

WORKSHOP SCHEDULE WITH TIMES & LOCATIONS- AS OF 4-6-11

10:00 a.m. GENTLE YOGA: Tracy Verma; Chapin Rm 1 & 2

Learn gentle stretching poses and centering techniques that utilize yogic breathing and guided deep relaxation. Yoga is very adaptable, thus the class is suitable for all ages and abilities. Yoga mats will be provided if you don't have one. Wear loose, comfortable clothes and avoid eating a meal within 2 – 3 hours before the class (light snack is OK).

Tracy Verma, a yoga practitioner for over 35 years, received her Yoga Teacher Certification in 1989 from Yoga for Youth, Inc., in Hallandale Florida. She teaches traditional Classical Sivananda Yoga at the Atma Center and at the Unitarian Universalist Society, and has taught in numerous venues in the area as well as abroad. For class information and schedules call 607-433-2353; atma@stny.rr.com

10:00 A.M. "REQUEST, RESPOND, REACT": Chapin, Rm. 3

The relationship between the being and the environment":

Drs. Matthew and Jill Craig, Cooperstown Family Chiropractic

-The human being is a product of the physical, chemical, mental, and energetic environment that surrounds it. The environment is a product of the human being the lives within it. Our focus will discuss how we can use these different components to create a higher quality of life for personal and group use.

-Drs. Jill and Matthew Craig are family wellness based chiropractors in Cooperstown, NY, that specialize in analyzing and correcting interference to the nervous system, allowing people of all ages to experience a higher quality of life. They are specialists in the care of pregnant women, children, and families, and are also certified Hypnobirthing instructors. More info: Visit their webpage: www.cooperstownfamilychiropractic.com

10:00 AM. NEW CHANGING CHAKRA COLORS FOR THE GREAT SHIFT: Allegra Schecter Chapin, Rm 4 (green door)

With the changing times, our chakras need to "shift-up" as well. Our bodies are changing rapidly now as they are attracted to a higher existence of light. Our chakras also will constantly be changing as we open ourselves to the many new frequencies that Spirit is gifting to us at this wonderful time on Earth.

Allegra Schecter has been on a healer's path for more than 20 years. She is a traditional Reiki and Karuna Reiki Master, a Sekhem/Sechim Master Teacher and Kamadon Master in The Melchizedek Method. She now teaches The Gaiadon Heart, finding it an even higher frequency of energetic healing. As a Gaiadon Heart Light Keeper, she leads you through a meditation using visualization and breath work. You are healed in the 5th, 8th and higher dimensions, through the unconditional love of the Divine Feminine/Masculine "Gaia-Adonai" vibration.

Contact her @607-264-8433; or allegra@cherryvalley.com. Web page: www.gaiadonheart.com.

11:00 A.M. TRADITIONAL THAI YOGA: Darlene Abajian; Chapin, Rm 1 & 2

Traditional Thai Yoga dates back more than 2500 years with its roots in Indian yoga tradition and Buddhism. This unique healing system relieves muscular tension, improves circulation and balances the body energetically. Customized sessions are given fully clothed on a comfortable floor mat. Through discussion and demonstration participants will learn what to expect during an average customized full body session.

Darlene Abajian is a practitioner of Traditional & Prenatal Thai Yoga. She holds an Advanced Certification from the Lotus Palm School (Montreal, Quebec).

11:00 HINDU SPIRITUALITY: Philip S. Hosely; **Chapin, Rm 3** (lavender door)

A practicing Hindu, Phil will give a background in Hindu Spirituality, Vedic Astrology, and an experience of group chanting.

Phil Hosely is 63 years old, father of three daughters, devotee of Maharashi Mahesh Yogi, 37 years meditating one hour per day, involved in study of Hindu spirituality, vedic astrology and the rest of the Vedas since 1989; He is currently a part-time Justice, Town of Oneonta.

11:00 UNMASKING THE FACES OF YOUR SOUL: **Mary Stolarcyk; Chapin Rm 4**

"Evoke your inner figure-warrior?healer?peacemaker?rebel?lover?trickster? With a friend's help spend quiet 50 minutes & create a plaster/gauze mask of your own face to take home, embellish and reflect upon." (2 participants per 1 mask- Donation: \$7 for materials)

Mary Stolarcyk: No matter the tradition one follows, self-knowledge feeds the soul on the journey. Mary is a Reiki III teacher, Flower Essence Practitioner, herbalist (and not the least grandmother), loves the revelation and discovery mask making brings. . . when one sees themselves 'face to face.'

12:00 LIVE INSTANT PERMANENT BLESSINGS CIRCLE- **Cowboy Swami Shaman;**

Chapin, Rm 1 & 2

In this workshop, people ask for blessings for themselves or loved ones. The group sends blessings and shares psychic messages received. Many report healings during the circle and within a week.

Cowboy Swami Shaman is the author of the Ayurveda Encyclopedia, and the Bhagavad Gita for Modern Times. Swamiji has offering meditation and yoga for the past 35 years. He is the founder of the International Vedic Institute offering Ayurveda & Spiritual Guide certification, and courses in eco building and integrating spiritual teachings with daily life.

12:00 "MEDITATION: THE WAY OF SIMPLICITY", **Matthew Zalichin – Chapin Rm 3**

Meditation is neither an escape to other realms, nor an effort to cultivate a particular state of mind that is somehow "better" than the one we have right now, but simply creating a psychological environment in which we can experience our mind with gentleness and precision. The practice of Calm Abiding ("Shamatha") is common to all schools of Buddhism and forms the foundation for all other meditation practices and techniques.

Matthew Zalichin has been practicing Buddhist meditation for 37 years and has been a meditation instructor for 30. He has studied with many of the past and current century's most eminent teachers of the four major Tibetan lineages, but particularly those of the Kagyu and Nyingma. He recently returned from several years in Nepal to accept a position as meditation instructor and teacher in residence at Rangjung Yeshe Gomde, a new meditation center established in Cooperstown by Tibetan lamas Chokyi Nyima Rinpoche, Chokling Rinpoche, and Phakchok Rinpoche.

<http://www.phachokrinpoche.com>; rygcooperstown@gmail.com; 607-547-5051

12:00 noon PROTECTION FROM EVIL: Religion, Folklore and Myth; Chapin, Rm 4

Writer Rebecca Elson uses her years of research regarding religion, folklore and mythology to provide listeners with a fun “how to” guide to protecting yourself from demons, devils, and other evil spirits that may wish to do you harm.

Rebecca Elson is founder, publisher, and primary writer for the website The Magical Buffet. She has a Bachelor of Science in Metaphysics from the American Institute of Holistic Theology and is registered as a Zen Humanist officiant in the state of New York. www.themagicalbuffet.com

1:00 pm. NATIVE AMERICAN SPIRITUALITY: Lenny & Natasha Singer, Chapin Rm 1 & 2

Experience the sacred space of the Sweat Lodge Ceremony as we create the medicine circle of the sweat lodge. Native American spirituality through drumming and singing sacred songs. Come and learn about the Red Road of the Heart.

Leonard Singer, MA, LCSW-R, ACSW, Diplomate in Clinical Social Work is in private practice as a psychotherapist. Natasha Singer, LCSW, CASAC is a grief therapist and Director of Bereavement Services for Catskill Area Hospice and Palliative Care. Both are Ghost Dancers, Peace Dancers and Sundancers and have been following the Native American spiritual path for more than 25 years. They have been taught and authorized to run healing ceremonies by several American Indian Elders and Medicine Men.

1:00 pm THE CRYSTAL LABYRINTH : Marianne Noller, Chapin Rm. 3

Get a glimpse of the Crystal Labyrinth in Brookfield, NY. The Crystal Labyrinth is a place of contemplation, healing and connecting to Mother Earth. Attend this lecture and you will receive an aerial picture, a mini finger Labyrinth, a small vial of fragrance and a heartfelt invitation to come and walk this beautiful Labyrinth.

Marianne Noller is the creator and keeper of the Crystal Labyrinth. Her story and her passion for sharing the labyrinth is inspirational. Please visit:

<http://www.crystallabyrinth2000.com/>

1:00 PAST LIFE REGRESSION, Audrey Aitken, Rm 4 (green door)

This workshop will discuss reincarnation and past life therapy to answer why past life therapy is important to understand? Participants will also experience a past life regression as a group.

Audrey Aitken is an Ordained Minister, earning her Divinity Degree from the Fellowships of Spirit, Lily Dale, New York in 1992. She is also a Certified Medium, a Usui Reiki Master III Teacher/Attuner since 1994 and a registered and Certified Karuna Reiki Master, Teacher/ Attuner. Audrey has trained in hypnosis and is a certified with the National Guild of Hypnotherapy and The International Association of Counselors and Therapists. She is also involved with the Lightworkers Alliance, the Institute of Cognitive Behavioral Sciences and became a Shamanic Practitioner in 2002. Audrey owns the Norwich Wellness Center and semi-retired.

2:00 pm "VISITING THE ANCESTORS" Evelina Fuller-Lincoln; Chapin Rm 1

In this workshop we will move back through the generations that preceded us. The first time this process is done it is usually back through four generations of our same sex lineage, but any direction can be chosen before the beginning of the process. It allows us to have a feeling experience of each generation and sheds light on issues affecting us in the now time. Trauma experienced back to the 7th generation is experience into the now.

Rev. Evelina Fuller-Lincoln has been a spiritual healer, teacher and workshop facilitator for over 30 years. She holds a BA in the field of feminine psychology and spirituality and a Masters in Counseling. Her training includes dream work, art therapy, active imaging, meditation and varied energy work. She is also a Reiki Master and an ordained Interfaith Minister.

2:00 p.m. PSYCHIC CHILDREN: CHILDREN OF THE PARANORMAL: Chapin Rm 2

John Coughlin & Patricia Virasi

Join John Coughlin, Miss Patti and some of the psychic kids for an informational forum about working with gifted children. John and the panel will discuss developing psychic skills and working with your children, tools for protection and open communication. The time will include question and answer session.

Shaman John is a Seichim Reiki Master, Martial Artist, Dowser/Geomantic Practitioner, Energy Therapist, Psychic, Teacher, Artist, Author and offers to his clients holistic healing, the art of energy replacement, chakra balancing and energizing, aura energy replacement, crystal energy, meditation, psychic development, aroma therapy, paranormal investigation and much more. John has created an informative and empowering website for parents and children called Parents With Gifted Children: www.pwgc.webs.com; Contact: nyshamanjohn@gmail.com

Patricia Virasi (also offering private readings today!! See Reader/healer schedule) is a psycho-spiritual counselor, with a private practice called "Spiritual Empowerment", who has dedicated the past 25 years of her life to working with women and women's issues. She is a Reiki Master, tarot reader, works with crystals, therapeutic oils and focuses that work on balancing the 7 chakras. She has started small Women's Empowerments Groups locally. She is a dynamic group leader and works with many practitioners on the East Coast. For a private appointment with Patti call 774-454-1641.

2:00 THE ENERGY OF MONEY: Kathryn Sorrentino; Chapin Rm 4 (green door)

This workshop will enhance your financial status in ways you never dreamed. To think you didn't have enough? Well come and see just how much is enough and how to gain empowerment and freedom from financial stress. It isn't just about the budget.

Kathryn Sorrentino, Certified Holistic Coach with a Financial Flair.

Graduated from the Institute of Integrative Nutrition, NYC, NY in 2004. Continued studies in India and combined this with her 20 + years in finance to empower those who want to enhance their financial wellbeing.

3:00pm: "CHANNEL INSTANTLY WITHOUT ANY TRAINING" Dennie Lee Maslak, Chapin, Rm. 4 (green door) Star Blessing Grand Master/Teacher. Learn about the Star Blessing Initiations that open an impermeable pathway to channel the wisdom of higher beings without any training or special abilities. You will have unlimited access to information from this miraculous gift to humanity from the Star Nations.

Dennie Lee (Also offering private readings today!! See Reader/Healer Schedule) is a

*Star Blessing Grand Master, Reader and Psychic Channeler. She channels Ascended Masters and the Council of the Star Nations. She also offers **Star Blessing Initiations**, a miracle gift that opens an impermeable pathway to channel the wisdom of higher beings instantly, and is 100% successful over the phone. She is available for Pet Photo or Oracle Reading Parties, personal & event/Fair Readings.*

*More Info: **website:** www.themysticalenergy.com; **BLOG:** dennielee.wordpress.com/.
Contact: 619-737-7791; e-mail themysticalenergy@yahoo.com*

3:00 pm PLAYING IN OUR DREAMS, Evelina Fuller-Lincoln; Chapin Rm 1

Dreams are the language of our Spirits. They come to help us find meaning and directions in our lives. They bring warnings when we get out of balance and answers to our questions. In this workshop we will playfully explore the messages that are being sent to us through Dream Images and begin the process of becoming comfortable in our Dream Worlds.

(See Evelina's Full Bio above by her 2:00 pm Ancestor Class)

3:00 p.m. ARE YOU SLEEPING IN A SAFE PLACE: Dowsing for your Health:

TIM KEYS, Chapin Rm. 2

How to find the geopathic stress or negative earth energies in your home, as well as electrical pollution, and providing remedies for those ill effects.

Tim Keys is a graduate of the Finger Lakes School of Massage in Ithaca, NY and an Usui Reiki Master Teacher and a dowser who studied with Sig Longren and the Slim Spurling Method under Scott Anderson, He is currently studying Medical Qigong and Traditional Medicine with Lisa Van Ostrand of the International Institute of Medical Qigong (IIMQ). Contact: 607-437-1587, with offices in Hartwick and Oneonta, NY

3:00 P.M. MYSTERIES OF THE SACRED PORTAL OF PERU: Lake Titicaca Guides and Empowered ForGIVENess Meditation ~ Experiential Workshop

PAT CROSBY, Chapin Rm 3

- * Description of the intergalactic cosmic portal.
- * Message of the Portal for Lightworkers and Healers at this time
- * Guided Meditation into the Portal
- * Meeting the ForGIVENess Guides
- * Receiving energetic empowerment to free old energies through ForGIVENess for the Shift of the Ages that is upon us as per the 2012 and ancient prophecies. Relevance of Light Codes
- * Archangel Michael connection for protection, guidance, and assimilation of new energies.

Following years of successful business activities, and Ph D study in Clinical and School Psychology, Pat was called to follow the spiritual path and study the mysteries with Masters from the Far East and Spirit Guides in many planes of consciousness.

For 30 years she both studied as well as taught natural healing modalities, meditation, and spiritual arts in India, the Himalayas, Tibet, Australia, New Zealand, Hawaii, Peru and the US.

In the sacred portal of Lake Titicaca on a vision quest in Peru, Pat was introduced to the Spirit Guides - or Angels - of Forgiveness - who taught her a simple yet powerful forgiveness empowerment meditation and asked her to carry their message to the world. This meditation is especially for healers and lightworkers to help them clear and be able to carry and radiate more light.

As Pat was creating the books, websites and articles to manifest this meditation, Archangel Michael also stepped into the picture to assist and empower the energy of ForGIVeNess to reach into and heal each human heart and help restore communion with Source while under his divine protection and guidance. More info: <http://PatCrosby.com>

4:00 PM LOW IMPACT FLOW EXERCISE, L.I.F.E.: Daniel Blacklock, Rm 1 & 2

L.I.F.E. is a new fitness system based on the ancient Chinese arts of Tai Chi and Qi Gong. This is a great class for everyone, suitable for people who are out of shape and don't exercise. Everything is done slowly and relaxed while standing on your feet, wearing comfortable clothing. These slow moving exercises burn calories at the same rate as swimming, loosening the joints of the body gently, letting go of tension through continuous easy movements. Develop stronger legs better balance, and posture. Feel grounded, more energy, stronger, and relaxed. This class is designed for our modern lifestyles and there is no need memorize complex Tai Chi forms or get involved in the traditional martial art.

These health benefits associated with Tai Chi can be experienced from practicing L.I.F.E.: Relaxation, Weight Loss, Stress Management, Strength and Balance, Sleep Quality, Improved Immune System, Pulmonary Health, Sexual Performance, Motor Control, Circulation, Flexibility, and Digestion. There are many health issues and diseases that are relieved from this practice.

Daniel Blacklock started learning Tai Chi Chuan in his hometown of St. Louis, Missouri in 1976. Later in Oregon he studied several years with Gregory Fong. In 1987, he lived in China for two years and studied directly with two famous Chen family teachers, Chen Zhenglei and Chen Peishan. He has taught classes in Oregon, Texas, Hawaii, New York City, and Oneonta.

4:00 PM. RE-ORGANIZING AND RE-INTERPRETING CHRONIC PAIN: Chapin Rm 3

Marguerite Uhlmann-Bower, R.N

a hands on working group experience

Workshop Description:

Pain Management: Re-Organizing & Re-Interpreting Pain

The focus of this class is working with chronic pain through: empowerment exercises in belief systems, breath work, self monitoring muscle tensions, mindfulness, self reflection, foods that help or hinder the pain experience and simple gentle herbs which help take the edge off. Each class participant will also receive one gift certificate for a one hour complimentary how to class on identifying 3 medicinal herbs for a pain relief oil with a recipe to make into a massage oil.

Marguerite Uhlmann-Bower, R.N. is an herbal & wellness educator. She combines Natural approaches in Traditional Herbalism with evidenced based, health oriented private consultations and community programs. Inspired by the patterns in nature, she stewards 12 acres of land in East Meredith, has a United Plant Savers endangered medicinal plants garden that is open to the public from June through September, is a wild foods forager and medicinal plants wild-crafter. She is also Co-founder of the Delaware County Herbal Network Group. Call for an appointment at 607-278-9635 or email: 3moonsisters@gmail.com

4:00 P.M. MEDITATION TO MEET YOUR PERSONAL SPIRIT GUIDE: Chapin Rm 4

Diana Friedell, Psychic Medium, Metaphysician. We would like to believe we're not alone, and we have spiritual help in important decisions on our life path. In Eastern Philosophy and in Theosophy, we each have seven spirit guides. Through guided imagery meditation, meet one or more of your spirit guides, and ask current questions on your life path and receive an undeniable answer.

Diana Friedell, (Also offering private readings today! See Reader/Healer Schedule) Metaphysician, Minister, actress, and director, received her training in the Spiritualist tradition from Lily Dale, NY. She has been doing readings & teaching Intuition and Meditation Classes for nine years all around the Northeast and on the Radio. Diana is a 2004 graduate of the School for Healing and Prophecy through Fellowships of the Spirit in Lily Dale. Diana was called to this work as a result of her search for spiritual meaning after her youngest son passed away tragically in 1994. Diana is available for private appointments, guided meditation sessions, energy healing, parties, phone readings and intuitive development classes- find her on the web at www.tuningin-tuningup.com.