

Opening Circle

Welcome to Intention! From 8pm to 9pm Friday, everyone comes together for the opening circle. We will create the container for the following days of Intention.

Emergency Information

First Aid is available 24 hours/day. Any concerns from cuts, headaches, to more serious emergencies. See Luke Palmer.

XXX Passion Show

Late night, when the kids are put to bed, come out and share what you can't when the wee ones are awake.

Fire Policy!

There will be designated smoking areas with butt receptacles in strategic locations across the property. No smoking of any kind whatsoever is permitted anywhere else. No smoking on the road or in the forest is permitted.

Allergy Alert!

DO NOT bring any anise, licorice, or fennel teas, flavours or scents. One of our attendees cannot be in the same room as these, life-threatening allergens. These are commonly found in fisherman's friends', chai tea, other teas, curries, etc.

Tribal Market

Our Tribal Market will be bustling with unique vendors this year. These artisans will bring one of a kind items, handcrafted goodies, feathery goodness, and costume peices galore for your purchase. Bring some cash to spend on these wonderful creations.

Passion Show

This is your chance to shine! Come share your passion with an incredibly supportive audience. It could be anything: a poem, a dance, a story, etc. The sky's the limit!

Peer Support

One quiet area will be designated as peer support. Intention isn't all bliss and expansiveness. Sometimes we breakthrough or get trigged and we need someone to be there for us and listen. Whatever comes up, we will support you. Hugs are always available, just ask!

Musical Talent

Friday

9:00pm-10:30pm	Pyrrha Luna
10:30pm-12:00am	thisissami
12:00am-1:30am	Instant Love
1:30am - 3:00am	Pacha Papa & Meta Stazi
3:00am - 4:30am	Emog
4:30am - 6:00am	Mati

Saturday

9:00pm-10:30pm	Kontroller
10:30pm-11:30pm	XXX Passion Show
11:30pm-1:00am	Aerion
1:00am - 2:30am	Dave Praxis
2:30am - 4:00am	Instant Love
4:00am - 5:30am	Emog

Sunday

9:00pm-10:30pm	Adjusted
10:30pm-12:00am	Little Fiery One
12:00am-1:30am	Uncle Willy
1:30am - 3:00am	Beatrix the White
3:00am - 4:30am	Thrillhaus
4:30am - 6:00am	Pyrrha Luna

Menu

This year, all meals are **vegan** and **gluten-free**. There is separate kitchen space available for anyone who would like to cook their own food or additional snacks.

Friday

			Dinner Veggie Chili, Quinoa Salad, served with Chips & Salsa	
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Saturday

	Breakfast Oatmeal, Pancakes, Cereal, and Fruit	Lunch Carrot Ginger Soup and Salad Bar	Dinner Vegetable Curry with Rice and Asparagus Salad	
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Sunday

	Breakfast Oatmeal, Pancakes, Cereal, and Fruit	Lunch Lentil Soup and Salad Bar	Dinner Pasta and Ceasar Salad	
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Monday

	Breakfast Oatmeal, Pancakes, Cereal, and Fruit	Lunch TBD		
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Friday

8:00am to 9:00am	Yoga Jam
9:00am to 10:00am	Breakfast
10:00am to 10:30am	
10:30am to 12:00pm	
12:00pm to 12:30pm	
12:30pm to 1:00pm	
1:00pm to 2:00pm	Lunch
2:00pm to 2:30pm	
2:30pm to 3:00pm	
3:00pm to 4:00pm	Yoga with Shaina
4:00pm to 4:30pm	
4:30pm to 5:30pm	
5:30pm to 6:00pm	
6:00pm to 6:30pm	Hungry Games
6:30pm to 7:30pm	Dinner
7:30pm to 9:00pm	Opening Circle
9:00pm to 11:00pm	Music
11:00pm to 12:00am	
12:00am to 6:00am	

Saturday

Yoga Jam		
Breakfast		
Dancing Freedom with Alicia Graham	Empathy and Vulnerability with Jonathan and Michael Bean	Tribal Market Set-up
Pre-Lunch Game		
Lunch		
Unlock Creativity with Willy	Cultivating Compersion with Erin and Jaia	Daytime Music & Tribal Market
Passion Show		
Dinner		
Dancing Depth with Loretta and David (7:45p to 8:45pm)		
Music		XXX Passion Show

Saturday

Unlock Creativity with Willy

This workshop will explore what blocks we currently have around creativity and how we can shift them to generate more flow. I will be leading you through a guided mediation as well as practical 'funwork', so bring your journals and a pen! I look forward to seeing you there.

Facilitator Bio

Willy Lavendel has been practicing Shamanism for over five years and has lead many workshops. He loves to help people discover their authentic selves and is adept at exploring the astral realms. He's thrilled to be able to share what he's learnt in navigating these mysterious waters.

Empathy and Vulnerability with Jonathan and Michael Bean

Explore what it means to provide empathy to someone who's vulnerable, and what it means to be a *little* bit vulnerable (not too much) in the presence of all the good will and support that community has to offer. Go just a teensy bit out of your comfort zone - sing, dance, or just be witnessed, and watch how it can transform you.

Facilitator Bio

Michael has been teaching and coaching people towards greater self-expression for years, particularly in the film industry. Jonathan has been teaching empathy and people skills for more than 10years. Each of them has a complementary and very different expertise that helps make magic happen in this space.

Cultivating Compersion with Erin and Jaia

Compersion is the unique, positive emotion one feels when a loved one is experiencing joy or pleasure involving someone other than you. Come and explore, identify and unpack a range of emotions and beliefs about love and romance in this workshop. Compersion is a useful tool in all relationship styles – everyone is welcome.

Facilitator Bio

Erin and Jaia are Intentionites who both identify as polyamorous and have a several year history of growing and expanding through this process together. Compersion has not always come naturally or easily to them, and it is through this deep work and vulnerability that they have developed their ideas and concepts around this topic.

Workshops

Dancing Freedom with Alicia Graham

Liberate yourself through movement. We invite you to dance with your whole self... not the dance of performers and acrobats, but the dance deep inside of you, the one only you can do. Moving through the elements we will explore the deepening of our relationship to self and coming home inside our hearts.

Facilitator Bio

Alicia is a dancer and facilitator who frequently combines the two to share experiences of transformation, connection, and authenticity. She is passionate about human connection and completely believes that our capacity for connection is directly proportional to our ability to change the world for the better. Alicia is a Dancing Freedom Facilitator, life-long dancer, and works with empathy and non-violent communication in her community life, mediation, and personal relationships.

Dancing Depth with Loretta and David

Let's face it – you're probably here to DANCE! Dancing is a deliciously fun and powerful tool for personal transformation and community discovery. Pop open your awareness about the subtle, and often hidden elements that inform our dance experience: body language, movement vocabulary, energetic fields, how we engage with and relate to each other, what stories we tell ourselves, and what assumptions we project into the world. In this unique, hands-on, personalized, and co-creative workshop, we'll meet you where you're at and explore digestible ways to take your life dance to the next level! Discover how to combine the expressiveness of your own solo movement with the conversational skill of partner dances such as contact improv. Expand your awareness of how systemic structures affect our dance floors and how to address them in your dance. Through a mix of open conversation and fun movement exercises, we'll explore how we can become more aware, empowered, and connected in our dance experience!

Sunday

Playfully Exploring Empathy with Trevor

Can we practice empathy? In this active workshop we will use techniques and terminology from the Art of Clown to create characters that push our boundaries. Theatrical play is the tool, and the content is a structured representation of your life! In the Art of Clown, we believe that we relate to one another through the characters that we construct with our demeanor, sounds and movements.

Facilitator Bio

Trevor has studied the development of empathy from several angles. As a boy he would sneak away from home in the middle of the night, bicycle all over East Vancouver and then sneak back into bed before daylight. Intrigued by people and urban poverty, he eventually became an accredited Child and Youth Care Counselor and has worked in the field for the last 11 years.

Yoga and Meditation with Aspen

Aspen is a certified yoga instructor by Semperviva, and has been practicing yoga since 2008 picking up a myriad of techniques along the way. They have experience in Hatha, Vijnana, Vinyasa, Yin, Kripalu, laughter yoga, and Kundalini yoga. Aspen also draws a lot of inspiration from insight meditation. Come join Aspen in a yoga-meditation blend, which will nourish your tissues, calm your mind, open your heart, and rediscover your ever present eternal flame.

Science and Spirituality with Amir

We will start with exploring the foundation of science and the structure based on which its various fields are related. We will then look into the mathematical foundations that our scientific understanding is based on, and with this perspective, we will revisit spiritual phenomenon such as spirit and energy.

Facilitator Bio

Amir Niroumand, PhD, is a systems engineer, fuel cell scientist, and social entrepreneur. He has lived in three continents and has experienced many cultures and mystic traditions. Combining this with his scientific perspective and systems understanding, he offers a unique framework to benefit from both scientific and spiritual practices.

Workshops

Reintegration of Mind, Body, and Soul with Jane

Have you ever wondered why you don't achieve the peace of mind, success and happiness you want? Many of us have had transformative experiences, either through spiritual awakening or personal growth, or through plant medicines, in which we thought from that point forward, our lives would change positively forever! Yet when life went back to some of the same old addictive, negative patterns, we were devastated? Learn the secrets to avoiding pitfalls and achieving life-long happiness in this growth and peace producing workshop!

Dream Journeywork with Jan

An introductory workshop to dream journeywork, with a focus on meeting your inner spirit guide or animal and self healing. Dreamwork is an ancient technique used in Eastern Cherokee traditional culture for answering questions, guidance, healing, forgiveness, self knowledge, wisdom, motivation, connection to the universe and great Sprit, growing in love and exploring the collective unconscious. It is simple to begin and holds potential for true transformation. It is natural, gentle and does not involve any use of entheogenic substances. Ultimately, it helps us embrace our own humanity, live life to the fullest and love more truly.

Facilitator Bio

Jan is a practitioner from the lineage of 'Crows Nest' centre for Shamanism, which is based in Eastern Cherokee traditional culture and Western Psychology.

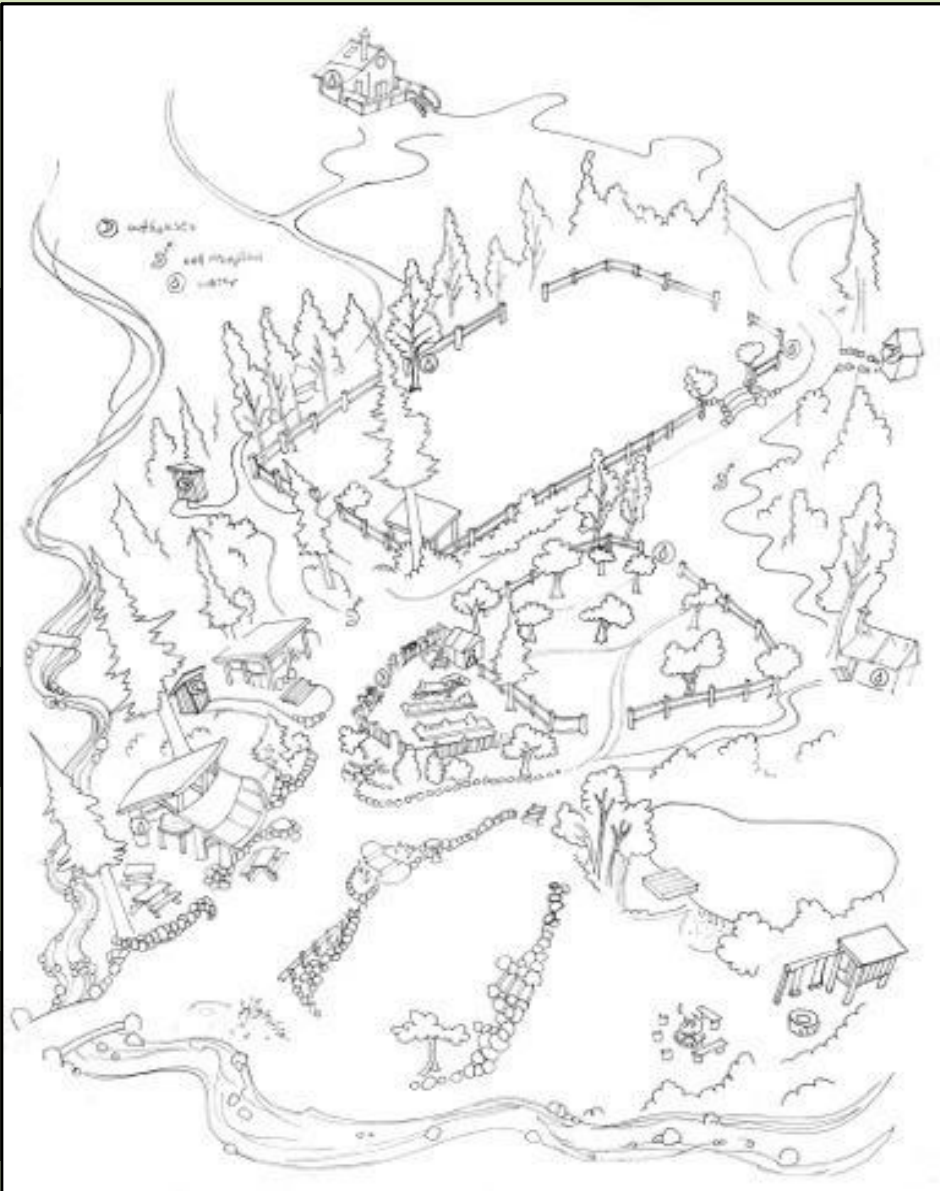
Hula Hoop Flow with Lola

Those big, plastic rings that make people of all ages smile... Come learn some moves or add to your repertoire. I will adjust the lesson to the level of the students. We can work on on-body and off-body moves, hand hooping, jump-throughs, tosses and more!

Facilitator Bio

Lola got bitten by the hooping bug in 2007 after years of interest in dance, movement and object manipulation. Her focus is on movements that can be combined with flow and used to express oneself through dance. She enjoys sharing the hoop love with others.

Crystal Creek Campsite



Closing Circle

The official closing of our container and a chance to integrate our experiences of the past days. Join us Sunday to say goodbye to Intention 16.5!

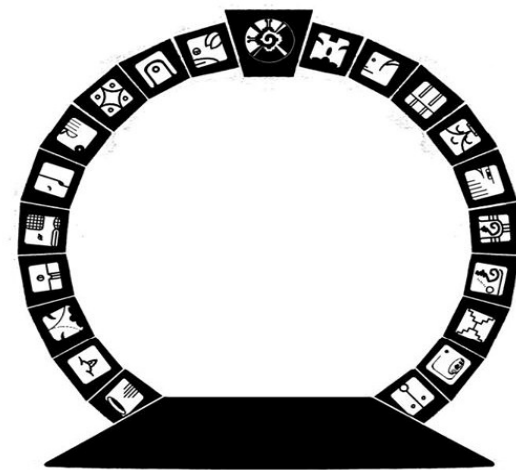
Teardown

On the last day, please help teardown the stage, deco, and other common spaces, and clear your camping area of garbage. Let's leave Crystal Creek better than we found it!

The Stargate

It is believed to be a piece of technology that permits interstellar travel, allowing beings instantaneous travel through light years, to points connected by the Stargate network. There are those that believe that Stargates exist and that this technology is real.

THE STARGATE



ENTER THE PORTAL