

# Workshop Schedule

## FRIDAY, OCTOBER 23RD

- 5pm Opening Blessing
- 5:15pm Self Acupressure: Head, Neck and Shoulder Release
- 6pm Sound healing for improved health
- 7pm Akashic Records
- 8pm Energy Medicine

## SATURDAY, OCTOBER 24TH

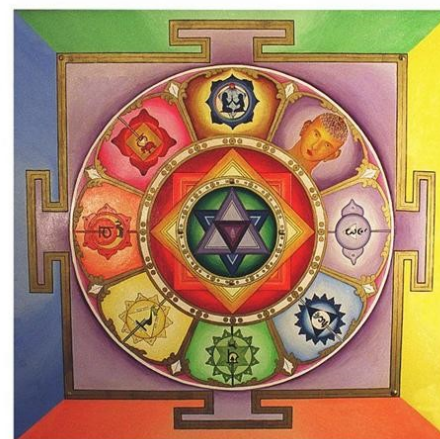
- 10am Connecting with your Guardian Angel
- 11am Tarot Speed Reading
- 12pm Somatics—Release your life performance
- 1pm Introduction to Archetypes
- 2pm Aura Cleaning, “decording”
- 3pm Connecting to your Intuition
- 4pm Balance: the Heart of Shamanism
- 5pm Emotional Fitness—simple strategies for everyday stresses
- 6pm Chakra Bellydance
- 6:45pm Laughter Yoga
- 7:30pm Char
- 8:45pm Daniel Kingsbury

**JOIN US . . .  
FOR SATURDAY  
NIGHT MUSIC!**

♥ Peace ♥ Love ♥ Joy ♥ Health ♥ Vitality ♥ Abundance ♥ Prosperity ♥ Passion ♥

# Intuitive Arts Festival

2009



*Celebrating Spirituality, Holistic Health, Healing and Psychic Arts*

Friday, Oct. 23<sup>rd</sup> 5pm ~ 9pm

Saturday, Oct. 24<sup>th</sup> 10am ~ 10pm

Orange Hall, Victoria B.C.

**WELCOME**

♥ Community ♥ Friendship ♥ Knowledge ♥ Wisdom ♥ Clarity ♥ Diversity ♥ Fun

# Meet the Exdescriptions



**Andrea Mattson**

(250) 661-6826

Andrea has been in service giving public readings for over 6 years using the wisdom of the Tarot and her natural intuitive abilities. She has been seen around the city at many local markets and festivals including Moss Street Market, Sidney Summer Market, Victoria Tea Festival and Government Street Market. Andrea has a desire to help people see their true natural potential to manifest their goals and dreams on the physical plane. Her readings are uplifting and inspiring with a strong focus on understanding, compassion, clarity and positivity.

[www.psychicsong.com](http://www.psychicsong.com)

**Grace Gerry**

[www.gracefulsolution.ca](http://www.gracefulsolution.ca)

(250) 370-2254

Grace Gerry is Irish with a social work degree and 30 years experience in counseling and social work. She has lived in Victoria since 1995 and is a member of the Canadian Professional Counsellors Association. She has a successful private counseling practice Graceful Solutions in Fernwood, specializing in promoting the emotional wellbeing of women. Grace has over 20 years experience facilitating groups and workshops in Canada, Ireland and England.



**Greg Augustine**

(250) 748-6626

Greg Augustine is the principal of **Soma 4 Living**. Greg helps people prevent injuries, rehabilitate from pain and injuries and perform better at work and play. After many injuries, 13 years of back pain and two herniated discs Greg successfully rehabilitated himself and has been pain free for over 10 years. Greg is Victoria's only Certified practitioner of Somatics or Hanna Somatic Education. He uses a variety of practical tools and best practices to share his passion for helping people look, feel and perform better.

[www.somogroup.ca](http://www.somogroup.ca)

**David J. Nagy**

[www.intuitiveportraiture.com](http://www.intuitiveportraiture.com)

(250) 388-6249

I use clairvoyance to illustrate your 'life-dream'... the motivational energies, people and events that have shaped who you are, yet remain unrealized by your conscious mind. Images appear much the same as dream symbols do; I refer to portraits as illustrations of the subject's 'life-dream' because they can be appreciated in much the same way as a dream... if there are fearful images in a dream, there is nothing to actually fear, and the opportunity is there to learn from what you see. If there are joyful images in a dream, there is even less of a roadblock to appreciating, learning, and loving.



## ENERGY MEDICINE—MOVMENT OF ENERGY TO PROMOTE HEALING **Valerie Carter.**

A person enters a healing session feeling tense, heavy and drawn and emerges relaxed and radiant. Call it Chi, Ki, Qi or Prana. It is life energy. Vital Life Force, non physical energy that activates all living things. It is the Primary Energy of our emotions, thoughts and spiritual life. Ki is present all around us and can be guided by the mind.

## EMOTIONAL FITNESS – SIMPLE STRATEGIES FOR EVERYDAY STRESSES **Grace Gerry**

Juggling too many emotional demands? Overwhelmed? Running on empty?

There is hope. At this mini workshop you will learn simple strategies to relieve tension, restore energy and clear your head.

## SOUND HEALING FOR IMPROVED HEALTH

**Yves Vial**

An introduction to the different ways sound can be used for healing and maintaining

## TAROT SPEED READING

**Linda Beet**

No experience necessary. A fun game by Mary Greer that allows anyone to read the cards in a fast, fun, insightful group setting - the more the merrier!

## CONNECTING WITH YOUR GUARDIAN ANGEL

**Patricia Londono**

This is a wonderful workshop if you are looking to make the first connection to your guardian angel. You will learn how to relax and find out who your guardian angels are. You will learn how to communicate with them so they can help you in your everyday life.

## AURA CLEANSING

**Janis and Soibhan**

This workshop will show you to feel and cleanse your aura or energy field. There will be helpful exercises to move out and release negative energy - this is known as "de-cording"

## INTRODUCTION TO ARCHETYPES

**Shauna B**

Archetypes are universally accepted symbols. These symbols form a language that can either constrain or liberate us. You will also learn how to get free of the limiting constructs of language.

## AKASHIC RECORDS

**Eileen Murray**

We will explore how working with the Akashic Records will benefit both your personal and professional lives. Also, how working within one's Akashic Records opens one to aligning the personality to the Soul.

**D. YOU ARE ACCEPTED AND  
LE PERSON YOU ARE—  
ONALLY.**



# Workshop Exhibitors . . .

## SELF ACUPRESSURE - HEAD, NECK AND SHOULDER RELEASE

### Gerald Turko

Jin Shin Do is an ancient form of healing, with proven results. A registered Jin Shin DO Practitioner and experienced instructor will lead you through techniques for relieving tension in your neck, head and shoulders. These techniques can be used as a positive alternative or addition to your current medical regimen.

## BALANCE: THE HEART OF SHAMANISM

### Marianne Sämann Wyss

Contrary to popular belief it's not money that makes the world/universe go round... it's balance between the seen and unseen, within and without. Find out how the ancient shamans tapped into this universal balance and brought it back into everyday life... within and without. This will be an experiential and teaching mini workshop.

## SOMATICS- "RELEASE YOUR LIFE PERFORMANCE"

### Greg Augustine

Living life creates tension. This tension resides in your entire being (Soma). The problem lies in the fact that most people don't let go of the tension. It gets built in. Come and learn how these tensions get built in and what you can do about it. You will increase your awareness and your ability to be a sensing and centered being. You will feel better move better and perform better.

## LAUGHTER YOGA

### Miho Lindley

Laughter Yoga brings people together to laugh in a group. Laughter exercises start with fake laughter, but as people make eye contacts to each other, laughter become real and contagious. The reason we call it Laughter Yoga, because we combine Laughter Exercise with Yoga Breathing that brings more oxygen into our body and brain, which makes people feel healthy and energetic.

## CHAKRA BELLYDANCE

### Taiya Curle

Explore the magic of Creative Movement and basic Middle Eastern Bellydance moves as we learn about our 7 Chakras (Energy Centers) and their role in balancing our physical, mental and spiritual health

## CONNECTING TO YOUR INTUITION

### Andrea Mattson

This informative and interactive workshop will show you easy ways to build the connection with your inner voice and open up your intuitive channel.

**YOU ARE SAFE. YOU ARE BLESSED  
LOVED BY THE WHO  
UNCONDITIONALLY**



### Linda Beet

(250) 590 - 7953

Linda Beet has 15 years of experience with Tarot. She offers Intuitive readings and classes at Triple Spiral Metaphysical in Fan Tan Alley as well as from her home in Rockland. Working with many styles and systems, she has learned from many teachers and friends in the international Tarot community. Other areas of experience include; magic and ritual, chakra work, counseling, meditation, holistic health studies, mythology, theatre, art and music and astrology.

[www.intuitivearts.ca](http://www.intuitivearts.ca)

### Yves Vial

[www.soundhealingcanada.com](http://www.soundhealingcanada.com)

(250) 595 - 0083

Yves Vial, whose spiritual name is El Kalinado ("He who brings peace through sounds"), has been recognized as a powerful healer. He uses Energy Medicine, Sound Healing and Literrm (his own method for healing emotions). He often combines all 3 methods for one healing session. His gentle approach and great understanding of the human body, psyche, spirit and soul and how they relate, often results in healings that are often called miraculous, but he prefers to use the term "instant healing".



### Janis and Siobhan [www.TwoHealingChicks.com](http://www.TwoHealingChicks.com)

(250) 592-5453

Janis and Siobhan are a dynamic duo providing efficient and powerful Reiki sessions to assist with alleviating blockages, stress, encouraging relaxation and promotion of quality self-care incorporating your emotional and spiritual well being. We use several different modalities to provide you with the opportunity to have a Reiki treatment that is in your highest interest.

In life we experience many events that have the power to change us throughout our lifetime. These events leave lasting memories upon our bodies, minds, and spirits which show up in different ways later in life.

### Marianne Sämann Wyss

(250) 382 - 3582

Marianne is a searcher, life lover, registered professional counselor, shamanic and energy healing practitioner and follows a path that promotes beauty, diversity and quality of life for all of creation. She is a graduate of the three year program in Advanced Shamanism and Shamanic Healing with the Foundation for Shamanic Studies. Her main focus is to help people release the fog that causes disconnection, depression, loneliness, pain and dis-ease and to become true to themselves. . . filled with their own power and following their own heart.

[www.islandnet.com/~msw](http://www.islandnet.com/~msw)





## Exhibitors



### **Suzanne Sparling with TIME OUT**

(250) 532 - 0610

[ssparling@shaw.ca](mailto:ssparling@shaw.ca)

Suzanne Sparling has been in the Healing Arts for 17 years providing service in the Resort industry the Medical profession and in her business Time Out. She is a Body Mind Therapist under the direction of Dr Peter Yam at the Longevity Institute and a Reiki Master trained by Eileen Curteis, ssa. Presently she facilitates Health and Wellness programs and provides various relaxing body treatments in the tranquility of Queenswood. Through her compassionate practice she brings joy and healing to others.

### **Miho Lindley**

[energy.healing@live.com](mailto:energy.healing@live.com)

(250) 391-1117

Hi everybody! I was in the hospital for 3weeks in 2007, but now I'm fully recovered and I even feel healthier, younger and happier than 10years ago. I have been enjoying introducing effective healing methods to people who need. I am a Certified Quantum-Touch Practitioner, a Certified Laughter Yoga Leader, and I have variety of health & healing related products include Fucoidan the natural cancer cure.



### **Valerie Carter**

[hedgehog1123@hotmail.com](mailto:hedgehog1123@hotmail.com)

(778) 430 1015

Valerie "the touch" Carter is a graduate of The Energy Medicine/Lightworkers Program by Cheryl Dawn. She is certified in Reiki Master/Teacher, Reiki Drumming, Deep Emotional Release Technique, Shamanic Energy and Chrystal Chakra Balancing. Valerie has been working with the Intuitive Healing Arts for seven years.



### **Glynis MacDonald**

[glynis66@hotmail.com](mailto:glynis66@hotmail.com)

(250) 686-0638

Glynis's interest in holistic healing developed after seeking out physiotherapy and massage to heal an injury that the medical system could not. This is where her passion for massage began and she decided to seek out training so she could share the same gift that was given her. She is skilled in various massage modalities including therapeutic manipulations, Deep Tissue/ Acupressure, Shiatsu, Reflexology, Hot Stone Massage and Swedish Relaxation Massage.



### **Shauna B**

<http://sitekreator.com/whyisthesky>

(778) 433-3494

Shauna B's curious mind has led her in many directions, to forage into fields of study far beyond the norm. She's gifted with an uncanny ability to articulate what she discovers with insight, creativity and humour. Shauna is a master storyteller, mythologist and metaphysician with a profound and entertaining grasp of the power of language. She currently lectures and teaches in Canada and the US.



## Contributors



### **Taiya Curle**

[www.taiya.com](http://www.taiya.com)

(250) 507—5432

Taiya has been bellydancing since 1991 and performed and taught in Australia, New Zealand, Hawaii, Thailand, India, Malaysia and British Columbia since 1997. Becoming a Reiki Master teacher in 1999 Taiya works with a strong spiritual awareness of the universal life force energy, which she also expresses through her deep love for dance and its therapeutic value of emotional and spiritual rejuvenation.

### **Patricia Londoño**

[plondonom@yahoo.ca](mailto:plondonom@yahoo.ca)

(250) 664-7192

Patricia is a certified Angel Therapy Practitioner® born in Bogotá, Colombia and currently living in Sooke, BC. Patricia has been communicating with Angels since she was a little girl in Colombia. Through a stunning awakening call from the Divine Guidance in her early twenties, she found her soul purpose in life which is to share her gift with others.



### **Gerald Turko**

[esl@islandnet.com](mailto:esl@islandnet.com)

Registered Jin Shin Do Acupressurist since 1997. Teaching classes in Fall 2009 and Winter 2010. Contributor of articles to Journal of the BCATA and JSD Networker. Currently working supporting young people with disabilities fulfill their hopes and dreams in a group home setting.

### **Eileen Murray**

[www.thelivingconnection.com](http://www.thelivingconnection.com)

(778) 430-3095

Eileen has worked with various forms of energy techniques since 1982. She has consulted and taught Therapeutic Touch, Jungian Dream Therapy, and Shamanic Healing Therapies. Eileen has taught and given consultations in the Akashic Records nationally and internationally.



## Saturday Night Music



### **Daniel Kingsbury**

Folk/Pop/Acoustic

[www.myspace.com/dkingsbury](http://www.myspace.com/dkingsbury)

[www.myspace.com/mindilbeachmarkets](http://www.myspace.com/mindilbeachmarkets)



### **Char**

Folk Rock/Blues/Minimalist

[www.singerchar.com](http://www.singerchar.com)

[www.myspace.com/singerchar](http://www.myspace.com/singerchar)

