

WISE WOMEN'S FESTIVALS

Johnson's Landing ~ August 28-30

Penticton ~ October 2-4

Penticton, BC
at the Shatford Centre
760 Main Street,
Entrance is off Eckhardt Avenue

\$150 Adults

\$125 Maidens & Crones

Register before Sept. 2

30 Workshops

Healing Oasis

Sunrise Ceremonies

A Festival Store & more

**Johnson's
Landing**

\$110

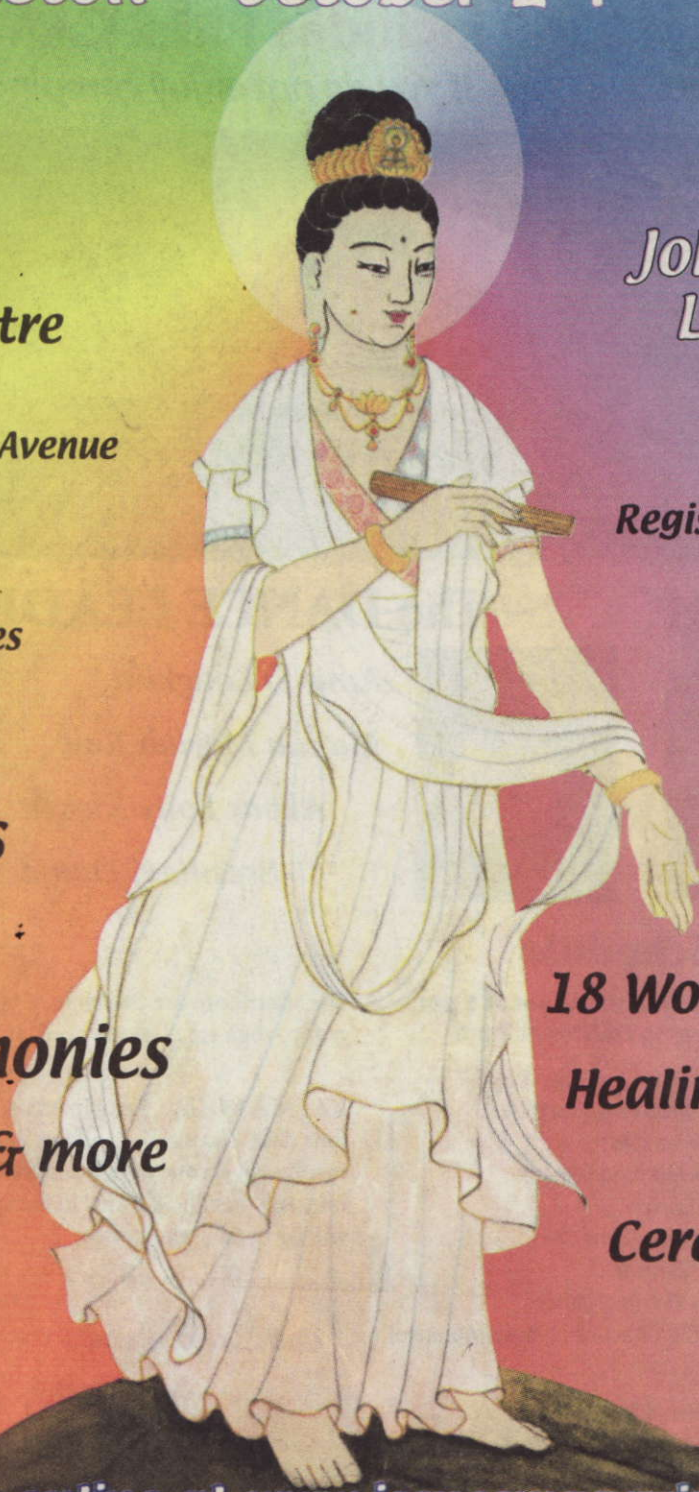
Register before
August 7

Adults,
Maidens
and
Crones

18 Workshops

Healing Oasis

**Sunrise
Ceremonies**



The program is online at www.issuesmagazine.net

Sacred Music, Sacred Dance

~ Dances of Universal Peace ~

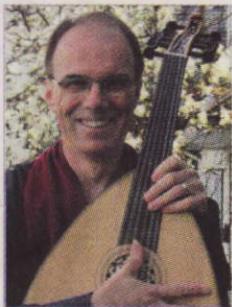
July 1-5 at the Johnson's Landing Retreat

Four Days \$260 includes FREE CAMPING and MEALS

If you do not enjoy camping, UPGRADES are available



~ The DANCE LEADERS ~



Amir O'Loughlin

Majida Myriah Roy

Akbar Lody Kieken

Sreemayi Dania



Festival Schedule

WEDNESDAY Starts with Dinner at 5 pm
followed by Evening Dances at 7 pm

THURSDAY- SATURDAY SCHEDULE

7:00-7:30 am • Morning Practice
7:30 - 8:30 am Breakfast
9:00 am - Noon • Morning Dances
12:15 - 1:15 pm Lunch
1:15 - 5:15 pm • Free Time
5:30 - 6:30 pm Dinner
7:00 - 9:30 pm • Evening Dances
Thursday evening Zikr (Practice of Remembrance)

SUNDAY SCHEDULE

7:30 - 8:30 am Breakfast
9:00 am - Noon • Morning Dances
12:15 - 1:15 pm Lunch

Clean up, pack up and say our goodbyes.

The afternoons are free time, if you wish to offer an activity (lead a gender group, yoga etc...) please contact Richard.

KARMA YOGA: Participants are requested to do 3 clean-up tasks over the four days. Karma Yoga allows us to keep registration fees at a minimum and involves everyone in the celebration of community through co-operative, mutually beneficial work in the spirit of selfless service. The sign up sheet will be outside the Lodge.

Interested?

check out www.JohnsonsLandingRetreat.bc.ca or
phone: 250-366-4402

Limited space for this event
so register early!

Rejuvenation Festival

July 24-26

at the

**Retreat Center, Johnson's Landing
2 hours North of Nelson, BC**

~ Special Rate for this Inaugural Event ~

\$110 *plus gst for adults, students and seniors
if registered before July 3rd*

Fee includes FREE camping and workshops.

Accommodation upgrades and meal details on page 8

After July 3rd the registration fee is \$125

*Festival weekends are a time to get away from the busyness of
life and rejuvenate. Time to educate and empower
ourselves. Being in nature, helps to us slow down.*

If you need help with transportation, let us know.

*Vendor Lane and the Healing Oasis will be open
2- 5 pm on Friday and most of the weekend.*

Bring your table and sun shelter.

Space is by donation.

Interested in being a Healer or Volunteer?

Please call Angele: 250-366-0038.

*If you are an artist or performer and want to share
let us know and we'll see what can happen.*

*Arrive early on Friday and set up your camp site,
socialize, enjoy nature, hike to Fry Creek,
explore the Retreat Center and get familiar with the site.*

*You could take time to walk our Labyrinth.
Angele was told that our labyrinth is connected to the
mountains which connects us globally to labyrinths
around the world. Labyrinths want more feet to walk them!
Labyrinths hold a vortex of energy for the area.*

*This image is a
handpainted lotus*

WORKSHOP LEADERS for JL REJUVENATION

LEITA McIN

Gabriola, BC • 250 325-9893

Due to a devastating illness I contracted in 2000, and not finding any satisfactory help from the medical community, I went on a healing journey. My 25-year career in the counselling field ended and I spent the next ten years healing, learning and practicing Energy Medicine in a multitude of forms and modalities. Over a four-year period in India I studied Tai Chi/Chi Kung, Reiki, and Ayurveda Yoga Massage. Other significant training that I glean from includes Belly Dancing and Dance Therapy. Two years ago I was delighted to receive my Certification as an Eden Energy Medicine Practitioner and love sharing these powerful skills and knowledge.



Workshop #01 Saturday morning 3 hours

Energizercise

Classes are a synergetic blend of Chi-Kung, yoga, tapping, Pressure Point massage, breathwork, meditation and dance techniques. These techniques are carefully chosen to strengthen the immune system, alleviate chronic pain and fatigue, focus and sharpen the mind, and stabilize emotional energies, bringing harmonic vibrancy back into our lives.

Workshop #02 Sunday morning 3 hours

Eden Energy Medicine

The Nine Primary Energy Systems as defined by Donna Eden will be presented. Balancing techniques will be introduced and practiced to enable you to strengthen your own energy systems as well as assist family and friends with theirs.

CRYSTAL LEE

Peachland, BC • 778 479-2005

Crystal is a certified Herbalist and Polarity Therapist. For twenty years she has been guided to stay healthy by working with nature, learning energy healing and spirit guides to bring wellness and comfort to her family, friends and pets.



Workshop #03 Saturday afternoon 3 hours

What is in Your Medicine Bag

Learn about tinctures, tonics and salves that are in Nature's first-aid kit. We will make a Flower Remedy Essence after collecting flowers and herbs. If time permits I will be happy to share some polarity techniques and exercises for energy healing.

Workshop #04 Sunday morning 3 hours

Take Charge of Your Health

This isn't as easy as it sounds. Oh how we have a difficulty with change, but together we can help each other. Herbal Medicine combined with energy work, such as Polarity Therapy, can help us to get on the right track. I look forward to your input and participation in our journey to good health.

SUE PAULSON

Edmonton, AB • 780 264-3388

www.SuePaulson.com

Sue's path to spiritual awakening started in her twenties, both as a student and then as a teacher of personal growth workshops. As a corporate trainer and university instructor, she taught public speaking and communication skills. She has experienced the heights of ecstasy during a near-death experience in 2007, to the depths of fear during two bouts of cancer in 2011 and 2012. As a woman of wisdom she will share what she has learned from Spirit about the magnificence of each one of us. Sue is the author of two books. Her third book, *Magnificent Misery - From Adversity to Ecstasy* will be available this July.



Workshop #05 Saturday morning 3 hours

Workshop #06 Sunday morning 3 hours

Be Your Own MVP

(Most Valuable Person)

How would you feel and what would you do if you knew, at heart level, that it was safe to be as magnificent as you are? Join Sue in this inspiring and interactive workshop as she guides you to access your magnificence and dares you to be all that you truly are.

Please bring a journal.

Workshop #07 Saturday morning 3 hours

Workshop #08 Sunday afternoon 3 hours

Plant and Herb Walk

Join us for an informative plant walk and talk as we discover the edible and medicinal plants of the bioregion. We'll talk botany, safe and ethical wildcrafting, plant ID and we'll learn to discern the medicinal properties of plants of the way our ancestors did – by taste, smell and sight.



Please refrain from wearing scented body products as they interfere with our olfactory senses.

Workshop #09 Saturday afternoon 3 hours

Workshop #10 Sunday afternoon 3 hours

Jinshei Art of Natural Healing

Wake up to the Wisdom Keeper that resides within you. Inner focusing exercises, journeying, ki energy work, and land-based practices are woven for a beautifully relaxing adventure. Discover a new knowing of your own authenticity! In honouring you, you honour our Earth Mother and the Universe within.



TONYA McLAUGHLIN

Cloverdale, BC • 604 813-5425

www.jinsheihealing.com

As a Story Keeper and Energy worker, I have been in the Healing Arts all my life. I was raised in the wilderness of BC and Big Island of Hawaii where Nature Spirits kept company with me, sharing their secrets of how to Be. True to my Gypsy Lineage, I also inherited our family gift of 'sight.' I am a Reg. Martial Arts Master Instructor and Meditation Coach, Reiki Master-Teacher, Graduate of Aboriginal FOT, and Wise Woman Way Doula.

Workshop #11 Saturday evening 2.5 hours

Chakradance®

This is a spontaneous free-form movement, connecting with yourself, rebalancing, and shaking off old energies! Chakradance® uses specially composed music that resonates with each of the seven main chakras, along with guided visualizations and in-the-moment body expression to guide you into your inner world. We dance with eyes closed, barefoot, witnessing our experience. It's dance movement meditation. Once home you can use your created Mandala for further reflection, integration and healing.

No dance abilities necessary.



AVICHI VAN CAMPEN

Penticton, BC • 250 328-9807

www.rachijpahhealings.com/

Avichi is a licensed Chakradance® Facilitator passionate about providing a safe sacred container for you to travel inwards. She is also a licensed Chakra Yoga teacher, a Reiki Master, and practitioner of various massage modalities. Through her business Rachijpah Healings, she shares her Gifts of Service with you.

Workshop #12 Saturday afternoon 3 hours

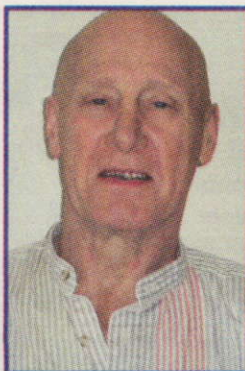
System K Introduction

The first 30 minutes will be an explanation of what it is, what it can do and where it came from. Then a demonstration of how an individual or two people can use System K. We will also explore Thoppukaranam, a common practice in India that strengthens the brain.

Workshop #13 Sunday morning 3 hours

Part 2 of System K • Intro is a prerequisite.

This hands-on workshop will covers the basic techniques of using kinesiology to find and remove unprocessed emotions. It also covers basic methods of generating scalar energy to change unconscious beliefs.



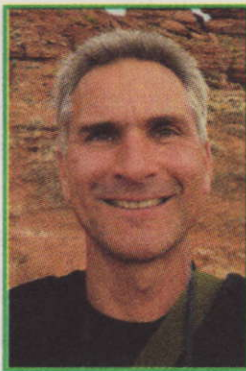
FRED MURRAY

Winfield, BC • 250 878-7306

While my wife was dying of cancer (2005) I prayed with her and for her. Afterwards I attended workshops that changed my perception of what I inherited from my parents and how much it affected my daily life. I continued on with Dr. Bradley and the Emotion Code, Dr. David R Hawkins, Psych K and other methods. I was prompted by my higher self to combine my learnings into one that I call System K. Helping people to heal themselves is very rewarding, it is so good to share.

RIEL MARQUARDT
Vernon, BC • 250 718-8484
www.backroads.ca

Riel Marquardt has a passion for applying ancient teachings to present-day challenges. His education in electronic engineering and training in Shamanism led him to understand ancient cultures harnessed technologies that we are only re-discovering now. He believes humanity is on the cusp of an evolutionary leap propelled by the wide-spread adoption of these life-affirming insights.



Workshop #14 Saturday morning 3 hours
Workshop #15 Saturday evening 2.5 hours

Ancient Future – A Signpost for Evolution

Supported by renewed scientific research, it appears ancient cultures possessed advanced technologies that were based on unifying principles. Learn what hints were left behind, the growing awareness of these technologies and the amazing implications a unified worldview allows for our planet. The key to a successful collective transition is held by each one of us.

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 has authored two books on Ayurveda and is a practitioner of High yoga tantra and participates in meditation retreats with her master. At her retreat center on Dakini Land near Nelson, she conducts meditation retreats and offers various Ayurvedic therapies.



Workshop #16 Saturday afternoon 3 hours

Deep Cleansing using Ayurveda

In the first talk Zora will share health secrets and tips from the vast reservoir of Ayurvedic and Tantric knowledge, including proper cleansing techniques and use/preparation of herbal tonics, appropriate diet/lifestyle for one's constitution to keep oneself youthful, happy and vibrant as we age.

Workshop #17 Sunday afternoon 3 hours

Deep Rejuvenation through Ayurveda

The second talk will feature actual rasayanas or rejuvenation methods that are appropriate for your constitution. Zora may include self massage, marma points, or maybe an experiential head massage.

ANGELE ORTEGA
Johnson's Landing, BC • 250 366-0038

Angele wrinkled up her nose the first time earthworm or vermi-composting was mentioned. Never-the-less she accepted the gift as someone else was going to look after them. She watched and could see it was not complicated. The volunteer left and she needed to continue with the process, so she read a book. Over the years she has simplified the process so that it is really NO work. Worms love munching wet magazines and food scraps while re-producing themselves.



Workshop #18 Sunday afternoon 3 hours

Earthworms & Composting

Once the basic earthworm's needs are provided you will have a dedicated crew of workers that plough your soil 24/7. The sticky residue they leave in the soil even detoxifies heavy metals. Yield is increased ten-fold and plants are healthier and happier. Learn vermi-composting at its easiest and take home a bucket of worms to start your own.

JESSICA & HEATHER
Winlaw, BC & Nelson, BC

Jessica is Cree First Nations whose passion lies in sharing teachings, drumming and singing, and living life in a good way. She asked special permission from her community to ensure the ancestors are being honoured with her drumming.

Although Heather does not come from a First Nations heritage she is stepping into being an ally. Heather spent several years in Toronto learning songs and sitting in a drum circle. She has these songs in her heart and shares them with permission from the individuals she learned from.



Workshop #19 Saturday evening 2.5 hours

Connecting to the Spiritual Being of the Drum

We will share stories and knowledge about the connection the drums hold to Mother Earth, the four leggeds, the standing peoples (trees), and we humans. The sound reverberating through the drum holds the heartbeat of our Mother Earth: Drums do not know about racism, jealousy, hate, greed, language, or gender. What matters is inclusivity and the sound of one heart beating, manifested through a specific rhythm. If you have a First Nations (hoop drum) please bring it, if not there will be drums to share.

Rejuvenation Schedule for Friday, July 24... Registration starts at Noon

Sign-up for Healing Oasis and vendors set-up on the front lawn

2 - 5 Sessions in the Healing Oasis • 5:15 - 6:30 pm Dinner

OPENING CEREMONIES START in the DOME at 7 pm then Introduction of the Instructors.

JOIN US AND CO-CREATE A MAGICAL, HEALING WEEKEND!

Saturday Schedule

	9 - noon	2 - 5 pm	6:30 - 9 pm
Group Room	#14 RIEL MARQUARDT Ancient Future - A Signpost for Evolution	#16 ZORA DOVAL Deep Cleansing using Ayurveda	#15 RIEL MARQUARDT Ancient Future - A Signpost for Evolution
Dome	#01 LEITA McIN Energizercise	#09 TONYA MCLAUGHLIN Jinshei Art of Natural Healing	#11 AVICHI VAN CAMPEN Chakradance
Tipi	#05 SUE PAULSON Be Your Own MVP	#12 FRED MURRAY System K Introduction	#19 JESSICA & HEATHER Connecting to the Drum
Sacred Space	#07 BARB DUTOT Plant and Herb Walk	#03 CRYSTAL LEE What is in Your Medicine Bag	9 pm onwards Saturday Night Entertainment in the Group Room



SUNRISE CEREMONIES with Avichi BOTH mornings, 6:45 to 7:30 am in the Dome

Chakradance • Start your day with a dance that opens your Chakras so you are aligned with intention.



Sunday Schedule

	9 - noon	1:30 - 4:30 pm
Group Room	#13 FRED MURRAY System K • Part 2	#17 ZORA DOVAL Deep Rejuvenation through Ayurveda
Dome	#02 LEITA McIN Eden Energy Medicine	#10 TONYA MCLAUGHLIN Jinshei Art of Natural Healing
Tipi	#06 SUE PAULSON Be Your Own MVP	#18 • ANGELE ORTEGA Earthworms & Composting <i>Meet at the Lodge</i>
Sacred Space	#04 CRYSTAL LEE Take Charge of Your Health	#08 BARB DUTOT Plant and Herb Walk



Closing Ceremonies 4:40 to 5 pm in the Dome

JOHNSON'S LANDING REGISTRATION

for the **Rejuvenation Festival • July 24 - 26**
 or **Wise Women's Festival • August 28 - 30**

Register three weeks before the event for a discount

Early Rates	Weekend	Saturday only	Sunday only
ADULTS SENIORS STUDENTS	\$ 110	\$ 80	\$ 35
Regular Rates	\$ 125	\$ 90	\$ 40

Fees includes
FREE CAMPING



Please bring a travel mug

MEALS....Please pre-order

MEAL PACKAGES Vegetarian Meals include dessert and beverage. If you have dietary restrictions please let us know.

Friday dinner to Sunday lunch \$90 _____ Saturday breakfast to Sunday lunch \$75 _____

INDIVIDUAL MEALS

Fri. Dinner	\$ 17	_____	Sat. Breakfast	\$ 12	_____	Sat. Lunch	\$ 17	_____
Sat. Dinner	\$ 17	_____	Sun. Breakfast	\$ 12	_____	Sun. Lunch	\$ 17	_____

ACCOMMODATION UPGRADES •• Per person, per night

Cabin • private \$75 • shared \$50 • Lodge or Tree House • private \$50 • shared \$35

Dorm has a shower • shared \$35

Tent Cabin, wood floor with tent includes bed and bedding • private \$40

Tent in Upper Campground with solar shower • bring foamy and bedding • private \$25

Big Tipi • sleeps many, bring small tarp, foamy and bedding • shared \$20

REGISTRATION FORM

Name(s) _____

Address _____ Phone _____

Town _____ Prov. _____ Code _____ email _____

Festival Fees \$ _____

Meals \$ _____

GST (add 5%) \$ _____

Upgrades \$ _____

Hotel Tax \$ _____

Subtotal \$ _____

Grand Total \$ _____

Amount enclosed \$ _____ (50% deposit)

Balance ... \$ _____ payable at the door

Make cheques payable to: **Johnsons Landing Retreat**
 Send to Issues Magazine, RR 1, S 4, C 31, Kaslo, BC, V0G 1M0

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

We refund festival fees 2 weeks before event, less \$25 per person

To register by phone and pay with credit card

250-366-0038 or 250-366-4402

WISE WOMEN'S FESTIVAL

Kootenay version at Johnson's Landing



August 28-30

at the
Retreat Center

1-250-366-4402

1-250-366-0038

Special Rates
for this Inaugural event
at Johnson's Landing

only \$110

Adults, Maidens and Crones
plus gst includes FREE camping!

Buffet meals are optional
Accommodations can be upgraded
Rates and details on page 8

After August 7 the fee is \$125

The program is online at www.issuesmagazine.net
Please share with friends and plan to come!

WORKSHOP LEADERS for JL WISE WOMEN

SREEMAYI DANIA EDWARDS

Nelson, BC • dania@netidea.com
www.dancesofuniversalpeace.org
www.heartmath.com/coach-mentor/dania

Sreemayi has been drumming for the Nelson Dances of Universal Peace team since 2006 and began her training and practice as a mentored Dance Leader in 2008. She is a Registered Jin Shin Do Bodymind Acupressurist, a Certified HeartMath Coach and Licensed Stopping Emotional Eating Program Coach, as well as an Authorized Facilitator of Healing with the Arts.

Dania will lead the Dances of Universal Peace for Opening and Closing Ceremonies



ing immune, brain, digestive system, align to her rhythms. You will experience how to connect to your inner guidance from your heart. Dania will show you how our heart, beating rhythmically, is the magic to creating World Peace. You may also experiment with a bio-feedback device to let you see the shifts as they happen.

Workshop *01 Saturday morning 3 hours

The Science of Heart Intelligence: from mental chaos to inner peace

Did you know that your heart is the first organ to develop in the fetus? Yes, even before the brain! As a licensed HeartMath Coach, Dania will bring to you many scientific facts about your own heart and a simple technique for you to make a quick shift from mental fog and emotional turmoil to feeling more calm, clear and content! Explore chanting; art work and games; how your heart is like a mother drum: all physical systems, including

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 *02 Saturday morning 3 hours

Workshop *03 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.

ROSEMARY PHILLIPS

Rock Creek, BC • 250 446-2929
www.rosemaryphillips.ca

The journey of life has blessed Rosemary with many hats - writer, singer and healer. She trained as a reflexologist (1982) and instructor (1984) with the late Yvette Eastman and illustrated *Touchpoint Reflexology - the First Steps* (1985); developed the Happy Feet Foot Massage in the 1990s and book in 2013; and her children's story/song *One Seed* is viewed and presented in schools around the world.



Workshop *04 Saturday afternoon 3 hours

Happy Feet Foot Massage

Oooh! Ahhh! Experience and learn this deluxe 15-minute foot massage - good for all ages and health conditions - using various reflexology and healing techniques for relaxation and rejuvenation. Book provided. You'll be walking on air!

Bring cushion and towel.

Workshop *05 Sunday morning 3 hours

Intuitive Writing for your Heart

Be it song, poetry or prose; let Muse flow through you as you create a work to inspire yourself and others. Visualization, discussion, writing, and a few songs to set the energy. No previous writing or musical experience required. *Materials provided.*

Workshop #06 Saturday morning 3 hours

The Brain ~ The Last Bastion

Learn how to and practice releasing higher brain function and memory through working with Universal Energy, Techno Spirituality, sound frequencies and a brain tonic! Engaging greater memory and telepathy is paramount now as we leave Kali-Yuga, the Age of Conflict, and prepare for the Golden Age of Wisdom.

Workshop #07 Saturday evening 2.5 hours

Conings: Creating Conscious Vortexes of Energy

The 'Coning' gathers together levels of evolution and involution, and this team of our Higher Selves, Ascended Masters and Nature Spirits helps us to clear land areas, our homes, and objects of misplaced energy. It facilitates us to create balance in situations. Agnes loves working co-creatively with the Nature Spirit realm and feels communication with all living beings is the only way we will eventually balance and heal the Earth.



AGNES TOEWS-ANDREW
Nelson, BC • 250 777-2606
www.isismoonpublishing.com

Agnes is a Metaphysician Master, and has consciousness of other planes of existence. She is a visionary, pathfinder, author of seven books, including *AWAKE! A Spiritual Primer*, that describes ten years of her paranormal experiences. She is a world sacred site traveler, Usui Reiki Master/Practitioner since 1987, and connector to the Angelic and Devic realms.

Workshop #08 Saturday evening 2.5 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.*



THERESA LEE
Riondel, BC • 250 225-3518
www.KootenaySoundHealing.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.

Workshop #09 Saturday afternoon 3 hours

Yoga for Transforming Judgement

Nurture connection with your divine inner wisdom through gentle yoga, breath, journaling, and transformational coaching. Shine light on your true desire, discover what is stopping you from experiencing it, cultivate curiosity about and begin to transform self-judgement so you can feel free.



JENNIFER HOUGHTON
Winlaw, BC
www.BountifulYogaAndWellness.com

Jennifer draws upon years of experience as a certified yoga teacher, fitness instructor, and entrepreneur. Her work is a unique blend of physical yoga, breathwork, and transformational coaching that helps women align with their souls to cultivate self-love. Previously the owner of a yoga studio in Alberta, she now works online and teaches classes in the Kootenays.

Workshop #10 Saturday evening 2.5 hours

Workshop #11 Sunday afternoon 3 hours

Be Your Own MVP (Most Valuable Person)

How would you feel and what would you do if you knew, at heart level, that it was safe to be as magnificent as you are? Join Sue in this inspiring and interactive workshop as she guides you to access your magnificence and dares you to be all that you truly are.



SUE PAULSON
Edmonton, AB • 780 264-3388
www.SuePaulson.com

Sue's spiritual awakening started in her twenties both as a student and then as a teacher of personal growth workshops. As a corporate trainer and university instructor, she taught public speaking and communication skills. She has experienced the heights of ecstasy during a near-death experience in 2007, to the depths of fear during two bouts of cancer in 2011 and 2012. As a woman of wisdom she will share what she has learned from Spirit about the magnificence of each one of us. Sue is the author of two books. Her third book, *Magnificent Misery - From Adversity to Ecstasy* will be available this July.

Please bring a journal.

ELENA RICHMOND
Nelson, BC • 604 396-7082

Elena truly does believe that yoga is for everyone, of any age, and ability. She is offering a workshop where we will practice from several schools of yogic thought including Hatha, Vinyasa, and Yin, incorporating pranayama, mantra, and guided relaxation. No yoga experience necessary, there will be something for everyone!



Workshop #12 Sunday morning 3 hours

Yin Yoga

Experience this deep and divine inner practice of long-held seated postures that target the connective tissues of the body. Yin calls on one to observe, allow, and surrender as body and mind marinate in the poses. Yin Yoga is suitable for all levels and abilities.

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.



Workshop #13 Saturday afternoon 3 hours

Free the Voice

Through the use of sound, movement and meditation we open to the Divine wisdom within. We will explore the powerful effects of sound healing and learn about this effective tool for conscious evolution.

Workshop is suitable for both shy and experienced voices.

Workshop #14 Sunday afternoon 3 hours

Soul Expressions

Express your Self through sound, movement and creativity. Experience the opening of the body/mind through toning, enjoy the freedom of movement to music, and explore your creativity. This workshop is designed for FUN as we allow the singer, the dancer and artist to emerge from within.

SARAH BRADSHAW
Enderby, BC • 250 366-4402

Many years of experience as a herbalist and 'wise woman' have resulted in many practical skills which are vital to self-sufficiency. Making soap was standard practice before it grew into a business. Sarah's passion for the plant world has been the root of a lifelong love affair with gardening. A dedicated advocate for food security and our right to feed ourselves has led to her managing a seed bank for the Shuswap Seed Savers.



Kate will join her mom for these two workshops.



Workshop #15 Saturday morning 3 hours

Soap Making

Learn the basics of hot-pour method as well as cold-poured vegetable-based soaps. We will use essential oils in high concentrations! Making 'soap soup' will aid in making shampoos, body washes and other specialized cleansers.

Participants will leave with small amounts of the finished products.

Workshop #16 Sunday afternoon 3 hours

Seed Saving

We will gather seeds from both domestic gardens and the wild indigenous plants to assist in their survival. Then a quick look at some guidelines for gathering seeds from annuals, including seeds that need fermentation to be viable. Participants will leave with some seeds for their own use.

SUSAN SNEAD
East shore of Kootenay Lake, BC • 250 225-3520

Susan's passion with Astrology began in the early 1980s when she attended workshops and breathed the language of astrology into her daily life. Today she teaches classes and has been reading charts for over 30 years; offering deep insights to those who are searching for an understanding of the journey. She is an ESL teacher, an artist and incorporates a combination of Reflexology, Tuning Fork Sound Therapy and energy healing into her massage practice.



Workshop #17 Saturday afternoon 3 hours

Healing the Collective Wound

An astrology workshop exploring the roles of the outer planets in relationship to the events of the day, and the evolutionary period we are in. While together we will build a better understanding of the times, insight into the 'collective wound' and challenges facing the Earth today. Chiron and Neptune in Pisces will bring about healing through all of us.

Wise Women's schedule for Friday, Aug. 28 ... Registration starts at Noon

Sign-up for Healing Oasis and vendors set-up on the front lawn
Sessions in the Healing Oasis are 2 - 5 • Dinner is 5:15 - 6:30 pm

OPENING CEREMONIES in the DOME 7-7:45 pm. Dania will lead the Dances of Universal Peace, singing and dancing with the Goddess, then Introduction of the Instructors 8-9 pm, followed by the Planetary Gongs with Theresa Lee.

Saturday Schedule

	9 - noon	2 - 5 pm	6:30 - 9 pm
Group Room	#06 AGNES TOEWS-ANDREW The Brain ~ The Last Bastion	#09 JENNIFER HOUGHTON Yoga for Transforming Judgement	#08 THERESA LEE Music of the Spheres
Dome	#01 SREEMAYI DANIA EDWARDS The Science of Heart Intelligence	#13 MAHADA THOMAS Free the Voice	#10 SUE PAULSON Be Your Own MVP
Tipi	#02 ZORA DOVAL Nurturing The Goddess with Ayurveda	#04 ROSEMARY PHILLIPS Happy Feet Foot Massage	#07 AGNES TOEWS Conings: Creating Conscious Vortexes of Energy
Sacred Space	#15 SARAH & KATE Soap Making (at the Lodge)	#17 SUSAN SNEAD Astrology	9 pm onwards Saturday Night Entertainment in the Group Room



SUNRISE CEREMONIES with Elana BOTH mornings, 6:45 to 7:30 am in the Group Room

Yin Yoga • Experience the alchemy of linking breath with movement as we explore pranayama's and asanas to start our day mindfully.



Sunday Schedule

	9 - noon	1:30 - 4:30 pm
Group Room	#12 ELENA RICHMOND Yin Yoga	#11 SUE PAULSON Be Your Own MVP
Dome	#03 ZORA DOVAL Nurturing the Goodess with Ayurveda	#14 MAHADA THOMAS Soul Expressions
Tipi	#05 ROSEMARY PHILLIPS Intuitive Writing for your Heart	#16 SARAH BRADSHAW Seed Saving
Lodge	See write up on page 6 This workshop will be offered at both festivals.	#18 ANGELE ORTEGA Earthworms & Composting



Closing Ceremonies 4:40 to 5 pm

OCTOBER 2-4 • 18th Annual Wise Women's Festival Penticton, BC at the Shatford Centre

760 Main Street, entrance is off Eckhardt Avenue West,
first right past the 24-7 Convenience store

Adults \$150 • Crones & Maidens \$125 if registered before Sept. 2
Meals and accommodation details on page 22

Penticton Festival Organizers

Marion

Angele

Sunnaira



The Penticton site is wheelchair accessible
as it has an elevator.

The Healing Oasis

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 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 it has
details including a page with *frequently asked questions*.
Then call or email Marion.... Marion@issuesmagazine.net

Weekend Schedule

FRIDAY SCHEDULE

12 pm On-site Festival Registration
1 pm Healing Oasis sign-up starts
2 - 5 Sessions in the Healing Oasis
5:15 - 6:45 pm Dinner

OPENING CEREMONIES 7 to 7:45 pm

7:45 • Greetings and announcements
8 pm • Introduction of Workshop Leaders.
9 pm • Theresa Lee & Therese will set the tone
so healing and attunements can happen easily.

SATURDAY SCHEDULE

6:45-7:30 am • Sunrise Ceremonies
7:30 - 8:30 am Breakfast
8:45 - Noon • Choose one of six workshops
12 - 1 pm Lunch
2 - 5:15 pm • Choose one of six workshops
5:15 - 6:30 pm Dinner
6:30 - 9 pm • Choose one of six workshops

SUNDAY SCHEDULE - only 1.5 hours off for lunch
then workshops happen from 1:30 - 4:30 pm.

4:40 - 5 pm • CLOSING CEREMONY

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

Meals Please pre-order by Sept 25 • We offer full course meals
with a salad, coffee, tea and dessert. Meal prices are on the registra-
tion form. Meals may be available on-site but best to pre-order.

Refreshment Stations provide organic herbal teas
and fair trade coffee so please **bring a travel mug**.
Festival mugs can be purchased on-site.



Give-Away Table - Share valued items with another.

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. Go to the website or ask Marion
for details 250 497-6861. Items must be left in the store until it closes
at 2 pm on Sunday. We deduct a 15% commission on items sold.

Friday at 7 pm is Opening Circles, 7:45 Greetings and Introduction of Workshop Leaders
Lastly...uplifting Sounds of the Planetary Gongs played by Theresa Lee and bowls with Therese Laforge

WORKSHOP LEADERS for PENTICTON EVENT

Workshop #01 Saturday afternoon 3 hours

Crystal Bowls and the Chakras

Letting go of limitations and rebuilding helpful flow in your body simultaneously occurs with the bowls. Set time is given to chakras in fifth combinations. I promise minimal speaking and lots of pure sound with frosted, clear and alchemic bowls.

Bring your intentions and your blanket.



Working in the Healing Oasis

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.

Workshop #02 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.

Please bring a note book for use as a personal journal.



ELLAE ELINWOOD

Wyoming • 619 559 1962

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 #03 Sunday morning 3 hours

Magic is, in essence, a higher understanding of Earth's nature.

Earth is feminine. like you.... Come and learn how you can easily become a magical woman. By utilizing ancient methods and modern science you will learn how to weave Earth's vitality and energy flows into yourself and your daily life....magical.

Workshop #04 Saturday morning 3 hours

Intuitive Readings

Have you ever wondered if you could do an Intuitive reading? Well...YOU CAN! Experience fun and inspiration as you not only 'receive' a reading but you will learn how to give one! Cultivate your intuitive skills and recognize messages from your Higher Self. Explore past lives and discover how they affect this life... and acquire the ability to share this wisdom and new-found knowledge with integrity and from the heart.

Workshop #05 Saturday evening 2.5 hours

Dolphins, Whales & Magical Tails

Join Hannelore, as she shares extraordinary stories of courage, faith and trust from her upcoming book, *Dolphins, Whales & Magical Tails*. Listen to heart-opening stories of how these encounters changed lives forever. Learn what the 'bliss phenomenon' is and how you can experience this as well as astonishing synchronicities and more.

Workshop #06 Sunday morning 3 hours

Sacred Shamanic Truths, Clearing the Soul Path

Shamanism is a vehicle to transform lives and support Unity Consciousness. We will Journey to discover each other's Spirit/Power animal and learn what the 'Elixir' of immortality is. Understand how you are influenced by your inner child; understand what a fragmented soul or 'split apart' is and comprehend what 'Soul Retrieval' is.



HANELLORE

Vancouver, BC and Hawaii

604 926-4988

www.Hannelore.ca or
CommuningWithDolphins.com

Hannelore is an inspirational story teller, bestselling author, motivational speaker, counselor and spiritual life coach. She offers public and corporate workshops worldwide. She is known for her certified training program 'The Power of Intuition' and facilitates guests at her highly popular 'Vision Quest Wilderness Retreat' and the profoundly magical 'Communing with Dolphins' retreats in playful union with non-captive dolphins in Hawaii.

Hannelore is dedicated to supporting others in tapping deeper into the realm of empowered thinking to manifest their greatest dreams. She invites you to reflect on the wisdom and insights that inspire you to be all that you are.

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

Shannon is a self-taught painter with some education in the fine arts and a variety of independent classes. Joining a wide variety of holistic, spiritual and healing modalities has inspired her to grow as an artist. Currently she leads meditations and recently completed a ten-day silent Buddhist retreat. This has deepened her journey to becoming a Spiritual Practitioner with the Science of Mind centre, strengthening her gifts as an artist and practitioner.



Workshop #07 Saturday evening 2.5 hours

Workshop #08 Sunday morning 3 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.*

JEN HOLMES
OK Falls, BC • 250 462-8550

Jen grew up running through the hills and lowlands of the Okanagan Valley and still revels in the adventure of discovering local places and plant life. A gardener for over 25 years, Jen has found "backyard herbalism" to be her true love. Using local plants as helpers and healers is a passion that Jen joyfully shares with others. She also holds several healing attunements as well as being a Reiki Master/Teacher and a priestess in the Temple tradition. Jen can be found blogging about her outdoor adventures on her blog *Rue and Hyssop*.



Workshop #09 Saturday evening 2.5 hours

Practical Magic for a Charmed Life

Old wifes' tales and folk practices sprung from a belief that we could influence our life by utilizing the power or magic inherent in the world around us. People worked with what they had, items from the yard, cupboard, or sewing basket were given purpose; to heal, protect, cleanse, and bring good fortune or love to the home. The Farmer's Almanac is full of such fascinations. Join Jen and discuss practices and charms that have spanned generations and leave with a handout of practical magical ideas and a charm you create.

LEITA McIN
Gabriola, BC • 250 325-9893

Due to a devastating illness I contracted in 2000, and not finding any satisfactory help from the medical community, I went on a healing journey. My 25-year career in the counselling field ended and I spent the next ten years healing, learning and practicing Energy Medicine in a multitude of forms and modalities. Over a four-year period in India I studied Tai Chi/Chi Kung, Reiki, and Ayurveda Yoga Massage. Other significant training that I glean from includes Belly Dancing and Dance Therapy. Two years ago I was delighted to received my Certification as an Eden Energy Medicine Practitioner and love sharing these powerful skills and knowledge.



Workshop # 10 Saturday afternoon 3 hours

Energizercise

Classes are a synergetic blend of Chi Kung, Yoga, Tapping, Pressure Point Massage, Breath work, Meditation and dance techniques. These techniques are carefully chosen to strengthen the immune system, alleviate chronic pain and fatigue, focus and sharpen the mind, and stabilize emotional energies, bringing harmonic vibrancy back into our lives.

Workshop # 11 Sunday afternoon 3 hours

Eden Energy Medicine

The Nine Primary Energy Systems as defined by Donna Eden will be presented. Balancing techniques will be introduced and practiced to enable you to strengthen your own energy systems as well as assist family and friends with theirs.

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 #12 Saturday 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

Workshop #13 Saturday afternoon 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 #14 Sunday afternoon 3 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

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 #15 Saturday morning 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 Wheateley

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.

You are welcome to bring magazines for cutting up.



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.

Working in the Healing Oasis

Workshop #16 Sunday afternoon 3 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.

Saturday evening, 9:20 to 10:20, Kalibri offers Sweat your Prayers.... another Dance Freedom experience

Workshop #17 Saturday evening 2.5 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.*



THERESA LEE
Riondel, BC • 250 225-3518
www.kootenaysoundhealing.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.

SUNRISE CEREMONIES with Theresa Lee BOTH mornings at 6:45 am in the Great Hall.

Start your day with the cosmic vibrations of the Planetary gongs. Bring a blanket and pillow.

MICHELLE MORRISON

Kamloops, BC • 250 682-8176

www.TheBalancedSoul.com

Michelle is a spiritual consultant, intuitive, medium, Reiki Master teacher, Shamanic practitioner, writer and speaker. A lifelong clairvoyant medium who is passionate about working with people, supporting each person to see, feel and experience their greatness. With her authentic and engaging nature, Michelle will have you laughing and feeling empowered as you connect to your higher self, intuition and the Divine as you awaken your true power and elevate your Spirit.



Workshop #18 Saturday afternoon 3 hours

Awaken the Psychic Within

Did you know you are psychic, that you are a powerful intuitive? The truth is that each of us is incredibly intuitive and has an amazing ability to tune into our environment, the Universe, our inner voice and gut instincts. Join Michelle for an energetic, upbeat, interactive workshop, where you will immediately start using your psychic skills in the most fun, energetic but easy-going environment.

Workshop #19 Sunday afternoon 3 hours

Messages from Heaven

Time to connect with your loved ones, angels and spirit guides. Learn information about receiving messages while increasing your confidence in knowing what your spirit guides and angels want you to know so they can support you. Michelle will share messages of love, laughter and clarity. This free-flowing workshop will give you an opportunity for interactive learning and is as entertaining as it is informative.

KERRY PALFRAMAN

Penticton, BC

www.KerryPalframan.com

A registered nurse by profession, Kerry began delving into the world of alternative, holistic and esoteric studies after having her pituitary gland completely removed as a teenager. She continues to contradict and confound conventional medical wisdom by her reliance upon, understanding of, and application of the Ancient Mystery School Teachings, alternative and esoteric means.



Workshop #20 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. Kerry also has the unique ability to step into your shoes and become you (or anyone else, alive or passed over). She experiences your reality just the way you do all the way to your soul! Be ready for some truly remarkable insights.

Workshop #21 Sunday afternoon 3 hours

Dreams and Messages from your Higher-Self

Without knowing Who You Are or Why You Are, your life will have no meaning. Dreams and messages from spirit rapidly reveal both! Since you receive more messages during the day than at night, it is easy to learn to recognize and understand these powerful daily and nightly messages. Eye-opening and life-changing as a whole new level of reality is revealed!

DEBORAH DOIRON

Falkland, BC • 778 212-9500

www.thescentedgarden.weebly.com

Deborah Doiron started her career as an alternative therapist as a result of her husband's accident on their honeymoon. Wanting to hurry his recovery, she sought out ancient modalities to help him. 20 years later she is still helping clients recover from illnesses of the body and mind to enjoy a meaningful life.

Her credentials include certified Aromatherapist, Reflexologist, Karuna Reiki Master, Biopulsar Analyst, Angel Card Reader and founder of *Oneness: An Invitation to Heal*.



Workshop #22 Saturday morning 3 hours

Aromatherapy and the Mind

Does illness of the body manifest from the patient's thought process? Expanding on that concept and using life coaching skills and therapeutic essential oils you will get to understand some profound and life-changing results during this workshop.

Workshop #23 Sunday morning 3 hours

I'm sick, now what?

What if 13 vitamins and minerals could reverse 70% or more of illnesses in our bodies? We will discuss certain ailments such as allergies, stress, diabetes, arthritis and more and how they can be addressed to bring you back to a healthy lifestyle.

Workshop #24 Saturday morning 3 hours

Workshop #25 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.



ZORA DOVAL

East shore of Kootenay Lake, 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 #26 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 digestive system education, eating to fuel your physical and emotional, spiritual self without guilt or obsession - and includes yoga poses 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

Raina studied at the Canadian School of Natural Nutrition in Vancouver. She works 1-1 with clients in the Okanagan, online consulting, loves fermenting foods and provides clients with her "Experience Kombucha" as well as teaching workshops on how to do it yourself. Her joy lies in finding "food freedom" for clients.

Working in the Healing Oasis

Workshop #27 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

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 #28 Saturday evening 2.5 hours

Workshop #29 Sunday afternoon 3 hours

Ayurveda and Spiritual Awakening

We will look into all the ways in which deep-rooted issues can be loosened and eliminated, restoring ourselves to freedom and wholeness. This will include cleansing of body and mind. We will establish the best diet and healing practices for your type and individual needs. With a little courage we can also look at ways in which we self destruct and prevent prana (life) from entering our systems. Then we can reverse those bad habits. Simply put we can do the nitty-gritty work of dismantling our karma. And of course we will have lots of fun doing it!



SU STEVENSON

Kelowna BC • 250 861-4349
www.ayurvedakelowna.com

In her life long pursuit of spiritual awakening, Su has followed the Vedic system. Therefore it follows through that she has chosen Ayurveda as her vehicle of healing. "It is a complete system for all areas of growth and we are so fortunate that it has been preserved through the centuries." "I want to express my gratitude to all the sages and masters through the centuries." Namaste, we are blessed.

Penticton Schedule ~ October 2-4

Saturday ~ doors open at 6 am

Room	8:45 - noon	2 - 5:15 pm	6:30 - 9 pm
107 Great Hall	#02 ELLAE ELINWOOD Earth is your Sweet Spot	# 01 THERESE LAFORGE Crystal Bowls and the Chakras	# 17 THERESA LEE Music of the Spheres
201	#04 HANNELORE Intuitive Readings	#18 MICHELLE MORRISON Awaken the Psychic Within	#05 HANNELORE Dolphins, Whales and Magical Tails
204	#15 NANCY McCONKEY Are You Living the Life You Want?	# 20 KERRY PALFRAMAN A Chat with Spirit	#07 SHANNON BREADNER Spiritual Art
205	#12 SHARLENE FAIR Reflexology	#26 RAINA LUTZ The Yoga of Eating	#28 SU STEVENSON Ayurveda and Spiritual Awakening
209	#24 ZORA DOVAL Nurturing the Goddess with Ayurveda	#10 LEITA McIN Energizercise	#09 JEN HOLMES Practical Magic for a Charmed Life
Downstairs 1	#22 DEBORAH DOIRON Aromatherapy and the Mind	#13 DEBBIE CLARKIN Treasure Mapping our Way to a New life	#30 SUNNAIRA KAREN & MIRIAM Wise Women Meditation

SUNNAIRA ARMSTRONG
Okanagan Falls, BC • 250 497-6797

Sunnaira shares her wisdom teachings from Indigenous Elders 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.

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

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. Her passion is the singing crystal bowls, creating inspirational meditative experiences through her intuitive playing.

MIRIAM CUNHA • Kelowna, BC • www.yonisha.com

Miriam has dedicated her life to the study of philosophy, metaphysics, spirituality and different esoteric practices 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 #30 Saturday evening 2.5 hours

Wise Women Meditation
Sunnaira, Karen & Miriam

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.



Please use NORTH stair case to go between floors

Sunday ~ doors opens at 6 am



SUNRISE
both morning
6:45 - 7:30

THERESA LEE
Planetary Gongs
in the Great Hall



Sound has the power to heal our wounds, ignite our spirit, change consciousness, and reunite us with the divine harmonies and rhythms of the universe.

8:45 - noon	1:30 - 4:30 pm	Room
#03 ELLAE ELINWOOD Magic is, in essence a higher understanding of Earth's nature	#16 KALIBRI WETSCH Dancing Freedom	107 Great Hall
#06 HANNELORE Sacred Shamanic Truths Clearing the Soul Path	#19 MICHELLE MORRISON Messages from Heaven	201
#08 SHANNON BREADNER Spiritual Art	#21 KERRY PALFRAMAN Dreams and Messages from your Higher Self	204
#27 NORMA COWIE Court Cards of the Tarot	#29 SU STEVENSON Ayurveda and Spiritual Awakening	205
#25 ZORA DOVAL Nurturing the Goddess with Ayurveda	#11 LEITA McIN Eden Energy Medicine	209
#23 DEBORAH DOIRON I'm sick, now what?	#14 DEBBIE CLARKIN Reincarnation	Downstairs 1



**SATURDAY
EVENING**
9:20 to 10:20



**Dancing
Freedom**
with Kalibri
in the Great Hall

**CLOSING
CEREMONIES**
4:10 to 4:40 SUNDAY



Learning to use Vibrational Tuning Forks

PENTICTON OCTOBER 2-4

Register before Sept 2nd and save ... Adults \$150, Cronos & Maidens \$125

On-Site registration starts Friday Noon • Healing Oasis registration Friday at 1 pm • Sessions 2-5 pm

FESTIVAL FEES

		Weekend	Saturday only	Sunday only
ADULTS	on or before Sept. 2 nd	\$ 150	\$ 110	\$ 55 p
(24-62 years)	Sept 3 rd — 30	\$ 170	\$ 120	\$ 65
	After Sept. 30 th and on site registration	\$ 180	\$ 130	\$ 70
CRONES and MAIDENS 63 yrs+ (10-23 yrs)	on or before Sept. 2 nd	\$ 125	\$ 95	\$ 45
	Sept 3 rd — 30 th	\$ 145	\$ 105	\$ 55
	After Sept. 30 th and on-site registration	\$ 155	\$ 115	\$ 65

MEALS....Please pre-order before September 25

MEAL PACKAGES Vegetarian meals, except Fish for Sat. dinner. If you have dietary restrictions please let us know.
 Friday dinner to Sunday lunch Veggie \$80 • Fish \$85 ___ Sat breakfast to Sunday lunch Veggie \$65 • Fish \$70 ___

MEALS INCLUDE

Friday Dinner	\$ 15 ___	Sat. Breakfast	\$ 12 ___	Sat. Lunch	\$ 15 ___
salad, dessert and tea or coffee		Sun. Breakfast	\$ 12 ___	Sun. Lunch	\$ 15 ___
Sat. Fish Dinner	\$ 20 ___	Sat. Vegetarian Dinner	\$ 15 ___		

ACCOMMODATION Check out time at the Days Inn is 1:30 pm on Sunday

This year we are booking the Days Inn but ...**YOU must book your own room.**
 They will hold the rooms at our special rate for just so long.

- 2 Queen Beds Room 2 adults - \$85 + tax per night
- 3 adults - \$95 + tax per night
- 4 adults - \$105 + tax per night

Family Suite/Kitchenette (max 6 adults) from \$125 + tax

Prices include continental breakfast each morning and use of indoor pool, hot-tub, wi-fi and parking.

To book please call Days Inn Reservations: **250-493-6616** • ask for the Wise Womens Festival Group Rate

Camping details ... please ask Marion: 250-497-6861



REGISTRATION FORM

Please bring a travel mug.

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



Festival Fees \$ _____
 Meals \$ _____
 Subtotal \$ _____
 GST (add 5%) \$ _____
 Grand Total \$ _____

Amount enclosed \$ _____ (50% deposit)
 Balance ... \$ _____ payable at the door

Make cheque payable to: Wise Womens... *Send to*
 Marion Desborough, L4-4505 McLean Creek Rd, OK Falls, BC, V0H 1R1

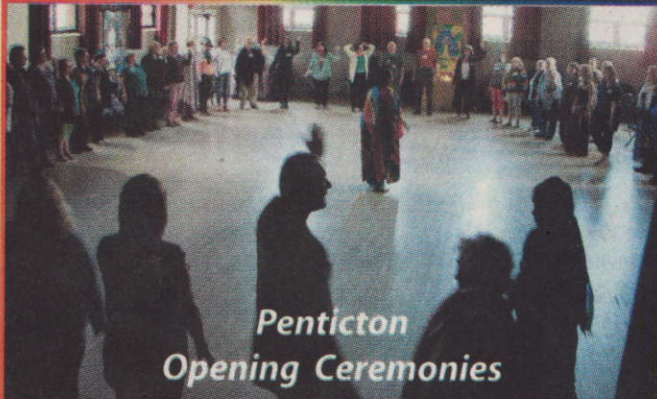
We do not mail receipts. If you need confirmation please give us time to process the form and then call the number below.

No refunds on meals or accommodation **after** Sept 18
 We refund festival fees, less \$30 per person, if notified by Sept 18

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

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

37TH ANNUAL SPRING FESTIVAL OF AWARENESS



*Penticton
Opening Ceremonies
Closing Ceremonies*



*Angel of the
South Altar*



*Workshops at the Shatford Centre
in Penticton*



*Sunnaira
Healing
Oasis*

Workshops at Johnson's Landing • Spring Festival #2



Dome



Sacred Space



Group Room



Labyrinth



Tipi