

# The Digital Renaissance Faire Presents

# Saturday Workshops

## Mindful Flow Yoga

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

7am-9am

Earth Village  
Evolver Space

Candace Poirier

## 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.

9am-11am

Fire Village  
Tipi

Mazatzin's

## Connected 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, by making them comfortable around you, and generally how to connect with people through communication.

9am-11am

Air Village  
Flo Tent

K.D. Beebe

## 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.

9am-11am

Water Village

David Avatara

## Make your own Maori Poi

Make your own traditional Maori Poi workshop like they do in the New Zealand school system, the history of poi, and basic poi handling. All materials provided! Excellent for all ages!

9am-10am

Fire Village

Andrea Creo

## The Liquid Body: Contact Improv Foundations

In this workshop, we individually explore effortless and liquid movement, working with the spiral nature of the body, falling, opening and contracting, and moving from the center. We then work with partners and feeling the same movements of the body in relationship to another's weight and impulses.

11am-1pm

Air Village  
Open Area

Azya Barron

## 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

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11am-1pm

Fire Village  
Tipi

David Avatara and Misha

## Rich and Potent: Superstar Foods

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.

11am-1pm

Water Village

Ross Rosenzweig

## Sexabilities!

This workshop will focus on the sexual ABILITIES of every person, no matter the shape, size, or disability! We will cover ways of maximizing those abilities for the most ecstasy possible!

11am-1pm

Earth Village  
Sensuality Salon

The Rollin

## 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

# Memorial Day Weekend 2013