

BONUS SEMINARS Venue – Founders Church

SATURDAY

11:00am - WHO AM I?

Connecting to universal love and wisdom through conscious connected breath and visualization. - Kalar Holland

12:00pm - EXPLORE YOUR "SELF" WORKSHOP with Sannyasin Atmabhava

Simple yoga & relaxation practices to calm the mind, create positivity & inner strength.

1:00pm - Getting results with Bach Flower Essences

How to work consistently to gain positive long-term benefits with the Bach Flower Essences. - Jeremy Smith

2:00pm - Raw Diet Advantages

Not just 'Salad' anymore, discover the products that make nutrient-dense plant-based foods convenient, healthful and satisfying. - Soraya & Zack

3:00pm - MIND MANAGEMENT MEDITATION with Swami Karma Karuna

A practice to quiet the mind, handle stress and be relaxed in front of life's many challenges.

4:00 - 6:00pm - Heart-Soul-Meditation 2hr.

significantly lowering stress-levels on body and mind, the Brain waves reach theta state which cause deep relaxation and a feeling of bliss

SUNDAY

11:00am - Healing Trust (NFSH)

This world renowned charity offers professional training and support and is recognised as a holistic complementary therapy. Discover why train and get paid for Healing.

12:00pm - BREATH WORKSHOP with Swami Karma Karuna

Your breath reflects the quality of your life. Fast breath = stress. Slow breath = relaxation. Learn to breathe for balance.

2:00pm - Art of Living

Experience the combination of movement, breath and meditation as taught by the Art of Living Foundation

3:00pm - MANTRA MEDITATION with Sannyasin Atmabhava

A sound meditation to transform the energy field of the body, mind and psyche.

CHILDREN (Childrens Marquee, Tent in area opposite food cord)

11am & 2pm SAT & SUN - YOGA FOR KIDZ BY KIDZ with 13 yr old Sundari

Stretches, Breathing and creativity to create health and have fun!

12pm SAT - Dance into an Inner Light - A Journey into your Inner Source of Power

Fantasy journey for children to strengthen the "oneness-consciousness" and connection to everything alive. Birgit Baader

MUSIC

SATURDAY

- 10 .15am Opening - Gong Ceremony
- 11:00am Nia movement display
- 11.30 am Chrissie Small, Nelson born singer songwriter. Not to be missed.
- 12.00pm Sika and Caitlin – Earth Spirit Music
- 1.00pm Eamonn Cann classic lounge and jazz hits of the 50, and 60s
- 2.15pm Claredan from the UK, outstanding acoustic originals.
- 3.15pm Zenda middle eastern dance display
- 4.00 pm Impro theatre.
- 4.15pm TBA

SUNDAY

- 10 .00am Opening announcements, CD's
- 10 30 am Tai Chi demo
- 11.00 am Nelson's own TAIKO DRUMMERS
- 11.30 am Richard Fry outstanding harmonica player and guitarist
- 12 15 pm Kane Hogan singer songwriter
- 1.15 pm Sika and Caitlin – Earth Spirit Music
- 2.25 pm Eamonn Cann highly talented vocalist, Sinatra story, a tribute to this legend
- 3.40 pm Sara and Doug, talented acoustic covers duo

Movie 3pm Sat & Sun

New Earth Destiny Film by Visionary Facilitator Mikael King An exciting Sneak Preview Film-cut of what's happening in Russia with the Anastasia-Ringing Cedar Book Series phenomenon through the eyes & heart of Visionary Facilitator Mikael King of DivineJoy.org. Featuring a synchronistic meeting with Vladimir Megre (author of the 9 Book Ringing Cedar Series), to a vision quest trek to the heart of the Siberian Taiga, harvesting wild forest mushrooms with the Founder of Anastasia Eco-village Rednoye, to Tibetan sound healing inside ancient Neolithic Lemurian Pyramid Dolmens in the Caucasus Mountains, culminating the epic Russian journey with a dynamic week with the Indigo Children's Lyceum School near the Black Sea. \$10 entry 67mins Followed by Q&A

(In car club rooms opposite Jaycee rooms)

PROGRAMME



MARCH 6th & 7th 2010

Sat & Sun 10am - 6pm | Founders Park | Nelson



www.festivalofopportunities.co.nz

Rediscover The Joy Of Life

Time Table of Free Workshops and Seminars at the Festival of Opportunities

Saturday				Sunday		
	SATURDAY Workshops	SATURDAY Seminars A	SATURDAY Seminars B	SUNDAY Workshops	SUNDAY Seminars A	SUNDAY Seminars B
10.15 am	Making New Sense of Menstrual Cycles and Menopause Go far beyond the medical model to discover the spiritual and developmental purpose of women's cycles and seasons – knowledge that transforms your life. - Jane Severn, Luna House	The Head the Heart and the Hands How can children find their place in the world, achieve inner confidence and fully realise their individual gifts? The aims of Steiner / Waldorf education	Your journey – an explanation Geoff will offer his version of your soul's journey. Through life from various view points. Revealing insights to assist your path from the Body Talk system. - Geoff Love	Working with a Plant Ally & Making Your Own Herbal Vinegar Learning more about ourselves through the active use of plants/trees. Make your own nourishing Herbal vinegar. Amy McComb	The Future is Bright Events foretold in the past are now unfolding quickly. Find out how you can help yourself and the planet in these unsettled times	13 Moon Mayan Calendar Magic Tool. How to use it. An opportunity to see how empowering the calendar can be for all to use every day. Especially in relationships with our purpose - Christine and Sam Carter
11.15 am	Dynamic Body Use – helping take the strain out of Life. Simple effective ways to help you protect and prolong your body. Primarily for massage and body practitioners, the techniques can be readily adapted for use at home, office, work or at play. - Linda and Peter Woodgate	Reading Between the Lines An entertaining exploration of language patterns that usually go unnoticed. Making communication work for you. (Neuro-Linguistic Programming) - Alistair Perry	MEG SIMPSON demonstrates her gift as a medium, and connects you with your loved ones in the special loving way only Meg can do." UK/NZ	Holistic Pulsing A BodyMind therapy that involves gentle rocking and stretching movements. This can be beneficial physically and emotionally. Come and experience . Have a go! - Lynda Mabin	Spirituality and Sexuality Living your sexuality with awareness, leading far beyond the physical experience, can be a powerful tool for your Awakening into the Soul... Chris-Tian Ra	MEG SIMPSON demonstrates her gift as a medium, and connects you with your loved ones in the special loving way only Meg can do." UK/NZ
12.15 pm	Explore Your "SELF" Workshop Simple yoga & relaxation practices to calm the mind, create positivity & inner strength. - Sannyasin Atmabhava	Feng Shui A study of the environment and the art of harmonizing the forces of nature known as chi to promote Health, Harmony and Prosperity. - Liz Emmett	Pranic Consciousness Love is all there Is Victor & Alice Sharing the pranic experience - no food/water for 4 years. There is nothing To Do.	BREATH WORKSHOP with Swami Karma Karuna Your breath reflects the quality of your life. Fast breath = stress. Slow breath = relaxation. Learn to breathe for balance	Live your own Best Life How numerology can help you with your purpose in this life. How to make the best use of your time and energy. Success guaranteed. - Nanny Van den Oever. Christchurch	2012: WINDOW FOR REAL CHANGE Dr Nicky Hamid speaks of the amazing opportunity to realise deep and lasting happiness through the alignment of self with one's angelic truth. Remind and key you into the truth of who you are right now
1.15 pm	The Joy of Movement with NIA An introduction to movement following "the bodies way". A fusion of dance, martial and healing arts. Suitable for all fitness levels. Bex deva	The True Nature of Healing What are the necessary 'ingredients' for true Healing to take place? Find out from 25 years of experience as a Healer... Chris-Tian RA	"It's Your Life, Your Future" What's in a Name, maybe more than you think..Your name and birthdate (your life), reveal who you are and your future. PETER VAUGHAN demonstrates his unique and exciting insight to Personal Profiling and Numerology	Express your Soul Voice. Experience the joy and freedom of connecting your heart to your voice and Spirit. This session is an interactive introduction to the Soul Voice method. - Linda duff	Talk by Mikael King A Tibetan Shamangelic Sound Healer & Visionary Facilitator of the "13 Code Self-Mastery Blueprint" Intensive Trainings. His personal global ministry is www.DivineJoy.org	"It's Your Life, Your Future" What's in a Name, maybe more than you think...Your name and birthdate (your life), reveals who you are and your future - without question! " PETER VAUGHAN- demonstrates his unique and exciting insight to Personal Profiling and Numerology
2.15 pm	Programme Busters Programs associated with relationships, Self-esteem & emotional conflict influence who you attract into your life & control your ability to manifest wealth & abundance. - Saren Sana	Homeopathy in the 21st Century A gentle and effective approach to Health. Information, discussion and understanding of the use of homeopathy for adults, children and animals. - Linda Peat	Life cannot be solved, it has to be lived! Combining Spiritual and therapeutical knowledge to create a joyful and abundant life. - Michiel Broeren	Gong Bath Sound Healing Journey/Concert With Barbara Grant and Maureen McKain. Both have trained with Don Conreux. New York. Maureen is a Gong Yoga Teacher Barabara is a singer, voice coach and sound healer.	UPGRADING your DNA at this TIME OF CHANGE recognise the symptoms and find ways to make this transition smoother, releasing Ancestral memories and patterning which hamper our progress. Speed the process and make it more comfortable for us all as brothers and sisters in the family of humanity. - Leticia Parmer. UK	Speaking with Ashantra Trance Channel Gill Colston channelling Ashantra. Ashantra area group of MasterEnergies who come with theintention of Teaching and Healing. They work with the vibration of Compassion and Humour. Come with a question or just to sit in the energy.
3.15 pm	Singing Mantra's Singing Sanskrit chants and mantras to bring happiness and spiritual awareness. An ancient & increasingly widespread practice, lead by Caitlin International musician singing mantra's 25 years - Caitlin	Karma, Reincarnation & the Violet Flame How to erase Negative Karma through Violet Flame Mantras to A Master. Angles, Elohim via I AM Presence. Includes Twin Flames & Chakras. - John Eastwood. Australia	Awaken to Your DIVINITY The Time is Now The Divine Feminine is rising Learn to Live Boldly and Purposely Which creates living Prosperously - Jennifer Johnston	'Didjeridoo'- by Sika An experiential workshop & journey with renowned Didjeridoo performer & recording artist SIKA.	Visualisation and Shamanic techniques for children - useful tools to balance symptoms such as ADHD, autism, dyslexia, sleeplessness, and other behavioural peculiarities. Birgit Baader, www.birgitbaader.com	QCT- Quantum Consciousness Transformation For the 1 st time in N.Z. Based on Drs Kinslow & Barlett . Find out how it works and experience the 2 points method first-hand with Andrew Blake
4.15 pm	Activate your gift of Healing with "Spirit Heal Therapy" This is an experiential healing for all participants. Learn how to work with clear energy and intent. Using breath to flow spirit. - Christine and Sam Carter	Total Connection To show people the total connection between each other spiritually. No matter colour or creed. Come be united once more! Isabel WhiteEagle. Scotland	The wonderful gift of Intuition Opening to the potential you possess within your own intuition. How to use it, and how to gain powerful insights from an ability you already have? How it can provide the answers to your healing. Tony Boyce	Bliss out concert Time to lay down and have a mystical experience where sounds and voices envelope you. Entry \$5. Franceska Francina, specialized in Tibetan bowls	Manifestation and Intuition Each of us can transform our lives and create a heavenly earth. Discover 5 basic steps to manifesting and how to develop our intuition. - Coletta de Tombe	Awakening to Oneness. All over the world people are attaining higher states of consciousness after receiving the oneness blessing hear about and experience this phenomenon - Sue Mckellar
5.15 pm	Laughter Yoga Enjoy a taste of clapping,stretching, childlike fun, all ending with a laughter meditation leaving you energised and relaxed. - Pujari, Linda, Marian	Fashion & well-being Chch fashion stylist & inspirational radio host, takes us on a light-hearted romp thru the metaphysical benefits of playing "Big-Girl" Dress-Ups! - Jackie Farina	EMBRACING YOUR SHADOW In this entertaining, interactive workshop we discover and invite our hidden shadows. No longer chasing us for attention, they can be embraced with love. - Leticia Parmer UK	Indian Head Massage A lively hands-on workshop where you will learn some techniques from a full Indian Head massage treatment, which can be used on family and friends. Linda and Peter Woodgate	Sustainable Environmentalism: The power of focus. Positive thinking techniques and tools to help you move effectively and happily towards your green goals. Charlotte Squire	Introduction to Improvised Theatre Unleash your imagination and learn some fun and basic ways to create theatre spontaneously. www.bodyinspace.co.nz