

Welcome

Thank you for joining us, for venturing out and into our Woo Woo community in the Redwood Grove. Enjoy your day away from it all and know that you are well held.

Please take care of yourself today, drink water, eat, rest hug a tree when you need to.

Sign ups for private sessions open at 10:00 and will likely have more times available through out the day, so check back.

Contact information for all presenters and practitioners can be found in this program, please if you connect with a practitioner here today, get in touch with them if you feel called to, they would love to hear from you.

Things to remember

- There are no shops in Canyon - bring your own stuff; chairs blankets, food, drinks, and cash for buying stuff from our vendors. Layer your clothing it can be cold in the woods. Wear sturdy shoes, the ground is uneven
- Restrooms are in the school.
- There is free wifi access around the the school. (Also AT&T sometimes works in the grove)
- Contact information for all presenters, vendors and volunteer practitioners can be found in this program, please get in touch with them if you like what they offer. Everyone volunteers their time for this community gathering please support them if you can and utilize their services and businesses

I am in Deepest Gratitude for you all showing up and creating this beautiful community event making a long time dream of mine a reality. May we all leave with full hearts and knowing our deep connections to each other and all that is, remembering always that we each are a blessing and blessed. Until the seasons change again and we come together once more, may you be well in body, mind and spirit.

 Annie Blackstone



Schedule of the Day

Opening Circle 10:15

Workshop Session 1, 11:00 to 12:30

Detailed descriptions of workshops on page 4

- Qigong in Harmony with Nature: Embracing Autumn with Elise and Kaleo Ching
- Explore a Past Life with Holly Holmes Meredith
- Shamanic Journeying with Corey Rothermel
- Make your own Cosmic Collage! Big dreams, big fun, just a little glue! with Carrie Love
- Tree Yoga & Sound Communion, with Josa Goodlife
- Chakra, Clearing & Balancing with Geoff Mires

 **Lunch 12:30 to 1:00**  gather at the alter at 12:45 for group photo please!

Session 2 , 1:30 to 3:00

Detailed descriptions of workshops on page 6

- Oracle Counsel with Maharani Peace
- Aligning Your Spirit to Attract What You Want with Michelle Walters
- Martial Arts & Sacred Alignment: thought, bones and energy with Cinthia Varkevisser
- Ancestral Wayfinding with Inabel Uytiepo
- Plant medicine Marty and Dean
- Soulful Trust Yoga Circle with Nicole Navarro

Session 3, 3:00 to 4:30

Detailed descriptions of workshops on page 8

- The Earth Tones of Autumn with Carmela Obscura
- Hypnotic Psychedelia with Désirée Eckert

- Reclaiming your power & aligning with your truth by alchemizing fear into love. With Sophia Fitch
- Healing and Releasing Trauma Permanently, with Reginah Perlmutter
- Microdosing Magic: Exploring the World of Subtle Psychedelic Transformation with Tanya Stiller
- Grief Transmutation through Munay, Mindfulness, and Ceremony Magic with Renata

4:30 to 5:00 Closing circle

Kiddos / family program

11:00 to 12:30 - Tea ceremony circle, Nature's mandala, and Elemental games with Mama Renata

1:30 to 3:00 - Arts and crafts, Drumming and fun with Dylan and Samantha

3:00 to 4:30 - Games Playground time, nature Hike with Dylan and Samantha

Practitioners Offering 20 Minute 1:1 Sessions -

(Sign ups will be available on site at 10 am Sunday)

- Carrie Love - my own blend of reiki/intuitive energy healing
carrievanhouten@gmail.com
- Cinthia Varkevisser - Intuitive Readings/Coaching. - cintuition@gmail.com
- Josa Goodlife - Akashic Records - josa@goodlifecreation.com
- Reginah Perlmutter - Reiki - lotus108@sbcglobal.net
- Sophia Fitch - psychic readings or intuitive energy healings - sophia.m.fitch@gmail.com
- Rev. Dr. Bonnie M. Russell - Shamanic Healing Energy sessions -
bonnierussell210@gmail.com
- Tanya Stiller - herbal/nutritional consult - Tanya Stiller
- Sofia Semjan - Freedom from Negative Energy Attachments - ifs.practitioner@gmail.com
- Richard Aguilar - Reiki Master aguilarrichard@att.net
- Atzimba Mires - intuitive reading - atzimba28@me.com

Contact Information for our vendors

- Emilio Saldaña - wererambler@rambleware.jewelry
- Jermaine Gaines - mossislyfe01@gmail.com. yummy moss juices
- littlestahs@live.com - lovely handmade dolls and books
- Josa Goodlife - josa@goodlifecreation.com Fairy Lights // candles and possibly Magic Planet bracelets // Crochet flowers (accessories)
- Reginah Perlmutter - lotus108@sbcglobal.net Sage, Angel Mist, Jewelry
- Alexis Lassman - sal31569@gmail.com jewelry
- Priscilla Jimenez - mululuc69@gmail.com - jewelry

Workshops descriptions and Presenters bio

Workshop Session 1, 11:00 to 12:30

Qigong in Harmony with Nature: Embracing Autumn

Description: Learn to cultivate Qi, vital energy, in harmony with nature in autumn – leaves turning, birds migrating, animals harvesting stores for winter. Learn special self-care acupressure points and Qigong movement and meditation for strengthening the lungs and immune system as we let go of the old to prepare for what is to come.

Bios: Kaleo and Elise have co-taught (34 years) Qigong, guided journeys, and transformative art processes to connect with realms of nature beyond and within. They have co-taught for John F. Kennedy University (25 years), Institute of Transpersonal Psychology, ILM/LucasFilms, and other venues nationally and internationally. They coauthored *Chi and Creativity: Vital Energy and Your Inner Artist* (Blue Snake Books, 2007) et al. <http://www.kaleoching.com>

Explore a Past Life

Description: In this workshop you will be skillfully regressed to a past life that will support you in uncovering and healing the effects it is having in your current life. Prior to the regression you will be coached on how to approach doing a group regression and taught about the theories and issues that past life regressions can heal.

Bio: Holly Holmes-Meredith is a licensed psychotherapist and a Doctor of Ministry. She is the president of The International Board of Regression Therapy and the Director of HCH Institute where she trains Hypnotherapists and Regression Therapists. www.hypnotherapytraining.com/home

Journeying, one of the intrinsic tools of the Shaman

Description: the ancient, inner art of accessing the “unseen worlds” in order to retrieve information and guidance to change your life and your world. Bay Area Shamanic

Practitioner, Corey Rothermel, will cover the fundamentals of “how to” and will give you a chance to try journeying for yourself. Please bring a blanket to lie on or a comfortable chair to sit in, a journal, and a pencil or pen.

Bio: Corey Rothermel is a Shamanic Practitioner based in the East Bay. He sees clients both individually and as groups, leads ceremonies, and assists Annie Blackstone in the Shamanic Studies Program at HCH Institute in Lafayette, CA. coreyrothermel@mac.com

Make your own Cosmic Collage! Big dreams, big fun, just a little glue!

Description: You create your own reality! So why not invite more of what you desire into your life! Powerful magic happens when we bring our hopes, thoughts, and dreams into forms we can see, hold, and touch. Today, you'll receive your own sturdy cardstock and be guided along the process (no special “artistic talent” required) as you dedicate this page to a specific Energy you'd like to experience MORE of in your life using paper, scissors, and paint pens. We will play with words like ADVENTURE, FORGIVENESS, HAPPINESS, LOVE, FREEDOM, and SUCCESS, among many others! What will you invite into YOUR life?

Bio: Carrie Love is a practicing Reiki Master and small business owner, clairvoyant energy healer, animal rescuer, and spirit artist. In other words, she loves seeing her clients smile, playing with kittens, and getting her hands dirty with paint and glue. After many years of attempting a role as a Very Serious Adult, Carrie now embraces everything she did as a child- being in awe of nature, seeing magic everywhere, leading with love, and holding a sneaking suspicion that The Rules are all just something someone made up. Carrie is curious about all things spiritual, metaphysical, woo-woo, wild, and weird. Carrie and her husband and three teenaged children (and an undisclosed number of cats) live in Moraga. To find out more, visit her website at www.theenergyapothecarrie.com IG @energy_apothecarrie_healing or FB The Energy ApotheCarrie

Tree Yoga & Sound Communion

Description: Jóna Goodlife will guide you through somatic movement and communion with the BIG REDwood Giants in this hourlong playful workshop, where we practice listening through and with our bodies. We will use the tree trunks as support as we move, sense, touch and listen in a deeply nourishing way. Receiving from the mighty giants who LOVE to share their magic with us! Eventually we will find the perfect posture to rest and take in elemental sound, as we digest on the earth energies. A perfect way to rejuvenate and restore. Magical and transforming on all levels. Bring blankets // mats to lay on! and layers for staying warm under relaxation.

Bio: Jóna Goodlife is a creator of magic, originated from Iceland. She loves playing within the healing elements of Earth, Space and the Multiverse. Yoga, dance, meditation and artful PLAY are her favourite areas to connect through as well her healing practices and teachings of; Access Bars, Reiki, Akashic Records and Elemental Soundbaths on her travels, all across the US as well in the Nordic European territories. Deeply connected to Earth magic and the Fairies, Jóna sees the potential for growth in any challenge here on Earth. The Light is her reality and she loves to spread it near and far through her offerings and tender BEing. You can connect and see more about Jóna Goodlife on her page and IG: goodlifecreation.com

Chakra, Clearing, & Balancing

Description: Have you been feeling blocked or stuck in your life? One possibility could be that your chakras are not in alignment. This interactive session will briefly cover what the chakras are and the general beliefs of the functions of each of the 7 chakras. I will then provide a demonstration with explanation of how I personally go through and clear and balance the chakras for a client. Next it will be time to play! Attendees will partner up and practice clearing and balancing each other's chakras. I will be going around and offering assistance and support as needed. As long as you have positive intentions you can't do this wrong! I look forward to meeting you and sharing this fun and interesting process with you.

Bio: Geoff Mires is a clinic Hypnotherapist and Martial arts instructor.
www.geoffmires.com/

Session 2 , 1:30 to 3:00

Oracle Council

Description: Oracle Council- Using oracle cards and an indigenous storytelling practice of Council we will learn to communicate better, share our stories, and learn about ourselves and each other more deeply. This workshop is an opportunity to do some introspective work whilst simultaneously building community.

Bio: Maharani Peace Blessed with Universal gifts, Maharani Peace is an intuitive being with a creative soul. Using an indigenous practice of Council, she facilitates workshops ranging anywhere from Equity, Diversity, and Inclusion to Self-Care and beyond. She is passionate about reconnecting with Ancestral rituals, traditions, and practices. Recently, Maharani has been really leaning into their spiritual gifts, expanding into Sound Healing, Oils, Botanicals, Crystals, Energy Work, and Oracle Spaces. Maharani has over 20 years of experience as an Educator, working with students of all ages. In addition to being an educator, Maharani is also an artist, vocalist, author, life coach, and culinarian. She frequently intertwines all of these creative offerings in local community events. Maharani combines many different modalities to help foster useful and necessary communication/ conversations, create bonds, and transform perspectives. It is their sincerest hope to continually curate spaces that allow folx to find the best version of themselves, create healthy, thriving, & supportive communities, and get folx back in touch with Source Energy. acmeeducationsd.com

Aligning Your Spirit to Attract What You Want

Description: The Law of Attraction is real. It's not hard to manifest what you are looking for - a job, a relationship, an object - but it does take having the right perspective and the tools to make it happen. In this workshop you will learn the four steps to manifesting, activities to practice each step, four cognitive biases and how they can hurt or help and how modern science supports the law of attraction.

Bio: A voracious imagination advocate, team leader, and corporate life graduate, Michelle writes and speaks on themes associated with the power of mind, positivity, spirituality and the law of attraction. Michelle is a Clinical Hypnotherapist, Executive Coach and Author.

Michelle's 2022 book on manifesting, "An Alignment of Spirit: Finding Work You Love" has received high praise on Amazon including, "Michelle Walters has adapted a balanced system to bring our subconscious to the table to find fulfillment, whether it be in your current occupation or a future one. It is rooted in the science of psychology with excellent writing exercises, meditations, and art projects to complement each process step." A graduate of UC Santa Cruz, redwood lover, and camper, Michelle completed a major spiritual journey in 2021; she was a pilgrim on the Camino de Santiago. Michelle holds an MBA from the University of Washington and a Certificate in Clinical Hypnosis from the Hypnotherapy Training Institute in Corte Madera, CA. www.michellewalters.net

Martial Arts & Sacred Alignment: thought, bones and energy

Description: Discover the exponential power of aligning thought, bones and energy in this interactive, lightly active workshop. We will discuss the power you know you have within you and then see how we can amplify this power by recalibrating (and up-leveling) one of these. Leave with a better understanding of spiritual alignment and impact you make from this sacred space.

Bio: Cinthia is a Healer, Speaker and Intuitive Edge Coach with over two decades of experience teaching meditation, coaching intuitive awareness and practicing martial arts. Cinthia has successfully empowered embodied spirits to walk their talk with confidence; make authentic connections and decisions as leaders, and lean in to make a greater impact in their family, work and communities. cinthiavarkevisser.com

Ancestral Wayfinding

Description: This circle is to encourage us to engage with the ancestral communication already arising regardless of our current ability to discern or define it. Join this circle to focus on our curiosities to co-create a collective portals to discovering and increasing capacities and abilities to connect with ancestors.

Bio; inabel Uytiepo (they/isuna) ilocano-chinese mystical anarchist, ancestral magic weaver wayfarer. As a queer non-binary femme they often gather IBPOC and QTPOC community to connect, complexify and relate to our weird selves of multi-faceted energies via innate animist belonging. inabel is able to remind us that as we travel this life, we can uplift our gifts and strengths by reconnecting with our ability to navigate our inner and outer sacred vastness to connect to our alchemical power and expand our nuanced quantum consciousness through our experiences of living, death and transpersonal wayfinding. Connect via healingisgiving.com

Wachuma and water Plant Medicine

Description: In response to demand from the Abuelos winter all to learn about the wonders of this plant medicine. Wachuma is a heart-opening experience. Communion with this master plant opens dialogues between yourself, your heart, and your experiences. Wachuma is a plant that thrives in dialog with your deepest soul yearnings. We will offer micro-doses of the plant medicine and introductory points on how to grow and make the medicine.

Bio: Dean and Marty Rutherford have worked with Plant Medicines of the Earth for 20 years. Their first calling was to the medicine of water. For over ten years, they have brought clean, safe water to more than ten countries in need worldwide. For more information

about their work, please visit www.kumpimayfoundation.org. For the last 20 years, under the guidance of Maestro Agustin Guzman, Dean, and Marty learned about the magic, mystery, and deep compassion surrounding the plant medicine Wachuma. Their mission, handed down to them from the Abuelos (grandparents), is to return the medicine to the people.

Soulful Trust Yoga Circle

Description: I will create a space of deep connection, self-discovery, and personal growth through guided meditation, circle sharing, journaling, and gentle yoga asana. Through this intimate journey of authenticity and mindfulness, participants will feel a sense of community and trust their intuition.

Bio: Nicole Navarro Life's depth always beckoned beneath the surface. Branded as 'different' for my love of soulful conversations and uniting hearts, I ventured into diverse fields, including thriving as an electrician. Yet life had its own script – a knee injury resulting in three surgeries and a blood clot, urged profound introspection. Yoga emerged as a guiding light, revealing not only the healing artistry of asanas but also a profound unity with others and my own spiritual essence. My journey embraced surrender and rebirth. Confronting adversities head-on, I reshaped my reality to align with the genuine embrace of Love. This transformative journey led me to purposeful changes, including a reevaluation of my personal life. Guiding fellow seekers, I draw upon training in women's leadership, yoga, and the art of ceremony. My mission is to empower others along their unique paths, nurturing the boundless potential within. With an unwavering commitment to continuous learning and the practice of compassion, I steadfastly believe that healing emanates from our relationships with ourselves, our histories, and the intricate web of existence. Outside of my soul-enriching work, catch me in nature's embrace, lost in music's melodies, helping others, or sharing moments of joy with my children. linktr.ee/nickeldimension

Session 3. 3:00 to 4:30

The Earth Tones of Autumn

Description: Ringing in the thinning veil of October, Carmela will usher attendees in to the transcendent, Interdimensional communications of Earth and the Universe. Using the frequency of the Earth, become grounded and reset yourself amidst the air of the Redwoods.

Bio: Carmela Obscura is a first generation, AfroFilipina, with deep ties in Interdimensional healing modalities and Indigenous American Healing practices. She's a Somatic Movement facilitator, Sound Healer, Usui Reiki Master, and Certified Breathwork facilitator. www.diyosasomatics.com

Hypnotic Psychedelia

Description: Your nature is psychedelic! Enjoy an expansive experience exploring new facets of yourself and life itself through hypnosis, breathwork, and communing with the elements of nature.

Bio: Désirée is a hypnotist and hypnosis instructor practicing and teaching intuitive hypnosis that is grounded in neuroscience. She trains healers and spiritual practitioners in a future-focused framework that complements and elevates their work. She's also the creator of the Weekly Microdose of Hypnosis, a vast membership archive of hypnotic experiences in short spans of time, because hypnosis belongs in the everyday lives of humans. www.desmerized.com

Reclaiming your power & aligning with your truth by alchemizing fear into love.

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Healing and Releasing Trauma Permanently

Description: Trauma Clearing Workshop: Release even the most severe and long-held trauma easily, effectively, and permanently with an astonishingly easy and effortless technique known as Quantum Field Healing Mastery.

Bio: Reginah Perlmutter LCSW I am a licensed clinical social worker for over 40 years. Also, a hypnotherapist, shaman, healer, feng shui master, psychic, animal communicator, and spiritual counselor. I have studied healing techniques with teachers, shamans, and healers all over the world and healing is my life-long passion. www.divinehealingplace.com

Microdosing Magic: Exploring the World of Subtle Psychedelic Transformation

Description: Join us for a transformative journey into the art of microdosing. In 'Microdosing Magic,' you'll discover the science, safety, and profound potential of sub-perceptual psychedelic experiences. Gain insights into dosage guidelines, learn who should and shouldn't consider microdosing, explore the legal landscape, and dive into the fascinating neuroscientific underpinnings of this practice. Whether you're a novice or an experienced explorer, this workshop will equip you with essential knowledge and techniques to embark on a mindful and intentional microdosing journey.

Bio: Tanya Stiller is a Clinical Herbalist, Nutrition Consultant, and Health Coach who is currently studying to be a Functional Medicine and Hakomi Mindful Somatic Psychotherapy practitioner. You can find her teaching classes on botany, nutrition, ethical foraging, seaweed identification and intertidal ecology at Ancestral Apothecary, Scarle Sage School of Traditional Healing Arts, Healing Tide, Airbnb experiences, and at many other schools and organizations. She has been teaching for over 30 years as an herbalist, nutritionist, gardener, permaculturalist, and ethnobotanist. She received her herbalism certificate in 1994 from The Oregon School of Herbal Medicine, ran a tincture and lotion-making company called Pixie Plants and has since been teaching herbal and foraging

classes in Oregon and the Bay Area. Tanya attended the University of Oregon and received her Bachelors of Science in Environmental Studies, where her thesis was focused on "The Ethnobotany and Ethnomedicine of the Oregon Native American." She lives at an Intentional Community house called Brigid Collective in West Berkeley. Her non-profit website is www.healingtide.org

Grief Transmutation through Munay, Mindfulness, and Ceremony Magic

Description; Grief and love walk hand in hand. Most of us experience losses and grieve at many life transitions (sad, tragic, or even joyous events like a kid going to college or retirement time can bring up grief). Yet, most of us were taught to repress or attempt to outrun grief, which has a huge impact on our physical, emotional, mental, spiritual, and etheric bodies. This workshop is an invitation to practice effective (evidence-based and ancient) ways to alchemize different types of grief. We cannot outrun it, but we can master ways to transmute and integrate it in healthier, more easeful and liberating, ways.

Bio: Renata Moreira is the founder of Metta Social Impact Consulting, Co-Founder of Refuge Healing Circles, and Co-Dreamer of WooWoo's family track. She offers circles and services to organizations, companies and individuals looking to liberate themselves & their communities. She has 20 years of experience facilitating healing spaces, is a certified Clinical Hypnotherapist, Reiki Master Teacher, and transformational coach. Her interdisciplinary toolbox includes trauma-informed mindfulness, intuitive counseling, plant medicine, and expressive arts practices. Renata's the granddaughter of Maria Julia and Maria Lima, medicine holders of Indigenous ancestry and sacred Hapé/Rapé makers. This Brazilian mama stewards a BIPOC farming project in Richmond and lives in occupied Lisjan/Ohlone territories with her magical 7 year old. Follow her on Instagram: @renatametta



Thanks for showing up friends, for yourself and everyone who's life you touched today. We are not alone out there, but someday it is sure good to come together in the woods and hangout. May the WooWoo spirit last months for you! Until we meet again in the spring. You did good today!

If you would like to get on our mailing list or be presenter or vender next time or anything WooWoo related you can get us on the socials or email at woowointheredwoods@gmail.com

You can reach Annie - Mother of the Woo - at her website annieblackstone.com or email at annie.blackstone@gmail.com