

4th Annual

Salmon Valley Woman's Festival



BC CULTURAL
crawl
AUGUST 1-31, 2011

Rockin's River Resort Welcomes the 4th ANNUAL SALMON VALLEY WOMAN'S FESTIVAL

AUGUST 12-14, 2011

Louise and Robyn would like to announce the coming festival August 12-14, 2011. It is hard to believe the dream has been created, fulfilled and bigger than we ever imagined. The special unique wondrous and amazing women who have gathered together in the past three years. Thanks to all the wonderful healers, facilitators, readers, vendors, participants; without you this would never happen. They have all taught us so much about gratitude, growth and ever endless flow to and from the universe. Our purpose was to provide a safe, spiritual place to gather like minded and curious women; guiding them to their own rhythm. We gather in sisterhood, friendship, laughing, sharing, caring, learning and journeying. We have had women over the years who have contacted us stating they experienced movement and change in their lives after attending the festival. Some started new careers while others packed up and moved somewhere completely different. It is cool watch the rock drop into the water and ripple out the possibilities of life. As we get wiser and our lives journey forward, we wonder about the women we once were before we received the title of partner, mother, care giver and parent. Living with the identities given to us by others, who we are; what we should believe about ourselves. We start the pattern of other-directed; off-beat, to our rhythm.

Believe that Devine is presenting you with your highest good every moment of everyday. The 4th Annual festival is dedicated to the celebration of all the courageous women who fought for their lives not able to have a choice about their outcomes. There have been a few on my path now and I miss them dearly. I hate cancer; it is so evil; it takes all prisoners. Louise and I want to celebrate the memory of a woman who was dear to us. Thea died on January 13, 2011 after a battle with cancer at 50 years young (asbestos from a work site 25 yrs prior stayed dormant and then came to life); she was an amazing spirit, I don't think I met anyone who showed up for their lives as she did. She totally lived her life, adventuring, traveling, and willing to try almost anything once. Her spirit is like others that inspired the festival; honouring the amazing women who were taken too early. Their spirits guide and support us on our journeys. It is them we wish to thank and acknowledge, as their existence is our reason to reach higher. To be honest about whom we are and what we want. How long have you believed all those things people said you were? Your parents, your siblings, your childhood, your friends and your partners. It takes courage to look deep inside and take responsibility for who we are and where we are. I want to share and raise Thea's spirit to each and every one of you. Believe me when I tell you she has that much power.

Light & Laughter

Robyn & Louise

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Events Schedule

Week-end Schedule

Friday:

7am

Greet the Morning Ceremony - bring drums or shakers if you have them, but not necessary - Everyone Invited

7:30am

~ Meditation - Kathy (Included - no charge)

8:15am

~ Yoga

9:30 - approximately 11:30am

~ Finding Your Inner Voice - Laura
~ Body Sacred - Self Healing - Louise Browne
~ Becoming Your Own Role Model - Carrie

11:30am - 12:30pm

~ Lunch Break

12:30 - approximately 2:30pm

~ Earth Rhythms - Robyn
~ TFT - Rachelle
~ Assertiveness through Inner Strength - Tammy and Sheri

2:30 - 3:00pm

~ Break

3:00 - approximately 5:00pm

~ Creating Sacred Ceremony - Darlene
~ Creative Exploration part 1 - Jeannie (part 2 Sat. 3pm)
~ Mastering Your Emotional Life - Annette

5:00 - 7:00pm

~ Dinner, rest, meet friends

7:00pm

~ Opening Ceremonies begin

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Saturday:

7:00am

~ Greet the Morning Ceremony - bring drums or shakers if you have them, but not necessary - Everyone Invited

7:30am

~ Meditation - Kathy (Included - no charge)

8:15am

~ Yoga

9:30 - approximately 11:30am

~ Belly Dance - Brenda

~ Woman's Anger - Susan Tapp

~ Past Lives and how they Affect Us - Kareen

~ Solitary Wicca 101

11:30 - 12:30pm

~ Lunch Break

12:30 - approximately 2:30pm

~ Creating Sacred Ceremony - Darlene

~ Working with Crystals - Annette

~ Learning to Love Yourself - Laura

~ Warrior Woman - Imani (continues into the afternoon)

2:30 - 3:00pm

~ Break

3:00 - approximately 5:00pm

~ Warrior Woman - Imani (cont'd)

~ Druidess Path - Charlene

~ The Shift - Sue Miner

~ Creative Exploration part 2 - Jeannie (cont'd from Friday aft.)

5:00 - 6:30pm

~ rest, contemplate, visit etc.

6:30pm

~ Breaking Bread Festival Dinner

8:00pm onward

~ Entertainment and Moon Honouring Ceremonies begin

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Sunday:

7:00am

~ Greet the Morning Ceremony - bring drums or shakers if you have them, but not necessary - Everyone Invited

7:30am

~ Meditation - Kathy (Included - no charge)

8:15am

~ Yoga

Workshops start at 9am this day, as the festival is over at 2p.m.

9:00 - approximately 11:00am

~ Medicine Wheel - Imani (this workshop continues into the afternoon)

~ Belly Dance - Brenda

~ TFT - Rachelle

~ Ceremonies! - Sue Miner & Kareen

~ Stepping Into the Light - Emily M. (*this workshop continues until 1:45pm, breaks will be decided by Emily.*)

11:30 - 11:45am

~ short lunch break

11:45 - approximately 1:45pm

~ Medicine Wheel - Imani - (cont'd from 9am)

~ Woman's Anger - Susan Tapp

~ Strange Energetic - Charlene

~ Healing through Positive Affirmations - Myrhh

~ Becoming Your Own Role Model - Carrie

2:00pm

~ CLOSING CEREMONIES!

Things to Bring:

Water Bottle - Hat - Towel - Mug for Hot Beverage, stainless steel water bottle if you have one - Lawn Chair - Bug Spray (hopefully you won't need it!) - Floating Device for the River (if indulging)