

18<sup>th</sup> Annual

# Wise Women's Festival

September 19-21, 2014

near Penticton, BC  
at Naramata Centre

Adults \$150

Crones & Maidens \$125  
(over 63 & under 23)

50 Workshops

A Healing Oasis

Sunrise Ceremonies

A Festival Store & more



Quan Yin  
Goddess of Compassion

The program is also at [www.issuesmagazine.net](http://www.issuesmagazine.net)  
Please share with friends and plan to come!

# September 19-21 • 18<sup>th</sup> Annual

## Wise Women's Festival

Adults \$150 • Crones & Maidens \$125 (over 63, under 23)  
if registered before August 20 plus meals and accommodation. DETAILS PAGE 14

**Your Festival Team  
Organizers**



This celebration is the third weekend of September at Naramata Centre, a conference facility operated by the United Church. Most rooms are wheel chair accessible. On Okanagan Lake; near Penticton, BC.

### Weekend Schedule

#### FRIDAY SCHEDULE

Noon - On-site Registration at Columbia Hall  
1 pm - Healing Oasis sign-up starts  
2 - 5 pm - Sessions in the Healing Oasis  
5:15 - 6:15 pm - Dinner

OPENING CEREMONIES - 7 pm followed by introduction of workshop presenters, concluding with a 20-minute crystal bowl meditation.

#### SATURDAY SCHEDULE

6:45 - 7:30 am • Sunrise Ceremonies  
7:30 - 8:30 am Breakfast  
8:45 - Noon • Choice of ten workshops  
12 - 1 pm Lunch  
2 - 5:15 pm • Choice of ten workshops  
5:15 - 6:15 Dinner  
6:45 - 8:45 pm • Choice of eight workshops  
9:00 - 10:30 • Evening choice has 2 options

SUNDAY SCHEDULE - shorter lunch-break than Saturday then a 2.5 hour workshop after lunch.  
4:10 to 4:30 pm... CLOSING CEREMONY.

### The Festival Store

has space to sell various crafts, crystals, jewellery and more. If you are registered as a participant, instructor or healer you can apply for space and bring items to be sold. Go to the website or ask Marion for details.

### Give-Away Table

Share valued items with another.

### The Healing Oasis

is in Lower McLaren Hall.  
Intuitive Readings, Body-work, Energy-work, Reiki and more  
Sign-up starts at 1 pm on Friday - Sessions are 2 to 5 pm  
Saturday sessions are 10:30 to 9 pm & Sunday sessions 8:30 am to 3 pm  
Rate of \$25 per half hour and \$40 per hour.  
Reiki drop-in sessions are available all weekend, by donation

### If you wish to work in the Healing Oasis

We offer a trade: 6 hours of healing sessions for a weekend pass. please go to our website: [www.issuesmagazine.net](http://www.issuesmagazine.net), it has details including a page with frequently asked questions. Then call or email Marion.... [Marion@issuesmagazine.net](mailto:Marion@issuesmagazine.net)

phone **Marion: 250-497-6861** for  
Registration, Festival Store and Healing Oasis

General questions call Angele 1-855-366-0038

Accommodation is on a first come basis. See page 14.

Meals Please pre-order by August 25 • See page 14.  
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.

Refreshment Stations provide herbal teas and organic coffee. Please bring a travelling mug or buy a souvenir one at the Festival Store.



## Please be aware:

At the time of printing there is a labour dispute at the Naramata Centre.

It is my hope that Union and Management will resolve the issues before September.

Marion will register people who phone but she will not process any credit cards until this is settled.

I am hoping the Festival will happen as scheduled but *I will not cross a picket line.*

Stay tuned to [www.IssuesMagazine.net](http://www.IssuesMagazine.net) or check updates on our Facebook page.

## WORKSHOPS & WORKSHOP LEADERS

The workshop numbers correspond to the numbers on the overall schedule

Workshop #01 Saturday morning 3 hours

### The Hero's Journey

Learn how we are all here to awaken to our purpose, while mastering the ego. I will outline the steps in a hero's journey so you can see where you are at and what you can expect ahead. I'll share my sure-fire system for ensuring you have the most joyful journey possible.

Workshop #02 Sunday afternoon 2.5 hours

### Enchanting Elementals

Learn all about the fairies and nature spirits and their infallible magic and manifestation abilities. Discover how connecting with them more deeply can positively and quickly transform every area of your life for the better.



ALLYSON GILES

Kelowna, B.C. • 250 864-9013  
[www.awakenenchantment.com](http://www.awakenenchantment.com)

Allyson has been working professionally in the healing arts for the past five years. In both her writing and her work she strives to be of joyful service, working closely with the elemental and angelic realms to bridge the gap between the seen and the unseen world. She is an Usui Reiki Master, Angel Therapist and medium certified by Doreen Virtue.

Workshop #03 Saturday morning 3 hours

### Earth is your Sweet Spot: live beautifully

Earth is female and as a woman you are one with her. It is time to renew our cellular connection with Earth. She is arguably our greatest resource for all that we desire. Come alive to your true femininity as you learn how to both access Earth's vitality more directly and accept that she speaks through you.

Workshop #04 Sunday afternoon 2.5 hours

### Female Power: the ability to create life and restore balance

Our world has distracted us from a way of life that engages us to the Earth. We have weakened our connection to what is arguably our best resource for health, vitality, spiritual evolution and successful relationships. We carry the unique ability of understanding through our instinctive wisdom of the Earth's voice. We actually carry the responsibility to Earth to be her voice. We are her voice.



ELLAE ELINWOOD

San Diego, CA • 619 677-3903  
[www.earthisyoursweetspot.com](http://www.earthisyoursweetspot.com)

Ellae is a nationally recognized intuitive and has worked with thousands of clients. Through personal impact of both her natural skill and her training with Gregge Tiffen, her mentor, Ellae gained wisdom in the body/mind/spirit connection. Her studies included esoteric and shamanistic training, Yoga, Chinese wisdom, and the effects of emotions and energy systems. Ellae has authored five books. Her latest is titled *Earth is your Sweet Spot*, which was co-authored with Mary Lanier.

Workshop #05 Saturday afternoon 3 hours

Workshop #06 Sunday morning 3 hours

### The Art of Tantric Intimacy

Tantra is a spiritual practice in which all aspects of earthly life, including sexuality and relationship, can be a path to awakening. This workshop will explore the magic and mystery of sacred intimacy and offer practical experiential tools to deepen any relationship.



VIRGINIA PRESTON

Kelowna, BC • 250 300-9642  
<http://about.me/virginia.preston>

Virginia is an Okanagan-based Tantric Yoga and Meditation teacher and a Western-trained therapist. She has trained both in Canada and internationally. Tantra has been a revolution in her life and it's with gratitude, enthusiasm and love that she shares the transformative, healing and awakening potential of this sacred approach to intimacy.

**CINDY SMITH**  
Calgary, AB • 403 970-3496  
www.cindysmithaep.com

After many years of working in the counselling field, Cindy has now found her life passion by teaching others to find their own power, trust in their intuition and connect to their angels. Cindy teaches the *Angel Empowerment Practitioner Certification™ Course* and has developed *Connect To Your Own Power* workshops.



Workshop #07 Saturday evening 2 hours

### How To Communicate with Your Angels

Guardian Angels are a gift from a Higher Power or intuition. Learn how to enhance your connection to your team using all your senses. In addition, I will teach use of the Angel Oracle card deck. Bring a deck or purchase at store. Participate in a guided meditation to connect to your Guardian Angel.

Workshop #08 Sunday morning 3 hours

### Balance your Energy with the Angels

Do you feel drained at the end of the day because there is nothing left to give? Learn how to balance and protect your energy using concrete tools provided by the Angel Team. Cindy will explain why Archangel Michael encourages us to bring balance into our daily lives. Workshop will include guided meditations.

**SHARLENE FAIR**  
Calgary, AB • 587-352-6898  
www.calgaryreflexology.ca

Working as a nurse for two decades, I found that illness is connected to our inner core and our sense of self. Now I assist people to connect to their inner reserves to bring healing to the body while clearing the chakras and balancing the mental, emotional and physical bodies. I am presently writing my book called *The Cure*.



Workshop #09 Sunday morning 3 hours

### Reflexology

✦ We will learn how reflexology points in the feet connect elsewhere in the body. We will clear our blockages, and get a basic understanding of the Chi energy that runs through us as we gain an understanding of the healing process. Attendees will work on each other to get an experience of this ancient healing art.

### Working in the Healing Oasis

**SHANNON BREADNER**  
Winfield, BC • 250 863-1604  
www.venuartbyshannon.com

During my fine arts education I learned design, color, composition and history, but it wasn't until I moved to wine country and joined a spiritual group that I was inspired to grow as an artist. Currently, I lead many meditations for woman circles and full moon groups. On my journey to becoming a Spiritual Practitioner from the Science of Mind centre, I am strengthening my gifts as an artist and a practitioner.



Workshop #10 Saturday evening 2 hours

Workshop #11 Sunday afternoon 2.5 hours

### Spiritual Art

Discover meaningful, personal messages through the creation of art. Explore your particular message; look for deeper meanings, discover how the image or words pertain to your current place on your spiritual pathway. Make a sketch of your received message including both background and foreground elements, colors, and textures. Paint your sketch on canvas using different acrylics and a variety of paintbrushes. No art experience necessary.

**GINA LEMIEUX**  
Victoria, BC • 250 389-6782  
www.successfromwithincoaching.com

Gina is a Senior and Group Power Coach\* trained and certified by Coaching and Leadership International (CLI), a Victoria, BC based company that trains coaches, CEOs, managers, and leaders to be the drivers of positive change, leading themselves and others to be impactful using both logic and heart. She holds a Bachelor of Science degree in biology, with a specialized focus in marine ecosystems. Her mission to contribute to the healing of humanity and the planet integrates these two areas of experience into a unique modality.



Workshop #12 Saturday morning 3 hours

### Vibrant Living

Are you ready to put *VIBRANCY* back into your life? This workshop is for you if you feel burnt out and running on fumes; if you feel like no matter how hard you try it never seems enough; if you are starting to feel that unfulfilled feeling and like there has to be more to life than feeling the pressure and stress. In our time together you will acquire a fresh perspective and experience a group Power Coaching\* with a Mind Kinetics\* session that will create the shift so you can start living a vibrant life. We'll spend time outside to connect with nature and redefine your natural rhythm.

**SUNRISE CEREMONIES with Gina: BOTH mornings at 6:45 am. Meet at the SESSIONS ROOM**  
Celebrate the unconditional love and support of nature. Enjoy *Sun Salutations* and *Bamboo in the Wind* poses by the lake as we set our intentions for the day, weekend and life. Expect to do it outside as long as the weather is decent.

Workshop #13 Saturday afternoon 3 hours

### Are You Living the Life You Want?

*"The reason most people don't reach their goals is that they don't define them, learn about them, or consider them as achievable or believable."* Denis Whateley

Develop clarity about your life goals; build upon your strengths; build confidence; and create an action plan. Guided exercises for inner reflection; discussion; and creation of your vision board. *Bring your favourite magazines, scissors, glue and poster board for a Vision-Board exercise.*



*Working in the Healing Oasis*

**NANCY McCONKEY**  
Osoyoos, BC • 250 490-5386

Nancy draws upon 20 years of experience as a counsellor. She founded her own seminar business, was a presenter on solution-focused therapy and self-published her book, *Solving School Problems: Solution-Focused Strategies*.

She is a Certified Dream Coach® with Marcia Wieder, life coach to Jack Canfield, of the famous *Chicken Soup for the Soul* books. She provides life coaching services on how to be solution-focused in business and life.

Workshop #14 Saturday morning 3 hours

### The Mineral Kingdom and You

The mineral kingdom is created in harmony with the Divine. Learn why consciously playing with this kingdom brings support and harmony into your life. With Angelic support play with your intuitive senses, that include Clairsentience, Clairaudience, Clairvoyance, to see what messages your crystal has for you. Bring the crystal that feels right for you! Can purchase at the store.



**BERNICE GRANGER**  
Penticton, BC • 250 492-6093  
[www.lovesdivinelight.com](http://www.lovesdivinelight.com)

Bernice worked as a Medical Laboratory Technologist until she decided her spiritual growth was more important. While concentrating on her personal growth, she added to her formal education a Bachelor's Degree in Metaphysics, Angel Empowerment Practitioner and Munay-Ki Earthkeeper. Her passion is sharing her experience and wisdom to empower others.

Workshop #15 Saturday morning 3 hours

### Treasure Mapping our Way to A New Life

We create the life we are living through our choices and where we put our energy. Explore different ways to manifest changes you would like to make in your life. Includes writing exercises and creating a treasure map collage.

Workshop #16 Sunday afternoon 2.5 hours

### Reincarnation

Do you have innate talents, unexplained phobias or ailments, or an obsession with another culture, country or period in history? Learn how past lives can influence our present life. Study ways to identify possible past lives. Experience a past life regression.



**DEBBIE CLARKIN**  
Armstrong BC • 250 309-0626  
[www.debbieclarkin.com](http://www.debbieclarkin.com)

Debbie has been doing intuitive healing and readings for over thirty years.

She started studying Alchemical Healing in 2003, traveled to Egypt with Nicki Scully in 2006 and was initiated into the Egyptian Mysteries. In 2007 Debbie joined the Lineage of Thoth to become the first teacher of Alchemical Healing in Canada.

Workshop #17 Saturday evening 2 hours

### Eco-Soy Candles

Create massage candles using pure essential oils to suit your Ayurveda dosha type. Eco-Soy candles are GMO free, sustainably grown and kosher. I use them in therapeutic massage and as a warm lotion once the wax has melted. To begin the class we will have a candle meditation, then take the Ayurveda test to determine your "body type" so you will know what kind of essential oils to use. *Cost of materials is \$12 for wax, container and essential oils. To be paid at time of workshop.*



**DAWN BOYS**  
West Kelowna, BC • 778 754-6342  
[www.DawnBoysYoga.com](http://www.DawnBoysYoga.com)

Dawn is a sports specific and trauma-based yoga instructor. As an Ayurveda counsellor she incorporates aromatherapy products and massage candles to aid in balancing the body's constitution. She provides assessments and workshops, and educates other teachers in her yoga system. *Dawn provides the massage-grade altar-candles decorating the Great Hall and will have them in the store for sale.*

**SUNRISE CEREMONIES with Dawn BOTH mornings at 6:45 am at the LOFT.**

**Start your day with an easy stretch yoga with Ayurvedic flavoring so you can get to know the doshas.**

**KERRY PALFRAMAN**  
Summerland, BC • 250 494-8955  
www.indigowisdom.ca

A registered nurse by profession, Kerry began delving into the world of alternative, holistic and esoteric studies after being diagnosed with a life-threatening illness that conventional medicine was unable to treat effectively. She continues to contradict and confound conventional medical wisdom by her reliance upon, understanding of, and application of ancient teachings, alternative and esoteric means.



Workshop #18 Saturday afternoon 3 hours

### **A Chat With Spirit – Channelled Messages from Your Angels, Guides and Higher-Self**

Bring your personal or worldly questions to class where Kerry will help connect you with your Higher-Self, Angels and Spirit Guides. They want to be felt, it is just a matter of tuning in. If you want to connect with a loved-one that has passed over, Kerry may have answers to the questions you have.

Workshop #19 Sunday morning 3 hours

### **Dreams and Messages from your Higher-Self**

Dreams tell you who you are but your Higher-Self, Guides, Angels and Your Creator actually send you more guidance during the day than at night! Learn how to easily recognize and understand these daily and nightly messages as a whole new level of reality is revealed.

**THERESA LEE**  
Riondel, BC • 250 225-3518  
www.KootenaySoundHealingCentre.com

Theresa's passion for learning and natural curiosity about the interconnectedness of all things led her to the Acutonics® system of vibrational healing. Theresa has trained in New Mexico with Donna Carey and Ellen Franklin, becoming a certified teacher of Acutonics® in 2012. In 2013 Theresa developed the Kootenay Sound Healing Centre where she teaches and offers sound healing treatments.



*Working in the Healing Oasis*

Workshop #20 Saturday morning 3 hours

### **“Music of the Spheres”**

These cosmic sounds will reawaken our consciousness by connecting with the body's natural harmonic frequencies. To begin we will meditate to the transportive sounds of the planetary gongs. This will be followed by an interactive and playful exploration of sound healing with the Acutonics® tuning forks and Tibetan singing bowls.

*Please bring a blanket.*

**FRANCES MURPHY**  
Penticton, BC • 250 488-6592

Part of Frances' 'unique-to-her' talents are her voice and ability to reflect back life. Music has always been a companion on her life path; enjoying guitar playing at assemblies in high school, being a music mom for her kid's schooling, singing at weddings, funerals and fund-raisers... but best of all were the sing-a-longs.

*Frances is an artist and creates the instructors' badges.*



Workshop #21 Saturday evening 2 hours

### **Let's Sing**

Frances' strength is her voice, which took time to develop. A second strength is her encouragement so others do the same. Her singing group in Penticton is called the Random Samplers ... a perfect description for her book of songs. Some old songs are evocative of where we've come from, with a sweetness that brings us wholly into present time. She'll bring the words, you bring your voices and enthusiasm.

**ELLEN PAYNTON**  
Williams Lake, BC • 250 398-2656  
www.lifepilates.ca

Ellen is a kinesiologist and owner/operator of *LIFE Pilates Body Therapy*, a health and wellness studio that focuses on fusing external body exercise rehabilitation techniques with internal mind and spirit life-enhancing practices. She has a passion for movement, and believes that play is the key to living a balanced life.



Workshop #22 Sunday morning 3 hours

### **Somatics for Health**

Somatics is a mindful movement discipline that focuses on bringing the participant's awareness back into their body. The exercises are performed in a slow and mindful manner that encourages the body to relax, the muscles and joints to function in their natural movement pattern, and the brain to disengage from the business of daily life. A wonderful compliment to any Yoga or meditation practice

*Yoga mats or blankets are required for this workshop.*

**SUNRISE CEREMONIES with Ellen SATURDAY and SUNDAY mornings at 6:45 am in the GREAT HALL. Hula Hoops Dance Class. Learn basic spinning techniques and how to use your hoop to tone your core, increase your mobility and lower back strength. Class participation is limited to 16**

Workshop #23 Saturday afternoon 3 hours

### The Wisdom of the Medicine Wheel

This ancient wheel is invaluable for self-care during menopause. Participants will benefit from this holistic, earth-honouring approach to balancing body, mind, heart and spirit. We will re-evaluate the significance of needs, yearnings and perceived barriers at this stage of life through creative and practical approaches.

Workshop #24 Sunday morning 3 hours

### Empowered Transmutation: Revision & Reclaim

Grounded in earth medicine, participants specify and complete their individualized, holistic wellness plan, drawing on soul yearnings, intuitive art and personal strengths. Identify resources for self-development, re-determine daily self care activities and learn to set boundaries enabling you to uncover your true and powerful self with integrity and create meaningful relationships.



**LEDA ROSE CEDAR**  
Lumby, BC • 250 547-1381

Leda is a retired *Stopping The Violence* Counsellor with a generalist social work degree from U of Victoria, a certificate in Indigenous grief management and suicide prevention from Nechi, Alta. She also studied Anti-oppressive Social Work from Dalhousie U and has over twenty years' experience. Her approach values inclusivity, equal respect, cultural safety and woman-positive workshops.

Workshop #25 Saturday evening 2 hours

Workshop #26 Sunday afternoon 2.5 hours

### Dancing Freedom

A sacred practice for community to sweat, pray, play, process and celebrate using the medicine of movement, music, mindfulness and conscious communication. The practice supports physical fitness, emotional and spiritual healing, personal development, and for us to come into connection with our challenging and beautiful lives. It is open to all ages, all fitness levels, no restrictions. This practise will focus on embodying the archetype of the Wise Woman; "She who Sees, Heals and Shows the Way."



**KALIBRI WETSCH**  
Crawford Bay, BC • 250 227-6849

Kalibri trained and facilitated Hatha Yoga at Yasodhara Ashram in 2007. She completed her training as a Dancing Freedom facilitator in 2012 in California and Arizona. She also participated with Devaa Haley Mitchell and Elayne Doughty in the *Soulful Women Certificate Program* for the last three years.

Workshop #27 Saturday afternoon 3 hours

### Nature and Nurture Danceshop

In this danceshop you will share in the energies of Sacred Circle Dances and Dances of Universal Peace. These are simple dances done in a circle. Through movement and song, we will play with and become more aware of our relationship with Nature, our interconnection to her, and how she enfolds us in a nurturing and supportive way.



**ALANE HADIYA**  
Lethbridge, AB • 403 380-0799

Alane started her training in 1990 with June Watts from England, and in 1992 she started to lead the Sacred Circle Dances in Lethbridge. In 2002 she started attending the yearly Universal Dances of Peace Dance Camps near Nelson, and in 2010 she took her teacher-training. She has a light, accepting, and inclusive approach to teaching dances. Her focused connection with the Sacred in movement invites others to do the same. Her day job is a speech-language pathologist, working with stroke patients.

Workshop #28 Saturday morning 3 hours

### Essential Entheogens

Sacred plants have long been used to alter consciousness and seek enlightenment. Learn some of the basics, from mugwort and wormwood to magic mushrooms and ayahuasca. Bring a notebook and pen.



**SABLE ARADIA aka DIANE MORRISON**  
Vernon, BC • 250 549-2151  
[www.sablearadia.com](http://www.sablearadia.com)

Sable has been a practicing witch for over twenty years. Driven by psychic experiences in her youth, she became an initiated Wiccan High Priestess and a retired Wiccan religious representative. She is the author of *The Witch's Eight Paths of Power* to be released by Red Wheel/Weiser, September 2014.

**SUNRISE CEREMONIES with Sable: BOTH morning at 6:45 am in LOWER ALBERTA**

A cleansing and blessing ceremony for the Goddess Within.

## DR. SHARON FORREST

Surrey, BC • 604 385-1111

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

A pioneer in the field of healing degenerative diseases for forty years, Sharon continues to prove that Energy Medicine is on its way to being the medicine of the future. A Doctor of Homeopathic and Naturopathic Medicine, Transformational Psychology and Clinical Hypnotherapy, she also has an extensive background in Ancient Wisdom, Spiritual Alchemy, Hands-on Healing and Nutrition.

Sharon sponsors numerous programs for the underprivileged in Peru. She says, "Nurturing, educating, empowering and inspiring children is a positive investment that helps them reach their full potential."



Workshop #29 Saturday morning 3 hours

### Complete Cellular Mind Body Alignment and Complete Cellular Soul Memory Clearing

An electromagnetic phenomena that you have to see to believe! Powerful and yet simple, it is claimed by researchers to be the most powerful 'Hands-On-Healing' technique today. Attend this experiential workshop and learn this amazing protocol in just a few hours!

Workshop #30 Saturday afternoon 3 hours

### Why Bad Things Happen To Good People, and What to do About it

This is life-changing to say the least. People uncover the underlying cause, and break out of limiting sabotaging patterns! These can be hidden deep in past life, womb or childhood experiences.

## MAHADA THOMAS

Penticton, BC • 250 493-4342

Mahada is a Usui/Karuna Reiki Master Teacher and Sound Healer. She was first introduced to chanting as a child at Kripalu Ashram. She has been working with sound, toning, singing and chanting for the past 16 years and shares her experience in "Free the Voice" workshops and "Vocal Yoga" classes. Recently transplanted from Tofino, B.C, she wishes to now share these beautiful experiences with the Okanagan Valley.



*Working in the  
Healing Oasis*

Workshop #31 Saturday afternoon 3 hours

### Free the Voice

Through the use of sound, movement and meditation we open to the Divine wisdom within. There will be gentle movement and exercises to open the throat, heart and energy centers of the body. We will explore the powerful effects of sound healing and learn about this effective tool for conscious evolution. Join us as we have fun with toning, overtone chanting, singing, and movement. This workshop is suitable for both shy and experienced voices.

## MICHELLE MORRISON

Kamloops, BC • 250 682-8176

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

Michelle is a Spiritual Consultant, Intuitive, Medium, Reiki Master Teacher, Shamanic Practitioner writer and speaker. She is passionate about working with people one-on-one or in group and workshop settings, helping you to tap into and bring forward your highest potential and healed state. With a lifetime of clairvoyant experience, Michelle's authentic and engaging nature will have you laughing and feeling empowered as you connect to your higher self, the Divine, your intuition and the beautiful light within.



Workshop #32 Saturday morning 3 hours

### Mapping the Blueprint of Your Soul

Each of us has a beautiful, unique and individual blueprint or a map of the soul. It is your authentic state, the purpose that you came into being, what you came to do, the life you are meant to live; without fear or limitations. For numerous reasons, many people experience blocks such as fear, low self esteem, high expectations or judgements from themselves or others that keep them from living an authentic, fulfilling life. Time to recognize the self sabotaging patterns that may be limiting you!

Workshop #33 Saturday evening 2 hours

### Animal Totems and Power Animals

One of the first things that I see in a person's energy reveals so much about what is going on in their lives at any given moment. We all have animal totems, some stay our whole lives and others come and go. This is truly a fun and lively class, but we will also spend some time in meditation as just one of the ways to meet and work with our animal guides, while we learn to understand ourselves and others through this fun journey!



Workshop #34 Saturday morning 3 hours

### Introduction to Shamanism and Shamanic Journeying

Learn about Shamanism and the roles of the Shaman historically and in our modern world, and how we can live shamanically today to return our lives to balance. Learn about the shamanic journey, an altered state of consciousness to access the Otherworld or spirit realm. Journey to the beat of the drum, enter the Otherworld, and meet your Power Animal or Animal Spirit Guide. Connect with this guide later at home to gain insight into important life issues.

*Please bring a mat and blanket or shawl, a blindfold or scarf to cover your eyes, and a journal/paper and pen.*



**ULRIKE SPITZER**  
Delta, BC • 604 765-0685  
[www.kaleidoscopehealing.com](http://www.kaleidoscopehealing.com)

Ulrike is a shamanic healer and teacher, initiated into a North European form of Shamanism. She offers shamanic healing sessions, rituals, ceremonies, and workshops. She is an integrative bodyworker with training in massage, Reiki, and Process Acupuncture.

Ulrike works with women survivors of childhood abuse and sexual assault as peer counsellor and support group facilitator.

As Priestess of the Great Goddess she serves Freyja, the Goddess of her Germanic Ancestors.

Workshop #35 Saturday afternoon 3 hours

### Bee Wisdom, Bee Blessings

Using shamanic rituals and journeys, I teach people to connect with the Queen of the Great Hive in the Otherworld. I offer each attendee the chance to receive one or more gifts of the bees -- wisdom and inspiration, healing, seership and eloquence. As a part of this presentation I teach drum stirring to help us connect to the bees. Come spend time with these bright beings and be 'bee blessed.'



**TIRA BRANDON-EVANS**  
Nelson, BC • 250 505-0698  
[www.fairyshaman.org](http://www.fairyshaman.org)

Tira is an expert on Celtic heritage and is the Moderator of the Society of Celtic Shamans, which she founded. She edits and publishes their magazine Earthsongs. She is a Reiki Master/Teacher of the Usui lineage and a Tera Mai initiate. She is a Chartered Herbalist and has taught creative and novel writing at the College of the Fraser Valley as well as some Celtic art courses.

Workshop #36 Sunday morning 3 hours

### Court Cards of the Tarot as Attitudes of Life

By understanding the court cards of the Tarot we understand the different attitudes we have in relation to life. By examining the symbology and the interrelationship of the Pages, Knights, Queens and Kings, we come to understand ourselves and others. This helps to open up your readings if you are a reader, or just understanding relationships in general if you are not.



**NORMA COWIE**  
Penticton, BC • 250 490-0654  
[www.normacowie.com](http://www.normacowie.com)

Norma has been involved in metaphysics for over 40 years. This is an opportunity to take advantage of her vast knowledge, some written in her eight books, but much which isn't. She is author of three books on Tarot and attends many conferences on the subject.

Workshop #37 Sunday morning 3 hours

### Exploring the Chakra System

Using frosted and clear crystal bowls and moving from the root chakra to the crown, and then from the heart chakra outward in concentric rings, we bathe in the sounds for clearing and for strengthening our energetic systems.



**THERESE LaFORGE**  
Kamloops, BC • 778 471-5598

Therese is a student of VAHS (Voice Activation Hydration System), a Theta wave system that reads and feeds the body the sounds that it needs for well-being. She is an Access Consciousness Bars facilitator and the keeper of a set of frosted and clear crystal bowls. She hosts Full and New Moon sound meditations in Kamloops.

**SUNRISE CEREMONIES with Therese: SUNDAY morning ONLY at 6:45 am in the NORTH WING.**  
**CHAKRA SOUNDBATH:** Come in pyjamas with your blankie to restorative nurturing crystal bowls sound and melody.

**ZORA DOVAL**  
Riondel, BC • 250 227-9434  
www.ayurvedanow.ca

Zora studied Ayurveda with Dr. Svoboda and Dr. Lad and holds a diploma from the Ayurvedic Institute in New Mexico. She completed a certification course with Dr. Kekada from Bali that authorizes her to perform a broad range of Ayurvedic cleansing therapies "pancha karma." She authored two books on Ayurveda and is a practitioner of High yoga tantra and participates regularly in meditation retreats with her master. In her retreat center on Dakini Land near Nelson, she conducts intensive meditation retreats and offers various Ayurvedic therapies.



Workshop #38 Saturday evening 2 hours  
Workshop #39 Sunday morning 3 hours

### **Nurturing the Goddess with Ayurveda**

Every woman, from maiden to crone, is a fountain of creative cosmic energy and a dwelling place of the Great Goddess in one of her manifold forms. Just like the goddess handling the affairs of the universe with her many arms, contemporary women are challenged more than ever before to juggle too many tasks - resulting often in disease and sacrifice. The subject of this workshop is how a modern woman/mother can cultivate her inner goddess. Zora will share health secrets and tips from the vast reservoir of Ayurvedic and Tantric knowledge, such as chakra tuning, self massage of marma points, proper use/preparation of herbal tonics, appropriate diet/lifestyle for one's constitution to keep women youthful, happy and vibrant as they age.

**SU STEVENSON**  
Kelowna BC • 250 861-4349  
www.ayurvedakelowna.com

Su is an Ayurvedic Lifestyle Counselor with a special interest in meditation and higher states of consciousness. She is presently studying a newly developed system that marries transpersonal psychology with non-duality. This system has exciting potential in human spiritual development and evolution. Su's lifelong interest in the spiritual side of life started in early childhood and include having her life saved by angelic beings, and having saved another human's life through channelling of higher powers. Human evolution has exciting and infinite possibilities which we are one moment away from experiencing!



Workshop #40 Saturday afternoon 3 hours  
Workshop #41 Sunday afternoon 2.5 hours

### **Ayurveda and Meditation**

We will discuss how the elements affect our doshas and how to use nature, diet and herbs as a way to find harmony and balance in body, mind and spirit. In meditation we will cover more subtle practices for balancing doshas and cultivate sattva for developing higher states of consciousness. Work will include techniques for releasing negative feelings, thus creating more space for sattva to expand. Sattva is inward and upward moving energy.

**ELISABETH GUENTERT BAY**  
Grand Forks BC • 250 442-4808  
www.dimutara.com

Elisabeth is a certified Expressive Arts Therapist and holds the Halprin Life/Art Practitioner and the Teacher for Movement Ritual. *Healing Arts Therapy* was founded in 1991 and is rooted in the fields of Psychotherapy including C.G. Jung Dream Work, Gestalt Therapy, Psycho Synthesis, Expressive Arts Therapy, Breath Therapy, Feldenkrais, Sound Therapy as well as Nutrition and Tibetan Massage. She is also a Swiss registered Nurse.



Workshop #42 Saturday evening 2 hours

### **Healing with Expressive Arts an Introduction to the Life/Art Process**

Our body contains and reveals our entire life experience. Only through the inner body experience can we come to know ourselves and the world, and changes can happen. Active Imagination, Drawing and Creative Writing help us to build bridges between our conscious and unconscious Self. Expressing the unknown through Dance and Movement, we speak in our primary, archetypal language and go beyond culture, religion and social boundaries.

*Please bring oil pastels or crayons and a notebook.*

Workshop #43 Sunday afternoon 2.5 hours

### **Nature as a Mirror of our Inner Self**

Encounter the secrets of the elemental forces of nature. With all our senses we will connect with a tree, water, or rock, which will lead us to a deeper understanding of who we truly are. Using the Life/Art Process, our dance, movement, and drawing express what our hearts have experienced.

Workshop #44 Saturday afternoon 3 hours

## The Yoga of Eating

Fully believing in the strength of traditional foods and a strong focus on a properly functioning digestive system, Raina will show us how food nourishes us physically, emotionally and energetically, to allow the body to heal itself deeply rather than covering up and fixing the symptoms. The Yoga of Eating is all about eating to fuel your physical and emotional, spiritual self without guilt or obsession - and includes yoga after the break to twist out and refresh our digestive systems with torso-specific circulatory poses.



**RAINA LUTZ**  
Penticton, BC • 250 462-1025  
[www.lutznutrition.ca](http://www.lutznutrition.ca)

Raina studied at the Canadian School of Natural Nutrition and received her diploma in Holistic Nutrition. Practicing in the South Okanagan, she is a teacher at the Canadian School of Natural Nutrition branch in Kelowna. She loves fermenting foods and drinks and provides clients with her kombucha and other living foods as well as teaching workshops on how to do it yourself.

Workshop #45 Sunday morning 3 hours

## Live Cultures, Cultured Life

A hands-on demonstration of some delicious fermented foods you can make yourself. Their is a connection between the changing cycles of the fermented products and the changes in humans, especially Wise Women. The workshop will include a group discussion about our relationship with food; the secrets about disordered eating; and our natural intuitive ways that get better with time and age.

Workshop #46 Sunday afternoon 2.5 hours

## Live Singing Mandala

Your voice is a holographic representation of all that you are and a reflection of your soul's creation. Together we will create and improvise our sacred sounds and harmonies to create a live singing Mandala.



**MIRIAM CUNHA**  
Kelowna, BC • 250 448-5523  
[www.yonisha.com](http://www.yonisha.com)

Miriam has dedicated her life to the study of philosophy, metaphysics, spirituality and different esoteric practices. She is a Shaman, Reiki Master, Writer, Graphic Artist, Singer and Musician, and facilitates transformative experiences like Laughter Yoga, Dancing, Singing and Drumming, Mayan Oracle, Intuitive Tarot Readings, Meditation, and other subjects related to human spiritual development.

Workshop #47 Saturday evening 2 hours

## The Three Wise Women A Meditation

with Miriam, Karen & Sunnaira

Joining harmonics of the singing crystal bowls, drum, and flute with guidance and vocalizations; a vibrational upgrade to assist in one's evolutionary journey.

*Bring blanket and pillow.*



**Rev. KAREN COOGAN**  
Penticton, BC • 250 770-1166

As a metaphysical minister Karen offers insight and clarity from an awareness of the higher realms and our universal states of being, helping release fear-based beliefs to liberate, empower, and live more fully. She has a passion for the singing crystal bowls, creating inspirational meditative experiences through her intuitive playing and singing.

## SUNRISE CEREMONIES

**SMUDGING** by the Willow Tree

Sunnaira and/or assistants offer a cleansing/grounding gift

**SATURDAY and SUNDAY morning 6:15 - 6:45 am**

**6:45 am LABYRINTH WALK with Karen • Saturday only**

Combine the heavenly tones of the crystal bowls and the connection to earth as you walk the Labyrinth


**SUNNAIRA ARMSTRONG**  
Okanagan Falls, BC • 250 497-6797

Sunnaira shares her wisdom of the Sacred Circle of Life, teachings from Indigenous Elders, and her understanding of the greater reality of who we are as creator beings of the universe, with joyfulness and practical tools for embodying and expanding this energy into the everyday walk of life. The voice of the drum resonates with the heartbeat of the earth and the pulse of all creation.

The numbers in blue indicate the workshop location on the map that you will receive at the Festival



# WEEKEND SCHEDULE

## Saturday

Location	8:45-10:15	10:30-noon	2-3:30 pm	3:45-5:15 pm	6:45-8:45 pm
1 Loft	#34 <b>ULRIKE SPITZER</b> Introduction to Shamanism and Shamanic Journeying		#05 <b>VIRGINIA PRESTON</b> The Art of Tantric Intimacy		#47 <b>THREE WISE WOMEN</b> A Meditation using Crystal Bowls, Drum, and Flute
2 North Wing	#29 <b>DR. SHARON FORREST</b> Complete Cellular Mind Body Alignment and Memory Clearing		#30 <b>DR. SHARON FORREST</b> Why Bad Things Happen to Good People and What to do About it		#07 <b>CINDY SMITH</b> How To Communicate with Your Angels
3 Sessions Room	#15 <b>DEBBIE CLARKIN</b> Treasure Mapping our Way to a New life		#13 <b>NANCY McCONKEY</b> Are You Living the Life You Want?		#10 <b>SHANNON BREADNER</b> Spiritual Art
4 South Wing	#03 <b>ELLA ELINWOOD</b> Earth is your Sweet Spot		#18 <b>KERRY PALFRAMAN</b> A Chat with Spirit		#33 <b>MICHELLE MORRISON</b> Animal Totems & Power Animals
5 Orchard Court A	#12 <b>GINA LEMIEUX</b> Vibrant Living		#23 <b>LEDA ROSE CEDAR</b> The Wisdom of the Medicine Wheel	<i>The public washrooms for Orchard Court are the campground washrooms that will be on the MAP given to you on arrival.</i>	
6 Orchard Court B	#14 <b>BERNICE GRANGER</b> Mineral Kingdom and You		#44 <b>RAINA LUTZ</b> The Yoga of Eating		
7 Chapel	#20 <b>THERESA LEE</b> "Music of the Spheres"		#31 <b>MAHADA THOMAS</b> Free the Voice		#21 <b>FRANCES MURPHY</b> Let's Sing
8 upper Alberta Hall	#01 <b>ALLYSON GILES</b> The Hero's Journey		#40 <b>SU STEVENSON</b> Ayurveda and Meditation		#38 <b>ZORA DOVAL</b> Nurturing the Goddess with Ayurveda
9 lower Alberta Hall	#28 <b>SABLE ARADIA</b> Essential Entheogens		#35 <b>TIRA BRANDON-EVANS</b> Bee Wisdom, Bee Blessings		#42 <b>ELISABETH BAY</b> Healing with Expressive Arts
10 Great Hall	#32 <b>MICHELLE MORRISON</b> Mapping the Blueprint of Your Soul		#27 <b>ALANE HADIYA</b> Nature and Nurture Danceshop		#25 <b>KALIBRI WETSCH</b> Dancing Freedom
Alberta Hall Annex					#17 <b>DAWN BOYS</b> Eco-Soy Candles in the Alberta Hall Annex

# September 19-21, 2014

The numbers in blue indicate the workshop location on the map that you will receive at the Festival

		Sunday		Location
		8:45-10:15	10:30-noon	
SAT & SUN	 <b>SUNRISE</b> 6:45-7:30 am			
	DAWN BOYS <i>Yoga and Ayurveda</i>	#06 <b>VIRGINIA PRESTON</b> The Art of Tantric Intimacy	#02 <b>ALLYSON GILES</b> Enchanting Elementals	Loft <span style="color: blue;">1</span>
SUN	THERESE LaFORGE <i>Chakra Sound Bath</i>	#37 <b>THERESE LaFORGE</b> Exploring the Chakra System	#16 <b>DEBBIE CLARKIN</b> Reincarnation	North Wing <span style="color: blue;">2</span>
SAT & SUN	GINA LEMIEUX <i>Yoga in Nature</i>	#36 <b>NORMA COWIE</b> Court Cards of the Tarot as Attitudes of Life	#11 <b>SHANNON BREADNER</b> Spiritual Art	Sessions Room <span style="color: blue;">3</span>
		#19 <b>KERRY PALFRAMAN</b> Dreams and Messages from your Higher-Self	#04 <b>ELLA E LINWOOD</b> Female Power	South Wing <span style="color: blue;">4</span>
		#24 <b>LEDA ROSE CEDAR</b> Empowered Transmutation: Revision and Reclaim	<i>Closing Ceremonies                      Sunday 4:10 -4:30 pm                      in the Great Hall</i>	Orchard Court A <span style="color: blue;">5</span>
	SUNNAIRA & ASSISTANTS <i>offers a smudge Saturday &amp; Sunday starting at 6:15 am near the Willow tree.</i>	#45 <b>RAINA LUTZ</b> Live Cultures, Cultured Life		Orchard Court B <span style="color: blue;">6</span>
	#08 <b>CINDY SMITH</b> Balance your Energy with the Angels	#46 <b>MIRIAM CUNHA</b> Live Singing Mandala	Chapel <span style="color: blue;">7</span>	
SAT	KAREN COOGAN <i>Labyrinth and bowls</i>	#39 <b>ZORA DOVAL</b> Nurturing the Goddess with Ayurveda	#41 <b>SU STEVENSON</b> Ayurveda and Meditation	upper Alberta Hall <span style="color: blue;">8</span>
SAT & SUN	SABLE ARADIA <i>Morning Ritual</i>	#09 <b>SHARLENE FAIR</b> Reflexology	#43 <b>ELISABETH BAY</b> Nature as a Mirror of our Inner Self	lower Alberta Hall <span style="color: blue;">9</span>
SAT & SUN	ELLEN PAYNTON <i>Hula Hoops Dance Class</i>	#22 <b>ELLEN PAYNTON</b> Somatics for Health	#26 <b>KALIBRI WETSCH</b> Dancing Freedom	Great Hall <span style="color: blue;">10</span>

## SATURDAY NIGHT ... 9-10:30 PM

Great Hall - Dance Freedom with Kalibri Wetsch

Chapel - Sacred Harmonies with Frances Murphy

Register before August 1 and save ... Adults \$150, Croners & Maidens \$125  
 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 2 to 5 pm

Name(s) \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Town \_\_\_\_\_ Prov. \_\_\_\_\_ Code \_\_\_\_\_ email \_\_\_\_\_

## FESTIVAL FEES

		Weekend	Saturday only	Sunday only
<b>ADULTS</b> (26-62 years)	on or before August 1	\$ 150	\$ 110	\$ 55
	August 2 — September 14	\$ 170	\$ 120	\$ 65
	After Sept. 15 and on site registration	\$ 180	\$ 130	\$ 70
<b>CRONES</b> (63 years+)	on or before August 1	\$ 125	\$ 95	\$ 45
	August 2 — September 14	\$ 145	\$ 105	\$ 55
<b>MAIDENS</b> (10-21 yrs)	on or before August 1	\$ 125	\$ 95	\$ 45
	August 2 — September 14	\$ 145	\$ 105	\$ 55
	After Sept. 15 and on-site registration	\$ 155	\$ 115	\$ 65

## MEALS....Please pre-order by August 15

**MEAL PACKAGES** Meals include dessert and beverage. If you have dietary restrictions please advise.

**6 meals** Friday dinner to Sunday lunch \$95.00 \_\_\_\_\_ **5 meals** Saturday breakfast to Sunday lunch \$75.00 \_\_\_\_\_

**INDIVIDUAL MEALS** Fri. Dinner \$ 23.00 \_\_\_\_\_ Sat. Breakfast \$ 12.00 \_\_\_\_\_ Sat. Lunch \$ 15.00 \_\_\_\_\_  
 Sat. Dinner \$ 23.00 \_\_\_\_\_ Sun. Breakfast \$ 12.00 \_\_\_\_\_ Sun. Lunch \$ 15.00 \_\_\_\_\_

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

- Cottage Court and East Court *One or two rooms. Double bed and/or two single beds plus front room with a hide-a-bed/couch plus a kitchen.*  
 \$350 Two bedroom cabin, two nights  
 \$270 One bedroom cabin, two nights  
*Prices are for the room or cabin. It is no longer by the bed.*
- Orchard Court *Two single beds and a bathroom in each room with a shared common space that includes a kitchen.*  
 \$240 for two nights
- Maple Court *One double bed, one single bed and a bathroom. Fridge, sink and tea kettle in the foyer.*  
 \$210 for two nights
- Alberta Hall *A two storey dorm with two single beds in a room and a large multi-use bathroom on each floor.*  
 \$160 for two nights
- R.V. / Tent \$ 75 for 2 nights including electrical hook-up  Tent \$ 50 for two nights .. no power

To book nearby accommodations visit [www.DiscoverNaramata.com](http://www.DiscoverNaramata.com) • Many have websites with images and directions  
 BC Motel: 250-496-5482 • Village: 250-496-5535 • Naramata Inn: 250-496-6808 • Sandy Beach Lodge: 250-496-5765

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, Wise Women's ...** Send it to Marion Desborough, L4-4505 McLean Creek Rd, OK Falls, BC, V0H 1R1

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** Sept. 1  
 We refund festival fees, less \$50 per person, if notified by Sept 10.

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

Questions? **1-855-366-0038** Angele Ortega

**Please bring a travelling mug for refreshment breaks.**

