

## WORKSHOPS LED BY PROFESSIONAL LEADERS

- Zumba Cardio Party:** Find out why Zumba is the newest and hottest fitness-dance workout. Move to hypnotic Latin and international rhythms with this awe-inspiring, muscle-pumping, calorie-burning blast.
- Mayan Calendar:** If you're feeling disoriented in time or space, out of synch or it's hard to find a familiar footing anywhere, you're not alone! Learn about the Mayan Calendar (2012 Transitions) and tools to help you stand grounded and centered...to move with ease and grace through these times.
- Reiki:** Every one of us has "healing hands"; we just need to learn how to use them. No pre-requisites needed to discover your healing energy and learn to release it using the Reiki technique, one of the most popular, hands-on therapies today.
- Law of Attraction:** Learn how your dominant intention or your prayer causes you to focus, and how the Law of Attraction causes everything in the Universe that is in vibrational alignment and harmony with your focus to come to you. Learn to manifest your dreams!
- Intuitive Development—The Next Step:** Enjoy this spiritually-centered approach that will help you to further develop your intuitive skills by refining your perceptions and insights.
- Floral Arranging Level II:** If you've taken the Floral Arranging workshop in the past years with Dale, or feel you're beyond a beginner's approach, then this workshop is for you! Bring your creativity and a small pair of scissors. \$10 supply fee payable to instructor.
- Digital Photography:** Learn the basics, with emphasis on composition. Even the most advanced camera is just a tool; take control of your images. Special feature of inspiring women photographers.
- Life Coach:** What if you believed anything was possible, and that you could live the life of your dreams? Here, we'll explore the possibilities and learn how to change your life, one goal at a time.
- Meditation:** Discover the spiritual experience of meditation, including the use of music, location, and time. You will be led through a meditation to promote relaxation, and reduce stress and its effects on your body.
- Living in Your House of Joy:** Learn what brings you joy, how to believe in yourself, and how to grow and harvest your dreams. You'll learn all the tools you need to overcome roadblocks and create a more joyous life and deeper truths.
- Growing Herbs:** Add zest to your life and your cooking - grow herbs! They're among the easiest plants to grow indoors and out. Just add sun, a little water, and you are on your way to making healthier, more delicious food, homemade remedies, and even potpourris.
- Interior Design Trends for 2012:** Would you like to try some of the newest trends, but are hesitant? Start incorporating a few, and before you know it, you'll be the newest trendsetter on your street. Bring your questions.
- The Call of Connection- Journal Writing:** If you want to write or explore your innermost thoughts, or if you're a writer who needs to reconnect with your creative source, bring your pen and journal! Learn to express your inner wisdom and connect with the voice inside of you.
- Yoga:** Use breathing techniques, and your body and mind to connect with your inner guide, relieve stress, and promote good health. Wear comfortable clothing, bring a mat and a towel or blanket
- Self Empowerment:** Learn how to harmonize the power within, to create the life your heart and soul desires. You will realize that the key to your success is in your heart, not in your mind.
- Teneriffe Embroidery:** An easy way to dress up a t- shirt or other item of clothing. This method originates from a 16th century embroidery technique, but has been updated to make it simple to create a beautiful design. Bring a plain t-shirt. \$5 supply fee payable to instructor.
- Gardening for Beginners:** If you just can't get the hang of gardening, this is for you! Learn the basics of planting, weeding, mulching, watering, design and plant selection. Bring your black thumbs and be prepared to have fun while learning how to grow the garden of your dreams.
- Tai Chi:** This traditional eastern exercise is gentle and slow—great for all fitness levels. It works all major and minor muscle groups, and is the equivalent of walking 6 km per hour. You'll go through the basic postures and the first three moves of the Tai Chi set.
- Cake Decorating:** Have fun and see how easy and gratifying it can be to make your cakes personal with your own decoration. Bring along any decorating equipment you have (optional). \$5 supply fee payable to the instructor
- Sewing Celebration:** Get a little sewing inspiration from this hands-on workshop where you will learn how to make and decorate a lovely little cosmetic purse that is yours to keep. \$8 supply fee payable to the instructor.
- Healthy Eating:** Stress less at meal times! Food Advisor, farmer, and ongoing culinary student will demonstrate tasty recipes to help you include more fruits and vegetables into your meals-in ways you've never imagined-using simple low-cost foods available at your grocery store or farmers' market. Great solutions for busy women! Sample dishes, take home recipes. \$3 supply fee payable to instructor.
- Financial Planning:** A must for women who want to take control of their finances. You'll learn how to prioritize spending, the importance of setting budgets, and how to reach financial goals. Also, simple ways to reduce banking costs, protect your credit rating and protect yourself against identity theft.
- Tuning In, Tuning Out, Turning your Intuition On:** Find grounding and focus for stressful times and relationships. Learn ways to define personal boundaries, and how to buffer, repel and avoid negative energy. Bring an open mind and your sense of humour -or if you've misplaced yours, come anyway; we may have extra to share.
- Homeopathy 101:** This gentle, but powerful healing can be used for bumps and bites, fevers and flu, malaise and mood swings. You'll learn how it works, when to use it, and remedies for a good home first-aid kit.
- Energy Medicine:** Learn what energy medicine is and how ancient energy techniques dovetail with current scientific understanding to help you to heal physically, emotionally, intellectually and spiritually. We'll practice basic methods of discerning the human energy field.
- Beaded Bracelet:** Bracelets are back! Learn how to create a unique and beautiful gift for yourself or someone else. \$7 supply fee payable to instructor.
- Make-up Makeover:** This is a great class for women-on-the-go! You'll learn how to give yourself a quick facial, as well as simple makeup application tips for a day at the office, or an evening out. \$5 supply fee payable to the instructor.
- Tea Leaf Reading:** Learn to read tea leaves through the ancient art of Tasseology. You'll be amazed what you can discover over a nice cup of tea.
- Reflexology and Indian Head Massage:** Ancient techniques of reflexology and Indian Head Massage can help bring about natural balance, relieve tension, improve circulation, promote a feeling of well-being, and help the natural function of organs in the entire body.
- Belly Dance Fever:** Tone muscles, increase flexibility, and burn calories—while having a blast! Learn why this is a favourite exercise technique for millions of women. Dress lightly; bring a scarf/shawl/beach wrap for hips; no footwear needed, slippers optional.