

The Digital Renaissance Faire Presents **Sunday Workshops**

Mindful Flow Yoga

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

7am-9am
Earth Village
Evolver Space
Candace Poirier

Vinyasa Flow Yoga

This workshop is suitable for all levels. Vinyasa Flow Yoga focuses on creating an individualized practice through variations in breath and alignment.

7am-9am
Fire Village

Andrea Creo

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.

9am-11am
Fire Village
Tipi

Aravel Forbes

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!

9am-11am
Air Village
Flo Tent

The Rollin Goddesses

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.

11am-1pm

Water Village

Sarah Koplowitz

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
Earth Village
Evolver Space

Leflora Marisol

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.

11am-1pm
Fire Village
Tipi

Paul C. Hoffman

The Essentials of Essential Oils

Experience the healing benefits of essential oils.

11am-1pm
Air Village
Flo Tent

Candace Poirier

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

Plant Propagation for Beginners

Learn a few easy propagation techniques to create more plants for your garden or to share with your friends. Workshop will be a lecture with samples passed around.

1pm-3pm
Earth Village
Evolver Space

Mary Wang

Wax on Canvas

In this exciting and innovating workshop we will be creating hangings from wax on canvas.

1pm-3pm
Water Village

Sara Ramsey

Memorial Day Weekend 2013