

Sunday Programme

	Workshops - Jaycee Room	Talks - Lecture Tent	Talks/Workshops - Marquee
10am	A Taste Of Yoga Harmonize mind, body and emotions with Yoga postures, correct breathing and relaxation. - Maureen McKain	The Enneagram - Ego /Character Fixation Can we really grow up, wake up and evolve without looking at repetitive patterns which keep us in suffering. 9 fixations that stop us living in our essence. - Paru Clarke	The Oneness Process Imagine a neuro-biological process that leads to fully conscious Human Beings. Come and experience the energy phenomenon that's sweeping the world. - Sue McKellar
11am	Taoist Ways to Transform Stress into Vitality Transform emotions and find inner peace with the Secret of the Inner Smile. WIN tickets to Mantak Chia by attending this seminar! www.taoworkshops.co.nz - Kim Knight	Cunning Linguistics – Influential Language An entertaining review of patterns found within language used by leaders, healers and effective communicators. Become more aware of the unconscious messages you give and receive. – Alistair Perry (Neuro-Linguistic Programming)	Alchemy of the Goddess – Magical potions for a Golden Age Ignite the divinity within with Aurora Alchemy's sacred blends for transformation, balance and bliss. Aurora Alchemy creator - Yvette Sitten Akld
12pm	Women, Tantra and Spirituality Explore the Tantric concepts of expansion and liberation through yoga practices for the modern woman. Access the creative inner force and reclaim your sacred feminine. – Swami Karma Karuna	Who ARE You? Published Author, Lara A.Shah shares about her near death experience and how to claim the ability to manifest what you want in life, simply by connecting to who you truly are. - Lara A.Shah, Bali	Right body for YOU RBFY is a set of practical tools & processes that empower you to create your life and your body the way you would like it to be. ACCESS – Anni Nash
1pm	Free-Flowing Dance A gently guided session encouraging authentic expression... Donna Corry inspires heart-centered movement with her infectious love of dance and uplifting world music... Come along and let yourself flow!	Sue Nicholson Sensing Murder The world of Angels, guides and passed love ones and how they can assist us with our time on earth. Some readings will be done plus time for questions.	Shedding New Light on Menstrual Cycles, Menopause and Mature Life A new understanding of women's lifestyles: beyond medical models lies forgotten spiritual and developmental knowledge that restores meaning and sacredness to our seasons and changes. – Jane Severn, Luna House
2pm	Healing with the Lemurian Approach Gill will talk about some methods used in the Lemurian Temples of Healing and will demonstrate the use of vibration, colour and tone. The audience will participate.	The Secret Land Project part2 A Journey through the Sacred Sites and Ancient Mysteries of NZ with adventurer, writer Gary Cook. Hidden history of NZ revealing knowledge that is not widely known, or accepted by most modern scholars	Womb To Tomb Exploring the needs of the first 3 months of the newborn and the needs of the dying as death approaches. Short reflective meditations are part of this workshop. - Pujari
3pm	Blissout Concert Come, lie down and be spoiled! Let magic work on you – Franceska Francina's Tibetan bowls, Chimes, Drums and Voice. Entry \$5.	DreamtimeSleeping A message from the heart to the divine feminine and masculine within each of us to remember who we are and awaken - there is work to do - jenesse james	Plant Wisdom Intro to Native trees and Wild Plants of Aotearoa. Discover some of the physical, emotional influences, and healings of the plants around us. Open to their teachings. – Amy McComb
4pm	The Sacred Body Geometry & Alchemy of HULA Embody the Healing Sacred Geometry & Alchemy of love with Hula, The Dance of the heart and sacred union of the Divine Feminine and Masculine - Entry \$10	Contact C.A.R.E Learn effective methods of correcting impact injuries and movement imbalances. Understanding survival tactics used by everything to protect itself – Dale Speedy	Chi Nei Tsang Healing through the internal organs. Learn how the internal organs are connected to our emotions and how to heal them – Elayne Lane
5pm	Gong Meditation Grand Gong Masters get close up and personal with the gong. Come and experience the gongs meditative sound bath. - \$10 entry	Best life through Numerology Expert Numerologist will guide you to live your own Best Life this year Guaranteed. - Nanny Van den Oever	One Truth About Healing Healing and Health in Your Home Environment Marianne, a local therapist, will share her extensive knowledge about how to create a healing environment in your personal space. Stay healthy in todays busy life.

PROGRAMME



Festival of
Opportunities
 For Body Mind & Spirit

FEBRUARY 21st & 22ed 2009

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

www.FestivalOfOpportunities.co.nz