

# NORTHEAST NATURIST FESTIVAL, AUGUST 2-7, 2011

Breakfast 7:30- 9:00 AM

Lunch: Noon – 1:30 PM

Supper: 5:30 – 7:00 PM

## TUESDAY, 8/2/2011

- 1:00 **OPENING FRIENDSHIP CIRCLE**
- 2:30-5:30 **Sweat Lodge Construction** - Craig Discher  
*Help build the Native American type lodge to be used during the Festival.*
- 2:30 **Lead & They Will Follow** - Ton Dou  
*Ways to tactfully give nakedness common place social status!*
- 2:30 **West African Drumming** - John & Dakota Dodge  
*Learn the rhythm parts that create an African dance. Play in the following African dance class.*
- 2:30 **Shiatsu: Basic Principles I** - Robin Stapley  
*Five element theory.*
- 2:30 **Childrens' Activity: Free Art Painting** - Sandra & Frank Reamer
- 3:30 **Sensuality Among Seniors** - Jewel Snow  
*Discuss your feelings and experiences.*
- 3:30 **West African Dance** - John & Dakota Dodge  
*Basic African dance movements.*
- 3:30 **Our Energetic Interaction with Food** - Michael Raymond  
*The effect of food's energy systems on our own. Learn to assess energy systems and look at a video of energy systems interacting. Bring your favorite foods.*
- 3:30 **Childrens' Activity: Pool Games** - Mykal Modrall, Erica Huntley
- 4:30 **Introduction to The Naturist Society & This Festival** - Morley Schloss  
*Discussion of the Naturist Society and the organization and objectives of this Festival.*
- 4:30 **Afternoon Aerobics** - Cynthia Burnett  
*Low impact exercise.*
- 4:30 **Beginner's Guide to Drawing a Nude Figure** - Joe O'Rourke  
*Draw from a nude model using pencil or magic marker. The drawing sessions will be instructed and timed.*
- 7:00-9:00 **Group Games for All Ages** - Morley Schloss, Sandra Reamer  
*Sing Down (singing ability not needed) and the hilarious Body Parts Game.*
- 7:00 **Water Aerobics** - Cynthia Burnett  
*Low impact exercise.*
- 7:00 **Early Evening Meditation** - Mykal Modrall  
*An introduction to guided meditation with time for questions and answers. Please bring something comfortable to sit or lay on. Each meditation will be different.*
- 8:00-11:30 **DJ Dance with Karaoke** - Dave Herholtz
- 9:00-11:30 **Drum Circle & Bonfire with Dancing** - John & Dakota Dodge

## WEDNESDAY, 8/3/2011

- 7:00 **Morning Aerobics** - Cynthia Burnett  
*Low impact exercise.*
- 9:00-2:30 **Potters Falls Trip**  
*Car pool to Ithaca for clothing optional hike through beautiful gorge and swim below and underneath waterfall.*
- 9:00 **Seeing Through the Eyes of an Artist: Discovering the Wonders You've Never Seen Before** - Margie Campaigne  
*We will walk along the nature path and learn to notice what's before our very eyes.*
- 9:00 **Introduction to Petanque** - Wayne & Wendy Arnold  
*Learn this game popular with naturists, similar to bocce.*
- 9:00 **Walk Away the Pounds** - Marianne Thibault  
*The ultimate in-home walking system.*
- 10-noon **Group Massage** - Walter Loeb  
*Many loving hands on one receiver following the model of the Stroking Community.*

- 10-noon **Introduction to Pickleball** - Chuck & Jane Gilmore  
*Learn to play this ping-pong like game on a court.*
- 10:00 **Soul Collage: What It Is & How It Can Help You** - Diane Ballard, Judi Walters  
*A brief meditation, followed by an explanation of the use of soul collages to explore inner meaning and soul connection in your life.*
- 11:00 **Creative Ways to Deal with Stress** - Les Rivkin  
*Using cognitive abilities to use stress in a positive way.*
- 1:30-3:30 **Introduction to Iraquois Confederacy** - Dick Hare, Maggie Becher  
*Explore the Iraquois Nations--where they are located, their traditions and some of their prophecies.*
- 1:30 **Shiatsu: Basic Principles II** - Robin Stapley  
*Metal element properties: lung & large intestine meridians.*
- 2:30-5:30 **Sweat Lodge for Beginners** - Craig Discher, Judi Walters  
*Native American purification ceremony.*
- 2:30 **Ecological Living** - Jerry Dixon  
*Benefits of green ecology for nudists. Share ideas.*
- 2:30 **Childrens' Activity: Pool Games** - Mykal Modrall, Erica Huntley
- 3:30 **Polyfidelity: A New Model for Strong, Happy Families** - Claudia Kellersch  
*The differences between polyamory & polyfidelity, various family relationships that guarantee stability and bliss.*
- 3:30 **Water Aerobics** - Cynthia Burnett  
*Low impact exercise.*
- 3:30 **Nudity & Christianity** - Jeff Riddlebaugh  
*A discussion about Christian views of and attitudes toward nudity from ancient times to today.*
- 3:30 **Childrens' Activity: Bubble Fun** - Sandra & Frank Reamer
- 4:30 **Naturist Values: Nudity with More** - Morley Schloss  
*The status of Lee Baxandall's legacy: ecology, healthful living, welcoming diversity, public land use, peace, activism.*
- 4:30 **Afternoon Meditation** - Mykal Modrall  
*An introduction to guided meditation with time for questions and answers. Please bring something comfortable to sit or lay on. Each meditation will be different.*
- 4:30 **Principles of Light 1** - Carl Zablak  
*Understanding light will make you a better photographer.*
- 7:00 **Naturism in France** - Dennis Coyle  
*A visual tour of some of the family-friendly naturist resorts in France.*
- 7:00 **2012 - The End of the Mother & an Introduction to Makid** - John & Dakota Dodge  
*By 2012 the last of the humans living self sufficient lives by being Nurtured by Mother Nature will be gone replaced by the managed care of the Civilization Machine.*
- 7:00 **Childrens' Activity: Campfire with S'Mores** - Sandra & Frank Reamer
- 8:00-11:30 **DJ Dance with Karaoke** - Dave Herholtz
- 8:00 **Heartbeats of Naturists** - Ton Dou  
*Live Performance of Music Au Naturel: soft rock with a rap influence and naturist themes.*
- 9:00-11:30 **Drum Circle & Bonfire with Dancing** - John & Dakota Dodge

## THURSDAY, 8/4/2011

- 7:00 **Morning Aerobics** - Cynthia Burnett  
*Low impact exercise.*
- 7:30 **Morning Meditation** - Robin Renee  
*Begin the day with stillness and tranquility through sitting and movement meditation.*
- 9:00 **Naturist Society Youth Camp** - Sandra & Frank Reamer  
*A valuable and fun experience for naturist children.*

9:00	<b>I'm Retired, Now What? Facing Fear &amp; Joy in Retirement</b> - David Heimann & Lore Loeb <i>Maintaining a post-career life focus, downsizing, moving, where to live, aging and health, keeping life interesting.</i>	7:00-8:30	<b>Friends of Bill W.</b> - Dick Hare, Maggie Becher <i>An Open Meeting.</i>
9:00	<b>Henna &amp; Body Tattoos</b> - John & Dakota Dodge <i>A hands on workshop where you will decorate your own or a friends body using Henna and the latest craze body tattoo markers.</i>	7:00	<b>Early Evening Meditation</b> - Mykal Modrall <i>An introduction to guided meditation with time for questions and answers. Please bring something comfortable to sit or lay on. Each meditation will be different.</i>
9:00	<b>Walk Away the Pounds</b> - Marianne Thibault <i>The ultimate in-home walking system.</i>	7:00	<b>Cha Cha</b> - Ofer Orr <i>Learn to cha cha. No partner needed.</i>
10:00	<b>The Politics of Children in Naturism</b> - Morley Schloss <i>The challenges to children's participation in naturism: youth camps, home nudity, photography of children, child protective services, adults-only sites and events.</i>	7:00	<b>Living Lightly on the Earth: Habits &amp; Actions That Respect the 7th Generation</b> - Margie Campaigne <i>How do my everyday habits affect the Earth, and how can I tread more lightly on her?</i>
10:00	<b>Creating a Soul Collage</b> - Diane Ballard, Judi Walters <i>Following a guide meditation, participants will use pictures, drawings, and creativity to create a visible representation of their connection with their inner being.</i>	7:00	<b>Childrens' Activity: Movie with Popcorn</b> - Sandra & Frank Reamer
10:00	<b>Hoop Dance</b> - Marianna Levine, Julia Martinez <i>Learn the basics of hula hooping; develop your rhythm, form and flow.</i>	8:00-11:00	<b>Square Dance with Caller &amp; Band</b> - Nancy Spero, Laurie Hart, Harvey Nusbaum <i>Fun square dances with a caller. No experience necessary.</i>
10:00	<b>Knot Tying for Children &amp; Adults</b> - Blair Brumley <i>Have some fun with a piece of rope. For all kids and courageous adults.</i>	8:00	<b>Healthy Eating for Naturists</b> - Jerry Dixon <i>Share wisdom of your favorite healthy foods, food combinations, how to get the freshest foods possible.</i>
11:00	<b>TNS Family SIG Welcome Meet &amp; Greet</b> - Claudia Kellersch, Sandra & Frank Reamer <i>Fun and games for adults &amp; children.</i>	9:00-11:30	<b>Drum Circle &amp; Bonfire with Dancing</b> - Steve Calkins
11:00	<b>Poly Chillout</b> - Robin Renee <i>Meet and talk with others who identify as polyamorous (Any and all genders and orientations are welcome).</i>	<b>FRIDAY, 8/5/2011</b>	
11:00	<b>Shiatsu: Basic Principles III</b> - Robin Stapley <i>Water element properties: kidney &amp; bladder meridians.</i>	7:00	<b>Morning Aerobics</b> - Cynthia Burnett <i>Low impact exercise.</i>
11:00	<b>Nude Poet's Society</b> - Ed Thibault <i>Bring your favorite poems. Laughter, inspirational insights and friendship. Be an audience! The Nude Poet will bring a bevy of NEW, cleverly amusing poems.</i>	7:30	<b>Morning Meditation</b> - Robin Renee <i>Begin the day with stillness and tranquility through sitting and movement meditation.</i>
1:00	<b>GENERAL ASSEMBLY</b>	9:00	<b>NAC: Overview of Current Issues &amp; Challenges</b> - Morley Schloss <i>Trends in North America: anti-nudity legislation, adult entertainment ordinances, gaining and protecting clothing optional beaches, naturists on sex offender lists, topfree equality for women, sexting, naturist children. Current hot spots.</i>
2:30-4:30	<b>Nutrition for Healthy Aging</b> - Jim Leff <i>Discuss the dietary fat and cholesterol controversy, benefits of unrefined and fermented foods, food sensitivities, digestive health, managing blood sugar, etc.</i>	9:00	<b>Introduction to Petanque</b> - Wayne & Wendy Arnold <i>Learn this game popular with naturists, similar to bocce.</i>
2:30	<b>Introduction to Healing Touch: The Human Energy System</b> - Michael Raymond <i>Energy centers, energy fields and meridians. A complete energy assessment.</i>	9:00	<b>Sprouting</b> - John & Dakota Dodge <i>One of the keys to good health is live raw food - the best way to incorporate it is thru sprouting.</i>
2:30	<b>West African Drumming</b> - John & Dakota Dodge <i>Learn the rhythm parts that create an African dance. Play in the following African dance class.</i>	9:00	<b>Walk Away the Pounds</b> - Marianne Thibault <i>The ultimate in-home walking system.</i>
2:30	<b>Kirtan</b> - Michelle Angel, Ron Kalinowski <i>Singing from the heart as a meditative experience.</i>	10-noon	<b>Turn the Outdoors into Your Studio</b> - Carl Zablak <i>Shoot a model using several studio techniques. A hotshoe would be helpful.</i>
2:30	<b>Childrens' Activity: Pool Games</b> - Mykal Modrall, Erica Huntley	10:00	<b>Naturists &amp; the Economy</b> - Jerry Dixon <i>What's your nudist lifestyle about and what do you like about it in today's economy.</i>
3:30	<b>Healing Sound Circle</b> - Michelle Angel, Ron Kalinowski <i>Giving and receiving sound energy in a focused healing modality.</i>	10:00	<b>Midmorning Meditation</b> - Mykal Madrall <i>An introduction to guided meditation with time for questions and answers. Please bring something comfortable to sit or lay on. Each meditation will be different.</i>
3:30	<b>Water Aerobics</b> - Cynthia Burnett <i>Low impact exercise.</i>	10:00	<b>Sharing Your Soul Collage</b> - Diane Ballard, Judi Walters <i>Share your creation of a soul collage with others and explore the new discoveries about your inner self.</i>
3:30	<b>West African Dance</b> - John & Dakota Dodge <i>Basic African dance movements.</i>	10:00	<b>Childrens' Activity: Ooey-Goey Fun</b> - Sandra & Frank Reamer
3:30	<b>Childrens' Activity: Sculpting Hands</b> - Sandra & Frank Reamer	11:00	<b>Personal Empowerment</b> - Morley Schloss <i>Ask for what you want, say yes or no without guilt. (experiential)</i>
4:30	<b>Naturist Vacations with Children</b> - Claudia Kellersch <i>Where to go, what to expect, our favorite places.</i>	11:00	<b>Shiatsu: Basic Principles IV</b> - Robin Stapley <i>Wood element properties: gall bladder &amp; liver meridians.</i>
4:30	<b>Dances of Universal Peace</b> - Jim Leff <i>Sacred circle dances, easy to learn, joyous and uplifting, from many of the world's spiritual traditions.</i>	11:00	<b>Introduction to Pickleball</b> - Ray & Tammie Brown <i>Learn to play this ping-pong like game on a court.</i>
4:30	<b>Principles of Light II</b> - Carl Zablak <i>Understanding light will make you a better photographer.</i>	11:00	<b>Childrens' Activity: Story Time</b> - Sandra Reamer
5:00-7:00	<b>Skin Cancer Screening</b> - Jeff LaDuca, MD	1:30	<b>Challenges to Maintaining Clothing-Optional Beaches: Are We Our Own Worst Enemy?</b> - John Schatler <i>A profile of the situation at Fire Island's Lighthouse Beach.</i>

- 1:30 **Live Foods** - John & Dakota Dodge  
*Have fun making & tasting live food desserts. (donation if you eat).*
- 1:30 **Listening Skills** - Vera Scroggins  
*Discussion of our experiences: what we would like to experience with others and what can we learn from each other.*
- 1:30 **Hair vs Bare** - Claudia Kellersch  
*Which do you prefer? Hair? Bare? Where? There? Everywhere? Bald and ribald? Hirsure and cute? Join the debate.*
- 1:30 **Childrens' Activity: Pool Games** - Paul Meier, Mykal Modall, Erica Huntley
- 2:30 **Cybercrime** - Ed Thibault  
*Cybercrime allows cheap, anonymous access to your information for identity theft, stealing credit and bank accounts, cyber bullying and stalking using phishing, fake websites, and other devices. Sorry, you have not won a million dollars from Nigeria.*
- 2:30 **Free Your Body, Free Your Voice** - Helene Williams, Leonard Lehrman  
*Singing & dancing with the Opera/Musical Theatre SIG of TNS.*
- 2:30 **Sarong Tying** - Vicki Burt  
*Learn different ways to tie a sarong.*
- 2:30 **Men Are From Mars, Women Are From Venus: How Does Understanding & Accepting Differences Help?** - Margie Campaigne  
*A respectful and fun discussion of relating with and understanding the "opposite" sex.*
- 2:30 **Childrens' Activity: Body Painting** - Sandra Reamer
- 3:30 **Naturism: Is It Mostly for Older White Males?** - Jeff Riddlebaugh  
*Should naturism be more diverse than it is now, and what do we do to make it more attractive for women, younger adults, and minorities.*
- 3:30 **What's Up With Planet Earth** - Bill Dewey  
*How to heal ourselves and our planet peacefully, and emerge into the new age of peace while ending the old age of war, corruption, violence and greed using science, psychic techniques, economics, the Mayan calendar and spiritual growth.*
- 3:30 **Kirtan-O-Rama** - Robin Renee  
*Call and response chanting in the Indian devotional tradition; the repetition of these mantras brings one to deep stillness, bliss, and to a profound sense of oneness with All.*
- 3:30 **Beginner's Guide to Drawing a Nude Figure** - Joe O'Rourke  
*Draw from a nude model using pencil or magic marker. The drawing sessions will be instructed and timed.*
- 3:30 **Childrens' Parade Preparation** - John & Dakota Dodge, Sandra Reamer  
*Get ready for the big parade with body painting, drumming, dancing and dress-up.*
- 4:30 **Choices: Values In Relationships Game** - Morley Schloss  
*Discover/clarify what values are important to you in establishing or enhancing a relationship.*
- 4:30 **Water Aerobics** - Cynthia Burnett  
*Low impact exercise.*
- 4:30 **Vibrational Sound Healing** - Ron Kalinowski, Michelle Angel  
*Vibrational healing with gongs, tibetan and crystal bowls and drums.*
- 4:30 **Principles of Light III** - Carl Zablak  
*Understanding light will make you a better photographer.*
- 7:00-9:00 **Temple Grandin (Movie)** - Rhoda Brown  
*Movie with discussion after about part of the world of autism.*
- 7:00-8:30 **Songs of Broadway, Naturism & Protest - With Leonard Lehrman & Helene Williams**  
*Performance by internationally acclaimed leaders of The Naturist Society's Opera/Musical Theatre SIG.*
- 7:00 **Children's Activity: Ice Cream Sundae, Pool Games** - Paul Meier, Mykal Modall, Erica Huntley
- 8:00-11:30 **DJ Dance with Karaoke** - Steve Richmond
- 8:30-10:00 **Robin Renee in Concert**  
*"One of the Garden State's finest singer-songwriters whose spiritual pop is a solid mix of Joni Mitchell, Joan Armatrading, and The Beatles." (Courier News)*
- 9:00-11:30 **Drum Circle & Bonfire with Dancing** - Steve Calkins
- SATURDAY, 8/6/2011**
- 7:00 **Morning Aerobics** - Cynthia Burnett  
*Low impact exercise.*
- 7:30 **Morning Meditation** - Robin Renee  
*Begin the day with stillness and tranquility through sitting and movement meditation.*
- 9:00 **Raising Children As Naturists** - Sandra & Frank Reamer  
*The benefits and issues of raising children as naturists.*
- 9:00 **Walk Away the Pounds** - Marianne Thibault  
*The ultimate in-home walking system.*
- 9:00 **Choosing Love or Fear: A Course of Miracles** - Bill Dewey  
*A Course in Miracles teaches us how to find peace no matter what is happening all around us, through loving ourselves and forgiving everyone.*
- 9:00 **Creative Disorganization: Mutual Coaching Group for ADD'ers & Those That Love Them** - Margie Campaigne  
*Share stories of the gifts and obstacles that ADD presents, and coping strategies.*
- 10-noon **Tie Dye Fun For Children & Adults** - Rhoda Brown  
*Give new life to your old lonely clothing that you don't wear anymore.*
- 10:00 **West African Drumming** - John & Dakota Dodge  
*Learn the rhythm parts that create an African dance. Play in the following African dance class.*
- 10:00 **Faerie Gathering** - Faerie Elaine Silver  
*Ancient and new ceremonies, music and sharing. Come with stories/questions about Faeries, Elementals and other mythical beings. (Dress faerie if you wish.)*
- 10:00 **Nude Poet's Society** - Ed Thibault  
*Bring your favorite poems. Laughter, inspirational insights and friendship. Be an audience! The Nude Poet will bring a bevy of NEW, cleverly amusing poems.*
- 11:00 **Involving Young Adults & Families In Naturism** - Morley Schloss  
*People aged 18-30 do become active naturists - a successful model for offering what young adults want.*
- 11:00 **West African Dance** - John & Dakota Dodge  
*Basic African dance movements.*
- 11:00 **Shiatsu: Basic Principles V** - Robin Stapley  
*Fire element properties: heart, small intestine, pericardium & triple heater meridians.*
- 1:30-5:00 **Sweat Lodge** - Richard Ballard, Craig Discher  
*Native American purification ceremony.*
- 1:30-4:00 **Children's Activity: Water Balloon Launch, Slip-N-Slide, Pool Games** - Paul Meier, Mykal Modall, Erica Huntley
- 1:30-3:30 **Fungal Foray** - Ron Kalinowski  
*We'll scour the nearby woods to collect specimens of mushrooms and other fungi and then return to examine and identify our collection.*
- 1:30 **To Tell or Not To Tell** - Fred & Lana Van Nest  
*Discussion and demonstration of psychological principles that may make sharing naturism a more positive experience.*
- 1:30 **Goddess (for Women)** - Michelle Angel  
*A safe space where we will discover our goddess energy and also discuss women's sexuality.*

2:30-5:00	<b>Gentle Massage for Health &amp; Longevity</b> - Jerry Dixon <i>Simple techniques for everyone. Bring a large towel.</i>	10:00	<b>Midmorning Meditation</b> - Mykal Modrall <i>An introduction to guided meditation with time for questions and answers. Please bring something comfortable to sit or lay on. Each meditation will be different.</i>
2:30	<b>Sarong Tying</b> - Vicki Burt <i>Learn different ways to tie a sarong.</i>		
3:30-5:00	<b>Seeing All of Me</b> - Morley Schloss, Claudia Kellersch <i>Should observing body parts usually concealed be as acceptable as observing faces? Experiential exercises.</i>	10:00	<b>Messages From Spirit</b> - Richard Ballard <i>An ordained Spiritualist gives messages from Spirit. Sometimes they come from departed loved ones, sometimes from guides and Higher-self.</i>
3:30-5:00	<b>Written Exposure</b> - Robin Renee <i>Non-judgmental experience will use guided meditation, discussion, and sharing to help writers begin to find and write about the difficult places in the mind and emotions that may be blocking the creative flow.</i>	10:00	<b>Childrens' Activity: We're All Different &amp; Perfect</b> - Morley Schloss, Claudia Kellersch
4:00	<b>Children's Parade Preparation</b> - John & Dakota Dodge, Sandra Reamer <i>Get ready for the big parade with body painting, drumming, dancing and dress-up.</i>	11:00	<b>Incorporating Human Touch Into Massage</b> - Michael Raymond <i>For a more effective treatment, learn to ground with proper intent and incorporate energy work into a tactile massage.</i>
5:00	<b>GROUP PHOTO</b>	11:00	<b>Stay Safe</b> - Bob Swanson <i>Learn simple Japanese martial arts techniques to get away from an attacker or any violent person.</i>
7:00-9:00	<b>Peace, Light &amp; Joy with Faerie Elaine Silver (Concert)</b> <i>Beautiful &amp; fun New Age music to inspire us and bring us together.</i>	11:00	<b>Pudding Toss for Children &amp; Adults</b> - Morley Schloss <i>Messy, gooey free-for-all.</i>
7:00	<b>Early Evening Meditation</b> - Mykal Modrall <i>An introduction to guided meditation with time for questions and answers. Please bring something comfortable to sit or lay on. Each meditation will be different.</i>	1:30	<b>Naturist Action Committee: Area Representative Program</b> - Jerry Dixon, Claudia Kellersch, Morley Schloss <i>NAC Area Reps describe their roles in protecting naturist rights; how you can help.</i>
7:00	<b>Childrens' Activity: Laser Tag, Pool Games</b> - Paul Meier, Erica Huntley	1:30	<b>Grief from Loss, Death, Ending a Relationship</b> - Vera Scroggins <i>Expressing of grief, sadness, hurt, anger and emotional pain in a safe space without judgment and with empathy and sympathy. Using NVC (Non-Violent Communication) skills and other tools.</i>
8:00-11:30	<b>Dance with Jambones Band</b>		
9:00-11:30	<b>Drum Circle &amp; Bonfire with Dancing</b> - John & Dakota Dodge		
9:00	<b>Water Aerobics</b> - Cynthia Burnett <i>Low impact exercise.</i>	1:30	<b>Exploring Healthy Communication in Relationships</b> - Les Rivkin <i>Evaluate barriers to effective communications and attempt to turn them into ways we can be listened to.</i>
11:30	<b>Harmonic Duet</b> - Michelle Angel, Ron Kalinowski <i>A meditative performance by us, playing exotic friction rod instruments - the orbiting space plate and the harmonic water cello.</i>	1:30	<b>Body Painting</b> - John & Dakota Dodge <i>Fun painting each other with a rainbow of non-toxic colors.</i>
<b>SUNDAY, 8/7/2011</b>			
7:00	<b>Morning Aerobics</b> - Cynthia Burnett <i>Low impact exercise.</i>	1:30	<b>Childrens' Activity: Pool Games</b> - Paul Meier, Mykal Modall, Erica Huntley
7:30	<b>Morning Meditation</b> - Robin Renee <i>Begin the day with stillness and tranquility through sitting and movement meditation.</i>	2:30	<b>Shiatsu: Basic Principles VI</b> - Robin Stapley <i>Earth element properties: spleen &amp; stomach meridians.</i>
9-11:00	<b>Healing The Body One Bite At A Time</b> - Thanaa Thaele <i>Making good choices for optimum health.</i>	2:30	<b>Hoop Dance</b> - Marianna Levin, Julia Martinez <i>Learn the basics of hula hooping; develop your rhythm, form and flow.</i>
9:00	<b>Earth Celebration Service</b> - Diane & Richard Ballard <i>Celebrate and worship the Goddess/Mother Earth, Father Sky, and the four directions. Led by an ordained Pagan minister and his wife.</i>	2:30	<b>Water Aerobics</b> - Cynthia Burnett <i>Low impact aerobics.</i>
9:00	<b>Non-Denominational Christian Service</b> - Jeff Riddlebaugh <i>Share some time of faith and support.</i>	2:30	<b>Edgar Cayce: Psychic Phenomenon</b> - Jerry Dixon <i>Discuss Cayce's predictions &amp; recommendations for healthy living and nudity. Share your own psychic experiences that brought beauty, health and prosperity.</i>
9:00	<b>Atheists Meet &amp; Greet</b> - Jewel Snow <i>Meet and learn more about atheists - all welcome.</i>	2:30	<b>Childrens' Parade</b> - John & Dakota Dodge, Sandra Reamer <i>Make masks - make music - dance &amp; walk - have fun being a spirit.</i>
10-noon	<b>The Autism Spectrum</b> - Paul Meier <i>Make autism understandable, solve autism related problems, and long term strategies for a successful life on the autism spectrum.</i>	3:30	<b>CLOSING FRIENDSHIP CIRCLE</b>