

MIDWINTER NATURIST FESTIVAL 2021

LATE SCHEDULE CHANGES

Thursday, 2/11/21

Additions

11:00 am **Making Pendants** – Bonnie Hoag – *Using beads, leather or twine.* – Meet at canopy between volleyball courts

1:30 pm **Yoga Toning** – Rochelle Gold – *Vinyasa flow that incorporates strength training and toning-*
Orchid Lawn

New Leader and Description

4:30 pm **Hula Hoop Spinning For All Ages** – Rochelle Gold -*Learn to balance a hula hoop on your hips, hands, and more.* - Volleyball Courts

New Leader

1:30 pm **Writing And Photography For N Magazine** – Norma Mitchell – Clubhouse Lawn

New Description

8:00 pm **The Breast Archives (Movie And Discussion)** – *Warm, complex and hopeful, The Breast Archives the film for women who long to be seen as they are: beautiful, sensually whole, and courageous within their exquisite vulnerability. Nine women from diverse backgrounds discuss their breasts openly and honestly, countering societies taboos and shame around breasts. Q & A will follow.* – Pavilion

Friday, 2/12/21

Additions

1:30 pm **Henna Tattoos** – Rochelle Gold – *Learn about the ancient Middle Eastern tradition of henna, it's origins and modern day applications, and watch a live demonstration.* - Restaurant Deck

Cancellation

1:30 pm **Journaling**

New Leader and Location

4:30pm **Naturist Society Foundation National Zoom** – Norma Mitchell – Clubhouse Lounge

Saturday, 2/13/21

Addition

4:30 pm **Poetry** – Rochelle Gold – *For the aspiring poet and the poetry lover, come create and share your own poetry.* – Gazebo

Title Change

4:30 pm **Children's Activity : Make A Necklace**

New Description

3:00 pm **Soul Gazing** – *Partner up (at a safe distance) and learn about yourself though sharing with someone else (new or old) while maintaining eye contact.* – Serenity Garden

Sunday, 2/14/21

Addition

3:30 pm **Yin Yoga** – Joe Viscomi, Gabriele Germann- *Healing, rejuvenating, restorative, gentle yoga.* – Serenity Garden

Cancellation

3:30 pm **Hula Hoop Spinning For All Ages**

New Description

1:30 pm **Touch is Sacred** – *The art of nurturing touch (Corona edition): A two-part workshop, starting with an open conversation on nurturing touch, leading to self-massage techniques.*

Monday, 2/15/21

Additions

11:00 am **Making Pendants** – Bonnie Hoag – *Using Beads, leather or twine.* – Meet at Canopy between Volleyball Courts.

2:30 pm **Yin Yoga** – Joe Viscomi, Gabriele Germann- *Healing, rejuvenating, restorative, gentle yoga.* – Orchid Lawn

Time Changes

1:30 pm **Cards Against Humanity** – Restaurant Deck

3:30 pm **Dynamically Supporting One's Body to Feel And Be Much Better.** – Orchid Lawn

New Location

3:30 pm **The Healing Power Of Breath** – Butterfly Garden

Cancellation

2:30 pm **Bookmarked**

New Description

9-10:30 pm **The Breast Archives (Movie And Discussion)** – *Warm, complex and hopeful, The Breast Archives the film for women who long to be seen as they are: beautiful, sensually whole, and courageous within their exquisite vulnerability. Nine women from diverse backgrounds discuss their breasts openly and honestly, countering societies taboos and shame around breasts. Q & A will follow.* – Pavilion