

Weaving Women's Wisdom



Workshop Descriptions 2015

MUSIC & MOVEMENT

Wisdom Flow Yoga, Kristy Haber

Wisdom Flow Yoga is a style of yoga that was cultivated on Maui. It draws from Anuysara principles and is a vinyasa flow. It also weaves the wisdom of the yoga sutras into practice and applies it to our real lives. Wisdom Flow is based in the belief that the body and mind are our connections to source and that alignment in the body/mind is truly alignment with the universe. This style is accessible for all levels of yoginis. Come at sunrise and be inspired!

Laughter Yoga Playshop, Renee Renaud aka "Granny Greenjoy"

Playful, childlike exercises with easy movements, deep breathing, and eye contact which creates connection and joyful laughter which is good for the body, mind and Spirit.

Singing Your Heart Song, Bonnie Eskie

This workshop is for anyone. You do not have to have experience with singing to participate. We will start off with exercises designed to relax our bodies, to open and free our vocal chords, and release self consciousness and judgement. We will then sing sacred songs from around the world.

The Art of Hoop Dance, Sierra Chik-McNeal

Together we will dance and explore the sensual, activating and meditative practice of playing and experimenting with hula hoops. These sacred circles are powerful tools with the potential to stimulate the body and relax the mind. Besides learning some basic movements you may experience vibrational shifts and move into deeper presence.

Body Tales: Discovering our Wisdom Stories

Body tales is a creative, playful and healing practice which leads to greater freedom, aliveness and authenticity. 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.

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SPIRITUALITY

Birth Into Being: Limbic Imprint Re-Coding, Lily Rothrock

What if nothing held you back? All of us come into this life primed to receive love. However, for the majority of us, our first experiences on this planet are charged with fear and discomfort. Our formative experiences become coded in our nervous system as our 'comfort zone.' As adults, we unconsciously recreate these painful and isolating conditions out of neurobiological and psychological habit.

With Birth Into Being, it is possible to shift your early patterns. Through dance, guided visualization, somatic re-education and breath, we will establish a new story of your birth and new physiological template, grounded in the undeniable rightness and power of your being. Please bring a mat, pillow, blanket, and your journal and pen.

The Shadow, Linda Fleischman

This workshop is a walk with the Shadow Self that we all possess. The Shadow consists of the parts of ourselves that we have pushed aside and deemed to be "not part of us." The truth is that we need all of the parts of ourselves to be a whole, complete and balanced individual. The workshop will include sharing, meditation and chanting. Although working with the Shadow may seem like a frightening enterprise, this workshop will be about using Love and Acceptance of all the parts of our being. Loving acceptance may be all the Shadow needs to become reunited with the Self.

Spiritual Tools for Balance and Transformation, Linda Fleischman

This workshop is a medley of tools I've acquired over the years for grounding, relaxation, balance, healing and muscle testing. One type of healing will be using Theta brain waves to transform core beliefs that are no longer of service to who you are today. Having a variety of tools comes in handy for day-to-day balanced living and for intense days where more is needed. The individual can take the tools that work for them and use that power to initiate self-care.

Unraveling the Wisdom of our Dreams, Diane Suzuki and Marty Dunlap

We will be exploring our Dream Worlds individually, in small groups and in the large group, all within the intimate setting of this workshop. Come join us to explore the dream language and honor the guidance it offers to us every evening as we sleep. Please bring a dream in your journal to unravel, and a cushion to sit on. (See attached directions)

Life Transitions: Moving On!, Terry Basile

Women are agents for change in their work, family and world. Yet understanding your own individual process is vital to your personal growth. How does your personality, spirituality and sense of self affect how you create change in your life? Through visualization, small group and individual exploration we will review your personal history of how you have dealt with change and how you can be proactive and more positive as you take the next steps in your life!

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Your Beautiful Brain, Glynda-Lee Hoffmann

Among humans, women have the most advanced brain. This information isn't generally recognized by male scientists, or even female scientists. My own research, and women's general behavior and interests in spiritual, social and emotional activities, is what signifies this advanced neural processing. Spirituality is actually part of the agenda of the brain's frontal lobe. I use old fairy tales like Cinderella, Sleeping Beauty and Beauty and the Beast to explain this information and help women recognize their beautifully advanced brains.

ARTS & CRAFTS

Slipper Felting, Shannon O'Laughlin

In this workshop, you will learn how to make yourself a custom pair of wool slippers. You will be taken through the process of creating a form of your feet that you will then wrap in wool. Once you've crafted the wool design of your choice, we will use tubs of hot and cold water, some biodegradable soap, and your lovingly strong will forces to compact the wool fibers together, until it has created beautiful, warm cozy felt slippers to nurture your precious feet. Material fee: \$20

Drawing Sacred Geometry Fundamentals, Lindsey Brothers

This workshop will provide you with an understanding of sacred geometry's basic elements – platonic solids, golden ratio, and circular division. We will explore the many shapes a circle and a line can produce. As well as, where to view these equations all around you. Easy and fun times! Supplies provided.

Macrame, Jada White

Learn to weave using macrame to create many useful household items: hanging plants; hanging tables; pet collars, harnesses, and leashes; jewelry; etc... This basic weave can be transformed into many gorgeous forms. Cordage (hemp) and locally handmade (glass and ceramic) beads will be available to weave the form you wish. Material fee will be relative to the amount of materials you use. During our break, I will share a healing ritual I learned from my Tahitian elders that is centered upon consciously weaving our life's intentions, while calling in the support of living waters (ocean, river, stream, or large lake). Material fee: \$5-\$50 depending on the size of basket and amount of beads used

Learn Basic Beading, Wohpe TwoFeathers

Learn how to create simple Loomless Beading.

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EARTH SKILLS

Lacto-Fermentation, Katarra Shaw

In this workshop we will learn to harness the microscopic world to enhance nutrition, flavor and digestibility; turning raw organic ingredients into foods and condiments which far surpass their commercially available counterparts. I will demonstrate how to start several ferments and hold space for questions on how to get started and trouble-shooting. Samples of my lacto-fermented foods will be available for tasting and purchase. Material fee: \$5

Nature Walk, Katie Machek

Nature walk will include identification of common plant and animal species found in our area. Walk will focus on nature connection and human/nature interactions. Focus will be on birds, mammals, reptiles, insects, and plants.

WOMEN'S BODIES & WELLNESS

Life By Design, Terry Rossetta

One of the most important segments of my Life By Design class is improved self-esteem. To that end, we work as a group to acknowledge each persons' qualities. With the help from the others in the group, each person is encouraged to own the qualities others see in her.

Embracing Wellness with Essential Oils, Mandy Kralj

Essential oils have been used for thousands of years for cosmetic purposes, as well as for their spiritually and emotionally uplifting properties. Primarily extracted through careful steam distillation, but also through cold pressing, the purest essential oils are far more powerful than the botanicals from which they were extracted. Come learn how Essential Oils work in the body and how to incorporate these phenomenal oils into your homes!

Birth Story Circle, Dena Moes

A deep-listening, healing circle facilitated by midwife Dena Moes CNM. Giving birth is one of the most monumental experiences in a woman's life. Our culture does not have a space for women to talk about, process, and integrate their birth stories. Until now! Come to listen and learn, or share your birth story in a safe and supported circle.

Traditional Mayan Healing, Sage Trucano

Discover the traditions of the Mayan village healers and how they use pulse diagnosis, prayer, massage, herbs and ceremony to heal. We will be focusing on women's wellness, exploring the health of the uterus, considered the little heart. This class will be a demonstration of various healing methods as well as basic preventative medicine and herbal

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remedies, baths and rituals that support women's health that you can do at home to remain healthy and happy. There will be samples of healing teas and tinctures. Material fee: \$1

COMMUNITY BUILDING & SOCIAL JUSTICE

Turtle Calendar, Wohpe TwoFeathers

Learn about the ancient Native American Turtle Calendar and how it can be used in modern times. Take a calendar home with you. It is a very natural tool for community building. It has helped women in different communities with having a “starting” place which is based on natural signs and rhythms while related through our own female connection with Mother Earth in the process. We've been using it for almost 2 decades with different women's circles witnessing much success. Material fee: \$5

Who is a Woman? A Feminist Discussion, Heather Springer and Sarah

Is there still a place for “women-only” spaces and what is the role of feminism at a gathering like WeWoWis? You'll be invited to reflect and write about your own relationship with feminism, the emerging definitions of “woman,” and the role of exclusionary spaces in society. You'll also learn about the role of feminism in women-only celebrations in our culture and the changing face of such gatherings as we recognize the place of genderqueer and trans nature-loving feminists among us.

Calling Each Other In, Meagan Fischer and Monica Bell

Drawing on their experience and inspiration from gatherings they have anchored for activists and community-builders to do intra- and inter-personal connection work starting in spring 2015, Monica and Meagan will guide an exploration in increasing our capacity to live and act in solidarity with the cultures, people, and all beings who provide us with practices and other resources we use and can deeply benefit from.

TEEN & CHILDREN'S ACTIVITIES

Proud to Be Me (6-12 yrs), Jen Ocea

A workshop designed to arm young girls (6-12 yrs) with self-confidence building tools by ways of movement, group discussion and crafts. Guaranteed to have our youth beaming and ready to conquer anything in their path!

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Power of Story (for Teens), Celine O'Malley

This workshop is activity- and discussion- based. It will explore how teen women can develop their voice through storytelling and use stories for personal growth and community change. We will discuss the art of storytelling and how stories can combat stereotypes, foster expression, help change minds, and help us gain insight into our own lives and others'. Participants will engage in activities that use creativity and imagination, playing with movement, voice, improvisation and visualization, as well as writing and drawing exercises. This workshop is geared towards teens, but can be adapted for all ages as well. Material fee: \$5