

MIDWINTER NATURIST FESTIVAL, FEBRUARY 16-21, 2012

Breakfast 7:30- 9:00 AM Lunch: Noon – 1:30 PM Supper: 5:30 – 7:00 PM

THURSDAY, 2/16/2012

9:00	OPENING FRIENDSHIP CIRCLE	1:30	Palmistry I: Basics
10-12:30	Massage For the Ages - Jerry Dixon <i>Is massage necessary for a long life or just an occasional experience? Hands on massage experience. Bring a large towel.</i>		- Blue Evans <i>Discover what main lines mean on your own hands or photocopies of your relatives' hands.</i>
10-12:00	Remote Control Boat Races - Dave Armstrong <i>Boats provided or bring your own.</i>	1:30	Zen of Chiropractic - Marcus Rosenfeld <i>A holistic approach to healthcare.</i>
10:00	Sexting: A Naturist Issue? - Rich & Julianne Pasco <i>What message does society send our youth when we criminalize them for photographing their own bodies, and what should we naturists do about it?</i>	1:30	Clay Sculpture for Children & Adults - Wyatt Warren <i>Sculpt human figure or whatever you like.</i>
10:00	Telling Friends, Family and Others - George Winlock <i>Have you told people that you enjoy naturism? How did you tell them or why haven't you done so?</i>	2:30-4:30	Recreating Relationships - Darrell & Nancy Casey <i>Managing a healthy relationship is challenge enough for one partner so how do you deal with more?</i>
10:00	The Happiness Factor - Love Byrd <i>Happiness...what it is, why it is so elusive, and ways to bring genuine happiness into our lives.</i>	2:30	Naturist Action Committee: Current Issues - 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, sexting, naturist children. Current hot spots.</i>
10:00	Water Aerobics - Darleen Ridenhour <i>Exhilarating hour of stretching, cardiac strengthening, noodle use, and deep breathing. (Limit 15)</i>	2:30	African Dance - Zenmarie Holmes, Raven Holmes-Dodge <i>Basic African dance movements.</i>
10:00	Children's Activity: Paint for Fun - April Mallette <i>We will be covering ourselves from head to toe to create a work of art on a long canvas to share with all to see. The canvas will be out all day.</i>	2:30	Rebuilding Earth From the Ground Up - Jack Arnold <i>If we wait for government to intervene on the earth's behalf - it ain't goin' happen. It will only happen when individuals and local communities implement new strategies for environmental sustainability, spiritual fulfillment and social justice.</i>
11:00	East Coast Landed Club Roundup - Jonathan Shapiro <i>Several east coast landed clubs will be described by their members.</i>	2:30	Cancer Discussion - Claude Richards, Jim Dickey <i>When cancer touches our lives or the lives of those we love.</i>
11:00	Valentine's Day Superstitions, Fun & Love - Kira Fleischman <i>Learn ancient rituals, games and cruel dirty tricks that have made Valentine's Day a unique occasion.</i>	2:30	Wave of the Future, Rememberance of the Past - Merri Chitty <i>Ancient wisdom has given us a road map to our destiny.</i>
11:00	Finding Your Rhythmic Groove - Jeff Siegel <i>Exploration of your inner rhythms that emanate from your soul and strengthen your connection with Mother Earth.</i>	2:30	Children's Activity: Field Games - Annette & Bettina Levy <i>Parachute fun, shaving crème wiffle ball, jump rope, hula hoops, water balloons.</i>
11:00	Transformational Breathing with a Touch of Tantra - Alice & Dunbar Susong <i>Vigorous breathing with Tantra movement & vocalization, solo, supine & blindfolded. Bring towel, pillows & water.</i>	3:30	Changes in Naturism: Past & Future - George Winlock <i>What changes have you seen in nudism since you first started being a nudist? Where do you think you or nudists in general will be 5 to 10 years from now?</i>
11:00	Children's Activity: Tie Dye - Annette Levy	3:30	Island Music Jam - Jeff Siegel <i>Free form artistic expression; bring instruments if you wish.</i>
1:30	Networking for a Clothing Optional Beach in Delray Beach - Dave Armstrong <i>A clothing-optional beach in our near future.</i>	3:30	Introduction to Petanque - Bob Fekete <i>Learn this bocce ball type game, popular at many naturist resorts.</i>
1:30	Speed Friending - Nicky Hoffman Lee, Norma Mitchell <i>Get to know your fellow naturists at 3-minute intervals. Families, singles, everyone welcome! Come join the fun!</i>	3:30	Sprouting - John Dodge <i>Learn which seeds can be sprouted, easy sprouting and storing techniques, recipes, demo, samples to eat.</i>
1:30	African Drumming - John Dodge, Dakota Holmes-Dodge <i>Learn the rhythm parts that create an African dance. Play in the following African dance class.</i>	3:30	Healing Touch I: The Human Energy System - Michael Raymond <i>Learn about the energy centers, energy fields, meridians & their specific functions. Attendees will learn to complete an energy assessment & work with the energy field.</i>
		3:30	Children's Activity: Ice Cream Social & Pool Games - Bettina Levy

4:30	Introduction to Naturism & This Festival - Morley Schloss, Nicky Hoffman Lee <i>Discussion of naturism, the Naturist Society, and the organization and objectives of this Festival.</i>	9:00	Afro-Cuban Interstellar Playshop - Jeff Siegel <i>Using ancient drumming rhythms, creativity, and positivity to fortify our emotional well-being. Dancers welcome!</i>
4:30	Environmental Issues in Florida - John Koch <i>Latest threats to Florida's environment.</i>	9:00	Geisha Training 101 - Kira Fleischman <i>Learn the art of playing the Japanese version of rock, paper, scissors like a Japanese geisha girl and treating men to high (and low) culture.</i>
4:30	The "Stuff" That Owns Us - Sugandha, David Webster <i>Our house, material possessions, relationships, job, debt, appointment book - what is stopping you from doing what you really want to do? What would your life feel like if you were living moment-to-moment in true freedom?</i>	9:00	Raw Vegan Dehydration - John Dodge <i>Learn how to dehydrate fruits and vegetables with recipes and demo on making breads, crackers, cookies, and more! Samples to eat.</i>
4:30	Draw the Nude Nude: Shape - Keith Mueller <i>Learn how to coordinate your eyes and hand to get accurate proportions of the entire body.</i>	9:00	Henna & Body Tattoos - Zenmarie Holmes, Raven Holmes-Dodge <i>Decorate your own or a friend's body using Henna and body tattoo markers. (\$5 for materials if you use them.)</i>
4:30	People's Yoga - Amy Forman <i>Enjoy stretching, strengthening, and relaxing: for all.</i>	9:00	Children's Activity: Knot Tying - Blair Brumley
4:30	Alcoholics Anonymous Meeting - Dave Armstrong <i>Open discussion.</i>	10:00	The Greying of Naturism - George Winlock <i>Everyone is talking about the graying of nudists, but were we close to gray to begin with?</i>
4:30	Children's Activity: Body Painting - Annette Levy, Jeff Siegel	10:00	QiGong's 8 Piece Brocade - Norma Mitchell <i>Relaxing moving meditation best done barefoot. All levels of fitness.</i>
7-9:00	Makid I: The Beginning - John Dodge, Dakota Holmes-Dodge <i>The Last Message - 2012 marks the finishing of a process starting thousands of years ago - the closing off of humans from the Mother Space of Nature.</i>	10:00	High Vibes: A Playshop in Sound & Music - Beloved <i>Play in Your High Vibrations! Experience the deliciousness of sound as we tone and do simple qigong breathing techniques.</i>
7:00	Art Vs Porn/ Glamor Vs Nudist Photography - Debate - Bob Clark <i>Discuss various images and decide the qualities of the photos: Art, Porn, Nudist, or Glamor.</i>	10:00	Water Aerobics - Rae Newoman <i>Exhilarating hour of stretching, cardiac strengthening, noodle use, and deep breathing.</i>
7:00	Family Gathering for Children & Parents - Sandra Reamer <i>Fun and games for adults & children.</i>	10:00	Volleyball Basics - Jim Dickey <i>Interaction on the court, some pointers.</i>
8-10:00	Square Dance for Adults & Children - Morley Schloss, Dunbar Susong <i>Fun square dances with callers. No experience necessary.</i>	10:00	Treasure Hunt for Children & Adults - Sandra Reamer <i>Find clues around Sunspport.</i>
8-10:00	The Law of Attraction - Dev Smith <i>"The Secret" movie and discussion.</i>	10:00	Naturist Vacations with Children - Claudia Kellersch <i>Where to go, what to expect, our favorite places.</i>
8:00	Children's Activity: Campfire with S'mores - Annette & Bettina Levy, Sandra Reamer	11:00	Privatizing a Backyard - Rich & Julianne Pasco <i>How one couple made a small urban back yard into a beautiful oasis of sanity private enough for nudity.</i>
9-12:00	Campfire Drum Circle with Dancing & Fire Spinning - Jeff Siegel, Kim Brogan <i>Drum circle and bonfire with dancing.</i>	11:00	Choices: Values In Relationship Game - Morley Schloss <i>Discover/clarify what values are important to you in establishing or enhancing a relationship.</i>
10-11:30	Green Movie Time: "The Economics of Happiness" - Jack Arnold <i>A powerful message about globalization: It is the small, local economies around the world that are preserving cultures, and communities, and ultimately safeguarding our happiness.</i>	11:00	Gay Meet & Greet with a Bag of Treats - Dave Armstrong <i>Get together for socializing and a grab bag of treats.</i>
10-12:00	DJ Dance - Don Sanborn	11:00	Meditation: Styles & Tools - Amy Forman <i>Traditions and aids in the practice of meditation.</i>
FRIDAY, 2/17/2012			
8:00	Morning Yoga - Zenmarie Holmes <i>Gentle stretching and positive affirmations.</i>	11:00	Technology & Ecology: They Are Not Mutually Exclusive - Douglas Mallette <i>Ecologically sound or environmentally conscious does not mean that we must stop using technology and revert to some primitive lifestyle.</i>
8:00	Alcoholics Anonymous Meeting - Dave Armstrong <i>Open discussion.</i>	11:00	Barely Proper - Casting & Read Through - Roger Byrd <i>Perform in a reading of a naturist play.</i>
9-11:00	Group Massage - Walter Loeb <i>Many loving hands giving to one. Bring mat if you have one.</i>	11:00	Children's Activity: Slip 'N Slide - Jesse James
9:00	Family Friendly - Pat & Wib Daley <i>What is it? What can we do to make it a greater reality?</i>		

- 1:30-3:30 **Water Flotation Stretching for Couples**
- Alice & Dunbar Susong
Support your floating partner as you breath with them and stretch & rock them into a state of bliss. Bring sunglasses.
- 1:30-3:30 **Children's Activity: Mural Painting**
- Barbara Fries
Beautify the playground hill.
- 1:30 **NOVA: You Too Can Be an Advocate for Naturism**
- Nicky Hoffman Lee, Norma Mitchell
The benefits of advocating naturism.
- 1:30 **Climate Change**
- Jerry Dixon
How has the changing climate effected your lifestyle?
- 1:30 **Drumming for Novices**
- John Koch
How to play a hand drum.
- 1:30 **Hugging is a Touchy Subject**
- Darrell & Nancy Casey
The ettiquite of Nude Hugging. How does it differ from mainstream hugging? Defusing an unwanted Hug. Experiential with music and laughter.
- 1:30 **Freedom in Relationships...Isn't That an Oxymoron?**
- Sugandha, David Webster
Do you sometimes wish that you were free again to do all that you want to do? Was life more exciting being single? How to create a relationship and be free at the same time.
- 2:30 **Involving Young Adults & Families in Naturism**
- Morley Schloss
People aged 18-30 do become active naturists - a successful model for offering what young adults want.
- 2:30 **Belly Dancing: Traditional & Freestyle**
- Amy Forman
Learn some traditional moves to add to your personal style. Drummers are encouraged to attend.
- 2:30 **Live Food Dessert**
- John Dodge, Zenmarie Holmes
Have fun making & tasting live food desserts. (donation if you eat).
- 2:30 **Healing Touch II: Incorporating Energy Work Into Massage**
- Michael Raymond
Using the fundamental concepts of grounding with proper intent, learn how to fully incorporate energy work in massage to more fully treat conditions.
- 2:30 **Creative Writing**
- Richard Rosichan
Bring a writing sample on any topic to read.
- 3:30 **Naturist Society Youth Camp**
- Sandra Reamer
A valuable and fun experience for naturist children.
- 3:30 **Introduction to Body Painting**
- Carl Flick
How to paint people's bodies for eye catching results.
- 3:30 **Finding Your Rhythmic Groove**
- Jeff Siegel
Exploration of your inner rhythms that emanate from your soul and strengthen your connection with Mother Earth.
- 3:30 **Palmistry II: Time Lines** - Blue Evans
Every line has a time line.
- 3:30 **Yoga Therapy** - Susan Shopiro
Yoga practice designed for your health needs.
- 3:30 **The Clouds Are Speaking to You**
- Maggie Ferenczi
Reach deep into your soul & subconscious through meditating on the clouds.
- 3:30 **Juicing** - John Dodge
What to juice, health benefits, juicing and storing techniques, recipes, juicing history, and juicing demo. (Donation if you drink.)
- 3:30 **Children's Activity: Ice Cream Social & Pool Games**
- Bettina Levy
- 4:30 **Sunsport Gardens: The Vision**
- Morley Schloss
Sunsport's unique vision as a natural and healthful community and resort.
- 4:30 **Singles Meet & Greet**
- George Winlock
Meet & greet other single nudists.
- 4:30 **Manage Your Stress, Manage Your Life**
- Love Byrd
Discuss stress, it's impact on our lives, and positive ways to manage it.
- 4:30 **Sunshine Henna**
- Kim Brogan
100% natural body art.
- 4:30 **Draw the Nude Nude: Values**
- Keith Mueller
Create the illusion of 3-dimensional form with highlights and shadows.
- 4:30 **Alcoholics Anonymous Meeting**
- Dave Armstrong
Open discussion.
- 4:30 **Aqua Roller for Children & Adults**
- Bettina Levy
Walk on water in this amazing toy!!!
- 7-9:00 **Makid II: Humans & Symbiots**
- John Dodge, Dakota Holmes-Dodge
The Last Message - the impact on our lives resulting from Mother Nature's removal of humans from the Mother Space and placing us in a protective, isolating space of machines and structures, centrally controlled by money and media.
- 7:00 **Naturist Photography 2011**
- Bob Clark
Photos from the past year at Sunsport. Highlights will be youth camp and various activities. Naturist photography blends with art to create images.
- 7:00 **Children's Activity: Movie with Popcorn**
- Sandra Reamer
- 8-10:00 **An Evening of Peace, Love and Joy**
- Faerie Elaine Silver
The inspiring music of award-winning performer and recording artist Faerie Elaine.
- 8:00 **Children's Activity: Campfire with S'mores**
- Annette & Bettina Levy, Sandra Reamer
- 9-12:00 **Campfire Drum Circle with Dancing & Fire Spinning**
- John Koch, Kim Brogan
Drum circle and bonfire with dancing.
- 9:00 **Burners & Burner-Wannabees Unite**
- Sugandha, David Webster
Burning Man is one of the most outrageous happenings on the planet today.
- 10-12:00 **Karaoke & Dance**
- Phil Flavin
- SATURDAY, 2/18/2012
- 8:00 **Sunrise Standing Brocade**
- Susan Shopiro
Traditional QiGong to get that Chi (energy) moving.
- 8:00 **Alcoholics Anonymous Meeting**
- Dave Armstrong
Open discussion.
- 9-10:30 **GENERAL ASSEMBLY AND GROUP PHOTO**
- 10:30-12:30 **Skin Cancer Screening**
- Joseph Maseesa, M.D.
- 10:30 **Keeping Haulover Beach Safe: Beach Ambassadors**
- Ken Tauer, Paul Friderich, Jr.
How this successful program deals with promoting naturist values on the public clothing-optional beach in Miami.

10:30	A Gathering of Divine Beings - Faeire Elaine Silver, James Beloved of the Faye <i>Circle of like-minded people come together to share and to be heard using simple, ancient ritual in a sacred space. If desired, bring item for altar.</i>	1:30	Freedom in Relationships...Isn't That an Oxymoron? II - Sugandha, David Webster <i>What qualities are necessary to actually create freedom in relationship? Discussion on communication, empathy, trust, self-confidence, jealousy, fears and problem-solving.</i>
10:30	QiGong's 8 Piece Brocade - Norma Mitchell <i>Relaxing moving meditation best done barefoot. All levels of fitness.</i>	1:30	Children's Activity: Kayaking - Blair Brumley
10:30	Palmistry III: Left to Right Hand Symmetry - Blue Evans <i>Lines in your dominant hand will change as you change your thinking.</i>	2:30-4:30	Love, Intimacy, Sexuality: What Do You Want? - Bridget Trinkle, Richard Anderson <i>Explore the choices we make and the ones we don't. Experiential workshop of the Human Awareness Institute.</i>
10:30	Tribe It, You'll Like It I - Kira Fleischman <i>The most interesting and fun things you never knew your ancestors did: Japanese farting contests, Asian bean throwing, dice divination and a naughty food recipe.</i>	2:30	Naturism In Poland - Barbara Moszynski <i>Clothesfree recreation in Poland today.</i>
10:30	Water Aerobics - Darleen Ridenhour <i>Exhilarating hour of stretching, cardiac strengthening, noodle use, and deep breathing. (Limit 15)</i>	2:30	Christians in the Naturist/Nudist World - Pam St. Mary <i>Meet together for mutual support, discussion, networking, and encouragement.</i>
10:30	Children's Activity: Toxic Plants Hike - Mitch Flinchum <i>Identify plants that may be harmful to you or your animals.</i>	2:30	Watsu - Barbara Sutton <i>Relaxing partner water massage. Limited space.</i>
11:30	History of Florida Naturism - Lee St. Mary <i>Slide presentation of our rich history and the funny and often amazing stories that led us to where we are.</i>	2:30	African Dance - Zenmarie Holmes, Raven Holmes-Dodge <i>Basic African dance movements.</i>
11:30	The Bare Facts About Healthy Laughter - Darrell & Nancy Casey <i>"A Laugh A Day Keeps The Doctor Away" We skip the jokes and go right to the laughter and along the way, explain the healthful effects on the body and spirit.</i>	2:30	Basic Digital Photography - Mark Orpen <i>For beginners; for those who have a new camera; for those more advanced who want to brush up on the fundamentals; for advanced photographers who want to show how much they know. Interactive workshop.</i>
11:30	Exercise, Exercise - Jerry Dixon <i>Share ideas on keeping fit.</i>	3:30-5:30	Children's Activity: Kite Flying - Dave Armstrong <i>Kites provided or bring your own.</i>
11:30	The Commons - Jack Arnold <i>Air, Water, Land, Natural Resources, all in danger from being privatized and destroyed in the name of profit. Can we restore The Commons and our environment before it's too late? We are the 99!</i>	3:30	Naturist Photography for Photographers & Models - Carl Flick <i>A brief overview of naturist photography, with a hands on workshop for both models and photographers.</i>
11:30	Transformational Breathing with a Touch of Tantra - Alice & Dunbar Susong <i>Vigorous breathing with Tantra movement & vocalization, solo, supine & blindfolded. Bring towel, pillows & water.</i>	3:30	Why Are You a Nudist - George Winlock <i>What do you like about being a nudist so much that you have kept it up?</i>
11:30	Children's Activity: Yoga - Amy Forman	3:30	Raw & Living Foods - John Dodge <i>History, health benefits, recipes, demo and discussion on fermented and dehydrated foods, sprouts, desserts, juicing! (Donation if you eat samples.)</i>
1:30	Tallahassee Political Scene - Richard Mason <i>An update on current political climate.</i>	3:30	Trance-Formational Rhythms - Theresa Frazier, Cliff Harmon <i>Learn how drumming can alter your awareness to bring about healing and change.</i>
1:30	Learn to Juggle - Roni Lynn <i>Have fun in a hands on workshop. Success guaranteed.</i>	3:30	Hatha Yoga - Susan Shopiro <i>Yoga for experienced Yogini or physically active people.</i>
1:30	Hilarious Parlor & Party Games - Kira Fleischman <i>Just when you thought you've undergone enough terribly silly party antics, here are some more to try.</i>	3:30	Children's Activity: Ice Cream Social & Pool Games - Cassie Eshelman, Bettina Levy
1:30	African Drumming - John Dodge, Dakota Holmes-Dodge <i>Learn the rhythm parts that create an African dance. Play in the following African dance class.</i>	4:30	NAC/NEF Donor Reception <i>Discuss NAC's projects over tropical fruit juices and snacks.</i>
1:30	The Foundations Method: A Simple Approach to Improving Health - Michael Raymond <i>New insights & a simplified method for decreasing weight, increasing energy, and improving overall quality of life.</i>	4:30	Merging the Motorcycle Lifestyle with the Naturist Lifestyle - Ralph Collinson <i>Naturist motorcycle groups, share your experiences.</i>
		4:30	Draw the Nude Nude: Texture - Keith Mueller <i>Render the subtle differences of smooth skin and soft hair.</i>
		4:30	Island Music Jam - Jeff Siegel <i>Free form artistic expression; bring instruments if you wish.</i>
		4:30	Make a Pair of Earrings - Maureen Grady <i>Beads provided. Pick your colors & create your earrings.</i>

4:30	Alcoholics Anonymous Meeting - Dave Armstrong <i>Open discussion.</i>	9:00	Professors & Researchers Naturist Society SIG - Paul LeValley <i>This is an opportunity for current and prospective SIG members to meet, and for the just-plain-curious to find out what this SIG is doing.</i>
4:30	Children's Activity: Painting Fun - Annette Levy	9:00	Meditation & Music - Michael Raymond <i>Basic breathing techniques, using music to center and achieve a state of deep relaxation. Experience harmony & dissonance; discuss their effect on your mental state.</i>
6:30-8:00	Roasting Richard Mason - Norma Mitchell, Nicky Hoffman Lee <i>All friends of Richard Mason, a champion of naturist rights, are invited to join us in recognizing Richard Mason. Richard, President and Government Affairs Chair of SFFB, has been promoting naturism for the last 35 years. Have a cup of coffee and a dessert and shake this old fart's hand. Anyone who's been to Haulover Beach owes him Big Time.</i>	10:00	Where To Go for Nude Recreation In Florida - Carl Flick <i>A collaborative review of Florida's nude beaches and lakes. Where to go, status, and maps.</i>
7-9:00	Living Water - Kilian Kormann <i>Revitalize your water for health naturally without chemicals. (video)</i>	10:00	Learn to Juggle - Roni Lynn <i>Have fun in a hands on workshop. Success guaranteed.</i>
7:00	Nude Art, Naturism & Nazis - Paul LeValley <i>Slide show of nude art in the Germanic tradition--the conflicted love-hate relationship Nazis had toward the nude.</i>	10:00	Water Aerobics - Barbara Sutton <i>Exhilarating hour of stretching, cardiac strengthening, noodle use, and deep breathing.</i>
7:00	Children's Activity: Pool Games - Bettina Levy	10:00	Palmistry IV: Fingers - Blue Evans <i>You can read most of your life just by examining the fingers.</i>
8-10:00	Concert of Crystal Light & Love - Faerie Elaine Silver, Beloved <i>Join the Crystal Chicks for an interactive, heart-opening experience.</i>	10:00	Kombucha - John Dodge <i>Make your own Kombucha. One of the tools humans have used for thousands of years to cope with the stresses of civilized life.</i>
8:00	Children's Activity: Campfire with S'mores - Annette & Bettina Levy, Sandra Reamer	10:00	Hair Vs Bare - Sue Hoffman, Claudia Kellersch <i>Which do you prefer? Hair? Bare? Where? There? Everywhere? Bald and ribald? Hirsute and cute?</i>
9-12:00	Campfire Drum Circle with Dancing & Fire Spinning - Cliff Harmon, Kim Brogan <i>Drum circle and bonfire with dancing.</i>	11-12:30	Kundalini Meditation - Sugandha, David Webster <i>A meditation technique that takes us from activity to silence. For new and experienced meditators. Bring towel.</i>
9:00	Green Movie Time: "The Turning Point, A Return to Community Farming" - Jack Arnold <i>An inspiring film featuring the Findhorn Ecovillage in Scotland. Our potential to create a life-sustaining society: local wind energy, ecological sewage treatment, community gardens, carpooling, local food production and adopting a local currency.</i>	11:00	Florida Naturist Groups: Sharing Information, Developing Strategies - Bare Buns Bikers, B.E.A.C.H.E.S., Central Florida Naturists, Emerald Coast Naturists, Florida Association for Nude Recreation, Florida Keys Naturists, Florida Young Naturists, Friends of Playalinda, the Naturist Action Committee, Sanibel Naturists, South Florida Free Beaches, Suncoast Naturists, Tallahassee Naturally, Tampa Area Naturists, WildFyre Society
10-12:00	DJ Dance - Don Sanborn	11:00	Finding Your Rhythmic Groove - Jeff Siegel <i>Exploration of your inner rhythms that emanate from your soul and strengthen your connection with Mother Earth.</i>
SUNDAY, 2/19/2012			
8:00	Morning Yoga - Zenmarie Holmes <i>Gentle stretching and positive affirmations.</i>	11:00	Food: What's Good for You - Jerry Dixon <i>Share your ideas on healthy eating.</i>
8:00	Alcoholics Anonymous Meeting - Dave Armstrong <i>Open discussion.</i>	11:00	Belly Dancing - Kira Fleischman <i>Learn a quick and easy way to shimmy and shake your booty to sultry foreign music.</i>
9-11:00	Children's Activity: Art Skills - Still Life Painting - April Mallette <i>Learn about the materials & about the color wheel. Hike the trail, looking at different trees. Paint a still life.</i>	11:00	Barely Proper Rehearsal - Roger Byrd & Volunteer Cast <i>Perform in a reading of a naturist play.</i>
9:00	First Time Naturist Experiences - George Winlock <i>Share your experiences with a group.</i>	11:00	Remote Control Boat Races for Children & Adults - Dave Armstrong <i>Boats provided or bring your own.</i>
9:00	Earth Celebration Service - Roger & Love Byrd <i>Celebrate Nature honoring Mother Earth, Father Sky and the Four Directions.</i>	1:30-3:30	Water Flotation Stretching for Couples - Alice & Dunbar Susong <i>Support your floating partner as you breath with them and stretch & rock them into a state of bliss. Bring sunglasses.</i>
9:00	Bible Study & Worship for Christians & Interested Parties - Pam St. Mary <i>Scripture, communion, worship, prayer, and discussion.</i>		
9:00	Ecological Nature Walk - Tex Reutter <i>Experience Sunsport's tropical jungle, fruit orchard and nature trails; learn about native plants and invasive species.</i>		

1:30	Beach Groups Working Together to Insure Our Future - Norma Mitchell, Claude Richards, Nicky Hoffman Lee, Jim Dickey <i>Panel discussion.</i>	4:30	Regaining Florida's Clothing Optional Beaches - TA Wyner <i>How & why beaches were lost, how they might be regained.</i>
1:30	Kirtan: Drums & Vocals - Amy Forman <i>Create positive vibrations for our planet with call and response song chanting.</i>	4:30	Draw the Nude Nude: Bringing It All Together - Keith Mueller <i>Apply principles learned in the previous sessions for refined realistic drawings.</i>
1:30	Creating Sacred Space Within a Relationship - Darrell & Nancy Casey <i>The Tantric concept of creating "Sacred Space" as a tool for heart centered sharing and a "safe place" to ask those "Brave" questions of your partner.</i>	4:30	Soul Sounds - Sacred Sound Soul Activators - Beloved <i>Through Sacred Sounds of Gemstone Alchemy Crystal Singing Bowls, Vocal Harmonics, Native Flute, and Beloved's Transmission from the Heart of the Divine Mother, every cell of your body vibrates into perfect harmonic resonance, as you are bathed in the ancient wisdom and healing properties of gemstone crystals.</i>
1:30	Stand Tall - Rae Newoman <i>Stretch & strengthen postural muscles.</i>	4:30	Hillbilly Wine Making - Pat & Wib Daley <i>Low tech home brew from fresh fruit for fun and health.</i>
1:30	Four Handed Massage - Zenmarie Holmes <i>The techniques of four handed synchronized massage.</i>	4:30	Alcoholics Anonymous Meeting - Dave Armstrong <i>Open discussion.</i>
1:30	Children's Activity: Yoga - Michael Raymond <i>Integrating yoga, concentration, meditation, creative fantasy, movement, and art.</i>	4:30	Children's Parade Preparation - John Dodge, Zenmarie Holmes, Annette Levy <i>Get ready for the big parade with body painting, drumming, dancing and puppet making.</i>
2:30	Informing Politicians of Naturist Family Values - Paul LeValley <i>We have a great story to tell, and the tools to do it. Learn how to use them.</i>	7:00	Nude in the News - Rich Pasco <i>A video review of how mainstream media portray nudity and naturism, with new video clips recorded in the last year.</i>
2:30	Toxic Plants Hike - Mitch Flinchum <i>Identify plants that may be harmful to you or your animals.</i>	7:00	Science, Engineering, Technology and Human Concern: Mankind is Advancing Beyond Old Ideologies - Douglas Mallette <i>Our current socioeconomic state and how technology and human advancement are having a major impact.</i>
2:30	Living in Harmony with Those with Whom You Disagree - Walter Loeb <i>Techniques for living harmoniously with people who disagree with you in areas including politics, religious concepts and views, nudity, etc.</i>	7:00	Children's Activity: Field Games - Annette & Bettina Levy <i>Parachute fun, shaving crème wiffle ball, jump rope, hula hoops, water balloons.</i>
2:30	Paya Bay: Trip Report - Jonathan & Susan Shopiro <i>Paya Bay is a new naturist resort in Central America.</i>	8-10:00	The Law of Attraction (movie) - Dev Smith <i>"The Secret" movie and discussion.</i>
2:30	Pudding Toss for Children & Adults - Morley Schloss <i>Messy, gooey free-for-all.</i>	8:00	Nude at the Beach Play - Love & Roger Byrd <i>Play reading.</i>
3:30-5:30	Ipsalu Tantra Kriya Yoga - Gabriele Germann <i>Exercises to free yourselves from emotional debris, so you may love and live the way you always wanted to.</i>	8:00	What You Think Matters - Mary & Patrick Burge <i>An introduction to quantum physics showing how our thoughts create our life.</i>
3:30	Florida's Naturist History: A Collage of Plays - TA Wyner <i>Gallery of Theatre on the Beach documenting more than a dozen Florida clothing optional beaches.</i>	8:00	Children's Activity: Campfire with S'mores - Annette & Battina Levy, Sandra Reamer
3:30	2012 & the Mayan Prophecy - Mark Lutrell, Mary Burge <i>The most anticipated event in history.</i>	9-12:00	Campfire Drum Circle with Dancing & Fire Spinning - John Dodge, Dakota Holmes-Dodge, Kim Brogan <i>Drum circle and bonfire with dancing.</i>
3:30	Burning Man: A Clothing-Optional Community - Norma Mitchell, Jim Dickey, Claude Richards <i>Burning Man is a week long annual art festival held in the Black Rock Desert. Nudity is considered a form of radical self expression and is completely acceptable.</i>	9-11:00	"The Genesis Children": Naturist Film, Art, or a Pedophile's Delight - Paul LeValley <i>View this controversial 1971 film of boys 10-17 on a beach near Rome, and decide for yourself.</i>
3:30	Bipolar Bares - Julianne & Rich Pasco <i>One woman shares how she overcomes manic-depressive bipolar disorder with proper medication, professional care, and a holistic approach to self-acceptance in which naturism plays a key role.</i>	9:00	Clothing Optional Fashion Show - Amy Forman <i>Show off your personal style and practice runway modeling.</i>
3:30	Buy Local - Jack Arnold <i>Locally grown food, local banks, local currencies: in depth look at the power of LOCAL. Regain control of our lives.</i>	10-12:00	Karaoke & Dance - Phil Flavin
3:30	Children's Activity: Ice Cream Social & Pool Games - Bettina Levy		
		<u>MONDAY, 2/20/2012</u>	
		8:00	Sunrise Standing Brocade - Susan Shopiro <i>Traditional QiGong to get that Chi (energy) moving.</i>

8:00	Alcoholics Anonymous Meeting - Dave Armstrong <i>Open discussion.</i>	11:00	Transformational Breathing with a Touch of Tantra - Alice & Dunbar Susong <i>Vigorous breathing with Tantra movement & vocalization, solo, supine & blindfolded. Bring towel, pillows & water.</i>
9-11:00	Health, Wellness & Detox - John Dodge <i>Using nutrition, meditation, exercise, herbs, aromatherapy, ayurveda, and more to detox and transform your life.</i>	11:00	Barely Proper Rehearsal - Roger Byrd & Volunteer Cast <i>Perform in a reading of a naturist play.</i>
9:00	Ethical Naturist or Recreational Naturist - Which Are You? - George Winlock <i>An ethical naturist sees naturism as a philosophy while a recreational naturist just enjoys being clothing free.</i>	11:00	Children's Activity: Cooking - Silly Banana People - April Mallette <i>A fun and easy treat to make with bananas, chocolate, M&Ms, licorice, marshmallows, nuts and so on!!!</i>
9:00	Hurray for Bollywood - Kira Fleischman <i>Come shimmy and shake your booty to the funky beat of over-the-top Bollywood India musicals.</i>	1:30	Raising Children as Naturists - Sandra & Frank Reamer <i>The benefits and issues of raising children as naturists.</i>
9:00	Afro-Cuban Interstellar Playshop - Jeff Siegel <i>Using ancient drumming rhythms, creativity, and positivity to fortify our emotional well-being. Dancers welcome!</i>	1:30	African Drumming - John Dodge, Dakota Holmes-Dodge <i>Learn the rhythm parts that create an African dance. Play in the following African dance class.</i>
9:00	Wear Clothes: Destroy the Planet, Get Sick Quicker, Die Sooner - Wib & Pat Daley <i>The impact of clothing on the environment and our health.</i>	1:30	Growing Through Change - Darrell & Nancy Casey <i>Have you "grown" through facing physical and/or emotional changes? We'll share why chaos is often a positive despite the challenging feelings it engenders and experience a healing guided visualization journey.</i>
9:00	Meditation & Movement - Michael Raymond <i>Choreography for 'Oh Great Spirit'; centering methods for our meditation. Integrate into daily life.</i>	1:30	Our Energetic Interaction with Food - Michael Raymond <i>Food's energy systems effect our own. Assess energy systems with a pendulum; see video of energy systems interacting. Bring foods or drinks for assessment.</i>
9:00	Children's Activity: We're All Different & Perfect - Morley Schloss, Claudia Kellersch	1:30	Creative Writing & Sharing - Richard Rosichan <i>Presentation of brief writing samples, and shared critiquing: fiction, nonfiction, travel and journaling.</i>
10:00	Women & Body Acceptance in Naturism - Nicky Lee Hoffman, Claude Richards, Norma Mitchell <i>Discussing issues that matter to women enjoying naturism.</i>	1:30	Hatha Yoga - Melinda Matthews <i>Enjoy a multi-disciplinary Hatha Yoga practice that will renew you, ground you, and help you connect with your higher self.</i>
10:00	Men in Naturism - Jim Dickey <i>Current and historical topics involving men in naturism.</i>	1:30	Clay Sculpture for Children & Adults - Wyatt Warren <i>Sculpt human figure or whatever you like.</i>
10:00	Sunspot Memoirs: A Pictorial History - Bob Clark <i>An exciting slide show romp through the past 46 years of Sunspot's growth from a 40 acre overgrown tomato farm to a unique tropical community & resort.</i>	2:30	The Politics of Children in Naturism - Morley Schloss <i>The challenges to children's participation in naturism: youth camps, home nudity, photography of children, child protective services, adults-only sites and events.</i>
10:00	Fun Bodywork Techniques - Sugandha, David Webster <i>Partnered techniques from massage and yoga. Use your whole body to give healing touch. Bring large towel.</i>	2:30	Water Floatation Massage - Rae Newoman <i>Experience Watsu.</i>
10:00	Water Aerobics - Rae Newoman <i>Exhilarating hour of stretching, cardiac strengthening, noodle use, and deep breathing.</i>	2:30	African Dance - Zenmarie Holmes, Raven Holmes-Dodge <i>Basic African dance movements.</i>
10:00	Children's Activity: Finger Painting - Jeff Siegel	2:30	Palmistry V: Putting It All Together - Blue Evans <i>Putting a reading together on your own hands or a photocopy of your relatives' hands.</i>
11:00	Naturist Action Committee: Area Representative Program - Jack Arnold, Barb Crumb, Pat Daley, Wib Daley, Jim Diickey, Jerry Dixon, Claudia Kellersch, Claude Richards, Morley Schloss, Jonathan Shopiro <i>NAC Area Reps describe their roles in protecting naturist rights; how you can help.</i>	2:30	Secrets of Vegetarian Cooking - Mike & Therese Hester <i>Learn how to make & use tofu, seitan, TVP and other vegetarian staples. Taste some samples.</i>
11:00	Artists' Figure Modeling - Amy Forman <i>Bring drawing materials and practice with experienced figure model.</i>	2:30	Early American Woodworking - Patrick Burge, Paul Meckstroth <i>Early American woodworking; tools & printed information on techniques. Hands on.</i>
11:00	Everglades Restoration - John Koch <i>A progress report on efforts to restore the Everglades.</i>	2:30	Children's Activity: Slip 'N Slide - Bettina Levy
11:00	Tribe It, You'll Like It II - Kira Fleischman <i>Sample an ancient snack, paint yourself with a protective symbol, enter a grinning contest, and more.</i>	3:30	Writing for N Magazine & Beyond - Nicky Hoffman Lee <i>Tips, ideas and guidelines for writing for N magazine.</i>

- 3:30 **Getting Involved in Politics**
- Dave Armstrong
Political participation for a better future for naturists.
- 3:30 **Jewelry Making**
- Ruthie Rosenfeld
Learn to create a bracelet out of metal.
- 3:30 **Prevention & Healing: What They Have In Common**
- Isolde Boutwell
Natural healing costs only time and effort; for every year you have had the illness, count 1 month of healing time.
- 3:30 **Off the Grid: A Decentralized Approach to Mankind's Energy Needs**
- Douglas Mallette
Current amazing advances in clean energy systems and how to properly use them to power the needs of the entire planet.
- 3:30 **Friendly Body Rubbing & Supportive Touch**
- Claude Richards, Jim Dickey
Demonstration and discussion, hands on technique.
- 3:30 **Children's Activity: Ten Foot Sundae & Pool Games**
- Sandra Reamer, Bettina Levy
- 4:30 **No Sex Please, We're Naturists**
- Rich & Julianne Pasco
Should nudists deny their own sexuality to market nudism as asexual, or follow the marketing maxim "sex sells."
- 4:30 **Nudist Lifestyle in Today's Economy**
- Jerry Dixon
Share ideas about how to make it in today's hard times.
- 4:30 **Draw the Nude Nude: Bringing It All Together II**
- Keith Mueller
Apply the principles learned in the previous sessions for refined realistic drawings.
- 4:30 **Island Music Jam**
- Jeff Siegel
Free form artistic expression; bring instruments if you wish.
- 4:30 **Yoga for Bone Health**
- Susan Shopiro
Yoga practice for people that have postural or bone health issues.
- 4:30 **Water Revitalization**
- Killian Kormann
See it for yourself; try it. Bring your own beverage.
- 4:30 **Alcoholics Anonymous Meeting**
- Dave Armstrong
Open discussion.
- 4:30 **Children's Parade**
- John Dodge, Zenmarie Holmes, Annette Levy
Make masks - make music - dance & walk - have fun being a spirit.
- 7-9:00 **Green Movie Time: "Baltimore Food Ecology Documentary", "Out to Pasture: The Future of Farming"**
- Jack Arnold
Excellent films on the trouble with urban food distribution and what some communities are doing about it.
- 7:00 **Barely Proper Play**
- Roger Byrd & Volunteer Cast
Staged reading of the naturist play "Barely Proper".
- 8-10:00 **Variety Show**
- Bob Clark
Your chance to shine.
- 9-12:00 **Campfire Drum Circle with Dancing & Fire Spinning**
- Jeff Siegel, Kim Brogan
Drum Circle and bonfire with dancing.
- 10-12:00 **DJ Dance**
- Don Sanborn
- TUESDAY, 2/21/2012
- 8:00 **Morning Yoga**
- Zenmarie Holmes
Gentle stretching and positive affirmations.
- 8:00 **Alcoholics Anonymous Meeting**
- Dave Armstrong
Open discussion.
- 9:00 **CLOSING FRIENDSHIP CIRCLE**
- 10-5:00 **Canuding & Kayaking Trip**
- Morley Schloss
Explore the magical tropical jungle Loxahatchee River paradise. (\$12.50 per person for canoe or kayak rental).
- 10-5:00 **Haulover Beach Trip**
- John Koch
Visit Florida's premier clothing-optional beach.
- 10-4:00 **Palmistry Intensive**
- Blue Evans
Learn to do your own readings on others. Practicum. \$75.