



*21<sup>st</sup> annual*

*Wise Women's  
Festival*

*September 15-17*

*&*

*Women's Sweat Lodge*

*Thursday ~ Sept. 14*

*at the*

*Johnson's Landing  
Retreat Center*

*\$ 125*

*if registered before August 15*

*~~ includes FREE camping*

*UPGRADES available*

*The program is online at [www.issuesmagazine.net](http://www.issuesmagazine.net)*

*& [JohnsonsLandingRetreat.bc.ca](http://JohnsonsLandingRetreat.bc.ca)*

# Wise Women's Festival Sept. 15-17

## 🌿 Women's Sweat Lodge • September 14

### Womens Sweat Lodge

Set-up - Thursday 9-noon

Sweat 1 pm to 5:30 pm (at the latest) followed by a pot luck dinner.

Eating fruit or having a light breakfast that day is best.

Donation to Maggie, the instructor who is a pipe carrier and sun dancer and former lodge keeper for 9 years. Lives in the East Kootenays.

Accommodations and meals extra. Let us know if you plan to attend.

Best to arrive Wednesday evening if you plan to help with set up. The sweat lodge requires 4 layers of blankets and tarps.

Photo to the right shows the final layer being adjusted.



### LAUREL GLENN

Penticton, BC • 250 328-4613

I discovered a book on Palmistry at age 16 learned it ~ understanding it came easy. The more palms I read/interpreted the more I realized the hand's information was very accurate. It was fun and an easy way to make new friends. In my 20's while back-packing through Australia and New Zealand I read palms frequently but on return to Canada I stopped and took a real job. Three years ago I returned to Palmistry as passionate as ever and wrote a workbook for my class. My soul was longing for wholeness and I trusted my spiritual guidance.



Workshop #07 Saturday afternoon 3 hours

### Palmistry 1- Beginning with the Hand

Introducing the fundamentals of Hand Reading starting with the hand shake, the hand elements, the fingers, thumb and their prints. Also the study of mounts and palmer skin ridge patterns.

Workshop #02 Sunday morning 3 hours

### Palmistry - part 2

Interpretation of the three Major Lines, plus Line of Saturn, common Minor Lines, and basic markings. I provide a work book and teach using a power point presentation. I use photos of famous people's hands and palms to provide examples. I will be comparing palms for compatibility of some famous couples in both workshops.

### CINDI TOMOCHKO

Penticton, BC • 250 276-5308

Cindi certified as an art therapist in 1989. Currently she practices through Wind in the Willow Creative & Healing Arts Studio with adults and children as well as professional service providers. Her experience as a Dru yoga instructor, visual artist, Buddhist practitioner and provider of mental health services informs and supports this creative healing process.



Workshop #03 Saturday afternoon 3 hours

### Healing is a Creative Act(ion)

To make art is to be creative. To be creative is to open to possibility and healing. Together with basic art materials such as paint, pastels and clay, a non-directive spontaneous approach and sharing based on the art-making process, we allow for and explore the stuff of life - thoughts, feelings, memories and dreams. Rendering visible the invisible, inviting inner and outer transformation.

Art experience is not required. Confidential sharing is respected.

**Cindi will lead Dru Yoga session both mornings in the Group Room • Dru Yoga, rooted in ancient tradition with its yogic postures and philosophy, flows with gentle yet potent qi-gong like sequential movements enhanced with mindful breath awareness.**

Workshop #04 Saturday evening 3 hours

## Serpentine Dance of the Sacred Flame

With open or closed eyes, this dance journey brings eclectic tribal and earthy sounds to the body for energetic awakening. Play with a blend of middle eastern, lyrical, serpentine and African dances both guided and free with the accents of live musical sounds of the drum, flute and chimes. Dress colorfully and feel the power of your bare feet, swirling self and the inner fire that brings renewal, catharsis, sacred release and celebration. Playful, powerful.



**JADA TAM**  
Mabel Lake BC • 778 212 3284  
[www.barefootsanctuary.ca](http://www.barefootsanctuary.ca)

Jada was born and raised in New York and after two decades of world travel followed an intuitive calling to awaken her inner healer through a multicultural blend of native ways. She has been leading a diverse blend of healing yoga practices for over 16 years. A herbalist, artist, sacred dancer and often described as a 'rainbow serpent' when she performs African belly dance and Tribal Fire shows. Jada travelled the globe studying indigenous people, culture and expressive art forms, shamanic healing modalities and also the art of circus! A certified art educator with a bachelors of science in art, well versed in art and yoga therapy and also anthroposophical studies.

Workshop #05 Sunday afternoon 3 hours

## Expressive Yoga

Delve into a fire flow of creative movement, sinuous hip and heart opening exploration. Movement inspired by chakra wisdom, intuitive flow and an inward journey to connect with yin and goddess energy within. Deeply healing and awakening for each energy center. Restore and recharge all systems of the body.

Jada used sacred language, hands-on healing touch and the guidance of earth mother, sisterhood, and her very own animal medicine oracle deck that brings forth our shadows to heal, nurture and enliven.

Workshop #06 & 07 Saturday & Sunday morning 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 plants of properties the way our ancestors did – by taste, smell and sight.

*Note: Please dress appropriate for the weather and refrain from wearing strongly scented body products (including natural ones) as they interfere with our olfactory senses.*



**BARB DUTOT**  
Enderby, BC • 250 838-6777  
[www.wildrootshersbs.com](http://www.wildrootshersbs.com)

Barb has over 30 years, experience as a Traditional Herbalist and is intimately acquainted with the plant communities of forest, field, stream and meadow. She teaches classes, workshops and offers certificate programs at her school, *Wild Roots Herbal Learning Centre*. She also completed the Restorative Justice and Peacemaker Circle Keeper recently.

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 including a bio-feedback unit and techniques to calm the busy mind and to shift feelings. Scientific research from the HeartMath® Institute enables us to access clear thinking, as well as heart intuition! Through fun games, art, sound and breath, we learn to transform anxieties and doubts into peace and presence. We finish with a Heart meditation, offering healing heart-waves of Peace to the World.



**DANIA EDWARDS**  
Nelson, BC • [danial@netidea.com](mailto:danial@netidea.com)  
[www.heartmath.com/listing/dania-edwards](http://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 and has been a Registered Jin Shin Do Bodymind Acupressurist since 1989.

HeartMath is a registered trademark of Quantum Intech, Inc.

Workshop #09 Sunday morning 3 hours

## Sufi Sesheen - Dance and Sing with the Goddess!

A spiritual practice that integrates a Dance of Universal Peace followed by silent reflection. Then another Dance and another sit. This activates our Shakti, or our dynamic expression, dancing and singing as One. Stillness takes our awareness inside, into Presence. A time to bath in the vibrations of Divine Love and Joy.

**Dania will lead the opening and the closing ceremonies with the Dances of Universal Peace, welcoming the Divine Feminine of many international spiritual cultures i.e. Shekinah (Hebrew), Sofia (Greek), Shaddai (Celtic), Tara (Buddhist), Radha (Vedic). She is a Certified Dance Leader of the DUP.**



**MARYSE CARDIN**  
Vancouver BC • 604) 922-9812  
www.selftalklove.com

Maryse is author of several books including the just released *Speaking to Yourself with Love: Transform Your Self-Talk*. She is a self-talk coach, communication practitioner and university communication instructor and a Psych-K facilitator. She works with clients to help them discover and stand by their own true authentic voices.



Workshop #10 Saturday morning 3 hours

### **Self-Talk for Kindness and Compassion**

Are you critical in your self-talk? Is it hard for you to accept yourself as you are? We will explore tools to start speaking to ourselves as a true best friend would: with patience, acceptance, compassion, kindness, and levity. This highly interactive time will use lots of exercises so we can learn to develop a loving inner voice.

Workshop #11 Saturday evening 3 hours

### **Declutter Your Self-Talk**

Learn to declutter your inner speech and get rid of old inner messages that no longer serve you. Learn exercises to develop a more peaceful and loving inner self. Our time will also include a guided meditation.

**PATRICIA CLAPP**  
Nelson, BC • 250 825-4599  
EnergyMedicineWorks.ca

Patricia studies Eden Energy Medicine with the founder, Donna Eden. Eden Energy Medicine combines traditional wisdom studies with cutting edge epigenetics, biophysics and quantum physics. Patricia teaches regular classes and maintains her lifelong learner status with workshops and exploration of subtle energy work. She maintains that "Energy is all there is!"



Workshop # 12 Saturday afternoon 3 hours

### **Tuning Your Biofield**

Working with tuning forks is a remarkable experience. The founder of Biofield Tuning, Eileen McKusick, says "This is purely Math and Physics, no need for any woo-woo talents!" The combination of demonstration and lecture allows you to experience the basic Biofield Tuning Session. Memories are often stored in the aura....the human biofield.... And they can be healed with sound vibrations. Rest assured that whether you are the "client" on the table, or the "observer" sitting just outside the energy field, you will receive healing vibrations from this demonstration session.

Workshop # 13 Sunday afternoon 3 hours

### **Emotional Freedom Technique: Energy Medicine for Self Care**

Society has done an amazing job of convincing us we 'should' be available to friends, family, and work situations on an almost full-time basis. We know, on an intuitive level, that we will become overwhelmed unless we learn to nourish ourSELF. Join me for an introduction to the basics of EFT, with a focus on Self Care. Once we clear trauma from our bodies and allow energy to flow anxiety and stress will leave us. Based on traditional Oriental knowledge, this workshop will combine our present awareness with how our bodies actually work.

**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 people she knew who had a holistic approach to wellness. Since then she has learned many tools for understanding herself and the bigger picture called life.



Workshop #14 Saturday evening 3 hours

Workshop #15 Sunday afternoon 3 hours

### **Change your writing, Change your thinking**

As the dot of ink from the pen creates letters that form words and sentences, the shape, slant and pressure tell me what is important in your life. Handwriting is the art of symbolism and represents your brain's programming. The circles and lines that make up certain letters have been modified by your brain and thus reflects your internal programming. An easy way to shift your thinking is to reverse the process and learn to write letters differently. Hand writing holds many clues to understanding ourselves and others.

*Angèle offers a walk through her Cardboard Garden, sometime on Thursday or Friday if you come early, or Sunday after closing ceremonies if there is an interest. See for yourself how a team of 7 million earth worms make soil from cardboard thus enriching it. Our land was rocky with lots of grass and clay ~ now it grows garlic, potatoes, squash, strawberries, currants, saskatoons and a variety of veggies that provide delicious tasting meals that are nutrient dense.*

# THURSDAY

9 to noon is set-up time for covering the Lodge ~ Sweat from approx 1 - 5:30 pm  
Simple fasting is best for the day ~ Potluck Dinner 6 pm

# FRIDAY

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

Variety of Healers working most of the day and a bit during the weekend

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

8:00 - Greeting from your hosts, introduction of instructors followed by a sharing circle.

# Sat & Sunday



## SUNRISE

## Group Room

## Dome

## The Lodge

7-7:45

**CINDI TOMOCHKO**  
Dru Yoga

Breakfast 8 am to 8:45

9 am  
to  
noon

# 08  
**DANIA EDWARDS**  
The Science of  
Heart Intuition

# 10  
**MARYSE CARDIN**  
Self-Talk for More  
Kindness and Compassion

# 06  
**BARB DUTOT**  
Plant and Herb Walk

2 pm  
to  
5 pm

# 01  
**LAUREL GLENN**  
Palmistry 1

# 12  
**PATRICIA CLAPP**  
Tuning Your Biofield

# 03  
**CINDI TOMOCHKO**  
Healing is a Creative Act(ion)

7 pm  
to  
10 pm

# 04  
**JADA TAM**  
Serpentine Dance  
of the Sacred Flame

# 11  
**MARYSE CARDIN**  
Declutter Your Self-Talk

# 14  
**ANGELE**  
Change your writing,  
Change your thinking

SUNRISE  
7-7:45

**CINDI TOMOCHKO**  
Dru Yoga

Breakfast 8 am to 8:45

9 am  
to  
noon

# 02  
**LAUREL GLENN**  
Palmistry 2

# 09  
**DANIA EDWARDS**  
Sufi Sesheen  
Dance and Sing with the Goddess!

# 07  
**BARB DUTOT**  
Plant and Herb Walk

1:30 pm  
to  
4:30 pm

# 05  
**JADA TAM**  
Expressive Yoga

# 13  
**PATRICIA CLAPP**  
Emotional Freedom Technique:  
Energy Medicine for Self Care

# 14  
**ANGELE**  
Change your writing,  
Change your thinking

**Sunday Closing Ceremonies 4:50 to 5:10 with Dania**

You could consider staying overnight and hiking Fry Creek Canyon on Monday

Saturday Schedule

Sunday

# JOHNSON'S LANDING REGISTRATION

## Wise Women's Festival • September 15-17

**\$125** if registered by **August 15** plus gst, includes **FREE** camping after August 15 cost is \$150 • Saturday only \$100 • Sunday only \$50

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

For more information or to register call **1 (250) 366-4402**

## The Women's Sweat & Smudge is Thursday, Sept 14

By donation to the lodge keeper. Accommodation & meals are extra.

**Vegetarian Meals** are mostly organic and include a main dish, salads, beverages and yummy desserts.

**Wheat Free option is \$5 extra for the weekend.** If you have dietary restrictions let us know.

### MEAL PACKAGES

Friday breakfast to Sunday dinner \$133

Friday dinner to Sunday lunch \$100

Saturday breakfast to Sunday lunch \$86

### INDIVIDUAL MEALS

Breakfast \$ 14 • Lunch or Dinner \$ 19

## UP-GRADES ARE AVAILABLE IF YOU DON'T ENJOY CAMPING

### UPGRADE YOUR ACCOMMODATION • 2 singles -or- 1 double bed

Shared Cabin or Dorm 2 people	\$ 50 ea.	Private Cabin	\$ 75
Shared Tree House - 2 people	\$ 45 ea.	Private Tipi or Tree House	\$ 70
Shared Room in the Lodge - 2 people	\$ 40 ea.	Private Room in the Lodge	\$ 60
Shared Tipi - 2 or more people	\$ 40 ea.	Private Tent Cabin	\$ 40

*ALL rates are per person, per day plus taxes*

Cabin



Tipi



Dorm



Room in Lodge



Tree House



We have 5 cabins, 2 tipis, 5 beds in the dorm, 5 rooms in the lodge, 2 tree houses.

For travel options go to our website and click **Getting Here**, it shows detailed directions [www.JohnsonsLandingRetreat.bc.ca](http://www.JohnsonsLandingRetreat.bc.ca)

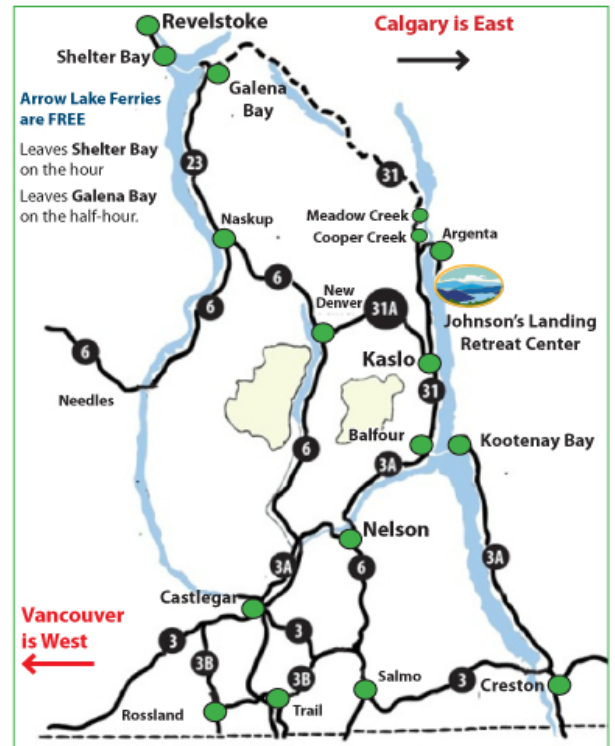
**DRIVING TIME TO THE RETREAT CENTER**

- From Kaslo ..... 1 hour
- From Nelson ..... 2 hours
- From Castlegar ..... 2.5 hours
- From Spokane, Wash. .... 6 hours
- From Calgary, Alberta ..... 10 hours
- From Vancouver, B.C. .... 12 hours

For more information or to register call us  
**1 (250) 366-4402**

*‘Invest in Yourself to help  
Change the World’*

**West Kootenay Map**



*Wonderful Events*

*Affordable Prices*

*Great Setting*



*Delicious Food*

*“It’s Worth the Journey”*



# 2016 photos



**Cindi instructing Art class and early morning yoga**



**Dania teaching Heart Math  
below ....Lunch on the Deck**



**Laurel Gregg teaching Palmistry**





## Retreat Center Facilities

The Lodge contains the dining facilities, a lounge/ common space for meeting, as well as a library area for quiet relaxation. It has a sauna and other amenities on a large deck that overlooks majestic Kootenay Lake.



**The Group Room** holds 40 people and has a deck that doubles as an outdoor classroom with a breathtaking view.

The **Sacred Space** building is for meditation and personal reflection.

The **Geodesic Dome** holds 25 dancers and more people if sitting.



## Culinary Delights

We lovingly serve delicious vegetarian gourmet meals using our own organic garden vegetables and herbs when possible. We buy organic grains, dried fruits, seeds, nuts and locally made sourdough breads. We grind our own flour to make scrumptious-tasting baked goodies with cold-pressed oil and eggs from our own chickens. Wheat-free and special diets are available upon request.

