

Nudist/Naturist Women's Rendezvous

Schedule

FRIDAY

- 12:30 - 1:15 Registration and Welcome
- 1:15 - 2:15 Organized Speed Friending - Get to know a little bit about a lot of fellow attendees. You'll be surprised how many kindred spirits you have here.
- 2:30 - 3:30 Guided Discussion: Why is body acceptance so important? Share your thoughts and experiences on how nudism/naturism helped overcome a general mindset of not being good enough.
- 5:00 - 6:00 Wine and Cheese Tasting Party. Bring a bottle of your favorite wine to share and we'll supply (and cut) the cheese. Chocolate treats also graciously accepted.

Order up some dinner and enjoy the acoustic musical offerings of *The Unwinding* until 8:00.

SATURDAY

- 8:00 - 8:45 Moving Meditation. Start the day off right with Qi Gong
- 9:00 - 9:45 Continental Breakfast compliments of your hosts
- 10:00 - 10:45 Learn about the National Organization for Women, the largest U.S. feminist group
- 11:00 - 11:45 Water Aerobics lead by Pam Hayes of Lake Como
- 12:00 Lunch break. Either order in or pick-up. See restaurant list on reverse.
- 2:00 - 3:30 The Hilarious Hypnotist. Join Traci Kanaan, certified hypnotherapist, as she describes how hypnosis can create change in both the conscious and subconscious minds.

The rest of the afternoon is yours to enjoy. Relax and socialize with your new friends.

- 6:00 Dinner at Tiki Cove, 2700 Land O Lakes Blvd., tampatiki.com for menu. Individual checks.
- 8:30 Movie—TBD
- 10:00 Theater group, *In The Flesh*, will present Sweeney Todd poolside. \$20 per person

SUNDAY

- 8:00 - 8:45 Morning Meditation. Do you have a favorite? Prepare to share.
- 9:00 - 9:45 Continental Breakfast compliments of your hosts
- 10:00 - 11:00 The Bare Essentials of Estate Planning. Dara Kustler, Esq. will share what we need to know about planning for the inevitable.
- 11:15 - 12:15 Chinese Wand Exercise. Using a lightweight pole and breathing can strengthen muscles and promote cardiovascular and circulatory systems.
- 12:15 Lunch break. Either order in or pick-up. See restaurant list on reverse.
- 2:00 Closing circle. Share your impression of the weekend. Learn anything? Make new friends?

A Nudist/Naturist Women's Rendezvous

To Celebrate Our Freedom

Welcome! We are so pleased you decided to spend some time with us this weekend.

Several months ago, four women put their heads together and came up with the idea to create a weekend of fun and empowerment for nudist/naturist women. We've benefitted so much from this lifestyle and a big part of it is enduring friendships with like-minded women.

We've designed the schedule to include workshops, playshops and social networking opportunities with the goal of celebrating our freedom to enjoy nude recreation and body acceptance. Our speakers are all nudist/naturist women.

Many thanks to The Naturist Society Foundation and the American Association for Nude Recreation for their support. Please don't hesitate to find us if you have any questions or concerns.

Renee Christian Joan Harris Norma Mitchell Joan Simms

Food: Although there are no kitchen facilities here, there is a variety of take-out and delivery service restaurants nearby. Their menus can be seen on their websites. You are welcome to bring your own fare.

San Jose Mexican Restaurant: 813-929-7100, 7804 Land O' Lakes Blvd.

China Star: 813-996-9688, 7812 Land O' Lakes Blvd.

Marco's Pizza: 813-803-3600, 7808 Land O' Lakes Blvd.

Ukulele Brand's: 813-995-0608, 4805 Land O' Lakes Blvd.

Hungry Harry's Bar-B-Que: 813-949-2025 3116 Land O' Lakes Blvd.

Beverages: Bring your own. Alcohol is okay. Bare RV Resort is supplying ice.

NO GLASS IN THE POOL AREA.

LEE'S LOVELIES - Attention Shoppers! Lee is setting up shop on Lot 14 on Saturday and Sunday. Drop by and see her lovelies.

