

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

## **Mindful Flow Yoga**

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

7am-9am  
Earth Village  
Evolver Space  
Candace Poirier

## **Partner Yoga**

This is a beginner/intermediate-level partner yoga class which focuses on communication skills to build trust, strength and flexibility through an interactive and solo yoga flow practice. All levels and all ages welcome; similarly sized partners is helpful.

7am-9am  
Earth Village  
Sensuality Salon  
Andrea Creo

## **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 preformed by certified masters. Oracle consultations will be available.

9am-11am  
Air Village  
Flo Tent  
David Avatara and Misha

## **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 over come the fear of not expecting much using our sense of possibility to learn how to create the lives and world we want.

11am-1pm  
Air Village  
Flo Tent  
Paul C. Hoffman

## **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.

11am-1pm  
Fire Village  
Tipi  
Kelsey Kirkpatrick

## **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

## **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.

1pm-3pm  
Fire Village  
Tipi  
Mazatzin's

## **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

## **Play Tibetan Singing Bowls**

If you are curious about Tibetan Singing Bowls, then 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  
Fire Village  
Tipi  
Aravel Forbes

# Memorial Day Weekend 2013