

# workshops schedule

Please check schedules posted at all workshop tents for any changes.  
Descriptions in appropriate sections.

ABORIGINAL CIRCLE
Sacred Fire Opening Ceremony 8:00 – 8:30 pm

CHILDREN'S RAINBOW STAGE
Funky Mamas 6 – 7 pm

DRUM & DANCE
Funga Drummers 4 – 6 pm Rhythm Jam 7 – 8 pm

SAT	ABORIGINAL CIRCLE	CRAFT TENT	GENERAL 1	GENERAL 2	HEALING ARTS 1	HEALING ARTS 2	CHILDREN'S WORKSHOPS	CHILDREN'S RAINBOW STAGE	ENVIRO EXPO	DRUM & DANCE	YOUTH TENT	WOMEN'S TENT	SAT
11 am	Creating Stories from Within	Summer Garland Headress	Everyday Self Defence	Guitar Maintenance and Set-up	Qi Gong	Creating & Walking Our Labyrinth (2 hrs)	Explore, Express, Create	Stubby Longfellow	MetroFarming: An Intro to Container Gardening	Njacko Backo: Salsa & Afro Drum & Dance	Latin Fusion Salsa & Afro Cuban Dance	Birth Art	11 am
12 pm	Digesting Cultural Bannock	Found Objects Friendship Bracelet	Tattooing and Body Piercing	Cob Building with Mud and Straw	Nia: Movement, Music & Magic		Funky Finger Puppets		Children's Environmental Health	Njacko Backo: Cameroon Rhythms	The Green Musician	Nia	12 pm
1 pm	Children's Tipi Craft	Wire Necklaces	Writing Body/ Writing Spirit	Hoops Dance	Coming into the Heart	Chakra Yoga Therapy	Show Me the Music	Sir Jerry	Wild Edibles	Be Smith: Dance	Poi Dancing	Dance Fusion	1 pm
2 pm	The Elements as Teachers	Herbifusion (2 hrs)	Two+Do: Partners in Performance Art	DIY Solar Heating	EFT – Emotional Freedom Technique	BodySound (2 hrs)	Bird Feeders	Padding Puppeteer	The Secret Stone Sites of Hillside – A Walking Tour	Shara Claire: Thick Skinned Drumming	Go Fly A Kite!	Response-Ability	2 pm
3 pm	Walk a Mile in My Moccasins	Chain Mail Bracelets and Armour	The Joy of Poi	Introduction to Tarot	Dream Shadows		Hoofbeats	Hoof Beats	Permaculture: Principles & Practices	Dance of the Chakras	Candle Holder Making	Moon Cycle Yoga	3 pm
4 pm	Catching Dreams	Freeform Crochet	Walking the I-Ching	OpenSource: Technology for Social Change	Alexander Technique	Rise Up Singing	Creature Feature Part 1	Funky Mamas	Fermenting Food – Preserving the Eco-friendly Way	Jamie Andrews: Commanding Sound	Screen Printing 101	Intro to Self-Defense	4 pm
5 pm	Tree of Life	Menstruation Reclamation	Cooperative Action	Jodo – The Art of the Japanese Short Staff	Ayurveda: Theory & Lifestyle	Sing Together Now	Creature Feature Part 2	Dropping Science	The Harmony of Music & Environment	Goldie Sherman: Dance	Illustration	Bigger, Better & Multiple Orgasms	5 pm
6 pm			Functional Fitness and Health	Crossing the Event Horizon	Crystal Bowl Meditation		Trash to Toys	Fresia and The Offsprings	The Earth Path – Intro to Reclaiming Traditions	Jonny Riddim: Vocal Jam	Grassroots Organizing	Reading and Writing Erotica	6 pm

SUN	ABORIGINAL CIRCLE	CRAFT TENT	GENERAL 1	GENERAL 2	HEALING ARTS 1	HEALING ARTS 2	CHILDREN'S WORKSHOPS	CHILDREN'S RAINBOW STAGE	ENVIRO EXPO	DRUM & DANCE	YOUTH TENT	WOMEN'S TENT	SUN
11 am	Carrying Your Personal Medicines	Chain Mail Bracelets & Armor	Every Day Self Defence	Guitar Maintenance and Set-up	Qi Gong	Thai Yoga Massage (2 hrs)	Funky Finger Puppets	Kids Drumming Circle w Njacko Backo	Permaculture: Principles & Practices	Maracatu Nunca Antes: Drum & Dance	Latin Fusion Salsa & Afro Cuban Dance	Moon Cycle Yoga	11 am
12 pm	Healing Methods around the Medicine Wheel	Summer Garland Headress	Tattooing and Body Piercing	Cob Building with Mud and Straw	Nia: Movement, Music & Magic		Chime Time		Wild Edibles	Tom Wolf: Rhythmic Possibilities	The Green Musician	Nia	12 pm
1 pm	Aboriginal Children's Games	Freeform Crochet	Writing Body/ Writing Spirit	Hoops Dance	Coming into the Heart	Chakra Yoga Therapy	Trash to Toys	Dropping Science	Fermenting Food – Preserving the Eco-friendly Way	Sheldon Valeda: Egyptian Drumming	Poi Dancing	Dance Fusion	1 pm
2 pm	Exploring Traditional Stories on a 21st Century Walk	Menstruation Reclamation	Two+Do: Partners in Performance Art	DIY Solar Heating	EFT – Emotional Freedom Technique	BodySound (2 hrs)	Creature Feature Part 1	Sir Jerry	The Secret Stone Sites of Hillside – A Walking Tour	Dharlene Valeda: Belly Dance	Go Fly A Kite!	Birth Art	2 pm
3 pm	To the Beat of Mother Earth	Found Objects Friendship Bracelets	The Joy of Poi	Introduction to Tarot	Dream Shadows		Creature Feature Part 2	Stubby Longfellow	The Harmony of Music & Environment	Tanya Williams: Contact Dance	Candle Holder Making	Bigger, Better & Multiple Orgasms	3 pm
4 pm		Wire Necklaces	Walking the I-Ching	Crossing the Event Horizon	Alexander Technique	Rise Up Singing	Explore, Express, Create	Taking Turns	The Earth Path – Intro to Reclaiming Witchcraft	Alpha Barry: Guinea Rhythms	Screen Printing 101	Reading and Writing Erotica	4 pm
5 pm		Spirit Painting (2 hrs)	Cooperative Action	Jodo – The Art of the Japanese Short Staff	Ayurveda: Theory & Lifestyle	Sing Together Now	Bird Feeders	Captain Climate Parade 5-5:30 pm	Children's Environmental Health	Sani-Abu Mohammed Allen: African Dance	Illustration	Response-Ability	5 pm
6 pm	8-8:30 pm Sacred Fire Closing Ceremony		Functional Fitness and Health	OpenSource: Technology for Social Change	Crystal Bowl Meditation			5:30 pm Rainbow Stage Performers and Friends	MetroFarming: An Intro to Container Gardening	Joyful Resistance Journey	Grassroots Organizing	Intro to Self-Defense	6 pm