

# inSpirit

Celebrating Spirituality in the Arts

explore the source of our artistic inspiration!

FRIDAY . SATURDAY . SUNDAY  
**OCTOBER 23 - 24 - 25, 2015**

**SHATFORD CENTRE**  
**760 MAIN STREET, PENTICTON**

**KEYNOTE SPEAKERS:**  
 • ANN MORTIFEE  
 • SWAMI JYOTIHANANDA

ART WORKSHOPS  
 DIALOGUE  
 QIGONG . YOGA . CONTEMPLATIVE PRACTICES  
 ENTERTAINMENT . ART EXHIBITION  
 GOOD FOOD . COMMUNITY

cost for the weekend including all meals  
 please inquire about partial attendance  
*\*financial assistance is available*

**\$175**

## Friday October 23 Pre-festival Workshop

9:00 am - 4:00 pm

**Celebration of Living & Possibility**  
 with **Ann Mortifee and Sherrill Miller**

Change is inevitable. Every day we have the opportunity to make new choices. Whether our story is of bereavement and loss or transitioning into new territories, Ann and Sherrill will provide strategies to see new possibilities to reinvent and re-enchant our lives. *Come in comfortable clothing, bring your journal and spend the day with these insightful individuals*

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**6:00 PM Friday, October 23**

## Opening Ceremonies and Welcome Reception

- Art Exhibition
- Wine and hors d'oeuvres
- Welcome and Blessing: Richard Armstrong
- Keynote Address: Ann Mortifee

## Saturday, October 24

7:00 Qi Gong  
 8:00 Breakfast  
 9:00 -12:15 Workshops  
 12:15 Lunch  
 1:30 - 4:45 Workshops

Note: See list below for workshops and facilitators  
 Workshops are either 1½, 3, or 6 hours long

6:30 Global Fusion Buffet + Entertainment  
 Keynote Speaker: Swami Jyotihananda

### WORKSHOPS

Contemporary Icon Painting  
 Fibre Art  
 Contemplative Photography  
 Accessing the Wisdom Within  
 Design Your Own Mandala  
 Calligraphy  
 Qigong  
 Within (Percussive) Motion  
 Hidden Language Hatha Yoga  
 Dances of Universal Peace  
 Sacred Dance  
 Realities of the Dreaming Mind

### FACILITATORS

Bill Hibberd  
 Brandi Maslowski  
 Brian Harris  
 Cindi Tomochko  
 Elizabeth Macleod  
 Kalsang Dawa  
 Liz Marshall  
 Harold Naka  
 Mike Treadway  
 Paula Ford  
 Rebecca Dale  
 Ruth Campbell

## Sunday, October 25

8:00 Breakfast  
 9:00 Singing Bowls  
 9:45 Brian Harris / Slide Presentation  
 10:45 Introduction to various contemplative practices
 

- Zen - Tom Ashton
- Yasodhara Satsang - Elizabeth Macleod
- Yasodhara Yoga - Ruth Campbell
- Dru Yoga - Cindi Tomochko
- Vipassana Meditation – Debora Ritchie
- Contemplative Christian Practice - Keri Wehlander
- Heart-Focused Centering - Prema Harris

 12:00 Celebrating Spirituality Lunch  
 1:30 Kandinsky Dialogue led by
 

- Keri Wehlander
- David Seven Deers
- Alexandra Goodall
- Swami Jyotihananda

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is presented by the Okanagan School of the Arts  
 in connection with the Yasodhara Ashram



