

NFNC SUMMER CAMP EAST 2005 PROGRAM DESCRIPTION

Forum - Ongoing

The Forum (www.nfnc.org/docs/forum.html) is a group process developed at the German community ZEGG to provide a stage for whatever is happening inside the person: one's true motivations, deep feelings, ideas and emotions. The Forum helps facilitate transparency, sharing and clarifying unsolved situations of daily life, and it can be a catalyst for one's own personal growth.

Teryani Riggs, www.lebendig.org, has been participating in ZEGG-style Forums since 1998 and leading them since 2000. She's taken Forum courses both in English and in German both in the U.S. and at ZEGG. She's led the Forum for NFNC Summer Camp West, NFNC's Hawaii Spring and Winter camps, Lost Valley Education Center, Shivalila Community, and other neighborhood and city communities in Oregon and in Hawaii. Believing strongly in value of the Forum and desiring to empower communities, Teryani delights in bringing the Forum to intentional communities and neighborhoods and other close-knit groups and is now offering a Forum Leadership course for communities and individuals interested in holding their own Forums.

Keynote: Healing the Universe - Saturday, July 9

Life on our planet is approaching an extraordinary zenith. A powerful inner spirit has been awakened in humankind. Its potential strength is visible amid the negative shadows that have been cast over all of our lives in this strange new Millennium. In this session, we will place our planet and our culture on the couch and seek out the core imbalance responsible for our local and global disorders. Next, we will access the emerging spirit of healing and let it guide us to balance what is, and evolve a vision of what can be, a world that works for all of Life.

One of the fathers of Mind/Body Medicine, **Dr. Emmett Miller** (www.drmillier.com) has taught at Stanford University and The University of California, as well as other universities and medical schools. In 1977, he founded the Cancer Support and Education Center (now the Center for Healing and Wellness), and in 1987 co-convened the groundbreaking California State Task Force on Self-Esteem. He has been widely acclaimed for his invention and development of the first deep relaxation/guided imagery intro audiocassettes. Dr. Miller is the author of numerous books, including *Selective Awareness for Self-Healing*, and *Deep Healing: The Essence of Mind/Body Medicine*. He has shared his insights into Deep Healing on hundreds of television and radio shows, and has appeared in the San Francisco Examiner, Los Angeles Times, Journal, as well as American Health, Prevention, Essence, Women's Day, Woman's World, Yoga Journal, and Shape magazines.

Workshop -- I Am: Finding the "One" – Sunday, July 10

Dr. Miller, in this highly experiential application of the tools of Deep Healing (Relaxation, Guided Meditation, and Evocative Imagery), will guide us in facilitating deep Self-awareness, accessing inner resources, and experiencing wholeness within . . . and without. To fully appreciate the topic of this workshop, we encourage you to visit www.drmillier.com to learn more about Deep Healing.

Challenge Playshop – Monday, July 11

What if you and seven friends needed to cross a raging river with only two short sticks and a car tire to help you? What would you do, and how would you figure out what to do? **Teryani Riggs** will lead us in a day of physical/mental challenges designed to spark group creativity and teamwork.

Human Awareness Institute Workshop - Tuesday, July 12

Come explore the balance in your own humanity through interactive exercises, guided visualizations, and sharing with others. Love, Intimacy and Sexuality can be the hardest issues to deal with in a relationship. Human Awareness Institute workshops offer the skills that help you deal with these sensitive topics in your relationships. It will help you define what love, intimacy and sexuality mean to you, and in turn, how that affects the other areas of your life. It promises to be fun, heartfelt, and informative! Presented by **Ben Farris** from East Coast HAI; more info at www.hai.org.

Nonviolent Communication™ - Wednesday, July 13

NVC™ (Nonviolent Communication), www.cnvc.org, based on the teachings and book by Marshall Rosenberg Ph.D., is a process that guides us to reframe our habits, thoughts, and conversations by focusing our consciousness on what we observe, feel, need, and request. By understanding and acknowledging the human needs that underlie all actions, we can improve effectiveness and bring greater peace to ourselves, relationships, organizations, and the world

Gail Taylor, www.integratedcoaches.com, is a published author, founder of NYNVC and LIFT International, creator of the "Integrated Approach" for coaches and practitioners, creator of the "6-Portal" method to integrating traditions, member of the Phenomenal Coaches Guild, speaker at the 2003 Peacemakers Training Institute and 2004 International Coach Federation conference, certified in MBTI, Steven Covey's 7 Habits, and currently completing CNVC certification. Gail's 17 years' research and workshop experience and 10 years' of tools are available to support and enliven professionals, practitioners, and individuals. Come shake things up!

Erotic Edge - Thursday, July 14

Harold Kornylak, DO, MS, ACTE, will draw on his studies, teaching, and practice in meditation, bodywork, psychotherapy, osteopathy and body mind healing, along with graduate studies in physics and eastern philosophy. Through his explorations into the nature of human experience, he has come to the awareness that our natural state is ecstatic. He is passionate about helping others come into this realization. In his Virginia Beach, VA medical practice, he uses a broad base of resources, including Osteopathic treatment, Somato Emotional Reintegration, Hypnotherapy, Osteopathic Cranial Techniques, and body centered psychotherapy to bring his patients from imbalance to health. He is also Certified as an Advanced Tantra Educator by Source School of Tantra, and has done advanced studies with Margot Anand, Jack Painter, Debra Anapol, and Sasha & Kira Lessin.

Since 1999, Harold has had the privilege of teaching Tantra with some of the best known Tantra teachers in the West, including Margot Anand and Debra Anapol. Into these experiences, he has brought a unique awareness of energy and a capacity to bring groups of people into high states of ecstatic bliss.

Exploring Attraction – Saturday, July 16

Who are you attracted to? Who are you not attracted to? Is it possible that your attractions reveal more about yourself than about the person to whom you are attracted? This is a workshop on discovering that we are what we love, not what loves us. **Chad Doberstein** will help us use mindfulness to discover ourselves and face who we really are.

Living a Sensual Life – Saturday, July 16

This session will focus on the art of developing and communicating sensual awareness. We'll play with verbal and non-verbal expression and acknowledgment, and explore the noises, kisses, touches, tastes, sights and smells of intimacy with deliberate attention.

Kate Adamson is a passionate public speaker and workshop facilitator on topics including lifestyle activism, polyamory, intentional community, and the power of language. She currently organizes the Twin Oaks Academic Speaking Tour (TOAST), in which she joyfully exposes college students to radical and strange lifestyle choices. At Twin Oaks, she can also be found making tofu, directing musicals, and encouraging the growth of organic vegetables and young children. **George Wilson** trained with Victor Baranco and taught Sensuality and Communication courses of More University. A former schoolteacher and restaurateur, he is now Orchard manager, Gardener and Cook at Twin Oaks Community.

Open Sessions

Join in as the entire camp self-organizes for concurrent events, inspired by your own passions and interests. Open Sessions are an opportunity for campers to convene dialogue groups on topics they've been wanting to explore, or create group massages, or do a music jam together. Participants are free to move from session to session, honoring their instincts and natural enthusiasm.

Auction

Expect to be amused and surprised by the variety of unusual items and services donated by fellow campers for bidding. Previous auctions have included such offerings as "1000 kisses" and "a morning serenade." Auction proceeds help to provide scholarships and improve future camps.

Sensual Feast

Imagine a table loaded with succulent fruits, candies, and nuts; in the center are large bowls of chocolate sauce and whipped cream for dipping. But there's a catch - the one rule is that you may not feed yourself! Serving, and being served, are the watchwords of this event. The result is a delicious combination of sensory input: music, movement, people, touch, and yummy treats.

Speed Dates

Campers get an opportunity for several spontaneous 7-minute "dates." The pace of the event can promote higher levels of transparency, and the spontaneous nature often facilitates unexpected connections.

Fishbowl

The Fishbowl is a type of discussion group where only some members participate (often either just men or just women), while the others observe silently from the perimeter of the room. This provides a unique sharing opportunity for the participants and an equally unique learning opportunity for the observers.

Lighter Side

Participants create and perform skits about humorous events that they have seen or experienced at camp.

Talent Show

Come one, come all, and show us more about you! No talent is required – "if you can walk, you can dance; if you can talk, you can sing!"