

NORTHEAST NATURIST FESTIVAL, AUGUST 3-8, 2010

TUESDAY, 8/3/2010

- | | | |
|---|--|--|
| <p>1:00 Opening Friendship Circle</p> <p>2-5:00 Sweat Lodge Construction - Craig Discher
<i>Help build the Native American type lodge to be used during the Festival.</i></p> <p>2:00 Clothesfree Vs. Clothing-Optional - Morley Schloss
<i>Share your views on naturist resorts requiring nudity.</i></p> <p>2:00 Cardio Blast Activities - Shaina Davis
<i>Jogging, jumping jacks, lunges, toe touches, and other calisthenic activities designed to challenge and strengthen the body.</i></p> <p>2:00 Chant & Be Happy - Michele Angel
<i>Kirtan - the practice of singing devotional songs (meditation music) that can open ones hearts to love and peace.</i></p> <p>2:00 Childrens' Activity: Celebrating Friendship - Sandra Reamer
<i>What it is to be a friend.</i></p> <p>3-5:30 Group Massage - Walter Loeb
<i>Group massage following the Stroking Community model, with several persons giving massage to the person receiving.</i></p> <p>3-5:00 12 Steps to Self Recovery - Dick Hare, Maggie Belcher
<i>Overcoming life's problems, such as addictions to alcohol, drugs, overeating, and smoking.</i></p> <p>3:00 Shiatsu: Basic Principles I - Robin Stapley
<i>Five element theory.</i></p> <p>3:00 Varieties Of Meditative Experience - Ron Kalinowski, Jon Horne
<i>There are many forms of meditation practiced in all religious traditions, as well as secular approaches. What do they have in common? Share your meditation experiences with others.</i></p> <p>3:00 Childrens' Activity: Body Painting - Sandra Reamer
<i>Decorate yourselves & each other.</i></p> <p>4:00 Mushroom Foray - Ron Kalinowski
<i>Mushrooms of many types abound in the local woods. Collect samples and attempt to identify them.</i></p> <p>5:00 Introduction to the Naturist Society & This Festival - Morley Schloss
<i>Discussion of naturism, the Naturist Society, and the organization and objectives of this Festival.</i></p> <p>7-9:00 End of the Line: The Devastating Effect of Overfishing (movie) - Diane Barrett
<i>The world's first major documentary about the devastating effect of overfishing and what we all can do about it. Premiered at the Sundance Film Festival in 2009, the film has been described as "The Inconvenient Truth of the Oceans."</i></p> <p>7:00 Group Games for All Ages - Morley Schloss, Sandra Reamer
<i>Sing Down (singing ability not needed) and the hilarious Body Parts Game.</i></p> <p>8-11:30 Karaoke & Dance - Steve Richmond</p> <p>9-11:30 Drum Circle with Dancing - John & Dakota Dodge
<i>Drum circle and bonfire with dancing.</i></p> <p>9:00 Inspirational Thought Sharing - Shaina Davis
<i>Discuss a thought provoking statement.</i></p> | <p>9:00</p> <p>10:00</p> <p>11:00</p> <p>11:00</p> <p>1-3:00</p> <p>1:00</p> <p>1:00</p> <p>2-5:00</p> <p>2:00</p> <p>2:00</p> <p>3:00</p> <p>3:00</p> <p>3:00</p> <p>3:00</p> <p>3:00</p> <p>3:00</p> <p>3:00</p> <p>3:00</p> <p>4-6:00</p> <p>4:00</p> <p>4:00</p> <p>4:00</p> <p>5:00</p> <p>7:00</p> | <p>Shiatsu: Basic Principles II - Robin Stapley
<i>Metal element properties: lung & large intestine meridians.</i></p> <p>Tanning Your Own Hide - From a White-Tailed Deer, That Is - Joe O'Rourke
<i>Using household tools and ingredients, you can easily convert a discarded deer hide into a beautiful piece of soft buckskin leather.</i></p> <p>Nude Poet Society I - Ed Thibault
<i>Bring your own poems. Bring your favorite poems. We always have much laughter, inspirational insights and friendship. Be an audience! Dr. T, the Nude Poet, will bring a bevy of NEW, cleverly amusing poems.</i></p> <p>Cheating in Relationships - Beverly Pinkley
<i>We have heard about cheating in the news daily. Come and share your viewpoint.</i></p> <p>Children's Activities: Fun With Bubbles, Pool Games - Rhoda Brown, Paul Meier
<i>Have good clean fun with bubbles, then a dip in the pool.</i></p> <p>Cardio Blast Activities - Shaina Davis
<i>Jogging, jumping jacks, lunges, toe touches, and other calisthenic activities designed to challenge and strengthen the body.</i></p> <p>2012 - Mayan Calendar, End or Beginning - Bill Dewey, Isabelle Henry
<i>An overview of the possible coming events leading up to the "shift" or tipping point sometime around 2012, and various scientific and psychic predictions which suggest your preparations may become important.</i></p> <p>Sweat Lodge - Richard Ballard, Craig Discher
<i>Native American purification ceremony.</i></p> <p>Sacred Touch: Tantric Approach to Sensuality - Michelle Angel
<i>Questions and answers to all you ever wanted to know about sacred touch massage, plus a demonstration. Learn how to touch your partner with loving sacred touch.</i></p> <p>Get Control of Your Digital Camera & Take Better Photos - Carl Zablak
<i>Basic concepts of how a camera works and overview of the various shooting modes.</i></p> <p>Nudism & Self-Concept Human Research Project - Shaina Davis
<i>Do naturists feel good about themselves? Help with a research project to find out.</i></p> <p>Swedish Massage Introduction - Beverly Pinkley
<i>View a massage demo and ask questions.</i></p> <p>Raw Foods - John Dodge, Zen Marie Holmes
<i>Have fun making & tasting a live food dessert/breakfast.</i></p> <p>Children's Activity: Fun With Play Doh - Sandra Reamer
<i>Create your own creatures & objects.</i></p> <p>Skin Cancer Screening - Jeff LaDuca, MD, William Patrick, MO</p> <p>Naturism In South America - Claudia Kellersch
<i>A new nude beach just opened in Peru, their first, and a second nude beach in Argentina, also other countries.</i></p> <p>Martian & Venusian Peace Treaty - Margie Campagne
<i>Are there real differences between men & women? What makes us tick? What are you looking for? Why does it seem so hard? Share your laughter & frustrations in a friendly discussion.</i></p> <p>What's Eating You? - Diane Barrett
<i>Explore nutrition, lifestyles, health and ambivalence to change.</i></p> <p>Choices: Values In Relationships Game - Morley Schloss
<i>Discover/clarify what values are important to you in establishing or enhancing a relationship.</i></p> |
|---|--|--|

WEDNESDAY, 8/4/2010

- 7:00 **Greet the Sun Yoga** - Shiana Davis
A flow sequence of yoga to awaken and stretch the body.
- 9-2:00 **Potters Falls Trip - Hike to Waterfall & Swimming**
Car pool to Ithaca for clothing optional hike through beautiful gorge and swim below and underneath waterfall.
- 9-11:00 **Recreating Relationships: Exploring Alternative Paths** - Darrell & Nancy Casey
Explore responsible non-monogamy and polyamory. Music and laughter are part of this mostly experiential program. Participants will explore several alternatives to traditional monogamy with presenters who are well versed in this field.

7:00	Children's Activity: Movie with Popcorn - Rhoda Brown, Paul Meier <i>Enjoy a movie and popcorn with your friends.</i>	1:00	Women's Sharing Circle - Claudia Kellersch <i>Celebrating the Goddesses we are every day.</i>
8-11:30	DJ Dance - Steve Richmond	1:00	Men's Sharing Circle - Walter Loeb <i>Discuss naturist related issues with others (e.g. acceptance of single men, introducing women, reluctant partners, erections, ...)</i>
8:00	Messages From Spirit - Richard Ballard <i>An ordained Spiritualist gives messages from Spirit. Sometimes they come from departed loved ones, sometimes from guides and Higher-self.</i>	2:00	Nutrition for Healthy Aging - Jim Leff <i>The fundamental factors in our diets that effect healthy aging. The role of healthy fats, the diabetes epidemic, what foods to avoid and why, why organic matters, should we supplement and with what.</i>
9-11:30	Drum Circle with Dancing - John & Dakota Dodge <i>Drum circle and bonfire with dancing.</i>	2:00	Freeing Your Voice - Helene Williams, Leonard Lehrman <i>Open your voice to new highs and lows.</i>
9:00	Inspirational Thought Sharing - Shaina Davis <i>Discuss a thought provoking statement.</i>	2:00	Sound Healing Meditation - Michelle Angel <i>Experience vibrational healing with crystal bowls and Tibetan bowls, buffalo drums.</i>
THURSDAY, 8/5/2010			
7:00	Greet the Sun Yoga - Shaina Davis <i>A flow sequence of yoga to awaken and stretch the body.</i>	3:00	Dances of Universal Peace - Jim Leff <i>Easy to learn circle moving meditations incorporating songs and sacred phrases from the world's spiritual traditions.</i>
9-11:00	Positive Approaches To Negative Criticism - Darrell & Nancy Casey <i>How to offer suggestions without without having the recipient feel attacked. How to recognize the "right time" to do this and create a positive emotional environment. Laugh as you learn!</i>	3:00	Harmonic Singing - Jon Horne, Ron Kalinowski <i>Learn techniques for singing two notes simultaneously, also called throat singing or overtone singing.</i>
9:00	Seeing Through the Eyes of an Artist - Margie Campagne <i>Journey into the extraordinary in the ordinary. Notice details we've perhaps missed all our lives in everyday things around us. Optional - bring a notebook or sketchpad, pen or pencil for notes & sketches.</i>	3:00	Integrity in Relationships - Murray Schechter <i>What challenges have we experienced in maintaining our integrity in our relationships - let's share our stories.</i>
9:00	Pickleball: An Introduction - Al Robinson <i>Learn to play this ping-pong like game on a court.</i>	3:00	Children's Activity: Sand Art - Sandra Reamer <i>Create your own sand paintings.</i>
9:00	West African Drumming Class I - John & Dakota Dodge <i>Three day class: Learn the rhythm parts that create an African dance. Play in the following African dance class.</i>	4-5:30	General Assembly
9:00	Children's Activity: Wake Up & Stretch Playtime - Shaina Davis <i>Active fun like bunny hops and crab walks.</i>	7:00	Let's Sing - Sarva <i>Bring your voices, instruments, music. Informal round robin for musicians of all genres.</i>
10:00	NAC: Working With Officials to Gain & Protect Clothing Optional Sites - Morley Schloss <i>Techniques for dealing with legislators and administrators at the local, state and national levels.</i>	7:00	Simple Living - Diane Barrett <i>Explore how life may be enhanced through simple living.</i>
10:00	Shiatsu: Basic Principles III - Robin Stapley <i>Water element properties: kidney & bladder meridians.</i>	7:00	Children's Activities: Ice Cream Social, Pool Games - Rhoda Brown, Paul Meier <i>Share some ice cream with your friends; then a dip in the pool.</i>
10:00	West African Dance Class I - Zen Marie Holmes <i>Three day class: Basic African dance movements.</i>	8-11:00	Square Dance with Caller & Live Band - Nancy Spero & Hedgehog Band <i>Lively, fun group dances; no experience required.</i>
10:00	Children's Activity: Ooey, Goey Obstacle Course - Frank & Sandy Reamer <i>This could get messy.</i>	8:00	Toning Circle Meditation - Jon Horne, Ron Kalinowski <i>Improvisational singing meditation session. No vocal training or ability is assumed.</i>
11:00	Intender's Calendar: How to Attract What You Want - Bill Dewey, Isabelle Henry <i>Want something to change in your life? Use your intention, the power of your thoughts and the leverage of group intention.</i>	9-11:30	Drum Circle with Dancing - John & Dakota Dodge <i>Drum circle and bonfire with dancing.</i>
11:00	Poly Meet & Greet - Beverly Pinkley, Murray Schechter <i>A place to meet other like-minded poly folks and share your experiences, concerns or questions.</i>	9:00	Inspirational Thought Sharing - Shaina Davis <i>Discuss a thought provoking statement.</i>
11:00	Lomi Lomi: Pathway to the Stars - Sarva <i>Body movements for bringing Heaven to Earth.</i>	FRIDAY, 8/6/2010	
11:00	Children's Parade Preparation - Holmes-Dodge Family <i>Get ready for the big parade with body painting, drumming, dancing and puppet making.</i>	7:00	Greet the Sun Yoga - Shaina Davis <i>A flow sequence of yoga to awaken and stretch the body.</i>
1-3:00	History of the Iraquois Federation - Dick Hare, Maggie Belcher <i>Explore Iraquois history, traditions, spiritual lives, child raising, and some of their prophacies.</i>	9:00	Nudity, the Bible & Christianity - Jeff Riddlebaugh <i>What the Bible really says about nudity and how Christian attitudes toward nudity have changed over time.</i>
1-3:00	Children's Activities: Slip 'N Slide, Pool Games - Rhoda Brown, Paul Meier <i>Dare the Parking Hill for grass burns while having clean soapy fun and finish off with pool games.</i>	9:00	Polyfidelity: A New Model for Strong, Happy Families - Claudia Kellersch <i>The differences between polyamory & polyfidelity and various family relationships that guarantee stability and bliss.</i>
1:00	Cardio Blast Activities - Shaina Davis <i>Jogging, jumping jacks, lunges, toe touches, and other calisthenic activities designed to challenge and strengthen the body.</i>	9:00	Grief Support - Vera Scroggins <i>Grief: ways to get through it and comfort ourselves and what we learn from it.</i>
		9:00	West African Drumming Class II - John & Dakota Dodge <i>Three day class: Learn the rhythm parts that create an African dance. Play in the following African dance class.</i>
		9:00	Children's Activity: Wake Up & Stretch Playtime - Shaina Davis <i>Active fun like bunny hops and crab walks.</i>

10:00	NAC: Overview of Current Issues & Challenges - Morley Schloss <i>Trends in North America: anti-nudity legislation, adult entertainment ordinances, gaining and protecting clothing optional beaches, naturists on sex offender lists, topfree equality for women.</i>	4-5:30	Singles Wine & Cheese Party - Margie Campagne, Beverly Pinkley <i>A chance to meet and mingle with other singles.</i>
10:00	West African Dance Class II - Zen Marie Holmes <i>Three day class: Basic African dance movements.</i>	4:00	Breathwork Journey Through the Chakras - Sarva <i>Experience the rainbow.</i>
10:00	Healthy Chocolate - Darrell & Nancy Casey <i>Discover the health benefits of "cold processed" XOCAI© Chocolate and how you can begin to improve your health and share in the \$\$ of this wondrous new product, which is offered for sale.</i>	4:00	Couples Massage - Zen Marie Holmes <i>Guided instruction on massaging your partner.</i>
10:00	Shiatsu: Basic Principles IV - Robin Stapley <i>Wood element properties: gall bladder & liver meridians.</i>	5:00	Naturist Society Youth Camp - Sandra Reamer <i>Valuable and fun experience for naturist children.</i>
10:00	Children's Activity: Wiggle Your Toes - Sandra Reamer <i>Messy, gooey fun to celebrate Wiggle Your Toes Day.</i>	7-9:00	King Corn (movie) - Diane Barrett <i>A documentary about two friends, one acre of corn and the subsidized crop that drives our fast food nation.</i>
11:00	Flirting for Naturists - Beverly Pinkley, Murray Schechter <i>What is acceptable and what is not. Are you a flirt? Do you want to be one?</i>	7-9:00	Children's Activity: Campfire with S'Mores - Rhoda Brown, Paul Meier <i>Enjoy roasting marshmallows, fire side chat and maybe even some songs.</i>
11:00	Drumming with Nature - John Dodge <i>The commonality of African drumming to Pagan and Native American drumming: The secrets it can reveal. Participatory.</i>	7-8:30	Explorations & Meditations: Art, Nature, Nude: The Creative Photography of Mark Sadan <i>View new works, including photos from the Northeast and Midwinter Festivals.</i>
11:00	How to Shoot in the Mid-Day Sun (Photography) - Carl Zablak <i>Lighting techniques and tricks to help get a great photo.</i>	8-11:30	Karaoke & Dance - Steve Richmond
11:00	Modified Hymns for Naturists - Sarva <i>Bring your favorite hymns & we'll make up new naturist words in the memory and spirit of Paul Pennallow.</i>	8:30	Midsummer Cabaret with Leonard Lehrman & Helen Williams <i>Songs by Lou & Peter Berryman, Tom Lehrer, Rogers & Hammerstein, Ian & Sylvia, Mark Levy & Leonard Lehrman.</i>
11:00	Children's Activity: All About Me - Sandra Reamer <i>Share who you are: positive bragging.</i>	9-11:30	Drum Circle with Dancing - John & Dakota Dodge <i>Drum circle and bonfire with dancing.</i>
1-3:00	Children's Activities: Field Games, Pool Games - Rhoda Brown, Paul Meier <i>Run some of the wiggles out; then cool off in the pool.</i>	9:00	Inspirational Thought Sharing - Shaina Davis <i>Discuss a thought provoking statement.</i>
1:00	Cardio Blast Activities - Shaina Davis <i>Jogging, jumping jacks, lunges, toe touches, and other calisthenic activities designed to challenge and strengthen the body.</i>	9:30-11:30	Seeing in Pictures (movie) - Rhoda Brown <i>Watch the HBO Temple Grandin movie then open floor discussion about Autism Spectrum Disorder.</i>
1:00	Save Green, Go Green: Your Home and Lifestyle - Margie Campagne <i>Green is more than the latest buzzword! It's how you can save serious money on utility bills, and have a sustainable lifestyle in the face of dwindling resources & energy. We'll share questions, tips, information, and camaraderie.</i>	11:30	Harmonic Meditation With Waterphone - Ron Kalinowski <i>A meditation session with a focus on the harmonic sounds of the waterphone, an acoustic friction rod instrument.</i>
1:00	Pipe Circle Native Prayer Ritual - Richard Ballard <i>Authentic Native American prayer ritual.</i>	SATURDAY, 8/7/2010	
2-5:00	Sweat Lodge - Richard Ballard, Craig Discher <i>Native American purification ceremony.</i>	7:00	Greet the Sun Yoga - Shaina Davis <i>A flow sequence of yoga to awaken and stretch the body.</i>
2:00	Hair Vs. Bare - Murray Schechter, Claudia Kellersch <i>Which do you prefer? Hair? Bare? Where? There? Everywhere? Bald and ribald? Hirsute and cute? Join the debate.</i>	9:00	Hugging is a Touchy Subject - Darrell & Nancy Casey <i>To hug or not to hug (and how), that is the question. Explore the wonderful world of hugs through music and group interaction. How to invite a hug, how to decline one gracefully and what are the differences among hugs.</i>
2:00	Bare Facts About Laughter for Health - Darrell & Nancy Casey <i>How to prevent hardening of the attitudes. Come prepared to laugh - or at least smile.</i>	9:00	Body Painting - John Dodge, Zen Marie Holmes <i>Fun painting each other with a rainbow of non-toxic colors.</i>
3:00	Involving Young Adults in Naturism - Morley Schloss <i>People aged 18-30 do become active naturists - a successful model for offering what young adults want.</i>	9:00	De-Clutter Your Stuff - Spirit - Life - Diane Ballard <i>Your relationship to the stuff that you hold onto reflects the psychological issues that you may have or your spiritual health. What does it reflect for you?</i>
3:00	Understanding Exposure & White Balances - Carl Zablak <i>Step away from auto mode and learn how to use a light meter and calibration target.</i>	9:00	Shiatsu: Basic Principles V - Robin Stapley <i>Fire element properties: heart, small intestine, pericardium & triple heater meridians.</i>
3:00	Free Your Body, Free Your Voice - Helene Williams, Leonard Lehrman <i>Singing & dancing with the Opera/Musical Theatre SIG of TNS.</i>	9:00	Children's Activity: Wake Up & Stretch Playtime - Shaina Davis <i>Active fun like bunny hops and crab walks.</i>
3:00	Children's Activity: Body Painting - Sandra Reamer <i>Decorate yourselves & each other.</i>	10-12:00	Tie Dye For All Ages - Rhoda Brown <i>Give your cotton clothing new life, relive your hippie days or make some new hippie memories.</i>
		10:00	Cheating in Relationships - Beverly Pinkley <i>We have heard about cheating in the news daily. Come and share your viewpoint.</i>
		10:00	Forgiveness - Richard Ballard <i>Why must I forgive and let go for my own sake? How can I forgive people that I want nothing to do with for my sanity and safety, or people who are dead?</i>

10:00	The Organic Debate - Diane Barrett <i>Challenges & benefits of buying products produced without pesticides, herbicides, hormones, antibiotics, sewer sludge and free of irradiation and genetic mutations.</i>	4:00	Children's Parade Preparation - Holmes-Dodge Family <i>Get ready for the big parade with body painting, drumming, dancing and puppet making.</i>
11:00	Naturist Values: Nudity with More - Morley Schloss <i>The status of Lee Baxenall's legacy: ecology, healthful living, welcoming diversity, public land use, peace, activism.</i>	5:00 7-9:00	Group Photo A Gathering of Divine Being With Faerie Elaine Silver in Concert
11:00	Creative Disorganization: AD(H)D Mutual Coaching Group - Margie Campaigne <i>Share with others who are intelligent, creative, and own a set of disappearing keys (or glasses, etc.) You are not alone.</i>	7:00	Children's Activities: Laser Tag, Pool Games - Rhoda Brown, Paul Meier <i>Have some running tag fun, then water fun with new friends.</i>
11:00	Non-Violent Communication - Vera Scroggins <i>How to communicate our feelings and needs and be more deeply heard.</i>	8-11:30 9-11:30	Dance with Jam Bones Band Drum Circle with Dancing - John & Dakota Dodge <i>Drum circle and bonfire with dancing.</i>
1-4:00	Children's Activities: Water Balloon Launch, Slip 'N Slide, Pool Games - Rhoda Brown, Paul Meier <i>Water balloon and soapy fun games.</i>	9:00	Inspirational Thought Sharing - Shaina Davis <i>Discuss a thought provoking statement.</i>
1-3:00	Nudity of the Heart: Love & Intimacy (Human Awareness Institute) - Ben Farris, Khafiya Wolf <i>Explore ways of being with others that are satisfying and nurturing, with the potential of moving through pretense and protective behaviors that prevent us from receiving and giving love.</i>	10:00	Paradise Projections - Mark Sadan <i>Volunteers will have projections on their bodies inspired by Paradise Lost.</i>
1:00	Raising Children As Naturists - Sandra Reamer <i>The benefits and issues of raising children as naturists.</i>	11:30	Harmonic Trio - Michelle Angel, Jon Horne, Ron Kalinowski <i>A meditative performance by us, playing exotic friction rod instruments - the orbiting space plate and the harmonic water cello.</i>
1:00	Cardio Blast Activities - Shaina Davis <i>Jogging, jumping jacks, lunges, toe touches, and other calisthenic activities designed to challenge and strengthen the body.</i>	SUNDAY, 8/8/2010	
1:00	Gays, Straights, Men, Women: Skip & Be Naked - Ron Cook <i>Share first times experiencing social nudity. Was it embarrassing, was it enlightening, is it different for men than for women, different for straights than for gays? Bring your story of who, what, why, when, where, and how.</i>	7:00	Greet the Sun Yoga - Shaina Davis <i>A flow sequence of yoga to awaken and stretch the body.</i>
2:00	NAC: The Politics Of Children in Naturism - Morley Schloss <i>Meeting the challenges to children's participation in naturism: naturist youth camps, photography of children, child protective services, adults-only sites and events, home nudity.</i>	9-11:00	Working with the Nude in Nature - Mark Sadan <i>Celebrating the human form and nature.</i>
2:00	Chant & Be Happy - Michelle Angel <i>Kirtan - the practice of singing devotional songs (meditation music) that can open ones hearts to love and peace.</i>	9:00	Earth Celebration Service - Diane & Richard Ballard <i>Celebrate and worship the Goddess/Mother Earth, Father Sky, and the four directions. Led by an ordained Pagan minister and his wife.</i>
3-5:00	The Art of Being a Gentleman - James Alexander, Faerie Elaine Silver <i>What turns a feminine woman on.</i>	9:00	Non-Denominational Christian Service - Paul Meier <i>Share some time of faith and support.</i>
3:00	Does Naturism Teach Us Anything About Taboos? - Blair Brumley <i>Should Naturists limit themselves to breaking just one taboo? Are any taboos justified or are they all irrational social constructs? Are there rational strategies for countering irrational thinking?</i>	9:00	Children's Activity: Wake Up & Stretch Playtime - Shaina Davis <i>Active fun like bunny hops and crab walks.</i>
3:00	Nude Poet Society II - Ed Thibault <i>Bring your own poems. Bring your favorite poems. We always have much laughter, inspirational insights and friendship. Be an audience! Dr. T, the Nude Poet, will bring a bevy of NEW, cleverly amusing poems</i>	10:00	Powerful Waste - Diane Barrett <i>Whether you are cooking, washing or shopping, there are ways to improve our methods and use of materials.</i>
3:00	Human Awareness Institute: Questions & Answers - Khafiya Wolf <i>For anyone wanting to learn about HAI. HAI grads welcome.</i>	10:00	West African Drumming Class III - John & Dakota Dodge <i>Three day class: Learn the rhythm parts that create an African dance. Play in the following African dance class.</i>
4:00	Gay & Lesbian Meet & Greet - Ron Cook <i>An opportunity to share stories and meet new people.</i>	10:00	Make Your Own Buckskin Moccasins - Joe O'Rourke <i>Learn how to make a pair of leather moccasins- make a pattern for your own feet, learn sewing tools and techniques.</i>
4:00	Seeing All of Me - Murray Schechter, Claudia Kellersch <i>Should observing body parts usually concealed be as acceptable as observing faces? Discussion and experiential exercises.</i>	10:00	Shiatsu: Basic Principles VI - Robin Stapley <i>Earth element properties: spleen & stomach meridians.</i>
		10:00	Children's Activity: We're All Different & Perfect - Morley Schloss, Claudia Kellersch <i>What makes us wonderful and special!</i>
		11:00	NAC: Area Representative Program - Morley Schloss, Claudia Kellersch <i>NAC Area Reps describe their roles in protecting naturist rights; how you can help.</i>
		11:00	Sharing Creative Photography - Mark Sadan <i>Bring some of your favorite images to share & discuss.</i>
		11:00	Stay Safe - Bob Swanson <i>Learn simple Japanese martial arts techniques to get away from an attacker or any violent person.</i>
		11:00	West African Dance Class III - Zen Marie Holmes <i>Three day class: Basic African dance movements.</i>
		11:00	Children's Activity: Creative Art - Sandra Reamer <i>Use things around us & your imagination to create beautiful art.</i>
		1-3:00	Festival Letter Boxing - Beverly Pinkley <i>Put on your walking shoes and follow the clues while exploring all of Empire Haven. The first person to complete the trail of clues will win a prize.</i>

1:00	Cardio Blast Activities - Shaina Davis <i>Jogging, jumping jacks, lunges, toe touches, and other calisthenic activities designed to challenge and strengthen the body.</i>	2:00	<i>Participants will explore several alternatives to traditional monogamy with presenters who are well versed in this field.</i>
1:00	Learning to Love the Shape Your In - Diane & Richard Ballard <i>Is your body image holding you back in life? Learn how to blossom.</i>	2:00	Pudding Toss For All Ages - Morley Schloss <i>Messy, gooey free-for-all for children and adults.</i>
1:00	Children's Parade - Holmes-Dodge Family <i>Make masks - make music - dance & walk - have fun being a spirit.</i>	3:00	Addressing Childhood Sex Abuse - Les Rivkin <i>Explore ways to use our inner strengths for healing.</i>
2-4:00	Recreating Relationships: Exploring Alternative Paths - Darrell & Nancy Casey <i>Explore responsible non-monogamy and polyamory. Music and laughter are part of this mostly experiential program.</i>	3:00	Naturist Vacations with Children - Claudia Kellersch <i>Where to go, what to expect, our favorite places.</i>
		3:00	A-hay, Uh-oh, Now What - Judi Walters <i>Integrating the lessons from the Festival into our more mundane lives.</i>
		3:00	Henna Your Body - Zen Marie Holmes <i>Basic techniques of the ancient art of henna.</i>
		4:00	Children's Activity: Pool Games - Paul Meier
			Closing Friendship Circle