



# Women's Empowerment Conference and Expo

October 2, 2010  
8:00 am – 5:30 pm  
Clearwater, BC

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

Registration Fee: \$50       cash       cheque       VISA       M/C       AMEX

**PLEASE SELECT 4 WORKSHOPS OF YOUR CHOICE, PLUS ONE ADDITIONAL CHOICE AS AN ALTERNATIVE.**

## WORKSHOP DESCRIPTIONS & PRESENTER BIO'S...

**EXPERIENTIAL FOCUSING WORKSHOP**      **Presenter: Ava Perraton, MA, RCC, MBACP (Accred), UKRCP, Cert Focusing Professional, PG Dip Addiction Studies**

Experiential focusing is a gentle but highly effective way of acquiring self-awareness, personal insight, and a kind of mindfulness which is perhaps uniquely transformative. It originates in the work of Eugene T. Gendlin and his collaboration with Carl Rogers and is growing in popularity and therapeutic influence throughout North America. Ava will be leading a workshop introducing focusing as a personal practice and way of being. The workshop will be both informative and experiential. More information about focusing is available at [www.focusing.org](http://www.focusing.org) and Counseling People's slant on it at [www.counsellingpeople.com](http://www.counsellingpeople.com).

**UJAMMA- COMMUNITY DRUM CIRCLE**      **Presenter: Roz Burnell**

A larger, outdoor/indoor "UJAMMA" drum circle! (Ujamma - a Swahili word for family, community, fellowship, relationship, brotherhood, kin). Drumming gets people together, it connects the community, it ties generations together. In the techno age we have now, there is less personal contact. In a drum circle, people build a group consciousness; they are listening and communicating, having conversations of rhythm and building something creative that connects them. Drumming is a way of connecting with yourself and others and it is an avenue for giving to others. A drum circle has that meet and greet factor, relationships are built, and life is richer! It's a way to djembe djembe together!

**CHI GONG DEMO**      **Presenter: Susan Dubois**

Chi gong (or Qigong) consists of techniques for dealing with human energy flow. In applying these techniques, one employs the use of the human body's chakras and meridians which are the body's focal points and channels through which its Qi Energy flows. Gentle exercises that coordinate the mind, body, and breath. Easy to learn and a joy to practice. Come and begin a wonderful journey in learning some self healing tools. Please wear comfortable clothes.

**BOOTCAMP**      **Presenter: Melanie Williams**

Get ready to get sweaty! Join Melanie for one a fun filled, motivating and never boring Bootcamp class. Melanie is a passionate trainer who is focused on getting you RESULTS! Transform your body from head to toe, surround yourself with like-minded people and soak up the great outdoors.

**REIKI**      **Presenter: Sharon Neufeld**

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. Join Sharon as she teaches you the art of Reiki as a simple, natural and safe method of spiritual healing and self-improvement that everyone can use.

**PHARMASAVE®**





# Women's Empowerment Conference and Expo

October 2, 2010

Clearwater, BC

**LIFE COACHING** *Presenter: Karen Moilliet*

Whether you want to pursue a life or work change or get some help with your goal setting, Karen Moilliet, local business woman and Certified Life Coach, will coach \*you \*for \*your\* \*success\*. In this 2hr. confidential one-on-one workshop you will learn tools to move forward to "find your passion and live on purpose"

**DECORATIVE PAINTING** *Presenter: Lynn Sherk*

A creative class with a demonstration and guidance by artist Lynn Sherk. If you are a beginner she can teach you how to paint. If you are experienced then come join us.

**PILATES FOR ME** *Presenter: Mira Singh, Stott Pilates Certified Instructor*

Pilates is the strengthening your body from the inside out, working on posture, and balancing your muscular structure. Learn to live pain-free. Mira has over 20 years experience teaching group fitness. Extending her skills from gymnastics in her youth Mira enjoys the flexibility, balance, control and strength involved in Pilates and wants to share it with everyone. Mira's open personality, easy sense of humor, intuitive cues and enthusiastic energy keeps her clients coming back for more. Please bring a Pilates or Yoga mat.

**INTRODUCTION TO CROSSFIT** *Presenter: Sean White CrossFit Level 1*

*Certified, NSCA – Certified Personal Trainer, CSEP – Certified Fitness Consultant*

CrossFit means to challenge *every* aspect of your fitness. Our goal is simply increased fitness. Even more simply, we workout harder for a shorter time and get serious results, and we have fun doing it. Anyone can do CrossFit, and yes it will be hard because EASY doesn't work. Please bring a bottle of water, towel and get ready to sweat! Sean is a certified CrossFit addict. He's always been into fitness, which led him to study exercise science at university. He's been working as a personal trainer since then, with his main interest being strength and conditioning. Sean is all about performance.

**CARD MAKING** *Presenter: Katrina Paquette*

Tired of giving your friends and family store bought cards? Create your own cards using paper cutting and embossing techniques. Come *discover* your creative side while making a beautiful handmade card. Close To My Heart clear Acrylics stamps, variety of papers and creative techniques help you celebrate the art of card making!

**LOW GLYCEMIC NUTRITION** *Presenter: TBA*

The glycemic index is the measure of how different carbohydrate foods affect blood sugar. Choosing the right kinds of carbohydrate will help with weight loss and is important for prevention of diabetes and heart disease. Come learn how to choose foods that will sustain energy levels, make you feel full longer between meals, help to control weight and improve blood sugars.

**YOGA** *Presenter: Liana Beaudry*

This class will focus on basic yoga poses and learning basic alignment which will provide a great base for all yoga practices. Use of props helps your body get the most benefit from the poses.

**BEING IN THE PRESENT/ MEDITATION** *Presenter: Angela Clark*

Join Angela Russell of Resolution Counseling with a degree in Metaphysical Sciences and Counseling. M.msc. for this interactive workshop that is designed to be all about you! Self discovery is one of the most effective methods of growth and integration, during this workshop you will explore the many possibilities that lay before and within you, to release you towards full empowerment! *Please bring a light blanket, pencil and paper and wear comfortable clothing.*

**PHARMASAVE**

