

intention

Dec 30th 2010 - Jan 3rd 2011

12

*Here you are charmed
by the light of me
and the light of you
and its all good
around you
wherever you go
you have a temple
forever*

- Bremyn, age 4
from Intention 9.5





welcome to intention 12!

what's happening and where

Live Music Jamming - Dining Hall

Thursday 11:11pm-3:33am

Friday 12:33-3:33am

Saturday 1:30am-9am

Sunday 10:30pm-9am

Want to play music or sing? The dining hall has a sound system, microphone and shared instruments. The first hour of each night is Open Mic performance, sign up at the beginning of the Live Music Jam each night. Bring your instruments!!!

Swimming

Swim in and awesome Saltwater pool! A certified lifeguard will be present at all times.

Friday 10am to 2pm

Saturday 3pm to 7pm

Sunday 10am -12pm and 1pm-3pm

Morning Activation

Wake Up your day!

Qi Meditation with Christopher Fleck
Fri-Mon 9am Intentional Healing Space

Shaking Meditation with Kamile Kapel
Fri & Sat 9am Temple ov Intention

Open yoga

Friday - Sunday

Any unscheduled time: Temple ov Intention, Lodges, Intentional Healing Centre, Temple Sacred Room, Poolside (during pool hours)

Intentional Healing Centre

Lodge 3 – Pinto, Room 217, 10am-8pm

Individually scheduled healing and empowerment sessions, mini workshops, massage work etc. If you have a service to offer or if you spontaneously want to work with someone you can reserve a time slot anytime. The schedule and sign up sheet will be outside the door.

Intuitive Energy Healings -

Christopher Fleck

Empowerment Coaching - Lisa Hardin

Psychiatric Nutrition - Zoraah Mock

Playing Mindfully/Intentional Self-care - Omid & Rev. Anne

Massage Room

Swimming Pool Building. Masseuses and receivers sign up for a time outside the door.

Peer Support

Lodge 3 – Pinto, Room 217

Fri: 12-4am, Sat: 8:30pm-9am, Sun: 10pm-2am

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

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. Sign up sheet to book your session will be outside the door.

Kid's Space Lodge 2

We are lucky to have lots of kid energy this year where parents can play and create with their kids with a ball pit, crafting, a 6-foot tortoise, and kid-friendly workshops. Remember to clean up each time!

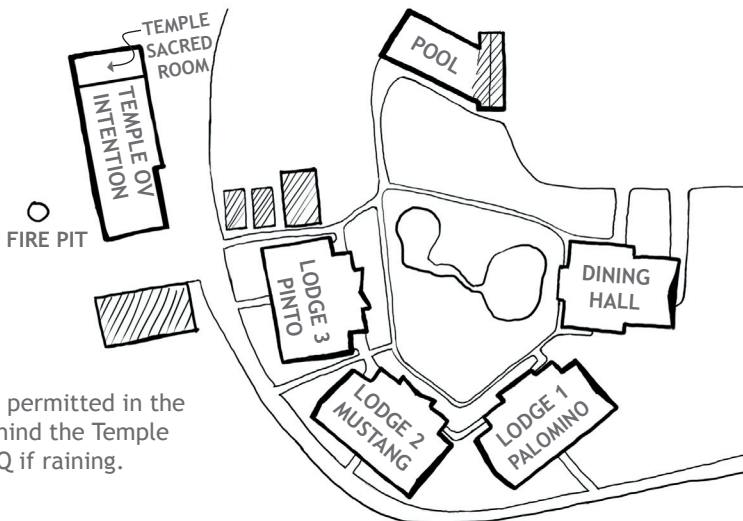
Open Connection Space

Great places to connect: Dining Hall Lounge; Lodge Lounges and the Temple Sacred Room when there are no workshops scheduled. Swimming Pool!

Lodges

Please respect quiet time in the lodges from 11pm to 10am.

The Dining Hall and Temple ov Intention are open all night for raucousness, giggles, and socializing!



Smoking Area

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

2010
thursday dec 31



Decor Jam - Everyone!

Today everyone in camp participates in co-creating the Temple ov Intention dance space as well as the Sacred Room, Dining Hall Lounge, Intentional Healing Space and Personal Space. We will build the stage, set up the sound system, construct art installations, create altars based on the senses, make cuddle and chill spaces and decorate the walls with art and fabric.

noon - 6 pm	Arrival and set-up Decor Jam	Lodges Temple
6 pm	Welcome to Intention	Dining Hall
6 - 7 pm	DINNER	Dining Hall
7 - 7:30 pm	Camp Orientation	Dining Hall
7:30 - 8 pm	Community Connection!	Dining Hall
8 - 9 pm	Decor Jam	Temple
9 - 11 pm	Opening Circle	Temple
11:11 - 3:33	Fish Bowl Live Music Jamming	Temple Dining Hall

Opening Circle

9 - 11 pm Temple ov Intention

Welcome to Intention! Everyone attends the opening circle. We create a powerful container for our 5 days of Intention, connect with each other, invoke and share sacred practices, including our own.

Fish Bowl

11:11pm - 3:33 am Temple ov Intention

The Fish Bowl kicks off our first night of dancing! If you are you a DJ who wants to play (first dibs to new/upcoming/beginner DJs), sign up with Fish at fish@goatvirus.com before end of day Dec 27th. Last-minute applications up until the party starts MAY be considered but only if there's room. Turntables/CDJs/mixers are available and you can plug in your laptop if you wish!



thursday 3



It's Tutu Friday!

Go wild humans!
Wear your tutu and bring one to share. Make sure you put a label on them.

Decor Jam Temple of Intention

Community Co-Creation continues. Everyone is asked to contribute at least TWO HOURS of their day today to decorating the Temple of Intention. Let's make this the most awesome Temple of Intention ever! It's a great way to get to know people. Join Marti and build a yurt at 11am.

New Year's Eve Ritual

9:30 pm - 12:30 am
Temple of Intention

We join together in ushering in the New Year by co-creating a celebratory and ceremonial experience. Our ritual journey of contemplation, connection, meditation with water, spirit and fire will take us through a process of releasing what we no longer need, deeply connecting with who we are and setting intentions for the New Year.

9 - 10 am	Morning Activation	see page 2
10 - 11 am	BREAKFAST	Dining Hall
10am - 2pm	Swimming	Pool
11:30 - 1:30	Intention Conference 1	Lodge 3
	Find your Power Animal	Lodge 1
	Yang Yoga	Lodge 2
	Raw Vegan Playshop	Dining Hall
	DNA Activation	Healing Ctr
2 - 3 pm	LUNCH	Dining Hall
3:30 - 6:30	Swing Lesson & Jam	Dining Hall
3:30 - 5 pm	Creative Movement	Lodge 2
	Safe Environments	Lodge 3
	Expanding the Erotic	Temple Room
	Psychic University	Healing Ctr
5:30 - 6:30	Belly Dance	Lodge 1
	(Un)learning to Draw	Lodge 2
	Galactic Alignment	Temple Room
	Playing Mindfully	Healing Ctr
	Power of Asking	Lodge 3
7 - 8 pm	DINNER	Dining Hall
9:30 - 12:30	New Year's Eve Ritual	Temple
12:30 - 3:33	DJ Music	Temple
	Live Music Jamming	Dining Hall

Intention Conference 1 11:30am - 1:30pm Lodge 3

New to Intention this year, we will be mapping, strategizing and problem-solving on how we can advance our culture and community to the next level together. Together, we will identify: 1. What is collectively shared that unites us. 2. What we want to create from here. 3. Where we as individuals fit into these maps with our projects, work or interests. Our topics for breakout group discussion in Conference Part 2 will be based on the resonance of what emerges.

Finding Your Power Animal 11:30am - 1:30pm Lodge 1

The True Circle Shamanistas will guide you on the fundamental principles of core shamanism. Learn to journey to the beat of a drum. Enter the underworld to find, connect and communicate with your spirit guides and power animals.

We are True Circle Shamanistas, an intentional healing group that uses a range of healing practices from cultures all over the globe, grounded in the protocols of core shamanism.

Yang Yoga

11:30 am - 1:30 pm Lodge 2

All Levels Welcome - Hatha/Anusara
Move and energize your body through flowing movements and deep rhythmic breathing. Hip and shoulder openers, backbends and inversions. Explore your body and its potential through movement and play!

Owner and Founder of Unity Yoga Teahouse since 2006, Susan Horning is a socially-conscious Entrepreneur, global Traveller, Yoga Teacher and Mystic who enjoys holding space for the many colours and cultures of the Commercial Drive community.

Raw Vegan Play & Eat Shop

11:30 am - 1:30 pm Dining Hall

Learn how to healthy up your daily diet in a way that is fun, easy and delicious! In this playshop I'll show you how to make two raw vegan dishes that could easily be incorporated into the diet that you already have or enjoy. Come with your hands washed!

Celina Mikolajczyk is a raw foodist, certified Raw Vegan Chef & Instructor, a professional teacher/facilitator, a cancer survivor and thriver. I believe raw foods balance the body, mind, spirit, heart and planet.

DNA Activation

11:30 am - 1:30 pm Healing Centre

In this workshop you will learn basic meditation techniques on how to consciously access full spectrum higher dimensional frequencies for DNA assembly chakra clearing and kundalini activation using visualization, sacred codes and geometries according to the kathara bio-spiritual healing system. The Kathara System is part of a much larger body of sacred spiritual-science teachings covering essential information for the current cosmic stellar activation cycle, galactic alignments and their far reaching evolutionary consequences for humanity.

Sylveranne has been studying the MCEO freedom teachings for the last 6 years covering many volumes of planetary history, sacred merkaba sciences and ascension teachings.

Swing Baby: Lesson & Dance

3:30 - 6:30 pm Dining Hall

Come learn the basics of east coast swing dancing as we dance like it's 1940! Easy to follow and complete instruction will have you moving across the floor like a pro in no time. Lesson at 3:30, Swing dance till 6:30pm. Major bonus points if you dress in period clothing!

With Karen Oh and Even Oldridge. This brother-sister duo are back, with a repeat performance of their East Coast Workshop at IntentionX. Both Even and Karen were big into the 90's east coast swing dance scene and have experience teaching dance. Karen had a secondary love affair with Lindy Hop (she even named her dog

Expanding the Erotic

3:30 - 5:00 pm Temple Sacred Room

We begin by discussing aspects of sexuality, eroticism and pleasure, then bridge into deeper and deeper experiential exercises designed to take your erotic intelligence to the next level. Talking about Sex can bring our temperatures up and down so dress in layers and/or bring a blanket. You will also need something comfortable to sit on. Please come EARLY as we close the doors to create sacred and confidential space.

Come Join Julia Saunders, MEd, Sexual Health Educator, for her 5th year gifting Sex Ed workshops at Intention. Find out more about Julia at www.sexloveintelligence.com

Creating Respectful and Safe Environments

3:30 - 5:00 pm Lodge 3

This workshop will examine how intentional communities and temporary autonomous zones have successfully created spaces with limited gender-based violence, including domestic and sexualized violence. Through activities and participant-led discussion we will reflect, deconstruct and envision how we can create a community without violence, and how this can be translated to the world we reside in on a daily basis.

Melissa Linteris spends her days responding to the impacts of gender-based violence, but dreams of a world where we prevent it from happening it at all.



Creative Movement

3:30 - 5:00 pm Lodge 2

In this fun and awakening workshop, we will let go of our ego, and the self-consciousness that arises from it. Through expressive movement, we will be opened to the bliss and beauty that surrounds us all the time.

Tesla Chao believes our ultimate purpose is to raise our vibration, and to help others raise theirs. Our physical bodies are vessels with which to spiritually evolve and nature is our ultimate teacher here on planet Earth.

Psychic University Level One

3:30 am - 5:00 pm Healing Centre

We will individually work to identify any blocks to our psychic gifts. We will cover how to journal to quell the inner skeptic, meditate for increased psychic receptivity, and use prayer as an asking tool to ensure all guidance received is for the highest good for all. The Spirit World and some of the spirit guides who live therein will be reviewed.

Zoraah Juin Fu Mock is a Certified Six Sensory™, Licensed and Certified Angel Therapy Practitioner®, and owner of Viia Adores Lovelight Atelier. Her experience with mental health issues, music, and the fine arts supports people on their healing journey towards being successful visionary co-creators.

Introductory Belly Dance

5:30 - 6:30 pm Lodge 1

The free form of belly dance can be a sensual portal to your femininity. We will go through some basic isolations and movements, such as snake arms, shimmies and body undulations that you can incorporate into your own personal dance style. Wear something comfortable and bring a scarf to tie around your hips if you have one.

Sabeen Mapara has been a belly dance enthusiast for over ten years and uses dance to facilitate communication between her body and her soul.

The Power of Asking for What

You Want 5:30 - 6:30 pm Lodge 3

Life is what you ask for, and we have infinite choices available to us but sometimes we disempower ourselves because we don't believe it possible or we lack clarity or confidence about what we really want. We will practice a simple, intentional process that is grounded in our true authentic selves to discover something you want in your life and create an active pathway (aka action plan) towards creating it. Bring your courage, wants, fears and a notebook. :)

Lisa is a Certified Life Coach who loves people above all else. She is known to jump up and down with unbelievable excitement when people go for what they want!

(Un)learning to Draw

5:30 - 6:30 pm Lodge 2

Collaborative spontaneous drawing teaches us to let go of control, frustration, and ideas about what looks good. We are all beginners when we purposefully experiment with what we think we can do. Take a moment to play with colour and surprise yourself.

Darcie Frederick is a budding artist in many mediums: paint, comics, words, song, cooking, life... she believes that creative expression is a basic human right. www.latercomics.com

Galactic Alignment

5:30 - 6:30 pm Temple Sacred Room

We live in the time when midwinter and the tilt of the earth lines up with sun and the plane of the Milky Way Galaxy. Aligning our intention with the Universe is about living cosmology and includes personal and transpersonal aspects. Through guided discussion and heart circling, we create an understanding of our temporary autonomous galactic temple. Bring a living sense of who, where and when they are, and a favourite text to share.

Foss Lee Henderson, the Fossilosopher, studies and celebrates the earth story and the galactic story in learning, multimedia art and inner inquiry. His guiding principle is alignment of intuition with reason for mental health and personal effectiveness. Foss prays to the galaxy on the dance floor and on his bike.

UpTemple Party

We will officially double in size tonight for the stellar UpTemple Party. Be ready for an EPIC and historic artist mix of techno, breakbeat, psytrance, dubstep, and other yummy styles!

10:30pm - 12am Sobeyone
 12:00 - 1:30am Nils
 1:30 - 3:00am ShaMANoiD *live*
 3:00 - 4:30am Mazeguider
 4:30 - 6:00am Briden
 6:00 - 7:30am Stargirl
 7:30 - 9:00am Beatrix the White

Ritual Play Creation

5:00 to 6:30 pm creation - Dining Hall
 8:00 to 8:30 pm set-up - Dining Hall
 8:30 to 9:15 pm Temple ov Intention

Bring your imagination and your willingness to the co-creation of the Welcoming Ceremony and Performance for our peeps coming up on the buses which launches the UpTemple Party later in the evening. Guaranteed Fun!

Ritual Play Ceremony

8:30 pm - Welcome Bus in Dining Hall
 9:45-10:15 pm - UpTemple Ceremony

Ritual Play and Performances in the Dining Hall, followed by a procession to the Temple ov Intention, saging ritual and entry into Ceremony that invokes the elements, the six senses and the possibility of material transcendence, officially launching the UpTemple Party!

9 - 10am	Morning Activation	see page 2
10 - 11 am	BREAKFAST	Dining Hall
11:30 - 1:30	Intention Conference 2	Lodge 3
	Meditative Rollercoaster	Lodge 1
	Play Time	Lodge 2
	Shamanista Healings	Temple
	Life Drawing	Temple Room
2 - 3pm	LUNCH	Dining Hall
3 - 7 pm	Swimming	Pool
3:30 - 4:30	Musical Meditation	Lodge 1
	Bubble Making	Lodge 2
	Shamanista Healings	Temple
	Love Sex Intelligence	Temple Room
	Artist Roundtable	Dining Hall
5 - 6:30 pm	Ritual Play Creation	Dining Hall
	Intentional Choir	Lodge 1
	Mind Over Brain	Lodge 3
	Staff Firedancing	Temple
	Light Painting	Temple Room
7 - 8 pm	DINNER	Dining Hall
8 - 8:30 pm	Set-up for Ritual Play	Dining Hall
8:30 pm	Bus arrives!	Dining Hall
9:15 - 9:45	Procession to temple	Temple
9:45 - 10:15	Ritual Play Ceremony	Temple
10:30-1:30am	Tribal Market	Dining Hall
10:30 - 9 am	UpTemple Party	Temple
1:30 - 9 am	Dining Hall Jam	Dining Hall
8 - 9 am	BREAKFAST	Dining Hall
9:30 am	Bus departs	

Tribal Market

10:30 pm to 1:30 am Dining Hall
 Bring some extra \$ and support your community artisans. Enjoy live music while shopping for ethically traded and handmade clothing, accessories, jewelry, art, sacred objects, and tasty treats.



Intention Conference 2

11:30 am - 1:30 pm Lodge 3

We work in breakout groups on the issues or topics identified the previous day. Each group will record their results and map our findings with the large group. We will write our personal follow-up actions or choices as individuals and identify who we are following up with to make plans, exchange contacts, etc. Please join us for this engaging pair of sessions aimed at deepening and strengthening our collective clarity and network!

Meditative Roller Coaster Ride

11:30 am - 1:30 pm Lodge 1

This dynamic and interactive meditation will take you on a ride into various aspects of yourself: love, negativity, dance, sadness, chaos, laughter, sensuality, and silence. It helps move any blocked emotional or mental energy and free yourself from any limited views of yourself. In this profoundly safe environment you will reconnect with your own sense of power and vigor, raise your awareness, and expand your comfort zone.

Paula Haczewski's knowledge and experience merges a plethora of energetic and healing modalities together with spiritual counseling, guided meditations, and shamanic journeying. Her passion lies in tying the ancient principles of some Eastern and Native philosophies with the modern experiential learning theories, positive psychology, and mind-body-spirit awareness.

The Nature of Aesthetics through Life Drawing

11:30 am - 1:30 pm Temple Sacred Room

Learn to see as the artist as you draw with a live nude model. The workshop will include demos on technique and drawing exercises to learn about gesture drawing, value, non-symbolic observation, and the zen of drawing.

Lisa-fae Griffiths is an explorer of life and love, one who brings forth the investigation of mysteries into creative expression. Professionally trained as an artist & animator, she has practiced life drawing for 10 years. Fiona Raven is Lisa-fae's assistant and model. She's a curious & sassy lil' monkey who loves to pose for art!

Shamanista Healings

11:30 am - 1:30 pm and 3:30 - 4:30 pm

Temple ov Intention

Shamanistas will be returning to Intention to provide individual shamanic healings in a circle setting. Each participant will be provided an hour session where they can choose to retrieve a piece of their soul; extract unwanted energy; gain insight into their destiny; or look into their future or past.

True Circle Shamanistas have been working together for just over a year doing healing circles, power animal workshops, and shamanic trainings. We have combined core shamanism with many other healing and energy work modalities in order to guide you towards alignment with your true self.

Play Time

11:30 am - 1:30 pm Lodge 2

Participants will explore laughter, reacting without processing, emotions, and play. We'll do a range of fun activities that come from clown training.

Aaron Malkin has taught dance, drama, and academic stuff. He recently finished an intensive course in clowning. He performs as a dancer and clown when he isn't designing environments for Thomas the Tank Engine. He's a nice guy.

Musical Healing Meditation

3:30 - 4:30 pm Lodge 1

Healing, meditative music performed on the Indian sitar and violin and based on the classical Indian ragas. This will take place in an intimate quiet environment in the spirit of meditation.

Andrew Kim is a Vancouver musician who performs with the band Delhi2Dublin and has studied classical sitar in Varanasi, India under a musical scholarship.

Bubble Making

3:30 - 4:30 pm Lodge 2

We'll learn how to mix up bubble solution, review how to make giant bubble wands, and then go and blow some giant bubbles outside in the snow.

Dr. KEN is an educator and fun-maker. He's been blowing bubbles for 6 months now. See makeyourownfun.org for more information!

The Path of the Professional Artist:

Self-Validation, Discipline and Selling Your Art
Without Selling Your Soul

3:30 - 4:30 pm Dining Hall

Facilitated roundtable on how to fill the gap between "finding your passion" and supporting yourself on your passion. "Inspiration is for amateurs. The rest of us just show up and get to work." -Chuck Close, Painter, NYC.

Michael Bean has been supporting himself as an actor and arts entrepreneur for the last eight years. And he's rad.

Love Sex Intelligence

3:30 - 4:30 pm Temple Sacred Room

LSI (Love Sex Intelligence) Culture Lab has been a part of Intention retreats over the years as well as at other times of year online and sometimes as a workshop series. It is a community oriented forum for exploring the state of our relationships and sexuality towards an aim of conscious relating and sacred sexuality. This year our focus will turn towards white tantra in the Gnostic tradition.

Sobey Wing is a co-founding member of Tribal Harmonix and organizes monthly Evolver Spores that have various topics. Sobey has also facilitated many workshops with women. Sobey's interests are community development for a new paradigm, conscious relating, sacred sexuality and gender reconciliation, taoist sex practices and tantra.

Intentional Choir/Vocal Improvisation

5:00 - 6:30 pm Lodge 1

Kamile Kapel leads Intentionites in a Choir that will get a chance to perform later at Intention. We begin with a vocal warm-up and some games to open up our self-expression. You will learn several heart felt choir songs.

Kamile Kapel is a recent graduate of the Community Choir Leadership Training in Victoria. She teaches vocal improvisation and meditation in Vancouver. <http://www.kamile.com>

Mind Over Brain

5:00 - 6:30 pm Lodge 3

New understandings of how our brains work is synthesizing science and spirituality, and may be the next step in our evolution. Erik will share some of the research he has uncovered which will help you understand yourself. In essence we discover that our human struggle comes from our mind's constant struggle with the brain. Understanding our brain can allow our mind to finally take control, and help us achieve an eternal state of happiness.

Erik Paulsson has been a community activator and filmmaker for over twenty years, dedicated to bringing people together, and sharing knowledge to help the world become a better place.

Staff Firedancing

Saturday 5:00 - 6:30 pm Temple of Intention

Learn staff spinning and principles of fire dancing such as balance, attention, moves, and maneuvers. Build your own staff in this workshop (bring \$5 for supplies) and get a primer on fire safety and equipment. This is a no-fire workshop.

Brian has been firedancing for 15 years. He has taught students from ages 5-50 professionally under the municipal recreation program in Kamloops and performed professionally with various troupes of firedancers at several events across BC.

Light Painting & Long Exposure Photography

Saturday 5:00 - 6:30 pm Temple Sacred Room

Using lights (bring some flashlights & coloured lights!) we'll explore how you can create amazing light paintings using long exposure photography.

Even Oldridge is wrapping up his PhD in electrical engineer, focused in computational photography, and has been a photographer for over a decade, specializing in long exposure and macro photos.

Meghan Goodman is a dancer and yoga instructor who enjoys dancing on the side of buildings through the aeriola dance society and working with her dance company the body narratives collective which created a long exposure dance piece with Even last year.





sunday jan 2

Cabaret Matinee

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.

Temple ov Intention

9 pm - 9 am

Temple ov Intention began on a day corresponding with the end of the Mayan Calendar in 2012 and continues its time spirit journey. Embodying our human altar of Intention blessed by the winter chill downtempo and the ambient side of musical metacine. Generating sacred space together, we express ourselves through ritual, prayers, movement, art, cuddles, dreamtime voyages and dedicate our intentions to the greater community of all life. This year the Temple will include a labyrinth for reflection on our path in preparation for the year ahead. Temple dj's include Mazeguider, Nagdeo, Erik, SobeyOne

Join Sobey for a screening of "Sex - The Secret Gate to Eden" 7:30pm Temple Sacred Room

8 - 9 am	BREAKFAST	Dining Hall
9 - 10 am	Open Yoga	Temple
10 - 11am	SNACKS	Dining Hall
10am-12pm	Swimming	Pool
10 - 11:30	Get Trash, Create Art	Dining Hall
12 - 2 pm	BRUNCH	Dining Hall
1pm - 3pm	Swimming	Pool
2:30 - 4 pm	Shamanic Techniques	Lodge 1
	Yin Yoga	Temple
	Building our Life Team	Lodge 3
	Sacred Intimacy	Temple Room
	Child's Play	Dining Hall
4:30 - 6:30	Cabaret	Temple
6:30 - 7:30	DINNER	Dining Hall
7:30 - 9 pm	Film Screening	Temple Room
8 - 9 pm	Open Space	Temple
9pm - 9am	Temple ov Intention	Temple
	Live Music Jamming	Dining Hall

Get Trash, Create Art

10:00 am - 11:30 pm Dining Hall

Think out of the blue box and make anything out of garbage! Re-nature our relationship with recycling, re-create from the creations that hold together your pop bottles, break them apart so they look new! Kids of ALL ages, big and small are urged to make life from recyclable materials. Come collaborate and innovate together!

Terri is totally crazy and just came back from the desert where she planted strawberries, zucchinis, parsley and hemp yo! She builds houses out of tires and pop cans and devotes her life to celebration through conservation and sustainable re-creation!

Advanced Shamanic Techniques 2:30 - 4:00 pm Lodge1

For those who wish to delve deeper into the realm of Shamanism: how to listen to your inner child, how to connect to the upper realm and your spirit guides, how to use discernment, and more! There will also be an open forum to ask any burning questions and/or express joys, concerns and wonderfulness.

Willy Lavendel is a filmmaker, actor and writer by trade. He has been creating a documentary on Enlightenment for the past three years entitled Brice and Willy's Ridiculous Quest for Enlightenment. Willy has earned his level 2 in Shamanic Practices, initiated by Barnaby Ruhe and coupled with his soul-enriching experience at the Shamandome at Burning Man.

Yin Yoga

2:30 - 4:00 pm Temple of Intention

All Levels Welcome - Yin/ Meditation Practice the art of stillness with postures designed to open and clear your meridian channels. Work in the subtle body to clear blockages in the joints and connective tissues. Bring props, pillows and blankets and a soft and open mind.

With Susan Horning. See bio on page 5.

Sacred Intimacy for Couples

2:30 - 4:00 pm Temple Sacred Room

This "Sacred Intimacy" workshop is a relaxed and fun introduction to Tantra, for couples. An initial partner-yoga warm up will give way to a variety of exercises to build skills in communication, energy balancing, deepening intimacy and holding space. These foundational tantric practices can be useful in and out of the bedroom, and in all kinds of different relationships.

Lunaya Shekinah is a Vancouver based body-worker, life coach, Reiki master and shamanic healer whose life is an offering to the divine.

Child's Play: Theatre Games For Your Inner Child

2:30 - 4:00 pm Dining Hall

Is your Inner Child missing out on all the fun? Bring out your creative spirit through trust-forming, community building theatre games. Come discover who your friends really are (or should be) in an interactive, silly, playful

workshop! This is a great opportunity to play with your friends and to get to know other tribes in a new way. This workshop will also develop the power of concentration, improve thinking processes, encourage spontaneous expression and develop self-confidence. But most importantly we WILL have FUN!

Four the last four years, Karen has worked as an elementary drama teacher. When she is not teaching, Karen is also an ethereal faerie, a creature of ruffles and feathers, a bundle of giggles, mischief, silliness and sass and simply trying to catch her bliss!

Building Our Life Team: Intimate Group Relationship

2:30 - 4:00 pm Lodge 3

Do you long to be part of an intimate close group? A group where people trust and support one another? Where we together build a better life? You will be introduced to basic principles of intimate community building, as well as experiential role playing exercises. This is an opportunity to feel the difference between mainstream paradigms and tribal group wisdom and experience.

The Movers and Shakers Group is a high level mutual support network and an evolving micro-community. The group stewards the wisdom and processes of community building and including the creation of intimate life teams. John Andreas has a background in social sciences, intentional communities, and has been involved in many personal growth groups over the last 10 years.

2011 monday jan 3



Closing Circle

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.

9 - 10 am	Temple take-down	Temple
9 - 10 am	Morning Activation	see page 2
10 - 11 am	BREAKFAST	Dining Hall
11:30 - 1:30	Massive Group Cleanup	Everywhere
12 - 2 pm	Closing Circle	Temple
2 - 3 pm	LUNCH	Dining Hall
3:30 - 5 pm	Bye!! We love you	

Massive Group Cleanup

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





camp info + things you need to know

NO NUTS OF ANY KIND!

SEVERE ALLERGIES! Camp Zajac is a NUT FREE facility. NO NUTS anywhere, including cars. Some kids who attend Camp Zajac have Life-Threatening Allergies. This includes NO granola bars, chocolate bars, certain raw food snacks, Almond Milk or anything that may have been exposed to nuts or nut products in any way. Seeds are OK.

SCENTED PRODUCT ALLERGY ALERT

Many Intentionites are sensitive or severely allergic to essential oils, perfumes, amber, incense and other scents.

NO anise, licorice or fennel. Please avoid wearing scents if possible and bring your mildest or unscented soaps, deodorants and shampoos.

Be On Time for MEALS

Meals are one hour only, except Sunday brunch. If you arrive late, the good stuff may have been eaten!

Wash Your HANDS

ALWAYS, Everywhere. Intention is more fun if you are healthy. This is a conscious way to contribute to the health of the whole community. The dining room has two dispensers near the entrances and a washroom.

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. There will be space in the kitchen to store any food you bring.

Leave no trace

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.

WE LOVE CAMP ZAJAC! Please honour the space and keep them clean/tidy. If something needs to be fixed, please contact Simon Parford, Zajac Site Manager.

MASSIVE GROUP CLEAN-UP

Monday 9am -Noon

Take **EVERYTHING** home. Our audacious goal is to leave **NOTHING** behind! We take care of Recycling, Lost and Found items, moving furniture back to its original place, and cleaning/dis-assembling the Temple of Intention, Lodges, and Dining Hall. Let's impress Camp Zajac even more than last year!

Emergency Information

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 or 604.762.8305.

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

Simon Parford, Site Manager; Karen Zajac, Camp Owner; Celia Auclair, our First Aid Attendant; or Michael Bean.

FIRST AID is available 24 hours/day

Celia Auclair, First Aid Attendant

Any concerns from cuts, headaches or dizziness to more serious emergencies.