

MIDWINTER NATURIST FESTIVAL, FEBRUARY 15-20, 2018

Breakfast 7:30- 9:00 AM Lunch: Noon – 1:30 PM Supper: 5:30 – 7:00 PM

THURSDAY, 2/15/2018

		1:30	Low Cost Energy Efficient Shelter - Is It Even Possible? - Jack Arnold - Orchid Lawn <i>The press would have you think that the "greener" you build it, the more it will cost. Not true. Focus on the so called Tiny House.</i>
9:00	OPENING FRIENDSHIP CIRCLE - Clubhouse Lawn		
10:00	First Time & Other Interesting Nude Experiences - George Winlock - Clubhouse Lawn <i>Share your experiences.</i>		
10:00	Water Aerobics - Bernie & Carolyn Roche - Pool <i>Stretching, cardiac strengthening, and deep breathing.</i>	1:30	Mosquito Control - Chris Reisinger - Clubhouse Lawn <i>Protecting yourself from mosquitos in South Florida.</i>
10:00	Learning From Our Primal Past I: The Great Forgetting - Don VandeKrol - Orchid Lawn <i>Have we forgotten knowledge gained from 200,000 years of experiences?</i>	1:30	Children's Activity: Scavenger Hunt - Swann - Playground
10:00	Basic Photography - Rich Pasco - Butterfly Garden <i>What your digital camera's manual probably won't tell you, but you still should know.</i>	2:30	Involving Young Adults & Families in Naturism - Morley Schloss - Clubhouse Lawn <i>People aged 18-30 do become active naturists - a successful model for offering what young adults and families want.</i>
10:00	The Sun, Friend or Foe? - Bob Farnell - Island <i>Ratings and prices of more than 70 Sunscreen products, samples. Feel them, smell them, try them, make your choice.</i>	2:30	Stupid Design, Why Are We Still Here? - Robert Pickman - Island <i>Video takes a look at our universe, our solar system, our world and presents another theory of why we are here.</i>
10:00	Infinity Breath Meditation I - Michael Bootzin - Serenity Garden <i>Activating the Imaginarium through visualizations and breath. The path of intention through 10 bodily regions.</i>	2:30	Exercises Using Body Weight Only (easy) - Morris Gelman - Orchid Lawn <i>Exercises using body weight only - Calisthenics, core exercises, jumping exercises, lunges, planks and others. Bring a mat & water.</i>
10:00	Children's Activity: Freeze Tag - Swann - Playground		
11:00-12:30	Silver Screen Classics: Sieben Sommersprossen (Seven Freckles) - Len Summers - Pavilion <i>Two teens in summer camp find romance and are in a self-made performance of Romeo and Juliet.</i>	2:30	Singles Meet & Greet - George Winlock - Butterfly Garden <i>Get to know other single nudists.</i>
11:00	On Being Human I - Woodland Sage - Island <i>The purity of nudity.</i>	2:30	Vipassana Meditation - Marty Menane - Serenity Garden <i>Practice this ancient meditation technique that uses the vibrations within your body as your area of focus.</i>
11:00	Essential Oils for Well Being Head to Toe - Paula Knudsen - Restaurant Deck <i>Using oils to benefit your life in every way from physical well being to emotional well being.</i>	2:30	Beginning Chess - Michael Bootzin - Restaurant Deck <i>An introduction to checkmates, openings and basic strategy. (8 & up)</i>
11:00	Tantric Breathing: The Breath of Love - Alice & Dunbar Susong - Serenity Garden <i>Vigorous belly breathing exercise with tantric body movements & vocalization done solo & blindfolded in a supine position. Bring a large towel, 2 pillows & water.</i>	2:30	Children's Activity: Pool Fun & Ice Cream Social - Angel Frazier, Swann - Pool, Restaurant Deck
11:00	Being a Photographer's Model - LaDonna Allison, Bill Pacer - Butterfly Garden <i>Techniques & practice. Photographers welcome.</i>	3:30	Let the World Know - Bill Pacer, LaDonna Allison - Clubhouse Lawn <i>Exchange stories of being public naturists.</i>
11:00	The Condor is Again Flying Wing to Wing with the Eagle - Jack Arnold - Orchid Lawn <i>Transitioning out of earthly conflict and turmoil into more sustainable and earth honoring ways – environmental sustainability, spiritual fulfillment and social justice.</i>	3:30	West African Drumming - John Dodge, Forest Holmes-Dodge - Campfire Area <i>Learn the rhythm parts that create an African dance. Play in the following African dance class.</i>
11:00	Children's Activity: Catch & Release Fishing - Hank Key - Dock		
1:30	Testosterone - Looking Good at 100 - John Dodge - Butterfly Garden <i>What we can do to maintain optimal functioning as we age. Why some foods are dangerous and sunlight exposure is important. Men & Woman welcome.</i>	3:30	The Joy of Journaling - Darrell & Nancy Casey - Serenity Garden <i>A tool to plant the seeds of transformation.</i>
1:30	The Bare Facts of Healthy Laughter - Darrell & Nancy Casey - Serenity Garden <i>Experience healthful effects on mind, body, heart and spirit.</i>	3:30	Introduction to Healing Touch - Michael Raymond - Orchid Lawn <i>A hands-on introduction to the human energy system including the energy centers, energy fields, and meridians.</i>
1:30	Make a Pair of Earrings - Maureen Grady - Meet at Restaurant Deck <i>Beads provided. Pick your colors & create your earrings.</i>	4:30	Answers to Life's Questions from the 5th Dimension - Liz Ciencin - Butterfly Garden <i>Four unknown facts of reality which will change the way we experience life as we know it.</i>
1:30	Sound Bath/Sound Therapy - Jake Jones - Pavilion <i>Receive a sonic sound bath rich in harmonics through dideridoo and handpan to achieve a deep meditative state.</i>	4:30	Paper Mache Majik - Paula Knudsen - Playground <i>Create something magic for your home.</i>
		4:30	Children's Activity: Canuding & Kayaking - Blair Brumley - Campfire Area
		4:30	Good Luck, Bad Luck - Faerie Elaine Silver, James the Beloved - Orchid Lawn <i>Circle sharing.</i>
		4:30	Palmistry - Blue Evans - Butterfly Garden <i>The lines in your hands are as unique as your DNA.</i>
		4:30	Water Flotation Exercise for Couples - Alice & Dunbar Susong - Pool <i>Support your floating partner as you breathe with them and stretch and rock them into a Yab Yum state of bliss.</i>

4:30	West African Dance - John Dodge, Forest Holmes-Dodge - Campfire Area <i>Basic African dance movements designed to build your body and your spirit.</i>	9:00	Theater Arts for All Ages - Michael Bootzin - Butterfly Garden <i>Skits read and improv games that expand your expression.</i>
4:30	Love Languages - Morley Schloss - Restaurant Deck <i>Enhance your relationships by discovering your own and your partner's desired expressions of love. Experiential.</i>	10:00	Walk the Labyrinth - Cat Field - Labyrinth <i>Meditation, then walk the labyrinth.</i>
4:30	Ashtanga Yoga - Michael Bootzin - Pavilion <i>The Mysore practice of meditation through movement. (8 & up.)</i>	10:00	Water Aerobics - Bernie & Carolyn Roche - Pool <i>Stretching, cardiac strengthening, and deep breathing.</i>
4:30	Children's Activity: Clap Ball - Swann - Playground	10:00	Learning From Our Primal Past II - The Call of the Wild - Don VandeKrol - Orchid Lawn <i>Is naturism a response to the control and domination of our civilization?</i>
7-9:00	Silver Screen Classics With Nudity: Seconds - Len Summers - Clubhouse <i>An unhappy middle-aged banker agrees to a procedure that will fake his death and give him a completely new identity.</i>	10:00	Infinity Breath Meditation II - Michael Bootzin - Serenity Garden <i>Activating the Imaginarium through visualizations and breath. Finding your Mantra.</i>
7:00	Natural Ben (performance) - Bill Pacer, LaDonna Allison - Pavilion <i>Benjamin Franklin loved "air baths," but has a birthday surprise when naturist friends visit to listen to his memories.</i>	10:00	Tie Dye for All Ages - Don Sanborn - Playground <i>Create your own tie-dye t-shirt! \$6 shirt provided, \$3.00 w/your shirt, children's shirts free.</i>
7:00	Children's Activity: Campfire with Snacks & Games - Hankie, The Clown - Campfire Area	11-12:45	Silver Screen Classics with Nudity: Shaun the Sheep (for All Ages) - Len Summers - Pavilion <i>A mischievous sheep decides to take the day off from the farm, leading to misadventures in the big city.</i>
8-10:00	Square Dance for All Ages - Morley Schloss - Pavilion <i>Fun square dances with caller. No experience necessary.</i>	11:00	On Being Human II - Woodland Sage - Island <i>Sexual energy that inspires.</i>
9-12:00	Campfire Drum Circle with Dancing - Javier Wilches - Campfire Area	11:00	Transformational Meditation - Darrell & Nancy Casey - Serenity Garden <i>Use your breath to connect with inner wisdom and improve your physical, emotional and mental health.</i>
9:00	The Turning Point: A Return to Community (movie) - Jack Arnold - Clubhouse <i>The Findhorn Ecovillage in Scotland is a leader in creating a life-sustaining society.</i>	11:00	Intro to Buugeng (s-staff) - Jake Jones - Butterfly Garden <i>Learn some basic flow moves with hypnotic buugeng.</i>
10-12:00	United Natures - A United Nations of All Species (movie) - Jack Arnold - Clubhouse <i>Documentary featuring the Rights of Mother Earth, wild law, ecocide, sustainability and environmental philosophy.</i>	11:00	Choices: Values In Relationship Game - Morley Schloss - Restaurant Deck <i>Discover/clarify what values are important to you in establishing or enhancing a relationship.</i>
10:00	Mysteries of Ancient Technologies in Egypt, Peru, & Bolivia (slide show) - David Lewis - Pavilion <i>Evidence in Egypt, Peru, and Bolivia of stonework and machined stonework from ancient societies.</i>	11:00	Personal Energy - Kurt Strickland - Orchid Lawn <i>Identifying, understanding and increasing your personal energy levels. Includes hugging.</i>
11:00	Nude Activities in Germany, & Abroad (slide show) - Rainer Budde, Horst Jerina - Pavilion <i>Landscapes, contacts with textiles, law, contacts with police.</i>	1:30	Beach Ambassador Program - Ken Tauer, Paul Friderich, Francine Weissman, Ruth Lefler - Clubhouse Lawn <i>Keeping a beach open, educate, beach etiquette, approaching offenders. Become a beach ambassador.</i>

FRIDAY, 2/16/2018

7:00	Meditation - Cat Field - Serenity Garden <i>A centering meditation to bring you into alignment for the day ahead.</i>	1:30	Living as an Empath - Love Byrd - Pavilion <i>What is an empath? Are you an empath? Identifying the traits of an empath leading to a better understanding of ourselves or those we love.</i>
7:00	Tai Chi - Michael Bootzin - Orchid Lawn <i>Moving meditation to strengthen balance & focus. (10 & up)</i>	1:30	Exotic Friut Tasting - John Dodge - Restaurant Deck <i>Taste some interesting tropical fruits of which you may have never heard.</i>
8:00	Be a Gumby: Easy Stretches - David Ireland - Orchid Lawn <i>Reduce muscle tightness, increase flexibility, improve posture, reduce stress, enhance immune system, reduce pain, reverse some effects of aging.</i>	1:30	Healthy & Unhealthy Touch - Michael Bootzin - Orchid Lawn <i>A facilitated conversation on communicating boundaries.</i>
9-11:00	Our Bodies, Our Selves - George Winlock, LaDonna Allison - Pavilion <i>We are all anatomically correct and should not be ashamed of looking at ourselves and others. Experiential.</i>	1:30	Sustainable Is So Passe - Think Regenerative - Jack Arnold - Butterfly Garden <i>A tree gives much more to the earth and the environment than it takes. Might we as humans give more than we take?</i>
9:00	Yoga Practice - Susan Shopiro - Orchid Lawn <i>Yogis' choice: Bone Health, Hatha or Yoga Therapy</i>	1:30	Kayaking - Michael Shaw - Campfire Area <i>Entering the kayak, paddling, turning practice.</i>
9:00	South Florida Ecological Systems - Michael Jordan - Serenity Garden <i>Southern Florida's environment and human impact from Kissimmee River to the Keys.</i>	1:30	Children's Activity: Relay Races - Swann, Craig Summey - Orchard
9:00	Sprouting - John Dodge - Restaurant Deck <i>Learn which seeds can be sprouted, easy sprouting and storing techniques, recipes, demo, samples to eat.</i>	2:30	Keeping Our Values - Rich Pasco - Clubhouse Lawn <i>Managements of few nudist resorts have alienated naturist members by marketing to the "swinger" lifestyle. What homeowners can do to preserve their values.</i>
9:00	Memoir & Legacy I - Michael Raymond - Clubhouse Lawn <i>Interactive discussion of memories and reflections on becoming involved in the Naturist Lifestyle and its impact.</i>	2:30	The Art of Listening - Paul Hugens - Island <i>An introduction to this powerful means of communication.</i>
		2:30	Swing Dance Instruction - Don Sanborn - Pavilion <i>Intro to the 6 step / East Coast Swing dance. Easy to learn; a dance you can use nearly 50% of the time!</i>

2:30	Paper Mache Majik - Paula Knudsen - Playground <i>Create something magic for your home.</i>	9-12:00	Campfire Drum Circle with Dancing - Theresa Frazier, Cliff Harmon - Campfire Area
2:30	Puja - Darrell & Nancy Casey - Serenity Garden <i>Mostly non-verbal introduction to tantra & each other.</i>	9:00	Silver Screen Classics with Nudity: Short Subject Films - Len Summers - Clubhouse
2:30	Soak Up the Sun Safely - Bob Farnell - Orchid Lawn <i>Ratings and prices of more than 70 Sunscreen products, samples. Feel them, smell them, try them, make your choice.</i>	10-12:00	Growing Cities (movie) - Jack Arnold - Clubhouse <i>Inspiring stories of these intrepid urban farmers, activists, and everyday city-dwellers who are challenging the way this country feeds itself.</i>
2:30	Basic Digital Photography - David Lewis - Butterfly Garden <i>From point & shoot to cell phone to DSLR we'll help participants with their cameras and questions.</i>	10:00	Nude Art in the World (slide show) - Rainer Budde, Horst Jerina - Pavilion <i>Overview: USA artists, Body & Freedom Festival (naked performance in urban space), own body painting.</i>
2:30	Children's Acitivity: Pool Fun & Ice Cream Social - Angel Frazier, Craig Summey - Pool, Restaurant Deck	11:00	DJ Dance - Don Sanborn - Pavilion
3:30	A Gathering of Divine Beings - Faerie Elaine Silver, James the Beloved - Serenity Garden <i>Come together to share and to be heard using simple, ancient ritual in a sacred space. If desired, bring item for an altar.</i>	SATURDAY, 2/17/2018	
3:30	Ashtanga Yoga - Michael Bootzin - Pavilion <i>The Mysore practice of meditation through movement. (8 & up.)</i>	7:00	Meditation - Cat Field - Serenity Garden <i>A centering meditation to bring you into alignment for the day ahead.</i>
3:30	Fun with Feng Shui - Sally Thurston - Butterfly Garden <i>Sketch the floor plan of your home, ID areas that correlate with your wealth, well-being, and relationships; cures to enhance all.</i>	7:00	Tai Chi - Michael Bootzin - Orchid Lawn <i>Moving meditation to strengthen balance & focus. (10 & up)</i>
3:30	Sun Prints - Michael Jordan - Clubhouse Lawn <i>Using same process as old fashion blue prints, make shadow prints of various objects using the sun.</i>	8:00	Be a Gumby: Easy Stretches - David Ireland - Orchid Lawn <i>Reduce muscle tightness, increase flexibility, improve posture, reduce stress, enhance immune system, reduce pain, reverse some effects of aging.</i>
3:30	Amateur Radio Demonstration & SIG Meeting - Larry Weil - Tennis Shelter <i>Set up and operate a ham radio station and attempt to talk with nudist ham radio stations and others around the world.</i>	9:00	Blind Creek Update - Nelson Jones - Clubhouse Lawn <i>The newest naturist beach in Florida. Where we are, and where we're going.</i>
3:30	Reiki Energy Share for All Ages - Swann - Orchid Lawn <i>Introduction to Reiki healing.</i>	9:00	Yoga Practice - Susan Shopiro - Orchid Lawn <i>Yogis' choice: Bone Health, Hatha or Yoga Therapy</i>
4:30	Circle Dances - Diarmid - Pavilion <i>Traditional and modern dances from many countries. - no partner required, no need to be able to dance.</i>	9:00	Florida Invasive Species Problems - Michael Jordan - Butterfly Garden <i>Florida's problem with non-native plants and animals.</i>
4:30	Transformational Rhythms - Cliff Harmon, Therese Frazier - Campfire Area <i>The healing and community-building gift of drumming to a common rhythm!</i>	9:00	Fermenting & Kombucha - John Dodge - Restaurant Deck <i>Quick fermenting methods, sample home made kombucha.</i>
4:30	What Makes You You? - Jim Dickey, Carmen Hamm, Nicky Hoffman, Claude Richards - Butterfly Garden <i>Your parents, a teacher, a mentor, an event, or are you self-made? Was there some pivotal moment in your life?</i>	9:00	Knot Tying - Michael Bootzin - Island <i>Important ways of fastening things down to your car, tent to a tree, or picking things up. (10 & up)</i>
4:30	Pilates - Morris Gelman - Orchid Lawn <i>Exercises to build a better core.</i>	9:00	A Course in Miracles: Mind, Body, Integration, Purification, Wholeness - William Peace, Trinity - Serenity Garden <i>Miracles are everyone's birthright, but purification is necessary first.</i>
4:30	Hair vs. Bare - Claudia Kellersch - Island <i>Which do you prefer? Hair? Bare? Where? There? Everywhere? Bald and ribald? Hirsute and cute?</i>	9:00	Children's Activity: Catch & Release Fishing - Hank Key - Dock
4:30	What Is Ailing You? There May Be an Answer - Isolde Boutwell - Clubhouse Lawn <i>Natural healing costs only time and effort; for every year you have had the illness, count 1 month of healing time.</i>	10:00	Sexting - A Naturist Issue? - Rich Pasco - Clubhouse Lawn <i>What message do we as a society send our youth when we criminalize them for photographing their own bodies? Should we as naturists get involved? How?</i>
4:30	Children's Activity: Super Duper Soap Bubbles - Hankie The Clown - Playground	10:00	Water Aerobics - Bernie & Carolyn Roche - Pool <i>Stretching, cardiac strengthening, and deep breathing.</i>
7-9:00	Silver Screen Classics with Nudity: Blow-Up - Len Summers - Clubhouse <i>Pop-culture parable of a photographer living a compliant lifestyle in the swinging 60's of London.</i>	10:00	Rope Trivets - Arlene Pickman - Restaurant Deck <i>Make your own woven trivets. Materials provided.</i>
7:00	Calamity Jane (performance) - LaDonna Allison, Bill Pacer - Pavilion <i>Calamity Jane, whose fiction has become truth.</i>	10:00	Learning From Our Primal Past III - Enduring Societies - Don VandeKrol - Orchid Lawn <i>Is organization necessary? Are there alternatives to mechanistic organization of human relationships?</i>
7:00	Children's Activity: Campfire Story Time - Alice & Dunbar Susong - Campfire Area	10:00	The Sun, Friend or Foe? - Bob Farnell - Butterfly Garden <i>Ratings and prices of more than 70 Sunscreen products, samples. Feel them, smell them, try them, make your choice.</i>
8-10:00	Faerie Elaine in Concert - Faerie Elaine Silver, James the Beloved - Pavilion <i>The inspiring music of award-winning performer and recording artist Faerie Elaine.</i>	10:00	Infinity Breath Meditation III - Michael Bootzin - Serenity Garden <i>Activating the Imaginarium through visualizations and breath. Feel the vibration through vocalizations.</i>
		10:00	Animal Yoga for All Ages - Michael Raymond - Playground <i>Integrating yoga, concentration, meditation, creative fantasy, movement, and body painting. Experiential.</i>

11:00	Crazy Little Thing Called Love - Love Byrd - Pavilion <i>An insightful and interactive discussion on love. What it is, what it isn't and how to get more of it.</i>	4:30	Exercises Using Body Weight Only (moderate) - Morris Gelman - Orchid Lawn <i>Exercises using body weight only - Calisthenics, core exercises, jumping exercises, lunges, planks and others. Bring a mat & water.</i>
11:00	On Being Human III - Woodland Sage - Island <i>Unparalleled naked freedom.</i>		Your Income Taxes Under President Trump - Bill Pike - Clubhouse <i>Changes and updates for the 2017 tax year.</i>
11:00	Tantric Breathing: The Breath of Love - Alice & Dunbar Susong - Serenity Garden <i>Vigorous belly breathing exercise with tantric body movements & vocalization done solo & blindfolded in a supine position. Bring a large towel, 2 pillows & water.</i>	4:30	Children's Activity: Shaving Cream Toss - Swann, Craig Summey - Orchard
11:00	Native Flute Playshop - Armond & Angelina - Butterfly Garden <i>This instrument is simple to master. Even those with no musical ability can play lovely melodies.</i>	4:45	Silver Screen Classics with Nudity: Ben-Hur, A Tale of the Christ - Len Summers - Clubhouse <i>Faithful adaptation of historical bestseller.</i>
11:00	Nudity in Mexico - Claudia Kellersch - Clubhouse Lawn <i>Nudist beaches, resorts, groups, tour info!!</i>	7-9:30	Myth, Man, & Nature (Art Slide Show) - Paul LeValley - Pavilion <i>See how artists remind us of our place in nature by retelling ancient myths whose importance never dies.</i>
11:00	Sacred Realism, Spiritual Naturalism - Aaron Frost - Orchid Lawn <i>Developing a mindful sacred practice around the principles of love, truth, humility, and wisdom.</i>	7:00	Children's Activity: Campfire with Snacks & Games - Hankie The Clown - Campfire Area
11:00	Children's Activity: Pool Relay Races - Swann, Craig Summey - Pool	7:00	Peace, Love, & P'opera Concert - Armond & Angelina - Pavilion <i>Combining classical influence and world-pop stylings, a unique genre called P'opera using songs, stories and humor to inspire you to experience "Heaven on Earth."</i>
12-1:30	Skin Cancer Screening - Maounir Wassef, M.D. - Lot 18	8-10:00	Campfire Drum Circle with Dancing - John Dodge - Campfire Area
1:30	GENERAL ASSEMBLY AND GROUP PHOTO - Pool	9-12:00	Silver Screen Classics with Nudity: Pam's Labyrinth - Len Summers - Clubhouse <i>Violent & dark fable set during Spain's Civil War. A girl escapes the brutality by drifting into a fantasy world.</i>
3-4:30	Talking with the Naturist Society - Mike Abramson, Nicky Hoffman - Clubhouse Lawn <i>How our transition to a non-profit organization affects you and your membership. Your suggestions welcome.</i>	9:30-11:30	The Search for Skinny-Dippable Waterfalls in New York (slide show) - Milton Charlton - Pavilion <i>An adventure of nude hiking and skinny-dipping in the waterfalls of the Catskills, information on other parts of New York.</i>
3-4:30	Naturist Photography & Modeling - Carl Flick - Meet at Dock <i>Explore naturist themes in setting up photographic imagery. For both photographers and models.</i>	10:00	Naked European Walking Tour 2017 (slide show) - Milton Charlton - Pavilion <i>A week-long nude hiking experience in the Austrian Alps, information on how to join in a future NEWT adventure.</i>
3-4:30	Introduction to Didgeridoo - Jake Jones - Butterfly Garden <i>The basics of playing didgeridoo.</i>		
3-4:30	How To Be Healthy in the 21st Century - John Dodge - Orchid Lawn <i>Nutrition, meditation, yoga, visualization, exercise, herbs, aromatherapy, Ayurveda, dancing, drumming and more to maintain your humanity, physical and spiritual.</i>		
3-4:30	Between the Folds - Michael Bootzin - Clubhouse <i>The art of paper folding, view documentary. Make a scandinavian paper star through folding and weaving paper. (15 & up)</i>		
3:00	No Veteran Left Behind - Deb Hedding - Island <i>How healing, hope and happiness from all-over sunshine is saving our military veterans.</i>		
3:00	Children's Activity: Pool Fun & Ice Cream Social - Angel Frazier, Craig Summey - Pool, Restaurant Deck		
4-5:30	Water Flotation Exercise for Couples - Alice & Dunbar Susong - Pool <i>Support your floating partner as you breathe with them and stretch and rock them into a Yab Yum state of bliss.</i>		
4:00	Children's Activity: Soccer - Swann, Craig Summey - Orchard		
4:30	Wear Clothes: Destroy the Planet, Get Sick Quicker, Die Sooner - Wib & Pat Daley - Clubhouse Lawn <i>Interesting fun information supporting our nudist life style.</i>		
4:30	Growing Through Forgiveness - Darrell & Nancy Casey - Serenity Garden <i>Using music & humor to release the past & get on with our life.</i>		
4:30	Ashtanga Yoga - Michael Bootzin - Pavilion <i>The Mysore practice of meditation through movement. (8 & up.)</i>		
4:30	Essential Oils for Well Being Head to Toe - Paula Knudsen - Butterfly Garden <i>Using oils to benefit your life in every way from physical well being to emotional well being.</i>		
			SUNDAY, 2/18/2018
		7:00	Meditation - Cat Field - Serenity Garden <i>A centering meditation to bring you into alignment for the day ahead.</i>
		7:00	Tai Chi - Michael Bootzin - Orchid Lawn <i>Moving meditation to strengthen balance & focus. (10 & up)</i>
		8:00	Be a Gumby: Easy Stretches - David Ireland - Orchid Lawn <i>Reduce muscle tightness, increase flexibility, improve posture, reduce stress, enhance immune system, reduce pain, reverse some effects of aging.</i>
		9:00	Earth Spirit Celebration - Love & Roger Byrd - Campfire Area <i>We are spiritual beings sharing an earthly journey. Celebrate as we honor that journey and Mother Earth.</i>
		9:00	Professors & Researchers SIG - Paul LeValley - Clubhouse Lawn <i>Opportunity for current and prospective SIG members to meet to find out what this SIG is doing.</i>
		9:00	Yoga Practice - Susan Shopiro - Orchid Lawn <i>Yogis' choice: Bone Health, Hatha or Yoga Therapy</i>
		9:00	Sunsport Nature Hike & Methods to Document - Michael Jordan - Meet at Butterfly Garden <i>Nature hike around Sunsport gardens with discussion on different ways to document what you see.</i>
		9:00	Soak Up the Sun Safely - Bob Farnell - Island <i>Ratings and prices of more than 70 Sunscreen products, samples. Feel them, smell them, try them, make your choice.</i>

9:00	Daydreaming Fun for All Ages - Michael Raymond - Playground <i>Use your imagination to learn how to relax and be calm using guided imagery and soft music, practical applications for using the methods taught.</i>	2:30	Labyrinth Meditation - Michael Bootzin - Labyrinth <i>A moving meditation through mantra and breath.</i>
10-3:00	Bloodmobile - Parking Area <i>Give the gift of life.</i>	2:30	Skeptics Psychic Adventures - Wib & Pat Daley - Serenity Garden <i>Is this stuff real or are we delusional? Discussion/Sharing.</i>
10:00	Where To Go Nude in Florida: Geography & Maps - Carl Flick - Volleyball Tree <i>The latest information on finding and enjoying naturist sites.</i>	2:30	Kayaking - Michael Shaw - Campfire Area <i>Entering the kayak, paddling, turning practice.</i>
10:00	Water Aerobics - Bernie & Carolyn Roche - Pool <i>Stretching, cardiac strengthening, and deep breathing.</i>	3:30-5:30	Children's Activity: Pool Time Fun & Ice Cream Social - Angel Frazier, Craig Summey - Pool, Restaurant Deck
10:00	Learning From the Primal Past IV: Deep Ecology - Don VandeKrol - Orchid Lawn <i>Are we moving toward the reenchantment of our world?</i>	3:30	Transforming Negative Energy - Darrell & Nancy Casey - Serenity Garden <i>Ways we can release fear around events we can't control and move into our own inner strength and wisdom. Interactive.</i>
10:00	Increasing Personal Energy - Kurt Strickland - Butterfly Garden <i>Increase your energy levels, includes hugging. Experiential.</i>	3:30	Informing Politicians of Naturist Family Values - Paul LeValley - Restaurant Deck <i>We have a great story to tell, and the tools to do it.</i>
10:00	Infinity Breath Meditation IV - Michael Bootzin - Serenity Garden <i>Activating the Imaginarium through visualizations and breath. Journey into our physical building blocks.</i>	3:30	Creating Fulfilling Relationships: Turning Cell Mates Into Soul Mates - Trinity, William Peace - Orchid Lawn <i>Making all of our relationships (not just partnerships) healthy and fulfilling.</i>
10:00	Capture the Flag for All Ages - Swann, Craig Summey - Orchard	3:30	Having Fun with Digital Photography in Infrared, Panoramas, & HDR - David Lewis - Clubhouse <i>Digital photography gives us more options for creativity.</i>
11:00	The Spirituality of Naturism - Cat Field - Orchid Lawn <i>Join other like-minded and like-hearted people in sharing how your naturism and your spirituality co-exist.</i>	3:30	Essential Oils for Well Being Head to Toe - Paula Knudsen - Butterfly Garden <i>Using oils to benefit your life in every way from physical well being to emotional well being.</i>
11:00	On Being Human IV - Woodland Sage - Island <i>You are so sparkly & yummy.</i>	3:30	Modern Myths & Urban Legends - Robert Pytel - Island <i>Prevalence of today's myths or "No! No! That one is true."</i>
11:00	Singles Meet & Greet - George Winlock - Butterfly Garden <i>Get to know other single nudists.</i>	3:30	Children's Activity: Canuding & Kayaking - Blair Brumley - Campfire Area
11:00	Gymnosophistry - Michael Bootzin - Restaurant Deck <i>A meditation through slow food ingestion connecting one another through interdependent mindfulness.</i>	4:30	Eating Raw II: Coconut, Cacao, and Healthy Desserts - John Dodge - Restaurant Deck <i>Techniques for selecting, opening and using coconut. Tips on the latest health food info. Samples.</i>
11:00	Community - Why We Need a Return To - Jack Arnold - Clubhouse Lawn <i>Our culture and economy are built upon separation, from nature, each other and ourselves. But, our psyche is structured for cooperation/community, not competition.</i>	4:30	My Best Ever Gathering/Festival Experience - Carmen Hamm, Nicky Hoffman, Jim Dickey, Claude Richards - Clubhouse Lawn <i>We keep coming back year after year because of the wonderful things that happen at these events. Share your best ever gathering experience.</i>
11:00	Slip 'N Slide for All Ages - Swann, Craig Summey - Playground	4:30	Meditation & Movement - Michael Raymond - Orchid Lawn <i>Experiential: Simple choreography, centering methods, meditation. How to integrate into daily life.</i>
1:30	Pudding Toss for All Ages - Morley Schloss - Orchard <i>Messy, gooey free-for-all.</i>	4:30	Ashtanga Yoga - Michael Bootzin - Pavilion <i>The Mysore practice of meditation through movement. (8 & up.)</i>
1:30	Pilates - Morris Gelman - Orchid Lawn <i>Exercises to build a better core.</i>	4:30	Cannabis - Ethel Rowland - Butterfly Garden <i>Cannabis update: Smoke it? Vape it? Legal?</i>
1:30	Einstein & Recent Observation of Gravitational Waves - Gabrielle Germann - Butterfly Garden <i>Starting with Einstein's Theory we will discuss gravitational waves, for which the 2017 Nobel Prize in Physics was awarded.</i>	4:30	Children's Activity: Treasure Hunt - Swann, Craig Summey - Playground
1:30	Privatizing a Back Yard - Rich Pasco - Island <i>How a small urban back yard became a beautiful oasis of sanity private enough for nudity.</i>	7-9:00	Makid: A View from Outside the Box - John Dodge - Clubhouse <i>Understanding the universe thru the eyes of Mother Nature.</i>
1:30	Make a Pair of Earrings - Maureen Grady - Meet at Restaurant Deck <i>Beads provided. Pick your colors & create your earrings.</i>	7:00	Naturist CaBAREt - Opera-Musical Theatre SIG - Pavilion <i>Observing the centennial year of Leonard Bernstein's Birth</i>
1:30	NBC's Meet & Greet - Claude Richards - Serenity Garden <i>For Naturist Breast Cancer survivors to connect and share.</i>	7:00	Children's Activity: Campfire Story Time - Alice & Dunbar Susong - Campfire Area
2:30-4:30	Basic Massage Techniques - Jonathan Shopiro, Walter Loeb - Orchid Lawn <i>Practice massage strokes. Bring a table if you have one.</i>	8:00	Loving, Sex: Unleashed (performance) - LaDonna Allison - Pavilion <i>From a preacher's kid to risque, a woman's quest to bare her soul and find freedom. Autobiographical.</i>
2:30	Naturist Action Committee/Naturist Education Foundation Update - Jim Dickey - Clubhouse Lawn <i>Lively discussion on TNS political and education arms.</i>	9-12:00	Campfire Drum Circle with Dancing - Javier Wilches - Campfire Area
2:30	Eating Raw I: Kicking the Grain Addiction - John Dodge - Restaurant Deck <i>Techniques to prepare food without the use of grains and without cooking. Making food to sample.</i>	9-11:00	Silver Screen Classics with Nudity: The Heat of the Night - Len Summers - Clubhouse <i>A southern sheriff grudgingly accepts the help of a big-city black detective to solve a small-town murder.</i>

9:00	David Redmond in Concert - Pavilion <i>Original songs and folk/rock music.</i>	1:00	David Bowden Memorial Coin Toss - George Winlock - Playground <i>The legacy of David "the money man" Bowden: experiencing the gift that comes from giving. Coin donations accepted.</i>
10:30	Germany: A Circle Tour from Berlin to Cologne By Way of Bavaria (slide show) - David Lewis - Pavilion <i>Photographing Germany.</i>	1:30	The Acceptance of Topfree Equality - LaDonna Allison - Clubhouse Lawn <i>Topfree activist discusses progress.</i>
11-12:00	Restorative Practice I - Michael Bootzin - Clubhouse <i>Powerful communication through active listening.</i>	1:30	West African Drumming - John Dodge, Forest Holmes-Dodge - Campfire Area <i>Learn the rhythm parts that create an African dance. Play in the following African dance class.</i>
MONDAY, 2/19/2018			
7:00	Meditation - Cat Field - Serenity Garden <i>A centering meditation to bring you into alignment for the day ahead.</i>	1:30	Swing Dance Instruction - Don Sanborn - Pavilion <i>Intro to the 6 step / East Coast Swing dance. Easy to learn; a dance you can use nearly 50% of the time!</i>
7:00	Tai Chi - Michael Bootzin - Orchid Lawn <i>Moving meditation to strengthen balance & focus. (10 & up)</i>	1:30	Rebuilding Earth from the Ground Up - Jack Arnold - Butterfly Garden <i>It will only happen when individuals and local communities develop and implement new strategies for environmental sustainability, spiritual fulfillment and social justice.</i>
8:00	Be a Gumby: Easy Stretches - David Ireland - Orchid Lawn <i>Reduce muscle tightness, increase flexibility, improve posture, reduce stress, enhance immune system, reduce pain, reverse some effects of aging.</i>	1:30	Foot Reflexology - Michael Bootzin - Orchid Lawn <i>Basic techniques for giving and receiving a relaxing foot rub. Participants must be comfortable with healthy touch.</i>
9:00	Women in Naturism - Carmen Hamm, Nicky Hoffman, Claude Richards - Serenity Garden <i>Discussion: how we came to be naturists, why more women don't participate, and what we can do to encourage others.</i>	1:30	Mental Health - Bonnie Hoag - Serenity Garden <i>Coming out of the closet.</i>
9:00	Stupid Design, Why Are We Still Here? - Rob Pickman - Orchid Lawn <i>Video takes a look at our universe, our solar system, our world and presents another theory of why we are here.</i>	1:30	Children's Activity: Popcorn - Swann, Craig Summey - Playground
9:00	Men in Naturism - Jim Dickey - Butterfly Garden <i>Lively discussion wherever the conversation takes us.</i>	2:30	Are North Americans Addicted to Clothing? - Blair Brumley - Clubhouse Lawn <i>Discussion considering the clothing-compulsiveness of non-naturists from the perspective of how we might approach dealing with a pandemic of pathological behavior.</i>
9:00	Is Zika Still a Thing? - Darlene Crawford - Clubhouse Lawn <i>What you need to know for safe travels and healthy family.</i>	2:30	West African Dance - John Dodge, Forest Holmes-Dodge - Campfire Area <i>Basic African dance movements designed to build your body and your spirit.</i>
9:00	Team Building for All Ages - Michael Bootzin - Pavilion <i>Collaboration through fun and challenging actions.</i>	2:30	Puja - Darrell & Nancy Casey - Serenity Garden <i>Mostly non-verbal introduction to tantra & each other.</i>
10-12:00	On Being Human V - Woodland Sage - Island <i>Open candid forum.</i>	2:30	Essential Oils for Well Being Head to Toe - Paula Knudsen - Butterfly Garden <i>Using oils to benefit your life in every way from physical well being to emotional well being.</i>
10:00	Memoir & Legacy II - Michael Raymond - Pavilion <i>Principles of memorializing memories and reflections through art. Choose from the written word, watercolors, colored pencils, song, dance, or another medium.</i>	2:30	Infinity Breath Meditation V - Michael Bootzin - Serenity Garden <i>Activating the Imaginarium through visualizations and breath. TWYNASTR (take what you need & share the rest) mindfulness into interdependent connectivity.</i>
10:00	Water Aerobics - Bernie & Carolyn Roche - Pool <i>Stretching, cardiac strengthening, and deep breathing.</i>	2:30	Learning from the Past V - Power in Relationships - Don VandeKrol - Orchid Lawn <i>Does someone always need to be 'in charge'?</i>
10:00	Children's Activity: Yoga - Swann - Playground	2:30	Children's Activity: Pool Fun & Ice Cream Social - Angel Frazier, Craig Summey - Pool, Restaurant Deck
11-12:55	Silver Screen Classics with Nudity: Sinbad & the Eye of the Tiger (for All Ages) - Len Summers - Pavilion <i>Sinbad sails to deliver a cursed prince to a dangerous island against opposition from a powerful witch.</i>	3:30	TNS Lifetime Members Meet & Greet - Jim Dickey, Carmen Hamm, Nicky Hoffman, Claude Richards - Clubhouse Lawn <i>Learn what's been happening with the Lifetime SIG.</i>
11:00	Tantric Breathing: The Breath of Love - Alice & Dunbar Susong - Serenity Garden <i>Vigorous belly breathing exercise with tantric body movements & vocalization done solo & blindfolded in a supine position. Bring a large towel, 2 pillows & water.</i>	3:30	Ashtanga Yoga - Michael Bootzin - Pavilion <i>The Mysore practice of meditation through movement. (8 & up.)</i>
11:00	What's Your Naked Comfort Level? - Wib & Pat Daley - Clubhouse Lawn <i>Do friends and family know? Comfortable nude with textiles? Discussion.</i>	3:30	The Sun, Friend or Foe? - Bob Farnell - Butterfly Garden <i>Ratings and prices of more than 70 Sunscreen products, samples. Feel them, smell them, try them, make your choice.</i>
11:00	Palmistry - Blue Evans - Butterfly Garden <i>The lines in your hands are as unique as your DNA.</i>	3:30	Exercises Using Body Weight Only (Hard Intensity) - Morris Gelman - Orchid Lawn <i>Exercises using body weight only - Calisthenics, core exercises, jumping exercises, lunges, planks and others. Bring a mat & water.</i>
11:00	Answering Life's Questions from the Fifth Dimension - Liz Ciencin - Orchid Lawn <i>Four unknown facts of reality which will change the way we experience life as we know it.</i>	3:30	Sound Bath/Sound Therapy - Jake Jones - Serenity Garden <i>Receive a sonic sound bath rich in harmonics through dideridoo and handpan to achieve a deep meditative state.</i>
			Tae Kwondo Basics for All Ages - Swann - Playground <i>The basic white belt techniques of this Korean martial art.</i>

- 4:30 **Circle Dances** - Diarmid - Pavilion
Traditional and modern dances from many countries. - no partner required, no need to be able to dance.
- 4:30 **Water is Life** - Michael Bootzin - Island
An exploration into the importance of Hydrogen Hydroxide to all living beings. (13 & up)
- 4:30 **How Being a Naturist Has Benefited Me** - George Winlock - Clubhouse Lawn
Discussion.
- 4:30 **The Art of Modeling** - Bill Pacer, LaDonna Allison - Butterfly Garden
Pointers to those who wish to be an art model.
- 4:30 **Creating Fulfilling Relationships: Turning Cell Mates Into Soul Mates** - Trinity, William Peace - Orchid Lawn
Making all of our relationships (not just partnerships) healthy and fulfilling.
- 4:30 **Children's Parade** - John Dodge & Family - Playground
Design and paint banners & yourselves - make music - dance & walk - have fun being a spirit.
- 7-9:00 **Variety Show for All Ages** - Walter Loeb, M.C. - Pavilion
Your chance to shine.
- 7-9:00 **Silver Screen Classics with Nudity: Confetti** - Len Summers - Clubhouse
A "mockumentary" in which three couples battle and compete for the coveted title of "Most Original Wedding".
- 9-12:00 **Campfire Drum Circle with Dancing** - John Dodge - Campfire Area
- 9-11:00 **Nudes in the News** - Rich Pasco - Pavilion
Video review of how mainstream media portray nudity and naturism. All new video clips recorded since last year's MWNF.
- 9-10:30 **The Economics of Happiness (movie)** - Jack Arnold - Clubhouse
The small, local economies around the world are preserving traditions, cultures, and communities, and ultimately safeguarding our happiness."
- 10:30-12:00 **Restorative Practice II** - Michael Bootzin - Clubhouse
Powerful communication through active listening.
- 11:00 **DJ Dance** - Don Sanborn - Pavilion
- TUESDAY, 2/20/2018
- 7:00 **Meditation** - Cat Field - Serenity Garden
A centering meditation to bring you into alignment for the day ahead.
- 7:00 **Tai Chi** - Michael Bootzin - Orchid Lawn
Moving meditation to strengthen balance & focus. (10 & up)
- 8:00 **Be a Gumby: Easy Stretches** - David Ireland - Orchid Lawn
Reduce muscle tightness, increase flexibility, improve posture, reduce stress, enhance immune system, reduce pain, reverse some effects of aging.
- 9:00 **CLOSING FRIENDSHIP CIRCLE** - Clubhouse Lawn
- 10:00 **Haulover Beach Trip** - Al Rodhe - Orchid Lawn
Visit Florida's most popular clothing-optional beach.
- 10:00 **Blind Creek Beach Trip (including performance on the beach)** - Roger Byrd, T.A. Wyner - Clubhouse Lawn
Explore Florida's newest clothing optional beach. Performance: "SEX is not the only word in the language of nudity. Nudity speaks VOLUMES."