

Rolling with the Wheel • Where do you stand? Are you moving? Do you feel connected? In this workshop we will explore the wheel of life from a modern perspective; we will look at why it is important to be aware of where we are in the moment. This gathering of men will serve to coalesce individual expressions to ultimately radiate as one drum.

Standing on Intention • Men have intense creative power, yet often in today's society they give it away. What is necessary to create a sustaining activity that is truly rewarding? We are all on the journey; some know success, others are seeking. This is a sharing opportunity of wisdom and experience.

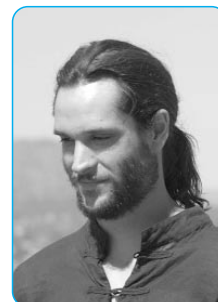
Meeting of the Hearts • This is an opportunity to look at how to build a men's group. It is an open forum; Dale brings some working models to look at and invites each person to bring an idea, a possible format or just an open and receptive heart.

Rev. Dale Jukes is a New thought /Metaphysical teacher, healer and minister. He has been involved in New Age activities of all kinds all of his life. His greatest joy is in being in the presence of an 'ah ha' moment.

Expressing Yourself • Discover the truly masculine depths of your powers of intention using rhythmic mantras and the drum to make a powerful sound that expresses the true archetypal nature that resides within every man.

Intention, Entrainment, Unity • The phenomenon of entrainment will be discussed and aspects of its possibilities are put into practice using the breath, the voice, the drum, and the masculine concept of single-minded focus.

Robin Sittig is a native of the Kootenays, and has been playing the drumset as a performer and as a seeker of a higher motivation for almost half his life. A need to understand the connective force that exists in music and sound has led him down the path of musical yoga, and have inspired him to share.



Embracing the Full Masculine • What does it mean to be fully masculine? How would one move into the full masculine? Is it politically correct to aspire to this quality? These and other questions will be explored and discussed on this most timely topic.

A Walking Meditation to Fry Creek Canyon • A walking meditation through an ever changing forest scape with stops at some enchanted spaces to breathe in the majic culminating in a morning swim and breakfast on the shores of beautiful Kootenay Lake.

Daniel is a life long student, with three university degrees. He holds several trade qualifications and is a poet. Daniel joined the community at Johnson's Landing last September and is looking forward to sharing in his first Men's Summer Gathering.

The 5 Rhythms™ - The Movement Work of Gabrielle Roth

The 5 Rhythms™ comprise a simple movement practice designed to release the dancer that lives in everybody, no matter what its shape, size, age, limitations and experience. To find your dance is to find yourself, at your most fluid and creative level. Rather than having steps to follow, each rhythm is a different energy field in which you find your own expression and choreography, thereby stretching your imagination as well as your body.

James Wood has been practicing and teaching the 5 Rhythms™ for over 9 years. He received his teacher training from Gabrielle Roth at the Moving Centre Schools in New York and Mill Valley, California. He is a teacher who encourages people to gently release limitations.



Living from the Heart • This workshop introduces gentle spiritual disciplines derived from the practical wisdom of the world's major religious traditions. It opens the question of what it means to live past the surface of ourselves, to come from a deeper place. Whether Sufi, Christian, Buddhist, or Hindu, can a thread of common spiritual practice be found?

How Are Our Relationships? • A chance to connect and reflect, particularly on the theme of our intimate partnerships. Input from the research of John Gottman and others will help us look at some of our individual and collective patterns and the possibilities for change. Come with an open mind and an open heart, and we will learn and grow together.

Ron Jeffrey is a certified yoga instructor with the South Okanagan Yoga Association. For the past twenty-five years he has been a united church minister. He is a man of depth and wisdom.