

# INTENTION 11

December 31 2009 - January 4 2010

## PROGRAM OF ACTIVITIES



# INTENTION 11: Program of Activities

**THURSDAY, DEC 31, 2009**

**12:00 pm - 6:00 pm**

## **Creating Sacred Space Day One (Temple ov Intention)**

Arrive anytime after noon and help create our Sacred Space in the Temple ov Intention.

Everyone – this is a great way to immerse yourself in the co-creative environment of Intention and connect with new and old friends.

We will unload gear and supplies into the Rec Hall, build a stage, set up the sound system, hang a ceiling net and other structural fabric, begin creating cuddle space and prepare the fire pit for New Year's Eve.

**6:00 - 7:00 pm DINNER**

*Welcome to Intention with Lisa*

**7:00 - 7:30 pm**  
**Intention Orientation**  
*with Intention Organizers*

**7:30 - 9:00 pm**

More creating Sacred Space and Temple Set Up (Temple ov Intention)

**7:30 - 8:30 pm**

## **Voice Activation Chanting (Lodge 3)**

Come share your blessed voice, and we will uncover the inspiration of our deep inner desires together! We will nurture our feelings of unity with each other and the divine brilliance we carry within ourselves. The chants will ebb

and flow, carrying the collective harmony into places of bliss and elation. Praise for whatever you are grateful for! Song sheets are provided. Please bring a cushion.

*with Lucia Beamish and Vince Gowmon. A deep calling, and a new unfolding, Lucia's expression through voice has found its blissful way into her healing and devotional practices. Vince engages and coaches people with all aspects of well-being.*

**9:00 - 10:00 pm**

## **Opening Circle (Temple ov Intention)**

The official opening of the container for our 5 days of Intention! Includes welcoming, orientation, icebreakers and invoking/sharing in the sacred.

## **New Year's Eve Ritual (Temple ov Intention)**

**11:00 - 11:10 pm**

It's New Year's Eve! Let's all gather together. Please be on time, as we start at exactly at 11:11pm.

**11:11 pm - 1:11 am**

Let's join together in ushering in the New Year by co-creating a meditative, celebratory and ceremonial space to bring '09 to a satisfying close and initiate our launch into an intentional 2010! On this auspicious blue moon eclipse, our ritual journey will take us through a process of engaging the three phases of: Reflection & Release, Gratitude & Grace, and Intention & Inspiration.

# FRIDAY, JAN 1, 2010

## It's Tutu Friday! Drum roll please....

Go wild humans! If you have a tutu, show it off Day 2 of Intention. No tutu? Wear something that resembles a tutu. Have more than one tutu? Bring 'em, share 'em, put a label on them with tape and a safety pin.

### Creating Sacred Space Day Two – Everyone Decorates!

#### Community Co-Creation

Everyone is asked to contribute 1 ½ hours of their day today to decorating the Temple of Intention. Be a bliss maker, Bagua style!

## 9:00 - 10:00 am

### Morning Activation (Healing Centre)

We will awaken the well being in our bodies through meditation, visualizations, mild exercise, and stretching. Inspirational mantras will nurture your connection to your divine inner perfection and beauty. Wear loose comfortable clothing, bring water and a mat.

*Lucia Beamish A certified Reiki Practioner, Lucia is currently training in Shamanic Healing techniques, and psychic and spiritual healing.*

### Hatha Yoga (Temple Sacred Room)

*with Jasmine. Jasmine Akrigg teaches Hatha Yoga, practices Reiki and Indian Head Massage. She expresses her creativity through hair styling and her new clothing design business.*

## 10:00 - 11:00am BREAKFAST

## 11:30 am - 1:00 pm

### Intentional Spiritual Contracts (Lodge 2)

Zoraah will offer knowledge about subtle bodies and a brief description of the nature of reality from a spiritual/shamanic perspective. We will discuss the nature of subtle contracting

with the Universe and how this influences the results we see in our lives. By acknowledging our current contracts and re-writing our future contracts with a focus on our true heart's desire, we set into motion miracles, manifestation, and synchronicity. We will use art to create contracts to take home and we will share our stories to learn from each other and refine our abilities to co-create reality.

*Zoraah Juin Fu Mock is a Certified Six Sensory, Licensed and Certified Angel Therapy Practitioner. With a professional background in mental health, music, and fine arts, she uses this experience to support people on their journey to be successful creators.*

### Infinity Process (Dining Hall)

The Infinity Process is an exploration of the poetry of the body and music of the voice in the geometry of space. Starting with a unique bodily vocal activation, we will move into toning and chanting, and build up to beatboxing, throat singing, and lyricizing. Using a microphone and loop station we will, as a group, create a live tapestry of sound, using the tools of the Infinity Process to dance our power and truth. Bring a yoga mat and/or blanket, water, journal. Some paper/pens will be provided.

*with JAIAquarian. First taught at Intention 8, Jaia has recently returned to leading vocal playshops again in preparation for the expanded, re-activated Infinity Process.*

## 1:00 - 2:00 pm

### Tarot Hour (Lodge 1)

Tarot is for everyone. Whether you have years of tarot-reading experience or you have never seen a deck up close, come explore the symbols and patterns of tarot cards and see how others approach them.

*with Darcie, Vancouver-based artist and writer.*

## 2:00 - 3:00pm LUNCH

## 3:30 - 5:00 pm

### Remembering to Play (Temple ov Intention)

Remembering to Play is about the wisdom, joy and freedom of being a child, recapturing the spirit of innocence, openheartedness, curiosity and spontaneity often lost.

Play returns us to the wisdom of a child interacting and creating with joy and wonder, full of magic and unlimited possibilities. Fun, interactive and experiential, participants will learn through using various forms of creative expression (movement, art, music, storytelling and more).

*Vince Gowman is a Certified Life Coach who coaches individuals and leads workshops in all aspects of well-being.  
www.rememberingtoplay.com*

### Henna body painting (Lodge 2)

Come co-create art on others as we all take turns creating henna designs, then dance to Bollywood music while we wait for the paint to dry. I will bring the Henna, design ideas, and music... all we'll need are artists and patches of skin to be beautified.

*Phoenix tries to live her life daringly and delightfully. As part of a spiritual women's group for the last 10 years, she has experimented with many modalities to access her essence and surrender to that grand plan. She feels gratitude in bringing a piece of community art to the weekend.*

### NLP Preparation for Success (Lodge 1)

Neuro-linguistic programming is a communication model that augments successful patterns of behaviour and the subjective experiences underlying them. NLP is a great way to pack a lot of life goal planning and resource development into a short amount of time! Participants will decide on an important event in their future and clean up un-helpful beliefs and subjective evaluations of self.

*with Rebecca Christofferson BFA, NLP. Rebecca is a registered Art, EMDR, and NLP therapist*

*heavily influenced by West Coast and Prairie First Nation's elders and traditions, who has recently begun her initiation into the world and practice of shamanism.*

## 5:30 - 7:00 pm

### Intro to Swing Dancing (Temple ov Intention)

Does jazz make you want to move? Learn to enjoy the music while connected to a partner, moving in creative, groovy, and harmonious ways. Here you'll learn skills fundamental to partner dancing, with a focus on lindy hop, the grand daddy of all swing dances. You will explore connection, learn basic steps, and pick up one or two fancy moves. You can expect others to have little to no partner dancing experience. No partner required.

*Jacky Li has studied lindy hop for the last two years. He loves it so much, he'll bring it up in most conversations.*

*Aaron Malkin has taught swing dancing in Toronto and Kingston and has also performed with swing dance troupes in Toronto and Waterloo. He does it because the connection, the movement, and the music all bring him joy.*

### Love Sex Intelligence (LSI) Culture Lab (Temple Sacred Room)

Love mapping and empowerments to prepare the Love and Partnership gua of the Temple ov Intention and our personal and collective lives. Exploring areas such as pre-commitment phases, conscious dating, vows, communication, power struggle, releasing ceremony and sacred creation formation.

*with Sobey. Love Sex Intelligence and community. Coming from his involvement in the MindBodyLove Project (harm reduction/safe sex), private gatherings and hosting Intention workshops that explored alternative relationships, sacred sexuality, polyamory, Sobey is seeking ways to facilitate discussion towards our evolving collective intelligence of relating and sexual evolution, and being in conscious creationships.*

## Integrated Group Energy Healing (Lodge 3)

Love, Awareness and Freedom! Have you ever felt that profound and powerful internal connection between the physical, mental, emotional and spiritual? Would you like to decompress, lie down, breathe, zen out and bliss out? We will come back to our bodies, open our chakras, connect with the Divine Mother and the Divine Father and then call upon your guides to heal. This will allow you to create profound inner clarity of who we truly are and what we are meant to be doing on this planet individually and collectively.

*Born & raised in Poland, Paula Haczewski is a Life-Coach, Wellness Counsellor, and Energy Healing Practitioner. Assisting people to shed the old, dark and limiting, creating space for the new, light and expanding by promoting self-awareness, curiosity, and heart based living.*

## 7:00 - 8:00 pm DINNER

### 8:30 - 10:00 pm

#### Ritual Play and Performance Workshop (Temple ov Intention)

Here's something new we cooked up for Intention 11! Working and playing in 4 teams based on the Elements, each team will be creating a space, a "moving human installation" and performance pieces for the "Ritual Play" that will become the Welcoming Ceremony for our peeps coming up on the buses the next evening for the UpTemple Party!

### 10:30 pm - Midnight

#### Live Music (Temple ov Intention)

Bring you instruments, bring your voice and be 'on stage' for 5 minutes of fame! Share your music with all, especially if you have never performed before. We have surprises as well!

## Midnight - ????

### "Fish Bowl" Party (Temple ov Intention)

If you are you a DJ who wants to play, (first dibs to new/upcoming/beginner DJs) we strongly encourage you to sign up with Fish by noon on Jan. 1st! Turntables/CDJs/mixers are available and you can plug in your laptop if you wish! Join Sobey and Jeet-Kei in warming up and expanding the space for the big UpTemple on Saturday.

## SATURDAY JAN 2, 2010

### 9:00 - 10:00 am

#### Morning Qi Activation (Temple Sacred Room)

Morning Activations will be a powerful series of gentle movements that will focus on bringing in and moving Qi through the body, using Qigong and Baguazhang practices. Depending where people are at, we may do some breathwork or other exercises to help open energy flow, be more present, grounded and aware.

*Christopher Fleck, a sensitive and caring teacher of many things including metaphysics, meditation, energy healing techniques, Qi-building systems, martial arts, and breathwork is completing a certificate in Counselling.*

#### Continuum Movement/Yoga (Temple ov Intention)

Join Ashleigh in the nourishment of your mind, body, and soul through yoga and continuum movement. Explore your fluid body, let go, soften, and surrender to the call of mother earth. Get curious about what it would feel like to move as you've never moved before.

*Ashleigh Burns has been teaching and studying yoga for the past five years., exploring many forms of movement, meditation, and sound. She believes in cultivating ground to play in space – diving deeply into the well of mystery.*

## 10:00 - 11:00am BREAKFAST

### 11:30 am -1:00 pm

#### Find your Power Animal (Temple ov Intention)

Wake up the Shaman in you! Learn to "journey" to the beat of a drum, entering the underworld, to find, connect and communicate with your spirit guides. 18+ years.

*Azrael aka April & the True Circle Shamanistas. Azrael followed the call of shamanism exploring different traditions, cultures and newer interpretations of this ancient and profound form of healing. She has been assisting people on their healing journey by working with power animals to navigate the lower worlds and communicate with spirit.*

#### 21st Century Parenting - A Dialogue on Paradigms, Patience & Pragmatism (Lodge 2)

The future holds unprecedented environmental and social challenges for us. How does this awareness affect the way we choose to parent children and raise the next generation of leaders? What lessons can we learn from previous generations of parents? What forms of intentional community are being developed to ensure a sustainable future for our descendants? What diverse wisdoms and strategies help us live our daily lives as parents? Through discussion and small groups, we will explore this and more. Everyone welcome, including people who do not yet have children of their own.

*with Dave Praxis, a loving father, hippy/raver, scholar/teacher, and loyal friend.*

#### Dead on the Spur O' the Mo in Motown (Dining Hall)

DJ and talking. A music and running commentary of music from the past, the people involved and Bodieman comments.

*with Bodie*

## 1:00 - 2:00 pm

#### Cosmological Chanting (Lodge 1)

We will chant, sing together, pray, praise, and open our hearts to creation and mystery. The style is call & response, musical improvisations, melody & harmony, acknowledging universe, galaxy, pacific salmon! With background music by Bluetech.

*Lyrics by Foss the Fossilosopher:  
living cosmology*

#### Temple ov Intention Culture Lab (Temple ov Intention)

Come in the lab for your 11.0 Templenautical Intentionizing download with tools for the psyche to enter 2010. A chance to play with potential, sacred space engineering, ritual tech, and dancefloor linguistics.

*with Sobey Wing. Since initiating the first Temple ov Intention in 2003 which corresponded with the end dates of the Mayan Calendar, Sobey has drawn on geomancy, feng shui, temple design, ritual technology and indigenous cultures to find ways of infusing modern forms of celebration culture with the Archaic Revival.*

## 2:00 - 3:00 pm LUNCH

### 3:30 - 5:00 pm

#### Kundalini Yoga and Meditation (Temple ov Intention)

A powerful and transformational practice, Kundalini yoga incorporates movement, asana (postures), pranayam (breath work), mantra (chanting), mudra (hand positions) and meditation to awaken your creative potential, your kundalini energy that lies dormant at the base of the spine. Come and experience the limitless and infinite nature of your true being - your true identity - your "Sat Nam"!

*Andrea St.Jules (Jules) is an IKYTA certified Kundalini yoga teacher. She is also a certified Hatha yoga teacher.*

### **Intention Home (Lodge 3)**

At Intention 10, a group of us started meeting to vision and plan around obtaining and creating a permanent home for the Intention community. The process has led us to a proposal for the creation of two community co-op business projects to realize this dream and take the community to the next level. We will bring you up to speed on all we've come up with so far and outline the next steps for the future. We are specifically looking to attract new team members and supporters to join us in bringing this beautiful, grand project to fruition!

*with Jeet-Kei and other Intention Home Pod Humans.*

### **Creating Face Art (Dining Hall)**

You may paint someone, be painted, or both. All paints and brushes are supplied. We hope that you can join us for some fun hours of Face Painting!

*Omid is an IT tech, who spends his off time exploring many artistic outlets, including painting, drawing, knitting, pottery and anything else that involves making things with his hands.*

**5:30 - 7:00 pm**

### **Thai Massage (Lodge 2)**

Thai Massage is an ancient healing art sometimes call "yoga for lazy people". It is deep tissue work, focusing on muscle groupings and nerve/energy lines. Bring a mat and wear comfortable clothing. There are some clever techniques and principles....like vicarious joy.

*Paul Chevreau has been practicing Thai massage since receiving his diploma from the Hospital of Traditional Northern Thai Massage in Chiang Mai in '93.*

### **Freedom with POI (Temple ov Intention)**

Nick Woolsey will be sharing fundamental concepts of gaining freedom of movement and expression with poi. Great for anybody with at least some poi experience. Bring or make your own poi! A pair of long socks is all you need!

*Nick has become a cult celebrity in the global poi dancing and fire spinning community. He has spent 5 years traveling internationally, performing and teaching poi to literally thousands of people. [www.playpoi.com](http://www.playpoi.com).*

### **Sex Love Intelligence (Lodge 3)**

This year we will be working with the masculine and feminine sexual energies as well as an open Q&A. This Q&A will provide an opportunity to get answers to those 'burning' questions you've wanted to ask about sexuality and sexual relationships and never have, or have not been able to trust the source of the answer. Always informative and entertaining, come join us!

*with Julia Saunders, BHE, M.Ed teaches youth and adults about healthy sexuality and relationships. [www.sexloveintelligence.com](http://www.sexloveintelligence.com)*

### **Drumming the Beat (Dining Hall)**

Playing music has been Bodie's door to enlightenment and inner peace. Come pick up a drum and learn to play and dance. Dancing and the drum are inextricably bound together.

*with Bodie.*

**7:00 - 8:00 pm DINNER**

## 8:30 - 10:00 pm

### Ritual Play Welcoming (Temple ov Intention)

UpTemple Party guests arrive from Vancouver. We will be exploring Play spaces, have a procession to the Temple ov Intention, sage and enter into the Temple ov Intention. Then we will dance , invoking the elements and officially welcome and launch the UpTemple Party.

## 10:00 - Midnight

### Tribal Market (Dining Hall)

Buy and sell your own clothing designs, crafts, art, food and services.

## 10:00 pm - 9:00 am

### UpTemple Party

This is it humans! We will officially double in size tonight for an incredible UpTemple!

Be ready for a loving and well-planned mixture of techno, breakbeat, psytrance, dubstep, and other yummy styles!

10:00pm - 11:00pm Echopilot

11:00pm - 12:00am Cannabinoid

12:00am - 1:30am Mazeguidr

1:30am - 3:00am Aerion

3:00am - 4:30am Rhythmicon

4:30am - 6:00am Tattwa

6:00am - 7:30am DJ Ash

7:30am - 9:00am Nils

Note: exact order of DJs may change, but who is playing will stay the same.

## 9:00 - 10:00 am

### Morning Activation with Christopher (Temple Sacred Room)

*See Saturday January 2 description*

## 10 - 11:00am BREAKFAST

## 11:00 am - 12:00 pm

### Open Space

The Temple ov Intention is open for any use!

## 12:00 - 2:00 pm

### Intuition 101 (Temple ov Intention)

Get out of your head and in touch with your immediate impulses. Practice recognizing uninhibited impulses, even when you don't act on them. Make a safe space to use your body's movement to access your intuition. Inspired by the work of Polish theatre innovator Jerzy Grotowski.

*Michael is a professional actor ([www.michaelbean.ca](http://www.michaelbean.ca)), teacher of acting ([www.bizstudio.ca](http://www.bizstudio.ca)) and runs an affordable shared performing arts studio in downtown Vancouver ([www.45west.ca](http://www.45west.ca)).*

### Tantra – The Art of Divine Union (Temple Sacred Room)

Come and explore Sacred Sexuality in a Tantric play shop which focuses on seeing the divine in all. The workshop will involve various Tantric exercises, Yoga and Partner work. Partners are not necessary, and this does not involve sexual contact.

*with Naomi Gibb. Naomi has been interested in Tantra since 2002 when she discovered it travelling in India. Since then she has studied with many teachers around the world, hosted Tantra workshops and coordinated Tantra nights. She presently is pursuing her studies of Tantra Yoga in Thailand.*

## SUNDAY, JAN 3, 2010

## 9:30 am

### Temple Guests leave Camp Zajac

Goodbye everybody, it was awesome!

## Rainbow Board Game (Dining Hall)

Howler, a friend of this community who left this earth plane in the summer of 2009, developed this game and shared it last year at Intention X. The game is non-competitive, develops and shares expression, is intimate, fun & offers you the opportunity to learn about life, self, and others.

*Foss helped Howler design and craft the board and pieces and is now carrying the game forward in love and respect.*

## Collage to Activate your Intentions and Create the Life you Desire (Lodge 3)

Opening with a few yoga poses/meditation/breathwork, we'll create a circle to set an intention for lovely co-creation. A few thoughts on collaging/visualization will be offered and then be ready to just have fun, creating and having fun together.

*with Satya, certified yoga teacher*

**2:00 - 3:00 pm LUNCH**

**3:30 - 5:00 pm**

## Depression Free Life (Temple Sacred Room)

A Depression Free Life is the vision. Isolation is one of the biggest signs of depression and can sometimes be reinforced by individualistically oriented support services of doctors, therapists etc. I will be sharing with you ways to create a more connected life that is designed for people living with mental illness/mental challenges. You will have an opportunity to clarify some core aspects of your life that empower YOU the most and create a basic personalized action plan with strategies you can implement immediately. Everyone is welcome, even if you are not depressed right now. Intention helps, prevention is powerful. :)

*with Lisa Hardin. Depression free for several years now, Lisa is a Certified Life Coach, former crisis counsellor, has a brother living with schizophrenia, and lived through depression cycles for over 20 years.*

## Partner Yoga (Temple of Intention)

Partner yoga fuses physical therapy, thai massage, yoga, as well as acrobatic yet tantric elements. Using a variety of assisted postures and alternating between giver and receiver, we will continually find our stretches, breath, and connections deepening. We'll learn to practice with different body types, so there's no requirement to bring a partner.

*From the States, Daniel has been a yogi for eight years - teaching partner yoga workshops in BC since 2005, studied acro yoga and recently completed 140 hours of Thai massage practitioner training.*

## Changes for a more sustainable lifestyle (Lodge 2)

An overview on where changes can be made with behaviour and tools we use for transportation, housing, and other areas. These changes improve environmental sustainability and stability for your community in light of peak oil, fresh water issues and climate change.

*with Gregory Fung, Electrical and electronics engineer. Greg has a general interest in changes for sustainability, frequently reading, seeing and learning about technology and solutions trends. Experience with electric vehicles and electrical storage systems.*

**5:30 - 7:00 pm**

## Puja Ceremony (Temple Sacred Room)

The puja ceremony is an offering of gratitude. Conditioning and fears can block our ability to truly and authentically connect with others. Verbal communication can also be a barrier to true, conscious relating. You are invited to connect and communicate with each other in pairs in a non-verbal setting, moving from one person to another, using eye contact and non-sexual touch. (touch not required). Challenge your personal boundaries as well as know that you may disengage at anytime. 18+ only.

*with Satya and Christopher Fleck*

## **Sacred Healings with True Circle Shamanistas (Temple ov Intention)**

Feeling dispirited? Anxious? Lost? Have you been carrying emotional baggage and cannot get rid of it? Join us to clear negative energy from your system, reclaim lost soul parts and make a fresh start! Shamanic healings will be undertaken by a team of shamanic practitioners working with spirit, power animals and different healing modalities. Together we will find out what needs to be done in order to facilitate your healing, by working with you in spirit, positive energy and light. Please bring a personal altar item if you have one, and please make sure to sign up under your preferred time on the sheet in Temple ov Intention.

*with True Circle Shamanistas, an intentional healing group that uses a range of healing practices from native cultures.*

## **7:00 - 8:00 pm DINNER**

### **8:30 - 10:00 pm**

#### **Cabaret (Temple ov Intention)**

This is your chance at eternal fame. Do your tunes, dance, shout your poem, read prose, stand on your head, play any instrument, astound us with your silliness or tell a story. 5 minutes each. Get on the sign up sheet during the day to perform.

## **10:00 pm - Morning**

### **Temple ov Intention**

A Temple ov Intention is inside of us. We enter the final eve of our retreat with the external assistance of community. Self-initiating, together we support and nurture each others life adventure through an evening of renewing community vows and personal intentions using a feng shui bagua to map our lives.

With Temple sounds by Mazeguiders, Sobey, Erik Paulsson and others combined with projected images by the community we enter 2010 aligned with our highest future selves.

Ending this evening we invite all to share sleepspace in a conscious cuddle party. From there the Temple ov Intention takes place in dreamtime and can be accessed in meditation.

## **MONDAY, JAN 4, 2010**

### **9:00 am -- Noon**

#### **Massive Group Clean-up (Everywhere)**

This is the co-creation of the Leave No Trace philosophy. Let's impress Camp Zajac even more than last year!

### **10:00 - 11:00 am BREAKFAST**

### **Noon - 2:00 pm**

#### **Closing Circle (Temple ov Intention)**

The official closing of our container and a chance to integrate our experiences of the past 5 days, express our appreciations, share in some pivotal moments, as well as engage some sweet, final group activities before we say goodbye to the Intention New Year's Gathering for another year.

### **2:00 - 3:00 pm LIGHT LUNCH**

Bye humans! We love you!

## PERSONAL SPACE

### Lodge 1 – Palomino, Room 201

This is an open personal environment where you create your own experience. Anything goes –read a book, meditate, chill away from communal spaces. Sign up sheet to book time in the room will be posted on the door.

## PEER SUPPORT

### Lodge 3 – Pinto, Room 217, 8pm til morning

Intention isn't all bliss and expansiveness. Sometimes the circle comes around or we get triggered and we need someone to be there for us. Whatever comes up, we will support you. Hugs are always available, just ask.

## INTENTIONAL HEALING CENTRE

### Lodge 3 – Pinto, Room 217, 10am-7pm

Individually scheduled healing and empowerment sessions, mini workshops, massage work and other healing offerings. Schedule and sign up will be outside the door. If you have a service to offer or if you spontaneously want to work with someone, please either sign up for a space or see if the room is available.

### *Empowerment Laser Coaching*

with Lisa Hardin, Certified Life Coach, Living Love Now advocate. Have a challenge, something you want in your life that you haven't allowed yourself to manifest? Want to shift/expand yourself to a more aligned place? Together, we will clarify what your situation is, identify the obstacles – emotional, beliefs, or real and design a concrete focus for you to move forward. 30 min sessions.

### *Energy Healing/Counselling*

with Lucia Beamish, Certified Reiki Practitioner, Psychic and Shamanistic Healer. You are cared for so deeply! Allow the love of the Universe to unlock your own healing potential. This is a hands-off healing approach that may include song or conversation. After the healing we will decompress about your feelings/sensations/visions and I will relay to you feelings, information, and visions. 30-45 min.

## Angel Readings

Zoraah Juin Fu Mock, Certified Six Sensory, Licensed, Certified Angel Therapy Practitioner. Individual or group Angel Readings for people to ask the Angels questions and explore what messages the Angels have for them. We will briefly talk about what angels are, how to contact them, and what a reading entails. We will then talk about what we would like to see happen and we will flow collectively with our guidance.

### *Cellular Mind-Body Alignment mini-workshop*

with Zoraah Juin Fu Mock - enjoying supporting people on their journey to be successful creators. Learn how to download through a dream. This practice is easy and offers limitless opportunities to heal past-life issues, subtle bodies, physical issues, provide enlightenment or insight, bring us into integrity, and illuminate your highest spiritual realms. This is a hands on sacred space workshop. Bring a pillow, blanket and tissues (if needed).

### *Tibetan Rites*

Tall Paul has been a daily practitioner for the past 7 years and honours the practice as his path. The ancient and daily practice of Tibetan monks are described as the "fountain of youth", and "tai chi for idiots". The Tibetan Five are a series of exercises performed up to 21 times and are focused on body awareness, core strength, breath and control.

### *Guided Meditation*

Peace Karen Falkenspencc's work as a Naturopathic Doctor includes intuitive holistic medicine, hypnosis, shamanic journey work and spiritual energy work. Take a guided meditative journey through an intuitive, creative world. Breath work and relaxation techniques will bring you to a deeply balanced state, a magical world where you can find gifts, answers to your own questions, and a deeper connection to your true self. Bring warm clothes and blanket-your body temperature drops when you are in a trance. Also: pillow, yoga mat, journal and pen to record any visions. One hour.

# THINGS YOU NEED TO KNOW

## LODGES

Lodge 1 - Palomino - closest to Dining Hall

Lodge 2 - Mustang - middle

Lodge 3 - Pinto - closest to Temple ov Intention

Quiet time starts at 11 pm and ends at 10 am in ALL lodges. This means that during the curfew: no loud talking/yelling/laughter in lounges. No music; no socializing in sleeping areas. Want to make noise? Laugh raucously? Go to the Temple ov Intention or the Dining Hall. : )

## Be On Time for MEALS

Meals are one hour only – if you arrive late, the good stuff may have been eaten!

## Wash Your HANDS

Always, Everywhere. Intention is more fun if you aren't sick. There are dispensers next to both entrances in the dining room and wash-room.

## Eat only in the DINING HALL.

Eating in the Lodges or Recreation Centre is not permitted. Also, please keep your snacks wrapped up to avoid attracting rodents.

## NO PEANUTS - SEVERE ALLERGIES

Camp Zajac is a PEANUT FREE facility, some kids who attend Camp Zajac have life-threatening allergies. You may bring snacks on site, including nuts, as long as they contain NO PEANUTS, peanut butter or were exposed to peanuts or peanut products.

## MUSIC JAMMING – Dining Hall

Want to play music? Amplified sound, instruments or drums! Anytime there are no meals or workshops happening, there will be a microphone and shared instruments for you to jam out on. Also: bring your own!

# LEAVE NO TRACE

## Your Stuff

Label everything you share with your name and contact info. (blankets, pillows, fabric etc) Use tape and a safety pin to keep it stuck to the fabric. Take EVERY thing home. Our audacious goal: NO items in the Lost and Found.

## Camp Zajac

We love Camp Zajac! Please honour the space and keep them clean/tidy. If something needs to be fixed, please contact Matthew Maynard, the Exec. Camp. Director.

## Massive Group Clean-Up

### Monday 9am -Noon

We all participate in cleaning our lodges, Healing Centre, Dining Hall, Rec Hall etc.

## SMOKING AREA

Cigarette smoking is only permitted in the amphitheatre/fire pit behind the Temple ov Intention or at the BBQ if raining.

## EMERGENCY INFORMATION

Phone contact to/from outside Camp Zajac

There is a phone in the cafeteria we can use for outgoing calls. There is no cell phone reception. If people outside the camp need to reach you in case of emergency they can call 604.462.8305.

## EMERGENCIES AT INTENTION: Please find any of these people immediately:

Matthew Maynard, Executive Camp Director; Uta, our First Aid Attendant or Michael Bean

## FIRST AID ROOM is available 24/7

Pinto Lodge 3 Room 220

Uta, First Aid Attendant

Any concerns from cuts, headaches, dizziness to more serious emergencies, this is where Uta can be reached.