

Program Ideas List

Below is a list of titles for program which we would like to run at Naramata Centre in 2020. There are many program ideas on this list, however we are always open to new ideas. If you have a program idea that is not listed here and reflects the Centre's Mission, Vision & Values please still submit an expression of interest we are always interested in new ideas!

2D & 3D Art Making	Living Well Cooking Retreat
Acro Movement	Make Short Film
Around the World Cooking Retreat	Mandalas: Art as a Spiritual Path
Beginners guide to Feng Shui	Medicine Wheel
Beyond Racism	Mental Health First Aid
Bhangra Dance	Mindful Compassion (Self-love)
Carers Retreat	Non-Violent Communication & Conflict Resolution
Community Building & Climate Hope	Parent / Adult Relationships
Create a Graphic Novel	Permaculture Program
Creative 101	Photography
Cycling Retreat	Poetry
Embracing Your Life	Pottery
Enlightened Lyric Writing	Finding Community in Parenthood
Farm to Table	Pyrography (Wood burning)
Feldinkrais	Refurbish old furniture
Felling Alive Music Program	Servant Leadership
Fermenting Faith: Beer as a Path to Spirituality	Sexuality without Shame
Herbal Remedies & Natural Highs	Sharing the Path: For Couples
Indigenous Environment Sustainability	Spiritual Nutrition: How Food Affects your Mind, Body and Spirit Retreat
Indigenous Flavours Cooking Retreat	Sustainability in 2020 What does that mean?
Indigenous Non-Violent Communication & Conflict Resolution	Sustainable Gardening
Indigenous Jewelry Making	Tai Chi
Intergenerational Sustainability Initiative	Tiny 101
Introduction to Drumming	Warming the Soul Cooking Retreat
Learn Maui Tai	Yoga
Learn to Whittle	Zentangle
Leatherworking	Zumba in Nature