

MIDWINTER NATURIST FESTIVAL, FEBRUARY 11-16, 2010

<u>THURSDAY, February 11</u>		2:00	West African Drum Class I - John Dodge, Dakota Holmes Dodge, Zen Holmes <i>Three day class: Learn the rhythm parts that create an African dance. Play in the following African dance class.</i>
9:00	Opening Friendship Circle		
10:00	Has Nudism Become More Acceptable In The Last Decade? - George Winlock <i>Discussion: opinions and reasons.</i>	2:00	Drawing The Female Nude - Jack Cleary <i>Introduction to life drawing.</i>
10:00	Tantric Harmony: An Introduction To Tantra And Each Other - Darrell & Nancy Casey <i>Introduction to Tantra using music, to get us into our "right mind" as we begin to connect with each other.</i>	2:00	Toxic Plants Hike - Mitch Flinchum <i>Identify plants that may be harmful to you or your animals.</i>
10:00	Naturism & Bipolar Disorder - Julianne & Rich Pasco <i>Bipolar Disorder is a mental illness with abrupt mood swings between mania and depression. One woman's story of overcoming bipolar disorder with a holistic approach to self-acceptance in which naturism played a key role.</i>	2:00	Children's Activity: Pool Games - Sandra Reamer
10:00	Hula Dancing for Beginners - Kira Fleishman <i>Learn a fun and simple Hawaiian dance. Aloha!</i>	3:00	Chant & Be Happy - Michelle Angel <i>Kirtan singing from our hearts, a form of bhakti yoga.</i>
10:00	Vision Bracelets - Rachel Hancock <i>Manifest your dreams by creating your own beaded vision bracelet in your power color with positive affirmations of what you want more of in life.</i>	3:00	Hugging Is A Touchy Subject - Darrell & Nancy Casey <i>Humor and music to explore the etiquette of hugging in a nudist resort; explores how to diffuse unwanted hugs.</i>
10:00	Diving Into The Deep End: Deep Ecology And The Ecological Self - Don VandeKrol <i>Deep Ecology and its implications for naturism.</i>	3:00	2012 & the Mayan Prophecy - Mark Lutrell <i>The most anticipated date in history.</i>
10:00	Clay Sculpture For All Ages - Wyatt Warren <i>Sculpt human figure with model or whatever you like.</i>	3:00	Beginner West African Dance Class I - Zen Holmes, John Dodge, Dakota Holmes-Dodge <i>Three day class: Basic African dance movements.</i>
11:00	Delray Beach: A Clothing-Optional Beach In Our Near Future? - Dave Armstrong <i>Networking and lobbying for a naturist beach.</i>	3:00	13th Octave Lo Ho Chi Healing - Dashell Anne <i>Hands on energy technique to balance, heal and integrate body and universal energies.</i>
11:00	Tantric Transformational Breathing - Alice & Dunbar Susong <i>Deep belly breathing including tantric movement and sound, healthful exercise for body and mind. Bring a towel or blanket, two pillows and water.</i>	3:00	Children's Activity: Ice Cream Social - Bridget Vanaman
11:00	Water Aerobics - Darleen Ridenour <i>Exhilarating stretching, cardiac strengthening, noodle use, and deep breathing.</i>	4-5:30	Basics Of Non-Violent Communication - Sugandha <i>Words can help create closeness and intimacy or destroy a relationship. Learn to communicate clearly, compassionately and effectively with lovers, friends, associates or strangers.</i>
11:00	Healing Touch - Karen Jasmine <i>Grounding oneself to clear and balance our energy systems, affecting the physical, mental, emotional and spiritual health of the group; spread this into the world for peace.</i>	4:00	The Philosophy Of Gymnosophy I - Curt Bischoff <i>An historical prospective of who we are.</i>
11:00	Power Of The Chant - Melissa Cleary <i>Connecting with the Divine through chanting.</i>	4:00	Psychic Gallery - Christiana Gaudet <i>Join a Tarot Grandmaster for gallery-style readings. What would you like to know about your life? Are you ready to connect with those in spirit? Guidance or a future forecast.</i>
11:00	Body Painting - John Dodge, Zen Holmes <i>Fun painting each other with a rainbow of non-toxic colors.</i>	4:00	Introduction To Life Coaching & Stress Diffusion - Dan Hartley <i>Ways of assisting someone to create an extraordinary life. Experience Stress Diffusion and practice muscle testing.</i>
11:00	Children's Activity: Playful Parachute Fun - Amy Secord, Barbara Reamer <i>Come feel the love and energy; come fly away.</i>	4:00	Water Floatation Massage - Joann Aiassa <i>Mellow pool massage.</i>
1-5:00	Beach Trip For Nude Peace Sign - Dave Armstrong, Morley Schloss <i>Help make a local beach clothing optional!</i>	4:00	Children's Activity: Super Slippery Slip-N-Slide For Silly Sunsporters - Jessica Auslam <i>Slickest slip and slide this side of the Mississippi.</i>
1-3:00	Decorate A Magic Broom - Mary Bonetti <i>Decorate a broom; learn about the ancient practice of broom magic. (\$10 materials fee includes cinnamon broom)</i>	4:45-5:30	Cosmic Body Art For All Ages - Amy Secord, Barbara Reamer <i>Body painting with your magical fingertips.</i>
1:00	Sacred Touch: Tantric Approach To Sensuality - Michelle Angel <i>Questions and answers about sacred touch massage.</i>	5:00	Introduction To Naturism & This Festival - Morley Schloss, Nicky Hoffman Lee <i>Discussion of naturism, the Naturist Society, and the organization and objectives of this Festival.</i>
1:00	Introduction To Reiki Healing Energy - Steve Mitskavich <i>Discover what Reiki is and what it is not.</i>	5:00	Water, Water Everywhere - Where? - Jack Arnold <i>Worldwide we are going to run out of water before we run out of oil. What can we do about it?</i>
1:00	Better Family Photography I: Basic Camera Operation - Grey Vanaman <i>Common controls of cameras, when to use manual controls, flash, and other features.</i>	7-9:00	Square Dance - Morley Schloss, Dunbar Susong <i>Fun square dances with callers. No experience necessary.</i>
1:00	Belly Dancing for Beginners - Kira Fleishman <i>Learn to shimmy and shake and dance like an Egyptian.</i>	7:00	Painting With Light - Grey Vanaman <i>Creative photography making portraits using long exposures to capture light falling onto subjects. Welcome to bring cameras with low shutter speeds or "Bulb" setting and a tripod. View results immediately, later receive a CD.</i>
1:00	Children's Activity: Tie Dye - Sandra Reamer	7:00	Voodoo - Kira Fleishman <i>Wicca's feisty sister: herb cures, ceremony secrets, zombies.</i>
2:00	Gentle Restorative Yoga - Melissa Cleary <i>Yoga for every-body.</i>	7:00	Living Sober - Dave Armstrong <i>Alcoholics Anonymous meeting.</i>
		7:00	Children's Activity: Creative Play - Dan Hartley <i>Improvisation, dramatic action and performance skills to help in your daily life as well as have fun.</i>
		8:00	Imbolic Feast Of The Brigid Circle - Christiana Gaudet

	<i>Major Pagan holiday. Create new beginnings and transform what hurts us into that which heals us. Bring your drums.</i>	11:00	Poi Twirling - Karen Jasmine
8:00	Environmental Issues In Florida - John Koch		<i>Develop R/L brain balance and co-ordination as 2 balls on 2 strings circle around you in mesmerizing mandalas.</i>
	<i>Current issues Florida environmentalists are facing.</i>	11:00	Introduction To Life Coaching & Stress Diffusion - Dan Hartley
8:00	Children's Activity: Campfire With S'mores - Sandra Reamer		<i>Ways of assisting someone to create an extraordinary life. Experience Stress Diffusion and practice muscle testing.</i>
9-12:00	Campfire Drum Circle With Dancing - John Dodge	11:00	Water Aerobics - Darleen Ridenour
	<i>An open drum circle and bonfire with dancing.</i>		<i>Exhilarating hour of stretching, cardiac strengthening, noodle use, and deep breathing</i>
9-12:00	Naturist Videos	11:00	Musical Touch - Joann Aiassa
9:00	Nude In Nature Photography Slide Show - Michelle Angel		<i>Great stress reducer using touch, massage & music.</i>
	<i>From travels around the country and the world.</i>	11:00	Learning To Feel Energy - Dashed Anne
10-12:00	DJ Dance - Keith Chausse		<i>Feel energy in yourself and others for healing, and identify energy blocks using a pendulum or your hands.</i>
12:00	Harmonic Meditation With Voice I - Ron Kalinowski	11:00	Children's Activity: Playful Parachute Fun - Amy Secord, Barbara Reamer
	<i>Improvisational harmonic singing meditation. No vocal training or ability is assumed.</i>		<i>Come feel the love and energy; come fly away.</i>
FRIDAY, February 12		11:00	SunSport Gardens: The Vision - Morley Schloss
7:00	Qi Gong & Tai Chi Chuan - Norma Mitchell		<i>SunSport's unique vision as a natural and healthful community and resort.</i>
	<i>Move your body in a relaxed way that allows your Chi (energy) to flow and heal your mind and body.</i>	1:00	What's Eating You? - Diane Barrett
7:00	Living Sober - Dave Armstrong		<i>Interactive exploration of food and nutrition topics to facilitate behavior change, identify ambivalence and exchange information.</i>
	<i>Alcoholics Anonymous meeting.</i>	1:00	"Barely Proper" Rehearsal - Dan Hartley & Volunteer Cast
9-11:00	Positive Approaches To Negative Criticism - Darrell & Nancy Casey		<i>Perform in a reading of "Barely Proper". Overcome "Stage Fright" through movement and dramatics. Enjoy the stage.</i>
	<i>How can you give criticism in a way that enhances your relationship with the person you're criticizing? How do you know when to accept or reject criticism that seems negative?</i>	1:00	Better Family Photography: Image Composition - Grey Vanaman
9:00	Privatizing Your Back Yard - Julianne & Rich Pasco		<i>Design a photograph through the rangefinder. Natural body cut-off points, rule of thirds, zooming in and out.</i>
	<i>Even a standard urban home lot can be inexpensively transformed into a naturist paradise.</i>	1:00	Heartbeat Drum Meditation - Michelle Angel, Ron Kalinowski
9:00	Introduction To Scuba Diving - Rachel Hancock		<i>Bring your own drum or rattle.</i>
	<i>Experience breathing underwater with a PADI Professional Open Water Scuba Instructor. Children age 8+ may participate with parental consent and supervision.</i>	1:00	Diving Into The Deep End: Deep Religious Pluralism - Don VandeKrol
9:00	Ancient Roman Sex & Fun - Kira Fleishman		<i>Pluralistic theology has been criticized because it leads to a debilitating relativism and falsely claims a neutral universality. The need for a truly pluralistic theology is greater today than ever.</i>
	<i>Unbelievably weird, wacky and true things lovers do for courting, romance and marriage that you can do too.</i>	1:00	Painting Pots & Saucers For All Ages - Barbara Fries
9:00	Life 101 - Steve Mitskavich		<i>Design your own candle holder.</i>
	<i>Ancient approach to Man's great mysteries: gain insight and new understanding while helping cut through the crap.</i>	2-5:00	Creative Photo Workshop: "Beautiful" The Nude & The Environment - Mark Sadan
9:00	Creative Play - Dan Hartley		<i>For those who love photography, know how to use their digital cameras, and want to learn through observing, doing & sharing their work.</i>
	<i>Improvisation, dramatic action and performance skills to help in your daily life as well as have fun.</i>	2:00	Writing For N Magazine & Beyond - Nicky Hoffman Lee
9:00	Listening To The Wind For All Ages - Joan Rusek		<i>Tips, ideas and guidelines for writing for N magazine.</i>
	<i>Listen to the wind and create a wind chime. Need to know how to tie a knot.</i>	2:00	Gentle Restorative Yoga - Melissa Cleary
10:00	Naturist Action Committee: Current Issues - Morley Schloss		<i>Yoga for every-body.</i>
	<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>	2:00	Massage Basics - Zen Holmes
10:00	Puja Circle - Rae Newoman		<i>5 Swedish massage strokes for relaxation and pain relief.</i>
	<i>Playful, sensual heart opening connections.</i>	2:00	Drum Making & Repair - John Dodge, Dakota Holmes-Dodge
10:00	Body Painting Demonstration - Carl Flick		<i>Learn how to make or repair a djembe drum.</i>
	<i>Airbrush, sponge, and hand painting techniques.</i>	2:00	Harmonic Singing - Ron Kalinowski
10:00	Chant & Be Happy - Michele Angel		<i>Techniques for singing two notes simultaneously, also called throat singing or overtone singing.</i>
	<i>Singing from our hearts. Hindu Kirtan.</i>	2:00	Children's Activity: Pool Games - Sandra Reamer
10:00	The Condor Is Again Flying Wing To Wing With The Eagle - Jack Arnold		NAC: Gaining & Protecting Clothing Optional Beaches & Other Sites - Morley Schloss
	<i>Transitioning out of an era of earthly conflict into more sustainable and earth honoring ways – environmental sustainability, spiritual fulfillment and social justice.</i>	3:00	<i>How the Naturist Action Committee works with naturist groups and local officials to protect and promote opportunities for clothesfree recreation.</i>
10:00	Children's Activity: Cookie Connection - Sheila Behr		
	<i>Measure, mix, decorate and eat cookie creations.</i>	11:00	First Time Experiences - George Winlock
11:00	First Time Experiences - George Winlock		<i>Share your experiences with a group.</i>
	<i>Share your experiences with a group.</i>	11:00	Women's Workshop - Nicky Hoffman Lee
11:00	Women's Workshop - Nicky Hoffman Lee		<i>Discussing issues that matter to women enjoying naturism.</i>
	<i>Discussing issues that matter to women enjoying naturism.</i>	3:00	The Art Of Being A Gentleman - Don James Alexander
			<i>What turns a feminine woman on.</i>

3:00	Discovering Healthy Chocolate - Darrell & Nancy Casey <i>Healthy Chocolate is NOT an oxymoron and not ALL dark chocolate is created equal. Sample healthy chocolate.</i>	12:00	Harmonic Meditation With Waterphone - Ron Kalinowski <i>A meditation session with a focus on the harmonic sounds of the waterphone, an acoustic friction rod instrument.</i>
3:00	Burlesque Dancing - Kira Fleishman <i>Fun and raunchy dancing to turn-of-the century music.</i>	SATURDAY, February 13	
3:00	Know Your Goddess - Joan Rusek <i>So you think she's all goodness, guess again. Choose your best power goddess.</i>	7:00	Qi Gong & Tai Chi Chuan - Norma Mitchell <i>Move your body in a relaxed way that allows your Chi (energy) to flow and heal your mind and body.</i>
3:00	Children's Activity: Ice Cream Social - Bridget Vanaman	7:00	Living Sober - Dave Armstrong <i>Alcoholics Anonymous meeting.</i>
4:00	All About Nativist Principles & Standards - Curt Bischoff <i>Why the current controversy & legal aspects?</i>	9:00	General Assembly & Group Photo
4:00	Water Floatation Massage - Rae Newoman <i>Gentle partner nurturing in the pool.</i>	10:30-12:30	Skin Cancer Screening - John Lavoisier, Danny Ruiz, Tracy Guerrero
4:00	Men & Women's Circle On Intimacy & Sexuality - Sugandha <i>An opportunity to question those of the opposite sex and/or those of the same sex on everything you wanted to know but were afraid to ask!</i>	10:30	Grassroots Volunteerism - Nicky Hoffman Lee <i>Ask not what The Nativist Society can do for you, ask what YOU can do for The Nativist Society.</i>
4:00	Flute Playshop - Armand & Angelina <i>Learn how simple this instrument is to master since all the notes are in tune with themselves so even those with no musical ability can play lovely melodies.</i>	10:30	The Law Of Attraction In Action - Faerie Elaine Silver <i>Discussion with music and processes that tap into understanding and application of the Law of Attraction.</i>
4:00	Drawing The Male Nude - Jack Cleary <i>Introduction to life drawing.</i>	10:30	Poi Twirling - Karen Jasmine <i>Develop R/L brain balance and co-ordination as 2 balls on 2 strings circle around you in mesmerizing mandalas.</i>
4:00	Children's Activity: Toxic Plant Hike - Mitch Flinchum <i>Identify plants that may be harmful to you or your animals.</i>	10:30	Huna, Ancient Hawaiian Mysticism - Kira Fleishman <i>Learn ancient secrets about life, health and how to get what you want just like the powerful Kahunas did.</i>
4:45- 5:30	Cosmic Body Art For All Ages - Amy Secord, Barbara Reamer <i>Body painting with your magical fingertips.</i>	10:30	Health, Wellness & Weight Loss - Robert & Linda Stewart <i>How diet is affecting our health; introducing a scientific breakthrough in weight loss and well being: Nutrient Fusion.</i>
5:00	Nativist Society Youth Camp - Sandra Reamer <i>Valuable and fun experience for nativist children.</i>	10:30	Dahn Yoga & Brainwave Vibrational Healing - Nancy Brighton <i>A gentle healing practice combining yogic breathing, qigong, tai chi, chakra and meridian balancing as well as meditation. Bring a towel or mat.</i>
5:00	Singles Meet & Greet - George Winlock <i>Meet & greet other single nudists.</i>	10:30	Children's Activity: Creative Play - Dan Hartley <i>Improvisation, dramatic action and performance skills to help in your daily life as well as have fun.</i>
5:00	Gay Meet & Greet - Dave Armstrong <i>Get together for socializing and a grab bag of treats.</i>	11:30	The Next Generation of Nativism - Robbe White & Members of Florida Young Nativists <i>The future of nativism. What the Florida Young Nativists are doing to promote nativism and body freedom.</i>
5:00	Abundance Meditation & Circle - Steve Mitskavich <i>Allow abundance to manifest into your life, while experiencing a guided meditation in a group setting.</i>	11:30	Women's Circle On Intimacy & Sexuality - Sugandha <i>Let's reveal our joys and fears, our fantasies and our realities, what's working and what's not. A safe place to open up, share yourself and ask questions. For women.</i>
7:00	Mark Sadan's Nude Art Projects: 2 Premiers - Mark Sadan <i>'From The Night Garden Of The Sun' Winter Festival 09 'Soul Touchings' Summer Festival 09</i>	11:30	Water Aerobics - Barbara Sutton <i>Exhilarating hour of stretching, cardiac strengthening, noodle use, and deep breathing.</i>
7:00	Painting With Light - Grey Vanaman <i>Creative photography making portraits using long exposures to capture light falling onto subjects. Welcome to bring cameras with low shutter speeds or "Bulb" setting and a tripod. View results immediately, and later receive a CD.</i>	11:30	Tantric Transformational Breathing - Alice & Dunbar Susong <i>Deep belly breathing including tantric movement and sound, healthful exercise for body and mind. Bring a towel or blanket, two pillows and water.</i>
7:00	Coral Reef Conservation - Rachel Hancock <i>The Project AWARE Foundation, the importance of coral reefs, complex nature of life on the coral reef, coral reefs in peril and how we can protect the living reef.</i>	11:30	Creative Play - Dan Hartley <i>Improvisation, dramatic action and performance skills to help in your daily life as well as have fun.</i>
7:00	Living Sober - Dave Armstrong <i>Alcoholics Anonymous meeting.</i>	11:30	Song Circle - Rachel Hancock <i>Rise up singing to celebrate the cultural diversity and heritage of traditional folk music sung and celebrated in a circle - bring instruments and voices.</i>
7:00	Children's Activity: Meet & Greet - Sandra Reamer	11:30	Children's Activity: Playful Parachute Fun - Amy Secord, Barbara Reamer <i>Come feel the love and energy; come fly away.</i>
8:00	Faerie Elaine In Concert - Faerie Elaine Silver <i>An evening with award-winning performer and recording artist Faerie Elaine.</i>	1-3:00	Breath Of Life - Robert & Linda Stewart <i>A powerful tool for releasing traumas, judgments, blockages, resistance and pain. Opening up a supreme level of unconditional love and revealing an expanded sense of self.</i>
8:00	Introduction To The Night Sky - Bruce Panuska <i>Observing, constellation recognition and motion of the stars and planets, sky-watching and star charts.</i>	1:00	A Clothing-Optional Beach For Key West - Richard Mason
8:00	Ecology In Your Nudist Experience - Jerry Dixon <i>Nativist living with ecological sensitivity.</i>		
8:00	Children's Activity: Campfire With S'mores - Sandra Reamer		
9-12:00	Campfire Drum Circle With Dancing & Fire Spinning - Karen Jasmine, Javier Wilches <i>Drum circle and bonfire with dancing and fire spinning.</i>		
9-12:00	Nativist Videos		
10-12:00	DJ Dance - Don Sanborn		

- 1:00 *Gaining a new beach: strategy and progress.*
I Ching Discussion Group - Roland
How to consult the 5000 year old I Ching and reflect on how life decisions blend with Yin, earthly, and Yang, heavenly, forces.
- 1:00 **Reiki Workshop** - Steve Mitskavich
Hands on demonstration, come and share.
- 1:00 **“Barely Proper” Rehearsal** - Dan Hartley & Volunteer Cast
Perform in a reading of "Barely Proper". Overcome “Stage Fright” through movement and dramatics. Enjoy the stage.
- 1:00 **Better Family Photography: Lighting** - Grey Vanaman
How to work with many different kinds of lighting situations and how to combine various light sources.
- 1:00 **Children’s Activity: Tie Dye** - Sandra Reamer
- 2-5:00 **Cine Illuminata I: Production (Improv Acting)** - Mark Sadan
Act in an Improvised ‘naturist’ docu-drama. Explore ideas, rehearse and possibly film segments.
- 2:00 **Political Requirements To Preserve Nude Recreation** - Richard Mason
Working with legislators to protect clothing-optional recreation.
- 2:00 **Belly Dancing for Fun & Fitness** - Kira Fleishman
Do “the camel”, roll and flip a coin on your stomach, more!
- 2:00 **Gentle Restorative Yoga** - Melissa Cleary
Yoga for every-body.
- 2:00 **West African Drum Class II** - John Dodge, Dakota Holmes-Dodge, Zen Holmes
Three day class: Learn the rhythm parts that create an African dance. Play in the following African dance class.
- 2:00 **Children’s Activity: Pool Games** - Sandra Reamer
- 3-5:00 **Naturist Photography** - Carl Flick
An overview of image design, posing, depth of field, lighting, and settings.
- 3:00 **Attracting College Students** - Paul LeValley, Anna Phillips
Learn how a successful club does it, then get a student’s perspective
- 3:00 **Flute Playshop** - Armand & Angelina
Learn how simple this instrument is to master since all the notes are in tune with themselves so even those with no musical ability can play lovely melodies.
- 3:00 **Kirtan** - Rachel Hancock
Chant the Names of God; awaken the heart chakra, creating inner peace, bliss and heightened consciousness.
- 3:00 **Beginner West African Dance Class II** - Zen Holmes, John Dodge, Dakota Holmes-Dodge
Three day class: Basic African dance movements.
- 3:00 **Discover Your Animal Totem** - Joan Rusek
Using guided meditation call forward your animal spirit guide in the Native American Tradition.
- 3:00 **Children’s Activity: Ice Cream Social** - Bridget Vanaman
- 4-5:30 **How Acupuncture Can Work For You** - Gloria Chan
Traditional acupuncture with Q & A session on how it can help you, your friends or family.
- 4:00 **Advancing The New Culture In A New Society** - Curt Bischoff
Is there a Naturism that is for everyone?
- 4:00 **Choices: Values In Relationships Game** - Morley Schloss
Discover/clarify what values are important to you in establishing or enhancing a relationship.
- 4:00 **Country Western Line Dancing** - Kira Fleishman
Y’all put on your cowboy boots and come learn to line dance.
- 4:00 **Watsu** - Barbara Sutton
Relaxing partner water massage. Limited space.
- 4:00 **Children’s Activity: Super Slippery Slip-N-Slide For Silly Sunsporters** - Jessica Auslam
Slickest slip and slide this side of the Mississippi.
- 4:45-5:30 **Cosmic Body Art For All Ages** - Amy Secord, Barbara Reamer
Body painting with your magical fingertips.
- 5:00 **NAC/NEF Donor Reception**
- 5:00 **Varieties Of Meditative Experience** - Ron Kalinowski
Explanation of harmonic singing meditation and sharing of other forms of meditation practiced by participants.
- 5:00 **Cosmic Natural Healing** - Joann Aiassa
Bringing the highest power in the universe into our bodies to help someone heal.
- 7:00 **Aphrodite & Artemis, Venus & Diana** - Paul LeValley
Informative slide show on the very different ways these two goddesses have been depicted in art through the centuries.
- 7:00 **Painting With Light** - Grey Vanaman
Creative photography making portraits using long exposures to capture light falling onto subjects. Welcome to bring cameras with low shutter speeds or “Bulb” setting and a tripod. View results immediately, and later receive a CD.
- 7:00 **Rebuilding Earth From The Bottom Up** - Jack Arnold
Individuals and communities developing and implementing entirely new strategies for environmental sustainability, spiritual fulfillment and social justice.
- 7:00 **Living Sober** - Dave Armstrong
Alcoholics Anonymous meeting.
- 7:00 **Children’s Activity: Movie** - Sandra Reamer
- 8:00 **Camping For Nudists** - Jerry Dixon
Preparing for and experiences with naturist camping.
- 8:00 **A Time For Us Pop’era Concert With Armand & Angelina**
Combining classical influence and world-pop stylings, a unique genre called Pop’era using songs, stories and humor to inspire you to experience “Heaven on Earth”.
- 8:30 **Children’s Activity: Campfire With S’mores** - Sandra Reamer
- 9-12:00 **Campfire Drum Circle With Dancing & Fire Spinning** - Cliff, Glynnna Deaner
Drum circle and bonfire with dancing and fire spinning.
- 9:00 **Selling Clothing Optional Beaches** - Clyde Lott, Norma Mitchell
A power point presentation by South Florida Free Beaches.
- 10-12:00 **Naturist Videos**
- 10:00 **Cine Illuminata I: Screening** - Mark Sadan
Screening of Cine Illuminata (first series)
- 11:00 **DJ Dance** - Don Sanborn
- 12:00 **Harmonic Meditation With Voice II** - Ron Kalinowski
Improvisational harmonic singing meditation session. No vocal training or ability is assumed.
- SUNDAY, February 14**
- 7:00 **Qi Gong & Tai Chi Chuan** - Norma Mitchell
Learn to move your body in a relaxed way that allows your Chi (energy) to flow and heal your mind and body.
- 7:00 **Live Sober** - Dave Armstrong
Alcoholics Anonymous meeting.
- 9:00 **Professors & Researchers SIG** - Paul LeValley
Opportunity for current and prospective SIG members to meet, and for the curious to find out what this SIG is doing.
- 9:00 **Earth Celebration Service** - Christiana Gaudet
Celebrate nature honoring Mother Earth, Father Sky and the Four Directions.
- 9:00 **Diving Into The Deep End: Deep Knowing** - Don VandeKrol
Introduction to Otto Scharmer’s “Theory U” – and societal transformation through presencing.
- 9:00 **Bach Flower Remedies** - Gloria Chan
Use the Bach Flower Remedies and the Bach Rescue Remedies to restore balance in the Body, Mind and Spirit.
- 9:00 **So, Is Pluto A Planet Or What?** - Bruce Panuska

	<i>Understanding planets through history, how new discoveries change our concepts of planets and the arguments for demoting Pluto from planetary status.</i>	2-5:00	Creative Photography: "Beautiful" The Nude And The Environment II - Mark Sadan <i>For those who love photography, know how to use their digital cameras, and want to learn through observing, doing & sharing their work.</i>
9:00	Energy Balancing Made Easy - Rae Newoman <i>Techniques for greater health.</i>		
9:00	Children's Activity: Pre-Juggling Skills - Roni Lynn <i>Have fun in a hands on participation</i>	2:00	Florida Naturist Groups: Sharing Information, Developing Strategies - B.E.A.C.H.E.S., Central Florida Naturists, Emerald Coast Naturists, Florida Association for Nude Recreation, Florida Keys Naturists, Gold Coast Bare Skins, the Naturist Action Committee, Sanibel Naturists, South Florida Free Beaches, Suncoast Naturists, Tallahassee Naturally, Tampa Area Naturists, WildFyre Society, and Young Florida Naturists
10:00	Where To Go Nude In Florida - Carl Flick <i>A collaborative information sharing session with detailed maps of locations.</i>		
10:00	Life 201 - Steve Mitskavich <i>Unlock your potential by erasing barriers and raising your metaphysical consciousness.</i>		
10:00	Tantra Training With Yoga Boxing/Emotional Release - Robert & Linda Stewart, Nancy Brighton <i>As layers and layers of emotional pain and trauma are released, clarity, balance, control and purpose are restored. Get complete on the past and clear the 1st and 2nd chakras.</i>	2:00	Gentle Restorative Yoga - Melissa Cleary <i>Yoga for every-body.</i>
10:00	A Healing Love Prayer For The Earth - Joan Rusik <i>Select an offering and use ancient chants to release healing energy into the earth and then receive healing energy back.</i>	2:00	Many Loving Relationships - Roland <i>Polyamory is a model which honors friends, partners and loved ones for their capacity as loving individuals.</i>
10:00	Using Comedy In Stressful Situations - George Winlock <i>You are in a rush and stuck in traffic, why aren't you laughing?</i>	2:00	Chant & Be Happy - Michelle Angel <i>Kirtan: Singing from our hearts, a form of bhakti yoga.</i>
10:00	Raw Food Dessert Extravagance - Zen Holmes, John Dodge <i>We will be preparing raw pies, ice creams and parfaits.</i>	2:00	Open Discussion With Our Star Brothers & Sisters I - Dashell Anne <i>Dashell will channel our star brothers and sisters on changes in the energies, how we can adjust to make our pathways smoother and the universal symbols.</i>
10:00	Clay Sculpture For All Ages - Wyatt Warren <i>Sculpt human figure with model or whatever you like.</i>	2:00	Children's Activity: Pool Games - Sandra Reamer
11:00	Naturism In South America - Claudia Kellersch <i>Argentina, Brazil, Chili, Uruguay: nude beaches, resorts.</i>	3:00	NAC/NEF Area Representative Program - Dave Armstrong, Jack Arnold, Jerry Dixon, Claudia Kellersch, Paul LeValley, Rich Pasco, Morley Schloss, Bob Seubert, Don VandeKrol <i>NAC Area Reps describe their roles in protecting naturist rights; how you can help.</i>
11:00	Poi Twirling - Karen Jasmine <i>Develop R/L brain balance and co-ordination as 2 balls on 2 strings circle around you in mesmerizing mandalas.</i>		
11:00	The Secret To A New Earth: Sunday Celebration - Armand & Angelina <i>A Sunday celebration of spirit.</i>	3:00	Flute Playshop - Armand & Angelina <i>Learn how simple this instrument is to master since all the notes are in tune with themselves so even those with no musical ability can play lovely melodies.</i>
11:00	Water Aerobics - Barbara Sutton <i>Exhilarating hour of stretching, cardiac strengthening, noodle use, and deep breathing</i>	3:00	Dahn Yoga & Brain Wave Vibrational Healing - Nancy Brighton <i>A gentle healing practice combining yogic breathing, qigong, tai chi, chakra and meridian balancing as well as meditation. Bring a towel or mat.</i>
11:00	Ecological Nature Walk - Tex Reuter <i>Experience Sunsport's tropical jungle, fruit orchard and nature trails; learn about native plants and invasive species.</i>	3:00	Pilates Mat Class - Glynnia Deaner <i>Stretch and find your core. Bring mat or towel.</i>
11:00	Power Of The Chant - Mellisa Cleary <i>Connecting with the Divine through chanting.</i>	3:00	Cast A Love Spell - Joan Rusek <i>Using the power of intention, essential oils, candles and crystal gem stones you can strengthen a current bond or open yourself to a new one.</i>
11:00	Children's Activity: My Sweet Valentine - Sandra Reamer		
1:00	Informing Politicians Of Naturist Family Values - Paul LeValley <i>We have a great story to tell, and the tools to do it.</i>	3:00	Children's Activity: Ice Cream Social - Bridget Vanaman
1:00	Health, Wellness & Weight Loss - Robert & Linda Stewart <i>How diet is affecting our health, a scientific breakthrough in weight loss and well being: Nutrient Fusion.</i>	4-5:30	Macarthur: The Man, The Beach & The Skinnydippers – A Play - TA Wyner <i>An arresting play with scenes from "SEX is not the only word in the language of Nudity... ..Nudity SPEAKS VOLUMES!"</i>
1:00	Introduction To Goddess Runes - Mary Bonetti <i>Divination system, easy to learn and very accurate.</i>	4-5:30	Acupuncture Knowledge For Self Help - Gloria Chan <i>Apply the knowledge of traditional Chinese medicine to help yourself with the many forms of "needleless acupuncture".</i>
1:00	Better Family Photography: Working With Subjects - Grey Vanaman <i>Techniques for photography of posed & candid people, pets, wildlife and inanimate objects.</i>	4:00	The Philosophy Of Gymnosophy II - Curt Bischoff <i>About the religious aspects of Naturism.</i>
1:00	Constructively Delivering Difficult Communications - Julianne & Rich Pasco <i>Communicate in a way that enhances your relationship with the person you're criticizing. Experiential.</i>	4:00	Re-Creation: Building Self-Esteem Within Yourself & Others - Darrell & Nancy Casey <i>If we don't love and accept ourselves it is difficult to love and accept others. Explore creating positive self images. Be prepared to laugh. Experiential.</i>
1:00	Learn To Juggle - Roni Lynn <i>Have fun in a hands on workshop. Success guaranteed.</i>	4:00	Watsu - Barbara Sutton <i>Relaxing partner water massage. Limited space.</i>
1:00	Children's Activity: Fantastic Puppet Play - John Dodge, Dakota Holmes-Dodge <i>We will bring to life an original children's story using fantastic puppets.</i>	4:00	Children's Activity: Super Slippery Slip-N-Slide For Silly Sunsporters - Jessica Auslam <i>Slickest slip and slide this side of the Mississippi.</i>
		4:30-5:30	Face And Body Painting For All Ages - Joann Aiassa

	<i>Painting techniques to "sense" people's energy and "see" colors associated with people or their energy.</i>	10:00	Hair Vs. Bare - Claudia Kellersch, Iain Searcy <i>Which do you prefer? Hair? Bare? Where? There? Everywhere? Bald and ribald? Hirsute and cute? Join the debate.</i>	
5:00	"Barely Proper" Rehearsal - Dan Hartley & Volunteer Cast <i>Perform in a reading of "Barely Proper". Overcome "Stage Fright" through movement and dramatics. Enjoy the stage.</i>	10:00	Hula Dancing II - Kira Fleishman <i>Learn another hula dance for fun and fitness.</i>	
5:00	Florida's Ecology: Overview - Paul Friederich <i>The landscape of the Everglades, its animals, plants, where the river of grass starts and ends.</i>	10:00	Connect To Your Animal Totem - Joan Rusek <i>Through meditation and discussion, draw out your animal guide for power and to seek answers.</i>	
7-8:30	Robin Renee In Concert <i>Assertive, soulful, and deeply personal mantra-pop performance (alt-folk with a spiritual twist).</i>	10:00	Diving Into The Deep End: Integral Spirituality - Don VandeKrol <i>Ken Wilber's Integral Approach to spirituality.</i>	
7-8:30	Osho (AKA Bhagwan Shree Tajneesh) - Sugandha <i>Called the "sex guru" by media. People that loved him called him a "zen tantric mystic." He called himself a "spiritual terrorist." Watch an interview; you decide.</i>	10:00	Creative Play For All Ages - Dan Hartley <i>Improvisation, dramatic action and performance skills to help in your daily life as well as have fun.</i>	
7:00	Living Sober - Dave Armstrong <i>Alcoholics Anonymous meeting.</i>	11:00	NAC: The Politics Of Children & Naturism - 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	Children's Activity: Dance - Sandra Reamer	11:00	Tantric Transformational Breathing - Alice & Dunbar Susong <i>Deep belly breathing including tantric movement and sound, healthful exercise for body and mind. Bring a towel or blanket, two pillows and water.</i>	
8:00	Children's Activity: Campfire With S'mores - Sandra Reamer	11:00	Introduction To Life Coaching & Stress Diffusion - Dan Hartley <i>Ways of assisting someone to create an extraordinary life. Experience Stress Diffusion and practice muscle testing.</i>	
8:30-10:30	Green Movie Time: Black Diamonds - Jack Arnold <i>Mountaintop removal coal mining and the catastrophic ecological and cultural effects of mountaintop removal.</i>	11:00	Poolates - Glynna Deaner <i>Water exercises based on Pilates Method.</i>	
8:30-10:00	Barn Dance - Rae Newoman <i>Lively partner dancing. (With recorded music.).</i>	11:00	Flute Playshop - Armand & Angelina <i>Learn how simple this instrument is to master since all the notes are in tune with themselves so even those with no musical ability can play lovely melodies.</i>	
9-12:00	Campfire Drum Circle With Dancing And Fire Spinning - John Dodge, & Glynna Deaner <i>Drum circle and bonfire with dancing and fire spinning.</i>	11:00	Experience Your Past Lives - Joann Aiassa <i>Learn where this life's problems originated.</i>	
10-12:00	Valentine DJ Dance - Keith Chausse	11:00	Children's Activity: Playful Parachute Fun - Amy Secord, Barbara Reamer <i>Come feel the love and energy; come fly away.</i>	
10-11:30	Cine Illuminata II: Production (Improve Acting) - Mark Sadan <i>Production of second docu-dramatic 'Cine-Illuminata'</i>	1:00	Naturism In Mainstream Television - Julianne & Rich Pasco <i>Naturists are portrayed as anywhere from normal people choosing a valid recreational option to weirdo kooks. See recent video clips; discuss how TV portrays naturism.</i>	
10:30-12:00	Naturist Videos	1:00	"Barely Proper" Rehearsal - Dan Hartley & Volunteer Cast <i>Perform in a reading of "Barely Proper". Overcome "Stage Fright" through movement and dramatics. Enjoy the stage.</i>	
12:00	Harmonic Duet - Michelle Angel, Ron Kalinowski <i>A meditative performance playing new exotic instruments - the orbiting space plate and the harmonic water cel.</i>	1:00	Better Family Photography: Sorting, Editing, Storing Images - Grey Vanaman <i>Sorting, editing, storing images, saving and backing up images in a manner respectful of our family photos.</i>	
MONDAY, February 15			1:00	Re-Creation: Releasing Your Dis-Ease - Darrell & Nancy Casey <i>Have you "grown" through facing physical and/or emotional challenges? Share experiences and a healing journey.</i>
7:00	Morning Meditation - Robin Renee <i>Begin the day with stillness through sitting and walking meditation.</i>	1:00	Water Conservation & Preservation - Jack Arnold <i>Using Sunsport as a model we will examine ways to maximize our water resources through retaining and using rain water and recycling and utilization of greywater.</i>	
7:00	Morning Yoga - Zen Holmes <i>Start your morning with gentle stretching and positive affirmations.</i>	1:00	Sound Healing Meditation - Michelle Angel <i>Experience vibrational healing with crystal bowls and buffalo drums. Bring a mat.</i>	
7:00	Living Sober - Dave Armstrong <i>Alcoholics Anonymous meeting.</i>	2:00	Children's Activity: Tie Dye - Sandra Reamer	
9:00	Nudist Images Vs. Artistic Nudes - Grey Vanaman <i>Examine the differences and similarities between nudist images and artistic images; explore the techniques of artists to enhance their own nudist photographs.</i>	2:00	History Of The Naturist Society - Nicky Hoffman Lee <i>Power Point presentation. 30 years and still going strong.</i>	
9:00	Kirtan-O-Rama - Robin Renee <i>Call and response chanting in the Indian devotional tradition; repetition of mantras brings one to a deep sense of stillness, bliss, and a profound sense of oneness with All.</i>	2:00	Pudding Toss For All Ages - Morley Schloss <i>Messy, gooey free-for-all for children and adults.</i>	
9:00	Soul Mates - Mary Bonetti <i>How the Chakras relate to Soul Mate energy; learn to cleanse and realign chakras to bring in Soul Mate energy.</i>			
9:00	Toxic Plants Hike - Mitch Flinchum <i>Identify plants that may be harmful to you or your animals.</i>			
9:00	Partner Yoga - Rae Newoman <i>Stretch and strengthen while connecting with another</i>			
9:00	Henna Tattoo Designs - Zen Holmes <i>Henna techniques; leave with a cool temporary tattoo.</i>			
9:00	Children's Activity: We're All Different & Perfect - Morley Schloss, Claudia Kellersch			
10:00	Raising Children As Naturists - Sandra Reamer <i>The benefits and issues of raising children as naturists.</i>			
10:00	Sacred Touch Massage - Michelle Angel <i>Learn how to touch your partner with loving sacred touch.</i>			

- 2:00 **Gentle Restorative Yoga** - Melissa Cleary
Yoga for every-body.
- 2:00 **Prevention & Healing: What They Have In Common** - Isolde Boutwell
Natural healing costs only time and effort; for every year you have had the illness, count 1 month of healing time.
- 2:00 **2012 & the Mayan Prophecy** - Mark Lutrell
The most anticipated date in history.
- 2:00 **Make A Pair Of Earrings** - Maureen Grady
Beads provided. Pick your colors & create your earrings.
- 2:30 **Children's Activity: Pool Games** - Sandra Reamer
- 3:00 **Clothesfree Vs. Clothing-Optional** - George Winlock
Share your views on naturist resorts requiring nudity.
- 3:00 **Love Magick** - Christiana Gaudet
In honor of Valentine's Day, learn tools to attract love and stimulate romance. A ritual to open the heart to love will be performed. For single and partnered folk.
- 3:00 **Poly Chat** - Robin Renee
Talk with others who identify as polyamorous. Any and all genders and orientations are welcome.
- 3:00 **Cine Illuminata II Screening** - Mark Sadan
Screening of second docu-dramatic 'Cine-Illuminata'
- 3:00 **West African Drum Class III** - John Dodge, Dakota Holmes-Dodge, Zen Holmes
Three day class: Learn the rhythm parts that create an African dance. Play in the following African dance class.
- 3:00 **Open Discussion With Our Star Brothers & Sisters II** - Dashell Anne
Dashell will channel our star brothers and sisters on changes in the energies, how we can adjust to make our pathways smoother and the universal symbols.
- 3:00 **Children's Activity: Ten Foot Sundae** - Sandra Reamer, Bridget Vanaman
- 4-5:30 **Meditation Fun** - Sugandha
Meditation is a transformative experience. If you've tried and just don't get it or even if you do, learn techniques that make meditation easy and fun.
- 4:00 **Gazing Into The Future** - Curt Bischoff
Will there ever be a true Society of Naturists?
- 4:00 **Pool Float Group Massage** - Joann Aiassa
A massaging, soothing & sharing help for each other.
- 4:00 **Huna Activity Class** - Kira Fleishman
Learn step-by-step prayers, vitality exercises and exorcisms to get rid of uninvited company.
- 4:00 **Money Is A Boomerang** - Armand & Angelina
Armand and Angelina will share prosperity tools that helped them to pay off \$70,000 in loans, build a savings account and have everything they need for a fulfilling life.
- 4:00 **Beginner West African Dance Class III** - Zen Holmes, John Dodge, Dakota Holmes-Dodge
Basic African dance movements.
- 4:00 **Children's Activity: Super Slippery Slip-N-Slide For Silly Sunsporters** - Jessica Auslam
Slickest slip and slide this side of the Mississippi.
- 4:45- 5:30 **Cosmic Body Art For All Ages** - Amy Secord, Barbara Reamer
Body painting with your magical fingertips.
- 5:00 **Let It All Out: Who Are We? Why Are We Here? Where Are We Going?** - Steve Mitskavich
Following our path and the effect we have on humanity.
- 5:00 **Everglades Restoration** - John Koch
Why the Everglades is a national treasure and why, how and by whom it should be restored.
- 7-8:30 **Expansive Loving** - Sugandha
John loves Nancy. Julio loves Amy. Two couples love each other. Video about non-conventional relating. Discussion.
- 7:00 **"Barely Proper" Play Reading** - Dan Hartley & Volunteer Cast
Funny love story about up-tight textiles meeting naturists.
- 7:00 **Living Sober** - Dave Armstrong
Alcoholics Anonymous meeting.
- 8:30-11:00 **Green Movie Time: "Flow"** - Jack Arnold
We're going to run out of water before we run out of oil. Mega-corporations are stealing the world's drinking water.
- 8-10:00 **Variety Show** - Ken Nichols, Grey Vanaman
Your chance to shine.
- 8:00 **New Moon Goddess Circle** - Christiana Gaudet
Become one with the divine feminine. Men and women will experience a Pagan New Moon ritual honoring the creative energy within us all, and giving us a safe and sacred space to hear the guidance of Spirit. Bring drums.
- 9-12:00 **Campfire Drum Circle With Dancing & Fire Spinning** - John Dodge, Marco Zeno
Drum circle and bonfire with dancing and fire spinning.
- 10-12:00 **DJ Dance** - Keith Chausse
- 11-12:00 **Naturist Videos**
- TUESDAY, February 16**
- 7:00 **Morning Meditation** - Robin Renee
Begin the day with stillness through sitting and walking meditation.
- 7:00 **Morning Yoga** - Zen Holmes
Start your morning with gentle stretching and positive affirmations.
- 7:00 **Living Sober** - Dave Armstrong
Alcoholics Anonymous meeting.
- 9:00 **Closing Friendship Circle**
- 10:00 **Canuding Trip** - Morley Schloss
Explore the magical tropical jungle Loxahatchee River paradise. (\$12.50 per person for canoe rental).
- 10:00 **Haulover Beach Trip** - John Koch
Visit Florida's premier nude beach where over 2000 naturists spend each weekend.