

# The Digital Renaissance Faire Presents **Friday Workshops**

## **Mindful Flow Yoga**

Become more mindful of your flow by slowing down and enjoy life.

7am-9am

Earth Village  
Evolver Space

Candace Poirier

## **Yoga for Kids**

Yoga for Kids is a funfilled yoga class that explores yoga poses, breath and meditation through stories, games, and animal and nature imitation. Suitable for children ages 2-10.

7am-9am

Water Village

Andrea Creo

## **Evolved Skin and Hair Care**

In this workshop participants will find out how to restore a healthy balance to their skin and hair without spending more money than they would at a drug store, while providing their hair, skin and nails with the highest quality products. Participants will get to test products to determine what works best for them.

9am-11am

Water Village

Sarah Koplowicz

## **The Art of Appreciating: Courage to Receive**

Have you seen how pervasive and enforced this "modesty" meme is throughout cultures around the world? Learn how to overcome the fear of not expecting much using our sense of possibility to learn how to create the lives and world we want.

9am-11am

Air Village  
Flo Tent

Paul C. Hoffman

## **Innocent Sensuality**

Surrender to open-hearted giving and receiving in this innocent exploration of one's senses. This non-sexual experience can be enjoyed with a friend, a lover or a stranger. Release the parameters of sight to fully feel through your heart with tantalizing taste, touch, scent and sound.

11am-1pm

Earth Village  
Sensuality Salon

Rachel Adair

## **Fundamentals of Aerial Fabric**

Participants will learn the basics of aerial fabric. Will begin with an extensive yoga-based warm-up (45mins) followed by basic climbing variations. Techniques covered include single-leg lock and all tricks that stem from it, followed by double-leg locks.

11am-1pm

Water Village

Tahoe Cielo Aerialists

## **Resilience Movements in your Hometown**

Learn about a permaculture-based way of transforming our local cities and watersheds into beacons of sustainability. Learn how to map out your community's resources and needs, unite the key players and organizations, honor the work that's already being done.

11am-1pm

Fire Village  
Tipi

Nils Palsson

## **Tarot, Flower Essences, and Astral Ancestors**

Work with tarot, divine numerology, natural & Creative essence to bring about your higher self. Learn how to work with friendly spirits, saints & ancestors to hear your inner voice commune with the divine orchestra.

11am-1pm

Air Village  
Flo Tent

Leflora Marisol

## **Beginner Hoop Workshop**

Come hoop it up with us at the beginner hoop workshop where we will be exploring the basics and beyond!

12pm-2pm

Fire Village

Alice Ottesen

## **Alternative Energy**

In this workshop alternative energy information will be discussed. Ideas such as solar spin art, hydroxy production, and photoluminescence materials will be explored.

1pm-3pm

Earth Village  
Evolver Space

Nick Stone

## **Connected by Words**

This workshop covers the basics of public speaking, the social benefit of communication, the dynamics of words related to the words conveyed, how to draw people in, how to make them comfortable around you, and how to better connect with people through communication.

1pm-3pm

Air Village  
Flo Tent

K.D. Beebe

# Memorial Day Weekend 2013