

MIDWINTER NATURIST FESTIVAL, FEBRUARY 14-19, 2008

THURSDAY, February 14

- 9:00 **Opening Friendship Circle**
- 10:00 **Being a Nudist in a Textile World** - George Winlock
Roundtable discussion of society's interpretation of naturism.
- The Care and Feeding of Long Term Relationships** – Tom & Marilyn Pine
With divorce seeming to occur more often, is it possible to begin and maintain a traditional relationship?
- Toxic Plants Hike** – Mitch Flinchum
Learn to identify plants that may be harmful to you or your animals
- Strange Positive Effects of Eating the Right Fatty Acids** – Robert Mark Lieberman
What kept the cave man healthy?
- Tie Dye for All Ages: Valentine Hearts & More Hearts** – Stephanie Reamer
Create beautiful patterns. Bring a 100% cotton shirts, towels or sarongs. Some t-shirts or towels available for 5.00 dollars.
- 11:00 **Men in Naturism** – Rich Pasco
What men want and expect from their naturist experience.
- Women in Naturism** – Nicky Hoffman Lee
What women want and expect from their naturist experience.
- Basic CranioSacral Techniques** – Karen Jasmine
Learn to feel the core rhythm of the CS system and put it into still point, which allows the body to deeply relax and self correct. Bring blankets or towels and pillows.
- Water Aerobics** – K Mathesius, Tex Reuter
Exhilarating hour of stretching, cardiac strengthening, noodle use, and deep breathing. Limited to first 15.
- SunSport Turns Green I** – Jack Arnold
A two part workshop showing that 'greening' your home/business is available and is affordable. If SunSport can, anybody can.
- Origami for All Ages** – Blue Evans, Sandra Reamer
Japanese paper folding to form animals.
- 1-5:00 **MacArthur Beach Trip for Nude Peace Sign** – TA Wyner
Four years to the day of the first nude peace sign on AirForce/MacArthur Beach.
- 1-3:00 **Sky Dancing Tantra and Each Other – A Puja** – Darrell & Nancy Casey
Participants will be introduced to the principles of Margot Anand's Sky Dancing Tantra as they interact with each other in mostly nonverbal ways.
- 1:00 **Drumming Workshop** – Hand Dancer
Drum circle etiquette, the dynamics of a drum circle and practice of basic drum rhythms.
- Doing Black & White in the Digital World** – Wade Caldwell
The fine art of taking your digital images back to the subjective realm of B&W imaging with more control than simple grayscale conversion in Photoshop.
- Musical Touch** - Joann Aiassa
Great stress reducer for those who love touching or massage & music.
- Children's Activity: Pool Time** – Sandra & Stephanie Reamer
- 2-4:00 **Build Your Own Native American Style Drum** – Hand Dancer
\$50 if you want to take home a drum. Children welcome with parents.
- 2:00 **To Tell or Not To Tell** – Fred & Lana VanNest
To tell or not to tell your friends and family about your naturist activities and some techniques that are likely to lead them to a positive response.

Action on the Environment – Margie Campaigne

Discussion: What you can do to help save the planet.

Children's Activity: Squirt Gun Tag – Sandra Reamer

3:00 **Creating Abundance in Your Life** – Bill Dewey, Isabelle Henry

Beyond “The Secret” and the “Law of Attraction”; why are most of us unskilled players of the Money Game? Practical ideas you can use, looking at the interface between the spiritual and the quantum physics side of the issue.

Sensual Massage: The Touch of Love – Andy & Suzette Preble, Angela Williams

Massage is an art when you express yourself with sensitivity and awareness; giving or receiving can heal, nurture and excite.

Kirtan – Michele Angel

Sharing love through singing and dancing (from traditions of India), Kirtan is the practice of singing devotional songs (meditation music) that can open one's hearts to love and peace.

Children's Activity: Ice Cream Social - Sandra Reamer

4:00 **Naturism at a Crossroads: Sexy Nakedness or Simple Nudity** – Tom & Marilyn Pine

Does the changing the character of some nudist parks lead to legislation restricting naturist freedoms?

Water Floatation Massage – Joann Aiassa

Mellow pool massage.

Ecological Nature Walk – Tex Reuter, K. Mathesius

Experience Sunsport's tropical jungle, fruit orchard and new nature trails; learn about native plants and invasive species.

DanSing the Voice Free – Majalehn La Boheme

Explore the vast range and depth of our vocal instruments through improviZensational structures, releasing the natural speaking-singing voice, becoming more fully present in our lives.

Children's Activity: Valentine Making – Sandra Reamer

5:00 **Introduction to the Naturist Society and This Festival** – Nicky Hoffman Lee, Morley Schloss

Discussion of naturism, the Naturist Society, and the organization and objectives of this Festival.

Environmental Issues in Florida – John Koch

Local Sierra Club President discusses current challenges to Florida's ecology.

7:00 **Square Dance** - Morley Schloss, Dunbar Susong

Fun square dances with a caller. No experience necessary.

Photographic Slide Show – Michelle Angel

From India and Italy and around the country in her RV.

Children's Activity: Movie Night with Popcorn – Sandra Reamer

8-10 **Diet for a New America** – Fran Russo

Discover the physical, spiritual and environmental benefits of a vegetarian diet.

9-12 **Campfire Drum Circle with Dancing and Fire Spinning** – Judah, Captain Olav, Debronema

An open drum circle and bonfire with dancing.

Valentines Romantic Dance – Keith Chausse

10-12 **Naturist Videos**

FRIDAY, February 15

7:30 **Me Chi You Chi** – Donna Launikonis

Mediation movement and breath work. Bring a towel.

Aerobic Hike – Fran Russo

An aerobic walk around Sunsport.

9:00 **Making Naturism More Acceptable** – George Winlock

A roundtable discussion on society's attitudes toward naturism and what we can do, individually and through our organizations, to improve society's view of us.

Getting Published in “N” Magazine – Nicky Hoffman Lee

Meet with editor Nicky Hoffman Lee and learn more about article and photo submissions.

Chakra Balancing – Rae Newoman

Harmonizing our energy system-hands on.

Tri-Vortex Technology – Brian David Andersen

The simple yet effective items of Tri-Vortex Technology improve the smell, taste and absorption of liquids, minerals and nutrients while also providing fast pain relief and high energy levels for most human conditions.

Relationship Essentials: Making Connections – Darrell & Nancy Casey

How do we cultivate and nourish long term loving relationships? This workshop explores that question using music and small group discussion, a good lead in to Building Validating Relationships.

Tie Dye for All Ages: Spirals & More – Stephanie Reamer

Create beautiful patterns. Bring a 100% cotton shirts, towels or sarongs. Some t-shirts or towels available for 5.00 dollars.

10:00 **The Politics of Children & Naturism (NAC) – Morley Schloss, Jonathan Shopiro**

Meeting the challenges to children’s participation in naturism: naturist youth camps, home nudity, photography of children, child protective services, adults-only sites and events.

Volleyball Basics – Fran Russo

Learn to bump, set, spike and serve.

Earth Essence Aromatherapy – Andy & Suzette Preble, Angela Williams

The basics of essential oils: how, when & where they originated, why they are still used today, internal and external uses, and the benefits.

Nude Poets Society I – Ed Thibault

Our poetry is full of joy, laughter and insight; bring original poems.

Osho Meditation – Sugandha

Active meditation to reach one’s inner core for people who hate (or love) usual meditation.

Face & Body Painting for All Ages – Joann Aiassa

Painting techniques to “sense” people’s energy and “see” colors associated with people or their energy.

11:00 **Raising Children as Naturists – Sandra Reamer**

The benefits and issues of raising children as naturists.

Water Aerobics – K Mathesius, Tex Reutter

Exhilarating hour of stretching, cardiac strengthening, noodle use, and deep breathing. Limited to first 15.

Native Flute Playshop – Armand & Angelina

Everyone will learn how simple this instrument is to master since all the notes are in tune with themselves so even those with no musical ability can play lovely melodies.

Body Casting – Bumper McCabe

To record and observe the body beautiful in plaster and paint.

Hatha Yoga – Susan Shopiro

A physical practice involving movement, positions and breath that leads to calming the mind and enlightening the soul.

Non-Competitive Games for All Ages – Gayle Silbert

Challenging amusement, interactive group experience.

1-5:00 **Build Your Own Traditional African Style Drum – Hand Dancer**

\$200 if you want to take home a drum. \$75 if you provide your own shell.

1-3:00 **Seeing All of Me – Murray Schechter, Nancy Casey**

Should observing body parts usually concealed be as acceptable as observing faces? - Discussion and experiential exercise.

1:00 **Putting “Feet” on Our Christian Naturist Message – Tom & Marilyn Pine**

If we, as Christian naturists, have a message to tell the world—shouldn't we go out and tell it? But how do we do that?

Sharing Photoshop Tips & Techniques – Wade Caldwell

In light of the unknowable boundaries of the complexity of Photoshop, this is meant to be a forum for sharing tips, shortcuts and techniques of which you can never get enough. Even so called "experts" can learn ten new things a day when it comes to Photoshop.

Slo-Mo Meditative Movement – Majalehn la Boheme

This “still/moving” meditative practice is a discipline exploring the dynamic relationship between movement and stillness easing us gently into provocative performance art.

Children's Activity: Pool Time – Sandra & Stephanie Reamer

2:00 **Whatever Happened to the Nature in Naturism?** – Jack Arnold

Some of the early naturists were considered pioneers in the modern environmental movement. Should/could that spirit be a part of who we are today? Or, 'Yes, Virginia, there is a difference between naturism and nudism'.

Body Painting: Teaching Techniques – Carl Flick

Learn painting techniques, supplies needed, brushes, etc.

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.

Children's Activity: Dance with Playful Props to Spin – Maria Komie

All ages of children will enjoy dancing with batons, staffs, poi and streamers.

3:00 **Gaining & Protecting Clothing Optional Beaches & Other Sites (NAC)**

- Morley Schloss, Jonathan Shopiro

How the Naturist Action Committee works with naturist groups and local officials to protect and promote opportunities for clothesfree recreation.

Pain Relief Using Energy Medicine and the BodyTalk System – Bill Dewey, Isabele Henry

Worldwide 80% of healing involves energy medicine instead of bio-chemical drugs: Recent research and simple treatments you can do at home to release pain..

Raw Foods – Lisa Steinborn

Learn to prepare plant-based raw food that is delicious, fun and easy to prepare.

Kirtan – Michelle Angel

Sharing love through singing and dancing (from traditions of India), Kirtan is the practice of singing devotional songs (meditation music) that can open one's hearts to love and peace.

Children's Activity: Ice Cream Social - Sandra Reamer

4:00 **Telling Friends & Family** – George Winlock

Participants' feelings about letting their friends and family know they are naturists.

Watsu - Rae Newoman

Water floatation massage

Creative Disorganization: ADD Mutual Support Group – Margie Campaigne

Meet, talk, and share ideas with others who understand the challenges and gifts that come with ADD.

Where Are You in the Cosmos? – Bob Fesmire

Astronomical issues such as light years, sizes of celestial bodies, interstellar and intergalactic distances give some cosmic perspective.

Body Parts Game for All Ages - Sandra Reamer, Morley Schloss

Hilarious group game.

5:00 **Naturist Youth Camp** – Sandra Reamer

The Naturist Society's Summer Youth Camp at Sunsport Gardens provides a week of fun, adventure, new friendships, and growth for naturist children.

Gay Naturists Meet and Greet – David Armstrong

Get together for socializing and a grab bag of treats..

The Temple of Your Soul: Where Will Your Soul Live If You Don't Take Care of Your Body?

– Merri Chitty

Explore how balance in all areas can assist your spiritual development.

Drumming Workshop – Hand Dancer

Drum circle etiquette, the dynamics of a drum circle and practice of basic drum rhythms.

7:00 **Maintaining an Appropriate Naturist Image** – Nicky Hoffman Lee

Photographs to represent the true spirit of naturists.

Kabbalat Shabbat – Kayla Sosnow

Experience Jewish Renewal through this uplifting service welcoming the day of rest.

Florida's Ecology: Overview – Paul Friderich, Jr.

The landscape of the Everglades, its animals, plants, where the river of grass starts and ends.

Children's Activity: Campfire with S'Mores - Sandra Reamer

8:00 **Blissfully Abundant Concert** - Faerie Elaine Silver

An evening with award-winning performer and recording artist Faerie Elaine.

Kelly Midst the Runes of Our Times – Mark Sadan

Photography to music.

9-12:00 **Campfire Drum Circle with Dancing & Fire Spinning** – Judah, Maria Komie, Karen Jasmine

An open drum circle and bonfire with dancing.

Environmental Movie Time – Jack Arnold

This can be one movie, several movies, a marathon – or never mind, there is already way too much environmental stuff going on – and Cameron Diaz is wearing clothes so who cares.

10-12 **DJ Dance** – Don Sanborn

SATURDAY, February 16

7:30 **Sunrise Yoga** – Susan Shopiro

Gentle stretching.

Aerobic Hike – Fran Russo

An aerobic walk around Sunsport.

9:00 **General Assembly & Group Photo**

10:30-12:30 **Skin Cancer Screening** – John Lavasseur, P.A.

10:30-12 **Rattle-making for All Ages** – Rick McBride, Cindy Mong

Kids of all ages come together to make their own rattle in a good way, and to learn rattle, drum, and song etiquette.

10:30 **Improving Society's Attitude about Naturism** – Jonathan Shopiro

A roundtable discussion on society's attitudes toward naturism and what we can do, individually and through our organizations, to improve society's view of us.

Blissful Abundance – Faerie Elaine Silver

Discussion group with music and processes that tap us into a greater understanding and application of The Law of Attraction. (bring paper and pen).

Hair vs. Bare – Claudia Kellersch, Murray Schechter

Which do you prefer? Hair? Bare? Where? There? Everywhere? Bald and ribald? Hirsute and cute? Join the debate.

Need Some R&R? Feet Were Made for More than Walking – Patricia Grude

Learn how reflexology can rejuvenate & relax you.

11:30 **Naturist Group & Club Leadership Meeting** – Nicky Hoffman Lee

Networking with the Naturist Society: How TNS can help you.

Singles SIG Meet & Greet – George Winlock

Meet & greet other single nudists.

Writing Naturist Fiction – Tom Pine

"Dick and Jane go to a nude beach/nudist park. Dick and Jane get naked for the first time. Dick and Jane become lifelong naturists." That's the story line; now, how can we make it interesting?

Water Aerobics – Barbara Sutton

Exhilarating hour of stretching, cardiac strengthening, noodle use, and deep breathing.

1:00 **Attracting College Students** - Paul LeValley, Matthew Waldron

Learn how a successful club does it, then get a student's perspective.

Native Flute Playshop – Armand & Angelina

Everyone will learn how simple this instrument is to master since all the notes are in tune with themselves so even those with no musical ability, can play lovely melodies.

Poi Spinning Workshop – Maria Komie, Karen Jasmine

Introduction to dancing with poi, a Polynesian dance using large cotton balls at the end of a rope which are spun around the body.

Doing Black & White in a Digital World – Wade Caldwell

The fine art of taking your digital images back to the subjective realm of B&W imaging with more control than simple grayscale conversion in Photoshop.

Building Validating Relationships – Darrell & Nancy Casey

Explores how using the language of validation can strengthen all of our relationships, demonstrates the difference between "praise" and validation, and examines how we can speak our truth in a positive manner; interactive with some music.

Children's Activity: Pool Time – Sandra & Stephanie Reamer

2-5:00 **Sweat Lodge (Inipi)** – Rick McBride, Cindy Mong

Also known as Purification Lodge, inipi ceremony is one of the Seven Sacred Rites given to the plains people by the Spirits to purify body, mind, and emotions. Can be physically demanding; participants are encouraged to be well-hydrated when they enter lodge.

2-4:00 **Naturist Photography for Photographers & Models** – Carl Flick

The nude depicted with naturist values.

2:00 **The Naturist Action Committee: Current Issues** - Morley Schloss, Jonathan Shopiro

A look at 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. Current hot spots.

Search Within for Teens & Adults – Gayle Silbert

Unique scavenger hunt touching on some of life's more important questions: learn and share.

How to Henna – Jennifer Harris

Learn some simple methods to make the paste and ways to apply it on the body.

Kundalini Yoga – Ashleigh Ruckert

The yoga of awareness is a fun and exciting way to remove blocks so the infinite self can be known.

Children's Activity: Drum Circle – Hand Dancer

If you can count to 4, you can drum.

3:00 **Saving Playalinda Beach** – Bob Allen, Morley Schloss

How Central Florida Naturists and NAC protected a traditionally clothing optional beach.

The Power of Your Creative Questions I – Karine Rodengen

Learn to transform you life and change your results just by switching to the creativity of favorable questioning habits. Are you curious?

Energy of Your Name – Pepe

Psychic reading of your name's energy.

Children's Activity: Ice Cream Social – Sandra Reamer

4-5:30 **Modified Quantum Light Breath** – Alice & Dunbar Susong

A tantric belly breathing and pelvic flexibility exercise for full pleasure in a loving relationship. No partner necessary. Bring a towel or blanket and pillows.

4:00 **How to Avoid Being Screwed in Tallahassee While Screwing Around With Legislators**

– Richard Mason

Hidden facts & dirt revealed.

Watsu - Barbara Sutton

Relaxing partner water massage. Limited space.

Belly Dancing for Romance – Terris Collins

Routine for men and women to get in touch with your romantic self.

Children's Activity: Aromatherapy –Create Your Own Scents

– Andy & Suzette Preble, Angela Williams

Essential oils basics: uses and healing power - hands on workshop mixing blends and naming them.

5:00 **NAC/NEF Donor Reception**

Dances of Universal Peace – Karen Jasmine

Sacred circle dances using simple movements, music, and lyrics inspired by many spiritual traditions of the world to express themes of peace, community, spiritual essence, and the celebration of Life. No experience required.

Muscle Testing for Health – Rae Newoman

Skills to connect with your body's innate wisdom.

7:00 **Nude Youth in Art** - Paul LeValley

Informative slide show on how artists through the centuries have approached the now-controversial topic of naked children and teens.

Beauty & Mystery: Pan, the Goddess of Corn, and the Journey through the Trail of Shadows & Glimmers – Mark Sadan

Photography to music.

Children's Activity: Dance - Sandra Reamer

8-10:00 **World Pop'era Concert Performance** - Armand & Angelina

Combining classical influence and world-pop stylings, a unique genre called Pop'era" using songs, stories and humor to inspire you to experience "Heaven on Earth".

8-12:00 **Naturist Videos**

9-12:00 **Campfire Drum Circle With Dancing & Fire Spinning** – Judah, Maria Komie, Karen Jasmine

An open drum circle and bonfire with dancing.

10-12 **DJ Dance** – Bill Nichols

SUNDAY, February 17

5:30-8:30 **Sunrise Sweat Lodge (Inipi)** – Rick McBride, Cindy Mong

Also known as Purification Lodge, inipi ceremony is one of the Seven Sacred Rites given to the plains people by the Spirits to purify body, mind, and emotions. Can be physically demanding; participants are encouraged to be well-hydrated when they enter lodge.

7:30 **Me Chi You Chi** – Donna Launikonis

Mediation movement and breath work. Bring a towel.

Aerobic Hike – Fran Russo

An aerobic walk around Sunsport.

9:00 **Professors & Researchers SIG** – Paul LeValley

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.

“We Are All One – Namaste”: Sunday Celebration of Spirit – Armand & Angelina

Armand-musical minister, singer/songwriter, native flautist and Angelina classically trained vocalist and classical guitarist travel across the country sharing their lighthearted approach to Spirit based on love and joy, rather than fear and dogma.

Computer Viruses, Phishes, Hoaxes & Urban Legends – Rich Pasco

Ways to distinguish fact from fiction in scary-sounding e-mail messages, and to best defend yourself against rumors and frauds.

Why Everglades Restoration – John Koch

The Chair of the Loxahatchee Group of the Sierra Club relates the story of the Florida Everglades: What it was, what happened to it, and how we hope to get some of it back.

The Power of Your Creative Questions II – Karine Rodengen

Questioning directs your consciousness to search for and find evidence and answers. You can manifest anything you desire just by asking the right questions!

Tie Dye for All Ages: Rings & More – Stephanie Reamer

Create beautiful patterns. Bring a 100% cotton shirts, towels or sarongs. Some t-shirts available for 5.00 dollars.

10-12 **Body & Sole Connection: Reflexology for Soul Mates** – Patricia Grude

Learn simple Reflexology techniques for yourself and/or another.

10:00 **Where to Go Nude in Florida** – Carl Flick

Participants will share experiences and directions to their favorite nude beach, stream, or lake in Florida. From Pensacola to Key West, we'll cover the state.

Centered in Sacred Geometry Poi Twirling – Karen Jasmine

Learn to develop R/L brain balance resulting in awesome co-ordination as you circle 2 balls on 2 strings around you in unfolding, mesmerizing mandalas. Practice poi provided.

Trust Building Touch – Joyce Orton

Talk about trust, and learn to touch and be touched in a safe, nurturing environment.

Seeing Through the Eyes of an Artist – Margie Campaigne

A guided visualization and a journey around the grounds that will have you noticing wondrous details in everyday surroundings.

Henna Body Art for All Ages – Debronema

Traditional and meaningful designs using natural dye.

11:00 **Speaking of Successful Protest** – Liz Book

The campaign for topfree equality for women in Daytona Beach.

Christ, Christians and the “Nude” Testament – Tom & Marilyn Pine

The premise: After his resurrection, Christ never again wore earthly clothes.

Water Aerobics – Barbara Sutton

Exhilarating hour of stretching, cardiac strengthening, noodle use, and deep breathing.

Body Casting – Bumper McCabe

To record and observe the body beautiful in plaster and paint.

Yoga Therapy – Susan Shopiro

A gentle routine and positions designed to address injuries, illnesses and other issues.

Children’s Activity: Shaving Cream Wiffle Ball - Sandra Reamer

1-3:00 **Florida Naturist Groups: Sharing Information, Developing Strategies**

B.E.A.C.H.E.S., Central Florida Naturists, Emerald Coast Naturists, Florida Association for Nude Recreation, Florida Keys Naturists, Gold Coast Bare Skins, the Naturist Action Committee, Sanibel Naturists, South Florida Free Beaches, Southern Exposure, Suncoast Naturists, Tallahassee Naturally, Tampa Area Naturists, and WildFyre Society

1:00 **Drumming Workshop** – Hand Dancer

Drum circle etiquette, the dynamics of a drum circle and practice of basic drum rhythms.

Sharing Photoshop Tips & Techniques – Wade Caldwell

In light of the unknowable boundaries of the complexity of Photoshop, this is meant to be a forum for sharing tips, shortcuts and techniques of which you can never get enough. Even so called "experts" can learn ten new things a day when it comes to Photoshop.

Interplay – Rae Newoman

Freeing movement, sound and touch interaction.

Personal Growth through Physical & Mental Challenges – Captain Olav

How overcoming fear leads to strength and happiness.

Children's Activity: Pool Time – Sandra & Stephanie Reamer

2:00 **Teachings of the Medicine Wheel** – Rick McBride, Cindy Mong

Acquaints participants with what is perhaps the oldest known tool for self-discovery and self-improvement, which is every bit as potent and relevant in today's world as it was in ancient times.

Folk Dance – Gayle Silbert

International line dancing.

Ecological Nature Walk – Tex Reuter, K. Mathesius

Experience Sunsport's tropical jungle, fruit orchard and new nature trails; learn about native plants and invasive species.

Earth Essence Swedish Massage – Andy & Suzette Preble, Angela Williams

The basics including benefits and techniques and a hands on demonstration with a mini body scrub.

Beating Insanity & Inflammation Through Nutrition – Robert Mark Lieberman

Our brain is our most sensitive organ to its internal environment.

Children's Activity: Body Parts Mural Painting - Sandra Reamer

3:00 **NAC Area Representative Program** – Robert Allen, David Armstrong, Jack Arnold, Gerald Dixon, Claudia Kellersch, Paul LeValley, George Lane, Rich Pasco, Morley Schloss, Bob Seubert, Jonathan Shopiro, Larry Weil

NAC Area Reps describe their roles in protecting naturist rights; how you can help.

Pool Float Group Massage – Joann Aiassa

A massaging, soothing & sharing help for each other.

Draw the Nude Nude I: Shape – Defining the Overall Form – Keith Mueller

Draw the favorite subject of artists: the nude - and do it nude! Live model and drawing materials provided.

Slow Foods Chefs 'and Farmers' Demonstration – TA Wyner

Revive the kitchen & table as centers of pleasure, culture & community.

Tantric Harmony: Exploring Your Energy Centers through Music – Darrell & Nancy Casey

Music and laughter will introduce participants to the seven basic energy centers of their body.

Children's Activity: Ice Cream Social – Sandra Reamer

4:00 **Informing Politicians of Naturist Family Values** – Paul LeValley

We have a great story to tell, and the tools to do it. Learn how to use them.

Sunnier Palms – TA Wyner

Celebrate 60th anniversary of Sunny Palms in Florida City & the "burning of the mortgage paper" by Sunnier Palms.

Belly Dance Workshop – Maria Komie

Learn basic bellydance movements which improve posture, flexibility, strength and stamina in a fun and supportive environment.

Watsu – Barbara Sutton

Relaxing partner water massage. Limited space.

Introduction to Pendulums – Stephen Walton

Using a pendulum to answer your questions.

Sing Down Game for All Ages - Sandra Reamer, Morley Schloss

Fun group game - singing ability not needed.

5:00 **Sunsport Gardens: The Vision** – Tex Reutter, Morley Schloss

Founded in 1965 with Hugo Forester's vision, Sunsport has refined its unique vision as a natural and healthful community and resort.

Osteoporosis: Not Just Your Grandmother's Disease - Susan Shopiro

Half of all adults, men and women, over the age of 55 have osteoporosis or the precursor condition osteopenia: What osteoporosis is, signs, symptoms and consequences; the testing and diagnosis process; and treatment strategies.

- 7-9:00 **Through the Lens - A Photographic Journey Along the Naked and Playful Path** – Peter Simon
Peter was the photographer who first documented the Naturist “movement” in his 1975 “Decent Exposures.” During mixed media presentation, Peter will discuss his experiences and observations, as well as show new photos taken at this Festival.
- 7:00 **Side Show: Sword Swallowing, Glass Walking & Bed of Nails** – Captain Olav, Debronema

Where Are You in the Cosmos? – Bob Fesmire

Astronomical issues such as light years, sizes of celestial bodies, interstellar and intergalactic distances give some cosmic perspective.

Children's Activity: Sleep Over & Variety Show Preparation – Sandra Reamer

8:00 **Kirtan** – Michelle Angel

Sharing love through singing and dancing (from traditions of India), Kirtan is the practice of singing devotional songs (meditation music) that can open one's hearts to love and peace.

9-12:00 **Campfire Drum Circle With Dancing & Fire Spinning**

– Greg Welsh, Maria Komie, Captain Olav, Debronema

An open drum circle and bonfire with dancing.

DJ Dance – Keith Chausse

Naturist Videos

MONDAY, February 18

7:30 **Me Chi You Chi** – Donna Launikonis

Mediation movement and breath work. Bring a towel.

Aerobic Hike – Barbara Fries

An aerobic walk around Sunsport.

9-11 **Living the Red Road** – Rick McBride, Cindy Mong

Rick & Cindy share their lives as ceremonialists, including sweat lodge, sundance, medicine wheels, long dance, the profound differences between Euro-American and Indigenous perspectives.

Love Your Body as Your Best Friend – Darrell & Nancy Casey

In this experiential workshop, participants will explore ways to increase their ability to accept their body as it is. Music and guided journey are part of this experience.

9:00 **Working For a Clothing Optional Beach in Delray** – David Armstrong

Networking and lobbying for a naturist beach.

“Green” Christian Naturists – an Oxymoron? - Tom & Marilyn Pine

Many naturists claim their love for being naked in nature makes them more environmentally conscious. Is a strong Christian faith inimical to that kind of reverence for the earth we live on?

Massage Therapists Roundtable – Jonathan Shopiro

A discussion for massage therapists and those considering entering the profession on the interaction of massage and naturism from a legal, ethical, and practical point of view.

Tie Dye for All Ages: Your Choice Designs – Stephanie Reamer

Create beautiful patterns. Bring a 100% cotton shirts, towels or sarongs. Some t-shirts available for 5.00 dollars.

10:00 **Are You a Nova?** – Nicky Hoffman Lee

Are you interested in becoming a Naturist Outreach Volunteer Advocate? Learn all the details.

Draw the Nude Nude II –Values – Keith Mueller

Creating highlights & shadows.

Cosmic Natural Healing – Joann Aiassa

Bringing the highest power in the universe into our bodies to help someone heal.

Children's Activity: Volleyball Basics – Michelle Williams

11:00 **Protecting Naturists from Bad Laws (NAC)** – Morley Schloss, Jonathan Shopiro

Techniques for dealing with local and state legislators.

Water Aerobics – K. Mathesius, Tex Reutter

Exhilarating hour of stretching, cardiac strengthening, noodle use, and deep breathing. Limited to first 15.

Nutrition & You – Andy & Suzette Preble, Angela Williams

12 weeks to ultimate health while having fun with food: Eat well, feel better have more energy, lose weight, improve circulation - food tasting games with our senses.

Martian-Venusian Peace Treaty – Margie Campaigne

Discuss male/female relationships in a fun, relaxed atmosphere.

Loving Sensual Massage – Michelle Angel

The art of being present through loving touch.

Creating God's Eyes for All Ages – Gayle Silbert

Create a lovely and colorful handmade treasure.

1:00 **No Sex Please, We're Nudists** – Rich Pasco

Discussion of how nudists' fear of public misperceptions leads some nudists to implausibly deny even normal human sexuality.

Awake the Healer Within Yourself – Salvador Espinosa

Experience the bliss of supporting others thru your gentle touch, breath, and loving presence. (Bring a mat and a pillow)

Native Flute Playshop – Armand & Angelina

Everyone will learn how simple this instrument is to master since all the notes are in tune with themselves so even those with no musical ability, can play lovely melodies.

Doing Black & White in the Digital World – Wade Caldwell

The fine art of taking your digital images back to the subjective realm of B&W imaging with more control than simple grayscale conversion in Photoshop.

Sunport Turns Green II – Jack Arnold

'Greening' your home/business is available and is affordable. If Sunport can, anybody can.

Experience Your Past Lives – Joann Aiassa

Learn where this life's problems originated.

Children's Activity: Pool Time – Sandra & Stephanie Reamer

2-5:00 **Sweat Lodge (Inipi)** – Rick McBride, Cindy Mong

Also known as Purification Lodge, inipi ceremony is one of the Seven Sacred Rites given to the plains people by the Spirits to purify body, mind, and emotions. Can be physically demanding; participants are encouraged to be well-hydrated when they enter lodge.

2-4:00 **Healing Breath for Life Changes** – Karine Rodengen

This profound breathing technique will help you release physical and emotional blocks. Through breathing, experience life to its full potential! (Bring a mat and a blanket.)

2:00 **No Sex Please, We're Nudists** – Susan Shopiro

Can a monogamous relationship be respected? Can a woman sit alone in a naturist venue without having to deal with advances? What's a single man to do? How do we tell our textile friends it's not about sex when it seems that to many people it is?

Partner Yoga – Rae Newoman

Moving gently with a partner to stretch, strengthen and calm.

Kirtan – Michele Angel

Sharing love through singing and dancing (from traditions of India), Kirtan is the practice of singing devotional songs (meditation music) that can open one's hearts to love and peace.

Toxic Plants Hike – Mitch Flinchum

Learn to identify plants that may be harmful to you or your animals.

Children's Activity: Drum Circle – Hand Dancer

If you can count to 4, you can drum.

- 3:00 **The Similarities Between Christianity & Naturism** – Tom & Marilyn Pine
"Something that Christianity and naturism have in common is a desire on the part of the newcomer to know more and more...."
- Draw the Nude Nude III – Texture** – Keith Mueller
Discerning subtleties.
- Nude Poets Society II** – Ed Thibault
Our poetry is full of joy, laughter and insight; bring original poems.
- Pudding Toss for All Ages** – Morley Schloss
Messy, gooey free-for-all for children and adults.
- 4:00 **Naturism, Exhibitionism, and Voyeurism** - Murray Schechter
A discussion of the personal and political implications (or does the naturist movement come out sounding too sex-negative?).
- Playful Naturist Photography** – Peter Simon
Join us as we create some fun photos for N magazine.
- Develop Your Intuitive Awareness** – Mary Alexandria
Raising awareness of and contacting your spirit guides.
- Water Dance** – Gayle Silbert
Enjoy learning new simple skills to achieve freedom and grace in the water.
- 10 Foot Sundae for All Ages** - Sandra Reamer
- 5:00 **First Time Naturist Experiences** – George Winlock
Share your experiences with a group.
- Values in Relationships Game** – Morley Schloss
This values exercise helps you to discover what is REALLY important to you in forming a relationship.
- Smart Growth Intentional Community, Naturism, & the Military Industrial Complex**
 – Jack Arnold
Culture clash and the environment. Does this redwood tree have intrinsic value or is it worthless until it's lumber.
- 7-9:00 **Parlor Games for Adults** – Joyce Orton
Fun games to help break the ice and get acquainted.
- Variety Show** – Dea Willoughby
Your chance to shine. Register your act at the NAC/SunSport Hospitality Tent.
- 9-12 **Campfire Drum Circle with Dancing & Fire Spinning** – Michael Moses, Karen Jasmine
An open drum circle and bonfire with dancing.
- Naturist Videos**
- DJ Dance** – Keith Chausse

TUESDAY, February 19

- 7:30 **Me Chi You Chi** – Donna Launikonis
Mediation movement and breath work. Bring a towel.
- Aerobic Hike** – Fran Russo
An aerobic walk around SunSport.
- 9:00 **Closing Friendship Circle**
- 10:00 **Canuding on the Loxahatchee River** - Morley Schloss
Explore a tropical jungle river sanctuary. (\$12.50 per person for canoe rental)
- Haulover Clothing Optional Beach Trip** – John Koch
Visit Florida's premier nude beach where over 2000 naturists spend each weekend.
- Emotional Healing through Sky Dancing Tantra (full day)** - Darrell & Nancy Casey
Ever find yourself feeling stuck in the past and unable to let go of emotional trauma? Each and every one of our energy centers, sometimes called chakras, is vulnerable to becoming blocked because of emotional pain. When this blockage occurs, we feel mired in sadness and uncertainty as resentments

flourish. Our head and heart are often at war with each other because we can't release negative energy and painful memories remain anchored in our heart. Depression and fatigue add to our distress. The question becomes-How can we de-stress and re-create ourself?

This full day workshop offers several very practical processes which let you energetically release the past so you reclaim your energy and move on in the present. These methods have been developed by Margot Anand. They've worked for hundreds of successful students and will work for you too! Please join us as we use music, laughter, videos and small group sharing to create a healing atmosphere which lets you explore your own re-creation. The process which is begun at Sunsport can continue in your own home. We hope you'll join us for a day of inner exploration and emotional healing.

Nancy and Darrell are certified Sky Dancing teachers. They've studied with Margot Anand for 6 years and have been practicing Tantra for 12 years. They can be reached at 727-868-2524 or by going to <http://web.mac.com/becomelove>. There is a fee of \$60.