

Weaving Women's Wisdom



Workshop Descriptions 2014

KF = Kid-Friendly

Wellness & Wholeness

Finding Meaning from Within: A Writing Workshop

During this workshop, we will discover the power of listening from within – for each of us has a deep knowing, a truth that resides in our bodies and our hearts. We can then move toward discovering the truth of ourselves and begin to identify changes we'd like to make. This writing and discussion based workshop will lead us all toward making healthier choices, and loving ourselves and others for who we truly are. Participants are encouraged to bring: notebook, pencil/pen, colored pencils (if desired)

Amy Antongiovanni is a yoga teacher, poet and English Professor at Butte College. For the past 20 years, her writing and work has focused on developing authenticity and identity through moving meditation and writing.

Developing Leadership Presence Through Mindfulness (Ages 14 and over)

This workshop looks at the ability to be focused, clear, creative, and compassionate, even in the midst of life's complexities and stresses. Together participants will explore mindfulness practices and theatre exercises to help them become increasingly familiar with themselves, their surroundings, and their fellow human beings. We will look at how to be in the moment and flexible when dealing with daily pressures, how to build relationships with others through empathy and authentic connection, appropriate communication, and self-reflection.

Holly Riggs comes from a strong business and human resources background, having owned, operated, and sold two small businesses. She currently serves as the Human Resources Manager at Chico Natural Foods and joined the board of directors of Chico's Blue Room Theatre.

An Introduction to Reiki: Playing with Energy!

We will be exploring Energy with the senses, including the healing sounds of Tibetan bowls, Tibetan tingshas, Native American drums, the touch of Energy with our own hands, the sight of Energy with dowsing rods, and the smell of Energy as experienced through natural essences. Come join in the fun and exploration before the Opening Ceremonies!

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Linda Fleischman has a BA in Microbiology and Chemistry, but her Spiritual training began with editing for a New Age magazine and becoming a Reiki Master. Reiki turned the mainstream world upside down for her and opened a door to a whole new world. Since then she has taught classes and given talks about Reiki at the Chico Women's Club, Butte College, The Spiritual Living Center, and to a group of Oncology nurses.

HeartMath

This workshop is based on the teachings of the HeartMath Institute: to access the power of your heart's intelligence to improve your focus and creativity, elevate your emotional clarity, lower your stress and anxiety levels, strengthen your immune system, promote your body's optimal performance, and slow the aging process. This class will include 4 worksheets along with teaching, discussion and sharing. Once finished with the class the participant can easily use the information to begin the journey to move from a thinking, head and brain oriented existence to a heart and wisdom filled experience. Please bring a notebook and pen for this workshop.

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Meditation through Creation: Seed Mandalas

Participants will listen to peaceful, meditative music while creating a personal, spiritual mandala using wood and seeds that they can take home with them as a remembrance of the gathering itself.

Marlo Eakes Meyer returned from living in the Amazon with her husband and daughters doing anthropological fieldwork among the ayahuasca churches of the north-west. She has implemented deep soul exploration through modern dance and meditation.

Take Back Your Health! Health Care is Self Care! Healthy Habits with Eartha Shanti

Turn to Nature for your Health Care! Healthy body, mind, heart, spirit all contribute to vitality, flexibility, longevity, strength, and beauty! Eartha has practiced and taught natural health and lifestyle for over 20 years, with excellent results, "I feel stronger and more flexible than ever! I'm older, yes, and better than ever!", she says with a smile. Health is a consciousness and Eartha wants to share this gift with you in an engaging, interactive workshop setting."

Eartha Shanti is a mother, grandmother, community activist, peacemaker, counselor, and much more. Eartha finds her wholeness in the ways of Nature. As a young woman she discovered the Essene Seven Fold Peace: peace with the body, mind, family, community, culture, Mother Earth, and Creator Spirit. This framework has guided her life and is found in all her teachings.

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The Journey of Natural Pregnancy, Childbirth and Newborn Care

This workshop explores the natural, holistic approach to pregnancy, birth, and postpartum care. Discover this wise, woman-centered approach to childbirth, and empower yourself with information about your choices in childbirth.

Dena Moes, CNM is a certified nurse-midwife who provides home-based midwifery care for pregnancy, birth, and postpartum in the Chico community. She has 20 years of experience working with birthing women, and has a passion to support women's choice for a natural, empowered birth. <http://www.chicomidwife.com/>

Lacto-Fermentation KF

In this class we will learn to harness the micro-scope world to enhance nutrition, flavor and digestibility, turning raw organic ingredients into foods and condiments which far surpass their commercially available counterparts. I will demo lacto-ferment pickles and carrots and hold space for questions for getting started and trouble-shooting lacto-ferments. Samples of my lacto-fermented foods will be available for tasting.

Katarra Shaw is a life artist following her heart-work and a wild woman in her wild way. She has a homebirth practice in Chico and college degrees in language, music and chemistry. Fiber art, birth, music and food are her big interests as well as local food, local music and simple homemade crafting.

Music and Movement

Creative Movement KF

Creative Movement is a class for all ages designed to encourage our youth to MOVE in the right direction, towards healthy living. In this workshop we explore many styles of music and NEW ways to travel; as animals, weather and emotions. We'll play, learn and experience life through movement!

Jen Ocea is a single mother of 4 and Modern Dance Teacher/ Movement Specialist. She has been intrigued by movement her whole life, training in a variety of styles and genres. When Jen was 26, she was diagnosed with Rheumatoid Arthritis. Taking matters into her own hands, she's spent the last 10 years eating directly from Mother Earth, cutting out all GMO products, eating only certified organic foods and meat with integrity! Jen continues to MOVE!! Check her out at jenocea.com

Sing Your Heart Song: A Sacred Singing Circle for Woman

We will sing multicultural sacred songs from around the world which will include sacred chants, toning the chakras, warming up and freeing the voice with a process called, "Yoga of the Voice." It is my belief that everyone can sing, and I do my best to provide a safe and warm presence, for others to safely open up to the power of their own voices. Participants are encouraged to bring: \$3-5 for songbook

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Bonnie Eskie is a mother, spiritual healer, therapist, dancer, artist, singer and writer of sacred songs. She currently has a private practice in Chico as a holistic psychotherapist. Bonnie has been involved in the healing arts for 30 years, and has been singing her entire life. Singing is a spiritual practice for her and a way of connecting with the divine, as well as a means for building authentic community and connection with self and others.

BODY TALES: Movement-Sound-Stories

Body Tales integrates intuitive movement and personal story for creative expression, communication and healing. Through clear and imaginative structures, participants explore improvisational movement, dance, sound and language. With respect, compassion, humor and deep play, we weave together a warmly shared movement theater--bringing our important stories to life.

Rosemary Quinn has been gratefully practicing BodyTales for 30 years, beginning as a student of the founding teacher, Olivia Corson in Oakland. She is also a writer and editor, and the author/performer of two one-woman shows. Rosemary currently teaches an on-going group on Tuesday nights at the Yoga Center of Chico.

Hoopdance with Sacred Circles

This workshop will assist through demonstration and instruction while teaching a variety of movements that is fit for all levels and ages. You will be encouraged to play and dance with hula hoops in traditional and non-traditional ways using their hips, core, legs, arms, neck and hands.

Sierra Chik-McNeal has been hooping as well as teaching for many years now. She loves connecting with groups and playing freely without strict guidelines.

Dancing and Drumming Ourselves

We will use movement, drum and percussion to converse with each other in a safe, expressive circle to get to know one another better, and create our own rhythm and dance for this moment, this gathering, and who we are, collectively, at this time. All ages and abilities welcome.

Jeanne Kristofferson is a lifetime dancer and musician, yoga teacher and massage therapist. For the past 30 years she has taught, choreographed and performed dance in cultural, artistic and community formats in Montana, New York and California. She has worked with small children, school children, university students, mothers, adults and elders. She is best known in Chico for teaching folkloric dance and drum from Haiti, but her background includes Contact Improvisation (improvisational partnering), theater and modern dance.

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Qigong

Qigong is a moving meditation practice that integrates breath and mindfulness. In this class we will focus on movements to energize our minds, eliminate stress, learn some healing sounds to release negative emotions, create more aliveness in our lives, and open our hearts to the love and compassion that we essentially are.

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Herbal Lifestyles

The Elements and Art of Creating Vibrational Essences and Potions

This workshop begins by laying a foundation of understanding through exploring the history and function of vibrational essences. From there we will discuss energetic signatures and practice recognizing and working with their distinct patterns. Cooperatively the group will utilize guided meditation, sound, movement and intention to create a series of essences. Each participant will receive this bottled essence with a booklet of instructions/information for their own use and sharing.

Participants are encouraged to have some working knowledge or familiarity with ideas like energy fields, consciousness of non-human beings, etc.

Amy Fyrdundel comes from a long line of religious expressionists. She has studied textile and sculptural arts, utilizing those skills in sacred object making. She also enjoys the roles of mother, creator, wife, teacher and revelator. Amy is a certified herbalist and enjoys wildcrafting food, medicine and essences. She also resonates with lucid dreaming, nagualism, folklore, attentive daydreaming and astrology.

Local Plant Medicines: Stock Your First Aid from Plants at Home

We will learn how to make a few basic tinctures with local plants ready for the picking. We will learn what the medicines are used for, how to identify the plants, and dosages.

\$5 material fee

Colleen Herms is a 5th year vegetable farmer, herbal experimenter, birth doula and musician. She believes in nourishing the body with local and common plants to keep our bodies thriving. She loves to pass on the basic knowledge of medicine making for all people to have to tools to put healing back in our own hands.

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Crafts

Maiden Crafts to Celebrate our Authentic Spirit (for girls ages 9 to 19)

Young women can deepen into their authentic spirit through making hand crafts together. Crafts will include: Spirit bags – wet felting with stones, Vision boards, Dream Catchers, and Gratitude Journals.

Kelly Munson is a teacher, community organizer and artist. She shares her passions for deepening our connection to nature and each other through organizing collaborative art projects, wilderness outings and community gatherings.

Felted Cover or Cozy for Tablet or Smart Phone (limited to 15 people)

In this workshop people will learn how to make a small pouch using the wet felting technique. Through this process you will also learn how to use a resist to create seamless pieces like hats, vests, jackets and more. I will supply merino wool for the base and all decorative supplies. Some felting experience is recommended but not required.

\$10–20 material fee depending on the size of the pouch. Some experience in felting would be helpful.

Theresa Markwood is an artist and has been working with wool for the last 5 years. She is magnetically drawn to the ancient art of wet felting and its ability to transform into beautiful, strong, functional, and sustainable garments for living. Theresa has been using wool from her mothers sheep, other local fibers and natural dyes. Wool is natural and abundant in California. Theresa wants to inspire us all to use this amazing fiber for the health of the planet and our people!!!!

Workshop Title: Felted Potholders (limit of 10 people)

Learn the basics of felting by making a beautiful potholder! Wet-felting uses soap and warm water to create felt out of raw wool, shaped by your hands. I provide all supplies. Prepare to spend an hour or so making a unique felted potholder that will glorify your kitchen space.

\$5 material fee.

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Paper Mache Festival Mask Making

An all-ages workshop where participants will be encouraged to hand build a mask from crumpled newspaper, masking tape and paper mache. These masks are wonderful to use in festivities and equally beautiful just to hang on your wall. (We will be using a special (very durable) wood glue paste, so wear grubby clothes and prepare to get sticky!)

Jessica McDougal is a mixed-media artist who has been working with paper mache and puppets for 6 years now. She is co-facilitator of the Chico puppet group "Procession of the Species" which works to bring puppet building and learning about endangered species to Chico area schools.

Making Linen from Flax

We as Chico Cloth want to use locally grown fibers to create apparel and home goods.

We choose to grow and process organically and sustainably. Our inspiration is Gandhi's Wheel of Nonviolence. In the spring 2014 we grew flax in five gardens in Butte County and are learning how to hand process it for linen. Come hear our story so far and play with our tools we have created for this process.

Syb Blythe grew up in Great Britain, moving to Chico in the late 80's. As an independent woman who enjoys contributing to her community, she is an Ombudsman for long-term care, City of Chico Volunteer Crew leader and Master Gardener. This latest project, Chico Cloth, weaves many of her passions. Chico Cloth is a community project growing flax for fiber. Discovering the challenges for the grower to the tool-maker, spinner and weaver, using history as a guide we are growing in an organic sustainable way.

Caring for the Earth

Wild Food and Medicine Walk KF

We will walk around the festival area and identify wild foods and medicines (native and invasive) and discuss their use.

Wolfgang Rougle is an organic farmer and wild food educator growing vegetables and herbs in Cottonwood since 2005. She is the author of the local wild food cookbook "Sacramento Valley Feast: Or, Don't Eat Sterile, Eat Feral!"

Our Food Heritage: Saving Seeds for Generations KF

This workshop will cover the basics of seed saving from pollination to isolation to a brief history of the seed industry and current issues facing our seed security. The hands-on portion of the class will revolve around tomatoes.

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Kalan Redwood is co-owner of Redwood Seeds, a local family seed business from the Lassen foothills. She works to preserve open pollinated seed varieties and educate gardeners to save their own seed. <http://www.redwoodseeds.net/>

Acorn Processing

Come learn how to harvest, process, and cure this abundant local food source! Acorns have been a food source since ancient times, and has only in the last century been nearly forgotten. Acorns are high in nutrition, free, and abundant, come be demystified, the process is easy to learn and fun to experience!

Jahnia Mitchell has been studying earth skills for the last 7 years. Two years ago she and her partner started Earthbound Skills, an educational service that promotes both nature awareness and nature-based survival skills. They offer workshops for the community and teach classes to local schools, as well as through an ongoing home school program. She continues to advance her own skill and knowledge, and has also taught at the Buckeye Gathering and with the Children of the Earth Foundation.

The Infinite Other

A Place for Grief

Through discussion, ceremony, and shared labor, we gather to delineate and embellish a place of altars, openness and presence in which we invite one another, the Ancestors, the Elements, and Great Mystery, to give witness to our losses, our growth, and the transformative power of grief shared. We share this space throughout the Gathering and gather again at Gathering's close to disassemble what we have made, giving our effort over in a good way to earth and water.

Participants are encouraged to bring small objects of beauty, fabric, or natural materials which have personal meaning in remembrance or devotion; these will be used in the creation of our altar. There is no charge but each participant should bring a quarter as an offering.

Malama ManyGifts MacNeil is moving through her 70th year of Earthwalk. In that life-time she has been caretaker, mother, grandmother, birthing & postpartum doula, educator (in early childhood, creating community, taichi, grief-work), cook, manual therapist, poet, editor, ecstatic dancer, event presenter, diviner, spiritual companion, and ceremonialist. Her principal focus in recent years has been in bringing together community around support and education in issues of dying and death, and in serving as a spiritual midwife to the grieving and doula to the dying.

Mother Goddess, Who She Is, Who We Are

Starting with the story about Mother Goddess, we will discuss why this perspective is so important, and how integrating this perspective affects our beliefs and views of ourselves and the world. We discuss how this shift in

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awareness impacts our relationship to our bodies, our minds, our families, our communities, our culture, our planet, and our Creator.

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Unraveling the Wisdom of Our Dreams

This dream interpretation workshop will provide participants an opportunity to work with their dreams both individually and in a group. Tools and techniques will be provided to the attendees to be used during this interactive experience. Understanding the wisdom provided through our dreaming will be focus of the activities.

Diane Suzuki is the programmer of One World Music on local community radio station KZFR, has been dancing hula with the Chico Hula Club for over 5 yrs, and began a local Dream group over 18 yrs ago that meets monthly. The process includes members encouraging the dreamer to self-interpret her own dream and then adding our own insights at the end.

Marty Dunlap is retired from Butte College after 26 years of working in Student Services. She holds a graduate degree in counseling psychology which spurred her interest in the wisdom of dreams. While at Butte College, she earned a law degree which she uses to mediate local discussions about the protections needed for the waters of CA. As an active dreamer, she has tracked and worked with her dreams for many years finding the insight provided by her subconscious to be an invaluable source of material in pursuing a balanced life.

Energetic Tools of the Q'ero, Descendants of the Inca KF

The Q'ero live high in the Andes Mountains where the energy of Pachamama, Mother Earth, is strong and pure. Considered "Keepers of the Ancient Knowledge," some of the hallmarks of their culture are interaction, respect, and reciprocity with the many worlds of "living energy" surrounding them. Learn about and experience some life enhancing, energetic tools of the Q'ero.

Annie Fuller is an International Spiritual Healer/Teacher, who first visited Peru in 1996 and recently returned from her 5th visit this June, where she organized and led a powerful shamanic group experience. Annie is a fourth level "paq'o" as well as a "chunpi paq'o" – one who opens energy belts with sacred stones.
www.fullcirclespiritualhealing.com.