

MID-WINTER NATURIST FESTIVAL, FEBRUARY 16th-21st, 2023

Breakfast 7:30- 9:00 AM

Lunch: Noon – 1:30 PM

Supper: 5:30 – 7:00 PM

THURSDAY 2/16

8:00	Light To Moderate Exercise Doug O'Connell – Orchid Lawn <i>Stretching and various exercises.</i>	2:30	Love Languages Morley Schloss – Restaruant Deck <i>Enhance your relationships by discovering your own and your partner's desired expressions of love.</i>
9:00	OPENING FRIENDSHIP CIRCLE - Clubhouse Lawn	2:30	Palmistry Blue Evans – Butterfly Garden <i>The lines in your hands are as unique as your DNA.</i>
10-12:00	Creating A Dessert Susan Rothberg – Restaurant Deck <i>Create and enjoy a dessert.</i>	2:30	Naturist Communal Bruce Frendahl – Serenity Garden <i>Explore the deeper issues we face in our daily lives.</i>
10:00	Water Aerobics Isabel Hamelers & Kurt Strickland – Pool <i>Stretching, cardiac strengthening, and deep breathing.</i>	2:30	Children's Activity: Pool Time & Ice Cream Social Tom Blackhawk Caffrey & Bradley Frizzell - Pool
10:00	The Healing Power Of Nature I David Heilig – Butterfly Garden <i>Walk on the wild side to experience nature; how to incorporate nature into your wellness program.</i>	3:30-5:30	Bikram Yoga Joe Viscomi – Orchid Lawn <i>Yoga that reaches every area of your body in a healing way. Feel restored, rejuvenated, vibrant, and full of energy.</i>
10:00	Barefooting / Earth Grounding Bruce Frendahl – Clubhouse Lawn <i>Explore the pleasure and benefits of a life without "foot prisons" and the parallels to naturism.</i>	3:30	Permaculture Design At Sunsport Geoffrey Farmer – Butterfly Garden <i>Overview of the Community Permaculture project, plans for the future.</i>
10:00	Mat Pilates Morris Gelman – Orchid Lawn <i>Core exercises.</i>	3:30	Life On The Road Jessica Bergen & James Ciuffetelli – Gazebo <i>How to trip plan, trail map, and what gear & safety equipment are "must haves".</i>
10:00	Children's Activity: Balloon Toss J. Dela Cruz & Tom Blackhawk Caffrey - Playground	3:30	Cards Against Humanity Susan Rothberg – Restaurant Deck <i>Card game for twisted minds.</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>	3:30	Writing For N Magazine 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>
11:00	Exploring Body Energy Fields Bill Giers – Serenity Garden <i>Discovering your body's energy, moving towards balance.</i>	3:30	Children's Activity: Scavenger Hunt Tom Blackhawk Caffrey & Amanda Henderson - Playground
11:00	American Sign Language - A Non-Verbal Language Cynthia Velazquez - Butterfly Garden <i>Walking and signing on the nature trails.</i>	4:30	Rainbow Gatherings George Wheeler – Gazebo <i>Introduction to Rainbow gatherings and traditions.</i>
11:00	Volleyball Basics Mike Schroeder – Volleyball Court <i>Learn the basics of the game or refine your skills.</i>	4:30	Rembering Rich Bruce Frendahl – Clubhouse Lawn <i>Share your personal memories of "Mister Midwinter", Rich Pasco, our dear departed friend.</i>
11:00	Children's Activity: Water Slide Tom Blackhawk Caffrey & Bradley Frizzell - Playground	4:30	Male Wellness & Longevity I 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>
1:30	Talk To Anyone, Anywhere Bill Giers – Serenity Garden <i>Conversational techniques for the tongue-tied and shy.</i>	4:30	Naturism & Natural Childbirth Katie Ospina, Rosalia Cannava – Butterfly Garden <i>Two Sunsport mamas who home birthed on the property in 2022. Rosalia is a midwife and Katie is a student midwife.</i>
1:30	Stop Being A L.O.S.E.R. and G.R.O.W. Wellness Naturally Pepper & Steve Wooten – Orchid Lawn <i>Health & wellness practices that relieve stress, promote wellness, and calm your human doing's chaos.</i>	4:30	Children's Activity: Body Painting Tom Blackhawk Caffrey & Amy Frizzell - Playground
1:30	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>	7-9:30	Movie: The Andromedia Strain Len Summers – Lounge <i>A team of scientists work feverishly in a secret, state-of-the-art laboratory to determine what killed the citizens of a small town and learn how this deadly contagion can be stopped.</i>
1:30	War Is In Our Future Unless We Stop It Deb Hedding - Clubhouse Lawn <i>How we can slow down before it's too late.</i>	7:00	A Retrospective Look At Midwinter Naturist Festivals 2014-2022 (Slide Show) David Lewis – Pavilion
1:30	Children's Activity: Canuding & Kayaking Blair Brumley & Tom BlackHawk Caffrey – Campfire Area	7:00	Children's Activity: Campfire With Snacks - Tom Blackhawk Caffrey & Amanda Henderson– Campfire Area
2:30	Chakra Balancing & Crystals I David Heilig - Gazebo <i>Energize stones and crystals that enhance spiritual growth, consciousness expansion, and self-healing through chakra balancing. Experiential.</i>		

8-10:00	Sing-A-Long Ken Connors & Cee Cee Severin – Pavilion <i>Jam and sing along.</i>	1:30	Scientific Prayer – A Method For Manifesting Faerie Elaine Silver – Gazebo <i>Methods of manifesting.</i>
8-10:00	Viewing The Night Winter Sky David Gibbon – Clubhouse Lawn <i>View Mars, Jupiter, Uranus, The Great Orion Nebula, and other celestial objects through an astronomical telescope.</i>	1:30	Stop Being A L.O.S.E.R. and G.R.O.W. Wellness Naturally Pepper & Steve Wooten – Orchid Lawn <i>Health & wellness practices that relieve stress, promote wellness, and calm your human doing's chaos.</i>
9-12:00	Campfire Drum Circle With Dancing John Dodge – Campfire Area	1:30	Meet The Birds And Have A Snack For All Ages Morley Schloss, Theresa Frazier, & Bradley Glidewell – Serenity Garden - <i>Welcome to Serenity Garden. Meet the birds and have a snack.</i>
FRIDAY 2/17			
8:00	Light To Moderate Exercise Doug O'Connell – Orchid Lawn <i>Stretching and various exercises.</i>	2:30	Chakra Balancing And Crystals 2 David Heilig – Gazebo <i>Energize stones and crystals that enhance spiritual growth, conciousness expansion, and self-healing through chakra balancing. Experiential.</i>
9:00	Improve Your Balance With Mindful Walking Norma Mitchell – Orchid Lawn <i>Using Tai Chi techniques.</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>
9:00	The Healing Power Of Nature 2 David Heilig – Butterfly Garden <i>Walk on the wild side to experience nature; how to incorporate nature into your wellness program.</i>	2:30	Using Your Naturism To Save Wounded And Disabled Veterans Deb Hedding- Restaurant Deck <i>Through naturism veterans can not only survive but thrive. How to help heal.</i>
9:00	Naturist Action Committee Update Susan Rothberg – Clubhouse Lawn <i>Protecting and expanding naturist recreation.</i>	2:30	Playa Zipolite, Mexico's Legal Naturist Beach Claudia Kellersch – Butterfly Garden <i>History, hurricane, future.</i>
9:00	American Sign Language - A Non Verbal Language Cynthia Velazquez – Gazebo <i>Walking and signing on the nature trails.</i>	2:30	Children's Activity: Pool Time Fun & Ice Cream Social Tom Blackhawk Caffrey & J. Dela Cruz - Pool
9:00	Children's Activity: Catch & Release Fishing Hank Key & Tom Blackhawk Caffrey - Dock	3:30-5:30	Bikram Yoga Joseph Viscomi – Orchid Lawn <i>Yoga that reaches every area of your body in a healing way. Feel restored, rejuvenated, vibrant, and full of energy.</i>
10-12:00	Tie Dye For All Ages Tom Blackhawk Caffrey & Amy Frizzell - Playground <i>Create your own beautiful color.</i>	3:30	Therapeutic Hugging And Skin Hunger Bill Giers – Serenity Garden <i>Different kinds of hugs and how they affect the body, mind, and spirit.</i>
10:00	Water Aerobics Isabel Hamelers & Kurt Strickland – Pool <i>Stretching, cardiac strengthening, and deep breathing.</i>	3:30	Basic Photography David Lewis – Butterfly Garden <i>Taking pictures with cameras and cell phones.</i>
10:00	Mat Pilates Morris Gelman – Orchid Lawn <i>Core exercises.</i>	3:30	Western Cartoon Episodes For All Ages Raymond Alapont – Lounge <i>Watch some western animation family show episodes with fellow fans and animation geeks.</i>
10:00	Nude Beach America Bruce Frendahl – Clubhouse Lawn <i>Learn about a plan for a future from which all will benefit.</i>	4:30	The Four Nudist Libraries Paul LeValley – Clubhouse Lawn <i>How the libraries are sharing their materials.</i>
10:00	Giving Up Without Expecting Anything In Return George Wheeler – Butterfly Garden <i>Discussion.</i>	4:30	Male Wellness & Longevity 2 David Heilig – Serenity Garden <i>Learn about the inner male body to enhance your health, vitality, and performance.</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>	4:30	Walking And Eating Tour Of Sunsport Food Forest John Dodge – Butterfly Garden <i>Permaculture project at Sunsport. Current projects. Healthy leaf snacking.</i>
11:00	Exploring Relationships, Setting Boundaries Bill Giers – Serenity Garden <i>Learning what YOU need to be happy in a relationship.</i>	4:30	Children's Activity: Shell Painting Tom Blackhawk Caffery & Amy Frizzell - Playground
11:00	Moving Into Mindfulness Love Byrd – Pavilion <i>An interactive discussion on how to be more aware of ourselves and the world around us.</i>	7-9:00	Movie: Before Midnight Len Summers – <i>Couple nine years in Greece, almost 2 decades since their first meeting on a train bound for Vienna.</i>
11:00	Volleyball Basics Mike Schroeder – Volleyball Court <i>Learn the basics of the game or refine your skills.</i>	7-8:00	Naturist CaBAREt Leonard Lehrman & Helene Williams – Pavilion <i>Performance by Naturist Society Opera/Musical Theatre SIG.</i>
12:00	Jason And The Argonauts- Movie For All Ages Part I Len Summers – Pavilion <i>Legendary Greek hero leads a team of intrepid adventurers in a perilous quest for the Golden Fleece.</i>		
1:30	The Climate Is Not The Problem Geoffrey Farmer – Clubhouse Lawn <i>We will redesign the global food system by 2040. You can help.</i>		

7:00	Children's Activity: Campfire With Snacks - Tom Blackhawk Caffrey & Amanda Henderson - Campfire Area	11:00	A Crazy Little Thing Called Love Love Byrd – Pavilion <i>An interactive discussion on love. What it is, what it isn't, and how to get more of it.</i>
7:30	Shabat Susan Rothberg – Restaurant Deck <i>Welcome to the Jewish Sabbath. All beliefs welcome.</i>	11:00	Volleyball Basics Mike Schroeder – Volleyball Court <i>Learn the basics of the game or refine your skills.</i>
8-10:00	All-Comedy Musical Show Armand & Angelina – Pavilion <i>Prepare to laugh your pants off. Opps , they're already off.</i>	11:00	Children's Activity: Poetry For Kids Bruce Frendahl – Serenity Garden <i>Discover the poet inside you! Adults welcome.</i>
9-12:00	Campfire Drum Circle With Dancing John Dodge – Campfire Area	12-1:30	Skin Cancer Screening Fadwah Haladay – Serenity Garden
10:00	Karaoke Kim Trampus – Pavilion	12:00	Jason And the Argonauts - Movie For All Ages Part 2 Len Summers – Pavilion <i>Legendary Greek hero leads a team of intrepid adventurers in a perilous quest for the Golden Fleece.</i>
SATURDAY 2/18			
8:00	Light To Moderate Exercise Doug O'Connell – Orchid Lawn <i>Stretching and various exercises.</i>	1:30	GENERAL ASSEMBLY & GROUP PHOTO - Pool Area
9:00	Improve Your Balance With Mindful Walking Norma Mitchell – Orchid Lawn <i>Using Tai Chi techniques.</i>	3-4:30	Free Computer Support Bradley Frizzell – Lounge <i>Bring your laptop, smart phone, or tablet with any questions.</i>
9:00	The Healing Power Of Nature 3 David Heilig – Butterfly Garden <i>Walk on the wild side to experience nature; how to incorporate nature into your wellness program.</i>	3-4:30	The 9 Components Of A Healthy Lifestyle John Dodge – Clubhouse Lawn <i>How to maintain optimal functioning as we age. Why some foods are dangerous. Why sunlight exposure is so important.</i>
9:00	Choosing A Successful Relationship Bill Giers – Serenity Garden <i>How to decide if you should keep dating someone in three dates or less.</i>	3-4:30	Trance-Formational Rhythms Theresa Frazier & Cliff Kohlmeyer – Serenity Garden <i>Drumming meditation rhythms that promote healing and change.</i>
9:00	Ending Suffering - A Theravedic Buddhist Perspective George Wheeler – Gazebo <i>Based on Buddha's enlightenment and life long teachings.</i>	3-4:30	Naturist Photography & Modeling David Lewis – Meet at Butterfly Garden <i>For photographers and attendees: a chance to pose for pictures in the scenic areas.</i>
9:00	Making Lasagna For All Ages Maria & Jon Hart – Restaurant Deck <i>Hands on culinary is very educational, tasty, and fun.</i>	3-4:30	Bikram Yoga Joesph Viscomi – Orchid Lawn <i>Yoga that reaches every area of your body in a healing way. Feel restored, rejuvenated, vibrant, and full of energy.</i>
10:00	Water Aerobics Barbara Sutton – Pool <i>Stretching, cardiac strengthening, and deep breathing.</i>	3-4:00	Chakra Balancing & Crystals 3 David Heilig – Gazebo <i>Energize stones and crystals that enhance spiritual growth, consciousness expansion, and self-healing through chakra balancing. Experiential.</i>
10:00	Breathe With Me Jodi Neering – Butterfly Garden <i>Treat yourself to a healing experience by exploring the transformative power of the breath.</i>	3-3:45	Children's Activity: Pool Time Fun & Ice Cream Social Tom Blackhawk Caffrey & Amy Frizzell - Pool
10:00	Mat Pilates Morris Gelman – Orchid Lawn <i>Core exercises.</i>	3:45-4:30	Children's Activity: Challenges J. Dela Cruz – Playground <i>Fun activities.</i>
10:00	Update On Naturism In Florida Ralph Collinson – Clubhouse Lawn <i>Update on what has been happening on the nudist front in Florida over the last year, regarding efforts to secure additional public lands for clothing free recreation.</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>
10:00	Movies Naturists Can Watch With Their Children Or Grandchildren, For All Ages Paul LeValley – Lounge <i>Illustrated summary of Bulletin movie review columns.</i>	4:30	Stop Being A L.O.S.E.R And G.R.O.W. Wellness Naturally - Pepper & Steve Wooten – <i>Health & wellness practices that relieve stress, promote wellness, and calm your human doing's chaos.</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>	4:30	Essential Health Screening For Women Fadawah Halaby – Butterfly Garden <i>Uncovering the mysteries of cervical cancer and breast cancer screening.</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>	4:30	Male Wellness & Longevity 3 David Heilig – Serenity Garden <i>Learn about the inner male body to enhance your health, vitality, and performance.</i>
11:00	The Naturist Society Foundation - Susan Shopiro, Norma Mitchell, & Albert Pantaleon - Clubhouse Lawn <i>Introduction, projects, the future.</i>	4:30	Naturism & The Internet Albert Pantaleon – Clubhouse Lawn <i>How to use the internet to promote naturism and body acceptance.</i>

4:30	Children's Activity: Rock Painting Tom Blackhawk Caffrey & Amy Frizzell – Playground	11:00	New Safe Social Media For Real Naturists Claudia Kellersch – Clubhouse Lawn <i>How, where. Example: MeWe, Naturist Hub.</i>
7-8:30	Movie: Hexan: Age Of Witchcraft Len Summers – Pavilion <i>The evolution of witchcraft, from its pagan roots to its confusion with hysteria in Eastern Europe.</i>	11:00	Volleyball Basics Mike Schroeder – Volleyball Court <i>Learn the basics of the game or refine your skills.</i>
7:00	New Book: Naturist Writings Paul LeValley – Pavilion <i>Slide show of nude art and photos.</i>	11:00	Karoke For All Ages Kim Trampus – Pavilion
7:00	Children's Activity: Campfire with Snacks Tom Blackhawk Caffrey – Campfire Area	1:30	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>
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>	1:30	Current Medical Marijuana Issues Tom Blackhawk Caffrey – Clubhouse Lawn <i>Legal issues, responsible use, how it helps, and qualifying for obtaining a card.</i>
8:30-10:30	Movie: Quest For Fire Len Summers – Lounge <i>The story takes place in prehistoric times as three tribesmen search for a new fire source.</i>	1:30	Earth Spirit Celebration Love Byrd – Serenity Garden <i>A reflective discussion about our interconnection to the world around us.</i>
9-12:00	Campfire Drum Circle With Dancing Cliff Kohlmeyer - Campfire Area	1:30	Stop Being A L.O.S.E.R. And G.R.O.W. Wellness Naturally - Pepper & Steve Wooten – <i>Health & wellness practices that relieve stress, promote wellness, and calm your human doing's chaos.</i>
10:00	Portugal & Spain – A Photo Journey David Lewis – Pavilion <i>Historic and beautiful places of central Portugal, southern Spain, and Madrid.</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>
SUNDAY 2/19			
8:00	Light To Moderate Exercise Doug O'Connell – Orchid Lawn <i>Stretching and various exercises.</i>	2:30	Florida Naturists Groups And Resorts Ralph Collinson – Clubhouse Lawn <i>Sharing information and developing strategies.</i>
9:00	Improve Your Balance With Mindful Walking Norma Mitchell –Orchid Lawn <i>Using Tai Chi techniques.</i>	2:30	Chakra Balancing & Crystals 4 David Heilig – Gazebo <i>Energize stones and crystals that enhance spiritual growth, consciousness expansion, and self-healing through chakra balancing. Experiential.</i>
9:00	Open Worship Service Bruce Frendahl – Serenity Garden <i>The marriage of religion and naturism.</i>	2:30	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>
9:00	The Healing Power Of Nature 4 David Heilig - Butterfly Garden <i>Walk on the wild side to experience nature; how to incorporate nature into your wellness program.</i>	2:30	Visual Tarot Bob Decker – Restaurant Deck <i>How to read cards as a visual alphabet without any memorized meanings.</i>
9:00	Cards Against Humanity Susan Rothberg – Restaurant Deck <i>Card game for twisted minds.</i>	2:30	Naturism & The Permaculture Community Geoffrey Farmer – Orchid Lawn <i>Learn to live as a beneficial part of your ecosystem.</i>
9:00	Create Your Dream Life, For All Ages Amy Frizzell – Clubhouse Lawn <i>Short fun exercises to help you design, plan, and live your ideal life at any age.</i>	2:30	Children's Activity: Pool Time Fun & Ice Cream Social Tom Blackhawk Caffrey & Bradley Frizzell – Pool
10-12:00	Indigenous 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>	3:30-5:30	Bikram Yoga Joseph Viscomi – Orchid Lawn <i>Yoga that reaches every area of your body in a healing way. Feel restored, rejuvenated, vibrant, and full of energy.</i>
10:00	Nature Walk Ralph Collinson – Butterfly Garden <i>Walk throught the trails of Sunsport Gardens to see how nature and naturism compliment and support each other.</i>	3:30	Pudding Toss For All Ages Morley Schloss – Orchard <i>Messy, gooey, free for all.</i>
10:00	Water Aerobics Barbara Sutton – Pool <i>Stretching, cardiac strengthening, and deep breathing.</i>	3:30	Professors & Researchers SIG (National Zoom) Paul LeValley – Lounge <i>Current and prospective SIG members meet. Find out what this SIG is doing.</i>
10:00	Mat Pilates Morris Gelman – Orchid Lawn <i>Core exercises.</i>	3:30	Palmistry Blue Evans – Butterfly Garden <i>The lines in your hands are as unique as your DNA.</i>
10:00	Children's Activity: Balloon Twisting Characters J. Dela Cruz – Playground	4:30	Financial Crimes Awareness Colin Chardaroyne – Lounge <i>Protect yourself from becoming a victim. Importance of backing things up, solutions for being safe.</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>		

4:30	Breathe With Me Jodi Neering – Butterfly Garden <i>Treat yourself to a healing experience by exploring the transformative power of the breath.</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>
4:30	Male Wellness & Longevity 4 David Heilig – Serenity Garden <i>Learn about the inner male body to enhance your health, vitality, and performance.</i>	11:00	Making Decisions Easily Bill Giers – Serenity Garden <i>Using your subconscious connection to your body to make decisions.</i>
4:30	Unconditional Love In Your Relations Bill Giers – Clubhouse Lawn <i>Defining and creating unconditional love.</i>	11:00	Body Modifications: Who, When, Where Claudia Kellersch – Butterfly Garden <i>We are naturists, yet we want to stand out.</i>
4:30	Children’s Activity: Make Bead Bracelets J. Dela Cruz - Playground	11:00	NAC/NEF Area Representatives Susan Rothberg – Clubhouse Lawn <i>NAC and NEF Area Representatives are our future.</i>
7-10:00	Beatle Time Faerie Elaine Silver – Pavilion <i>Music and stories.</i>	11:00	Volleyball Basics Mike Schroeder – Volleyball Court <i>Learn the basics of the game or refine your skills.</i>
7-9:00	Movie: Hail Satan Len Summers – Lounge <i>A look at the quick rise and influence of the controversial group Satanic Temple.</i>	11:00	Children’s Activity: Water Slide Tom Blackhawk Caffrey & Bradley Frizzell – Playground
7:00	Children’s Activity: Campfire With Snacks Tom Blackhawk Caffrey – Campfire Area	12:00	DEADLINE FOR ORDERING BOX LUNCHES FOR BEACH TRIPS – Hospitality Tent
9-12:00	Campfire Drum Circle With Dancing John Dodge – Campfire Area	1:30-3:30	Soul Gazing Karl Harris – Serenity Garden <i>Partner up and maintain eye contact, paired with intimate questions to create a quality connection in a short time.</i>
9-12:00	Movie: 4 Months, 3 Weeks, 2 Days Len Summers – Lounge <i>Romania, 1987. The brutal Ceausecuc communist regime. Contraception is illegal and abortion is punishable by death.</i>	1:30	Native Flute And Chanting Meditation Armand & Angelina – Pavilion <i>Relax with flute, harp, and shanti bells for healing energy.</i>
MONDAY 2/20		1:30	Stop Being A L.O.S.E.R. And G.R.O.W. Wellness Naturally - Pepper & Steve Wooten – Orchid Lawn <i>Health & wellness practices that relieve stress, promote wellness, and calm your human doing’s chaos.</i>
8:00	Light To Moderate Exercise Doug O’Connell – Orchid Lawn <i>Stretching and various exercises.</i>	1:30	Reducing Carbs To Live Better John Dodge – Clubhouse Lawn <i>Carb metabolism can contribute to improving health and vitality and lead to reducing degenerate disease.</i>
9:00	The Healing Power Of Nature 5 David Heilig – Butterfly Garden <i>Walk on the wild side to experience nature; how to incorporate nature into your wellness program.</i>	1:30	Financial Literacy & Growth J. Dela Cruz – Butterfly Garden <i>A rundown of your current financial state will prepare you for creating a plan to put you on a path to financial certainty.</i>
9:00	Using Your Subconscious for Success Bill Giers – Serenity Garden <i>Basics of hypnosis for a healthy, focused, and successful life.</i>	1:30	Children’s Activity: Canuding & Kayaking Blair Brumley & Tom Blackhawk Caffrey – Campfire Area
9:00	Naturist Communal Bruce Friendahl - Clubhouse Lawn <i>Discuss serious issues, ask hard questions, find honest answers.</i>	2:30	Chakra Balancing & Crystals 5 David Heilig - Gazebo <i>Energize stones and crystals that enhance spiritual growth, conciousness expansion, and self-healing through chakra balancing. Experiential.</i>
9:00	Baby Sign Language Cynthia Velazquez – Orchid Lawn <i>Spoken language is processed mainly by the left cerebral hemisphere, When ASL is used, structures in both the left and right hemispheres are activated, a catalyst for the baby’s learnings.</i>	2:30	Hiking Our National Parks Jessica Bergen & James Ciuffetelli – Butterfly Garden <i>Tips & tricks for full-time or wannabe full-time RVer’s looking to hit the road on a budget.</i>
9:00	Children’s Activity: Catch & Release Fishing Hank Key & Tom Blackhawk Caffrey - Dock	2:30	Make Anyone Feel Appreciated Bill Giers – Clubhouse Lawn <i>Simple methods to show you appreciate someone and have them feel appreciated.</i>
10:00	Mat Pilates Morris Gelman – Orchid Lawn <i>Core exercises.</i>	2:30	Children’s Activity: Pool Time Fun & Ice Cream Social Tom Blackhawk Caffrey & J. Dela Cruz - Pool
10:00	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>	3:30-5:30	Bikram Yoga Joseph Viscomi – Orchid Lawn <i>Yoga that reaches every area of your body in a healing way. Feel restored, rejuvenated, vibrant, and full of energy.</i>
10:00	Fun With Digital Photography: Infared , Panoramas, And HDR David Lewis – Lounge <i>Creative techniques and special effects.</i>	3:30	Nude Beach America Bruce Friendahl – Clubhouse Lawn <i>Learn about a plan for a future from which all will benefit.</i>
10:00	How To Quit The Rat Race Geoffrey Farmer – Clubhouse Lawn <i>Build eight forms of capital to unlock your personal freedom.</i>		
10:00	Children’s Activity: Make Sock Puppets To Perform J. Dela Cruz & Tom Blackhawk Caffrey – Playground		

3:30 **Toxic Textiles**
Blair Brumley & Claudia Kellersch - Gazebo
The clothing supply chain has a history of slavery and a present of hazardous chemicals and worker exploitation. Can it have a green, sustainable future?

3:30 **Naturism & Natural Childbirth**
Rosalia Cannava & Katie Ospina – Butterfly Garden
Two Sunsport mamas who home birthed on the property in 2022. Rosalia is a midwife and Katie is a student midwife.

3:30 **Children’s Activity: Body Painting**
Tom Blackhawk Caffrey & Amy Frizzell - Playground

4:30 **We’re Not Really Strangers**
Karl Harris – Pavilion
Play and connect with strangers, friends, or partners through a thought provoking and unique card game.

4:30 **Male Wellness & Longevity 5**
David Heilig – Serenity Garden
Learn about the inner male body to enhance your health, vitality, and performance

4:30 **Barefooting / Earth Grounding**
Bruce Frendahl – Clubhouse Lawn
Explore the pleasure and benefits of a life without “foot prisons”, and the parallels to naturism.

4:30 **Hot Springs In The USA**
George Wheeler – Butterfly Garden
Where to find free hot springs.

4:30 **Children’s Activity: Parade**
Tom Blackhawk Caffrey & Amy Frizzell - Playground

7-9:00 **Variety Show For All Ages**
Bob Decker, MC - Pavilion
Your chance to shine.

7-9:00 **Movie: The Broken Circle Breakdown**
Len Summers – Lounge
Elise and Didier fall in love at first sight, despite their differences. He talks; she listens. He is romantic atheist; she is a religious realist. When their daughter becomes seriously ill, their love is put on trial.

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

9:00 **A Restrospective Look At Midwinter Naturist Festivals 2014-2023**
David Lewis – Pavilion
Slideshow.

TUESDAY 2/21

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

10:00 **Haulover Beach Trip**
Orchid Lawn