are 8:30 am to 9 pm & Sunday sessions 8:30 am to 3:30 pm
Rate of \$20 per half hour or \$30 per hour. Reiki by donation.

The Healing Oasis is in Lower McLaren Hall. Sessions start Friday at 3 pm

Christina is the Healing Oasis Co-ordinator

We offer a trade: 6 hours of healing sessions for a
weekend pass. The healers bring food to share for the
evening potlucks, plus Angele makes soup and pro-
vides Judes homemade bread or you may order the
Naramata Centre meals, prices on page 14. Interested in
sharing your skills? Please go to our website, it has the
details including a page with frequently asked questions,
then email: christina@holisticcounsellor.com or phone
250-490-0735.



Christina Ince



Marion
Desborough

Marion is the Registration Co-ordinator

phone: 250-497-6861 • email: ladym700@shaw.ca

Accommodation is on a first come basis.

Costs are on the registration form on page 14.

Check out of rooms is 1 PM on Sunday.

Meals Please pre-order by Sept. 5 • Naramata Centre
offers full course meals with a salad bar, beverages and
desserts. Meal prices are on the registration form. If we
have cancellations, a few meals could become available
on-site. There are two restaurants not too far away.

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.***

WORKSHOPS & PRESENTERS

The workshop number corresponds to the numbers on the overall schedule

Workshop #01 Saturday morning 3 hours

Masterfully Messaging Myself

This workshop is designed to encourage women to embrace WHO and HOW they are. Celebration of self is what this workshop is all about. Attendees will have developed a personal message that celebrates the unique individuals they are.

Workshop #02 Saturday evening 2 hours

The 'Jung' of an Artist

A hands-on art class where each student will walk away with an art piece that all have collaborated on. No art experience necessary. This popular class is fun, thought-provoking and creative juice stirring!



DAWN TYNDALL

Vancouver Island • 250 751-4241

www.dawntyndall.com

Dawn has been a motivational speaker and comedienne for years.

She mixes humour, everyday life examples, and practical applications for audiences all over North America.

Dawn strongly believes each and everyone has something to offer and shares ways to not only find "your place" but CREATE your place.

Workshop # 03 Saturday evening 2 hours

Sounding the Stones Healing Resonances

This is a workshop about the healing power of body resonance generated through an experience of creating and receiving sound. Using sounds recorded in the temples of Malta above and below ground, we will call in the resonance of the healing rituals performed by priestesses of the neolithic era. From the labyrinthine passageways of the Hal Saflieni hypogeum the ancient stones re-new, re-member and re-create us in the image of ourselves as divine goddess creatrix.



MEDWYN McCONACHY

Courtenay, BC • 250 331-0233

www.medwyn.ca

Medwyn is a ritual artist and facilitator of women-nurtured spiritual learning opportunities. Her interests lie in exploring ancient matriarchal cultures, sacred geometry and Neolithic architecture as sources of regenerative wisdom. Her current research is in creating a restorative and transformative learning culture that validates women's experiential knowing.

Workshop #04 Sunday morning 3 hours

Ancestral Wisdom: Journeys with the Great Mother Goddess

This is a trance workshop recommended for those who have some previous trance experience. We will gain access to the wisdom of the ancient mother Goddess through journeying to her underground ritual chambers in the Hal Saflieni hypogeum in Malta. This underground temple resonates with her presence in ochre spirals, womb-shaped chambers, egg-shaped oracle holes and labyrinthine passage ways. Engaging with the energies of this sacred structure will restore and transform our experience of our own embodied ancient wisdom.

Workshop # 05 Saturday morning 3 hours

Whispered Wisdom

Designed to encourage direct communication with Spirit we will use ancient rituals, learned from the Medicine-men and women of Peru. Using direct communication with spirit, I will share the whispered wisdom from spirit to you. We will focus on connecting directly with your wisdom which you hold in the DNA, which can be accessed through intention, breath, and the availability to listen. *Please bring three small stones from Mother Earth that will fit into the palm of your hand to the workshop.*



THERESE DORER

Kamloops, BC • 250 578-8437

www.crystalclearinsights.ca

I have worked as a spiritual consultant and healer since 1998, and have been blessed to give hundreds of spiritual consultations. Since 2002 I have embraced the Shamanic teachings from the Quero in Peru. I am a full Mesa carrier of this ancient Shaman tradition, and have been initiated into the Shamanic Healing Traditions of the Medicine Healers of Peru.

Workshop # 06 Sunday morning 3 hours

Trust your Inner Wisdom

Designed to help you discover the wonder and magic of your wiser self. There will be opportunity for and meditations to discover your inner wisdom. This workshop will be experiential, with a combination of meditation and sharing as we discover our child-like wonder that connects us to the magnificence of the Divine.

ANASTASIA LOVE
Cherryville, BC • 250 547-0110
www.extraordinaryoutcomes.org

Anastasia Love is Certified in Flow Yoga, Reiki, Qi Gong and is an Advanced Crystal Healing Arts Graduate. She openly and intuitively shares her 17 years of knowledge and experience passed on from many well-known teachers around the world. Specializing in Transformational Healing Arts, Metaphysics, Energy and Movement, you are ensured an unforgettable experience, as she passes on these various techniques and tools to you.



Workshop #07 Saturday evening 2 hours

The Crystal Cave • Group Crystal Healing

With a clear intention and for the good of 'All' crystals will be placed around or on your body. You will be guided and supported on your Crystal Journey. I will hold your space and intention for your self-discovery and self healing so that you may access your subconscious, consciously, and embark on your own Inner Vision Quest. *Sound healers/musicians welcome to be part of the experience.*

Workshop #08 Sunday morning 3 hours

The Crystal Way

Our ancestors used crystals as medicine, divinity practices by the Celts, natives, shamans, kings, queens and priests. Nowadays crystals and their healing effects have been experienced, documented and passed on. Explore, play and journey with this ancient healing technique.

CHRISTINA INCE
Penticton, BC • 250 490-0735
www.HolisticCounsellor.com

My fascination for the Celts came from living in Ireland, North and South, for many years; and my interest in ancient wisdom aids me in my practice of Reiki, both teaching and giving treatments. My Penticton practice also includes Reflexology, Shiatsu Face-Lift, Aqua-Chi detox footbath, and hypnosis.



**Christina Ince is the
Healing Oasis Coordinator**

Workshop #09 Saturday morning 3 hours

Celtic Wheel of the Year

The Celts were a deeply spiritual, mystical, humorous, earthy race. Join me to explore the eight Celtic festivals, tree astrology, the Druids, modern relevance to yearly rhythms, your personal oracle, along with ancient wisdom, customs, spells, cures and rituals. Be enlightened, entertained and blessed; find your connection to the past, with deep meaning as well as fun; feast!

SUKHI FOX
Cherryville, BC • 250 547-0110
www.LodgeInnRetreat.com

Sukhi has been involved in fitness and wellness for over 25 years starting with aerobics. She studied Iyengar Yoga in India and Qi Kung in England before becoming a Flow Yoga teacher in 2000. For the last ten years she has been practicing Resonance Repatterning. Sukhi and her husband Randall own The Lodge Inn in Cherryville which provides yoga classes, counselling, guided nature hikes and more.



Workshop #10 Saturday afternoon 3 hours

Quantum Change Made Easy

Discover the secret patterns of energy operating your life with the Resonance Repatterning™ System. Awareness is everything. When you discover the pattern - you have the power to change it. As you transform your mental-emotional blueprint, extraordinary outcomes in any area of life can be experienced. This workshop will offer the experience of a group resonance repatterning and also teach participants at least seven healing modalities that can change their life!

CATHY GORDICHUK
Edmonton, AB • 780 476-0828
www.colourenergetics.com

Cathy is a certified colour and sound educator/therapist. Colour Energetics School of Vibrational Studies was established by Cathy over 10 years ago for those wishing to discover the world of vibrational healing. Cathy is also a founder of two Colour Therapy Associations. Her wish is to share her passion and joy of living in full radiant colour.



Workshop #11 Sunday morning 3 hours

Goddess Dollies

Goddess Dollies represent our inner goddess spirit. We will find her spirit through a short meditation at the beginning. The little dolls are made of different coloured felt and are pre-stuffed. They are about 8" high and come in 3 different styles. You add the hair, glitter, eyes, wings, and magic wands! All materials supplied.

SUNRISE CEREMONIES with Cathy BOTH morning at 6:45 am in Upper ALBERTA HALL

Colour breathing is an important tool. Through simple breath techniques you can alleviate stress and create more vitality in you.

Workshop #12 Saturday afternoon 3 hours

Shaman Woman – Power of the Clan

Women have sat, worked, performed ritual, danced and healed in circles for millennia. Through this experience we gather power and medicine. In this workshop you will learn how to use shamanic journeying to carry you to the fertile landscape of another life and time where you were once part of a women's clan. Through this experience, you will meet your Clan Animal and learn how to bring forth the wisdom from your previous lifetime to infuse your present surface-dwelling life. *Please bring a blanket, eye covering, journal, and drum or rattle (if you have one).*



ANGELA PRIDER
Vancouver, BC • 604 374-0259
www.westcoastshamanic.com

Angela's shamanic gifts have been strengthened over the past fifteen years through a combination of practise and extensive training in Core Shamanism. She has a private practise in Vancouver where she synthesizes classical shamanic healing and contemporary Self Regulation therapy. She also teaches workshops and long-term apprenticeships on shamanism.

Workshop #13 Sunday afternoon 2 hours

Shaman Woman – Tracking the Grandmothers

Shamanism is a spiritual practise that has existed for thousands of years on every continent of the Earth. This means that somewhere in your DNA there is the memory of an ancestor who was connected deeply to Spirit and the cycles of life. In this workshop, we will use voice, movement, and shamanic journeying to track your female ancestors - the Helping Grandmothers - and receive wisdom, rituals, stories, and gifts that are yours to inherit. *Please bring a blanket, eye covering, journal, and drum or rattle (if you have one).*

Workshop #14 Saturday morning 3 hours

Elemental Energies

In this class you will self-initiate yourself into the elemental rays of Earth, Air, Fire, Water and Spirit. Learn how to work with Elemental Force-Craft and the Power Symbols of the Elements to re-balance and strengthen the physical body.



SUE PETERS
Keremeos, BC • 250 499-5209

Being connected with the natural world is 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 work with the Earth Energies, and use the old forms of healing through Reiki, Pranic Healing, Applied Kinesiology, Acupressure, Ra ~Sheeba, Munay-ki and other modalities.

Workshop #15 Sunday afternoon 2 hours

Experiencing the Joy of Ho'omanaloa

In this class you will learn and play with some of the Hawaiian Ho'omanaloa energies. These energies represent Light, Joy and Transformation. You may experience a shift of soft awakening. The intention of this class is that you have fun and tap into the gifts from Uli, the controlling deity of these energies. Uli is the highest feminine aspect of creation.

Workshop #16 Sunday morning 3 hours

Introduction to Lemurian Light Vibrational Healing

This non-invasive healing touch modality pioneered by Sharon works with cellular consciousness, sound and light, as we did in the times of Lemuria. Expand your sixth sense(s), restructure your DNA and Chakras, balance your four bodies and return to the cellular perfection of your original blueprint... as we Awaken to Love.



SHARON TAPHORN
Vancouver, BC • 604 874-3770
www.playingwiththeuniverse.com

Sharon shares her wisdom, spirit, and passion around the world through her various Radio programs on The Shift Radio (www.theshiftradio.com), Angel Card of the Day, as well as a variety of workshops on Healing, Expanding Consciousness, Meditation and Spiritual Growth. A gifted intuitive, she offers Lemurian Oracle Card Readings and OverLight Spiritual Coaching.

SUNRISE CEREMONIES with Sharon

SATURDAY - Chapel - Magical Meditation - Enjoy this guided meditation into a Lemurian Temple of Light.

SUNDAY - Walk a Labyrinth: meet there - A walking meditation around an ancient pattern made of grass and gravel.

BRENDA MOLLOY
Kelowna, BC • 250 769-6898
www.studiochi.net

Brenda is a trainer and facilitator of Shiatsu, Acupressure, Yoga, Meditation, Sound Healing, Feng Shui and positive living choices. She is the founder of Studio Chi, a school dedicated to the exploration of the movement of chi (energy). Brenda loves to share her joy and passion for life while gently encouraging clients and students to relax and open to their highest potential.



Workshop #17 Saturday morning 3 hours

Come to the Fairy Garden

Brenda has been playing with fairies since she was a very young child. Come and discover how to connect with the fairies in a joyful and playful way. Please bring a blanket or towel.

Workshop #18 Saturday evening 2 hours

Vajrayogini Practice

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. This is an opportunity for us in the West to continue the tradition of cultivating this energy in ourselves and sending it to the world. This practice connects us to the Earth keeping us grounded and vibrant, especially as we journey through the seasons of our lives (pregnancy, motherhood, menopause). Please bring a blanket or towel.

SEQUOIA HENNING
Kelowna, BC • 250 859-5683
www.feelingsoulgood.com

Having invested more than half of my life in spiritual development, I have a deep love for the healing arts and a passion for yoga. Currently I split my time between Kelowna and India. I enjoy sharing my knowledge through classes, retreats and spiritual journeys.



Workshop #19 Saturday afternoon 3 hours

Healing with Sound

Discover various ways to use the power of vibration for healing your self and others with the various tools shared, including your voice, toning, mantras, Tibetan bowls and other tools.

Workshop #20 Sunday afternoon 2 hours

Bring Yoga into your Daily Life

Take your practice from the mat into your life, as yoga is more than a physical exercise, it's a way a life... of living in harmony and balance. Explore the richness of the eight limbs of yoga. No yoga experience required and No exercising. These two hours will be spent discussing the philosophy of yoga.

MIRIAM CUNHA aka Yonisha
Kelowna, BC • 250 448-5523
www.yonisha.com

I am a Brazilian Reiki Master, Laughter Yoga facilitator, Dance instructor, Tarot reader, psychic, writer, graphic artist, and musician. Since I was young I have been involved in different esoteric studies. As a result of my experiences I have chosen to use music, dance and movement as tools to facilitate a deeper understanding of human nature and create a connection to a higher level of consciousness.



Workshop #21 Sunday morning 3 hours

Alchemy of Dance

Using rhythm and movement through dance, chakras activation, nature elements, music, mantras, sacred geometry, laughter, colours, and more, participants will learn to develop trust in their inner world. As you make these connections your outer expression will engage the heart and enrich your spirit in a joyful celebration of the moment. Alchemy happens in the ecstasy of dancing with the elements of creation.

LorRaine ARMSTRONG
OK Falls, BC • 250 497-6797

Recently I had the privilege of participating in the *Return of the Ancestors* gathering in Arizona at the end of April. Indigenous elders included the Kogi, Amyrra, Maya, Inca, Eskimo, Japanese, Tibetan, Lakota and other North American tribes. We gathered at the request of the Mayan and Incas to fulfill prophecies that are 2000 years old.



Workshop #22 Saturday afternoon 3 hours

Return of the Ancestors

Time to share in the ancient prophecies and how they are being fulfilled. This workshop will lead you in exercises and meditations that continue the work of our dedicated elders. The Kogi, who rarely leave their home at the 12,000 elevation of the Sierra Madres in Columbia, came with a message as they felt that these are such impacting times that we live in, and that each one of us has a contribution to make to the wellbeing of Mother Earth and all of humanity.

SUNRISE CEREMONIES with LorRaine BOTH morning at 6:45 am in the Sessions Room
A time to give thanks for a new day with song, prayer and meditation.

Workshop #23 Saturday morning 3 hours

How to Write for the Mind, Body and Spirit Market

Published author Florence will walk you step by step through the process of writing using your eighth chakra while overcoming the barriers to writing. You will be walked through every aspect of publishing - from the query letter to finished copy. Bring pen and note pad and start your outline and first chapter in the workshop. If you have always wanted to be a spiritual writer this is the write time!



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

Flo is a dream interpreter who has appeared many times as a guest on a live call-in show in Kamloops. She is the author of *Decoding the Parable of Dreams*, common sense ideas that were taught to her as a child by her mother and grandmother. She is the owner of Mystic Dreams a metaphysical store in Kamloops.

Workshop #24 Sunday afternoon 2 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 language of dreams that take you on a journey into the higher realms of spirit guides, beyond the confines of time and space.

Workshop #25 Saturday evenings 2 hours

Indigo and Crystal Kids on all Levels

Tools to help us and help our children as we learn to speak the same language as them. Time to learn to listen and transmute the energy and help them with their food and other external choices.



Jessaca Lee Sobko
Calgary, AB • 403 289-0254
www.jessacalee.blogspot.com

JessacaLee is a Third Level Pranic Healer, which includes a technique that uses vital energy to cleanse and recharge the Auric Body and the Chakra's. She has studied with many people including Hannelore, Jacky Thomas, Bob Proctor, Marianne Williamson, plus courses at Wild Rose College. She has a keen interest in the physiological effects that our emotions have on our physical bodies.

Workshop #26 Sunday morning 3 hours

Critical Thinking

Learn how to merge with the old energy into the new. Through gentle awareness we will learn to harness our personal power from *uncomfortable to empowering* feelings. This interactive tool-shop will present options that teach that there is 'no right' or 'no wrong' way... just practice learning to recognize which way is for you.

Workshop #27 Saturday afternoon 3 hours

The Sisterhood of Belly Dance

Come experience the world's oldest dance form and awaken the creative energy needed to dance from within. Join the sisterhood and connect with all the women whose feet have danced on this earth before you. Discover the sensuous mysteries of the veil and unleash the goddess in you. (No dance experience necessary.)



CindyLee YELLAND
Kelowna, BC • 250-868-2210
www.angelontheloose.com

An accomplished artist, teacher, and performer of Bellydance and Middle Eastern fusion dance, CindyLee has studied extensively with local and international instructors since 2000. She delights audiences dancing as *The Angel On The Loose*. She is the director of *The Loose Hip Sisters Bellydance Club*.

Workshop #28 Sunday morning 3 hours

Crystal Bowl Continuum

Relaxing and unwinding the chakras as we free up the energy column to the sound and vibrations of the singing bowls. Experience more freedom in the quadrants of mind, body, spirit as old patterns give way and your field opens to new creativity.



TEREZ LAFORGE
Kamloops, BC • 250 374-8672
www.terezlaforge.com

Terez hosts crystal bowl events on Full and New moons assisting with letting go and integration of new parameters of experience. The combination of deliberate intention and crystal bowl tones facilitate desired changes for hearts and minds.

SUNRISE CEREMONIES with Terez SUNDAY morning ONLY at 6:45 am in North Wing

A Crystal Bowl Bath: Come in your pj's and bring your blanket. Cocoon yourself while the sound activates your chakra centres.

These numbers indicate the workshop location on the map that you will receive at the Festival

WEEKEND SCHEDULE

Saturday

Location

	8:45 - noon	2 - 5:15 pm	6:45 - 8:45 pm
1 Loft	# 39 Melissa Perehudoff Reconnecting with Your Body	# 12 Angela Prider Shaman Woman - Power of the Clan	# 42 Debbie Clarkin Introduction to Psychometry
2 North Wing	# 17 Brenda Molloy Come to the Fairy Garden	# 32 Jollean McFarlen Tibetan Joy Secrets	# 07 Anastasia Love The Crystal Cave
3 Sessions Room	# 40 Cindi Tomochko Art Therapy: Accessing One's Inherent Wisdom	# 34 Karen Fjestad A Mayan Chocolate Party	# 02 Dawn Tyndall The 'Jung' of an Artist
4 South Wing	# 51 Vanessa LeBourdais Spiritual Theatre Games and Sacred Singing	# 37 Blanche Tanner The Wisdom of our Ancestors	# 18 Brenda Molloy Vajrayogini Practice
5 Maple Court 1	# 01 Dawn Tyndall Masterfully Messaging Myself	# 10 Sukhi Fox Quantum Change Made Easy	
6 Maple Court 2	# 09 Christina Ince Celtic Wheel of the Year	# 47 Erin Dragonsong Mandalas: Visual Journalling	
7 Maple Court 3	# 23 Florence Ellen How to Write for the Mind, Body and Spirit Market	# 31 Catherine Comuzzi Tending the Fires of the Soul	
8 Chapel	# 14 Sue Peters Elemental Energies	# 19 Sequoia Henning Healing with Sound	# 03 Medwyn McConachy Sounding the Stones
9 upper Alberta Hall	# 05 Therese Dorer Whispered Wisdom	# 44 Marilea Sharp Compassionate Communication	# 45 Marilea Sharp Compassionate Communication
10 lower Alberta Hall	# 49 Dania KalTara Flower of Life Introduction	# 22 LorRaine Armstrong Return of the Ancestors	# 25 Jessacalee Sobko Indigo and Crystal Kids
11 Great Hall	# 29 Joan Casorso Inner Rhythms Drumming	# 27 CindyLee Yelland Sisterhood of Belly Dance	# 35 Jenny Puls Egyptian Belly Dance



September 18 to 20th 2009

These numbers indicate the workshop location on the map that you will receive at the Festival

Sunday



Melissa Perehudoff
Flow Yoga and Chanting

SAT
Terez Laforge
SUN A Crystal Bowl Bath

LorRaine Armstrong
Give Thanks for the Day

Vanessa LeBourdais
Chanting



SAT *Sharon Taphorn*
Magical Meditation

SUN *Sharon Taphorn*
Walk the Labyrinth

Catherine Gordichuk
Colour Breathing

Karen Fjestad
SuperFoods for the Chakras

Deborah MacInnis
ZY QiGong

8:45 - noon

08
Anastasia Love
The Crystal Way

28
Terez LaForge
Crystal Bowl Continuum

36
Jenny Puls
Belly Dance Basics

04
Medwyn McConachy
Ancestral Wisdom: Journeys with the Great Mother Goddess

46
Deborah MacInnis
ZY QiGong - *Outside if good weather*

11
Cathy Gordichuk
Goddess Dollies

#26
Jessacalee Sobko
Critical Thinking

16
Sharon Taphorn
Introduction to Lemurian Light Vibrational Healing

06
Therese Dorer
Trust your Inner Wisdom

43
Debbie Clarkin
Connect with the Egyptian Goddesses

21
Miriam Cunha
Alchemy of Dance

1:30 - 3:30 pm

13
Angela Prider
Shaman Woman
Tracking the Grandmothers

41
Cindi Tomochko
Let Go and Let Be with Dru Yoga

38
Blanche Tanner
Deepening our Roots to our Souls
Family Constellations Work

33
Jollean McFarlen
The Blissful Discipline of Intuition

20
Sequoia Henning
Bring Yoga into your Daily Life

48
Erin Dragonsong
The Divine Light Invocation

A reminder that Closing Ceremonies are in the Great Hall at 4 pm

15
Sue Peters
Experiencing the Joy of Ho'omanaloa

50
Dania KalTara
Satsang (seeking Truth)

24
Florence Ellen
Understanding the Deeper Meaning of Dreams

30
Joan Casorso
Inner Rhythms Drumming

Location

Loft 1

North Wing 2

Sessions Room 3

South Wing 4

Maple Court 1 5

Maple Court 2 6

Maple Court 3 7

Chapel 8

upper **Alberta Hall** 9

lower **Alberta Hall** 10

Great Hall 11

Saturday Evening Entertainment ... 9 - 11 pm

Belly Dancers CindyLee Yelland, Jenny Puls and Yonisha will give an evening performance along with Joan and her drummers. After that some DJ music for those who like to shake it up.

JOAN CASORSO
Kelowna, BC • 250 862-9724

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



Workshop #29 Saturday morning 3 hours

Workshop #30 Sunday afternoon 2 hours

Inner Rhythms Drumming Celebrating the Rhythms of Community

Enjoy a fun, interactive, hands-on exploration of culture and community with a focus on African Djembe drumming. Using oral tradition such as call/response songs, story, movement and imitation, participants will experience and create a synergy that moves us beyond the spoken word. This African and world music rhythms workshop will blend art form with skill and technique development. Some drums will be provided or bring your own.

DR. CATHERINE COMUZZI
Toronto, ON • 416 483-6336
www.certifiedcoachesfederation.com

Catherine is a psychotherapist, professor, and master life coach, who brings an extensive background in Spiritual and Jungian Psychology. She holds graduate degrees in both counseling psychology and psychoanalysis. She is a respected facilitator who has conducted numerous process-oriented retreats and workshops for individuals and organizations throughout Canada, the U.S. and Europe. In both her work and personal life, she embodies a holistic and integrated approach to living and working, an approach that honours the enlivening directions of our lives.



Workshop #31 Saturday afternoon 3 hours

Tending the Fires of the Soul

Stoke the fires of your inspiration and wisdom and allow yourself to expand towards greater expression and freedom in the world. In this short workshop we will orientate towards what is deeply meaningful and passionate to us, while looking at both the elements that bind us, and those that liberate and expand.

JOLLEAN McFARLEN
Kelowna, BC • 250 448-5339
www.jadorecolour.com

International Feng Shui and Colour consultant/therapist, winning designer; author of six books, inspiration blessing cards, latest CD 'Quan Yin - my Star', entertainer and visionary. She teaches for the City of Kelowna and is a director for the Arts Council. A pioneer in the field of spiritual living for over four decades. She has made Kelowna her home again after three years working, studying and traveling in Asia where she was chosen 'most expert teacher/trainer.'



Workshop #32 Saturday afternoon 3 hours

Tibetan Joy Secrets . . . Less stress, more happiness

Share joyful Tibetan rituals and learn how the mind works and why we need to be 'mindful.' Practice 'one-point meditation,' and take a journey on the 'Rainbow dragon' to meet Quan Yin, Goddess of Compassion. Experience the healing energies of Chi with chanting amid Tibetan bowls and wooden drums. Cleanse and balance your chakras with colourful breathing Gi-Qong techniques. *Please bring water and crystals for blessings and be prepared to laugh.*

Workshop #33 Sunday afternoon 2 hours

The Blissful Discipline of Intuition

Wear something purple to class so you can discover how to develop your Intuition muscles. Learn how our Heart-Mind-Brain team manipulates our nervous-muscular system to signal responses. Practice hands-on exercises for building inner trust. Improve your co-operation with the Angelic Realms and guides with visualization and meditation. *Bring water, crystals, a candle and holder in your favourite colour for a special closing ceremony.*

KAREN FJESTAD
Calgary, AB • 403 246-0209

Karen has always sought to discover the possibilities of life, exploring ways to express herself while honoring her unique ability to encourage others to fully express who they are. She creates magic in the kitchen learning about raw food and focusing on the amazing world of chocolate.



Workshop #34 Saturday afternoon 3 hours

A Mayan Chocolate Party

Come and enjoy a look at the history and culture of the Mayan Civilization. We will learn about raw chocolate and find out what the Mayan calendar predicts for the year 2012.

SUNRISE CEREMONIES with Karen BOTH morning at 6:45 am in Lower Alberta Hall
Super Foods for the Chakras - Join me as we journey through the colours of some powerful superfoods.
This class will involve a beautiful guided meditation and wonderful information about some amazing foods.

Workshop #35 Saturday evening 2 hours

Egyptian Belly Dancing

Transform yourself to the divine feminine with Egyptian belly dancing. Learn to stylize your dance with soft graceful, flowing co-ordinated moves. Adding to the basic foundation, we will layer our moves, learn more travel combinations as well as play with veils in this class.

Workshop #36 Sunday morning 3 hours

Belly Dance Basics

Learn to move your body sensuously while embracing your inner goddess. Belly dancing is natural for the female body and the benefits are incredible. It helps you lose weight, gain grace, self-confidence, energy, improve core muscles and posture. No dance experience required. All sizes welcome!



JENNY PULS
Kaleden, BC • 250 497-1189

I discovered belly dancing 7 years ago and passionately embraced it into my soul; studying, practicing and absorbing its art form and attending various workshops with masters to gain further knowledge. I became a Reiki Master in 2007 which led me to incorporate the chakras in belly dancing to ignite the goddess energy. I've been performing with joy at various events in the Okanagan and do accounting part time.

Workshop #37 Saturday afternoon 3 hours

The Wisdom of our Ancestors

We typically view our problems as self-generated or blame others, often our difficulties arise out of being unconsciously entangled with unresolved issues from previous generations. Family Constellation work is an effective therapeutic process that helps to break destructive family patterns of unhappiness, illness, failure and addiction. Systemic Constellation work can also be very helpful for organizations and businesses.



BLANCHE TANNER
Riondel, BC • 250 227-6877
www.lifeshiftseminars.com

Blanche has been a student/teacher of metaphysics for over 30 years. She comes from a Celtic family ancestry of dreamers, midwives, and psychic intuitives.

Workshop #38 Sunday afternoon 2 hours

Deepening our Roots to our Soul Family and Human Systems Constellations Work

One of my dear teachers always says everything is upside down and inside out here on planet earth and I have to agree with this. It seems that we have lost a very important connection to our past. What came before us? What is supporting us from behind? Where do we belong? Many cultures still have an awareness of respect for the ancestors that came before us and what they endured so we may have this good life, but here in North America we have mostly forgotten. Here is an immense opportunity to end our deepest suffering by remembering our families, our ancestors, our countries, and reconnecting with their souls.

Blanche has worked and studied with many healers, Indigenous Teachers and shamans, including Conscious Breathwork for over 20 years and now Bert Hellinger's Family Constellation work.

She has facilitated Women's Healing Retreats for many years. She has practiced meditation for over 35 years and from this experience she shares that the source of clarity, personal power and love lives within us.

Workshop #39 Saturday morning 3 hours

Reconnecting with Your Body

If your body could tell a story, what would it say? Allow Melissa to lead you through a gentle yoga practice to listen to your body's messages. Then you will journal and share your body's story and finish by imagining and drawing what you want your body to feel like. "The mystery is in the body and the way the body wants to work with nature getting all reconnected."

If you have a yoga mat please bring it, plus a pillow, blanket and your journal.



MELISSA PEREHUDOFF
Kelowna, BC • 250 762-7850

Matters of body, mind and heart have resonated with Melissa through her 22 years of speech therapy with children and 12 years of teaching Iyengar yoga. Along the path to health and happiness she has danced, sang, chanted, drummed, journalled and breathed herself to this moment where she loves her body!

SUNRISE CEREMONIES with Melissa BOTH mornings at 6:45 am in the LOFT.

Chant and awaken to the morning light. A gentle, flow yoga class suitable for all bodies.

Weather permitting it will be at the lake ... please meet at the Loft first.

CINDI TOMOCHKO
Penticton, BC • 250 276-5308

Cindi is an art therapist and Dru yoga instructor based out of Wind in the Willow Creative & Healing Arts Studio. She has a visual arts background. Cindi is also a Buddhist practitioner seeing that this acts as a foundation informing all else in her life.



Workshop #40 Saturday morning 3 hours

Art Therapy: Accessing One's Inherent Wisdom

That which you need to know is within, waiting to be revealed. With the use of basic art materials and the creative process, inner exploration and discovery are made manifest. This is then honored and celebrated through a sharing circle. *No art experience is necessary. Confidentiality is respected.*

Workshop #41 Sunday afternoon 2 hours

Let Go and Let Be with Dru Yoga

Autumn is a time of completion and the satisfaction of attainment. It is also a time to reflect on what has been meaningful and worthwhile. We will share in movements that help to release the past, support and nourish the present and develop an inner focus leading to greater clarity, awareness and purpose.

DEBBIE CLARKIN
Vernon, BC • 250 546-4811

Debbie trained as a holistic and intuitive healer before she started working with Nicki Scully, the author of Alchemical Healing in 2003. She traveled to Egypt in 2006 and was initiated into the Egyptian Mysteries. In 2007 she became the first teacher of Alchemical Healing in Canada.



Workshop #42 Saturday evening 2 hours

Introduction to Psychometry

Objects and photos hold the energy of the people that use them and are in them. Learn how to tune in to this energy using the clairs: clairvoyance, clairsentience and clairaudience.

Workshop #43 Sunday morning 3 hours

Connect with the Egyptian Goddesses

Get to know the goddesses of ancient Egypt and see how they can help us today. Journey to meet Hathor the medicine woman and Sekhmet the fierce compassionate healer.

MARILEA SHARPE
Kelowna, BC • 250 868-9188

My education is a Bachelor of Commerce (Honours) Degree from the University of Manitoba, Marketing and Finance majors. I worked in the insurance industry for over twenty years and found myself involved in a lot of office politics with difficult communications. My recent efforts have been devoted to presenting Nonviolent Communication to first-year nursing students at UBC as well as general presentations in the Kelowna area.



Workshop #44 Saturday afternoon 3 hour

Workshop #45 Saturday evening 2 hour

Compassionate Communication (NVC)

The majority of us have been educated from birth to compete, judge, demand or diagnose in our thinking and communications, figuring out what is 'right' and 'wrong' with people. Time to reach beneath the surface and discover what is alive and vital within us and how our actions which are based on human needs seek to be met. Time to learn how we can break the patterns of thinking that lead to arguments and anger and resolve conflicts peacefully with relationships based on mutual respect, compassion and cooperation.

DEBORAH MacINNIS
Vancouver, BC • 778-329-8750
www.zyqigongbc.ca

Deborah is a Certified ZY QiGong teacher and Image Therapy QiGong healer. Her exuberance for sharing the simple transformational tools of this 7000 year old practice in an experiential way, allows students to feel and utilize Qi in their own being for self-healing, self-cultivation and healing others.



Workshop #46 Sunday morning 3 hour

ZY QiGong: The Ancient Art of Self-Cultivation and Healing

Feel Qi in your own body, awaken the senses, tap into a whole new level of energy sensitivity, activate your innate healing abilities. Many find chronic pain clears after using these simple, relaxing and very grounding techniques for the first time.

SUNRISE CEREMONIES with Deborah BOTH mornings at 6:45 am in the Great Hall
Taoist 8 Brocade Qigong - Discover your inner landscape with some gentle exercises to awaken your senses.

Workshop #47 Saturday afternoon 3 hours

Mandalas: Visual Journaling

Drawing mandalas is an active and fun form of meditation. Drawing a personal mandala is like journaling with images rather than words – a process of personal awareness, empowerment, and healing. First some easy guidelines, then time to experiment, then interpreting our mandalas. No artistic skill is necessary!



ERIN DRAGONSONG
Denman Island, BC • 250 335-1599
wicca-spirituality.com
goddessinthebelly.com

Erin has a background in alternative holistic healing, gender politics, business management, new sciences and comparative religion. She is a registered teacher of the Radha yogas, an ordained minister and high priestess. After coping with chronic fatigue, chemical and food hypersensitivity, she now shares her knowledge and tools to empower others to heal themselves and create joyful lives.

Workshop #48 Sunday afternoon hours
The Divine Light Invocation

Swami Radhananda writes that the Divine Light Invocation helps you "get in touch with an endless source of spiritual nourishment." Learn how to use this amazing tool to heal your body and mind, to experience peace and joy, and to transform your life. You will come away from this workshop glowing! Please bring a journal/paper and a pen.

Workshop #49 Saturday morning 3 hours
Flower of Life Introduction

Learn about my teacher, Drunvalo Melchizedek, author of *The Ancient Secret of the Flower of Life, Vol. I & II* and *Serpent of Light (2008)*. Through a short video, experiential exercises, hands-on methods and The Unity Breath Meditation from Sri Yukteswar, Paramahansa Yogananda's teacher, we will create a sacred space to connect with Mother Earth, Father Sky and All Life Everywhere, to practice manifesting from the Heart.



DANIA KalTara
Nelson, BC • 250 354-0413
www.floweroflife.org
www.amrita.puri.org
www.jinshindo.org

I am a registered Jin Shin Do Acupressure Therapist (1989), a Graduate of Hakomi Therapy

#50 Sunday afternoon 2 hours
Satsang

An experiential introduction to Amma through her sanskrit Bhajans (devotional songs in call and response), short stories, a short video, quotes and poems, sanskrit mantras and chants, including the Peace Chant for 'all the worlds.' I will give a short introduction to Amma's Integrated Amrita Meditation (IAM) Technique, which is being taught to anyone who wishes a daily meditation practice from a living Master. Born in Southern India in 1953, Amma is dedicating her entire life to being of service and is recognized as an extraordinary humanitarian and spiritual leader by the United Nations and by the people all over the world.

in 1993 with a private practice in Nelson. I have been drummer and percussionist for the Nelson Dance team since 2006 and am now in training to lead the Universal Dances of Peace. In 1996 I completed the Facilitator Training with Drunvalo Melchizedek in Australia. I facilitate Flower of Life Workshops in Nelson and travel to share his profound teachings, which most participants find to be transformational. I met Amma in 1998, have been Satsang coordinator in Nelson since 2000 and have been in Amma's trainings 2003-2008 and am now authorized by Amma to instruct her IAM meditation technique.

Workshop #51 Saturday morning 3 hours

Spiritual Theatre Games and Sacred Singing

Get in touch with the deep well of wisdom and creativity that resides in your body by playing games that professional performers use to uncover their innermost creative sources. No acting required - just play! Then we will sing beautiful music that lifts your spirits and brings you into union with the women singing around you. Come feel your soul vibrating with sacred sound. I have a gift for hearing in each woman's voice the simple things that block her from singing well. I will help you sing better today.



VANESSA LeBOURDAISE
Port Moody, BC • 604-939-0364
www.dreamridertheatre.com

Vanessa has been singing and performing professionally for twenty-five years and works full time in musical theatre. With her husband she writes, produces and performs musicals about spiritual growth and environmental issues. She has won international awards and has seen her work performed across Canada. She is the Co-Artistic Producer of DreamRider Theatre, Greater Vancouver's environmental education theatre company. Her musicals include *The Dreamer's Quest*, *Gremlin*, *Larger Than Life* and *Keep Cool!* a play about climate change.

SUNRISE CEREMONIES with Vanessa BOTH morning at 6:45 am in South Wing
Sacred chanting purifies your spirit and attunes you to happiness.

Register before August 15TH and save ... Adults \$165, Cronos & Maidens \$135
 plus meals, accommodation and gst • On-Site Registration starts Friday at noon.

REGISTRATION FORM

Healing Oasis Registration starts at 1 pm
 Healing Sessions available Friday 3 to 6 pm

Name(s) _____
 Address _____ Phone _____
 Town _____ Prov. _____ Code _____ email _____

FESTIVAL FEES

		Weekend	Saturday only	Sunday only
ADULTS (25-62 years)	on or before August 15 th	\$ 165	\$ 125	\$ 60
	August 16 th — Sept 16 th	\$ 185	\$ 135	\$ 70
	After Sept 16 th and on site registration	\$ 195	\$ 145	\$ 75
Cronos and Maidens 63 yrs+ (10-24 yrs)	on or before August 15 th	\$ 135	\$ 105	\$ 50
	August 16 th — Sept 16 th	\$ 155	\$ 115	\$ 60
	After Sept 16 th and on-site registration	\$ 165	\$ 120	\$ 65

MEALS....Please preorder by September 5

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

6 meals Friday dinner to Sunday lunch \$92.⁰⁰ _____ **5 meals** Saturday breakfast to Sunday lunch \$70.⁰⁰ _____

INDIVIDUAL MEALS	Fri. Dinner	\$ 22. ⁰⁰ _____	Sat. Breakfast	\$ 11. ⁰⁰ _____	Sat. Lunch	\$ 15. ⁰⁰ _____
	Sat. Dinner	\$ 22. ⁰⁰ _____	Sun. Breakfast	\$ 11. ⁰⁰ _____	Sun. Lunch	\$ 15. ⁰⁰ _____

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

ACCOMMODATION *Bedding and towels included. Check out time 1 PM - Sunday*

- Maple Court *one double bed, one single bed and a bathroom. Fridge, sink and tea kettle in the foyer*
 - Shared: Two people, two nights \$ 100 per person • Three people, two nights \$95 per person
 - Private: One person, two nights \$ 180 • Private: one person, one night \$100.
- Alberta Hall *a two storey dorm with 2 single beds in a room and a large bathroom on each floor.*
 - Shared: Two women, two nights \$ 80 per person • Two women, one night \$55 per person
 - Private: One woman, two nights \$110 • One woman, one night \$ 65
- 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)
 - \$ 95 per person for two nights (3 people in a one bedroom cabin or 4 people in a two bedroom)
- R.V. Space \$ 35 per night including electrical hook-up
- Tent \$ 25 per night .. no power

R.V. & tent spaces have a central bathroom with shower and a picnic area.

To book a B&B or Motel [visit:www.discovernamata.com](http://www.discovernamata.com)

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

Make cheque payable to: **Visions unlimited, WW Festival...Send it to Marion Desborough, RR 1, S 6, C 100, OK Falls, BC, V0H 1R0**

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

No refunds on meals or accommodation **after** September 5.
 We refund festival fees, less \$35 per person, if notified.

If paying by credit card phone **250-497-6861**

Questions? **1-888-756-9929** Angele Ortega



Please bring a travelling mug for refreshment breaks.

Naramata Centre requests.... NO pets on site and DO NOT call Naramata Centre to register