

Naramata Centre

PROGRAMS @ A GLANCE

2017

Adult

Intergenerational

Child & Youth

May 5 - 13

Healing Pathway
Communion of Saints Refresher

Hearts and Hands
Volunteer Event

May 20 - 27

Healthy Lifestyle
Choices

The Sound of
Being-Naramata

June 17 - 24

Finding Centre in a Busy World: The Contemplative Way

June 24 - July 1

EFT for Weight Loss and Wellness

July 1 - 8

Quilting and Singing With
Margie and Linnea

Slow Flow
Yoga

July 8 - 15

Emerging Community Week

July 15 -
July 22

Healing Pathway
Phase One

Introduction to
Clean Eating

Singing to Wholeness:
A Courage & Renewal Offering

Learn to
Play Ukulele

From the
Inside Out

Freestyle
Family Weaving

Kids Intro to
Social Dance

July 22 -
July 29

Wake up your Body and Brain:
Move Better, Feel Younger

Sipping and Savouring
@ Naramata

Clay Times

Draw the
Circle Wide

As the
Spirit Moves

Play

July 29 -
August 5

Planting Hope: Experiencing
God in Creation

Preserving our Food: Dealing with the
Privilege and Responsibility of Abundance

Jazz Band

Play with
Clay

Art and Stories: Creatures
of the Sky, Land and Sea

August 5 -
August 12

Yoga For
Refreshment

Spirituality Infused CBT
Soul Food for the Brain

Sing a New Song:
Build a New World

Intergen Watercolour
& Silk Painting

Finding Spirituality
in Pop Culture

Take the
Lead

Play

August 12 -
August 19

Being Enough: A
Five-Day Retreat

Finding Soul Wisdom
Through Art Making

Morning Yoga
Playdate

Singing On Top
of the World

Guitar 101

Take the
Lead

August 19 -
August 26

Yoga For
Refreshment

Lift Every Voice
Adult Choir

Lift Every Voice
Youth Choir

Lift Every Voice
Children's Choir

August 26 - September 2

Emerging Community Week

September 2 - 9

Science, Religion and an Evolving Faith

Art Journaling

September 9 - 16

Spiritual Eldering

September 16 - 23

Now I Become Myself: A Circle of Trust Retreat

September 23 - 30

Rainbow Series Intensive

October 14 - 21

Hearts and Hands Volunteer Service Event



Naramata Centre 2017 PROGRAM DESCRIPTIONS

May 5 to May 13

HEARTS AND HANDS VOLUNTEER SERVICE EVENT

May 5 - May 12

Join our Hearts and Hands event to get the Centre ready for the summer season. We welcome all who are willing to come and work at the Centre during this time. Watch for further details in our monthly newsletters.

HEALING PATHWAY COMMUNION OF SAINTS REFRESHER

May 5 – May 7

An experiential weekend retreat offering for persons who have taken Communion of Saints (Phase 3) of the Healing Pathway. Refresh, renew and deepen the concepts and techniques. A workshop in advanced healing energy techniques.

Leaders: Sharon Yetman and Ginny Mulhall Ages: 18 & up

May 20 to May 27

HEALTHY LIFESTYLE CHOICES

May 24 – May 26, Mornings and afternoons

Learn techniques to improve your overall well-being in this 12-hour workshop. Topics will be life roles, setting priorities, body type, nutritional choices, designing attainable programs, exercise options including simple yoga.

Leader: Annette Reeves Ages: 18 & up

THE SOUND OF BEING - NARAMATA

Friday evening, Saturday and Sunday, May 26 - 28

Connect to your mind, body and spirit through the experience of singing, meditation and mantra. "Your voice is a reflection of your connection." "Like one pure drop of water, one drop of a note into your Being can open you to who you really are."

Leader: Anna Louise Beaumont Ages: Youth entering Grade 7 to adult

June 17 to June 24

FINDING CENTRE IN A BUSY WORLD: THE CONTEMPLATIVE WAY

June 19 – June 23 10 a.m. - 1 p.m.

Slow down, listen for the Spirit through our bodies, our creativity and the land. Explore three forms of Christian contemplative practice to explore and integrate new understandings for our journey. Refreshment, healing and deeper awareness through this time.

Leaders: Lois Huey-Heck, Natalie Maxson and Keri Wehlander Ages: 18 & up

June 24 to July 1

EFT FOR WEIGHT LOSS AND WELLNESS

June 26 - 28, 9 a.m. - 12 p.m. workshop, 1 p.m. - 5 p.m. coaching

Learn EFT to eliminate food cravings and reduce negative emotions that drive you to overeat. We will address: beliefs that keep you stuck, negative self-image, and core issues. EFT is a stress-reduction tool you will learn to use to address any kind of problem. EFT or Emotional Freedom Techniques, is based in western psychology and eastern medicine. Leader: Claudette Pelletier-Hannah Ages: 18 & up

July 1 to July 8

QUILTING AND SINGING WITH MARGIE AND LINNEA

July 3 - July 7, 9 a.m. - 12 p.m.

These two spiritual crafts will be threaded together into a week of artful prayer, song, hand sewing and quilt piecing. Join voices in harmony of song as our hands stitch a harmony of colour! All skill levels are welcome. Bring your sewing machine if you have one. Leaders: Linnea Good and Margie Davidson Ages: 18 & up

SLOW FLOW YOGA

July 3 – July 7, 9 a.m. - 10:30 a.m.

This gentle class is for anyone who wishes to reconnect with their body. Gentle stretching and strengthening postures will suit the individual needs of participants. Rest between postures, breathing exercises and guided relaxation will refresh and invigorate. Leader: Roswitha Masson Ages: 18 & up

July 8 to July 15

EMERGING COMMUNITY WEEK

July 8 – July 15

Come relax in good company in Naramata, experience the magic of emergent programming and share in the community that develops when space is left open for imagination. Share conversation, a skill you may have, a day hike, eat meals or play a game together. You will certainly find community here while you stay. We provide a host who will plan an introductory gathering, facilitate use of public spaces and provide information if needed. You are in charge of your activities and the success of your week. Of course, there are always gardening and maintenance jobs to do if you wish to volunteer some of your time.

July 15 to July 22

HEALING PATHWAY PHASE ONE

Monday, Wednesday, Thursday and Friday, 9 a.m. - 12 p.m.

All healing comes from within. Practitioners are trained to be a heart-centred, loving presence, and to use techniques in an intentional manner to facilitate and support the healing process of an individual, for physical, emotional, intellectual, and spiritual well-being.

Leaders: Sharon Yetman and Deb Firus Ages: 18 & up

INTRODUCTION TO CLEAN EATING

July 17 and 19, 2 p.m. – 3 p.m.

Adopt a healthier relationship with food with the basic principles of what it means to "Eat Clean." An ideal course for the nutritional beginner; an excellent refresher for the passionate healthy foodie with a solid understanding of the fundamentals. Let's get started. Leader: Valerie Taylor Ages: 18 & up

SINGING TO WHOLESOME: A COURAGE & RENEWAL OFFERING

July 16 – July 21

7 Sessions: Sunday evening, Monday - Friday mornings, Wednesday afternoon The format of Circles of Trust and features of a Full Voice: The Art and Practice of Vocal Presence will engage experiences of deep listening to self, to others and creating community using harmony and dissonance as both metaphor and practice. We will use silence, poetry, song and movement to understand ourselves, our birthright gifts and our voice in the world, with the purpose of enhancing our appreciation of diversity, and committing ourselves to creating a world of welcome and wholeness for all. And we will have fun and make lovely, lively music together using only our bodies and voices. (No previous musical experience is needed to make this a powerful and delightful venture!)

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Leader: Dianne Baker Ages: 18 & up

LEARN TO PLAY UKULELE (IN 5 DAYS!)

July 17 – July 21, 5:30 p.m. – 6:30 p.m.

Learn the basics of ukulele to launch yourself into the world of ukulele playing. Engage with one another while connecting to your creativity, discipline and fine motor skills. Yanti's music selection reflects the interests of her students and her teaching style involves memorizing and applying ukulele chords through practice tools and sheet music. Leader: Yanti Rowland Ages: Youth entering Grade 7 to adult

FROM THE INSIDE OUT

July 17 - July 21, 9 a.m. – 11:45 a.m.

Express your creativity through activities inspired by works of Andy Goldsworthy (ephemeral, natural art), Austin Kleon (Blackout poetry), Rumi (poetry, prayer), as well as music, writing, meditation, easy movement, and mixed media art.

Leader: Jane Sawyer Ages: Youth entering Grade 7 to adult

FREESTYLE FAMILY WEAVING

July 17 - July 21, 9:30 am - 12 p.m.

Families will explore their artistic creativity and create a woven wall hanging that represents individual contributions and connections they share. There will be related, supporting activities for family members when they are not weaving. Couples and individuals are also welcome to participate and create hangings that represent them. Leaders: Dawn Livera and Adrienne Neufeld Ages: Children entering Kindergarten to adult

KIDS INTRO TO SOCIAL DANCE

July 17 - July 21, Monday – Friday, 10:30 a.m. – 12 p.m.

Learn Social Dance etiquette including how to ask someone to dance. You will learn the proper position for leading, following and moving around the floor. Learn jive, two-step, fox trot, one-step waltz and polka and some line dancing and free style dancing. Have fun while you learn the basics of Social Partner dancing.

Leaders: Diane Straker and Rae-Marie Leggott

Ages: Children entering Kindergarten to Grade 6

Naramata Centre 2017 PROGRAM DESCRIPTIONS

July 22 to July 29

WAKE UP YOUR BODY AND BRAIN: MOVE BETTER, FEEL YOUNGER

July 24 – July 27, 9 a.m. – 12 p.m. and 5 p.m. – 6:30 p.m.

Learn to communicate with your body for a vibrant, youthful life, using the Feldenkrais Method to make lasting changes. Boost your body's level of health and well-being, reduce tension and discomfort, improve your posture, enhance the quality and range of your turning and bending.

Leaders: Rob Black, Sandra Bradshaw and Brent Kisilevich Ages: 18 & up

SIPPING AND SAVOURING @ NARAMATA

July 24 – July 28, 9 a.m. - 12 p.m.

Experience the bounty surrounding Naramata. Each day we hike (up to 6 km) to local orchards, farms or wineries and learn their secrets. Some days optional extended hours allow for lunch out. End the week with a wonderful potluck picnic to sip and savour on a patio by the lake.

Leaders: Donna Simpson and Ann Richardson Ages: 19 & up

CLAY TIMES

July 24 – July 28, 9:30 a.m.- 12 p.m.

Explore clay possibilities through tile making. Basic hand-building pottery skills will be used to make and decorate tiles. Come with a grandchild, grandparent, aunt, nephew, parent, child to play with. Stories will stimulate chats of our own family's history and faith. Colourful decorating skills will depict a family faith story on your tiles. Leader: Marilyn Perry Ages: Children entering Kindergarten to adult

DRAW THE CIRCLE WIDE

July 24 – July 28, 9 a.m. - 12 p.m.

Come explore the sacred circle through mixed-media art projects! This expressive arts workshop will include opportunities for collaborative and individual play with a variety of art materials like paint, paper, pens, thread and found materials. Create your own finger labyrinth, mandalas and more! No previous art experience needed.

Leader: Jessie Negropontes Ages: Youth entering Grade 7 to adult

AS THE SPIRIT MOVES

July 24 – July 28, 9 a.m. - 12 p.m.

Dance - Mornings include a warm up, gentle stretching, basic technique and some folk dances to get us going. Explore Scripture, Hymns, Sacred Music and other forms of inspiration, and create interpretations of these things through dance and movement. (Bring your favourite music, Scripture, song, poem, photo, etc. to share, if you wish!)

Leader: Shirley Jackson Ages: Children entering Grade 5 to adult

"PLAY!"

July 24 – 28, 9 a.m. - 12 p.m.

Yanti's kids programs are designed for kids to engage with one another and to connect to their own creativity, discipline and fine motor skills by singing, dancing and playing. Yanti's fun-loving style connects with kids of all ages through theatre and imagination games. This camp has music, ukulele, art projects, cooperation games, exploration and FUN!

Leader: Yanti Rowland Ages: Children entering Grade 1 to Grade 6



July 29 to August 5

PLANTING HOPE: EXPERIENCING GOD IN CREATION

July 31 – August 4, 9 a.m. – 11:45 a.m.

The earth offers us hope: just as the seeds planted every spring turn into abundant produce. Through presentations, guided walks, dialogue and contemplative and nature-based practices, we will recognize and bring our gifts of healing of the Earth. This eco-spiritual workshop draws on Greening Exercises based on the Spiritual Exercises of St. Ignatius and *The Work That Reconnects*, by eco-philosopher Joanna Macy. Leader: Janet Groen Ages: 18 & up

PRESERVING OUR FOOD – DEALING WITH THE PRIVILEGE AND RESPONSIBILITY OF ABUNDANCE

July 31 – August 4, 9 a.m. - 12 p.m.

Let's talk about food security and reducing waste, eating locally and global responsibility while we enjoy the harvest bounty, by learning to preserve it. We'll explore techniques for drying, canning, pickling, and storing fruits and vegetables. Roll up your sleeves, meet new people and share a tasty week of fun, learning, and old-fashioned work.

Leaders: Peggy Evans and Morgan Evans-Galeski

Ages: Youth entering Grade 7 to adult

JAZZ BAND

July 31 – August 4, 9 a.m. - 12 p.m.

"Come Join the Jazz Band" ...want to play jazz? Do you read music? Want to learn more about improvising? Come join our welcoming jazz ensemble open to instrumentalists with at least two-years playing experience. We'll do a lot of easy music making, learn some basic improvisation techniques, some basic music construction with some instrument coaching. We eagerly have space for every instrument. We ask that you let us know what instrument you play and, if you have one, to please bring your own music stand...come join us; we'll have a blast!

Leader: Don Wade Ages: Youth entering Grade 9 to adult

PLAY WITH CLAY

July 31 – Aug 4, 9:30 a.m. - 12 p.m.

Course Description: The joy of clay responds to our touch and the possibilities of how it can be formed and finished. Beginners and experienced will go through the pottery process from raw clay to finished functional objects such as bowls and cups. In a playful and relaxed atmosphere you will have the opportunity to explore, experiment, and create colourful pottery.

Leader: Marilyn Perry Ages: Children entering Grade 6 to adult

ART AND STORIES: CREATURES OF THE SKY, LAND AND SEA

July 31 – August 4, 9 a.m. - 12 p.m.

Join our family in exploring art and craft processes inspired by Creatures of the Land and Sea in children's literature. We will paint, build, play, read and create! We will offer NEW and DIFFERENT projects and processes each day.

Leaders: Bonnie and Galen Scorer (and Family!)

Ages: Children entering Grade 1 to Grade 6

August 5 to August 12

YOGA FOR REFRESHMENT

August 7 – August 11, 9:30 a.m. – 11 a.m.

Join in physical and spiritual refreshment as we set our intention on God, while honouring the roots and traditions of yoga. I will guide novice and experienced students alike in a holistic practise that invites our minds, bodies, and spirits to connect with our Creator. Classes include worship music, prayer, meditation, movement, rest and creative expression through optional visual arts and crafts. Worship with your whole self.

Leader: Shirley Jorgensen, B.Ed, M.Ed Ages: 18 & up

SPIRITUALLY INFUSED COGNITIVE BEHAVIOURAL THERAPY: SOUL FOOD FOR THE BRAIN

August 7 – August 11, 9 a.m. - 12 p.m.

Integrate spiritual practices into your daily well-being routine, with great insights, practical application and some creative fun space to do so! Cope better with today's stressful times, while learning to merge spiritual and mental health practices. This workshop brings psychology and spirituality together, to give participants the knowledge, tools and practices needed to live fully and well, within the reality of stressful times.

Leader: Patricia Miller Ages: 18 & up

Naramata Centre 2017 PROGRAM DESCRIPTIONS

August 5 to August 12

SING A NEW SONG; BUILD A NEW WORLD

August 7, 8, 10, 11 9:30 a.m. - 12 p.m.

Chris and Josh, of rEvolve, offer practices for reconnecting to Earth, self, and each other: build courage for seeing and embracing a struggling, suffering world; explore improvisational singing and song building as a spiritual practice, and find ways, together, to sing a new world into being. Joanna Macy's *Work That Reconnects* will guide our journey.

Leaders: Christopher Giffen and Josh McHan

Ages: Children entering Grade 5 to adult

INTERGENERATIONAL WATERCOLOUR AND SILK PAINTING

August 7 – August 11, 9 a.m. – 11 a.m.

Course Description: Explore your creative side while participating in the mindful practice of watercolour and/or silk painting. Draw from the inspiration of your surroundings and the inner journey the Centre inspires, learn the basics of watercolour and silk painting techniques.

Leader: Valda Harris

Ages: Youth entering Grade 9 to adult, Grade 8 and under with an adult

FINDING SPIRITUALITY IN POP CULTURE

August 7 – August 11, 10 a.m. - 12 p.m.

Filmmakers, game designers, musicians, authors — they're all God's children too, and sometimes their creations are inspired! Let's sift through some of the mountain of pop offerings (such as Star Wars, Harry Potter, Lord of the Rings, Marvel and DC universes) out there and see where we can find the spirit.

Leader: Curtis Aguirre Ages: Youth entering Grade 7 to adult

TAKING THE LEAD YOUTH PROGRAM

August 7 – August 11, Afternoons and Evenings

An opportunity for teens to connect in community and "build" their own program with support of those engaged in youth leadership development. Activities throughout the week will reflect the interests that emerge from the group. By planning and participating together, teens will be welcomed into a community of their peers, invited to volunteer their time and talents, and given opportunities to develop their personal leadership skills.

Youth Mentor: TBA Ages: Youth entering Grade 7 - Grade 12

"PLAY!"

August 7 – August 11, 9 a.m. - 12 p.m.

Course Description: Yanti's kids programs are designed for kids to engage with one another and to connect to their own creativity, discipline and fine motor skills by singing, dancing and playing. Yanti's fun-loving style connects with kids of all ages through theatre and imagination games. This camp has music, ukulele, art projects, cooperation games, exploration and FUN!

Leader: Yanti Rowland Ages: Children entering Grade 1 to Grade 6

August 12 to August 19

BEING ENOUGH: A FIVE-DAY RETREAT

August 14 – August 18, 9 a.m. - 12 p.m.

Feel like you're never doing enough? Like you have to go somewhere, do something, be someone? Why must we constantly prove our self-worth and strive to achieve more? Come connect with others, explore our inner lives and become aware of the old belief systems that hold us hostage. A time of retreat, where transformative healing happens through awakening to our Innate Wholeness.

Leader: Celia McBride Ages: 25 to 65

FINDING SOUL WISDOM THROUGH ART MAKING

August 14 – August 18, 9 a.m. - 12 p.m.

Find the wisdom of your soul through process-oriented art making! Using an ancient story, together with poems and spiritual writings, we open to the wisdom of our creativity with basic movement, simple art-making materials and reflective writing. No prior art experience is necessary, just a willing spirit to play in a centered, contemplative way. Leader: Donna Friesen Ages: 18 & up

Full program descriptions and
Leader Bio's will be available soon at
www.naramatacentresociety.org

August 12 to August 19

MORNING YOGA PLAYDATE

August 14 – August 18, 9 a.m. - 12 p.m.

Stretch out your creativity with amazing crafts, musical and drama play. Expand your mind, awareness and well being with breathing games, songs, music, body movements and collaborative activities. Go on magical yoga journeys around the globe and discover more about different countries, cultures and ecosystems. Go for a "nature" expedition around Naramata and learn more about its surrounding. Find the sparkle of light in kid's literature classics. All this spiced up with some little French & Spanish lessons! Leader: Laurianne Lafontaine (Leelou)

Ages: Children entering Kindergarten to Grade 6

GUITAR 101

August 14 – August 18, 9 a.m. - 12 p.m.

Dust off that old 6 string! Come and learn those 4 chords mostly forgotten, and more. This course is for those who love the guitar, but never got around to really learning it. We're going to cover basics and learn some tools and "tricks of the trade" that will have benefits for years to come. And actually play some great songs!

Leader: David Jonsson Ages: Youth entering Grade 7 to adult

SINGING ON TOP OF THE WORLD

August 14 – August 18, 9 a.m. - 12 p.m.

Singing is a joy that can be transcendent, life-changing, earth-shaking, bond-breaking. We will explore gospel songs, SATB choral pieces, canons, pop and folk songs and vocal fun. We will work with scores and with just our ears. No expertise is necessary.

Leader: Linnea Good Ages: Youth entering Grade 7 through to adult

TAKING THE LEAD YOUTH PROGRAM

August 14 – August 18, Afternoons and Evenings

An opportunity for teens to connect in community and "build" their own program with support of those engaged in youth leadership development. Activities throughout the week will reflect the interests that emerge from the group. By planning and participating together, teens will be welcomed into a community of their peers, invited to volunteer their time and talents and given opportunities to develop their personal leadership skills.

Youth Mentor: TBA Ages: Youth entering Grade 7- Grade 12

August 19 to August 26

YOGA FOR REFRESHMENT

August 21 – August 25, 9:30 a.m. – 11 a.m.

Course Description: Join in physical and spiritual refreshment as we set our intention on God, while honouring the roots and traditions of yoga. I will guide novice and experienced students alike in a holistic practise that invites our minds, bodies, and spirits to connect with our Creator. Classes include worship music, prayer, meditation, movement, rest and creative expression through optional visual arts and crafts. Worship with your whole self. Leader: Shirley Jorgensen, B.Ed, M.Ed Ages: 18 & up

LIFT EVERY VOICE!

August 20 – August 25

Lift every voice! Gather every morning to sing, dance, move and/or play. Age and stage appropriate music and other activities to build community, share gifts, and strengthen your faith. A Friday evening sharing of our week's activities is planned!

Children's Choir with Anita Perlau - 9 a.m. – 11 a.m.

Ages: Children entering Grade 1 to Grade 6

Youth Choir with Liz DiMarino - 9:15 a.m. - 12 p.m.

Ages: Youth entering Grade 7 to Grade 12

Adult Choir with Tim Shantz - 9:15 a.m. - 12 p.m.

Ages: 18 & up

August 26 to September 2

EMERGING COMMUNITY WEEK

August 26 – September 2

Description: Come relax in good company in Naramata, experience the magic of emergent programming and share in the community that develops when space is left open for imagination. Share conversation, a skill you may have, a day hike, eat meals or play a game together. You will certainly find community here while you stay. We provide a host who will plan an introductory gathering, facilitate use of public spaces and provide information if needed. You are in charge of your activities and the success of your week. Of course, there are always gardening and maintenance jobs to do if you wish to volunteer some of your time.

Naramata Centre 2017 PROGRAM DESCRIPTIONS

September 2 to September 9

SCIENCE, RELIGION AND AN EVOLVING FAITH

September 4 – 8, 9 a.m. – 12:30 p.m.

Science and Religion are portrayed as opposites, but what if scientific discovery is the Mystery revealing its creative role in the Universe? People may experience Mystery, but don't believe standard religious dogma and doctrines. The science of Big History and a DVD entitled "Painting the Stars" will prompt discussion about what an evolutionary Christian spirituality might look like. No answers will be provided, but there'll be some good questions to live with.

Leader: Robert McDonald Ages: 18 & up

ART JOURNALING

September 4 – September 8, 9:30 a.m. - 12 p.m.

Art Journaling is a way to explore your creativity using words and images. Each day we will make a different mini art journal and explore a creative technique (collage, doodling, found poetry, etc.). No previous experience or artistic ability is required. By the end of the week you will have a collection of art journals in a variety of styles and sizes. You'll also have lots of ideas for how you can fill them to overflowing with your own creative ideas.

Leader: Dawn Livera Ages: 18 & up

September 9 to September 16

SPIRITUAL ELDERING

September 10 – 15, All day, Sunday - Friday

Ensure the decades following the years of paid work and homemaking are a time of creativity, engagement, mentoring, and compassionate accompaniment. That could be a third of our lives! Learn what it means to grow into eldership, a time of life in which experience and wisdom become a resource and gift for community. We will listen, remember, explore, practice, and create as we become the kind of community that will make this kind of difference in our kind of world.

Leaders: Tim Scorer, Donna Scorer, Lois Huey-Heck and Jim Kalnin

Ages: 55 & up

September 16 to September 23

NOW I BECOME MYSELF: A CIRCLE OF TRUST RETREAT

September 18 – 21, Various times over the four days, beginning at 3 p.m. on Monday and ending at 12 p.m. on Thursday

The Circle of Trust® approach is distinguished by principles and practices intended to create a process of shared exploration — in retreats, programs and other settings — where people can find safe space for greater awareness, to nurture personal and professional integrity and to summon the courage to act on hard-earned wisdom. In the hands of knowledgeable and skilled facilitators, this approach has the power to transform individuals, families, workplaces and communities.

A 'hidden wholeness' underlies our lives. Our lives can become fragmented and divided for countless reasons. We are at peace and experience deep joy when heart, mind, body and soul are aligned. This retreat will build a sense of trustworthy community, and participants will learn ways of being courageously present for others. We will use poems, songs and visuals to encounter our own inner wisdom. Our time together will be structured and spacious. By intention, you will have ample opportunity for personal reflection and relaxation, time alone but in community, time interacting and engaging with others in the group. The practice of Clearness Committee will be included.

Leader: Dianne Baker Ages: 18 & up

September 23 to September 30

RAINBOW SERIES INTENSIVE September 23 – 30, 7 a.m. - 9 p.m. (w/ meal breaks)

Combining the ancient techniques of African Shamanism and Qi Gong, you will cultivate, activate and BECOME the transformational energy of Unconditional Love! Together we will build bridges of understanding, compassion and honest communication between the primary energy centers (or Chakras) of your body. Each day will focus on a different energy center, beginning with our Foundational energy and our survival center (or Root Chakra/Red) - healing from the ground up, and the inside, out! Activities include various traditional shamanic cleansing ceremonies, deep meditations and daily Qi Gong sessions in order to access and shift all levels of your Being - physical, emotional, psychological and spiritual. Come, ride the rainbow and experience all that you long to be!

Leader: Mari-Gaye Aruna Abraham and Darlene Abraham Ages: 18 & up

October 14 to October 21

HEARTS AND HANDS VOLUNTEER SERVICE EVENT October 14 to October 21

Join us as we prepare Naramata Centre for winter at our Hearts and Hands volunteer service event, October 14 to October 21. Come for one of the weekends, the week in between or the entire 8 days! Accommodations will be provided at no cost and cooking facilities will be available.

All Ages



The essence of Naramata Centre is difficult to capture in words. It is a place where being present and connecting to oneself, others, nature and the Sacred become easier. Come stay at the Centre to experience what we have to offer... Enjoy a program or retreat. Walk our labyrinth and visit our Chapel. Do yoga or play on our beach. Jump into the lake. Snooze or read in the shade under our canopy of trees. Sink into community and laugh or sing. Join others in Sacred Pause or meditate. Explore Naramata village and Naramata Bench wineries. So much to experience and discover!

Come and Just Be

It is not necessary to take a program when you come to the Centre. You can book a room or campsite and just be. Join in community activities and enjoy the beauty of Spring, Summer and Fall.

Stay Tuned

Program and accommodation registration is coming soon. Watch for an email announcing the registration date!

