

What does a temple located at the **Yasodhara Ashram** in the Kootenays have to do with the **inSpirit Festival** in Penticton?

At this Ashram, there was a temple. Built on the vision of Ashram founder, Swami Sivananda Radha, this Temple of Light serves as a symbol of hope, peace and unity. For 22 years it was the sacred meeting place for the community and a beacon of Light for spiritual searchers around the world.

In June 2014 this Temple of Light was destroyed by fire.

Three yoga teachers from the Yasodhara Ashram live and teach in this area. The idea of the inSpirit festival arose from a desire to raise money for the reconstruction of the temple. The concept grew into one of offering to our community an opportunity to explore the creative experience that lies within us all. Our hope is that participants of inSpirit will discover that creativity comes from beyond mind, is available to us all and can be expressed in many different ways. This unifying experience will help us understand that beyond religion and dogma lies something that unifies us all.

The Temple of Light embodies this ideal of unity in diversity. The temple is a reminder of our individual search for Light.



The **Okanagan School of the Arts**, established in 1961, is a destination art school located in beautiful Penticton. Its mission is to assist the awakening and expression of the creative spirit.

The **Shatford Centre** is a social enterprise operated by the Okanagan School of the Arts. It is a community and conference centre dedicated to creative well-being.

Thank you to everyone who helped put this event together:

Alexandra Goodall	Liz Marshall
Ann Mortifee	Marlene McMaster
Barry Verigin	Michael 'Bearfoot' Treadway
Bob Nicholson	Parama MacLeod
Brandy Maslowski	Paula Ford
Brian Harris	Prema Harris
Cindi Tomochko	Rebecca Dale
Darryl O'Neill	Richard Armstrong
David Seven Deers	Ruth Campbell
Debora Ritchie	Sharon Wiener
Harold Naka	Siya Ghaffari
Hong Lac	Stephanos Liapis
Kalsang Dawa	Swami Jhotihananda
Keri Wehlander	Tom Ashton
Kymandalu Blackburn	W F Hibberd
Laurel Burnham	Will Schlackl

Banyen Books (Vancouver) Penticton Art Gallery

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Citizenship and Immigration Canada Citoyenneté et Immigration Canada

the inSpirit ad hoc committee:

Elizabeth MacLeod
Jane Shaak
Milton Orris
Prema Harris
Ruth Campbell

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

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

6:00 PM FRIDAY

WELCOME RECEPTION & ART OPENING



WINE AND HORS D'OEUVRES

BLESSING: RICHARD ARMSTRONG

KEYNOTE ADDRESS: ANN MORTIFEE

SATURDAY WORKSHOPS

WORKSHOP	FACILITATOR	ROOM	TIME
QI GONG FOR ALL	HAROLD NAKA	AUD	7:00 - 7:45
BREAKFAST		GALL	8:00 - 8:45
GROOVE	MICHAEL TREADWAY	106	9:00 - 10:30 SESSION 1 10:45 - 12:15 SESSION 2
HIDDEN LANGUAGE OF HATHA YOGA	PARAMA MACLEOD	108	9:00 - 10:30
CONTEMPORARY ICON PAINTING	W F HIBBERD	201	9:00 - 4:45
ART AS HEALER	CINDI TOMOCHKO	204	9:00 - 12:15
DECORATED CAPITALS (CALLIGRAPHY)	LIZ MARSHALL	209	9:00 - 12:15
PAINT YOUR OWN PERSONAL MANDALA	KALSANG DAWA	210	9:00 - 12:15 SESSION 1 1:30 - 4:45 SESSION 2
SACRED DANCE	REBECCA DALE	108	10:45 - 12:15
LUNCH		GALL	12:15 - 1:15
REALITIES OF THE DREAMING MIND	RUTH CAMPBELL KYMANDALU BLACKBURN	108	1:30 - 3:00
HEALING STITCHES	BRANDY MASLOWSKI	209	1:30 - 4:45
CONTEMPLATIVE PHOTOGRAPHY	BRIAN HARRIS	205	1:30 - 4:45
DANCES OF UNIVERSAL PEACE (SUFI DANCING)	PAULA FORD	AUD	3:15 - 4:45

**GLOBAL FUSION
DINNER and PERFORMANCE
6:30 PM SATURDAY**

KEYNOTE SPEAKER: SWAMI JYOTIHANANDA

SUNDAY SCHEDULE

8:00	BREAKFAST	GALLERIA
9:00	SINGING BOWLS	AUDITORIUM
9:45	PHOTOGRAPHIC SLIDESHOW	AUDITORIUM
10:45	CONTEMPLATIVE or INTERIOR PRACTICES	VARIOUS ROOMS
12:00	LUNCH	GALLERIA
1:30	THE KANDINSKY DIALOGUE	AUDITORIUM

EXPLORING WAYS OF 'GOING WITHIN'



Zen Meditation

Tom Ashton

Satsang

Parama MacLeod

Dru Yoga

Cindi Tomochko

Vipassana Meditation

Debora Ritchie

Contemplative Christian Practice

Keri Wehlander

Heart-Focused Centering

Prema Harris

First Nations Story-Telling

David Seven Deers

THE KANDINSKY DIALOGUE

In the spirit of W. Kandinsky's *Blaue Reiter* movement which valued art as spiritual expression, let us explore how our art-making allows us to connect to something within ourselves that is powerful and beautiful. This dialogue will be led by the following:

ALEXANDRA GOODALL

BARRY VERIGIN

DAVID SEVEN DEERS

KERI WEHLANDER

SWAMI JYOTIHANANDA

"Lend your ears to music, open your eyes to painting, and... stop thinking! Just ask yourself whether the work has enabled you to 'walk about' into a hitherto unknown world. If the answer is yes, what more do you want?"

Wassily Kandinsky