

# MIDWINTER NATURIST FESTIVAL, FEBRUARY 16-21, 2012

Breakfast 7:30- 9:00 AM Lunch: Noon – 1:30 PM Supper: 5:30 – 7:00 PM

THURSDAY, 2/16/2012	2:30	<b>Naturist Action Committee: Current Issues</b> - Morley Schloss <i>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, sexting, naturist children. Current hot spots.</i>
9:00		<b>OPENING FRIENDSHIP CIRCLE</b>
10-12:30		<b>Massage For the Ages</b> - Jerry Dixon <i>Is massage necessary for a long life or just an occasional experience? Hands on massage experience. Bring a large towel.</i>
10-12:00		<b>Remote Control Boat Races</b> - Dave Armstrong <i>Boats provided or bring your own.</i>
10:00	2:30	<b>Sexting: A Naturist Issue?</b> - Rich & Julianne Pasco <i>What message does society send our youth when we criminalize them for photographing their own bodies, and what should we naturists do about it?</i>
10:00	2:30	<b>Telling Friends, Family and Others</b> - George Winlock <i>Have you told people that you enjoy naturism? How did you tell them or why haven't you done so?</i>
10:00	2:30	<b>The Happiness Factor</b> - Love Byrd <i>Happiness...what it is, why it is so elusive, and ways to bring genuine happiness into our lives.</i>
10:00	2:30	<b>Water Aerobics</b> - Darleen Ridenhour <i>Exhilarating hour of stretching, cardiac strengthening, noodle use, and deep breathing. (Limit 15)</i>
10:00	2:30	<b>Children's Activity: Paint for Fun</b> - April Mallette <i>We will be covering ourselves from head to toe to create a work of art on a long canvas to share with all to see. The canvas will be out all day.</i>
11:00	3:30	<b>East Coast Landed Club Roundup</b> - Jonathan Shapiro <i>Several east coast landed clubs will be described by their members.</i>
11:00	3:30	<b>Valentine's Day Superstitions, Fun &amp; Love</b> - Kira Fleischman <i>Learn ancient rituals, games and cruel dirty tricks that have made Valentine's Day a unique occasion.</i>
11:00	3:30	<b>Finding Your Rhythmic Groove</b> - Jeff Siegel <i>Exploration of your inner rhythms that emanate from your soul and strengthen your connection with Mother Earth.</i>
11:00	3:30	<b>Transformational Breathing with a Touch of Tantra</b> - Alice & Dunbar Susong <i>Vigorous breathing with Tantra movement &amp; vocalization, solo, supine &amp; blindfolded. Bring towel, pillows &amp; water.</i>
11:00	3:30	<b>Children's Activity: Slip 'N Slide</b> - Jesse James
1:30	4:30	<b>Networking for a Clothing Optional Beach in Delray Beach</b> - Dave Armstrong <i>A clothing-optional beach in our near future.</i>
1:30	4:30	<b>Speed Friending</b> - Nicky Hoffman Lee, Norma Mitchell <i>Get to know your fellow naturists at 3-minute intervals. Families, singles, everyone welcome! Come join the fun!</i>
1:30	4:30	<b>African Drumming</b> - John Dodge, Dakota Holmes-Dodge <i>Learn the rhythm parts that create an African dance. Play in the following African dance class.</i>
1:30	4:30	<b>Palmistry I: Basics</b> - Blue Evans <i>Discover what main lines mean on your own hands or photocopies of your relatives' hands.</i>
1:30	4:30	<b>Ecological Politics in Florida</b> - John Koch <i>Working to preserve Florida's environment, led by the Political Chair of the area Sierra Club chapter.</i>
1:30	4:30	<b>Zen of Chiropractic</b> - Marcus Rosenfeld <i>A holistic approach to healthcare.</i>
1:30	4:30	<b>Clay Sculpture for Children &amp; Adults</b> - Wyatt Warren <i>Sculpt human figure or whatever you like.</i>
2:30-4:30	7-9:00	<b>Recreating Relationships</b> - Darrell & Nancy Casey <i>Managing a healthy relationship is challenge enough for one partner so how do you deal with more?</i>
		<b>African Dance</b> - Zenmarie Holmes, Raven Holmes-Dodge <i>Basic African dance movements.</i>
		<b>Rebuilding Earth From the Ground Up</b> - Jack Arnold <i>If we wait for government to intervene on the earth's behalf - it ain't goin' happen. It will only happen when individuals and local communities implement new strategies for environmental sustainability, spiritual fulfillment and social justice.</i>
		<b>Cancer Discussion</b> - Claude Richards, Jim Dickey <i>When cancer touches our lives or the lives of those we love.</i>
		<b>Wave of the Future, Rememberance of the Past</b> - Merri Chitty <i>Ancient wisdom has given us a road map to our destiny.</i>
		<b>Children's Activity: Field Games</b> - Javier Wilches <i>Shaving crème wiffle ball, jump rope, hula hoops, water balloons.</i>
		<b>Changes in Naturism: Past &amp; Future</b> - George Winlock <i>What changes have you seen in nudism since you first started being a nudist? Where do you think you or nudists in general will be 5 to 10 years from now?</i>
		<b>Island Music Jam</b> - Jeff Siegel <i>Free form artistic expression; bring instruments if you wish.</i>
		<b>Introduction to Petanque</b> - Bob Fekete <i>Learn this bocce ball type game, popular at many naturist resorts.</i>
		<b>Sprouting</b> - John Dodge <i>Learn which seeds can be sprouted, easy sprouting and storing techniques, recipes, demo, samples to eat.</i>
		<b>Is Your Feng Shui OK?</b> - Sally Thurston <i>Sketch a floor plan of your home; then learn how to apply basic feng shui principles to enhance your life.</i>
		<b>Children's Activity: Ice Cream Social &amp; Pool Games</b> - Cassie Eshelman, Frank Reamer
		<b>Introduction to Naturism &amp; This Festival</b> - Morley Schloss, Nicky Hoffman Lee <i>Discussion of naturism, the Naturist Society, and the organization and objectives of this Festival.</i>
		<b>Environmental Issues in Florida</b> - John Koch <i>Latest threats to Florida's environment.</i>
		<b>The "Stuff" That Owns Us</b> - Sugandha, David Webster <i>Our house, material possessions, relationships, job, debt, appointment book - what is stopping you from doing what you really want to do? What would your life feel like if you were living moment-to-moment in true freedom?</i>
		<b>Draw the Nude Nude: Shape</b> - Keith Mueller <i>Learn how to coordinate your eyes and hand to get accurate proportions of the entire body.</i>
		<b>People's Yoga</b> - Amy Forman <i>Enjoy stretching, strengthening, and relaxing: for all.</i>
		<b>Alcoholics Anonymous Meeting</b> - Dave Armstrong <i>Open discussion.</i>
		<b>Children's Activity: Body Painting-</b> Jeff Siegel, Jesse James
		<b>Makid I: The Beginning</b> - John Dodge, Dakota Holmes-Dodge <i>The Last Message - 2012 marks the finishing of a process starting thousands of years ago - the closing off of humans from the Mother Space of Nature.</i>

7:00	<b>Art Vs Porn/ Glamor Vs Nudist Photography – Debate</b> - Bob Clark <i>Discuss various images and decide the qualities of the photos: Art, Porn, Nudist, or Glamor.</i>	11:00	<b>Privatizing a Backyard</b> - Rich & Julianne Pasco <i>How one couple made a small urban back yard into a beautiful oasis of sanity private enough for nudity.</i>
7:00	<b>Family Gathering for Children &amp; Parents</b> - Sandra Reamer <i>Fun and games for adults &amp; children.</i>	11:00	<b>Choices: Values In Relationship Game</b> - Morley Schloss <i>Discover/clarify what values are important to you in establishing or enhancing a relationship.</i>
8-10:00	<b>Square Dance for Adults &amp; Children</b> - Morley Schloss, Dunbar Susong <i>Fun square dances with callers. No experience necessary.</i>	11:00	<b>Gay Meet &amp; Greet with a Bag of Treats</b> - Dave Armstrong <i>Get together for socializing and a grab bag of treats.</i>
8-10:00	<b>The Law of Attraction</b> - Dev Smith <i>"The Secret" movie and discussion.</i>	11:00	<b>Meditation: Styles &amp; Tools</b> - Amy Forman <i>Traditions and aids in the practice of meditation.</i>
8:00	<b>Children's Activity: Campfire with S'mores</b> - Sandra Reamer	11:00	<b>Technology &amp; Ecology: They Are Not Mutually Exclusive</b> - Douglas Mallette <i>Ecologically sound or environmentally conscious does not mean that we must stop using technology and revert to some primitive lifestyle.</i>
9-12:00	<b>Campfire Drum Circle with Dancing &amp; Fire Spinning</b> - Jeff Siegel, Kim Brogan <i>Drum circle and bonfire with dancing.</i>	11:00	<b>Barely Proper - Casting &amp; Read Through</b> - Roger Byrd <i>Perform in a reading of a naturist play.</i>
10-11:30	<b>Green Movie Time: "The Economics of Happiness"</b> - Jack Arnold <i>A powerful message about globalization: It is the small, local economies around the world that are preserving cultures, and communities, and ultimately safeguarding our happiness.</i>	11:00	<b>Children's Activity: Tie Dye</b> - Annette Levy
10-12:00	<b>DJ Dance</b> - Don Sanborn	1:30-3:30	<b>Water Flotation Stretching for Couples</b> - Alice & Dunbar Susong <i>Support your floating partner as you breath with them and stretch &amp; rock them into a state of bliss. Bring sunglasses.</i>
<b>FRIDAY, 2/17/2012</b>		1:30-3:30	<b>Children's Activity: Mural Painting</b> - Barbara Fries <i>Beautify the playground hill.</i>
8:00	<b>Morning Yoga</b> - Zenmarie Holmes <i>Gentle stretching and positive affirmations.</i>	1:30	<b>NOVA: You Too Can Be an Advocate for Naturism</b> - Nicky Hoffman Lee, Norma Mitchell <i>The benefits of advocating naturism.</i>
8:00	<b>Alcoholics Anonymous Meeting</b> - Dave Armstrong <i>Open discussion.</i>	1:30	<b>Climate Change</b> - Jerry Dixon <i>How has the changing climate effected your lifestyle?</i>
9-11:00	<b>Group Massage</b> - Walter Loeb <i>Many loving hands giving to one. Bring mat if you have one.</i>	1:30	<b>Drumming for Novices</b> - John Koch <i>How to play a hand drum.</i>
9:00	<b>Family Friendly</b> - Pat & Wib Daley <i>What is it? What can we do to make it a greater reality?</i>	1:30	<b>Hugging is a Touchy Subject</b> - Darrell & Nancy Casey <i>The etiquette of Nude Hugging. How does it differ from mainstream hugging? Defusing an unwanted Hug. Experiential with music and laughter.</i>
9:00	<b>Afro-Cuban Interstellar Playshop</b> - Jeff Siegel <i>Using ancient drumming rhythms, creativity, and positivity to fortify our emotional well-being. Dancers welcome!</i>	1:30	<b>Freedom in Relationships...Isn't That an Oxymoron?</b> - Sugandha, David Webster <i>Do you sometimes wish that you were free again to do all that you want to do? Was life more exciting being single? How to create a relationship and be free at the same time.</i>
9:00	<b>Geisha Training 101</b> - Kira Fleischman <i>Learn the art of playing the Japanese version of rock, paper, scissors like a Japanese geisha girl and treating men to high (and low) culture.</i>	2:30-4:30	<b>B.E.A.C.H.E.S. Board Meeting</b>
9:00	<b>Raw Vegan Dehydration</b> - John Dodge <i>Learn how to dehydrate fruits and vegetables with recipes and demo on making breads, crackers, cookies, and more! Samples to eat.</i>	2:30	<b>Involving Young Adults &amp; Families in Naturism</b> - Morley Schloss <i>People aged 18-30 do become active naturists - a successful model for offering what young adults want.</i>
9:00	<b>Henna &amp; Body Tattoos</b> - Zenmarie Holmes, Raven Holmes-Dodge <i>Decorate your own or a friend's body using Henna and body tattoo markers. (\$5 for materials if you use them.)</i>	2:30	<b>Belly Dancing: Traditional &amp; Freestyle</b> - Amy Forman <i>Learn some traditional moves to add to your personal style. Drummers are encouraged to attend.</i>
9:00	<b>Children's Activity: Knot Tying</b> - Blair Brumley	2:30	<b>Live Food Dessert</b> - John Dodge, Zenmarie Holmes <i>Have fun making &amp; tasting live food desserts. (donation if you eat).</i>
10:00	<b>The Greying of Naturism</b> - George Winlock <i>Everyone is talking about the graying of nudists, but were we close to gray to begin with?</i>	2:30	<b>Palmistry II: Time Lines</b> - Blue Evans <i>Every line has a time line.</i>
10:00	<b>QiGong's 8 Piece Brocade</b> - Norma Mitchell <i>Relaxing moving meditation best done barefoot. All levels of fitness.</i>	2:30	<b>Creative Writing</b> - Richard Rosichan <i>Bring a writing sample on any topic to read.</i>
10:00	<b>High Vibes: A Playshop in Sound &amp; Music</b> - Beloved <i>Play in Your High Vibrations! Experience the deliciousness of sound as we tone and do simple qigong breathing techniques.</i>	3:30	<b>Naturist Society Youth Camp</b> - Sandra Reamer <i>A valuable and fun experience for naturist children.</i>
10:00	<b>Water Aerobics</b> - Rae Newoman <i>Exhilarating hour of stretching, cardiac strengthening, noodle use, and deep breathing.</i>	3:30	<b>Introduction to Body Painting</b> - Carl Flick <i>How to paint people's bodies for eye catching results.</i>
10:00	<b>Volleyball Basics</b> - Jim Dickey <i>Interaction on the court, some pointers.</i>	3:30	<b>Finding Your Rhythmic Groove</b> - Jeff Siegel <i>Exploration of your inner rhythms that emanate from your soul and strengthen your connection with Mother Earth.</i>
10:00	<b>Treasure Hunt for Children &amp; Adults</b> - Sandra Reamer <i>Find clues around Sunsport.</i>	3:30	<b>Yoga Therapy</b> - Susan Shopiro <i>Yoga practice designed for your health needs.</i>
11:00	<b>Naturist Vacations with Children</b> - Claudia Kellersch <i>Where to go, what to expect, our favorite places.</i>	3:30	<b>The Clouds Are Speaking to You</b> - Maggie Ferenczi <i>Reach deep into your soul &amp; subconscious through meditating on the clouds.</i>

3:30	<b>Juicing</b> - John Dodge <i>What to juice, health benefits, juicing and storing techniques, recipes, juicing history, and juicing demo. (Donation if you drink.)</i>	10:30	<b>Palmistry III: Left to Right Hand Symmetry</b> - Blue Evans <i>Lines in your dominant hand will change as you change your thinking.</i>
3:30	<b>Children's Activity: Ice Cream Social &amp; Pool Games</b> - Bettina Levy	10:30	<b>Tribe It, You'll Like It I</b> - Kira Fleischman <i>The most interesting and fun things you never knew your ancestors did: Japanese farting contests, Asian bean throwing, dice divination and a naughty food recipe.</i>
4:30	<b>Welcome the Jewish Sabbath</b> - Joel Mertz <i>Experience an ultimate relaxation experience thousands of years old. All faiths and beliefs welcome.</i>	10:30	<b>Water Aerobics</b> - Darleen Ridenhour <i>Exhilarating hour of stretching, cardiac strengthening, noodle use, and deep breathing. (Limit 15)</i>
4:30	<b>Singles Meet &amp; Greet</b> - George Winlock <i>Meet &amp; greet other single nudists.</i>	10:30	<b>Children's Activity: Toxic Plants Hike</b> - Mitch Flinchum <i>Identify plants that may be harmful to you or your animals.</i>
4:30	<b>Manage Your Stress, Manage Your Life</b> - Love Byrd <i>Discuss stress, it's impact on our lives, and positive ways to manage it.</i>	11:30	<b>History of Florida Naturism</b> - Lee St. Mary <i>Slide presentation of our rich history and the funny and often amazing stories that led us to where we are.</i>
4:30	<b>Sunshine Henna</b> - Kim Brogan <i>100% natural body art.</i>	11:30	<b>The Bare Facts About Healthy Laughter</b> - Darrell & Nancy Casey <i>"A Laugh A Day Keeps The Doctor Away" We skip the jokes and go right to the laughter and along the way, explain the healthful effects on the body and spirit.</i>
4:30	<b>Draw the Nude Nude: Values</b> - Keith Mueller <i>Create the illusion of 3-dimensional form with highlights and shadows.</i>	11:30	<b>Exercise, Exercise</b> - Jerry Dixon <i>Share ideas on keeping fit.</i>
4:30	<b>Alcoholics Anonymous Meeting</b> - Dave Armstrong <i>Open discussion.</i>	11:30	<b>The Commons</b> - Jack Arnold <i>Air, Water, Land, Natural Resources, all in danger from being privatized and destroyed in the name of profit. Can we restore The Commons and our environment before it's too late? We are the 99!</i>
4:30	<b>Aqua Roller for Children &amp; Adults</b> - Bettina Levy <i>Walk on water in this amazing toy!!!</i>	11:30	<b>Transformational Breathing with a Touch of Tantra</b> - Alice & Dunbar Susong <i>Vigorous breathing with Tantra movement &amp; vocalization, solo, supine &amp; blindfolded. Bring towel, pillows &amp; water.</i>
7-9:00	<b>Makid II: Humans &amp; Symbiots</b> - John Dodge, Dakota Holmes-Dodge <i>The Last Message - the impact on our lives resulting from Mother Nature's removal of humans from the Mother Space and placing us in a protective, isolating space of machines and structures, centrally controlled by money and media.</i>	11:30	<b>Children's Activity: Yoga</b> - Amy Forman
7:00	<b>Naturist Photography 2011</b> - Bob Clark <i>Photos from the past year at Sunsport. Highlights will be youth camp and various activities. Naturist photography blends with art to create images.</i>	1:30	<b>Tallahassee Political Scene</b> - Richard Mason <i>An update on current political climate.</i>
7:00	<b>Children's Activity: Movie with Popcorn</b> - Sandra Reamer	1:30	<b>Learn to Juggle</b> - Roni Lynn <i>Have fun in a hands on workshop. Success guaranteed.</i>
8-10:00	<b>An Evening of Peace, Love and Joy</b> - Faerie Elaine Silver <i>The inspiring music of award-winning performer and recording artist Faerie Elaine.</i>	1:30	<b>Hilarious Parlor &amp; Party Games</b> - Kira Fleischman <i>Just when you thought you've undergone enough terribly silly party antics, here are some more to try.</i>
8:00	<b>Children's Activity: Campfire with S'mores</b> - Annette & Bettina Levy, Sandra Reamer	1:30	<b>African Drumming</b> - John Dodge, Dakota Holmes-Dodge <i>Learn the rhythm parts that create an African dance. Play in the following African dance class.</i>
9-12:00	<b>Campfire Drum Circle with Dancing &amp; Fire Spinning</b> - John Koch, Kim Brogan <i>Drum circle and bonfire with dancing.</i>	1:30	<b>Conscious Play: Partner Yoga</b> - Eric Dombrowik <i>A sequence of fun, supported partner stretches.</i>
9:00	<b>Burners &amp; Burner-Wannabees Unite</b> - Sugandha, David Webster <i>Burning Man is one of the most outrageous happenings on the planet today.</i>	1:30	<b>Freedom in Relationships...Isn't That an Oxymoron? II</b> - Sugandha, David Webster <i>What qualities are necessary to actually create freedom in relationship? Discussion on communication, empathy, trust, self-confidence, jealousy, fears and problem-solving.</i>
10-12:00	<b>Karaoke &amp; Dance</b> - Phil Flavin	1:30	<b>Children's Activity: Kayaking</b> - Blair Brumley
<b>SATURDAY, 2/18/2012</b>		2:30-4:30	<b>Love, Intimacy, Sexuality: What Do You Want?</b> - Bridget Trinkle, Richard Anderson <i>Explore the choices we make and the ones we don't. Experiential workshop of the Human Awareness Institute.</i>
8:00	<b>Sunrise Standing Brocade</b> - Susan Shopiro <i>Traditional QiGong to get that Chi (energy) moving.</i>	2:30	<b>Naturism In Poland</b> - Barbara Moszynski <i>Clothesfree recreation in Poland today.</i>
8:00	<b>Alcoholics Anonymous Meeting</b> - Dave Armstrong <i>Open discussion.</i>	2:30	<b>Christians in the Naturist/Nudist World</b> - Pam St. Mary, Dan Whicker <i>Meet together for mutual support, discussion, networking, and encouragement.</i>
9-10:30	<b>GENERAL ASSEMBLY AND GROUP PHOTO</b>	2:30	<b>Watsu</b> - Barbara Sutton <i>Relaxing partner water massage. Limited space.</i>
10:30-12:30	<b>Skin Cancer Screening</b> - Joseph Maseesa, M.D.	2:30	<b>African Dance</b> - Zenmarie Holmes, Raven Holmes-Dodge <i>Basic African dance movements.</i>
10:30	<b>Keeping Haulover Beach Safe: Beach Ambassadors</b> - Ken Tauer, Paul Friderich, Jr. <i>How this successful program deals with promoting naturist values on the public clothing-optional beach in Miami.</i>		
10:30	<b>A Gathering of Divine Beings</b> - Faerie Elaine Silver, James Beloved of the Faye <i>Circle of like-minded people come together to share and to be heard using simple, ancient ritual in a sacred space. If desired, bring item for altar.</i>		
10:30	<b>QiGong's 8 Piece Brocade</b> - Norma Mitchell <i>Relaxing moving meditation best done barefoot. All levels of fitness.</i>		

- 2:30 **Basic Digital Photography** - Mark Orpen  
*For beginners; for those who have a new camera; for those more advanced who want to brush up on the fundamentals; for advanced photographers who want to show how much they know. Interactive workshop.*
- 2:30 **Children's Activity: Kite Flying** - Dave Armstrong  
*Kites provided or bring your own.*
- 3:30-5:30 **Naturist Photography for Photographers & Models**  
- Carl Flick  
*A brief overview of naturist photography, with a hands on workshop for both models and photographers.*
- 3:30 **Why Are You a Nudist** - George Winlock  
*What do you like about being a nudist so much that you have kept it up?*
- 3:30 **Raw & Living Foods** - John Dodge  
*History, health benefits, recipes, demo and discussion on fermented and dehydrated foods, sprouts, desserts, juicing! (Donation if you eat samples.)*
- 3:30 **Trance-Formational Rhythms**  
- Theresa Frazier, Cliff Harmon  
*Learn how drumming can alter your awareness to bring about healing and change.*
- 3:30 **Hatha Yoga** - Susan Shopiro  
*Yoga for experienced Yogini or physically active people.*
- 3:30 **Children's Activity: Ice Cream Social & Pool Games**  
- Cassie Eshelman, Bettina Levy
- 4:30 **NAC/NEF Donor Reception**  
*Discuss NAC's projects over tropical fruit juices and snacks.*
- 4:30 **Merging the Motorcycle Lifestyle with the Naturist Lifestyle** - Ralph Collinson  
*Naturist motorcycle groups, share your experiences.*
- 4:30 **Draw the Nude Nude: Texture** - Keith Mueller  
*Render the subtle differences of smooth skin and soft hair.*
- 4:30 **Island Music Jam** - Jeff Siegel  
*Free form artistic expression; bring instruments if you wish.*
- 4:30 **Make a Pair of Earrings** - Maureen Grady  
*Beads provided. Pick your colors & create your earrings.*
- 4:30 **Alcoholics Anonymous Meeting** - Dave Armstrong  
*Open discussion.*
- 4:30 **Children's Activity: Painting Fun** - Annette Levy
- 6:30-8:00 **Roasting Richard Mason**  
- Norma Mitchell, Nicky Hoffman Lee  
*All friends of Richard Mason, a champion of naturist rights, are invited to join us in recognizing Richard Mason. Richard, President and Government Affairs Chair of SFFB, has been promoting naturism for the last 35 years. Have a cup of coffee and a dessert and shake this old fart's hand. Anyone who's been to Haulover Beach owes him Big Time.*
- 7-9:00 **Living Water** - Kilian Kormann  
*Revitalize your water for health naturally without chemicals. (video)*
- 7:00 **Nude Art, Naturism & Nazis** - Paul LeValley  
*Slide show of nude art in the Germanic tradition--the conflicted love-hate relationship Nazis had toward the nude.*
- 7:00 **Children's Activity: Pool Games** - Bettina Levy
- 8-10:00 **Concert of Crystal Light & Love**  
- Faerie Elaine Silver, Beloved  
*Join the Crystal Chicks for an interactive, heart-opening experience.*
- 8:00 **Children's Activity: Campfire with S'mores**  
- Annette & Bettina Levy, Sandra Reamer
- 9-12:00 **Campfire Drum Circle with Dancing & Fire Spinning**  
- Cliff Harmon, Kim Brogan  
*Drum circle and bonfire with dancing.*
- 9:00 **Green Movie Time: "The Turning Point, A Return to Community Farming"** - Jack Arnold  
*An inspiring film featuring the Findhorn Ecovillage in Scotland. Our potential to create a life-sustaining society: local wind energy, ecological sewage treatment, community gardens, carpooling, local food production and adopting a local currency.*
- 10-12:00 **DJ Dance** - Don Sanborn
- SUNDAY, 2/19/2012**
- 8:00 **Morning Yoga** - Zenmarie Holmes  
*Gentle stretching and positive affirmations.*
- 8:00 **Alcoholics Anonymous Meeting** - Dave Armstrong  
*Open discussion.*
- 9-11:00 **Children's Activity: Art Skills - Still Life Painting**  
- April Mallette  
*Learn about the materials & about the color wheel. Hike the trail, looking at different trees. Paint a still life.*
- 9:00 **First Time Naturist Experiences** - George Winlock  
*Share your experiences with a group.*
- 9:00 **Earth Celebration Service** - Roger & Love Byrd  
*Celebrate Nature honoring Mother Earth, Father Sky and the Four Directions.*
- 9:00 **Bible Study & Worship for Christians & Interested Parties** - Pam St. Mary  
*Scripture, communion, worship, prayer, and discussion.*
- 9:00 **Ecological Nature Walk** - Tex Reutter  
*Experience Sunsport's tropical jungle, fruit orchard and nature trails; learn about native plants and invasive species.*
- 9:00 **Professors & Researchers Naturist Society 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.*
- 9:00 **Metta Bhavana** - Eric Dombrowik  
*An individual, guided Buddhist meditation for developing lovingkindness toward oneself and others.*
- 10:00 **Where To Go for Nude Recreation In Florida**  
- Carl Flick  
*A collaborative review of Florida's nude beaches and lakes. Where to go, status, and maps.*
- 10:00 **Learn to Juggle** - Roni Lynn  
*Have fun in a hands on workshop. Success guaranteed.*
- 10:00 **Water Aerobics** - Barbara Sutton  
*Exhilarating hour of stretching, cardiac strengthening, noodle use, and deep breathing.*
- 10:00 **Palmistry IV: Fingers** - Blue Evans  
*You can read most of your life just by examining the fingers.*
- 10:00 **Kombucha** - John Dodge  
*Make your own Kombucha. One of the tools humans have used for thousands of years to cope with the stresses of civilized life.*
- 10:00 **Hair Vs Bare** - Sue Hoffman, Claudia Kellersch  
*Which do you prefer? Hair? Bare? Where? There? Everywhere? Bald and ribald? Hirsute and cute?*
- 11-12:30 **Kundalini Meditation** - Sugandha, David Webster  
*A meditation technique that takes us from activity to silence. For new and experienced meditators. Bring towel.*
- 11:00 **Florida Naturist Groups: Sharing Information, Developing Strategies** - Bare Buns Bikers, B.E.A.C.H.E.S., Central Florida Naturists, Emerald Coast Naturists, Florida Association for Nude Recreation, Florida Keys Naturists, Florida Young Naturists, Friends of Playalinda, the Naturist Action Committee, Sanibel Naturists, South Florida Free Beaches, Suncoast Naturists, Tallahassee Naturally, Tampa Area Naturists, WildFyre Society
- 11:00 **Finding Your Rhythmic Groove** - Jeff Siegel  
*Exploration of your inner rhythms that emanate from your soul and strengthen your connection with Mother Earth.*
- 11:00 **Food: What's Good for You** - Jerry Dixon  
*Share your ideas on healthy eating.*
- 11:00 **Belly Dancing** - Kira Fleischman  
*Learn a quick and easy way to shimmy and shake your booty to sultry foreign music.*
- 11:00 **Barely Proper Rehearsal** - Roger Byrd & Volunteer Cast  
*Perform in a reading of a naturist play.*

11:00	<b>Remote Control Boat Races for Children &amp; Adults</b> - Dave Armstrong <i>Boats provided or bring your own.</i>	4:30	<b>Draw the Nude Nude: Bringing It All Together</b> - Keith Mueller <i>Apply principles learned in the previous sessions for refined realistic drawings.</i>
1:30-3:30	<b>Water Flotation Stretching for Couples</b> - Alice & Dunbar Susong <i>Support your floating partner as you breath with them and stretch &amp; rock them into a state of bliss. Bring sunglasses.</i>	4:30	<b>Bipolar Bares</b> - Julianne & Rich Pasco <i>One woman shares how she overcomes manic-depressive bipolar disorder with proper medication, professional care, and a holistic approach to self-acceptance in which naturism plays a key role.</i>
1:30	<b>Beach Groups Working Together to Insure Our Future</b> - Norma Mitchell, Claude Richards, Nicky Hoffman Lee, Jim Dickey <i>Panel discussion.</i>	4:30	<b>Hillbilly Wine Making</b> - Pat & Wib Daley <i>Low tech home brew from fresh fruit for fun and health.</i>
1:30	<b>Kirtan: Drums &amp; Vocals</b> - Amy Forman <i>Create positive vibrations for our planet with call and response song chanting.</i>	4:30	<b>Alcoholics Anonymous Meeting</b> - Dave Armstrong <i>Open discussion.</i>
1:30	<b>Creating Sacred Space Within a Relationship</b> - Darrell & Nancy Casey <i>The Tantric concept of creating "Sacred Space" as a tool for heart centered sharing and a "safe place" to ask those "Brave" questions of your partner.</i>	4:30	<b>Children's Parade Preparation</b> - John Dodge, Zenmarie Holmes, Annette Levy <i>Get ready for the big parade with body painting, drumming, dancing and puppet making.</i>
1:30	<b>Stand Tall</b> - Rae Newoman <i>Stretch &amp; strengthen postural muscles.</i>	7:00	<b>Nude in the News</b> - Rich Pasco <i>A video review of how mainstream media portray nudity and naturism, with new video clips recorded in the last year.</i>
1:30	<b>Four Handed Massage</b> - Zenmarie Holmes <i>The techniques of four handed synchronized massage.</i>	7:00	<b>Science, Engineering, Technology and Human Concern: Mankind is Advancing Beyond Old Ideologies</b> - Douglas Mallette <i>Our current socioeconomic state and how technology and human advancement are having a major impact.</i>
1:30	<b>Children's Activity: Parachute Games</b> - Annette Levy	7:00	<b>Children's Activity: Field Games</b> - Annette & Bettina Levy <i>Shaving crème wiffle ball, jump rope, hula hoops, water balloons.</i>
2:30	<b>Informing Politicians of Naturist Family Values</b> - Paul LeValley <i>We have a great story to tell, and the tools to do it. Learn how to use them.</i>	8-10:00	<b>The Law of Attraction (movie)</b> - Dev Smith <i>"The Secret" movie and discussion.</i>
2:30	<b>Toxic Plants Hike</b> - Mitch Flinchum <i>Identify plants that may be harmful to you or your animals.</i>	8:00	<b>Nude at the Beach Play</b> - Love & Roger Byrd <i>Play reading.</i>
2:30	<b>Pranayama – Yogic Breathing</b> - Eric Dombrowik <i>Deep breathing techniques, mixed with gentle yoga poses, designed to bring about tranquility.</i>	8:00	<b>What You Think Matters</b> - Mary & Patrick Burge <i>An introduction to quantum physics showing how our thoughts create our life.</i>
2:30	<b>Living in Harmony with Those with Whom You Disagree</b> - Walter Loeb <i>Techniques for living harmoniously with people who disagree with you in areas including politics, religious concepts and views, nudity, etc.</i>	8:00	<b>Children's Activity: Campfire with S'mores</b> - Annette & Battina Levy, Sandra Reamer
2:30	<b>Paya Bay: Trip Report</b> - Jonathan & Susan Shopiro <i>Paya Bay is a new naturist resort in Central America.</i>	9-12:00	<b>Campfire Drum Circle with Dancing &amp; Fire Spinning</b> - John Dodge, Dakota Holmes-Dodge, Kim Brogan <i>Drum circle and bonfire with dancing.</i>
2:30	<b>Pudding Toss for Children &amp; Adults</b> - Morley Schloss <i>Messy, gooey free-for-all.</i>	9-11:00	<b>"The Genesis Children": Naturist Film, Art, or a Pedophile's Delight</b> - Paul LeValley <i>View this controversial 1971 film of boys 10-17 on a beach near Rome, and decide for yourself.</i>
3:30-5:30	<b>Ipsalu Tantra Kriya Yoga</b> - Gabriele Germann <i>Exercises to free yourselves from emotional debris, so you may love and live the way you always wanted to.</i>	9:00	<b>Clothing Optional Fashion Show</b> - Amy Forman <i>Show off your personal style and practice runway modeling.</i>
3:30	<b>Nudist Lifestyle in Today's Economy</b> - Jerry Dixon <i>Share ideas about how to make it in today's hard times.</i>	10-12:00	<b>Karaoke &amp; Dance</b> - Phil Flavin
3:30	<b>2012 &amp; the Mayan Prophecy</b> - Mark Lutrell, Mary Burge <i>The most anticipated event in history.</i>		
3:30	<b>Burning Man: A Clothing-Optional Community</b> - Norma Mitchell, Jim Dickey, Claude Richards <i>Burning Man is a week long annual art festival held in the Black Rock Desert. Nudity is considered a form of radical self expression and is completely acceptable.</i>		
3:30	<b>Soul Sounds - Sacred Sound Soul Activators</b> - Beloved <i>Through Sacred Sounds of Gemstone Alchemy Crystal Singing Bowls, Vocal Harmonics, Native Flute, and Beloved's Transmission from the Heart of the Divine Mother, every cell of your body vibrates into perfect harmonic resonance, as you are bathed in the ancient wisdom and healing properties of gemstone crystals.</i>		
3:30	<b>Buy Local</b> - Jack Arnold <i>Locally grown food, local banks, local currencies: in depth look at the power of LOCAL. Regain control of our lives.</i>		
3:30	<b>Children's Activity: Ice Cream Social &amp; Pool Games</b> - Bettina Levy		
4:30	<b>Sunsport Gardens: The Vision</b> - Morley Schloss <i>Sunsport's unique vision as a natural and healthful community and resort.</i>		
			<b>MONDAY, 2/20/2012</b>
		8:00	<b>Sunrise Standing Brocade</b> - Susan Shopiro <i>Traditional QiGong to get that Chi (energy) moving.</i>
		8:00	<b>Alcoholics Anonymous Meeting</b> - Dave Armstrong <i>Open discussion.</i>
		9-11:00	<b>Health, Wellness &amp; Detox</b> - John Dodge <i>Using nutrition, meditation, exercise, herbs, aromatherapy, ayurveda, and more to detox and transform your life.</i>
		9:00	<b>Ethical Naturist or Recreational Naturist - Which Are You?</b> - George Winlock <i>An ethical naturist sees naturism as a philosophy while a recreational naturist just enjoys being clothing free.</i>
		9:00	<b>Hurray for Bollywood</b> - Kira Fleischman <i>Come shimmy and shake your booty to the funky beat of over-the-top Bollywood India musicals.</i>
		9:00	<b>Afro-Cuban Interstellar Playshop</b> - Jeff Siegel <i>Using ancient drumming rhythms, creativity, and positivity to fortify our emotional well-being. Dancers welcome!</i>

9:00	<b>Wear Clothes: Destroy the Planet, Get Sick Quicker, Die Sooner</b> - Wib & Pat Daley <i>The impact of clothing on the environment and our health.</i>	1:30	<b>Clay Sculpture for Children &amp; Adults</b> - Wyatt Warren <i>Sculpt human figure or whatever you like.</i>
9:00	<b>Yoga Nidra</b> - Eric Dombrowik <i>A guided visualization, to develop awareness of breath and body. Bring towels or blankets to lie down on and/or to cover up.</i>	2:30	<b>The Politics of Children in Naturism</b> - Morley Schloss <i>The challenges to children's participation in naturism: youth camps, home nudity, photography of children, child protective services, adults-only sites and events.</i>
9:00	<b>Children's Activity: We're All Different &amp; Perfect</b> - Morley Schloss, Claudia Kellersch	2:30	<b>Water Floatation Massage</b> - Rae Newoman <i>Experience Watsu.</i>
10:00	<b>Women &amp; Body Acceptance in Naturism</b> - Nicky Lee Hoffman, Claude Richards, Norma Mitchell <i>Discussing issues that matter to women enjoying naturism.</i>	2:30	<b>African Dance</b> - Zenmarie Holmes, Raven Holmes-Dodge <i>Basic African dance movements.</i>
10:00	<b>Men in Naturism</b> - Jim Dickey <i>Current and historical topics involving men in naturism.</i>	2:30	<b>Palmistry V: Putting It All Together</b> - Blue Evans <i>Putting a reading together on your own hands or a photocopy of your relatives' hands.</i>
10:00	<b>Sunspot Memoirs: A Pictorial History</b> - Bob Clark <i>An exciting slide show romp through the past 46 years of Sunspot's growth from a 40 acre overgrown tomato farm to a unique tropical community &amp; resort.</i>	2:30	<b>Secrets of Vegetarian Cooking</b> - Mike & Therese Hester <i>Learn how to make &amp; use tofu, seitan, TVP and other vegetarian staples. Taste some samples.</i>
10:00	<b>Fun Bodywork Techniques</b> - Sugandha, David Webster <i>Partnered techniques from massage and yoga. Use your whole body to give healing touch. Bring large towel.</i>	2:30	<b>Early American Woodworking</b> - Patrick Burge, Paul Meckstroth <i>Early American woodworking; tools &amp; printed information on techniques. Hands on.</i>
10:00	<b>Water Aerobics</b> - Rae Newoman <i>Exhilarating hour of stretching, cardiac strengthening, noodle use, and deep breathing.</i>	3:30	<b>Children's Activity: Slip 'N Slide</b> - Bettina Levy
10:00	<b>Children's Activity: Finger Painting</b> - Jeff Siegel	3:30	<b>Writing for N Magazine &amp; Beyond</b> - Nicky Hoffman Lee <i>Tips, ideas and guidelines for writing for N magazine.</i>
11:00	<b>Naturist Action Committee: Area Representative Program</b> - Jack Arnold, Barb Crumb, Pat Daley, Wib Daley, Jim Dickey, Jerry Dixon, Claudia Kellersch, Claude Richards, Morley Schloss, Jonathan Shopiro <i>NAC Area Reps describe their roles in protecting naturist rights; how you can help.</i>	3:30	<b>Getting Involved in Politics</b> - Dave Armstrong <i>Political participation for a better future for naturists.</i>
11:00	<b>Artists' Figure Modeling</b> - Amy Forman <i>Bring drawing materials and practice with experienced figure model.</i>	3:30	<b>Jewelry Making</b> - Ruthie Rosenfeld <i>Learn to create a bracelet out of metal.</i>
11:00	<b>Everglades Restoration</b> - John Koch <i>A progress report on efforts to restore the Everglades.</i>	3:30	<b>What Is Ailing You? There May Be an Answer</b> - Isolde Boutwell <i>Natural healing costs only time and effort; for every year you have had the illness, count 1 month of healing time.</i>
11:00	<b>Tribe It, You'll Like It II</b> - Kira Fleischman <i>Sample an ancient snack, paint yourself with a protective symbol, enter a grinning contest, and more.</i>	3:30	<b>Off the Grid: A Decentralized Approach to Mankind's Energy Needs</b> - Douglas Mallette <i>Current amazing advances in clean energy systems and how to properly use them to power the needs of the entire planet.</i>
11:00	<b>Transformational Breathing with a Touch of Tantra</b> - Alice & Dunbar Susong <i>Vigorous breathing with Tantra movement &amp; vocalization, solo, supine &amp; blindfolded. Bring towel, pillows &amp; water.</i>	3:30	<b>Friendly Body Rubbing &amp; Supportive Touch</b> - Claude Richards, Jim Dickey <i>Demonstration and discussion, hands on technique.</i>
11:00	<b>Barely Proper Rehearsal</b> - Roger Byrd & Volunteer Cast <i>Perform in a reading of a naturist play.</i>	4:30	<b>Children's Activity: Ten Foot Sundae &amp; Pool Games</b> - Sandra Reamer, Bettina Levy
11:00	<b>Children's Activity: Cooking - Silly Banana People</b> - April Mallette <i>A fun and easy treat to make with bananas, chocolate, M&amp;Ms, licorice, marshmallows, nuts and so on!!!</i>	4:30	<b>No Sex Please, We're Naturists</b> - Rich & Julianne Pasco <i>Should nudists deny their own sexuality to market nudism as asexual, or follow the marketing maxim "sex sells."</i>
1:30	<b>Raising Children as Naturists</b> - Sandra & Frank Reamer <i>The benefits and issues of raising children as naturists.</i>	4:30	<b>Draw the Nude Nude: Bringing It All Together II</b> - Keith Mueller <i>Apply the principles learned in the previous sessions for refined realistic drawings.</i>
1:30	<b>African Drumming</b> - John Dodge, Dakota Holmes-Dodge <i>Learn the rhythm parts that create an African dance. Play in the following African dance class.</i>	4:30	<b>Island Music Jam</b> - Jeff Siegel <i>Free form artistic expression; bring instruments if you wish.</i>
1:30	<b>Growing Through Change</b> - Darrell & Nancy Casey <i>Have you "grown" through facing physical and/or emotional changes? We'll share why chaos is often a positive despite the challenging feelings it engenders and experience a healing guided visualization journey.</i>	4:30	<b>Yoga for Bone Health</b> - Susan Shopiro <i>Yoga practice for people that have postural or bone health issues.</i>
1:30	<b>Is Your Feng Shui OK?</b> - Sally Thurston <i>Sketch the floor plan of your home; then learn how to apply basic feng shui principles in order to enhance your life.</i>	4:30	<b>Water Revitalization</b> - Killian Kormann <i>See it for yourself; try it. Bring your own beverage.</i>
1:30	<b>Creative Writing &amp; Sharing</b> - Richard Rosichan <i>Presentation of brief writing samples, and shared critiquing: fiction, nonfiction, travel and journaling.</i>	4:30	<b>Alcoholics Anonymous Meeting</b> - Dave Armstrong <i>Open discussion.</i>
1:30	<b>Hatha Yoga</b> - Melinda Matthews <i>Enjoy a multi-disciplinary Hatha Yoga practice that will renew you, ground you, and help you connect with your higher self.</i>	4:30	<b>Children's Parade</b> - John Dodge, Zenmarie Holmes, Annette Levy <i>Make masks - make music - dance &amp; walk - have fun being a spirit.</i>
		7-9:00	<b>Green Movie Time: "Baltimore Food Ecology Documentary", "Out to Pasture: The Future of Farming"</b> - Jack Arnold <i>Excellent films on the trouble with urban food distribution and what some communities are doing about it.</i>
		7:00	<b>Barely Proper Play</b> - Roger Byrd & Volunteer Cast <i>Staged reading of the naturist play "Barely Proper".</i>
		8-10:00	<b>Variety Show</b> - Bob Clark <i>Your chance to shine.</i>

- 9-12:00 **Campfire Drum Circle with Dancing & Fire Spinning**  
 - Jeff Siegel, Kim Brogan  
*Drum Circle and bonfire with dancing.*
- 10-11:00 **My Daughter the Teenage Nudist (video)** - Rich Pasco  
*A documentary about Mollie and Alex, who are among a growing number of teens and twentysomethings embracing the world of public nudity.*
- 10-12:00 **DJ Dance** - Don Sanborn

TUESDAY, 2/21/2012

- 8:00 **Morning Yoga** - Zenmarie Holmes  
*Gentle stretching and positive affirmations.*
- 8:00 **Alcoholics Anonymous Meeting** - Dave Armstrong  
*Open discussion.*
- 9:00 **CLOSING FRIENDSHIP CIRCLE**
- 10-5:00 **Canuding & Kayaking Trip** - Morley Schloss  
*Explore the magical tropical jungle Loxahatchee River paradise. (\$12.50 per person for canoe or kayak rental).*
- 10-5:00 **Haulover Beach Trip** - John Koch  
*Visit Florida's premier clothing-optional beach.*
- 10-4:00 **Palmistry Intensive** - Blue Evans  
*Learn to do your own readings on others. Practicum. \$75.*