

**Join us at the Seventeenth Annual
Morristown Women's Festival !!**

Claiming Our Birthright

Saturday, May 12, 2007

*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
Keynote Speaker:
*Neale Godfrey, International
Speaker, Author and Expert on
Family & Children's Finances*
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 Featured Performer
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 - Energy for Life - Pat Pozarek

Have the best of life, rather than have life get the best of you. Learn about your personal energy drainers and develop strategies for eliminating or handling them.

1B - An Organized Path to Wellness

- Carla Boissonault

Learn how to use the "TLC" method to gain control of your time and space, create your own organized path to wellness, plus creative ways to foster a "green" environment as you get organized.

1C - Chi For You- Virginia Mills

I will lead you in a relaxing hour of sitting self-massage, standing warm-ups, and gentle movements of Qi Gong/ Tai Chi to increase the flow of energy.

1D - Constant Cravings - Csilla Bischoff

Do you frequently crave sweets, chocolate or other carbohydrates? By examining your daily lifestyle choices and behavioral patterns, you will learn easy, tangible ways to take better care of yourself.

1E - The 7 Levels of Consciousness: Creating Your Ideal Life - Liz Fisch

Learn a new way of thinking about your life and the world. Explore the seven levels of consciousness and learn how to attract all you've ever wanted.

1F - Discover the Power of Essential Oils

- Sue Pelechaty & Sibylle Preuschat

You have the power to create increased well-being! Learn how to use essential oils to build your immunity, reduce stress, raise energy, ease pain, and enhance intuition.

1H - Reclaim Your Body of Knowledge

- Theresa Pettersen-Chu

Experience how listening to your body with gentle touch and talk can connect you to your rich inner landscape of knowing.

1J - From So-so to Ooooooh: Communicating your Sexual Needs and Desires

- Melanie Davis

Get comfortable using lovers' language, understand your unique motivation for talking openly with your lover, and gain communication skills designed to increase your lover's receptivity to your needs and desires.

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

2A - Homeopathy and the Pursuit of Happiness

- Kate Lincoln

Our birthright includes life, liberty and the Pursuit of Happiness. Learn how the homeopathic process can address whatever may be impeding you in your Pursuit of Happiness.

2B - How to Create the Beautiful Living Spaces You Deserve - Carol Kotopoulos

Learn how to use color, floor plans, fabrics and furnishings to create an interior that reflects your unique personality - a space you will love to come home to.

2C - Re-Discover Your Pelvis Power

- Diane Bates

Experience movement to improve awareness of your pelvic floor - for a more complete image of your body and improved movement and sensation - based on the Feldenkrais Method®.

2D - Living Out Loud: Writing to Unleash Your Unapologetic Fabulosity - Deb Cooperman

Experience the magically delicious and popular Living Out Loud writing group. See how easy it is to allow your inner voice to bubble up, and come out and play. YUM!

2E - Tree Whispering™: Interact Heart-to-Heart with Nature - Basia Alexander

Love trees? "Climb inside" to experience the plant's point of view through a multi-sensory meditation. Leave empowered with "new science" information, inspired by connection to the Spirit of Nature.

2F - C.P.R. for a Balanced Life - Hueina Su

Are you struggling to balance work and family? Learn how to give your life a C.P.R. so you can nurture yourself, create more balance, and have inner peace despite chaos.

2H - Choices in Childbirth - Dina Aurichio

Licensed midwife, Dina Aurichio, will explore birth options in our community. We will explore home, hospital and birth center. Emphasis will be on empowering women during pregnancy and birth.

2J - The Art of Self - Jocelyn Bates

You only get one body, love her. Through creating a life-size self-portrait you'll come face to face with the woman you are. Tap into your creativity and find your beauty. *[Please bring \$5 for supplies]*

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

3A – Relationship Rights for Girls

- Juli Harpell-Elam

If you work with or care about girls, come learn how to help them identify their relationship values and to create change to promote healthy relationships and prevent abusive ones.

3B – Celebrate the Wise Woman! – Gail Patterson
Baby Boomer women, this is OUR time! We have “been there, done that, have the t-shirts to prove it.” Come celebrate our triumphs past, present & future!

3C - Sacred Sounds: Experience a Shamanic Journey - Jill Wodnick & Kelli DeFlora

This experiential workshop will ask participants to lie down as you receive deep relaxation and greater self awareness through the restorative and introspective space of shamanism.

3D - Your Right to Optimal Health

- Carolyn Ilnicki, DC

Women have a unique biochemistry and right to be healthy. Learn how to: maximize your health and empower your body, determine your individual metabolic type and eat for longevity.

3E - Techniques for Relieving Stress

- Deborah Dunn - Learn simple breathing techniques, stretches from your chair, and a seated stress relieving exercise... guaranteed to relax you in the moment and 'tools' to take with you.

3F - Feng Shui: Interior Decor for your Bedroom

- Deanna Trust

Learn the advantages of creating a yin environment conducive to restful sleep, personal relationship happiness and improved health. Explore personal chi to determine best colors for your bedroom.

3G - Can I be Frank? Speaking your truth brings freedom! - Rita Parker Woodard

Trying to be nice, not hurt anyone’s feelings? What will they think of you if you speak out? What’s the cost of suppressing? Learn how to feel safe when speaking your mind.

3H – Rebirthing Your Inner Wisdom

- Rose Scherschel

Recognizing the wisdom that lies within you brings intuitive decision-making skills to the surface. You can release old patterns, and create sacred space to self-love and live life with joy.

3J - The Art of Peace, Love and Joy!

- Elaine Silver

Feel your vibration rise as we celebrate and honor our true nature and birthright as Women and Goddesses sharing Oneness and Divinity through singing, chanting, breathing and being.

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

4A - The Unlikely Heroines’ Club

- Debbie Branker Harrod

In this engaging powershop, you’ll understand what blocks you from leading your dream life, learn simple strategies to overcome these challenges and begin the fulfilling life that you’ve yearned for.

4B - Jump Start Your Heart!

- Beth Tiger and Marisa Gonzalez

Enjoyable relationships need not be a mystery any longer. This fun class will show you the fundamental and easy to understand insights about what it takes to have great relationships.

4C - Celebrate your Aliveness with Danskinetics

- Ellen Shapiro

Kripalu Danskinetics is a dance/movement class for all fitness levels and body shapes. A playful workout with a creative mix of music. Bring water and clothes to move (and sweat) in!

4D - Create Seasonal Masalas for Health and Healing - Stephanie Philwyn & Padmasri Tepedino

Strengthen your sense of well-being and cultivate inner harmony through the ancient practice of grinding spices to create seasonal masalas. Explore the 6 Ayurvedic seasons, the 5 elements, and more.

4E - Financial Empowerment - Meira Findel

Release the patterns that have been blocking your abundance and claim your power! Learn how to invoke Prosperity and reach your full potential.

4F - Let Yourself Come Out and Play!

- Helen Burton

Children don't need to be taught to laugh or have fun. Neither do You! Rediscover the lost child in you, reclaim your capacity for fun and laughter.

4G - The Inherited Power Within

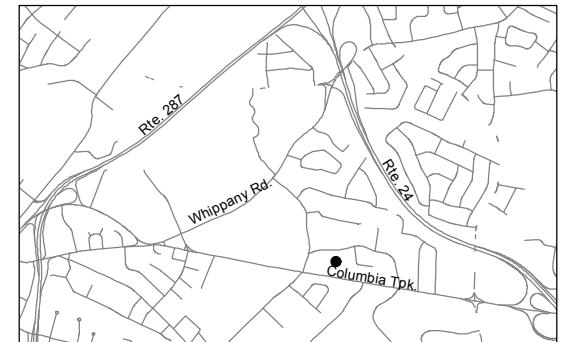
- Susan Freeman

Learn how to tap into your "inherited power within" through the use of creativity, treasure mapping and more! Through a guided meditation and discussion, you will have some tools you can use!

4H - Awaken the Goddess Within - Sue Waldman
with guest Goddess Ro Rubinetti Cappiello Embrace and celebrate the love, mystery, passion, beauty, and inner strength that lives within every woman. Feel it, Breathe it, Be it!

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!

-----**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.

Register Now !!

To receive priority workshop reservations, submit your paid registration *by May 04, 2007*.

New Payment Option for 2007!
Pay by credit card
if you pre-register online at
www.muuf.org/WomensFestival.htm

|
-OR-

As in previous years, use the enclosed registration card and make checks payable to

“MUF Womanspace”

Call for Volunteers

It truly takes a community to realize this event. Share the energy and camaraderie of making things happen at the Morristown Women's Festival by volunteering to help. There are many ways to get involved – large and small.

Your involvement makes a difference! Please select from the Volunteer options on your registration form, or contact us at
WomensFestival@muuf.org
973-540-1177 x256

For more info and Festival updates:

www.muuf.org/WomensFestival.html
WomensFestival@muuf.org
(973) 540-1177 ext. 256



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

Claiming Our Birthright

**May 12, 2007
8:00 a.m. – 5:30 p.m.**

Keynote Presenter:

Neale S. Godfrey

**Founder of Children's Financial Network,
Author and Speaker (as seen on
Today, Good Morning America, Oprah)
*sponsored by Quicken® Kids & Money***

30+ Workshops
for Women, by Women

Women's Marketplace
(products and services by women for women)

Continental Breakfast and Lunch

***This event is
sponsored by Womanspace
of the Morristown Unitarian Fellowship***