

Join us at the Sixteenth Annual
Morristown Women's Festival !!

**REAL WOMEN, REAL BODIES,
REAL LIVES:
Celebrating Our Whole Selves**

Saturday, May 13, 2006

*As women of all ages and backgrounds,
we gather in the spirit of growth, learning and
empowerment. Our horizons are expanded,
and we make connections that extend beyond
the day of the Festival.*

What a great way to celebrate Mother's Day!!

SCHEDULE

8:00- 9:00	Registration and Breakfast
9:00-10:30	Opening Ceremonies Musical Performers Women of Principle Award Keynote Speaker
10:45-11:45	Workshop Session 1
11:30-2:00	Lunch, Marketplace, Sharing and Networking
12:30-1:30	Workshop Session 2
1:45-2:45	Workshop Session 3
3:00-4:00	Workshop Session 4
4:15-5:10	Special Guests: <i>The Raging Grannies of Rochester</i> Featured Performer: <i>Antje Duvokot, Folk Rock Singer/Songwriter</i>
5:10-5:30	Closing Ceremony

** Limited wheelchair accessibility**

** No smoking in building**

** Childcare not available**

*Continental breakfast & lunch included in
registration fee. Special diets
not available.*

-----**SESSION ONE WORKSHOPS**-----

1A - Learn to Love Your V Spot

- Melanie Davis

You will gain practical information on caring for
your Vs [V-Spot, Vestibule, Vagina] and a new
understanding of their complexity and beauty.

1B - Acupuncture & Women's Whole Well-Being

- Avigail van den Hof

Discover how acupuncture offers effective
treatment for many women-specific ailments, e.g.,
fatigue, menopause, PMS, stress and infertility.

1C - Abundance Tune-up

- Ellen Shapiro

Empower yourself to create more abundance
through self-discovery - writing, discussion, and a
unique system called re-patterning.

1D - Discover the Power of Essential Oils

- Sue Pelechaty & Sibylle Preuschat

Learn how to use essential oils to build your
immunity, reduce stress, raise energy, ease pain, &
enhance intuition.

**1E - Get Real About Clutter- How to Connect
when Stuff Gets in the Way**

- Jamie Novak

Stop STUFF from stealing your time and energy!
Stop waiting to get "all caught up" to start living.
Learn Jamie's real ideas for real women.

1F - Real Girls, Real Relationships

- Juli Harpell-Elam

Come learn to help the girls you know & care about
to discover their rights in relationships, and resist
unhealthy ideas about "real world" relationships.

**1G - Does your Path Have Heart or Heartburn?
Real Models for Real Women to Reinvent Selves**

- Gailann Bruen

Are you confused about what's next? Empty-nester?
Too young to retire? Passionless job? Ready to
scream? In this playshop, go "out of your mind" to
pinpoint and pursue your passion.

1H - Fear the Food No More: End the Diet Cycle

- Marsha Abramson

You will learn to identify different behavioral
patterns standing in the way of permanent weight
loss. Empower yourself through strategizing.

1J - I Am That I Am: An Interactive Concert

- Fairie Elaine Silver

Become more aware of the Divine presence in all
aspects of our lives by singing & moving to Elaine's
luscious music. This empowers & creates a sense of
Oneness, Joy & Beauty.

1K - Discovering the Sensuous Goddess Within

- Thiamba Ferguson

Learn 3 steps to pampering yourself & receive
benefits from using natural products while enjoying
chocolate-covered blackberries.

-----**SESSION TWO WORKSHOPS**-----

2A - Feed the Need [for Approval and Control]

- Natalie Gahrman

Studies show that most people need *approval* &
control. Come explore your personal needs &
discover healthier ways to get them met.

**2B - Enchanted Life Teams: Create your Own
Support Group to Help Reach Your Dreams**

- Claire O'Connor

Learn how to create the support you've always
wanted to move forward on treasured plans & goals.

2C - Change Your Image, Change Your Life

- Missouri

Discover how to make your outer image reflect your
inner beauty. Developing a powerful 1st impression
& lasting new image.

**2D - The Sugar Blues: Learn to Listen to Your
Body's Clues**

- Safiya Matthews

Identify the meaning of your sugar cravings while
obtaining tools that empower you beyond sugar
dependency. Free yourself from mood swings and
weight fluctuations - live a healthy, energetic life!

**2E - When Designer Shoes & Gucci Bags Aren't
Enough**

- Francine Huff

If you're living a fabulous lifestyle, but feel
something missing, then get ready to receive the
blessings that are waiting for you.

**2F - Make Your Own Ancient Wisdom Healing
Mandala**

- Denise Dolan

Create 'Healing Mandalas' to promote clarity of
spirit, mind & body. They can be used anywhere to
provide you with inner peace in response to every-
day life challenges. Embrace freedom!

2G - Self Love for Real Women

- Pamela Cummins

Learn what self love really is, how to love yourself
more, & why it improves all your relationships.

**2H - Learn the Secrets for Uncovering Your
Special Gifts**

- Helen Burton

Are you seeking a new direction or life changes?
Retiring, children leaving home, or just asking the
question, "Who am I?" Discover your hidden gifts!

**2J - Visualizing a Holistic Life-Work Balance &
Stress Reduction**

- Verena Aibel

Visualize a vibrant, expressive, fun, balanced &
worthwhile life! Develop Holistic strategies to help
integrate your life's work/play. Expand your toolkit
of coping techniques, spiritual best practices.

2K - Cultural Warping of Childbirth

- Stacey Gregg, CD, DONA

Share birth stories; learn about orgasmic birth &
other secrets REAL women know about this
glorious rite of passage. Films & handouts.

2L - The Power of Personal Vows

- Ginny Caroselli

Come for a guided meditation & leave totally
empowered, feeling like "sparkling diamonds."

-----**SESSION THREE WORKSHOPS**-----

**3A - Woman, Unedited: Unleashing Your
Unapologetic Fabulosity**

- Deb Cooperman

Does your internal editor run you? Learn how to
give your editor the slip, free your voice, & improve
the quality of your life with pen & paper.

3B - Power Tools for Women

- Ellen Hanauer & Shelley Grodner Seidenstein

Learn how to ritualize events in our lives & those of
loved ones or those we struggle with. Begin the
journey through meditation, art making & writing.

3C - The Road to Celebrating Menopause

- Carol Kotopoulos

Learn to address symptoms of menopause
(unexplained weight gain, mood swings, hot flashes,
etc.) Learn how simple, healthy lifestyle changes
can make this time a time to celebrate.

**3D - The Movement Artist: An Exploration of
Body in Motion**

- Bekah Starr

Through various Movement Arts [yoga, dance,
expressive movement & massage], we will develop

the body's boundless capability of freedom & motion, plus self-expression & group dynamics.

3E - What Do You Want? The Heart of Goal Setting – Gail Patterson

This is the most powerful question you can ask yourself, & your answers determine your life's direction. Through conversation & writing we will look at this question from four angles.

3F - It's All About You: A Homeopathic Way to Health – Kate Lincoln

Learn to assess clues from Body, Mind & Spirit to improve your health. Discover how your symptoms offer valuable insights for healing.

3G - Feng Shui and the Five Elements - SuZen

Learn how Feng Shui principles apply to your life & can change it for the better. Learn about productive elements, destructive elemental cycles, & how they interact.

3H - Diagnosed with ADHD? Now What?

- Cindy Giardina

Learn about how your ADHD impacts your life. Explore the *positive* ways your ADHD is your gift. Learn how to embrace ADHD's challenges.

3J - West African Drum, Dance & Song

- Marafanyi Percussion (Lara & Yael with Jen Starr)

Learn to express yourself through a powerful & lyrical vocabulary of rhythm & dance which is fun, encouraging & accessible. Experience joyful exploration, communication & cooperation.

3K – Coping with Everyday Loss: In Your Life and A Child's Life - Leslie Lucas

Understand your own loss & develop skills, healing presence & personal growth essential to mentoring any child coping with death, divorce, violence & everyday losses.

3L – Becoming a Juicy Succulent Woman

- Mary Lou Knox

Like a succulent plant, you can nourish yourself from within! Find the places inside you that are dry, tired, & in need of the Juice of Life.

-----**SESSION FOUR WORKSHOPS**-----

4A - Red Tent Shamanic Journey: Rhythm & Ritual to Experience Your Most Authentic Self

- Jill Wodnick & Kelli De Flora

Experience deep guided relaxation & imagery. Dive into deeper levels of consciousness. Know yourself,

your boundless potential & your capacity for greatness. Have fun & celebrate your whole self!

4B - Laws of Money #1: Truth Creates Money, Lies Destroy It – Meira Findel

Learn a unique strategy for managing finances by taking a holistic approach to money.

4C - Chi for You – Virginia Mills

Get healthier by practicing seated self-massage, standing Qi Gong, & easy Tai Chi movements that can decrease your stress & increase your energy.

4D - You... Still Seeking or Perfectly Clear?

- Barb Chestnut

Build the link between your inside & your outside via art materials. No art skills needed. Bring your amazing self, we supply the rest!

4E - How to Reach your Natural State of Optimal Health – Carolyn Ihnicki, DC

Learn effective, drug-free solutions for pain, allergies, injuries, stress, weight & hormone problems. Learn ways to self-discover toxins, foods, thoughts and nutrients that can rob your health.

4F - Opening the Chakras through the Four Elements, Color and Sound – Lorraine Henrich
Chakras are energy centers of the body that hold the keys to health, wealth, & soul purpose. Open your chakras through the 4 elements, color, & sound.

4G - Drumming Towards Empowerment: A Guided Meditation for Women – Kristin Carr

Find your primary animal totem guide in this drumming experience through a guided meditation that increases your self-esteem. Find yourself again.

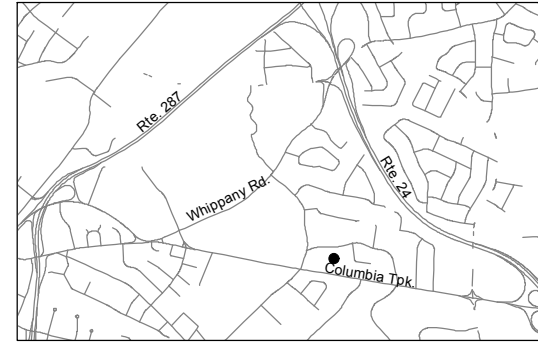
4H - Being Whole in Your Oneness

- Arlisher Butler

Do you find yourself doing anything for love including losing your connection with yourself? Learn how to explore loving relationships while remaining whole.

4J – Anger Management the Raging Granny Way – The Raging Grannies of Rochester, NY

Outraged by happenings in our country? Learn how to promote peace, justice, & social / economic equality through song & humor. Singing ability NOT required, but an empty bladder recommended.



-----DIRECTIONS-----

From South: Take I-287 North to Exit 36A (CR-510 East/Morris Ave). Merge onto CR-510 East/Morris Ave. At the fork, bear right to stay on CR-510 as it changes to Columbia Turnpike. At the traffic light (Morris Museum on left), turn left onto Normandy Heights Rd and follow it as it turns right. MUF is 0.2 miles ahead on the right side.

From North: Take I-287 South to Exit 37 (NJ-24 East). Take Exit 2A (CR-510 West/Morristown). Merge onto CR-510 West/Columbia Turnpike. At the second traffic light, turn right onto Normandy Heights Rd. MUF is 0.3 miles on the left.

From East: Take I-78 West to NJ-24 West. Take Exit 2A (CR-510 West/Morristown). Then, follow the "From North" directions above.

From West: Take I-78 East to Exit 29 (I-287 North towards Morristown). Then, follow the "From South" directions above.

Please honor the women-only tradition of the Festival by enjoying the day with old friends and new, encouraging the men in your life to do something special for themselves without you!

For more info and Festival updates:

www.muuf.org/WomensFestival.html

WomensFestival@muuf.org

(973) 540-1177 ext. 256



**The Sixteenth Annual
Morristown Women's Festival**

***Real Women, Real Bodies,
Real Lives:
Celebrating Our Whole Selves***

May 13, 2006
8:00 a.m. – 5:30 p.m.

Featured Performer:
Antje Duvkot
Folk Rock Singer/Songwriter

Special Guests:
The Raging Grannies
Singers/Activists

30+ Workshops
for Women, by Women

Women's Marketplace (including
handicrafts from *10,000 Villages*)

Continental Breakfast and Lunch

*Sponsored by **Womanspace**
of the Morristown Unitarian Fellowship*