

Spring Festival of Awareness • Kootenays

April 28-30, 2017 • 39th annual

THERESA LEE

Riondel, BC • 250 225-3518

www.KootenaySoundHealing.com

Having a passion for learning and a natural curiosity about the inter-connectedness of all things led Theresa to the Acutonics® Institute of Integrative Medicine. This dynamic and powerful system of vibrational medicine transformed her life and inspired her to become a Certified Teacher of Acutonics. In 2013 she developed the Kootenay Sound Healing Centre. With the addition of 17 Paiste Planetary Gongs, Theresa is now available for private or group gong meditations, festivals and events.



Workshop #01 Saturday afternoon 3 hours

Music of the Spheres

Paiste Planetary Gongs, Tibetan Singing Bowls, Acutonics Tuning Forks, Planetary Hand Chimes, drums, rattles, our voices and more! In this workshop we will use these sacred sounds to blend our intentions and prayers to create healing circles. Participants may simply meditate to these sounds or give and receive sound healing treatments.

Please bring a mat and blanket.

Theresa Lee will play the gongs Friday evening after the introduction of workshop leaders as a bedtime meditation.

Workshop #02 Saturday afternoon 3 hours

Men's Group

This process can be powerful healing modality incorporating the sacred ways of the ancients. Together we will explore the many paths using old and modern sciences including NLP, Hypnotherapy, Trans-personal Psychology Counsel and Shamanism. Being a tattoo artist I would also like to share why I believe this to be a sacred ritual.

Workshop #03 Saturday afternoon 3 hours

Woman's Circle Ceremony

A woman's ceremony with Rituals of Earth Traditions dedicated to shared feminine wisdom and Living in Beauty and Balance on the Winds of Change, including: connective sharing and witnessing, deep expression, dance and sacred sound, gratitude, and celebration. Bring your Authentic Selves, Open Hearts, and a sense of Courageous Adventure.

Workshop #04 Sunday morning 3 hours

Sacred Empowering Language

Vince and Rebecca offer us an opportunity to dive into communication and discover how *effective* communication can open our experience to what we truly desire. We work experientially with empathy, body language, words, vocal tone, and emotional integration, guided by theory based on Compassionate Communication, NLP, Indigenous Wisdom, and Transpersonal Psychology.



VINCE WISHART & REBECCA RUTH

Vancouver BC • phone 604 712-0036

www.LoveMedicine.ca

Vince and Rebecca both have a Transpersonal Psychology perspective, and have trained as Transformative Coaches learning modalities such as NLP, Hypnotherapy, Family Systems Analysis, Experiential Healing Processes, and Breath-work. Through these powerful techniques, Divine guidance, and deep listening, they are honored to custom create a transformational workshop so we can all lead thriving and loving lives.

Workshop #05 Sunday afternoon 3 hours

The Medicine Wheel of the Nervous System

How do we embody spirituality on the earth walk? How do we join in the stream of life while reconciling with our individual life challenges? This will be an experiential process of learning how to join with the stream of life in an embodied way. This requires creating a new relationship with your nervous system. Through the use of the medicine of the sacred circle, we will gather in ceremony to explore connection with the self, the earth, and each other.

Yoga of Love • Workshop #06 Saturday evening 2.5 hours

“When love first tasted the lips of being human, it started singing” - *Rumi*.

Join Tyson and Courtney for an experiential journey of remembering that life is a love story. We remember this love through the experiences we cultivate. Calling upon indigenous and yogic traditions along with present moment awareness and healing touch, we'll create an experiential ground for embodying and coming into the heart. This workshop is for anyone and everyone.

Workshop #07 Saturday morning 3 hours

Awareness through Movement: Explorations of Being Embodied

Since ancient times human beings have explored movement practices for health, wellbeing, and spiritual awakening. Dr. Moshe Feldenkrais studied the evolutionary potential of neuromuscular repatterning through movement in a revolutionary way to teach himself to walk after crippling knee injuries. He called the essence of these amazing exercises 'Awareness Through Movement' (ATM). Tyson will offer a sampling of ATM, inviting heightened senses of embodiment for present moment awareness, self healing and, potentially, Awakening. "I move, thus I am".



COURTNEY WREN-MABBUTT
Winlaw, BC • 250 226-6826
www.courtneywrenmabbutt.com

Courtney has her master's in Clinical Social Work and provides therapy to individuals, couples, children and families. She uses a somatic embodied approach to working with the nervous system. Courtney has also followed her own spiritual path in Shamanism, incorporating ceremony, ritual, the medicine wheel and connection to the land into her life and work. Love, connection, and adventure are important in her journey. Her dream of learning to garden is coming true with her partner Tyson and her new life in the Kootenays.

TYSON BARTEL
Winlaw, BC • 250 226-6826
www.ThaiTouch.ca

Tyson has been practicing meditation and yoga for a quarter century since living 2 1/2 years in Asia exploring Eastern spiritual traditions. For many moons he enjoyed his teaching career and Thai massage practice in Kamloops while completing a Feldenkrais teacher training in the USA. Tyson moved to the Kootenays 10 years ago to deepen his relationship with nature and live simply. He loves gardening, community, ecstatic dance, and going on adventures with his partner Courtney. Thai massage, Feldenkrais and Yoga offered in Kamloops, Nelson and Slovan Valley.

SUNRISE CEREMONIES with Tyson: SATURDAY morning 7 -7:45 in the GROUP ROOM
YOGA • Easy restorative stretches to start the day

DANIA EDWARDS

Nelson, BC • dania@netidea.com
www.heartmath.com/listing/dania-edwards

Dania has been a Certified HeartMath® Coach since 2012, as well as an Authorized Facilitator of Healing with the Arts. She is a Certified Dance Leader for the Dances of Universal Peace, drumming and leading the Dances since 2008. She is a Registered Jin Shin Do Bodymind Acupressurist, Licensed Stopping Emotional Eating Program Coach. "Sharing information about the heart, from my heart, facilitating ah-has and witnessing shifts into expanded consciousness is a JOY!"

HeartMath is a registered trademark of Quantum Intech, Inc.



Workshop #08 Saturday morning 3 hours

The Science of Heart Intuition

Anxieties? Self-doubt? Come explore how your own heart has the remedies! We play with simple and powerful tools and techniques, from scientific research from the HeartMath® Institute, to access our clear thinking, as well as our heart intuition! Through fun games, art, sound and breath, we learn how to transform anxieties and doubts into peace and presence. We complete with a Heart meditation, offering Peace to the World.

Satsang Evening • Workshop #09 Sat evening 2 - 2.5 hours

Learn simple, devotional songs and chanting in Sanskrit, the ancient and sacred language of India. Through sacred music we attune to the frequency of unconditional Love of Universal Motherhood, as embodied by 'Amma'. We complete with a short meditation for World Peace. Musicians with instruments are welcome!

Dania will lead the Dances of Universal Peace for Opening Ceremonies Friday at 7pm and Closing Ceremonies Sunday at 4:45

RIEL MARQUARDT

Vernon, BC • 250 718-8484

www.cultureunplugged.com/play/7134/The-Incomappleux

Riel 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 # 10 Saturday morning 3 hours

Workshop # 11 Sunday morning 3 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.

FRED SHADIAN

Saturna Island, BC • 604 725-8897

www.FredShadian.com

www.VibrationalGreens.com

Fred is an Energetic Chi Kung teacher/healer, Nutritional Microscopist, Martial Arts and Firewalking Instructor, and the author of *Energetic Questions: Life's Simple Answers*. He holds three blackbelts in three Martial Arts and has been teaching professionally since 1989. His speaking, training and healing abilities have guided thousands of individuals worldwide to become more aware of, and confident in awakening their own energetic healing abilities. Fred has appeared on BCTV, Chek TV, Canada A.M. and CBC Radio.



Workshop #12 Saturday afternoon 3 hours

Workshop #13 Sunday morning 3 hours

Energetic Chi Kung Active transformation of life energy

Experience a holistic system of aligning the physical and energetic body by exploring the energetic principles of breathing, body alignment, sitting, standing, sleeping, stretching, food, meditation, walking and martial arts. We will also explore self healing methods and how we can assist others to heal themselves and their loved ones. Wear comfortable clothing. Bring a yoga mat if you have one.

Fred offers a 2 day workshop Mon & Tues, May 1 & 2 • Cost is \$250 for registered participants. • More details on the page 9

SUNRISE CEREMONIES with Fred: SUNDAY morning 7- 7:45 in the GROUP ROOM
Energetic Chi Kung morning movements, an energizing way to start the day.

LUISA SCHROEDER

Proctor, BC

Luisa studied Tapping and Matrix Reimprinting with the EFT Master Trainers Alina Frank and Craig Weiner, DC in Langley, WA. Her certification as an Advanced EFT Practitioner was pursued with a strong commitment to give back to the world by helping others release their limitations on who they are, or could become. She started her private practice several years ago.



Workshop # 14 Saturday morning 3 hours

Workshop # 15 Sunday afternoon 3 hours

Live Life Limitless with Tapping

Learn the basics of Emotional Freedom Techniques (Tapping) and allow yourself to experience its power to transform patterns, cravings and beliefs. Tapping combines the ancient wisdom of energy meridians, a concept long known by the Chinese acupuncturists. Exposure Therapy is a modern approach to rapidly accelerate the healing and growth process through your own conscious awareness. We will be tapping as a group and all who participate will benefit from the group energy of melting limitations, whether the specific issue pertains to you or not.

ANGELE ORTEGA

Johnsons Landing, BC • 250-366-4402

Angèle became a certified Graphologist in 1990. It did not take her long to realize she could not make a living doing this so she started Issues Magazine to promote herself, the Spring Festival of Awareness and all the people she knew who had talent. Since then she has learned many tools for understanding herself and the bigger picture called life.



Workshop #16 Saturday evening 2.5 hours

Workshop #17 Sunday afternoon 3 hours

Change your Writing, Shift your Thinking

Easy to grasp, not so easy to implement. It is good to know what the basic symbolism means as the dot moves through space to express our brain's agenda. What does a circle or a line represent, how much slant is good? Did you know there is no such thing as messy writing? The hand can only depict what the brain knows.

Johnson's Landing Retreat Programs page 6

FRIDAY

On-site registration starts at noon ~ Dinner happens ~ 5:15 to 6:30
 Arrive early, walk the labyrinth, get familiar with the land and buildings.

7:30 pm - Dania will lead an interactive and inspiring ceremony in the Dome.

8:00 - Greeting from your hosts, then introduction of the instructors.

9 - 10 pm - Uplifting Sounds • Theresa Lee will play the gongs. These vibrations ground and stimulate the various chakral centres and resound through our emotional, psychological, physical, and spiritual bodies so healing can happen easily.

OPENING CEREMONIES



Saturday Schedule

SUNRISE 7-7:45	Group Room <i>TYSON - Yoga</i>	Dome	Sacred Space ~or~ Tipi ~or~ The Lodge	
9 am to noon	# 07 TYSON BARTEL Awareness through Movement: Explorations of Being Embodied	# 08 DANIA EDWARDS The Science of Heart Intuition	# 10 RIEL MARQUART Ancient Future – A Signpost for Evolution	# 14 LUISA SCHROEDER Live Life Limitless with Tapping
2 pm to 5 pm	# 01 THERESA LEE Music of the Spheres	# 12 FRED SHADIAN Energetic Chi Kung	# 03 REBECCA RUTH Woman's Circle Ceremony	# 02 VINCE WISHART Men's Group
7 pm to 9 pm	# 06 COURTNEY & TYSON Yoga of Love	# 16 ANGELE Change your Writing, Shift your Thinking		# 09 DANIA EDWARDS Satsang Evening

Saturday evening entertainment 9:30 to 10:30 pm • Group Room

Sunday

SUNRISE 7-7:45	FRED <i>Energetic Chi Kung</i>	Breakfast 8 am to 8:45		
9 am to noon	# 04 VINCE & REBECCA Sacred Empowering Language	# 13 FRED SHADIAN Energetic Chi Kung	# 11 RIEL MARQUART Ancient Future – A Signpost for Evolution	
1:30 pm to 4:30 pm	# 05 COURTNEY The Medicine Wheel of the Nervous System	# 15 LUISA SCHROEDER Live Life Limitless with Tapping	# 17 ANGELE Change your Writing, Shift your Thinking	

Closing Ceremonies

with Dania 4:45 to 5 pm

You could consider staying overnight and hiking Fry Creek Canyon or

Chi Kung with Fred Shadian • Mon & Tues. see page 9

