

# WomenFest 2006



One Planet

Presented by the Women's Resource Center

Saturday, November 4

Escalante Middle School, Durango, CO

## **B5 Perspectives of Peace:**

### **Choosing Empowerment in Difficult Times**

How does your inner state affect your day-to-day interactions and activities? Join this circle to learn how to tap into inner peace and allow it to ripple out into the world that surrounds you. This workshop includes a Circle Dance of Peace to help us live in harmony with ourselves and the planet earth.

*Victoria FittsMilgrim, PCC, is a True Life Coach certified in two models of professional coaching. She has a private coaching practice, leads retreats for women, and teaches transformational learning tools to businesses and nonprofits. Marlena de Carion, PCC, is certified professional co-active coach. An experienced teacher and group leader, she works with women of all ages on body-centered awareness.*

## **B6 Our Inner World: Psychic Tools for Daily Use**

Each of us possesses intuitive and psychic capabilities that provide a link between our lives. Explore our psychic connectivity with the world during this workshop which will teach you the nuts and bolts of psychic experience, how to recognize seemingly invisible intuitive/psychic skills, and how to apply them on a daily basis.

*Dana Cribari has 20 years of foundational intuitive and spiritual experience and offers personal intuitive channeled readings. She is an author and writer and can be found online at [www.thepurplephoenix.com](http://www.thepurplephoenix.com).*

## **B7 Earth Goddess Chants**

Clear your throat and get ready to participate in this interactive workshop to learn multicultural chants in the goddess tradition to celebrate and protect Mother Earth. Discussion and activities will also prepare you to incorporate the chants into your personal and family celebrations.

*Alane Brown has taught chant workshops for seven years and hosts "Music of Gaia" on KDUR. She has been a professor at Fort Lewis College for 16 years.*

## **B8 The Future of Food (documentary viewing & discussion)**

This acclaimed documentary created by Deborah Koons Garcia offers an in-depth look at the critical issues facing global agriculture today. Through archival footage and interviews with farmers and agriculture experts, the film argues that GMO (genetically modified organism) foods are jeopardizing our food safety. The 90-minute film will be followed by a facilitated discussion among participants.

## **C1 Healing the River: Water and Soul**

Witness how nature can recover and how participating in river and wetland restoration work can also restore our souls. This workshop will focus on the importance that creativity and nurturing have in women's role to maintain the health of the planet.

*Corey Sue Derfus is an Aquatic Restoration Biologist and has been restoring rivers and wetlands for more than 18 years.*

## **C2 Introduction to La Plata County Fauna**

La Plata County is home to myriad wild creatures and when we learn about the other living things we share the earth with, we care more about them. Discover the common fauna (seen or unseen) in Southwest Colorado, and bring your questions on local biology and ecology.

*Eilene Lyon has 21 years experience as an amateur naturalist in La Plata County and is currently studying Environmental Biology at Fort Lewis College.*