

Presenter	Title	Description of Offering
Alara Tiernan	Love Lab - an evening of authentic relating games	<p>Alara will facilitate a space of vulnerable sharing, mutual caring and silly sincerity. Growing ourselves within a community container is not just an incredibly alive (and satisfying) way to spend an evening, it is also a powerful method for manifesting a world our hearts know is possible. Expect a variety of activities and connection games. Let's laugh, cry and love together as we relate in a safe space as authentic humans.</p> <p>*Nurturing touch and cuddling may occur with consent : )</p>
Aleisha MacNaughton	Intuitive Stage	<p>Intuitive Stage works with an innovative play-back process. An imaginative and inspirational dramatic discipline which uses a very dedicated progression of techniques designed to build connections between people by honouring the personal significance and intrinsic value of each voice and every story. Play-back is an ingenious system of specific activities and exercises designed to awaken original ideas, inspire new possibilities, and foster the right questions. The processes help participants to identify and respond authentically to key issues, and create dialogue which is authentic and inspirational, a dialogue which offers innovative solutions to conflict and antagonism, on a personal level as well as within the larger community. {Based on the work of David Diamond; "Theatre for Living~ The Art and Science of Community Based Dialogue "}</p>
Amy Clare	Connecting Games and Play in the Water	<p>In either the big pool or smaller warm pool, depending on the size and desire of the group. The invitation is to be open to both, at your comfort level. In the large pool, we will be moving somewhat or a lot, as desired, to make sure our bodies stay warm. This will include a combination of some warm up and stretching, water yoga, gentle and playful water aerobics, connecting interactive games, silliness, laughter, playfulness, contact improv exploration and space for the ideas and organic creativity of the group. Come with a desire to immerse yourself in the playfulness of our community in a forgiving and gentle medium and in a spirit of joy and experimentation, curiosity and play, all to your comfort level. What's possible when a group of open-hearted ones bring to the water our child-like desire to be in and feel and move our bodies and connect in light-heartedness and play with one another?</p> <p>BIO - Amy brings a lifetime of silliness and play, an ongoing seeking of sacredness and depth and oneness in ordinary situations, three decades of experience facilitating groups in connecting and gently going somewhere new, early childhood spent playing in the waves of Ft. Myers FL, thousands of hours as a teen and adult floating in the ocean out past the waves and in hot spring waters, thousands of somersaults and flips completed in the water, a large collection of last place ribbons from her eight years on swim team, many above- and below- water hippo rides given to her children in myriad pools from infancy to adulthood, experimentation with contact improv in the water, certification as a Watsu provider, training in Healing Dance, and many blissful moments spent floating friends and being floated long before that training.</p>
Amy Clare	Sacred Presence in the Water	<p>In the warm water, includes first settling in the quiet and stillness of the water, aware of the sacred within ourselves and in the water and in the beauty all around, and in our coming together. Then, through gentle movement, experience of the way water caresses and holds us. Perhaps a chance to access a part of our spirit that is accessed more easily in the water. Some time for personal and communal intention setting and sharing, maybe some gentle singing.</p>
Benjamin Schleimer	Boundaries: Loving Both You and Me	<p>Boundaries are the distance at which we can both love our partners and ourselves at the same time. Most people know about them but then fail to understand their own boundaries when needed. Come learn how to identify your boundaries, how to say "No" and how to give a boundary in a way that invites other possibilities.</p>
Brian Bourke	Vulnerability and Being Human	<p>Brian will be showing the TED Talk Brene Brown video about vulnerability and then holding the container for an open discussion about it. This powerful video opens a window into further understanding your inner dynamics and how they influence your in the moment situation.</p>
Carly	Practicing Take/Allow	<p>Pre-requisite to this session is attending the Wheel of Consent Workshop or having a conversation with Carly, before dinner on Saturday, regarding your experience with Wheel of Consent.</p>

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Dr. Pam Stalzer & Clifford Meurer	Celebration of Breathe and Sound	Release what has been holding you back and/or keeping you stuck. Open to the beauty and love of your greater Self. Embody your deepest intentions and imagine your vision for the future. Come experience the healing power of breath to transform your life and realize your true potential! Clarity Breathwork helps to open our hearts, liberates our spirit and allows us to experience the greater love and unity of our greater selves. Experience the healing power of breath to transform your life. Every breath we take is sacred; an opportunity to connect to our deepest essence. When we breathe fully and consciously we can heal our hearts, minds, bodies, and open to the Divine in everything. Now is the time to wake up to who we really are, to let go of the old ways of being led by our egoic fear based selves and to step into our greater Soul where things happen more easily, joyfully, and we feel connected to, and supported by all life.
Elfriede Rabbat	Free the Inner Child	Creating an intimate, trusted relationship with our "inner Child". Playing with creative expression using writing dialogue/drawing/composing/interacting/moving etc., inspired by our innocent child/ heart. One on one or more creators
Fred Burks	Unraveling Sexual Shame	This will be an opportunity for campers to share vulnerably of past shame experiences that still weigh them down. We'll have several activities to support this. One will be an exercise where all are invited to step to the center of the circle if they felt shamed around masturbation, playing doctor, etc... Another will be sharing small groups and with everyone present critical experiences that have kept us from shining and living full sexual lives. The intention is to release any blocks around shame and step into full sexual power.
Fred Burks with Alara Tiernan	IntoMeSee Puja	Fred and Alara invite you to dive into intimate connection with our fellow community members in an IntoMeSee puja. You will have gentle guidance to open your heart and share in respectful intimate touch with people of all genders in couples, triads, and group exercises.
James Prieto	Empathy as a Healing Modality	A one-page summary of the empathic role play, along with a two-sided list of feelings and needs organized in a Heart-Canvas.
Karen Finch	Gentle yoga	An opportunity to explore your body from the inside. Experience new sensations , new proprioception and greater levels of relaxation and inner peace.
Kristina Yates	Exploring Our Relationship to Our Yonis	Even though we are supposedly 'liberated' and sex positive, often are not that connected to our Yonis. We don't easily see them everyday the way men do. Additionally we received negative messages about our bodies including the smell of 'down there'. We will ge together to celebrate our yogis, pussies, cunts (or whatever word you prefer). In a safe and supportive environment we will explore and share our relationship with this precious part of ourselves. This will include using mirrors and having a 'show and tell.' In the past participants have shared that this workshop was a deep, connecting, and healing experience. Open to all persons with female genitals.

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Leila Reyes	Healing the Residue of Harm Post #Me Too Inclusive Solutions	<p>We have all been harmed and have caused harm to others. The residue of physical or emotional harm can follow us throughout our lives. More than the initial experience, that residue causes us to get stuck in cycles of compensatory, self-destructive or other limiting behaviors.</p> <p>When we are finally ready to explore how we participate in keeping the residue of harm alive, an extraordinary transformative experience becomes possible. In this moment, our wound can be transformed into a gift, an offering, that serves others, and we are no longer bound to the cycles of harm or the anger, hurt, closure and separation that has controlled and limited us for so long.</p> <p>In this introduction, Lisa offers a new possibility to release yourself from the residue of harm that may have impacted your life and be able to live and love more fully and more deeply connected with others. We will bathe in our collective compassion, tap into our collective humanity, and learn new ways to evolve beyond the experience of harm. Whether you've been harmed or have harmed others, all are welcome.</p> <p>Leila Reyes is a sexual abuse survivor and Restorative Justice facilitator who is now thriving, in part because of deep healing processes she was able to go through with the person who harmed her. She is writing a book about her experience, and is conducting evidence-based research on how to end sexual abuse inside of the post #metoo movement. She invites you to contribute your courage and compassion to the creation of a new model of restorative healing from harm.</p>
Ray Cohen	The Four Quadrants of Touch	<p>How do you know if you are receiving or just allowing? How do you know if you are giving or actually taking? How does that affect your experience of touching and being touched? Drawing from Betty Martin's Wheel of Consent, learn how to clearly ask for how you want to be touched and discover some of the things getting in the way of getting what you want from touch.</p>
Sage	Kirtan Bliss	<p>Come participate in kirtan, the traditional Indian musical expression of spiritual joy! No experience necessary, as the words are simple (even though in Sanskrit) and participation can range from sitting and absorbing to dancing to leading your own kirtan. Bring your instruments if you have them.</p>
Sumati Sparks	Transforming Jealousy Into Love	<p>Do you feel jealous, scared, angry or sad when your partner has feelings for another? Do you wish you could feel happy for their happiness? Or maybe you feel like you aren't enough or fear abandonment when your partner pays attention to someone else?</p> <p>In this workshop, you will be guided through "the Four Pillars of Jealousy Transformation." You will learn easy practices, with the support of a loving community, that will help you learn to:</p> <ul style="list-style-type: none"> <li>- feel an abundance of love</li> <li>- know that you are a unique soul, worthy of all the love you can imagine</li> <li>- find your inner sense of self-ness and truly enjoy being alone at times</li> <li>- develop acceptance for what is, never having to feel like a victim again</li> </ul> <p>Learning these practices will not only help you with transforming jealousy into love, but will also help you feel happier, more grounded and more connected to Spirit!</p>
Susan Saladoff	Attachment Styles in Relationship	<p>Our attachment style affects everything from our partner selection to how well our relationships progress to, sadly, how they end. That's why understanding our attachment pattern can help us understand our strengths and vulnerabilities in a relationship. Come learn about what attachment styles are, what you and your partner(s) may be, and how to navigate your differences. If you can, before you attend, I highly encourage you to take the Compatibility Quizzes for your Attachment Style and your Partner's. If you have more than one Partner, take the quiz for all. <a href="http://www.attachedthebook.com/wordpress/compatibility-quiz/">www.attachedthebook.com/wordpress/compatibility-quiz/</a>.</p>