

21st Annual
MID-WINTER NATURIST FESTIVAL
 FEBRUARY 12 - 17, 2009



JOIN US FOR **SIX DAYS OF FUN, GROWTH AND COMMUNITY**

at the Midwinter Naturist Festival Thursday, February 12 through Tuesday, February 17, (Presidents' Day Weekend) hosted by Sunsport Gardens Family Naturist Resort. Choose from over 240 activities or relax and play in the South Florida sun. Renew friendships and make new friends. Be part of a caring community committed to exploration and growth. Enjoy the freedom of feeling the sun, air and water over ALL of you.

Inspiring and entertaining performances by Armand and Angelina and Faerie Elaine Silver will once again highlight the Festival. New to the Festival will be talented singer Robin Renee and cosmic energy mover Marcus Dove. Special features will be intensive workshops on using tarot for self discovery and personal growth and a series of participatory photography seminars.

New Age experiential workshops will focus on health, personal growth, arts, ecology and relationships. Join in activities such as a Native American Sweat Lodge, yoga, Qi Gong, tantric exercises, massage, aura readings, water aerobics, a skin cancer screening, watsu, Puja, meditation, Kundalini movement, Hindu Kirtan, relationship exploration, walking a labyrinth, and a variety of spiritual celebrations. Be creative with tie dye, clay sculpting, body casting, crafts, body painting, and Valentine love spells. Learn about Florida's ecology, psychic development, nutrition, numerology, pendulums, crystals, divining rods and animal totems.

The Festival provides an opportunity for naturists to explore important issues of

nude beach activism and strategies to protect and promote opportunities for nude recreation. We will create a nude peace sign on a nearby beach. There will be special activities for singles, parents, gays, professors & researchers, and photographers. Plus we'll hold the traditional pudding toss free-for-all.

On Tuesday you can choose from 4 full day options: 1) a trip for a relaxing day at Haulover Beach, Florida's premier nude beach where over 2000 naturists spend each weekend, 2) canuding on a river through a tropical jungle paradise, 3) a nude cruise on Lake Okeechobee, or 4) an intensive tarot workshop for personal growth.

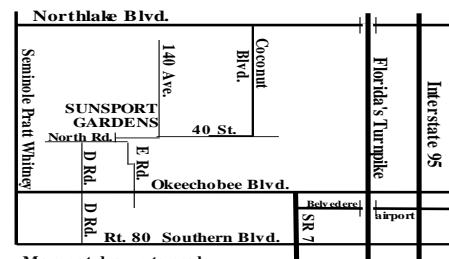
Evenings will feature inspiring music of talented singers, old time square dances, the photography of Mark Sadan, a variety show, DJ dances, nightly drumming circles with dancing and fire spinners, and naturist videos.

In addition to a full schedule of fun, exciting activities for children, a youth camp will give children and teens an opportunity to camp and bond together.

Sunsport Gardens Family Naturist Resort, located 14 miles west of West Palm Beach, offers volleyball, tennis, horseshoes, petanque, an 87 degree heated swimming pool, hot tub spa, sauna, fitness center, WI-FI, fishing and kayaking ponds, a children's playground, and a jungle nature trail on 40 acres of lush, tropical vegetation. Delicious and healthy buffet style meals including vegetarian and low fat, low carb options and fresh fruits and vegetables will be

available at Sunsport's Gardens Cafe. Accommodations include: RV sites, tent camping, a limited number of cabins, and affordable rates at nearby bed and breakfasts and motels. Make your plans now to attend this exciting event.

The Festival benefits the Naturist Society's Naturist Action Committee.



Map not drawn to scale.

Directions to Sunsport Gardens

From South:

From Florida's Turnpike or Interstate 95, exit at Okeechobee Blvd. (West Palm Beach). West 8.5 miles from the Turnpike. Through Royal Palm Beach. Right onto D Road (dirt). 2 miles to end. Right onto North Road. Sunsport entrance 1/4 mile on left.

From North:

From Interstate 95, exit at Northlake Blvd. West 8.5 miles. Left at light onto Coconut Blvd. 5 miles to end. Right at end onto 40th St. 1.5 miles past stop sign, jog left, continue straight for short distance, then right into Sunsport.

From West:

From State Rt. 80, turn left at traffic light at Seminole Pratt Whitney. Approx. 1.5 miles to light at Okeechobee Blvd. Right onto Okeechobee. Left at D Road. 2 miles to end. Right onto North Road. Sunsport is 1/4 mile on the left.

For information contact:

Sunsport Gardens Family Naturist Resort, 14125 North Road, Loxahatchee, Florida 33470

Phone: (800) 551-7217 or (561) 793-0423 Website: www.sunsportgardens.com Email: manager@sunsportgardens.com

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For additional information about the workshops, see website at www.sunsporgardens.com

THURSDAY, February 12

- 9:00 **Opening Friendship Circle**
- 10:00 **First Time Naturist Experiences** – George Winlock
Share your experiences with a group.
Contacting the Inner Fire – Marcus Dove
Embracing personal destiny and contacting one's true self. By consciously fueling your inner fire, it grows and you become happier and more powerful in your own life.
Improving Your Family Photography – Julia Norris
Simple and inexpensive ways to improve your family photography. Participants may bring their cameras.
Toxic Plants Hike – Mitch Flinchum
Learn to identify plants that may be harmful to you or your animals.
Pendulums, Crystals, and Divining Rods Ages
– Steve Mitskavich
A brief history of these early sensors and tools for "seeing" the unknown and obtaining answers. Learn how they can be used today as metaphysical tools.
Children's Activity: Water Slide – Sandra Reamer
Working For a Clothing Optional Beach in Delray
– David Armstrong
Networking and lobbying for a naturist beach.
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
Non-Conventional Relationships – Sugandha
Video and discussion of the rewards and challenges of various types of relationships – same sex, non-monogamous, asexual.
Water Aerobics – K. Mathesius
Exhilarating hour of stretching, cardiac strengthening, noodle use, and deep breathing. Limited to first 15.
Introduction to Kirtan – Michelle Angel
The practice of singing devotional songs (meditation music) that can open one's hearts to love and peace.
Children's Activity: Making Stuffed Paper Whales
–Bridget Vanaman, Sandra Reamer
Beach Trip for Nude Heart, Peace Sign – David Armstrong
Using free speech, help to create a new clothing optional beach in Palm Beach County.
Emotional Healing Through Sky Dancing Tantra
Darrell & Nancy Casey
Do you ever find yourself feeling confused as you become aware of contradictory parts within yourself? This experiential workshop combines music and guided journey with the teachings of Margot Anand's Tantra as we explore how to integrate different parts of ourselves.
Better Family Photography: Basic Camera Operation
– Grey Vanaman
*Common controls of cameras and how to use them to their best advantages, when to use manual controls, flash, and other camera features.**
Computer Software I: Office Applications
– Wade Caldwell
Save money with open source & freeware software.
Clay Sculpture for All Ages - Wyatt Warren
Sculpt human figure with model or whatever you like.
Advanced Photography Workshop, Part I – Mark Sadan
Portfolio review & beginning individual projects. Limit 8.
Tapping into Meridian Lines and Dragon Energy
– Joan Rusek
Explore the history of using Dragon power for good purposes; then, using guided mediation, tap into this unique power for healing and personal growth.
Body Casings I – Bernie & Steve Newton
Mold making for body sculpturing.
Children's Activity: Pool Games – Sandra Reamer
Healing Circle – Julia Norris
- Together we will combine our energies to offer group healing sessions. Each participant will be able to give and receive healing energy. No experience necessary.
Yoga Therapy – Susan Shopiro
A gentle routine and positions or asanas designed to address injuries, illnesses and other issues.
Body Painting for All Ages – Steve Mitskavich
Express yourself. Bring out your artistic, tribal, or animal markings using safe, non-toxic bodypaint. You can also choose from an extensive collection of ancient symbols.
Children's Activity: Ice Cream Social – Sandra Reamer
Sivananda Yoga - Amy Forman
Join in creating good energy to bring peace to our community.
Musical Touch - Joann Aiassa
Great stress reducer for those who love touching or massage & music.
Water Floatation Massage – Rae Newoman
Experience Watsu.
Tie Dye for All Ages - Stephanie & Jerry Howard
Introduction to the Naturist Society and This Festival
- Morley Schloss
Discussion of naturism, the Naturist Society, and the organization and objectives of this Festival.
The Sky Is Falling, the Sky Is Falling! Global What? Humpf! - Jack Arnold
Is there a 'green brick road' I can travel that works both for me and the environment that's somewhere between suburban denial and southern Indiana survivalist?
Square Dance - Morley Schloss, Dunbar Susong
Fun square dances with callers. No experience necessary.
The Fool & the Butterfly:
The Major Arcana & the Emergence of the Self
Marcy Currier
Understand the Major Arcana as a map for self-discovery and explore the phases of your life's journey.
Children's Activity: Campfire with S'mores – Sandra Reamer
Karaoke & Dance – Bob Fekete, Mark Turner
The Art of Allowing by Esther Hicks/Abraham, Part I
– Julia Norris
- DVD showing of allowing the law of attraction to work in your life. It's much easier than you may think. Abraham, a collective of non-physical source energy, speaks through Esther Hicks.
Feast of Brigid Eclectic Ritual - Christiana Gaudet
Brigid is the ancient Celtic goddess who became a Catholic saint. This annual ritual in her honor will help you to create personal healing by enhancing personal creativity. Bring drums.
Campfire Drum Circle with Dancing - Javier Wilches
Naturist Videos

FRIDAY, February 13

- 7:30 **Be Here Now: Cultivating Presence** – Marcy Currier
An opportunity to sit in your in your own precious essence and hold vibrations such as gratitude, awareness, peace, and universal love. Breathing meditation with gentle guidance. (A great meditation class for people who hate meditating.)
Morning Meditation – Robin Renee
Sitting and walking meditation offers the quiet balance of looking within and discovering the perfection of simply being present-- please bring a blanket and/or cushion (or chair if needed).

- 9-12:00 **Creative Photography, Part I** – Mark Sadan
Exploring the beauty of the human form & nature. Must have a digital camera & know how to use it. – limit 10
- 9:00 **Creative Disorganization: AD(H)D Mutual Coaching Group** – Margie Campaigne
Meet and talk with others who share your differences, struggles, and special talents.
Kundalini Light Movement and Cosmic Dance
- Marcus Dove
Using the chakra track to bring in earth energy and divine light.
Muscle Test for Health – Rae Newoman
Kinesiology reveals health issues and tests for appropriate treatments.
Environmental Issues in Florida – John Koch
Local Sierra Club President discusses current challenges to Florida's ecology.
Children's Activity: Toxic Plants Hike – Mitch Flinchum
Learn to identify plants that may be harmful to you or your animals.
- 10:00 **NAC: Gaining & Protecting Clothing Optional Beaches & Other Sites** - Morley Schloss, Jonathan Shopiro
How the Naturist Action Committee works with naturist groups and local officials to protect and promote opportunities for clothesfree recreation.
Sexuality & Spirituality – Sugandha
Integrating sex into our spiritual journey.
Sensual Massage – Michelle Angel
Sacred touch massage with loving presence.
Body Casings II – Bernie & Steve Newton
Casting your true sensuality from body casing molding.
Children's Activity: Fitness for a Healthy Body & Mind
- Aldo Fardales
Learn to use Sunsport's fitness equipment and make a plan for healthy living.
- 11:00 **Gay Naturists Meet & Greet** – David Armstrong
Get together for socializing and a grab bag of treats.
Water Aerobics – K. Mathesius
Exhilarating hour of stretching, cardiac strengthening, noodle use, and deep breathing. Limited to first 15.
Psychic Development & Divination – Christiana Gaudet
Awaken your intuition and learn to use your sixth sense. Let a professional psychic teach you to enhance your inner knowing. Includes paired intuitive exercises.
Re-Creation: Building Self Esteem Within Yourself & Others- Darrell & Nancy Casey
If we don't love and accept ourselves, it is difficult to love and accept others. This program, based on a combination of ideas from Dr. Sidney Simon and Virginia Satir, is a mixture of experiential sharing and presentation.
Children's Activity: Making Beaded Necklaces
– Bridget Vanaman
- 1:00 **NAC: Protecting Naturists from Bad Laws**
– Morley Schloss, Jonathan Shopiro
Techniques for dealing with local and state legislators.
- 1:00 **Ecological Nature Walk** – Tex Reuter
Experience Sunsport's tropical jungle, fruit orchard and nature trails; learn about native plants and invasive species.
Better Family Photography: Image Composition
- Grey Vanaman
*Learn to design a photograph through the rangefinder. Natural body cut-off points, rule of thirds, zooming in and zooming out, and more.**
Computer Software II: General Utilities
– Wade Caldwell
Save money with open source & freeware software.
Aura Reading as a Life-Saving & Life-Enhancing Skill
- Bob Laurentz
Learn how to visually and kinesthetically assess auras
- as a way to assess physical, emotional and spiritual problems
- Children's Activity: Dragons & Their Place** – Joan Rusek
Discuss dragon lore and create your own dragon from polymer clay.
- 2-5:00 **Creative Photography, Part II** – Mark Sadan
Exploring the beauty of the human form & nature. Must have a digital camera & know how to use it. – limit 10
- 2:00 **Telling Friends & Family** – George Winlock
Participants' feelings about letting their friends and families know they are naturists.
The ABC's of Body Painting: A Tutorial – Carl Flick
Learn the basics of body painting.
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.
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.
Children's Activity: Pool Games– Stephanie Howard
- 3:00 **Naturism in South America** – Claudia Kellerisch
Argentina, Brazil, Chili, Uruguay: nature, nude beaches and resorts.
Hatha Yoga - Susan Shopiro
A basic class of asanas suitable for people who've studied yoga or are physically active.
Choices: Values in Relationships Game – Morley Schloss
Discover/clarify what values are important to you in establishing or enhancing a relationship.
Healing Circle – Julia Norris
Together we will combine our energies to offer group healing sessions. Each participant will be able to give and receive healing energy. No experience necessary.
Children's Activity: Ice Cream Social – Sandra Reamer
- 4:00 **NAC: The Politics of Children & Naturism**
– Morley Schloss
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.
Body Nutrition & Detoxification – David Caracappa
Nutritionally cleansing the body on the cellular level can help improve wellness, boost energy and help reach ideal weight.
Pool Float Group Massage – Joann Aiassa
A massaging, soothing & sharing help for each other.
Leaf Painting for All Ages – Tom Black Hawk Caffery
Learn local, native plants and leaf recognition; create beautiful leaf art.
- 5:00 **Naturist Family SIG Meet & Greet** - Claudia Kellerisch
The new TNS Family SIG introduction.
Singles Happy Hour– George Winlock
Meet & greet other single nudists.
Discovering Healthy Chocolate – Darrell & Nancy Casey
The benefits of consuming healthy chocolate, how to build better health in delicious ways. Free samples.
The Condor is Again Flying Wing to Wing with the Eagle
- Jack Arnold
Transitioning out of an era of earthly conflict and turmoil into more sustainable and earth honoring ways – environmental sustainability, spiritual fulfillment and social justice..
- 7-9:00 **4 Elements + 9 Numbers = Infinity: Numerology & the Minor Arcana** – Marcy Currier
Elemental and numerological vibrations as the key to unlocking the secrets of the Minor Arcana.
- 7:00 **Presentation of Mark Sadan's New Artistic Photography**
Illuminata Celtic & Faerie of the Dawn
Impact Art: Sword Swallowing, Knife Throwing,

Bed of Nails, Bed of Glass – Tooth & Nail

Experience daring feats.

Qi Gong for All Ages – Jerry Howard

Breathing exercises to improve health, energy, and mental focus.

8-10:00 Blissfully Abundant Concert

- Faerie Elaine Silver with Marcus Dove

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

9-10:30 The Art of Allowing by Esther Hicks/Abraham, Part II

- Julia Norris

- DVD showing of allowing the law of attraction to work in your life. It's much easier than you may think.

Abraham, a collective of non-physical source energy, speaks through Esther Hicks. If you missed part 1, don't let that stop you from coming to part 2.

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

- Steve Mitskavich

10-12 DJ Dance – Don Sanborn

10:30 Naturist Videos

1-4:00 Native American Sweat Lodge Creation II

– Tom Black Hawk Caffery

Help build the lodge for Sunday's ceremony. Tarps & blankets needed. Discuss the history, traditions and meaning of the Inipi (lodge).

1:00 Talking to Groups About Naturism – Claudia Kellerisch

Finding new naturists in non-traditional settings.

Sunspport Gardens: The Vision – Tex Reutter, Morley Schloss
Founded in 1965 with Hugo Forester's vision, Sunspport has refined its unique vision as a natural and healthful community and resort.

Better Family Photography: Lighting – Grey Vanaman
*Camera flash, room lighting, natural / outdoor lighting, and studio lighting all have unique challenges as well as advantages. Attendees will learn how to work with many different kinds of lighting situations and how to combine various light sources to achieve desirable results.**

Computer Software III: Photo Editing with GIMP

– Wade Caldwell

Save money with open source & freeware software.

Clay Sculpture for All Ages - Wyatt Warren

Sculpt human figure with model or whatever you like.

2-4:00 Photographers & Models Workshop Carl Flick

Learn naturist photography and modeling basics.

2:00 Lobbying in Tallahassee & the Political Climate in Florida

– Richard Mason

Working with legislators to protect clothing-optional recreation.

Love Spells for Your Valentine – Joan Rusek

If love makes the world go-round, join our circle of love and light for strengthening your current bond with a loved one, or manifesting your heart's desire.

Energy Medicine & Hypnosis for Chronic Back

& Neck Pain – Bob Laurentz

Learn how energy medicine and hypnosis can be used to promote healing with a range of physical and emotional problems.

Body Painting for All Ages – Steve Mitskavich

Express yourself. Bring out your artistic, tribal, or animal markings using safe, non-toxic bodypaint. You can also choose from an extensive collection of ancient symbols.

Children's Activity: Pool Games – Sandra Reamer

3:00 Stripping Florida of the State Bathing Suit Code

– TA Wyner

Strategies for creating clothing optional beaches in state parks.

Healing Circle – Julia Norris

- Together we will combine our energies to offer group healing sessions. Each participant will be able to give and receive healing energy. No experience necessary.

Partner Yoga – Rae Newoman

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

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.

Children's Activity: Ice Cream Social – Sandra Reamer

4-5:30 Sivananda Yoga - Amy Forman

Join in creating good energy to bring peace to our community.

4:00 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, Suncoast Naturists, Tallahassee Naturally, Tampa Area Naturists, and WildFyre Society

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

SATURDAY, February 14

7:30 Be Here Now: Cultivating Presence – Marcy Currier

An opportunity to sit in your in your own precious essence and hold vibrations such as gratitude, awareness, peace, and universal love. Breathing meditation with gentle guidance. (This a great meditation class for people who hate meditating!)

8:15 Morning Meditation – Robin Renee

Sitting and walking meditation offers the quiet balance of looking within and discovering the perfection of simply being present-- please bring a blanket and/or cushion (or chair if needed).

9:00 General Assembly & Group Photo

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

Napoleon Garcia, Danny Ruiz

10:30-12 Enhancing Candle Magic & Other Spells – Brian Michael

Using techniques and tools available to you to enhance and strengthen your magical prayers and work.

Native American Sweat Lodge Creation I

– Tom Black Hawk Caffery

Help build the lodge for Sunday's ceremony. Tarps & blankets needed. Discuss the history, traditions and meaning of the Inipi (lodge).

10:30 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.

The Passion Test with Faerie Elaine Silver

This fun, practical, interactive and productive event teaches a simple and direct way of accessing our passions and explains how harnessing our passions brings success and happiness.

How to Give a Good Novice Backrub – Julia Norris

Learn techniques used in Indian Head Massage which target the back and neck muscles.

Children's Activity: Water Slide – Sandra Reamer

11:30 Involving Young Adults in Naturist Resorts

– Stephanie Howard *Discussion group for people age 15-25.*

Water Aerobics – Barbara Sutton

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

Re-Creation: Releasing Your Dis-Ease

– Darrell & Nancy Casey

This workshop emerged as I am writing (and Darrell is editing) a book which explores the process of healing.

Have you "grown" through facing physical and/or emotional challenges? We'll share experiences as we discuss spiritual approaches to physical problems.

Children's Activity: Making Love Bug Magnets

– Bridget Vanaman

lifelong Naturists." That's the story line; now, how can we make it interesting?

Watsu – Barbara Sutton

Relaxing partner water massage. Limited space.

From Now to Now: From Ram Dass' "Be Here Now" to Eckhart Tolle's "The Power of Now" – Sugandha

Video, short meditation and discussion on "Presence."

5:00 **Tie Dye Hearts for All Ages** - Stephanie & Jerry Howard
NAC/NEF Donor Reception

Cosmic Natural Healing – Joann Aiassa

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

Living a Balanced Life – Laura Wiist

Maintenance of our physical, mental, emotional & spiritual health.

Children's Activity: Casting Kids' Hands

– Bernie & Steve Newton

Different ways of making casts of children's & baby's hands. (Bring a parent).

7-9:00 **Children's Activity: Movie with Popcorn** – Sandra Reamer

7:00 **Cupid on Valentine's Day** – Paul LeValley

An informative slide show on how artists through the centuries have made Cupid younger or older, depending on the prudishness of their times.

Evening Kirtan – Robin Renee, Michelle Angel

Call and response chanting in the Indian devotional tradition brings one to deep stillness, bliss, and to a profound sense of oneness with All – Please bring a blanket and/or cushion (or chair if needed).

8-10:00 **A Time for Us Pop'era Concert** - 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".

9-12:00 **Campfire Drum Circle with Dancing** - Cliff Kohlmeier

9:00 **Naturist Videos**

10-12 **Valentine DJ Dance** – Don Sanborn

10:00 **"Draw Down the Moon" Goddess Ceremony**

– Christiana Gaudet

This traditional ceremony will leave you filled with inner peace and inner wisdom. Join us for chanting, meditative journeying and divination in the moonlight. Bring drums. Everyone welcome.

SUNDAY, February 15

7:30 **Be Here Now: Cultivating Presence** – Marcy Currier
An opportunity to sit in your in your own precious essence and hold vibrations such as gratitude, awareness, peace, and universal love. Breathing meditation with gentle guidance. (This a great meditation class for people who hate meditating!)

8:15 **Morning Meditation** – Robin Renee
Sitting and walking meditation offers the quiet balance of looking within and discovering the perfection of simply being present-- please bring a blanket and/or cushion (or chair if needed).

9-11:00 **Creative Photography, Part III** – Mark Sadan
Exploring the beauty of the human form & nature. Must have a digital camera & know how to use it. – limit 10

9-12:00 **Do-In Self Massage & Natural Foot Care** – Suzie Ann Clark
Learn self massage and foot massage. Just 15 minutes of self massage will prepare your body and mind for stresses and strains ahead. Feet like care and attention and feel very badly when they are neglected.

9:00 **Beach Ambassadors: The Key to a Successful Clothing-Optional Beach**

– Norma Mitchell, Clyde Lott, & Bruce Friendahl

Find out why Beach Ambassadors are the secret magical ingredient to a successful nude beach, and find out exactly what it is that they do.

Singing Nature Rounds – Rae Newoman

Join our voices together & learn new songs.

Understanding the Tarot – Christiana Gaudet

Whether you are an experienced reader or simply curious, you will enjoy this exploration of an ancient and mystical spiritual tool. A certified Tarot Grandmaster will teach you the origins, structure and uses of the Tarot and treat you to some sample readings.

The Care & 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?

Children's Activity: Body Acceptance - Morley Schloss
All body parts are good and important; we're all beautiful just the way we are.

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

Collective information sharing about naturist sites around the state.

Constructive Approaches to Negative Criticism

- Darrell & Nancy Casey

How can you give negative criticism in a way that enhances your relationship with the person you're criticizing? This workshop is based on the work of Dr. Sidney Simon and is a mixture of experiential and presentation.

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 **"Is Healthy Relationship an Oxymoron?" Celebration**

with Armand & Angelina

A Sunday celebration of spirit.

Professors & Researchers SIG – Paul LeValley

An opportunity for current and prospective SIG members to meet, and for the just-plain-curious to find out what this SIG is doing.

Introduction to Volleyball

– Wayne Zeligson, Nicolette VanKuijen

Learn volleyball basics.

Water Aerobics – Barbara Sutton

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

Children's Activity: Making Paper Chain Snakes

– Bridget Vanaman

12-1:00 **Evolution: The Alternative Photo** – Mark Sadan

A dramatic art panoramic in which participants are in all 3 panels –moving and rising toward the light.

1:00 **Clothes-free vs Clothing Optional** – George Winlock

Share your views on whether naturist resorts should require nudity.

Better Family Photography: Working with Subjects

– Grey Vanaman

*Helpful techniques for photography of posed & candid people, pets, wildlife and inanimate objects.**

Computer Software IV: Online Security

– Wade Caldwell

Save money with open source & freeware software.

Connecting with Your Animal Totem, Part I

- Joan Rusek

Explore Native American animal symbols and discover your own personal totem, according to a traditional Native American medicine wheel. Includes time to mediate and draw healing and insight from your animal.

Side Show: Knife Throwing at Human Target,

Sword Swallowing, Bed of Nails, Bed of Glass

– Tooth & Nail *More daring feats.*

Children's Activity: Making Bird Houses – Sandra Reamer

2-5:00 **Sweat Lodge:**

Native American Purification Ceremony (INIPI)

– Tom Black Hawk Caffery

An introduction to the Native American purification and healing lodge using traditional materials. Medium level intensity Children accompanied by an adult are

- welcome.
- 2:00 **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.
By the Numbers: Numerology for Personal Empowerment
- Marcy Currier
Basic numerology for self-awareness and guidance; become familiar with the numerological vibrations most prominent in your life, and chart upcoming months and years.
Kirtan Party – Robin Renee, Michelle Angel
Bring your drums, percussion, and voices to sing Divine Love in a rockin' kirtan drum and dance party!
Preparing & Enjoying Healthy Snacks
– Alaina & Laura Wiist
Prepare & enjoy granola & fruits.
Everglades Restoration - John Koch
The Chair of the Loxahatchee Group of the Sierra Club relates the story of Florida's Everglades: What it was, what happened to it, and how we hope to get some of it back.
Children's Activity: Pool Games – Stephanie Howard
- 3:00 **Attracting College Students** – Paul LeValley & Dave Brown
Learn how a successful club does it, then get a student's perspective.
Advanced Pendulums, Crystals, and Divining Rods
– Steve Mitskavich
A hands-on experience using these tools to identify your energy and energy around you and to link to other dimensions.
Healing Circle – Julia Norris
- Together we will combine our energies to offer group healing sessions. Each participant will be able to give and receive healing energy. No experience necessary.
Gentle Yoga – Susan Shopiro
A class of gentle yoga asana with stretching and strengthening that can be done on the ground, standing or from a chair. Suitable for all.
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.
Children's Activity: Ice Cream Social – Sandra Reamer
- 4:00 **Legal Aspects of Naturist Photography**
– Grey Vanaman & Morley Schloss
Discussion of legal aspects of nudist photography. Consent, working with minors, publishing, etc will be discussed.
Spirituality & the Naturist:
The Body as Clothing for the Spirit – Bob Laurentz
A group discussion on the spirit of the naturist and the nature of spirit.
Watsu – Barbara Sutton
Relaxing partner water massage. Limited space.
Martian-Venusian Peace Treaty– Margie Campaigne
Discuss male/female relationships in a fun, relaxed atmosphere.
Qi Gong for All Ages – Jerry Howard
Breathing exercises to improve health, energy, and mental focus.
- 5:00 **Naturist Society Youth Camp** – Sandra Reamer
Learn about this valuable and fun experience for naturist children held at Sunport.
Florida's Ecology: Overview – Paul Friderich, Jr.
The landscape of the Everglades, its animals, plants, where the river of grass starts and ends.
Connecting as One - Marcus Dove
Beginning in guided meditation allowing your molecules and atoms to openly flow with the universe and embrace the true feeling of Oneness.
- 7-10:00 **Green Movie Time!** Jack Arnold
"King Corn" is a fun and crusading journey into the digestive track of our fast food nation. Two college buddies manage to grow an acre of corn. You are what you eat. "The Story of Stuff" is about how economic growth 'religion' led us to today's environmental tar pit.
- 7:00 **Robin Renee in Concert**
Robin Renée is Mantra-Pop! - accessible, lyric-driven alt-folk rock with a spiritual twist.
- 8:00 **Children's Activity: Dance** – Sandra Reamer
Vagina Monologues Play Reading – Julia Norris
Julia Norris and festival volunteers will present Eve Ensler's renowned show. Please connect with Julia as soon as possible to sign up and choose your monologue.
- 9-12:00 **Campfire Drum Circle with Dancing & Fire Spinning**
– Javier Wilches
- 9-10:30 **Square Dance**- Morley Schloss, Dunbar Susong
Fun square dances with callers. No experience necessary.
- 10-12:00 **Illuminatta I** – Mark Sadan
Art projections onto bodies: photographing participants with directing & choreography.
- 10:00 **Lovers of the Outrageous** – Sugandha
Let's share info about Burning Man and other outrageous happenings on the planet! Slide Show and Discussion.
- 10:30 **DJ Dance** – Keith Chausse
- 11:00 **Naturist Videos**
- MONDAY, February 16**
- 7:30 **Be Here Now: Cultivating Presence** – Marcy Currier
An opportunity to sit in your in your own precious essence and hold vibrations such as gratitude, awareness, peace, and universal love. Breathing meditation with gentle guidance. (This a great meditation class for people who hate meditating!)
- 9-12:00 **Advanced Photography Workshop, Part II** – Mark Sadan
Review work. Limit 8
- 9-11:00 **Sivananda Yoga** - Amy Forman
Join in creating good energy to bring peace to our community.
- 9:00 **Gay Naturists as Activists** – David Armstrong
Naturists looking for justice.
Write Your Own Vagina Monologue – Julia Norris
- Join us in a writing workshop which will give your vagina a voice. No need to be a "good writer," just come connect with that sacred part of your Self.
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.
- 10:00 **Beginning Tarot for All Ages** – Marcy Currier
An Introductory Tarot class geared toward children, focused on intuitive understanding and easy-to-remember keywords. Parents welcome!
NAC/NEF Area Representative Program
David Armstrong, Jack Arnold, Gerald Dixon, Claudia Kellersch, Rich Pasco, Morley Schloss, Bob Seubert, Jonathan Shopiro, Larry Weil
NAC Area Reps describe their roles in protecting naturist rights; how you can help.
- Meditation Made Simple (& Fun)** - Sugandha
Are you a frustrated meditator wannabe or peace-deprived stressed-out, anxiety-driven humanoid or just someone who appreciates a little silence. Learn easy and fun ways to bring peace into your life.
Using Comedy in Stressful Situations – George Winlock
Steve Rizzo's recipe to dispel tension.
Body Painting for All Ages – Steve Mitskavich
Express yourself. Bring out your artistic, tribal, or animal markings using safe, non-toxic bodypaint. You can also choose from Steve's extensive collections of

- ancient symbols.
- Children's Activity: Squaint Ball** – Sandra Reamer
Fun with squirt guns filled with paint.
- 11:00 **Raising Children as Naturists** – Sandra Reamer
The benefits and issues of raising children as naturists.
- Water Aerobics** – K. Mathesius
Exhilarating hour of stretching, cardiac strengthening, noodle use, and deep breathing. Limited to first 15.
- Modified Quantum Light Breath** – Dunbar & Alice 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
- Connecting with Your Animal Totem, Part II**
- Joan Rusek
Everyone has an animal totem that can provide a source of healing and power. In this session you can create an animal totem charm from polymer clay
- Children's Activity: Making Paper Bag Frog Puppets**
– Bridget Vanaman
- 1-4:00 **Couples Massage** - Suzie Ann Clark
A Valentines' gift for two that keeps on giving....pamper your partner. Loving touch is worth a thousand words; learn dozens of simple techniques for pampering your partner, through the magic of massage.
- 1:00 **Whatever Happened to the Nature in Naturism**
– Jack Arnold
Was it really canned beer, koozies and an air conditioned room with satellite TV a short golf cart ride from the pool?
- Better Family Photography:**
Sorting, Editing, Storing Images –Grey Vanaman
*Sorting, editing, storing images. saving and backing up images is very important. Doing so in a manner respectful of the nature of our family photos is extremely important. The various methods of editing, storing, and backing up available to the photographer that will help to ensure the security of the images.**
- 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.
- Computer Software V: System Diagnostic Security**
– Wade Caldwell
Save money with open source & freeware software.
- Native American Shell Art for All Ages**
– Tom Black Hawk Caffery
Create your own necklaces and bracelets.
- 2-4:00 **Naturism at the Crossroads: Will Naturism Succeed?**
Sexy Nakedness & Simple Nudity – Tom & Marilyn Pine
Does the changing the character of some nudist parks lead to legislation restricting naturist freedoms
- 2:00 **Body Casings III** – Bernie & Steve Newton
Finishing techniques for sculpture.
- Contacting Your Inner Spirit Guides** – Marcus Dove
Beginning in a process of guided meditation and stillness, slowly emerging into true embodiment and acceptance.
- Pudding Toss for All Ages** – Morley Schloss
Messy, gooey free-for-all for children and adults.
- Children's Activity: Pool Games** – Sandra Reamer
(After the Pudding Toss)
- 3:00 **Healing Circle** – Julia Norris
- *Together we will combine our energies to offer group healing sessions. Each participant will be able to give and receive healing energy. No experience necessary.*
- Fitness for a Healthy Body & Mind** – Aldo Fardales
Learn to use Sunsport's fitness equipment and make a plan for healthy living.
- Puja** – Darrell & Nancy Casey
A mostly non-verbal community building experience. This experiential workshop uses music and laughter as it introduces participants to their energy centers and to each other.
- Children's Activity: Ten Foot Long Ice Cream Sundae**
– Sandra Reamer
- 4:00 **Naturism in Mainstream Media: Television & Print**
– Rich Pasco
How media is portraying nudity (with photos and videos).
- Interplay: Creative Interaction** – Rae Newoman
Freeing movement, sound and touch interaction.
- The Seven Chakras** - Christiana Gaudet
Enhance physical, emotional and spiritual health by understanding these energy centers within the body. This workshop will include basic chakra descriptions, "reading" chakras and meditative healing and magical techniques.
- Water Flotation Massage** – Joanne Aiassa
Mellow pool massage.
- 5:00 **Tie Dye for All Ages** - Stephanie & Jerry Howard
The World as the Classroom: Choices in Home Education
- Julia & Phoenix Norris, Grey & Leslie Vanaman
Choices in Home Education - With increasing numbers of families homeschooling and all the curriculums, correspondence courses, and online schools popping up everywhere, how does one choose which path to take for their child's home education? Join a discussion with two homeschooling parents & their children sharing their experiences with their homeschooling choices: online school and child-led learning.
- Eco Actions for Your Home & Lifestyle**
– Margie Campaigne
Discussion: What you can do to help save the planet.
- DUMASS SIG Meeting** – George Winlock
What is this Special Interest Group and why should you be a member?
- 7:00 **Variety Show** – Dea Willoughby – Pavilion
Your chance to shine. Register your act at the NAC/Sunsport Hospitality Tent.
- Alternatives to Plastic Surgery & Viagra for Aging Naturists** – Sugandha
In our youth-oriented society, it is difficult to be comfortable in our bodies as we age. Let's discuss the benefits of getting older. Video of Ram Dass speaking on Aging.
- 8-10:00 **Working with Tarot** – Christiana Gaudet
For experienced readers to learn new ideas and perspectives while beginners form a good foundation of Tarot understanding. Bring a Tarot deck or purchase or borrow one at the workshop.
- 9-12:00 **Campfire Drum Circle with Dancing** – Steve Mitskovich
DJ Dance – Keith Chausse
- 9:00 **Illuminata II** – Mark Sadan
Live performance of previous nights work with music.
- 10:00 **Photographic Slide Show** – Michelle Angel
From India and Italy and travels around the country in her RV.
- 11:00 **Naturist Videos**
- TUESDAY, February 17**
- 7:30 **Be Here Now: Cultivating Presence** – Marcy Currier
An opportunity to sit in your in your own precious essence and hold vibrations such as gratitude, awareness, peace, and universal love. Breathing meditation with gentle guidance. (This a great meditation class for people who hate meditating!)
- 9:00 **Closing Friendship Circle**
- 10-5:00 **Tarot for Personal Healing & Self-Discovery**
Marcy Currier
Enjoy a new level of self-acceptance, using the Tarot to identify and embrace shadow aspects, communicate with your highest Self, and engage more fully on your journey toward wholeness. Includes information about the Human Energy System, methods for sensing energetic blocks, patterns, and shifts, and a Tarot spread for reading chakras.

Canuding Trip – Morley Schloss

*Explore a magical tropical jungle river paradise.
(\$12.50 per person for canoe rental).*

Nude Boat Cruise on Lake Okeechobee – Captain Robbie

*View alligators, native birds & vegetation. Limited seating.
(\$40 per person.)*

Haulover Beach Trip – John Koch

*Visit Florida's premier nude beach where over 2000 naturists
spend each weekend.*

**Better Family Photography Series: for people who want to make more successful images of the day-to-day events in the family. Little to no prior photography experience is required, only a desire to take better pictures. Attendees will learn professional techniques and how to incorporate them into the photographs that they take on a daily basis. Power-point presentations during each session will show photographs of what to do versus what not to do and plenty of guided practice time will be allotted. Opportunity will be provided for group discussion of images brought to the group by attendees.*

Registration and Reservations

Registration Fee is \$40 per adult, a portion of which goes to support the activities of the Naturist Action Committee (NAC).

For the festival, Sunsport Gardens grounds fees per day are \$17 per adult if paid by February 1, \$18 after February 1.

Mail the pre-registration form below along with the applicable fees to: Sunsport Gardens, 14125 North Road, Loxahatchee, FL 33470.

When you arrive, you will first check-in at the office. All adults will be expected to show photo identification.

Camping

Daily rates (tax included) per site are:

\$14.00 - tenting (no hook-up)

\$27.00 - RV camping (water and electric)

Hook up space is limited.

A Sunsport Gardens member rents and sets up furnished tents. There are also nearby motels.

Call the Sunsport Office for information.

Airport

West Palm Beach is serviced by Palm Beach International Airport (PBI), a 25 minute drive from Sunsport. A super shuttle is available from PBI to Sunsport.

Exhibitors

Exhibitors have free display space. Bring your own canopies, tables and chairs and other equipment. The Mid-Winter Naturist Festival encourages a marketplace of businesses, services, products, and ideas.

Sunsport Information

All buildings are smoke free. Alcoholic beverages are not available; people may bring their own. Naturist etiquette is expected. Sports equipment is available. Sunsport Gardens is wheelchair accessible. During the Festival clothing is optional except that the area including the swimming pool, hot tub and sauna is clothes-free.

Children

There will be a full schedule of activities and a youth camp for children. Children are exempt from registration and grounds fees. Meal prices are reduced for children 12 or under.

Meals

Breakfast: 7:30 AM - 9:00 AM \$ 7.00

Lunch: Noon - 1:30 PM \$ 9.00

Dinner: 5:30 PM - 7:00 PM \$ 14.00

Meal plan discount: All meals \$150.00

Buffet style meals are served during the festival. Box lunches will be available for field trips. Reservations for meals should be made prior to the event to assist in meal planning. Vegetarian meal options will be available. Meals include fresh vegetables and fruit. Only healthful oils are used in cooking (no trans fats). Please inform the restaurant staff of dietary needs such as food allergies. To obtain a copy of the festival meal menu, phone Sunsport Gardens or check the website.

Registration Form for the Mid-Winter Naturist Festival, February 12-17, 2009

Mail this form and applicable fees to: Sunsport Gardens, 14125 North Road Loxahatchee, Florida 33470 Phone (800) 551-7217

REGISTRANT INFORMATION:

DATE: _____

Name _____

Name _____

Children under 18 (no charge) _____

Address _____

City, State, Zip _____

Phone (day) _____ (eve) _____

E-Mail _____ License Plate No. _____

____ Check if you are a member of the Naturist Society or a Florida naturist group

Indicate AM or PM Arrival & Departure: Thu 12 ___ Fri 13 ___ Sat 14 ___ Sun 15 ___ Mon 16 ___ Tue 17 ___

I/we expect to eat these meals at the Sunsport buffet:				
	Breakfast	Lunch	Dinner	Total
	\$7(\$4*)	\$9(\$5*)	\$14(\$8*)	
Thursday	_____	_____	_____	_____
Friday	_____	_____	_____	_____
Saturday	_____	_____	_____	_____
Sunday	_____	_____	_____	_____
Monday	_____	_____	_____	_____
Tuesday	_____	_____	_____	_____
Grand Total				_____

* Price for children 12 and under

REGISTRATION FEES

Total Festival \$40.00 x _____ adults = \$ _____

GROUND'S FEES

Daily Grounds Fee (paid by Feb 1) \$17.00 x _____ Days x _____ adults = \$ _____

Daily Grounds Fee (paid after Feb 1) \$18.00 x _____ Days x _____ adults = \$ _____

ACCOMODATIONS

Camping W/ Hook-Up \$27.00 x _____ nights = \$ _____

Tenting No Hook-Up \$14.00 x _____ nights = \$ _____

By Reservation: **Rental Units Site #** _____ \$ _____ x _____ nights = \$ _____

MEALS

Meal Plan \$150 (\$80 age 12 & under) x _____ meal plans = \$ _____

Individual Meals (Fill in Chart Above) Total for individual meals = \$ _____

TOTAL FOR ALL CHARGES

\$ _____

PAYMENT: I WILL PAY BY _____ VISA _____ M C _____ My Check Or Money Order Made Out To: **SUNSPORT GARDENS**

CREDIT CARD# _____ EXP DATE _____ SIGNATURE _____

FOR OFFICE USE ONLY:

Size of unit _____ Campsite assigned _____

PRE-PAYMENT	CASH	CHECK# _____	BANKCARD	MEALS ONLY
CASH ___ CK# ___ BC ___				CASH ___ CK# ___ BC ___
AMT\$ _____	AMT\$ _____	AMT\$ _____	AMT\$ _____	AMT\$ _____
DATE _____	DATE _____	DATE _____	DATE _____	DATE _____

