

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

## **Letting Go of Bottled Energy Drinks**

Enjoy a rejuvenating drink, learn nutrition basics and have a nourishing nibble on us. Learn how to make your own MapleAid, or PomAid. These drinks will rejuvenate and hydrate while eliminating additives and preservatives from ones diet.

1pm-3pm

Water Village  
Ross Rosenzweig

## **Time, Space, Touch, and Dance**

This workshop allows our dance to grow into a conversation with not only our partner, but the dance floor as a whole and our the environment around us. Inspired by Nancy Stark Smith's Underscore and Theatrical Exercises.

1pm-3pm

Air Village  
Open Area  
Azya Barron

## **The Essentials of Essential Oils**

Experience the healing benefits of essential oils.

1pm-3pm

Air Village  
Flo Tent  
Candace Poirier

## **Intermediate Poi Skills Workshop**

In this workshop intermediate skills and techniques will be demonstrated.

2pm

Fire Village  
Jeremy Criquet and Alek Davis

## **Intermediate Staff Skills**

In this workshop Lucas will be explaining how to take your bow-staff skills to the next level.

2pm

Fire Village  
Lucas Reshi

## **Beginner Sword Workshop**

Come on out and get your s-word on! In this workshop the basics of sword handling and safety will be covered.

3pm

Fire Village  
Bill Haack

## **Aztek Re-evolution Program**

A joyful reunification with your cosmic identity. Pre-hispanic contact of the cultures of the western hemisphere languages, symbolism, pyramids, and ceremonies will be explored. The Aztec Calendar will be discussed as an astronomical almanac which helps guide our interactions with the cosmos.

3pm-5pm

Fire Village  
Tipi  
Mazatzin's

## **Intro to Energy Healing and Reiki**

An introduction course that will allow anyone to understand the healing properties of energy and reiki. Healing demonstrations of reiki will be performed by certified masters. Oracle consultations will be available.

3pm-5pm

Fire Village  
Tipi  
David Avatara and Misha

## **Play Tibetan Singing Bowls**

If you are curious about Tibetan Singing Bowls, come meet some. We will go over some basics about sound energy, and you will get to play some bowls yourself in traditional, ceremonial, therapeutic and fun ways.

3pm-5pm

Earth Village  
Sensuality Salon  
Aravel Forbes

## **Making a Gift Economy Work**

Learn from a financial planner by day and hippie by night how to make everyday more abundant in, How to Make a Gift Economy Work in the "Default World". Learn the academics of economics that will help you better understand the community of gift giving.

5pm-7pm

Air Village  
Flo Tent  
Dean Koci & Lisa Dewey

## **Synergy Movement: Returning to Nature**

A guided discussion going through the different areas of life on this planet and how far Homo Sapien have deviated from our lives 200,000 years ago. Topics include failing health, our environment, human extinction possibilities, and decreased happiness levels.

5pm-7pm

Earth Village  
Sensuality Salon  
Kelsey Kirkpatrick

# Memorial Day Weekend 2013