

MID-WINTER NATURIST FESTIVAL, FEBRUARY 17th-22nd

Breakfast 7:30- 9:00 AM

Lunch: Noon – 1:30 PM

Supper: 5:30 – 7:00 PM

THURSDAY, 2/17/2022

9:00	OPENING FRIENDSHIP CIRCLE – Clubhouse Lawn	1:30	Energetic Stones And Crystals For Balancing Your Life David Heilig - Gazebo <i>Enhance our spiritual growth, consciousness expansion, and self-healing.</i>
10:00	Water Aerobics Isabel Hamelers & Kurt Strickland - Pool <i>Stretching, cardiac strengthening, and deep breathing.</i>	1:30	Children's Activity: Nature Scavenger Hunt Tom Blackhawk Caffrey & Amy Frizzell – Playground <i>Get to know Sunsport better; search for hidden treasure.</i>
10:00	Our Naturist Legacy I Michael Raymond – Pavilion <i>Memories related to how you became involved in naturist lifestyle, how it impacted your life.</i>	2:30-4:30	Volleyball Basics Vickie & Allen Wesby – Volleyball Court <i>Learn the basics of the game.</i>
10:00	Current Medical Marijuana Issues Tom Blackhawk Caffrey – Serenity Garden <i>Legal issues, responsible use, and how it helps, qualifying for obtaining a card.</i>	2:30	Longevity Yoga Joseph Viscomi – Orchid Lawn <i>Yoga to stay youthful, healthy, and disease free.</i>
10:00	Tai Chi For Balance Norma Mitchell – Orchid Lawn <i>Simple exercises to enhance your balance based on chi flow and meditation. Bring a towel.</i>	2:30	Love Languages Morley Schloss – Pavilion <i>Enhance your relationships by discovering your own and your partner's desired expressions of love.</i>
10:00	Hula Hooping For All Ages Carmen Hamm - Playground <i>How to keep your hoop spinning, a few simple tricks that look hard but are super easy.</i>	2:30	Tissue Paper Flowers Linda Frazier – Restaurant Deck <i>Create beautiful flowers.</i>
11:00	Movement For Growth & Self Healing: Medical QiGong David Heilig – Orchid Lawn <i>Qigong movements for general wellness; enhance your energy level and improve flexibility.</i>	2:30	Children's Activity: Pool Fun & Ice Cream Social Tom Blackhawk Caffrey - Pool
11:00	Keto For Healthy Living John Dodge – Butterfly Garden <i>What the low carb lessons can contribute to improving health and vitality.</i>	3:30	Drumming Workshop John Dodge & Forrest Holmes- Dodge - Serenity Garden <i>The basics of African drumming.</i>
11:00	Cards Against Humanity Susan Rothberg – Restaurant Deck <i>Card game for twisted minds.</i>	3:30	Naturist – Naturalist Reality Circle #1 Aaron Frost - Gazebo <i>Projection, corroboration, and natural emergence.</i>
11:00	Poi Workshop Hridaya- Volleyball Court <i>Learn to flow intuitively with the use of various poi spinning props.</i>	3:30	Barefooting And Naturism Bruce Frendahl – Clubhouse Lawn <i>The practice of barefooting; how it relates to naturism.</i>
11:00	Karaoke Rehearsal For All Ages Bruce Frendahl – Pavilion <i>Practice your singing skills.</i>	3:30	Pilates Fusion Morris Gelman – Orchid Lawn <i>Core exercises</i>
Noon	Movie For All Ages: Jason And The Argonauts, Part I Len Summers – Pavilion <i>Legendary Greek hero leads a team of intrepid adventures in a perilous quest for the legendary Golden Fleece.</i>	3:30	Children's Activity: Canuding & Kayaking Blair Brumley – Campfire Area
1:30-3:30	Making A Dessert Susan Rothberg – Restaurant Deck <i>Create and enjoy a dessert.</i>	4:30	Water Flotation Exercises For Couples Alice & Dunbar Susong – Pool <i>Support your floating partner as you breathe together; stretch and rock your partner into state of bliss.</i>
1:30	Yoga With Compassion Chris Twyman – Pavilion <i>Yoga for everyone.</i>	4:30	Escape From America Joanna Montana – Clubhouse Lawn <i>Retire overseas and/or be digital nomad.</i>
1:30	Writing And Photography For N Magazine Carmen Hamm & Norma Mitchell – Clubhouse Lawn <i>See your name in print or your photo on the cover of N. How you can make it happen.</i>	4:30	Male Sexuality, Wellness, And Longevity David Heilig – Serenity Garden <i>Learn about the inner male body to enhance your health, vitality, and performance through Kundalini and Ming Min Fire techniques.</i>
1:30	Sunsport Permaculture Project Geoff Farmer – Meet At Butterfly Garden <i>How water connects swamp, food forest, marsh and ponds to bring diversity to this wetland restoration project. About one mile on trails.</i>	4:30	What Buddha Actually Taught George Wheeler – Butterfly Garden <i>Classical teachings from the Theravedic tradition.</i>
		4:30	Body Painting For All Ages Tom Blackhawk Caffrey & Amy Frizzell – Playground
		4:30	Present Moment Alignment (Tarot) Rootz – Gazebo <i>Tap into the psychological presence that Tarot brings forth.</i>
		7-9:00	Movie: The Terminator Len Summers - Clubhouse <i>A soldier is sent from the year 2029 to the year 1984 to stop an almost indestructible cyborg from executing a young woman whose unborn son is the key to humanity's future.</i>

7-8:30	Naturist CaBARET Including The Operetta: Damn! That Apple! Opera Muscial Theatre SIG: Leonard Lehrman & Helene Williams, LaDonna Allison & Bill Pacer – Pavilion	10:00	Tai Chi For Balance Norma Mitchell – Orchid Lawn <i>Simple exercises to enhance your balance based on chi flow and meditation. Bring a towel.</i>
7:00	Children’s Activity: Campfire Tom Blackhawk Caffrey – Campfire Area <i>Snacks, stories, campfire safety.</i>	10:00	Hula Hooping For All Ages Carmen Hamm - Playground <i>How to keep your hoop spinning and a few simple tricks that look hard but are super easy.</i>
8:30-9:30	Full Moon Ceremony Rootz – Pavilion <i>Celebrate your life ritual.</i>	11:00	Communication To Enhance Relationships Morley Schloss – Serenity Garden <i>Listening and speaking skills. Experiential.</i>
9-12:00	Campfire Drum Circle With Dancing John Dodge & Forrest Holmes-Dodge – Campfire Area	11:00	Funny Songs Ken Connors & Cee Cee Severin – Butterfly Garden <i>Jam and sing along.</i>
9-11:00	Movie: Age Of Consent Len Summers – Clubhouse <i>An aged Australian painter decides to jolt his stale creativity by moving to a remote island on the Great Barrier Reef where he takes a young woman as his muse.</i>	11:00	Movement For Growth & Self Healing – Medical QiGong David Heilig – Orchid Lawn <i>Qigong movements for general wellness; enhance your energy level and improve flexibility.</i>
9:30-11:30	Songs Of Protest, Revolution And Audacity Ken Connors & Cee Cee Severin – Pavilion <i>Sing along.</i>	11:00	Manage Your Stress, Manage Your Life Love Byrd – Pavilion <i>The different types of stress in our lives and ways to manage it that can improve our quality of life. Interactive.</i>
FRIDAY 2/18/2022			
8:00	Light To Moderate Exercise Douglas O’Connell – Orchid Lawn <i>Stretching and various exersizes.</i>	11:00	Bookmarked With TNSF Via Zoom Nicky Hoffinan, Carmen Hamm, & Norma Mitchell – Clubhouse <i>Discuss the latest book.</i>
9:00	Basic Photography David Lewis – Butterfly Garden <i>From point & shoot to cell phone DSLR, help participants with their cameras and questions.</i>	11:00	Water Slide For All Ages Tom Blackhawk Caffrey - Playground
9:00	Morning Meditation & Slow Flow Yoga Hridaya – Orchid Lawn <i>Ease into your day with this guided meditation that transitions into a series of gental yoga poses.</i>	Noon	Movie For All Ages: Jason And The Argonauts, Part II Len Summers – Pavilion <i>Legendary Greek hero leads a team of intrepid adventurers in a perilous quest for the legendary Golden Fleece.</i>
9:00	Compassionate Nonviolent Communication Joanna Montana - Serenity Garden <i>Techniques for better communication and conflict resolution.</i>	1:30	Yoga With Compassion Chris Twyman – Pavilion <i>Yoga for everyone.</i>
9:00	Our Naturist Legacy II Michael Raymond – Pavilion <i>Revisit the key principles of memorializing memories and reflections in an art medium.</i>	1:30	Nudist Club And Resort Round Up Jonathan Shopiro – Clubhouse Lawn <i>Your nudist club and what makes it special – location, facilities, activities, demographics, ownership, governance, membership and admission policies.</i>
9:00	Conscious Journaling Katie Ospina – Resturant Deck <i>Through intentional or conscious journaling, we can build new neural pathways that can help in any area of life.</i>	1:30	Exotic Fruit Tasting For All Ages John Dodge – Restaurant Deck <i>Taste some interesting fruits of which you may have never heard, some of them grown here at Sunsport.</i>
9:00	Children’s Activity: Catch & Release Fishing Hank Key & Tom Blackhawk Caffrey - Dock	1:30	Tarot De Marseille Bob Decker - Gazebo <i>How to read cards as a visual alphabet without any memorized meanings.</i>
9:00	Sky Farm 90th Anniversary Susan Shopiro – Clubhouse Lawn <i>Sky Farm and the plans for 90th birthday celebration.</i>	1:30	Creative Photography By The Pool Carmen Hamm – Pool <i>The pains and the delights of taking photos by/in the water.</i>
10:00	Water Aerobics Barbara Sutton – Pool <i>Stretching, cardiac strengthening, and deep breathing.</i>	1:30	Fear Release / Empowerment Hypnosis Rosalia Cannava – Serenity Garden <i>Enter hypnotic state where you can safely access fears and past traumas to release them.</i>
11:00	Touch Is Sacred – The Art Of Sacred Nurturing Touch Karl Harris – Serenity Garden <i>Open conversation on communication, boundaries, and consent followed by hands-on massage exchange.</i>	2:30	Christianity And Naturism Bruce Frendahl – Butterfly Garden <i>Conflict? See how these two are not mutually exclusive.</i>
10:00	Intentional Communities Joanna Montana – Clubhouse Lawn <i>Various forms of communities: cohousing, ecovillages, egalitarian communities, communes.</i>	2:30	Covid 19, Viruses, Vaccines: Strengths And Risks Joanna Montana – Clubhouse Lawn <i>The pros and cons about vaccines. How long will the pandemic last? How does it compare with the Spanish flu and other contagious diseases.</i>
10:00	Walking & Eating Tour Of Sunsport’s Food Forest John Dodge – Meet at Butterfly Garden <i>Permaculture project at Sunsport. Current projects. Healthy leaf snacking.</i>		

2:30	Professors And Researchers SIG Paul LeValley - Gazebo <i>Current and prospective SIG members to meet. Find out what this SIG is doing.</i>	7-11:00	Movie: The Rainbow Len Summers – Clubhouse <i>A young woman deals with the trials of adolescence and young adulthood in early 1900's England.</i>
2:30	LongevityYoga Joseph Viscomi – Orchid Lawn <i>Yoga to stay youthful, healthy, and disease free.</i>	7:00	A Retrospective Look At Recent Midwinter Naturist Festivals 2014-2021 David Lewis – Pavilion <i>Slide show.</i>
2:30	Values In Relationships Morley Schloss – Restaurant Deck <i>Discover/clarify what values are important to you in establishing or enhancing a relationship. Experiential.</i>	7:00	Children's Activity: Campfire Tom Blackhawk Caffrey – Campfire Area <i>Snacks, stories, campfire safety.</i>
2:30	Children's Activity: Pool Fun & Ice Cream Social Tom Blackhawk Caffrey – Pool	7:30	Shabat Susan Rothberg – Restaurant Deck <i>Welcome to the Jewish Sabbath. All beliefs welcome.</i>
3:30	Meet The Birds Theresa Frazier, Morley Schloss & Bradley Glidewell – Serenity Garden <i>Welcome to Serenity Garden, meet the birds, and have a snack.</i>	8-10:00	Peace, Love, & P'Opera Concert Armand & Angelina – Pavilion <i>Combining classical influence and world-pop styling, P'opera using songs, stories, and humor to inspire you to experience "Heaven on Earth".</i>
3:30	World Economic Changes Joanna Montana – Clubhouse Lawn <i>What are the effects of covid on our economy? Will cash become obsolete? Is US growing or declining in economic power?</i>	9-12:00	Campfire Drum Circle With Dancing John Dodge & Forest Holmes-Dodge – Campfire Area
3:30	Naturist – Naturalist Reality Circle #2 Aaron Frost – Gazebo <i>Science literacy, critical thinking, and intentional philosophy.</i>	9-11:00	Movie: Planet Of The Apes Len Summers. - Clubhouse <i>Three astronauts marooned on a futuristic planet where apes rule and humans are slaves.</i>
3:30	Regrow Groceries Amy Frizzell – Butterfly Garden <i>Reduce food waste and save money. Receive free plants.</i>	10:00	Sound Healing Meditation Marie Gabrielle Porter & Chris Twyman – Pavilion <i>God and meditation with singing bowls.</i>
3:30	Enjoy Naturist Poetry For All Ages Bruce Frendahl – Orchid Lawn <i>Write your own poem; how poetry relates to naturism.</i>	SATURDAY 2/19/2022	
3:30	Free Beaches Movement Leaders Video Archive Project Susan Shopiro - Clubhouse <i>The leaders of the movement tell their own stories in video interviews. The interviews will preserve their stories and be available in the nudist research libraries.</i>	8:00	Light To Moderate Exercise Doug O'Connell – Orchid Lawn <i>Stretching and various exercises.</i>
4:30	Off The Barre Morris Gelman – Orchid Lawn <i>Exercises using light weights. Bring small plastic water bottles to use as weights.</i>	9-11:00	Abundant Financial Living Don Palermo – Clubhouse <i>Principles to follow to enjoy a life free of financial concerns.</i>
4:30	War Is In Our Future Until We Stop It Deb Hedding – Clubhouse Lawn <i>How we can slow down before its too late?</i>	9:00	Morning Meditation And Slow Flow Yoga Laluna – Orchid Lawn <i>Ease into your day with this guided meditation that transitions into a series of genital yoga poses.</i>
4:30	Gamma Breathwork Jodi Neering – Butterfly Garden <i>Unleash the empowerment of the Gamma Breath. Release old patterns and amplify new possibilities.</i>	9:00	God And Gaia Joanna Montana - Gazebo <i>Spiritual practice is more science based than faith based. It honors both the divine feminine: Gaia, Mother Earth, and the divine masculine: God, the father. God is Love, Gaia is life.</i>
4:30	Water Flotatin Exercises For Couples Alice & Dunbar Susong – Pool <i>Support your floating partner as you breathe together; stretch and rock your partner into state of bliss.</i>	9:00	Ukulele Workshop Ken Connors & Cee Cee Severin – Butterfly Garden <i>The basics of how to play, along with pointers on strumming or picking style, and playing with others.</i>
4:30	Informing Politicians Of Naturist Family Values Paul LeValley – Restaurant Deck <i>We have a great story to tell, and the tools to do it.</i>	9:00	Woman in Naturism Carmen Hamm & Norma Mitchell – Clubhouse Lawn <i>The new women's brochure and how to get more women involved in naturism.</i>
4:30	Male Sexuality, Wellness, And Longevity David Heilig – Serenity Garden <i>Learn about the inner male body to enhance your health, vitality, and performance through Kundalini and Ming Min Fire techniques.</i>	9:00	I Like To Be Liked For All Ages Stu Jacobson – Pavilion <i>Be kind, be positive and read and you'll succeed – it's guaranteed!</i>
4:30	Children's Activity: Shell Painting Tom Blackhawk Caffrey - Playground	9:00	Children's Activity: Mindful Meditation -Day Dreaming Fun Michael Raymond - Serenity Garden <i>Various methods intergrading meditation, animal yoga, creative fantasy, movement, and art.</i>
		10:00	Water Aerobics Barbara Sutton – Pool <i>Stretching, cardiac strengthening, and deep breathing.</i>

10:00	Native Fute Playshop Armand & Angelina – Butterfly Garden <i>This instrument is simple to master. Even those with no musical ability can play beautiful melodies.</i>	4:30	Water Flotation Exercises For Couples Alice & Dunbar Susong – Pool <i>Support your floating partner as you breathe together; stretch and rock your partner into state of bliss.</i>
10:00	Palmistry For Everyone Blue Evans – Pavilion <i>The lines in your hands are as unique as your DNA.</i>	4:30	The Connection Between A Healthy Gut And A Healthy Vagina Fadwah Halaby – Butterfly Garden <i>Maintaining a healthy vagina free from unwanted bacteria.</i>
10:00	Movement For Growth & Self Healing : Medical QiGong David Heilig – Orchid Lawn <i>Qigong movements for general wellness; enhance your energy level and improve flexibility.</i>	4:30	Naturist – Naturalist Reality Circle #3 Aaron Frost - Gazebo <i>Climate and sustainability.</i>
10:00	Top-Free Equality LaDonna Allison & Bill Pacer – Clubhouse Lawn <i>Topfree activist discusses progress.</i>	4:30	Naturism In Florida : Update Ralph Collinson – Clubhouse Lawn <i>Discussion of the current situation of naturist activities in Florida, including an update on efforts to obtain additional clothing optional beaches on public land.</i>
11:00	Scientific Prayer Through Music Faerie Elaine Silver – Serenity Garden <i>Methods of manifesting.</i>	4:30	Male Sexuality, Wellness, & Longevity David Heilig – Serenity Gardens <i>Learn about the inner male body to enhance your health, vitality, and performance through Kundalini and Ming Min Fire techniques.</i>
11:00	Tai Chi For Balance Norma Mitchell – Orchid Lawn <i>Simple exercises to enhance your balance based on chi flow and meditation. Bring a towel.</i>	4:30	Stacked Morris Gelman – Orchid Lawn <i>Various exercises for a full body workout with lots of repetitions.</i>
11:00	Living, Loving, And Letting Go Love Byrd – Pavilion <i>Release those things that no longer serve us, thus opening us up to personal growth and new opportunities. Interactive.</i>	4:30	Children’s Activity: Rock Painting Tom Blackhawk Caffrey - Playgroun
11:00	Art Modeling LaDonna Allison & Bill Pacer – Butterfly Garden <i>Being an artist’s model. Artists and models welcome.</i>	7-9:00	Movie: Olympia Part One: Festival Of The Nations Len Summers – Clubhouse <i>The document of the 1936 Olympics at Berlin with overtones of the Nazi attitude toward athletic prowess.</i>
11:00	Tie Dye For All Ages Jessica Greaves – Playground <i>Create your own beautiful color. Bring a white towel or t-shirt.</i>	7:00	Raised By Wolves: Feral Children In Art Paul LeValley – Pavilion <i>Slide show from Romulus to Mowgli.</i>
11:00	Lithomancy: Divination With Gemstones Charlie Machia - Gazebo <i>Optional \$10 material fee to build your own gemstone divination set.</i>	7:00	Children’s Activity: Campfire Tom Blackhawk Caffrey – Campfire Area <i>Snacks, stories, campfire saftey.</i>
12-1:30	Skin Cancer Screening Fadwah Halaby – Serenity Garden	7:30-9:00	Viewing The Winter Night Sky David Gibbon – Clubhouse Lawn <i>See the wonders of the universe though an a telescope.</i>
1:30	GENERAL ASSEMBLY With Group Photo - Pool	8-10:00	Faerie Elaine In Concert Faerie Elaine Silver – Pavilion <i>The inspiring music of award-winning performer and recording artist Faerie Elaine.</i>
3-4:30	Naturist Photography And Modeling David Lewis – Meet at the Butterfly Garden <i>Explore naturist themes in setting up photographic imagery. For both photographers and models.</i>	9-12:00	Campfire Drum Circle With Dancing John Dodge & Forest Holmes – Dodge – Campfire Area
3-4:30	Fundamentals Of A Healthy Lifestyle John Dodge – Serenity Garden <i>How to maintain optimal functioning as we age. Why some foods are dangerous. Why sunlight exposure is so important.</i>	9-11:30	Movie: Woman In Love Len Summers - Clubhouse <i>Two best friends fall in love with a pair of woman, but the relationships soon go in very different directions.</i>
3-4:30	Free Computer Support Brad Frizzell – Clubhouse <i>Bring your laptop, smart phone, or tablet with any questions.</i>	10-12:00	Karaoke Kim Trampus – Pavilion
3-4:30	Volleyball Basics Vickie & Allen Wesby – Volleyball Court <i>Learn the basics of the game.</i>		
3-4:30	Naturist Society Foundation Mike Abramson, Carmen Hamm, & Norma Mitchell – Clubhouse Lawn <i>Introduction, projects, the future.</i>		
3-3:45	Children’s Activity: Pool Fun & Ice Cream Social Tom Blackhawk Caffrey – Pool		
3-3:45	LongevityYoga Joesph Viscomi – Orchid Lawn <i>Yoga to stay youthful, healthy, and disease free.</i>		
3:45-4:30	Puppet Show For All Ages LaDonna Allison & Bill Pacer – Pavilion <i>Collection of original stories told with puppets.</i>		
			SUNDAY 2/20/2022
		8:00	Light To Moderate Exercise Doug O’Connell – Orchid Lawn <i>Stretching and various exersizes.</i>
		9:00	Zipolite: Mexico’s #1 Naturist Beach Claudia Kellersch – Clubhouse Lawn <i>Destination in Mexico.</i>
		9:00	Children’s Activity: Friendship February Serenity & Darlene Concepcion – Playground <i>Create cards to appreciate friends.</i>
		9:00	Non-Denominational Worship Service Bruce Frendahl – Serenity Garden <i>Non-denominational event which includes prayers, hymns, and a timely message.</i>

9:00	Exploring Sunsport Nature Trails Ralph Collinson – Meet at Butterfly Garden <i>Take a leisurely walk on Sunsport's trails to get an upfront look at a tropical paradise.</i>	1:30	Yoga With Compassion Chris Twyman – Pavilion <i>Yoga for everyone.</i>
9:00	Traditiona Ashtanga Yoga Hridaya – Orchid Lawn <i>Connect the body and breath through this moving meditation.</i>	1:30	Environmental Portraitculture I: Creative Self Expression Michael Raymond – Butterfly Garden <i>Capture an image within an environment that tells a story.</i>
9:00	Native Flute & Chanting Service Armand & Angelina – Pavilion <i>Relax with flute, harp, and shanti bells for healing energy.</i>	1:30	Conscious Journaling Katie Ospina – Resturant Deck <i>Through intentional or conscious journaling, we can build new neural pathways that can help in any area of life.</i>
10:00	Hula Hooping For All Ages Carmen Hamm - Playground <i>How to keep your hoop spinning and a few simple tricks that look hard but are super easy.</i>	1:30	Water Side For All Ages Tom Blackhawk Caffrey & Brad Frizzell – Playground
10:00	Earth Spirits Celebration Love Byrd – Butterfly Garden <i>Honor Mother Earth and celebrate her gifts and our connection to her.</i>	2:30	Crochet 101 LaDonna Allison – Restaurant Deck <i>Basic crochet stitches and history.</i>
10:00	Water Aerobics Barbara Sutton – Pool <i>Stretching, cardiac strengthening, and deep breathing.</i>	2:30	Beatleology Faerie Elaine Silver – Pavilion <i>Music and stories.</i>
10:00	Movement For Growth & Self Healing: Medical QiGong David Heilig – Orchid Lawn <i>Qigong movements for general wellness; enhance your energy level and improve flexibility.</i>	2:30	Corn: Healthy Or Deadly John Dodge – Butterfly Garden <i>An important ingredient in processed food, but is it healthy or does it kill thousands every year?</i>
10:00	Financial Literacy For Business Owners And Entrepreneurs J.E. De La Cruz – Clubhouse Lawn <i>Brush up on understanding of business ownership in 2022.</i>	2:30	The 4 Nudist Libraries Paul LeValley – Clubhouse Lawn <i>How the libraries are sharing their materials.</i>
10:00	Fear Release / Empowerment Hypnosis Rosalia Cannava – Serenity Garden <i>Enter hypnotic state where you can safely access fears and past traumas to release them.</i>	2:30	LongevityYoga Joseph Viscomi – Orchid Lawn <i>Yoga to stay youthful, healthy, and disease free.</i>
11-4:00	BLOODMOBILE – Parking Lot <i>Give the gift of life. Bring photo ID.</i>	2:30	Children's Activity: Pool Time & Ice Cream Social Tom Blackhawk Caffrey – Pool
11:00	Tai Chi For Balance Norma Mitchell – Orchid Lawn <i>Simple exercises to enhance your balance based on chi flow and meditation. Bring a towel.</i>	3:30	Yin And Restorative Yoga Laluna – Orchid Lawn <i>Relax your mind, body, and spirit as we slow down and re-connect with our inner being.</i>
11:00	Use Your Naturism To Save Wounded And Disabled Veterans Deb Hedding – Butterfly Garden <i>Through naturism veterans can not only survive but thrive. How to help heal.</i>	3:30	Backing Up Your Data Brad Frizzell – Clubhouse <i>Importance of backing things up, solutions for being safe.</i>
11:00	Gospel Singing LaDonna Allison & Bill Pacer – Serenity Garden <i>Uplifting gospel songs.</i>	3:30	Naturist-Naturalist Reality Circle #4 Aaron Frost - Gazebo <i>Open source block chain democracies, natural resource based economy.</i>
11:00	Nudist Archive Preservation Project Susan Shopiro – Clubhouse Lawn <i>The consortium of nudist research libraries and the work they are doing to preserve these document archives.</i>	3:30	Body Modification Claudia Kellersch – Butterfly Garden <i>History of body acceptance in social nudism: where are you today?</i>
11:00	Pudding Toss For All Ages Morley Schloss - Orchard <i>Messy, gooey, free for all.</i>	3:30	Improv For All Ages LaDonna Allison & Kim Trampus – Pavilion <i>Unleash your inner child.</i>
Noon	Movie For All Ages: Forbidden Planet, Part 1 Len Summers – Pavilion <i>A starship crew investigates the silence of a planet's colony only to find two survivors and a deadly secret.</i>	3:30	Meditation And Movement Michael Raymond – Serenity Garden <i>Simple choreography for use with 'Oh Great Spirit'. Centering methods for meditation. How to integrate this into daily life.</i>
1:30	Hot Springs Of North America George Wheeler – Clubhouse Lawn <i>Where to find free hot springs.</i>	4:30	Water Massage Barbara Sutton – Pool <i>Support your floating partner as you breathe together; stretch and rock your partner into a state of bliss.</i>
1:30	Tarot And Its Naturist Roots Carmen Hamm - Gazebo <i>The history of nudity in tarot and how to use the cards to enhance your life.</i>	4:30	Writing 101 Bill Pacer & LaDonna Allison – Restaurant Deck <i>Basic steps to creative writing.</i>
		4:30	Male Sexuality, Wellness & Longevity David Heilig – Serenity Garden <i>Learn about the inner male body to enhance your health, vitality, and performance though Kundalini and Ming Min Fire techniques.</i>

4:30	Tabata Morris Gelman – Orchid Lawn <i>Aerobic and non aerobic exercises with quick changes between exercises and quick repetitions.</i>	10:00	Movement For Growth & Self Healing: Medical QiGong David Heilig – Orchid Lawn <i>Qigong movements for general wellness; enhance your energy level and improve flexibility.</i>
4:30	Naturist Action Committee Update Susan Rothberg – Clubhouse Lawn <i>Protecting and expanding naturist recreation.</i>	10:00	Crochet 202 LaDonna Allison – Restaurant Deck <i>Learn to read a simple pattern to make first project.</i>
4:30	Body Painting For All Ages Tom Blackhawk Caffrey - Playground	10:00	Water Aerobics Kurt Strickland & Isabel Hamelers – Pool <i>Stretching, cardiac strengthening, and deep breathing.</i>
7-9:00	Movie: Act Naturally Len Summers - Clubhouse <i>Two stepsisters inherit their father's nudist resort and have to choose whether to run the business or sell it.</i>	11:00	Native Flute Playshop Armand & Angelina – Butterfly Garden <i>This instrument is simple to master. Even those with no musical ability can play lovely melodies.</i>
7:00	Photographing People Around The World (Slide Show) David Lewis – Pavilion <i>Slide show.</i>	11:00	Sprouting John Dodge – Restaurant Deck <i>Which seeds can be sprouted, easy sprouting, storing techniques, recipes, demo, samples to eat.</i>
7-9:00	Viewing The Winter Night Sky David Gibbon – Clubhouse Lawn <i>See the wonders of the universe through an astronomical telescope.</i>	11:00	Tarot Deconstructed Rootz – Gazebo <i>Through recognizing the many parts of the table, understanding tarot becomes simple.</i>
7:00	Children's Activity: Campfire Tom Blackhawk Caffrey – Campfire Area <i>Snacks, stories, campfire safety.</i>	Noon	DEADLINE FOR ORDERING BOX LUCH FOR BEACH TRIPS – Hospitality Tent
8-11:00	Sunport Musicians Concert Chris Garver, Phil Hahn & Bobby Whetzel – Pavilion	Noon	Movie For All Ages: Forbidden Planet, Part 2 Len Summers – Pavilion <i>A starship crew investigates the silence of a planet's colony only to find two survivors and a deadly secret.</i>
9-12:00	Campfire Drum Circle With Dancing John Dodge & Forest Holmes – Dodge – Campfire Area	1:30	Florida's Fresh Water Springs Amy Frizzell – Clubhouse Lawn <i>Discover beautiful springs, some hidden for all natural use.</i>
9-10:00	Naturist Communal Bruce Friendahl – Clubhouse <i>Explore the deeper issues we face in our daily lives.</i>	1:30	Environmental Portraiture 2: The Moving Portrait Michael Raymond – Butterfly Garden <i>Use of video to tell a story. Storyboarding and outlining. Make a digital file copy that you can keep.</i>
10-11:30	Movie: Embrace Len Summers – Clubhouse <i>Body image activist Taryn Brumfitt's crusade as she explores the global issue of body loathing.</i>	1:30	We're All Different And Perfect Morley Schloss – Serenity Garden <i>Affirming our skills, personalities, and appearances. Participatory.</i>
MONDAY 2/21/2022		1:30	Yoga With Compassion Chris Twyman -Pavilion <i>Yoga for everyone.</i>
8:00	Light To Moderate Exercise Doug O'Connell – Orchid Lawn <i>Stretching and various exercises.</i>	1:30	Writing 102 Bill Pacer & LaDonna Allison – Restaurant Deck <i>Basic steps to creative writing.</i>
9:00	Moving Meditation And Slow Flow Yoga Laluna – Orchid Lawn <i>Ease into your day with this guided meditation that transitions into a series of gentle yoga poses.</i>	1:30	Children's Activity: Canuing & Kayaking Blair Brumley – Campfire Area
9:00	Why All Florida Beaches Can, Must, And Will Be Nude-Friendly Bruce Friendahl – Clubhouse Lawn <i>How you can help, share your experiences around the sunshine state.</i>	2:30	LongevityYoga Joseph Viscomi – Orchid Lawn <i>Yoga to stay youthful, healthy, and disease free.</i>
9:00	Palmistry For Everyone Blue Evans - Gazebo <i>The lines in your hands are as unique as your DNA.</i>	2:30	Guitar Workshop Ken Conners & Cee Cee Sevarin – Butterfly Garden <i>Learn the basics of the guitar.</i>
9:00	Plant Communities Of Sunsport Geoff Farmer – Meet at Butterfly Garden <i>A walking tour of remnant Everglades plant communities at Sunsport. About one mile on trails.</i>	2:30	Stitch And Bitch Susan Rothberg – Restaurant Deck <i>Bring your knitting, crochet, needlework. Talk about anything (men, women, weather, etc.) except politics.</i>
9:00	Cards Against Humanity Susan Rothberg – Restaurant Deck <i>Card game for twisted minds.</i>	2:30	History Of / New Perspective On Florida Free Beaches Bruce Friendahl – Clubhouse Lawn <i>How we got where we are, discover what lies ahead in our beachfront future.</i>
9:00	Children's Activity: Catch & Release Fishing Hank Key & Tom Blackhawk Caffrey - Dock	2:30	Code Red: Sustainable Communities Now Geoff Farmer – Gazebo <i>We can't wait for politicians to fix this. What you can do to fix climate change and build a resilient, sustainable life.</i>
10-12:00	Karaoke For All Ages Kim Trampus – Pavilion		
10-12:00	Indiginous Cultures In Florida Tom Blackhawk Caffrey – Serenity Garden <i>History, way of living, crafts, etc., Why and what we do. Clear up misconceptions. Questions encouraged.</i>		

2:30 **Children's Activity: Pool Fun & Ice Cream Social**
Tom Blackhawk Caffrey – Pool

2:30 **Soul Gazing**
Karl Harris – Serenity Garden
Connect our true selves though authentic communication; learn about yourself through another.

3:30 **Cacao Ceremony With Guided Meditation**
Hridaya – Serenity Garden
Open your heart and receive healing energy with this powerful plant medication.

3:30 **Naturist – Naturalist Reality Circle # 5**
Aaron Frost – Gazebo
AI centered off grid living, modification, and trans humanism.

3:30 **Conscious Discipline**
Jodi Neering – Butterfly Garden
Bringing conscious discipline to parenting, teaching, and other relationships though self awareness, emotional regulation, and more.

3:30 **Fun with Photography**
David Lewis – Clubhouse
Having fun with phototography in infrared, panoramas, and HDR. Digital phoography can be creative.

3:30 **Exercise Using Exercise Bands**
Morris Gelman – Orchid Lawn
Exercises using exersise bands.

3:30 **Children's Activity: Drum Making & Playing**
Tom Blackhawk Caffrey & John Dodge – Playground
Create drums and percussion instruments from found items.

4:30 **Sunset Estatic Dance**
Laluna – Orchid Lawn
Feel empowered within yourself by dancing though authentic movements.

4:30 **Male Sexuality, Wellness, & Longevity**
David Heilig – Serenity Garden
Learn about the inner male body to enhance your health, vitality, and performance though Kundalini and Ming Min Fire techniques.

4:30 **Tissue Paper Flowers**
Linda Frazier – Restaurant Deck
Create beautiful flowers.

4:30 **Naturist Action Committee / Naturist Education Foundation Area Representatives**
Susan Rothberg – Clubhouse Lawn
NAC and NEF Area Representatives are our future.

4:30 **Gamma Breathwork**
Jodi Neering – Butterfly Garden
Unleash the empowerment of the Gamma Breath. Release old patterns and amplify new possibilites.

4:30 **Chidren's Activity: Parade**
Tom Blackhawk Caffrey & John Dodge – Playground
Paint and decorate yourselves, and make noise as you tour Sunsport. Adults may join the parade.

7-8:30 **Variety Show**
Bob Decker, MC – Pavilion
Your chance to shine.

7-9:00 **Movie: The Patience Stone**
Len Summers – Clubhouse
In a wartorn Muslim country a woman alleviates her silent suffering by confessing her dreams, desires, and secrets to her comatose husband.

8:30-9:30 **Retrospective Look At Recent Midwinter Naturist Festivals (Slideshow)**
David Lewis - Pavilion

9-12:00 **Campfire Drum Circle With Dancing**
John Dodge & Forest Holmes-Dodge – Campfire Area

9-11:00 **Movie: Bettie Page Reveals All**
Len Summers – Clubhouse
The world's greatest pinup model and cult icon recounts the true story of how her free expression overcame government witch-hunts to help launch America's sexual revolution.

9:30-10:30 **Sound Healing Meditations**
Marie Gabrielle Porter & Chris Twyman – Pavilion
God and meditation with singing bowels.

10:30-11:30 **Folk Songs Of The 60's Sing-A-Long**
Ken Connors & Cee Cee Severin – Pavilion
Jam and sing along.

TUESDAY 2/22/2022

8:00 **Light To Moderate Exercise**
Doug O'Connell – Orchid Lawn
Stretching and various exersizes.

9:00 **CLOSING FRIENDSHIP CIRCLE** – Clubhouse Lawn

10:00 **Blind Creek Beach Trip**
Morley Schloss – Clubhouse Lawn
Visit Florida's newest clothing-optional beach.

10:00 **Haulover Beach Trip**
Al Rohde – Orchid Lawn
Visit Florida's most popular clothing-optional beach.