

# 35th Annual WOMEN & SPIRITUALITY CONFERENCE

Join us on Facebook <https://www.facebook.com/womenandspirit>

This year, our 35th Annual Conference (October 2016) will be the final conference held on Minnesota State University, Mankato's campus. This conference will continue and be held in Rochester, MN.

The Women and Spirituality Conference was born in 1981 with the purpose to provide a supportive and nurturing setting for a dialogue of caring and mutual respect between and among people from many spiritual and religious traditions. The conference does not advocate or exclude any view and continues to foster an understanding and celebration of similarities and differences. May we continue to aid one another on our individual and communal spiritual journeys.

## 2016 Keynote Speaker



The keynote speaker this year is **Daisy Hernández**, who is the coeditor of the anthology, *Colonize This! Young Women of Color on Today's Feminism*. Of the book, Rebecca Walker has said: "These young women pick up where foremothers Audre Lorde and Gloria Anzaldúa left off." Hernández is also the author of the memoir, *A Cup of Water Under My Bed*. Raised in the Catholic church and in a family of immigrant Catholics, Hernández writes and speaks about the intersections of faith, feminism, and progressive politics. She's the former editor of *ColorLines*, a newsmagazine on race, politics and the arts, and her writing has appeared in the *New York Times*, *Ms. Magazine*, *the National Catholic Reporter*, *Bitch* magazine, *In These Times*, and also on NPR's. She's very proud that conservative commentators Bill O'Reilly and Juan Williams have accused her of "injecting race" into the news. Her magazine feature, "Becoming a Black Man," on the multiple obstacles that transgender people of color face in transitioning was nominated for a GLAAD media award. Hernández received her B.A. in English from William Paterson University in New Jersey, an M.A. in Journalism and Caribbean and Latin American Studies from New York University, and an MFA in creative writing from the University of Miami. This year, she will be the Kenan Visiting Writer at the University of North Carolina in Chapel Hill. Author and feminist, Daisy Hernández discusses writing at the intersections of immigration, LGBT issues, and faith, and how intimate stories shape political narratives.

## Schedule

### Saturday, October 22, 2016

8:00	Vendor's open
9:00 - 10:30	Registration-CSU 2nd Floor
10:30 - 11:00	Opening Celebration, Announcements/Welcome-CSU Ballroom
11:00 - 12:30	Keynote / Book signing-CSU Ballroom
12:30 - 1:30	Lunch (on your own) Vendor Browsing
1:00	Reg. table Meet new conf. coordinator, Terri Allred
1:30 - 3:00	Session I / Vendor Browsing
4:00 - 5:30	Session II / Vendor Browsing
5:30 - 7:00	Vendor Browsing
5:30	Reg. table Meet new conf. coordinator, Terri Allred
6:00	Dinner (advance reservations required)
7:30	Informal drumming in CSU 245

### Sunday, October 23, 2016

8:30	Vendors/Conference Site Opens
9:00 - 10:30	Session III / Vendor Browsing
11:30 - 1:00	Session IV / Vendor Browsing
1:15	Closing Celebration-CSU Ballroom Vendor Browsing until 3:00 P.M.

For a list of area restaurants,  
pick up list at the registration table.

View program at:  
<http://sbs.mnsu.edu/women/>

## The 2016 Planning Committee:

**Amy Anderson**,  
Coordinator & Course Instructor  
**Cindy Veldhuisen**,  
Business Manager  
**Maria Bevacqua**,  
Chair of Gender and  
Women's Studies  
**Maureen Skelly**,  
Opening/Closing Ceremonies

PLEASE BRING THIS PROGRAM WITH YOU TO THE CONFERENCE . . . ADDITIONAL COPIES WILL COST \$1.00 EACH



MINNESOTA STATE UNIVERSITY MANKATO

**WHAT TO DO WHEN YOU FAIL:  
MAKING LEMONADE FROM SOUR LEMONS**

Pennington Hall 102

Movement/dance/discussion-based

This workshop is for anyone who has felt like a failure at one or more times in their life. Failure is inevitable and part of a process of growing and evolving. We'll go over some strategies to get you back on your game after setbacks. This is an insightful, empowering, and reflective process that integrates Kundalini Yoga and engaging activities.

**Laura Adrian** is a Twin Cities based inspiration who helps people unlock their potential and discover new ways of happier and healthier living as a Kundalini Yoga teacher and healer.

**THE WAY WE TALK CAN CHANGE THE WAY WE LIVE**

Armstrong Hall 213

Discussion-based

The way we talk can change how we see, understand, and live life. It can change how we see ourselves and others, and how we hear, know, and feel what is said. Saying what is so without *blame or judgment, should or should not, pressure or want*, can free us to be who and how we are. How you say what you mean can alter how you live it and how others accept who you are. As people change how they talk of themselves, life and others our lives can open and soften and deepen and strengthen. Expect to feel the difference as you listen and are listened to with gentle self-compassion.

**Carol Anderson** left a 30-year career as a university educator when something deep within called to be heard and followed, and has been on a deep and surprising spiritual journey to find and live the truth within ever since. She is finding and living her truth out loud in a way that inspires and guides others to find and live their own truth as an inspirational speaker, teacher, and facilitator with *Finding Your Way in the Second Half of Life*.

**DEVELOPING YOUR INTUITION**

Student Union 202

Experiential/Child-Friendly

For the novice to the professional, find or continue developing your own intuitive guidance with some easy, fun exercises that quickly connect you to your inner knowing. Discover new techniques in telepathy, precognition, remote viewing, and mediumship. Be your own psychic!

**Mary Elizabeth Beim** is a practicing intuitive, yoga and pilates instructor, astrologer, attorney, and native Minnesotan. Learn more at [www.mindbodyintegration.com](http://www.mindbodyintegration.com).

**CAREGIVERS: SELF-ADVOCACY TO AVOID CO-DEPENDENCY***(also offered in Session II)*

Morris Hall 210

Formal paper/story-telling/discussion-based/round table

Caregivers and their cousin, support people, offer critical care, compelling compassion, and trust-building conversations. The trap for these angels is taking upon themselves the issues of their loved ones with Bipolar Disorder. Doing so compromises the caregiver's ability to self-advocate in order to manage their life without guilt or shame. Self-advocacy under these demanding times requires reflection, decisions, spiritual strength, and dependable self-esteem. All is possible, all produces loving care. Come and learn enhanced self-esteem and be enriched.

**Kay Bernard** has earned two Master's Degrees and a Doctorate. She wrote her thesis on Bipolar Disorder and Spirituality. In 1991, she received

her diagnosis of Bipolar Disorder. Using both her diagnosis and thesis, she offers lectures, workshops, presentations to companies, non-profits, and people in the bipolar community. In 2016, she authored a book based on the major issues uplifted in her work: hope, healing, and spirituality.

**BREATHE, STRETCH, AND DANCE***(also offered in Session III)*

Highland North 225

Movement/dance

Learn helpful tools to help deepen your breath, expand your capacity to relax, and create inner peace. Learn gentle, three-dimensional movements that enhance flexibility and range of movement. Explore the joy of honoring your body through belly dance. Enjoy the wonderful freedom of expressing yourself through dance. Wear comfortable clothes you can move in. Bring a scarf to tie on your hips. Includes standing, sitting, and lying on the floor.

**Bonnie Berquam** is a BreathLogic™ trainer, a certified Wallace Method™ practitioner, and a belly dancer. She has taught stretching and performed dance in the Twin Cities for 12+ years. She is committed to peace, play, and joyful creative self-expression.

**Karen Fulton** is a certified yoga teacher who helps people explore and discover the power of their breath.

**FEMINIST SPIRITUALITY AND SOCIAL CHANGE:****A PERSONAL JOURNEY FROM THE 1970'S TO 2016**

Student Union 204

Power point/discussion-based/child-friendly

Spirituality is inherently political and historical. Women's spirituality requires a deep critique of patriarchy and patriarchal history. The result can be profound individual and cultural change. The use of rituals and social justice actions has strengthened resistance in our communities. Terri Hawthorne presents an overview of the history of the struggles of U.S. suffragists and contemporary feminists with religion and will share images from her research and participation in national women's spirituality communities, conferences, and social justice actions including: Episcopal ordination 1974 and Catholic Women's ordination 1971-2016, Women Church 1985 & 1993, the Mankato Women's Spirituality Conference 1981-2016, Re-Imagining 1994, Goddess conferences 1976 - 1996, and Unitarian Universalist Women's Curriculum - Cakes for the Queen of Heaven and Rise Up and Call Her Name 1994. Includes images from artist Judy Chicago's Dinner Party.

**Terri Berthiaume Hawthorne**, educator, author, and media producer. She has a M.S. in Women's Studies, Minnesota State University at Mankato, taught Women's Studies as an adjunct graduate faculty at the University of Minnesota, and for the MN State University system from 1988-2006. She was honored as a co-founder of the Mankato Spirituality Conference in 2006. She is a long time media producer and community activist, and co-author of *Stars In Your Bones*, and *The Many Faces of the Great Mother*. In 2015 she co-chaired the MN Women's International League for Peace and Justice "Women Creating Art for Peace and Justice: 20 Years of Collaborations Exhibition celebrating the 100th Anniversary of WILPF," and the video documentary of this event. Terri is the matriarch in a family of 25.

**Diane Berthiaume Brown** is a presenter and attendee of 25+ Spirituality Conferences. She is an educator, writing consultant for K-12 Assessments, and works with adults with developmental disabilities for St. Paul schools. She is the co-author and illustrator of *Many Faces of the Great Mother*, and favorite aunt of many.

**CELEBRATE YOUR BIRTH WITH THE ENERGIES OF THE PLANETS***(also offered in Session III)*

Student Union 255

Experiential

We will recreate the energy of participants' birth charts through the power of ceremony, astro-drama, and the Drumming Astrologer Power Deck®2014. You will learn about the signs, planets, houses, aspects, and synthesis by participating in the ceremony. Bring your natal chart or birth data (birthdate, time of birth, and place). We will have a drawing to determine whose charts will be celebrated. Everyone will have an important part to play.

**Sally Blumenfeld** is an astrological counselor, teacher, writer, creator of the Drumming Astrologer Power Deck®2014, and a student of astrology for over 35 years.

**LIVING YOUR PURPOSE***(also offered in Session III)*

Student Union 203

Experiential/discussion-based

This workshop is based on the bestselling book, *The Passion Test: The Effortless Path to Your Life's Purpose*, written by Janet Bray Attwood and Chris Attwood. This simple, yet powerful system is known as the #1 process being used all over the world to help people discover and live their passions. Statistics show that only 20% of working Americans are living their passions. The others are simply going through the motions, rather than living a life of joy and purpose. The Passion Test is a systematic process for helping people discover their passions and true calling in life.

**LuAnn Buechler** has a Master's Degree in Hospitality Administration. She is an author, speaker, and transformational trainer. LuAnn is certified by Janet and Chris Attwood as a Certified Facilitator of the Passion Test and Passion Test for business, and has over 10 years of experience working with individual and businesses with this methodology.

**ARCHAEOLOGY FROM NEOLITHIC MALTA TO MODERN POLAND: APPREHENDING THE MATERIAL AND SPIRITUAL REALITIES OF ANCIENT AND PRESENT-DAY CULTURES***(also offered in Session III)*

Armstrong Hall 211

Formal Paper

Was a Goddess worshipped in ancient Malta? Were women pre-eminent in Neolithic Catal Huyuk? What was the purpose of the great stone monuments built by the Neolithic peoples of the British Isles? Why has the Black Madonna of Czestochowa been so deeply venerated in Poland? This workshop looks at the methodology of archaeology, the worldview of its founder, Marija Gimbutas, and how archaeology can provide possible and probable answers to the questions posed above.

**Joan M. Cichon**, a retired history professor and reference librarian, has her PhD in Women's Spirituality from the California Institute of Integral Studies. Her areas of interest are archaeology, matriarchal studies, and the role of women and Goddess in Bronze Age Crete. She is currently training in Glastonbury, England with Kathy Jones to become a Priestess of Avalon.

**PLANT SPIRIT MEDICINE***(also offered in Session IV)*

Armstrong Hall 222

Experiential

Come celebrate the wisdom of the plants that grow around us. We will

begin by singing, forming a circle, and celebrating the wisdom of the plants. An introduction to herbal infusions and the importance of the nourishing herbs will be offered. Participants will have the opportunity to sip herbal infusion, as well as learn usual and unusual applications for common plants. You will leave inspired to connect or reconnect with the green world.

**Linda Conroy** is an herbalist practicing the Wise Woman Tradition. She has had the honor of working with plants and women for over two decades.

**A WOMAN'S WORTH IN THE WORLD***(also offered in Session III)*

Armstrong Hall 233

Formal paper/discussion-based/singing/chanting/experiential/

Power point

We will cover how women define their worth and find new ways to acknowledge and honor your own value. It is interactive and will provide tools for you to use in the future. The purpose of this workshop is to help women learn to better value themselves.

**Judy Coughlin** has been teaching yoga and meditation since 2007 and is a 200-hour trained yoga teacher and wellness coach. She has a degree in Psychology and minor in Women's Studies. In addition to owning her own business, she teaches fitness at several locations including an Eating Disorder Clinic. Judy has also published several articles in the Edge Magazine.

**SACRED TRANSFORMATIONAL MUSIC***(also offered in Session III)*

Morris Hall 102

Experiential

Come and experience music as a vibrational medicine. Crystal bowls and acoustic instruments are combined to create relaxation, stillness, and energy flow. This allows for greater brain wave activity to reprogram past injuries and bring healing to the physical, emotional, mental, and spiritual aspects of our being.

**Rahbi Crawford** holds two Master's Degrees in Music, plus six years of advanced study with professional conducting organizations and two levels of sound healing study with Fabien Maman in the south of France. Besides Rahbi's extensive musical skills and training, she brings to her music the benefit of her own emotional healing and spiritual depth.

**SACRED SOUNDS FOR HEALING AND BALANCE**

Student Union 245

Experiential/instrumental

Our bodies can be considered like an orchestra. When any part of our body is "out of tune," it creates disharmony with the rest of the orchestra, our body. Using traditional Tibetan Singing Bowls and Ting-Shad, we can begin to bring balance back to ourselves and others.

**Frank DiCristina** is a Lineage Teacher from the Atma Buti (Soul Medicine) sound and Vibrational School. This healing comes through the traditional clan knowledge practiced in the Himalayas. In addition, Frank has trained with multiple mentors and has travel to Nepal to further his training in this field. He is a certified Building Biologist, Reiki/Healing Touch Practitioner, Natural Crystal Way Practitioner, Ordained Minister, as well as a Dowser.

**PLEASURE AS SPIRITUAL PRACTICE***(also offered in session II)*

Armstrong Hall 202

Discussion-based/Power point/guided meditation

Can the luscious taste of your favorite foods, the stunning beauty of your most treasured place on earth, the intoxicating sound of music that touches your soul, and the lovely smell of your favorite scent lead you into a deeper understanding of Spirit? Sensual pleasure approached with awareness can deeply connect you to the Divine within the without. Learn to use your senses as sacred guides to a blissful oneness with Cosmic Consciousness.

**Gracia Gimse McKinley (Swami Vidyanda)** is ordained in the Kriya Yoga lineage and the co-founder of MySpirit Community in Northfield, MN.

**HOW TO PLAY THE NATIVE AMERICAN FLUTE**

Morris Hall 211

Experiential/instrumental/child-friendly over age 9 with adult

Come learn the basics of how to play simple meditative melodies on the Native American flute. It is one of the easiest instruments to play and you do not need prior musical training to benefit from this class. The flute is a very soulful instrument taught by a Music Therapist, so it is a non-intimidating learning environment. We will also cover some of the therapeutic benefits of the amazing instrument. You will be given a loaner flute with a plastic tube to use in class.

**Janalea Hoffman** is known as a pioneer in the music therapy field and is owner/founder of THYTHMIC MEDICINE, a music therapy based company. She has published a book and 15 therapeutic music CD's and also teaches the Native flute and the therapeutic aspects of the soulful instrument.

**BECOMING CONSCIOUS: ACCESSING AND HEALING THE UNCONSCIOUS THROUGH TOUCH – THE IMPORTANCE OF HUMAN CONNECTION AS A HEALING TOOL FOR EVOLUTION***(also offered in session IV)*

Student Union 201

Experiential

Are you interested in becoming more conscious, especially of the unconscious patterns that run your life? Are you interested in emotional mindfulness in the embodied self? Besides fight/flight and freeze, there is a whole physiological system in the body which facilitates human connection, bonding, calm, nourishment, restoration, peace and healing. Gentle bodywork stimulates this connection of the body, mind, spirit and the emotions, and taps the hormones of love, peace and connection hard wired into human beings. The explosion of research in neuroscience confirms the importance of touch and contact for human development and wellbeing, for regulating our emotions and our physiology. This workshop will demonstrate how gentle touch, like Rosen Method Bodywork, can stimulate this powerful healing system in the body, using receptive touch and verbal dialogue to assist people in opening to long forgotten experience and emotions, and to release unconscious limiting beliefs. It is intended to benefit those from all walks of life who want greater physical and emotional aliveness, for those who wish to learn to become more at ease with their own emotions, or emotions in others.

**Dorothea Hrossowyc**, MA, member RMPA and ABMP, is a Rosen Method Bodywork teacher and practitioner in Northfield, Lakeville and Rochester. Trained with Marion Rosen in Berkeley, CA, she is also trained in Hakomi Body Psychotherapy, Sensorimotor Psychotherapy for Trauma, Development and Attachment Issues, and in Self Leadership Transformational Counseling. She has practiced mind/body/emotional healing for over 15 years.

**LOVING YOURSELF THROUGH SPIRIT**

Armstrong Hall 214

Discussion-based

When we learn how to love ourselves as we are, unconditionally, we create a life that is filled with joy, purpose, and fulfillment. When the outer world reflects chaos, we need to pause, connect into our highest power, and remember the true nature of our being. Living life from this perspective requires letting go of the cords that bind us to our past and to old wounds that prevent us from experiencing our full potential. The first step is to identify the limiting beliefs you are plugged into. Once you are able to unplug and tap into your divine self, you can take back your personal power, find inner peace, and begin to reflect divine love to the whole world. This workshop will introduce tools to help you connect with your higher self in your everyday life. You will discover the source of your truth and light.

**Julie Lynn Joyce** is a world-renowned psychic, spiritual empowerment mentor, speaker, author, Advanced Reiki practitioner, and holistic health coach. Her business is Pathways to Peace LLC. Julie Lynn helps guide clients towards self-love, self-worth, and self-confidence. Providing tools needed to step away from limiting beliefs, she helps individuals create new thoughts and energetic patterns that are reflections of their highest self.

**UNDERSTANDING THE UNIVERSE USING MAYAN SPIRITUALITY***(also offered in Session IV)*

Armstrong Hall 205

Story-telling

Are you looking to learn a new way of spirituality, and have an open mind to view the universe and our planet as the ancients did it? Come learn a historical overview of the origin of the Mayan calendar and different cultures involved in the beginning, learn historical parallels to other cultures in the world, and how the Mayan calendar influenced development of a society and culture. Learn how to reconnect with your own ancestral energies in the universe.

**Gina Miranda Kingsley** was trained by a shaman many decades ago in the Mayan calendar. She graduated as a computer programmer and analyst, and has had some studies of Mayan archaeology from St. Paul Hamline University. She was an adviser to the MN science museum in the Mayan exhibit 2013, "Maya Hidden Worlds Revealed," which has been a success in Denver, CO, Boston, MA, San Diego, CA, and is currently in San Antonio, TX. Gina is the author of "A Matter of Chulel," "Un Asunto del Alma," and "Lost Knowledge of the Mayan Calendar," and has been offering seminars in different universities around Minnesota.

**THE POWER OF PURPOSE IN A NEW PARADIGM WORLD**

Armstrong Hall 208

Experiential/discussion-based

Come and learn about the connection between living your highest purpose and helping create heaven on Earth. You will learn that understanding your purpose allows one to: a) live from your deepest authenticity; b) move into your unique place in the Sacred Circle; and, c) share your soul's gifts with the world. You will be taken through a purpose hunting exercise together evidence of symbolic patterns that are powerful indicators of purpose.

**Gayle Klauser** is a trained True Purpose®Coach. She has led workshops and facilitated groups on a wide range of topics relating to spirituality and the evolution of human consciousness for over 30 years. She loves leading people in creating their place in the New Paradigm..

**FREE AT LAST! NOW WHAT?**

Armstrong Hall 217

Discussion-based

This workshop will explore the need for purpose and direction for those who are retired, at loose ends, or at a crossroads in their lives. We will focus on questions intended to assist with lending direction to how life will be lived with purpose, meaning, and contribution.

**Rachel Kosmitis** is a spiritual seeker who has been "retired" for much of her adult life. She enjoys sharing experiences she has had, knowledge she has gained with others, and learning from them, too.

**THE SPIRITUALITY BEHIND SPECTACULAR SUCCESS**

Morris Hall 209

Discussion-based

Twenty-eight religions, philosophies, and moral/ethical systems include versions of the Golden Rule in their teachings. This universal emphasis means that spirituality is an inner experience expressed through worldly relationships. The spirituality behind spectacular success results from three ingredients: the relationship you have with yourself, creating success for others, and passing power to others. Real world examples show how to use the spiritual ingredients to create spectacular personal and professional success.

**Paula M. Kramer** is a professional speaker, author, and documentary filmmaker.

**MEET YOUR INNER GODDESS**

Armstrong Hall 216

Experiential/class/presentation

Meet and get acquainted with your inner Goddess through a guided meditation, awakening the inner power of your Goddess. Discern when you are receiving messages from your Goddess. There will be an opportunity to journal about your experience after the meditation, and then the chance for a psychic Q&A to present clarity to the meditation.

**Karen McNamara** has been a spiritual counselor for over 10 years. Her passion is to help people on their sacred path. She is a Psychic/Medium, also certified in the art of energy healing, as well as trained in guided meditation, life coaching, and counseling. Karen became an ordained minister in April of 2012.

**FRAME DRUM AND RITUAL**

Armstrong Hall 231

Ritual/worship/instrumental/drumming

Do you want to learn Middle Eastern frame drum and explore using this drum to create rituals? Come learn four basic drum strokes on the Tar, practice walking and dancing with these drums, and create a ritual together.

**Linda Melcher** studied drumming/facilitation with Michael Kiley and Christine Stevens.

**Rachel Nelson** studied with Layne Redmond and taught at Women's Drum Center.

Both Linda and Rachel are certified HealthRHYTHMS facilitators. Minnesota State Arts Board has funded four long-term drum circle residencies conducted by Drum Superior.

**INTRODUCTION TO HEALING STONES**

Morris Hall 208

Discussion-based

You do not have to be a geologist to use healing stones in everyday life. Come see the basics for using stones for healing and other uses. Find out how to keep your stones cleared and clean. There will be stones to see and handle.

**Bonnie Pothoff** has collected and worked with stones and pendulums for over 25 years, she makes healing jewelry, pendulums, stone grids, and wands. She also uses pendulums in her Reiki practice and classes, as well as her Intuitive Reading Sessions. Bonnie teaches classes and workshops on all of these.

**Ann Drennen** uses healing stones when making her jewelry, and enjoys doing seminars and workshops about healing stones.

**MOTHERING YOURSELF**

*(also offered in Session II)*

Student Union 253

Experiential/movement

Whether you had a nurturing mother or not, you can open to new levels of self-care and nurturing yourself into feelings of wholeness and enhanced self-love. Nurture your body through foot massage, acupuncture, reflexology, and qigong. Rewrite your personal story to include more self-love and forgiveness. In a guided meditation, allow the Divine Feminine in you to support and heal you with grace, ease, and joy.

**Leah Skurdal** offers classes, workshops, Intuitive Massage and Energy Healing through her business, Mastery in the Art of Living, located in Lino Lakes, MN. Leah has been teaching classes and practicing Body-Soul Movement, meditation and bodywork for over 20 years.

**MOVEMENT TO HIGHER CONSCIOUSNESS - CODES AND KEYS OF THE 12 KINGDOMS**

*(also offered in Session II)*

Armstrong Hall 209

Experiential/discussion-based/Power point/computer-based

We are created as an integrated kingdom of energy and frequency with all - plants, animals, the universe, angels, light beings, etc. Learn how the 12 Kingdoms assist us in our transformation, understanding and to elevations to higher consciousness that open us to our intuitive states and inner healing powers.

**Laurie Wondra**, Shaman, psychic medium, and corporate IT executive, has known of her abilities to channel loved ones, angels, and energies of the universe since second grade. She is a gifted healer, author, teacher, and a local speaker, having spoken and taught around the globe.

## SESSION II

**STOP STRESS BEFORE IT STARTS:****HOW TO STAY CENTERED IN STICKY SITUATIONS**

Pennington Hall 102

Movement/dance/discussion-based

Ever find yourself feeling bogged down by a negative person or situation? While we can't always control whom we interact with, we can influence how we relate to the experience. In this workshop you will learn tools and practices to help you stay centered when those around you may not be. This interactive workshop weaves together yoga, reflection, and discussion to help you become unaffected by those around you and stay in your power.

**Laura Adrian** is a Twin Cities based inspiration who helps people unlock their potential and discover new ways of happier and healthier living as a Kundalini Yoga teacher and healer.

**BEING WHO YOU ARE HERE TO BE**

Armstrong Hall 213

Discussion-based

What if you knew that you were here on this earth to be just and only who you are? Not who you were taught to be, not who you want to be, not who you think you should be, just who you are. Not to be like anyone else. That being who you are to be may not require trying or even effort, but rather getting out of your own way and having courage. And what if you did not even need to know who or what that is but just to be her. Explore with others how you might find your way to be who you are here to be.

**Carol Anderson** left a 30-year career as a university educator when something deep within called to be heard and followed, and has been on a deep and surprising spiritual journey to find and live the truth within ever since. She is finding and living her truth out loud in a way that inspires and guides others to find and live their own truth as an inspirational speaker, teacher, and facilitator with *Finding Your Way in the Second Half of Life*.

**COMMUNICATING WITH YOUR GUARDIAN ANGELS**

Morris Hall 209

Experiential/discussion-based

Guardian Angels are God's messengers. These divine helpers nurture, protect, and guide us. They help to transform our thought patterns and inspire us to reach our full potential. By learning to connect with your angels, you can experience a greater sense of oneness with God and all things. When you learn the simple techniques of divine communication, you will experience joy, peace, confidence, and a greater sense of purpose connectedness. This workshop will introduce simple techniques that will help you open your centers of awareness to make contact with your angels and receive inspirational messages, answers to your questions and solutions to life's problems. You will discover your angel's name and receive a written message from your guardian angel.

**Diane Anderson** is an instructor in Medical Education in the Mayo Clinic College of Medicine, Rochester, MN. She is a healing arts practitioner and teacher whose practice includes Reiki, Energy Medicine, shamanic healing, and holistic health coaching.

**THE POWER OF YOUR HEART***(also offered in Session III)*

Morris Hall 103

Story-telling/computer-based/Power point

We have created a gap in our society that has convinced us there are

only two ways to heal yourself. This gap feeds into desperation when those two options don't work for you, especially when you are the guardian to non-human animal. Rachel Augusta explains what the gap is and shares her journey in discovering it and how it can be overcome by harnessing the energy within. You will walk away understanding the science behind energy work, the power within your own body and the depth of bond between a woman and her cat.

**Rachel Augusta** is a motivational speaker, Healing Touch practitioner for all animals (humans included!), Reiki Master, teacher, and mentor.

**CAREGIVERS: SELF-ADVOCACY TO AVOID CO-DEPENDENCY***(also offered in Session I)*

Morris Hall 210

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Caregivers and their cousin, support people, offer critical care, compelling compassion, and trust-building conversations. The trap for these angels is taking upon themselves the issues of their loved ones with Bipolar Disorder. Doing so compromises the caregiver's ability to self-advocate in order to manage their life without guilt or shame. Self-advocacy under these demanding times requires reflection, decisions, spiritual strength, and dependable self-esteem. All is possible, all produces loving care. Come and learn enhanced self-esteem and be enriched.

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**LIVING YOUR PURPOSE***(also offered in Session I)*

Student Union 203

Experiential/discussion-based

This workshop is based on the bestselling book, *The Passion Test: The Effortless Path to Your Life's Purpose*, written by Janet Bray Attwood and Chris Attwood. This simple, yet powerful system is known as the #1 process being used all over the world to help people discover and live their passions. Statistics show that only 20% of working Americans are living their passions. The others are simply going through the motions, rather than living a life of joy and purpose. The Passion Test is a systematic process for helping people discover their passions and true calling in life.

**LuAnn Buechler** has a Master's Degree in Hospitality Administration. She is an author, speaker, and transformational trainer. LuAnn is certified by Janet and Chris Attwood as a Certified Facilitator of the Passion Test and Passion Test for business, and has over 10 years of experience working with individual and businesses with this methodology.

**SENDING AND RECEIVING BLESSINGS***(also offered in Session IV)*

Student Union 202

Experiential

The Witch's power to Bless is one of her most beautiful powers. In this workshop we will talk about the magical tradition of sending blessings. We will explore different types of blessings that we can send, and we will practice techniques for sending blessings to loved ones

and to each other. This is an introductory level and hands on class. It will include some meditative techniques, visualizations, and information about hand mudras used in blessings; all are welcome.

**Anne Marie Chastain** has led classes and workshops in various topics related to the craft and energetic environments in the Indianapolis and Chicagoland areas, primarily through two ongoing weekly study groups in Indianapolis. To date, she has presented over 100 two-hour classes on a variety of topics, including 13 that have explored background and techniques in the practice of sending energy and blessings to other people.

### SACRED TRANSFORMATIONAL MUSIC

*(also offered in Session I)*

Morris Hall 102

Experiential

Come and experience music as a vibrational medicine. Crystal bowls and acoustic instruments are combined to create relaxation, stillness, and energy flow. This allows for greater brain wave activity to reprogram past injuries and bring healing to the physical, emotional, mental, and spiritual aspects of our being.

**Rahbi Crawford** holds two Master's Degrees in Music, plus six years of advanced study with professional conducting organizations and two levels of sound healing study with Fabien Maman in the south of France. Besides Rahbi's extensive musical skills and training, she brings to her music the benefit of her own emotional healing and spiritual depth.

### PLEASURE AS SPIRITUAL PRACTICE

*(also offered in Session I)*

Armstrong Hall 202

Discussion-based/Power point/guided meditation

Can the luscious taste of your favorite foods, the stunning beauty of your most treasured place on earth, the intoxicating sound of music that touches your soul, and the lovely smell of your favorite scent lead you into a deeper understanding of Spirit? Sensual pleasure approached with awareness can deeply connect you to the Divine within the without. Learn to use your senses as sacred guides to a blissful oneness with Cosmic Consciousness.

**Gracia Gimse McKinley (Swami Vidyandanda)** is ordained in the Kriya Yoga lineage and the co-founder of MySpirit Community in Northfield, MN.

### MUSIC AND YOUR BRAIN – A POWERFUL WELLNESS TOOL

Morris Hall 211

Experiential

Come learn the different ways your brain responds to music. You will also learn how music affects our immune system, how different rhythms can be used to help manage body rhythms, and how you can use music as a wellness tool for better health. Experience how your body responds to different musical selections and learn how to listen more actively for better health. We will also cover music to help alleviate pain.

**Janalea Hoffman** is known as a pioneer in the music therapy field and is owner/founder of THYTHMIC MEDICINE, a music therapy based company. She has published a book and 15 therapeutic music CD's and received an award from a large hospital for her innovative work with music and medicine.

### THE HEALING ART OF SACRED SOUND

Student Union 255

Experiential/child-friendly/singing/chanting

Sound as a healing art has become more and more popular in today's world. Rightly so, as its powerful vibrations can produce unbelievable results for both those creating it, and those simply sharing the space. When sound moves through out mouth, throat, and lungs, our brain and heart are stimulated and filled with cellular vibration. Current research shows that chanting induces relaxation by lowering the heart rate and slowing the breath. This workshop will utilize mantras from Yoga, Buddhism, and Goddess traditions to settle our heart, mind, entrain our breathing and heartbeats to each other, and to weave our voices into a beautiful tapestry of sound in a warm and welcoming community space.

**Nicolle Jensen** is a professional singer, drummer, and yoga teacher. She has trained in different musical styles, and currently teaches and performs Balkan (Turkish, Greek, Bulgarian, etc.) music, as well as Sanskrit and sacred mantras. She was raised in Goddess circles, and is a dedicated practitioner of yoga and meditation.

### FROM SEPARATION TO ONENESS:

#### CREATING THE VISION AND THE ROADMAP

Armstrong Hall 208

Discussion-based/Power point/computer-based/instrumental

This presentation will include an overview of the shift from the Old Paradigm to the New Paradigm, including the general characteristics of each. We will briefly outline humanity's evolutionary journey from the Middle Ages to the current time. Examples will be given of signs that we have entered the New Paradigm. Participants will brainstorm, creating a vision for the New Paradigm, and to create a road map of big and baby steps needed to move into that vision. We will then dance our vision to ground it.

**Gayle Klauer** is a trained True Purpose®Coach. She has led workshops and facilitated groups on a wide range of topics relating to spirituality and the evolution of human consciousness for over 30 years. She loves leading people in creating their place in the New Paradigm.

**John Arnold** is a scientist and researcher, and is interested in climate change and the environment. He has worked for the environment and for animal rights for over 20 years.

### WHO ARE YOU: LABELS

Armstrong Hall 205

Experiential

From the time we are born, we have been "labeled" by others, whether it is positive or negative. Those labels define us as we incorporate that information. They can cover up the spark of the divine. Do these labels add value to our life or detract from it. Sorting out who we truly are from other's labels will offer freedom to become more of our authentic selves.

**Kathleen McDowell**, M.A., is an author and educational speaker about adult survivors of child sexual abuse, the long-term health effects and recovery. She is a consultant with, I've Got a Message!, on family violence, abuse, and recovery education toward finding a life worth living by moving through being stuck in the story.

### LOVING-KINDNESS MEDITATION: THE PRACTICE OF GENTLE FRIENDLINESS

Student Union 245

Experiential

This workshop teaches a 2500-year-old meditation practice that helps us overcome self-dislike and builds proper self-love and self-acceptance. The practice is called "loving-kindness practice" or the practice of "gentle friendliness." It consists of calling down blessings upon others and ourselves. As we grow in self-appreciation, we find ourselves behaving more gently and lovingly toward others. The practice makes us increasingly able to live without fear or hatred of anyone else.

**Mary Jo Meadow** is professor emerita of psychology and religious studies at Minnesota State University, Mankato, where she was actively involved with the Women and Spirituality Conference. She is the author of seven books and many published and presented papers on spiritual practice, teaches meditation worldwide, and has studied meditation techniques in India.

### HAVE YOU ASKED YOUR PENDULUM?

Morris Hall 208

Discussion-based

Come and learn the history of pendulums, types, uses for your pendulum, and how they have been used for centuries. You will learn how to make a basic pendulum and work with it. If you already have one, feel free to bring it.

**Bonnie Potthoff** has collected and worked with stones and pendulums for over 25 years, she makes healing jewelry, pendulums, stone grids, and wands. She also uses pendulums in her Reiki practice and classes, as well as her Intuitive Reading Sessions. Bonnie teaches classes and workshops on all of these.

### AWAKEN THE SHAMAN WITHIN

Highland North 225

Experiential/ritual/worship/instrumental/drumming

"What is it you plan to do with your one wild and precious life?" Shamanic Breathwork™ is a highly transformative process that utilizes the power of the breath, ritual/ceremony, evocative chakra trance music, and integrational art processing. It is an in-body experience, in which you will pay attention to your journey with all your senses. Each journey is different and orchestrated by one's inner wise-one. In this practice we are able to move beyond the ego using breath, to initiate, recover and remember, letting go of self-defeating beliefs, and gain clarity about our soul's purpose, awakening the shaman within. A brief explanation will be followed by ritual ceremony, breathwork experience, and integrational art processing.

**Deblyn Russell** is a Shamanic Breathwork facilitator. Her business, Creative Connectionz, works with the Visual, Performance, and Healing Artz, creating space for transformation through the arts.

**Deb Irestone** is an Ordained Shamanic Minister, Master Shamanic Breathwork facilitator, and founder of Shaman's Heart Spiritual Community in Burnsville, MN

**Lisa Irgens** is a Shamanic Breathwork facilitator and Kundalini Reiki Master. She offers soul embodiment services in Minneapolis, MN.

### MOTHERING YOURSELF

(also offered in Session I)

Student Union 253

Experiential/movement

Whether you had a nurturing mother or not, you can open to new levels of self-care and nurturing yourself into feelings of wholeness and

enhanced self-love. Nurture your body through foot massage, acupuncture, reflexology, and qigong. Rewrite your personal story to include more self-love and forgiveness. In a guided meditation, allow the Divine Feminine in you to support and heal you with grace, ease, and joy.

**Leah Skurdal** offers classes, workshops, Intuitive Massage and Energy Healing through her business, Mastery in the Art of Living, located in Lino Lakes, MN. Leah has been teaching classes and practicing Body-Soul Movement, meditation and bodywork for over 20 years.

### BECOMING PART OF THE EARTH AGAIN

(also offered in Session IV)

Morris Hall 213

Experiential/discussion-based

Humans are deeply connected with the earth and all its other inhabitants. Most of us have lost that connection, threatening life on earth through climate change, war, and violence. This workshop uses imagery, awareness, movement, voice, and the outdoors to help find our way home. We'll close with council process, bringing deepened awareness to our concerns and finding what may have opened up.

**Shodo Spring** is a Zen priest, environmental activist, and the founder of Mountains and Waters Alliance, and leader of the 2013 Compassionate Earth Walk, along the Great Plains KXL route. She is an author, grandmother, and a white woman working with internal decolonization.

### NEW STORIES AND NEW STRATEGIES FOR A JOYFUL NEW EARTH

Student Union 204

Experiential/discussion-based

As we become more aware of climate disruption, many are also focusing on the inter-relatedness of all life and issues when we engage in climate conversations. Join us for a discussion of new stories we can tell that will make a difference in the joy and spiritual connections we experience in our own lives as well as what happens in the world regarding climate solutions, economic revitalization, and social justice. Ideas from the innovative Norwegian psychologist, economist, and environmental strategist, Per Espen Stoknes will be presented.

**Eleanor (Elly) Wagner** is a passionate climate and peace activist, mother, grandmother, lesbian crone, audiologist, writer, photographer, crafter, gardener, and folk singer. She is co-chair of the Green Team at Lyndale United Church of Christ, active in Grandmothers for Peace, the Minnesota Herb Society, Citizens' Climate Lobby, has presented workshops at the Women and Spirituality conference on different topics, and lives in Edina, MN with her cat Thelma.

### MOVEMENT TO HIGHER CONSCIOUSNESS - CODES AND KEYS OF THE 12 KINGDOMS

(also offered in Session I)

Armstrong Hall 209

Experiential/discussion-based/Power point/computer-based

We are created as an integrated kingdom of energy and frequency with all - plants, animals, the universe, angels, light beings, etc. Learn how the 12 Kingdoms assist us in our transformation, understanding and to elevations to higher consciousness that open us to our intuitive states and inner healing powers.

**Laurie Wondra**, Shaman, psychic medium, and corporate IT executive, has known of her abilities to channel loved ones, angels, and energies of the universe since second grade. She is a gifted healer, author, teacher, and a local speaker, having spoken and taught around the globe.



## SESSION III

**MEDITATIVE MOVEMENT**

Student Union 253

Movement/dance

Center your body and mind in order to create the optimal conditions for dance. Release your body's natural energy through this series of movements and combinations designed to awaken your inner goddess. Celebrate your body, the uniqueness of your movement, and the energy that motivates you.

We will activate each Chakra with music and movement leaving you centered, grounded, and refreshed.

**Terri Allred** is the owner of Third Eye Tribal and Belly Dance Business Academy. She will begin coordinating the Women and Spirituality Conference after this year's conference. She is also a professional belly dancer.

**FINDING THE LEADER IN YOU**

Armstrong Hall 213

Discussion-based

Some of us are leaders by title or position or role. Most of us are leaders in many ways without even realizing it. A leader impacts change. Authentic leadership comes from within. Knowing the leader in you allows you to bring forward that in you which leads. Explore the leader in you. Find how you might tap into the leadership within and bring the leader in you into your work, love and life. Expect to listen and be listened to with gentle acceptance and self-compassion as you explore your ways of leading.

**Carol Anderson** left a 30-year career as a university educator when something deep within called to be heard and followed, and has been on a deep and surprising spiritual journey to find and live the truth within ever since. She is finding and living her truth out loud in a way that inspires and guides others to find and live their own truth as an inspirational speaker, teacher, and facilitator with Finding Your Way in the Second Half of Life.

**TAROT READING**

Morris Hall 209

Experiential/discussion-based

Experience the wonder of being able to read Tarot cards in this hands-on class. Attendees will be introduced to the Tarot and practice how to do simple readings. Please bring your own Tarot cards.

**Monika Antonelli** has over 25 years of experience and loves to share the mystery of the Tarot with others.

**Deb Sullens** has been a student of the Tarot for many years.

**THE POWER OF YOUR HEART***(also offered in Session II)*

Morris Hall 103

Story-telling/computer-based/Power point

We have created a gap in our society that has convinced us there are only two ways to heal yourself. This gap feeds into desperation when those two options don't work for you, especially when you are the guardian to non-human animal. Rachel Augusta explains what the gap is and shares her journey in discovering it and how it can be overcome by harnessing the energy within. You will walk away understanding the science behind energy work, the power within your own body and the depth of bond between a woman and her cat.

**Rachel Augusta** is a motivational speaker, Healing Touch practitioner for all animals (humans included!), Reiki Master, teacher, and mentor.

**BREATHE, STRETCH, AND DANCE***(also offered in Session I)*

Highland North 225

Movement/dance

Learn helpful tools to help deepen your breath, expand your capacity to relax, and create inner peace. Learn gentle, three-dimensional movements that enhance flexibility and range of movement. Explore the joy of honoring your body through belly dance. Enjoy the wonderful freedom of expressing yourself through dance. Wear comfortable clothes you can move in. Bring a scarf to tie on your hips. Includes standing, sitting, and lying on the floor.

**Bonnie Berquam** is a BreathLogic™ trainer, a certified Wallace Method™ practitioner, and a belly dancer. She has taught stretching and performed dance in the Twin Cities for 12+ years. She is committed to peace, play, and joyful creative self-expression.

**Karen Fulton** is a certified yoga teacher who helps people explore and discover the power of their breath.

**IN GRATITUDE: SHARING OUR STORIES OF THE 35 YEARS OF THE MANKATO WOMEN'S SPIRITUALITY CONFERENCE**

Student Union 204

Interactive discussion/child-friendly.

Since 1981 women from all 50 states have gathered at Minnesota State University at Mankato for the Mankato Women's Spirituality Conference. This interactive workshop will give conference participants a chance to tell some of their 35 years of stories, memories, poems, and photographs in 3 to 5 minute segments – depending on the size of the group. Drawing materials will be provided at the session during the timed Go-Round discussion. Plan to leave your prepared materials or send to [terrihawthorne@comcast.net](mailto:terrihawthorne@comcast.net). This session will be videotaped and added to the conference archives. Hawthorne will collect materials from those who are unable to attend the 2016 conference and who wish to participate in this project. Please have materials archive ready. We have amazing memories and stories. What are yours? Stories of personal transformation and healing; The Mankato young "Amazons" who trained for non-violent protection the first year Starhawk gave the keynote; Jane from Alaska who times her MN vacations to coincide with the conference; Staci, three weeks old being held by Meridel LeSueur, the conference's oldest keynoter; The 1995 Mankato conference that continued the 1995 UN 4th World Conference on Women held in Beijing China – complete with artwork, altars and workshops.

**Terri Berthiaume Hawthorne**, educator, author, and media producer. She has a M.S. in Women's Studies, Minnesota State University at Mankato, taught Women's Studies as an adjunct graduate faculty at the University of Minnesota, and for the MN State University system from 1988-2006. She was honored as a co-founder of the Mankato Spirituality Conference in 2006. She is a long time media producer and community activist, and co-author of *Stars In Your Bones*, and *The Many Faces of the Great Mother*. In 2015 she co-chaired the MN Women's International League for Peace and Justice "Women Creating Art for Peace and Justice: 20 Years of Collaborations Exhibition celebrating the 100th Anniversary of WILPF," and the video documentary of this event. Terri is the matriarch in a family of 25.

**DAILY PRACTICE SUCKS**

Student Union 201

Discussion-based/experiential

Daily Practice is recommended not only for most spiritual practices but also for exercise, weight loss, habit changing, and other growth processes. Some people excel, for the rest of us Daily Practice Sucks. Let's talk about ways to succeed when Daily Practice doesn't come naturally.

**Lisa Spiral Besnett** is an author, public speaker, and minister. She is launching a new book this fall about Daily Practice. Her experiences with weight issues, cancer, mobility, and disability issues, as well as her spiritual training, give her a broad perspective on the appeal and the struggle with Daily Practice. She blogs weekly on [wordpress-lisaspiral.com](http://wordpress-lisaspiral.com)

**CELEBRATE YOUR BIRTH WITH THE ENERGIES OF THE PLANETS***(also offered in Session I)*

Student Union 255

Experiential

We will recreate the energy of participants' birth charts through the power of ceremony, astro-drama, and the Drumming Astrologer Power Deck®2014. You will learn about the signs, planets, houses, aspects, and synthesis by participating in the ceremony. Bring your natal chart or birth data (birthdate, time of birth, and place). We will have a drawing to determine whose charts will be celebrated. Everyone will have an important part to play.

**Sally Blumenfeld** is an astrological counselor, teacher, writer, creator of the Drumming Astrologer Power Deck®2014, and a student of astrology for over 35 years.

**ARCHAEOLOGY FROM NEOLITHIC MALTA TO MODERN POLAND: APPREHENDING THE MATERIAL AND SPIRITUAL REALITIES OF ANCIENT AND PRESENT-DAY CULTURES***(also offered in Session I)*

Armstrong Hall 211

Formal Paper

Was a Goddess worshipped in ancient Malta? Were women pre-eminent in Neolithic Catal Huyuk? What was the purpose of the great stone monuments built by the Neolithic peoples of the British Isles? Why has the Black Madonna of Czestochowa been so deeply venerated in Poland? This workshop looks at the methodology of archaeomythology, the worldview of its founder, Marija Gimbutas, and how archaeomythology can provide possible and probable answers to the questions posed above.

**Joan M. Cichon**, a retired history professor and reference librarian, has her PhD in Women's Spirituality from the California Institute of Integral Studies. Her areas of interest are archaeomythology, matriarchal studies, and the role of women and Goddess in Bronze Age Crete. She is currently training in Glastonbury, England with Kathy Jones to become a Priestess of Avalon.

**A WOMAN'S WORTH IN THE WORLD***(also offered in Session III)*

Armstrong Hall 233

Formal paper/discussion-based/singing/chanting/experiential/Power point

We will cover how women define their worth and find new ways to acknowledge and honor your own value. It is interactive and will provide tools for you to use in the future. The purpose of this workshop is to help women learn to better value themselves.

**Judy Coughlin** has been teaching yoga and meditation since 2007 and is a 200-hour trained yoga teacher and wellness coach. She has a degree in Psychology and minor in Women's Studies. In addition to owning her own business, she teaches fitness at several locations including an Eating Disorder Clinic. Judy has also published several articles in the Edge Magazine.

**ANCIENT WISDOM, MODERN THERAPY: CALLING ON THE MEDICINE OF LAS ABUELAS***(also offered in Session IV)*

Morris Hall 208

Speaking/meditation/breath-work

Come and experience calls on the wisdom from our Latina grandmothers (Abuelas) and integrate the power of their medicine and wisdom and learn how to apply it in the modern world. In addition, it speaks to the power we have to heal our lineage for the women that have come before us and the women that come after us.

**Christine Gutierrez** has a Master's Degree in Mental Health Counseling, is a therapist, author, emotional empowerment coach, and speaker. She combines ancient wisdom with modern therapy and her core focus is guiding people to own their worth and live their truth.

**RELEASING ENERGY FOR SPIRITUAL EMPOWERMENT THROUGH RITUAL**

Armstrong Hall 217

Discussion-based

We will revisit ritual from a spiritual, rather than religious/cultural perspective. Ritual will be discussed as it pertains to assisting in transforming energy in order to change our story. We will reframe our idea and perception of ritual and learn how ritual can assist in changing our story, whatever it might be.

**Rachel Kosmitis** is a spiritual seeker who engages in rituals of many kinds (including Native American), and creates her own. She enjoys sharing experiences she has had surrounding rituals, the knowledge she has gained from them with others, and learning from them, too.

**BLAMING, SHAMING, JUDGING, GUILT AND MAKING EXCUSES: SPIRITUAL ROADBLOCKS**

Armstrong Hall 205

Discussion-based/experiential

Blame, shame, guilt, judgment, and excuses keep us from moving forward to a deeper spiritual connection and compassion. Redirecting and reclaiming this energy, we can use this to connect with our goals and with other people. By recognizing and understanding how these roadblocks affect us, we can begin to move past them to live our lives more fully in present time.

**Kathleen McDowell, M.A.**, is an author and educational speaker about adult survivors of child sexual abuse, the long-term health effects and recovery. She is a consultant with, I've Got a Message!, on family violence, abuse, and recovery education toward finding a life worth living by moving through being stuck in the story.

**GET THE HELL OUT: BEYOND THE GOD OF SHAME***(also offered in Session IV)*

Morris Hall 102

Power point/discussion-based

The Judeo-Christian Bible is littered with images of God that promote a culture of shame. Adherents embrace these images and then struggle with depression, disconnection, and self-loathing – a crippling separation from Self and Spirit. This workshop outlines the problem and provides a specific practice for moving beyond these images, collectively personified as the "God of Shame." The goal is a revised conception of the Divine that attunes us to Spirit and allows our essential, original goodness to shine in the world.

**T McKinley** is an interfaith minister, teacher, and author of both a critically praised memoir, *Boy in the Ivy* (2013), and the upcoming, *Get the Hell Out: Beyond the God of Shame* (Fall 2016). With Gracia Gimse McKinley (Swami Vidyandanda), he is the co-founder of MySpirit Community, a spiritual center in Northfield, Minnesota, and offers workshops on shame and spiritual healing around the country.

**DRUMMING IN THE FEMININE**

Armstrong Hall 231

Ritual/worship/instrumental/drumming

Explore three aspects of the feminine: Maiden, Mother, and Crone. We will invoke each of these feminine archetypes using frame drums known as Tars. We will drum together, calling in each archetype. Through listening and drumming together, we will discover ways that each archetype exists within aspects of ourselves.

**Linda Melcher** studied drumming/facilitation with Michael Kiley and Christine Stevens.

**Rachel Nelson** studied with Layne Redmond and taught at Women's Drum Center.

Both Linda and Rachel are certified HealthRHYTHMS facilitators. Minnesota State Arts Board funding enabled them to facilitate four long-term drum circle residencies in 2012-13 and 2016.

**MOVING FROM CRITICISM TO COMPASSION***(also offered in Session IV)*

Armstrong Hall 209

Experiential

This workshop will explore and uncover the mechanisms that keep criticism in place in our lives, which in turn, keep us from true compassion. Via teaching and exercises, we will find ways to work with the inner critic and create more compassion in our lives, both with ourselves and others.

**Katy Taylor** is a Holistic Life Coach who partners with people who want to wake up, dive deep, and craft a soulful, mindful, and embodied life so that they can experience more ease, passion, and joy.

**ARE YOU A PSYCHIC SPONGE?**

Armstrong Hall 225

Discussion-based

Do you find yourself exhausted by merely being around some people or find that some relationships seem to drain the energy right from you? How do you know what feelings/energy is yours and what feelings may not be yours? Psychic sponges often feel emotions and they are not sure why. They may suddenly feel sad for no apparent reason. Or they may feel very happy and then upon entering a room or being among a group of people their mood dramatically shifts. You could be an empath and not even know it yet. This class is for those empathic people who feel the energy of those around them and it effects their everyday life. We will discuss the importance of understanding how to be an empath without letting it drain or effect you in a negative way. This is a fun interactive class that could change your life for the better!

**Inga Ulmer** is a Reiki Master and Shamanic healer. She enjoys giving energy healing and intuitive insight to both people and animals and is the owner of Hippie Dog. Inga had started a group called Soul Friends Healing, which has now transitioned, but Inga continues the work of that group on her own.

**ENGAGING INTUITION**

Student Union 202

Discussion-based

Learn to open yourself to a world that in truth is all yours! Want to know how to turn on your psychic ability and tune out when you desire? Desire to gain a unique, no effort way to "protect" yourself when working with reading energy? Then join us, as it's your chance to ask the burning questions you've had about how reading energy works. Time permitting, we'll talk about the guide realm.

**Amy Cerny Vasterling** is a teacher, public speaker, knitter, cross country skier, cyclist, oil painter, writer, and self-taught reader. She has spent her entire life through observation studying human behavior, which has amply translated to creating in her a powerful clairvoyant.

**HENNA BODY ART**

Morris Hall 211

Art

This workshop focuses on beautiful art of Mehndi (henna). Henna is explained and what it will do for the skin and hair. You will learn how to mix up henna to make a smooth paste for body art application. You will learn how to do simple designs and the application of it. You will be given supplies to use on each other.

**Amy Wilde** (Castle Art & Import) has been importing henna since 1997. She is well versed in the henna arts and has taken many seminars and classes for henna. Amy is certified via International Certification for Natural Henna Arts. She has also been doing henna at local fairs and festivals.

**SOUL KITCHEN**

Pennington Hall 102

Movement/dance

The purpose of this workshop is to encourage women to explore at a deeper level all the ways one is nourished: movement, connection, creativity, mindfulness, rich engagement with the world, as well as food. Participants will be guided through a chakra-based body scan, guided breath work, and gentle yoga postures to encourage appreciation for the body and all five senses. No previous experience with yoga is required. There will be a group discussion on diverse ways to nourish the body, mind, and spirit. Participants create their own personalized "recipe" for self-care, based on the discussion and body-based experiences in class. There will be chocolate meditation, using the pillars of mindfulness described in Thich nhat Hahn's teaching. You will leave with a "recipe" guide with a meal meditation, self-care practices, and two delicious, decadent and nutrient-dense chocolate recipes.

**Michelle Wilson** is a certified holistic health counselor, certified yoga instructor, certified Food and Spirit™ practitioner, a Reiki and Healing Touch practitioner, certified worksite wellness specialist (National Wellness Institute), and completed a nine month Ayurvedic intensive. Her functional nutrition practice is Radiant Wellness Solutions, where she supports people in finding more freedom, ease, and joy in how they eat, move, and live.

**SEEKING SOMATIC SELF***(also offered in Session IV)*

Student Union 245

Experiential/energy work

Finding and reconnecting to Somatic, Spiritual, Self; done via energy work, affirmations, meditation, and self-reflection. Come and work via energy and other techniques to identify potential areas of attention and focus. We will then proceed to work on identified areas.

**Lisa Wright** is a national board certified licensed massage therapist and energy practitioner with a focus on reconnecting Somatic, i.e. emotional and spiritual to physical self.

**Cathie Steinhoff** has over 30 years of healing and holistic experience. She's a Reiki Master as well as a Massage Therapist.

## SESSION IV

**HONORING LOSSES TO FIND LOVE AND JOY**

Armstrong Hall 213

Discussion-based

In every life there is loss, change, sorrow, grief, pain, fear, and weakness. Acknowledging this enables us to find our way into the grace that lies hidden within the sorrow. Join with a group of others finding our ways to grace, joy, love, compassion, and more...to the vitality, emotion, and intimacy hidden beneath unexpressed grief. Expect to listen and be listened to in gentle self-compassion as we open to the vitality within each emotion and explore whatever emerges to be heard, said, felt, and acknowledged.

**Carol Anderson** left a 30-year career as a university educator when something deep within called to be heard and followed, and has been on a deep and surprising spiritual journey to find and live the truth within ever since. She is finding and living her truth out loud in a way that inspires and guides others to find and live their own truth as an inspirational speaker, teacher, and facilitator with *Finding Your Way in the Second Half of Life*.

**RITUAL SONGS WITH MOVEMENT**

Pennington Hall 102

Singing/chanting/movement/dance/ritual/worship/instrumental/drumming/child-friendly

Come sing and dance! We'll co-create a ritual with songs you can MOVE to. There will be joyous dancing and drumming. Bring a song to share – if it isn't already set to movement, we'll see what the group can add. All levels of singing and/or movement abilities are welcome.

**Katie Cashel (Treewommon)** is the mother of Emily Cashel (Shooting Star), and is a Wiccan priestess in her community. They circle with Spiderwimmin in St. Paul, MN. She is also an attorney in her mundane life.

**Emily Cashel (Shooting Star)** is a maiden who has been coming to the conference every year of her life and has twice participated in the opening and closing ceremonies with her mother and friends.

**SENDING AND RECEIVING BLESSINGS***(also offered in Session II)*

Student Union 202

Experiential

The Witch's power to Bless is one of her most beautiful powers. In this workshop we will talk about the magical tradition of sending blessings. We will explore different types of blessings that we can send, and we will practice techniques for sending blessings to loved ones and to each other. This is an introductory level and hands on class. It will include some meditative techniques, visualizations, and information about hand mudras used in blessings; all are welcome.

**Anne Marie Chastain** has led classes and workshops in various topics related to the craft and energetic environments in the Indianapolis and Chicagoland areas, primarily through two ongoing weekly study groups in Indianapolis. To date, she has presented over 100 two-hour classes on a variety of topics, including 13 that have explored background and techniques in the practice of sending energy and blessings to other people.

**PLANT SPIRIT MEDICINE***(also offered in Session I)*

Armstrong Hall 222

Experiential

Come celebrate the wisdom of the plants that grow around us. We will begin by singing, forming a circle, and celebrating the wisdom of the plants. An introduction to herbal infusions and the importance of the nourishing herbs will be offered. Participants will have the opportunity to sip herbal infusion, as well as learn usual and unusual applications for common plants. You will leave inspired to connect or reconnect with the green world.

**Linda Conroy** is an herbalist practicing the Wise Woman Tradition. She has had the honor of working with plants and women for over two decades.

**ANCIENT WISDOM, MODERN THERAPY:  
CALLING ON THE MEDICINE OF LAS ABUELAS***(also offered in Session III)*

Morris Hall 208

Speaking/meditation/breath-work

Come and experience calls on the wisdom from our Latina grandmothers (Abuelas) and integrate the power of their medicine and wisdom and learn how to apply it in the modern world. In addition, it speaks to the power we have to heal our lineage for the women that have come before us and the women that come after us.

**Christine Gutierrez** has a Master's Degree in Mental Health Counseling, is a therapist, author, emotional empowerment coach, and speaker. She combines ancient wisdom with modern therapy and her core focus is guiding people to own their worth and live their truth.

**PRACTICAL SPIRITUALITY FOR BEGINNERS**

Student Union 204

Power point/computer-based

Spirituality is a practice in living life. It involves consistent connection to one's sense of God/dess as well as being grounded in our 3d lives. You will be provided information and tools to aid you in developing a spiritual practice. This is geared toward those who are new to spirituality.

**Rev. Jessica Hebert** is an ordained interfaith minister and shaman. She provides intuitive counseling services and Reiki to the greater Mankato area through her business Intu Tarot and Wellness.

**BECOMING CONSCIOUS: ACCESSING AND HEALING THE  
UNCONSCIOUS THROUGH TOUCH – THE IMPORTANCE OF HUMAN  
CONNECTION AS A HEALING TOOL FOR EVOLUTION***(also offered in Session I)*

Student Union 201

Experiential

Are you interested in becoming more conscious, especially of the unconscious patterns that run your life? Are you interested in emotional mindfulness in the embodied self? Besides fight/flight and freeze, there is a whole physiological system in the body which facilitates human connection, bonding, calm, nourishment, restoration, peace and healing. Gentle bodywork stimulates this connection of the body, mind, spirit and the emotions, and taps the hormones of love, peace and connection hard wired into human beings. The explosion of research in neuroscience confirms the importance of touch and contact for human development and wellbeing, for regulating our emotions and our physiology. This workshop will demonstrate how gentle touch, like Rosen Method Bodywork, can stimulate this powerful healing system in the body, using

receptive touch and verbal dialogue to assist people in opening to long forgotten experience and emotions, and to release unconscious limiting beliefs. It is intended to benefit those from all walks of life who want greater physical and emotional aliveness, for those who wish to learn to become more at ease with their own emotions, or emotions in others.

**Dorothea Hrossowyc**, MA, member RMPA and ABMP, is a Rosen Method Bodywork teacher and practitioner in Northfield, Lakeville and Rochester. Trained with Marion Rosen in Berkeley, CA, she is also trained in Hakomi Body Psychotherapy, Sensorimotor Psychotherapy for Trauma, Development and Attachment Issues, and in Self Leadership Transformational Counseling. She has practiced mind/body/emotional healing for over 15 years.

### EXPLORING THE FIVE WISDOM ENERGIES

Student Union 255

Experiential/discussion-based/movement

Also known as the "Buddha families," the five wisdom energies are the basis of the five colors of the Tibetan prayer flags seen so frequently in today's world, and a fundamental teaching of Tibetan Buddhist psychology. We will use music, movement, objects, activities, affirmations, and brief *maitri* (loving kindness) meditations to explore these energies in a playful and relaxed environment. We will discuss the way these different wisdom energies manifest in our day-to-day lives, and how we might bring balance to our system through recognizing and utilizing the different energies, cultivating stability and balance in our mind and body.

**Nicolle Jensen** began studying Buddhism and meditation as a part of her yoga teacher training in 2007. As a lover of the various systems humans use to understand themselves and each other – astrology, tarot, Ayurvedic doshas, love languages, etc., Nicolle was drawn to the teaching on the five Buddha families as soon as she encountered them. She has engaged with the teaching via books, workshops, study groups, and focused retreats.

### UNDERSTANDING THE UNIVERSE USING MAYAN SPIRITUALITY

(also offered in Session I)

Armstrong Hall 205

Story-telling

Are you looking to learn a new way of spirituality, and have an open mind to view the universe and our planet as the ancients did it? Come learn a historical overview of the origin of the Mayan calendar and different cultures involved in the beginning, learn historical parallels to other cultures in the world, and how the Mayan calendar influenced development of a society and culture. Learn how to reconnect with your own ancestral energies in the universe.

**Gina Miranda Kingsley** was trained by a shaman many decades ago in the Mayan calendar. She graduated as a computer programmer and analyst, and has had some studies of Mayan archaeology from St. Paul Hamline University. She was an adviser to the MN science museum in the Mayan exhibit 2013, "Maya Hidden Worlds Revealed," which has been a success in Denver, CO, Boston, MA, San Diego, CA, and is currently in San Antonio, TX. Gina is the author of "A Matter of Chulel," "Un Asunto del Alma," and "Lost Knowledge of the Mayan Calendar," and has been offering seminars in different universities around Minnesota.

### FEELING, SEEING, AND PSYCHICALLY READING AURAS

Morris Hall 209

Experiential

The first step in developing psychic skills is to pay attention, and auras are an easy and fun way to begin paying attention. Auras are colorful electromagnetic energy fields that surround us as individuals and as groups. Paying attention to your aura can get you started on identifying your psychic skills and help you take advantage of everything the psychic realm has to offer. Individual experiences during the workshop will vary.

**Paula M. Kramer** is a lifelong psychic and has written a book about developing psychic skills.

### EMBRACING OUR STORIES

Morris Hall 210

Experiential/computer-based/Power point

Stories have long been a vehicle for sharing human interactions; remembering histories, processing emotions, teaching lessons, instructing, guiding, giving hope, and being a witness to life events. Many times the stories we hear are those from children's books, well-known authors, historians, and houses of faith. The messages are powerful and can illicit change. Personal narratives are the stories that belong to each of us, and are just as powerful and meaningful. This workshop explores the power of our own stories; how they can empower us and help us connect with our unique spiritual self.

**Lisbeth Leagjeld** is a Minnesota native and Mankato State College graduate who attended school during the Vietnam War and in the midst of the women's movement. Now a doctoral student in Counselor Education, she has been a clinical therapist for several years, working in women's shelters, inner city jails, and Native reservations. Lisbeth identifies as a grandmother, mother, sister, and friend.

### GET THE HELL OUT: BEYOND THE GOD OF SHAME

(also offered in Session III)

Morris Hall 102

Power point/discussion-based

The Judeo-Christian Bible is littered with images of God that promote a culture of shame. Adherents embrace these images and then struggle with depression, disconnection, and self-loathing – a crippling separation from Self and Spirit. This workshop outlines the problem and provides a specific practice for moving beyond these images, collectively personified as the "God of Shame." The goal is a revised conception of the Divine that attunes us to Spirit and allows our essential, original goodness to shine in the world.

**T McKinley** is an interfaith minister, teacher, and author of both a critically praised memoir, *Boy in the Ivy* (2013), and the upcoming, *Get the Hell Out: Beyond the God of Shame* (Fall 2016). With Gracia Gimse McKinley (Swami Vidyananda), he is the co-founder of MySpirit Community, a spiritual center in Northfield, Minnesota, and offers workshops on shame and spiritual healing around the country.

**MEET YOUR INNER MASCULINE**

Armstrong Hall 216

Experiential/class/presentation

Meet and get acquainted with your inner masculine through a guided meditation, awakening your inner power. Discern when you are receiving messages from your masculine. There will be an opportunity to journal about your experience after the meditation, and then the chance for a psychic Q&A to present clarity to the meditation.

**Karen McNamara** has been a spiritual counselor for over 10 years. Her passion is to help people on their sacred path. She is a Psychic/Medium, also certified in the art of energy healing, as well as trained in guided meditation, life coaching, and counseling. Karen became an ordained minister in April of 2012.

**CATHOLIC WOMEN PRIESTS: LESSONS LEARNED**

Morris Hall 103

Documentary film/discussion-based

Watch the award-winning documentary, *Pink Smoke Over the Vatican*, by Jules Hart, which outlines the history leading to Catholic bishops ordaining seven women as priests in 2002. Join in a discussion of the value of women asserting equality when it is officially denied.

**Marty Meyer-Gad** was ordained a Catholic priest in 2010 after working in Catholic schools, parishes, hospitals, and for the Archdiocese of Detroit and Chicago. Her memoir, *Seventy-Four Cents*, discloses her ambivalence about ordination.

**WHEN IT DON'T WORK NO MORE...**

Student Union 203

Discussion-based

What have you done on your spiritual path (or propose to do) "when it don't work no more;" when what has been a foundational truth in your life no longer gives comfort, support, or nourishes your soul? Soul development is an on-going work. Sometimes it takes us out on a limb, over a precipice. We will share some of our stories and support and encourage each other in the difficult and rewarding work of living from our Inner Truth, our Soul.

**Krisztina Potyondy** has a teaching background, has been an associate pastor to an alternative church, been a life-long seeker, is a mystic and crone, and thrives in re-inventing herself. She does psychic and spiritual counseling and holds a Master's Degree in Religious Studies.

**INNER DANCE: A WINDOW TO THE SOUL**

Highland North 225

Experiential/movement/dance/child-friendly

Inner Dance is a movement experiential to help you discover something new and unknown about yourself using the Johari Window as a guide. The plan for our workshop is mostly nonverbal: to move in a large circle, break into small groups, dyads, and then individual reflection and relaxation. We will close with drawing on paper to concretize the experience. Finally we will share our drawing with each other and give a few words of our experience. Come express yourself, nurture, play,

and relax. From Reggae to Classical, move to the music and find the joy of your inner dance, as you deserve this.

**Karen Antons Sindelar** is a graduate from Luther and Antioch University New England, Assistant Professor in Rhetoric, and Director of the Speaking Center at Coe College. She is a licensed massage therapist and a former dance movement therapist. Karen consults nationally on a number of communication issues for native and non-native speakers.

**Sarah Sindelar** is a recent Luther College graduate who studied sociology, biology, and women and gender studies. She is a licensed massage therapist and is looking forward to pursuing a doula certification.

**BECOMING PART OF THE EARTH AGAIN***(also offered in Session II)*

Morris Hall 213

Experiential/discussion-based

Humans are deeply connected with the earth and all its other inhabitants. Most of us have lost that connection, threatening life on earth through climate change, war, and violence. This workshop uses imagery, awareness, movement, voice, and the outdoors to help find our way home. We'll close with council process, bringing deepened awareness to our concerns and finding what may have opened up.

**Shodo Spring** is a Zen priest, environmental activist, and the founder of Mountains and Waters Alliance, and leader of the 2013 Compassionate Earth Walk, along the Great Plains KXL route. She is an author, grandmother, and a white woman working with internal decolonization.

**LIVE 200% OF LIFE**

Armstrong Hall 211

Experiential/discussion-based

How can we live life in the present moment, without the limitations of past experiences to neither color our responses nor the worry of what may happen in the future? There is a system of simple meditative techniques that bring the right and left hemispheres of the brain into coherent function, release stress from the central nervous system, and allow one to achieve full human potential, or 200% of life. This is an introduction only, the techniques themselves are taught in a full week-end workshop and are complimentary to all other religious or spiritual traditions. Come and discover if this is the right path for your continued spiritual growth.

**Rev. Char Tarashanti** is an ordained Interspiritual Minister through One Spirit Interfaith Seminary. She has practiced these techniques for the past 16 years and is now teaching them to others in a weekend workshop called Coherency Training, also known as the Ishaya's Ascension Meditation.

**Dee Relyea** has practiced the Coherency techniques for 12 years and has found many uses for it in her personal and professional life. She is a Life Coach and workshop presenter.

**MOVING FROM CRITICISM TO COMPASSION**

*(also offered in Session III)*

Armstrong Hall 209

Experiential

This workshop will explore and uncover the mechanisms that keep criticism in place in our lives, which in turn, keep us from true compassion. Via teaching and exercises, we will find ways to work with the inner critic and create more compassion in our lives, both with ourselves and others.

**Katy Taylor** is a Holistic Life Coach who partners with people who want to wake up, dive deep, and craft a soulful, mindful, and embodied life so that they can experience more ease, passion, and joy.

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**SEEKING SOMATIC SELF**

*(also offered in Session III)*

Student Union 245

Experiential/energy work

Finding and reconnecting to Somatic, Spiritual, Self; done via energy work, affirmations, meditation, and self-reflection. Come and work via energy and other techniques to identify potential areas of attention and focus. We will then proceed to work on identified areas.

**Lisa Wright** is a national board certified licensed massage therapist and energy practitioner with a focus on reconnecting Somatic, i.e. emotional and spiritual to physical self.

**Cathie Steinhoff** has over 30 years of healing and holistic experience. She's a Reiki Master as well as a Massage Therapist.

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All are welcome to attend a workshop  
at any time during the presentation session.

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**Access to Minnesota State University, Mankato**

**From the North:**

Travel South on Hwy. 169 to Mankato. Take the Riverfront Drive Exit. Turn left onto Riverfront Drive and continue to Stoltzman Road (by Mankato West High School). Turn right on Stoltzman Road and continue until you get to Stadium Road. Turn left onto Stadium Road and continue up the hill. At top of hill turn left and park in any legal parking area.

**From the South:**

Travel North on Hwy. 169 to Mankato. Take Riverfront Drive Exit. Turn right onto Riverfront Drive and continue to Stoltzman Road (by Mankato West High School). Turn right on Stoltzman Road and continue until you get to Stadium Road. Turn left onto Stadium Road and continue up the hill. At top of hill turn left and park in any legal parking area.

**From the East:**

Travel West on Hwy. 14 to Mankato. Take the Hwy. 22 Exit and travel south on Hwy. 22 to Hwy. 83. Turn right at stop lights on Hwy. 83 and continue to Victory Drive. Turn left on Victory Drive and continue to Stadium Road (this will be the first road on the right). Turn right on Stadium Rd. and continue straight until you come to campus at top of Stadium Hill. Turn left and park in any legal parking area.

**From the West:**

Travel East on Hwy. 14 to Hwy. 169 South. Take the Riverfront Drive Exit. Turn left onto Riverfront Drive and continue to Stoltzman Road (by Mankato West High School). Turn right on Stoltzman Road and continue until you get to Stadium Road. Turn left onto Stadium Road and continue up the hill. At top of hill turn left and park in any legal parking area.

See Maps on Pages 16-17

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Main Roadways and Streets to

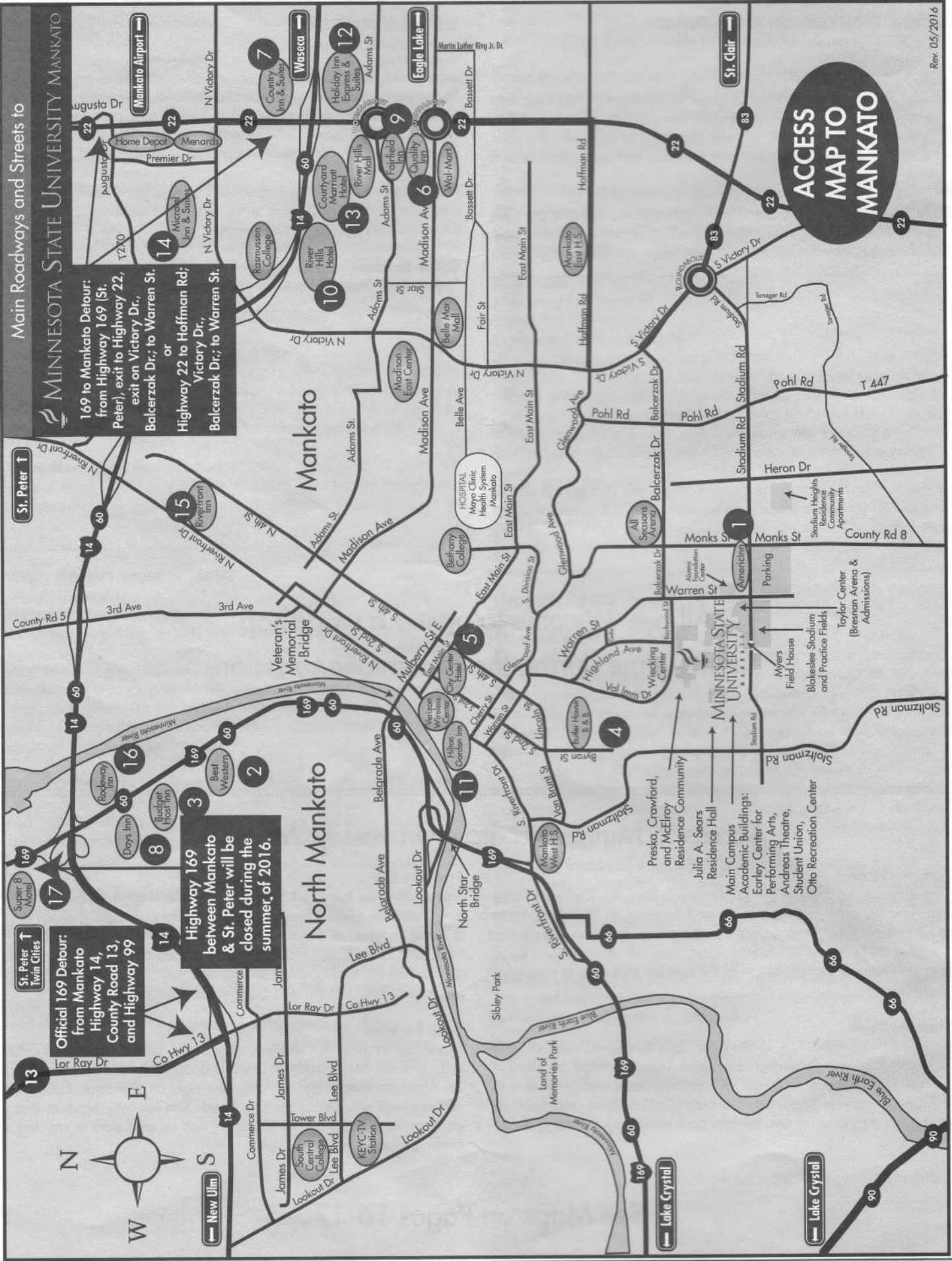
MINNESOTA STATE UNIVERSITY MANKATO

**169 to Mankato Detour:**  
 from Highway 169 (St. Peter), exit to Highway 22, exit on Victory Dr., Balcerzak Dr.; to Warren St.  
 or  
 Highway 22 to Hoffman Rd.; Victory Dr., Balcerzak Dr.; to Warren St.

**Official 169 Detour:**  
 from Mankato Highway 14, County Road 13, and Highway 99

**Highway 169 between Mankato & St. Peter will be closed during the summer of 2016.**

**ACCESS MAP TO MANKATO**





**BUILDING KEY**

AF	Alumni Foundation Center	MF	Myers Field House
AH	Armstrong Hall	ML	Memorial Library
CC	Carlson Commons	NH	Nelson Hall
CR	Crowford Residence Community	PA	Earley Center for Performing Arts
FR	Ford Hall	PH	Pennington Hall
GP	Generator Plant	PS	Margaret R. Preksa Residence Community
HC	Highland Center N	RE	Center of Renewal Energy (CORE)
HN	Highland Center S	SU	Centennial Student Union
JS	Julia A. Sears Residence Community	WA	Wigley Administration Center
MC	McClroy Residence Community	WH	Wissink Hall
TC	Taylor Center	WH	Wissink Hall
TE	Traction Science Center E		
TR	Traction Science Center N		
TS	Traction Science Center S		
UP	Utility Plant		
WC	Wickling Center		

**Contact: "The Campus Hub"**  
 507-389-1866 (V), 800-722-0544 (IV) or 800-627-3529 or 711 (MRS/TTY) www.mnsu.edu

**CAMPUS MAP**



This document is available in alternative format to individuals with disabilities by calling "The Campus Hub" at 507-389-1866 (V), 800-627-3529 or 711 (MRS/TTY).  
 A member of the Minnesota State Colleges and Universities System and an Affirmative Action/Equal Opportunity University. Rev. 07/16

# Conference Information and Services

Past keynote speakers have included: Jeanne Audrey Powers and Alla Bozarth-Campbell, Rita Gross, Maureen Fielder, Rosemary Radford Ruether, Charlotte Black Elk, Valerie Russell, Judith Plaskow, Carter Heyward, Luisa Teish, Neala Schleuning, Carol Ann Russell and Rachel Tilsen, Jean Shinoda Bolen, Karen Warren, Kate Rushin, Mary Daly, Barbara G. Walker, Sister Paula Gonzalez, Leslie Feinberg, Mary Hayes-Grieco, Carol P. Christ, Charlene Spretnak, Vinie Burrows, Shakti Gawain, Marge Piercy, Riane Eisler, Vandana Shiva, Winona LaDuke, Andrea Smith, Starhawk, Layli Maparyan, and Juana Bordas.

**MEALS:** Jazzman's, in the Student Union, will be open on Saturday at 8:30 a.m., and Sunday at 8:00 a.m. The Grille, serving coffee, muffins, sweet bread, bagels, scones and donuts will be open Saturday at 8:30 a.m., and Sunday at 8:00 a.m. There will be a Saturday night buffet at a cost of \$17.00. Please see the Dinner Registration form. Lunch may also be purchased at the Carkoski Commons dorm cafeteria for around \$6 per person. **NO REFUND** of dinner cost after two weeks prior to the conference.

## Saturday Night Evening Dinner Menu – Buffet which includes:

Pastas and sauces  
Vege lasagna  
Tossed Salad  
Breadsticks  
Dessert  
Lemonade, Ice Water, Coffee [decaf]

Gluten Free Meals by special request only – please indicate on your registration form.

**PARKING:** You may park in any lot or other legal locations on Saturday and Sunday. Lots 4, 6, or 4A will be the most convenient. Be aware you may **NOT** park in a Handicapped space without a permit.

**EMERGENCY MESSAGES** can be relayed during the Conference by calling Minnesota State Mankato Security 507-389-2111.

**HOUSING:** Those interested in housing must make their own arrangements. The following is a list of motels in the Mankato area. We advise you to make reservations, if you need them, as soon as possible. We have blocked rooms in the motels with an asterisk (\*). When calling, give them the group number (in parenthesis) or advise them it's for the MNSU Women and Spirituality Conference. See corresponding number on map in back of the program for location in the Mankato area. **Prices may vary.**

- 1) **Americinn Motel & Suites** – 507-345-8011/1-800-634-3444, 240 Stadium Road \$109.99-2 night stay; \$129.99-1 night,
- 2) \* **Best Western Hotel** – 507-625-9333, Hwy. 169 N., \$103.99 one bed, \$113.99 two bed, (W&S)
- 3) **Budget Host Inn** – 507-388-1644, 1255 Range Street, Hwy. 169 N.
- 4) **Butler House Bed & Breakfast** – 507-387-5055, 704 S. Broad Street
- 5) **City Center Hotel** – 507-345-1234/1-800-HOLIDAY, 101 E. Main Street, \$99.00 (Women & Spirit)
- 6) **Comfort Inn** – 507-388-5107/1-800-221-2222, 131 Apache Place
- 7) \* **Country Inns & Suites** – 507-388-8555/1-800-456-4000, 1900 Premier Road \$115.00 (W&S)
- 8) **Days Inn** – 507-387-3332/1-800-325-2525, 1285 Range Street, Hwy. 169 N. \$79.99
- 9) \* **Fairfield Inn** – 507-386-1220, 141 Apache Place \$109.00 (W&S)
- 10) \* **Riverhills Hotel** – 507-388-8688, 1000 Raintree Road \$89.90 (W&S)
- 11) **Hilton Garden Inn** – 507-344-1111, 20 Civic Center Plaza \$89.00 + tax
- 12) **Holiday Inn Express** – 507-388-1880, 2051 Adams Street \$119.99 – 124.99 (Women & Spirit)
- 13) \* **Courtyard Marriott** – 507-345-1234, 901 Raintree Road \$149.00 (W&S)
- 14) \* **Microtel Inn & Suites** – 507-388-2818, 200 St. Andrews Drive \$70.00 – 85.00 (W&S)
- 15) **Riverfront Inn** – 507-388-1638, 1727 N. Riverfront Drive
- 16) \* **Super 8 Motel** – 507-387-4041/1-800-848-8888, Hwy. 169N & 14 Jct. \$78.31 (W&S)

## Surrounding Areas

Americinn - St. Peter 507-931-6554/1-800-634-3444  
Park Row Bed & Breakfast - St. Peter 507-931-2495

## Campgrounds

Point Pleasant - Madison Lake 507-243-3611  
Minneopa State Park 507-389-5464

**SPECIAL SERVICES:** Minnesota State Mankato is wheelchair accessible. Anyone who desires special arrangements during the conference, call us at 507-389-2077 at least 48 hours prior to the conference. A sign interpreter will be provided on request only for the keynote address.

**CHILD CARE**—due to licensing regulations, the conference can no longer offer child care.

**COURSE CREDIT:** Those interested in taking the conference for one (1) credit in Gender & Women's Studies need to be aware that additional required on-line classes will be held **AFTER** the conference and that the **conference registration is reduced** but meals are in addition to the tuition fee for credit. You **MUST** attend the 9:00 am meeting in Student Union 202 on Saturday, October 22nd. To register, fill in the appropriate section on the registration form, and mail a check to our address.

**CONTACT HOURS CERTIFICATE:** Those interested in taking the conference for a "10 contact hours" certificate, cost is \$25. You may send in one check that combines both this and the conference registration fee.

**SCHOLARSHIPS:** If the sliding scale conference registration fee is still prohibitive, we offer the following options:

- Apply for a scholarship for conference registration by contacting us at (507) 389-2077 no later than September 18. Limited funds are available and will be awarded on a first come/first serve basis. We ask that only those who are truly excluded because of the registration fee apply. You must call for prior approval.
- Conference registration scholarships are being set aside for **WOMEN OF COLOR** and will be awarded on a first come/first served basis. To apply, complete and postmark the registration form no later than September 18. Check "Women of Color Scholarship" on your form. You must call for prior approval.
- Note: **These scholarships DO NOT include meals or Minnesota State Mankato tuition. Please note that even if you meet the scholarship application deadline there is no guarantee that we will still have scholarships available. Call early.**

## OTHER INFORMATION:

- Minnesota State Mankato is a chemical-free space. Smoking is **NOT** allowed anywhere on campus or in any Minnesota State Mankato building. Burning of incense and candles violates the non-smoking policy.
- The temperature in conference rooms is not within our control. Rooms tend to be hot... or cold! You may want to dress for hot but be prepared for cold.
- We are not responsible for lost or damaged property. There will be a lost and found site at the registration table.
- **IF YOUR NAME APPEARS TO HAVE A DOUBLE LAST NAME**, we will alphabetize your folder according to the first last name unless otherwise indicated.
- Conference participants should plan to bring pens, paper, art pads, drums, tarot cards, and other materials that might be used in workshops.
- A refund for the dinner ticket and/or conference registration fee is available upon request and will be subject to a \$5.00 handling fee. You must provide your social security number. No refunds allowed two weeks prior to the conference.

## For answers to any questions, call or write:

Women and Spirituality Conference  
Minnesota State University, Mankato  
109 Morris Hall  
Mankato, MN 56001  
507-389-2077 / Fax - 507-389-6377

Email: [veldhc@mnsu.edu](mailto:veldhc@mnsu.edu)

web page: <http://sbs.mnsu.edu/women/>  
then go to Women & Spirituality Program

# REGISTRATION FORM

Currently we do not offer on-line registration or credit card payment.

DO NOT mail this form later than ONE WEEK PRIOR to conference or we may not receive it!

## Walk-ins welcome

Pre-registrations **must be postmarked by October 3.**

Make checks or money orders payable to: MSU or Minnesota State University.

Mail to: Women and Spirituality Conference, Minnesota State University, Mankato, 109 Morris Hall, Mankato, MN 56001.

For more information call 507-389-2077. This form may be duplicated for multiple registrations.

(One person per registration form. Please print neatly or type.)

Name: \_\_\_\_\_  
If double last name, please circle or highlight name you want registration filed under

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_ @ \_\_\_\_\_

Day Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

Please check if this is a change of address.

Please check if not on our mailing list and would like to be.

Please check one: (Confirmation of Registration sent only on request to e-mail address)

### Pre-Registration

- \$60 General (includes keynote)
- \$25 Student at any higher ed institution
- \$10 Student at Minnesota State University, Mankato
- \$35 Minimum income or Senior over 60
- \$15 Ages 9 - 17
- \$ 5 Keynote only (name tag required)
- \$25 - 10 Contact Hours Certificate
- \$17 Saturday night dinner
- General Scholarship\*\*
- Women of Color Scholarship\*\*

### Postmarked after October 3:

- \$65 (includes Late Fee)
- \$30 (includes Late Fee)
- \$15 (includes Late Fee)
- \$40 (includes Late Fee)
- \$20 (includes Late Fee)
- \$ 8 (includes Late Fee)

\*\* PLEASE CALL FOR PRIOR APPROVAL 507-389-2077 (Limited number available)

Total enclosed: \$ \_\_\_\_\_ Registration fee (includes keynote) ck # \_\_\_\_\_  
\$ \_\_\_\_\_ Keynote Only fee  
\$ \_\_\_\_\_ Dinner Saturday \$17 (Check box below for choice)  
\$ \_\_\_\_\_ Contact Hour Certificate (\$25)  
\$ \_\_\_\_\_ Total amount enclosed (Checks payable to MSU)

DINNER REGISTRATION (Deadline October 3) (\$17.00) in CSU lower level \_\_\_\_\_

Saturday Night Dinner Option **OR**  Gluten Free Option

\*\* The scholarships allow for women of color or various economic abilities to attend. A limited number of scholarships are available on a first come/first served basis. See the Conference Information and Services section of this program for details under the heading Scholarships.

Receipts may be picked up at the Registration Table any time during the conference.

### FOR THOSE REGISTERING FOR CREDIT

You must pay the conference registration **fee in addition** to tuition fees or you must be approved for a conference scholarship. Current Minnesota State Mankato students must register on-line. If you have not been accepted to Minnesota State Mankato, you must contact the Office of Admissions 507-389-1822 for an application. This must be processed along with a university admission fee before you can receive credit. After notification of admission acceptance, register on-line.

CONTACT THE CAMPUS HUB at 507-389-1866 FOR SPECIFIC TUITION CHARGES.

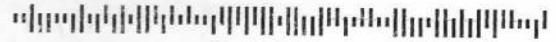
USE OF SCENTS: Please note that we discourage the use of perfumes, colognes, and other scents at the conference so that all who wish to participate may enjoy the weekend. For many people, this is a matter of being able to breathe.

**2017 Conference Dates – September 16 and 17 Rochester, MN – Mayo Civic Center**



WOMEN AND SPIRITUALITY CONFERENCE  
 Minnesota State University, Mankato  
 109 Morris Hall  
 Mankato, MN 56001

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**WOMEN &  
 SPIRITUALITY**

**CONFERENCE**

507-389-2077

**Minnesota State University, Mankato**  
**Saturday and Sunday, October 22 and 23, 2016**  
 Registration and check-in begins Saturday 9:00 A.M.

*"A SHARED LANGUAGE:  
 A Talk on Memoir, Feminism, and Spirituality"*  
 Keynote Speaker: Daisy Hernández

Two days of workshops, discussions, exhibits, dialogue, discovery, and celebration. Scholarships and college credit available.  
 Registration forms and all relevant information are included in this program.

Co-Sponsored by Gender & Women's Studies, College of Social & Behavioral Sciences, Institutional Diversity, and Women's Center

A member of the Minnesota State Colleges and Universities System and an Affirmative Action/Equal Opportunity University.  
 Individuals with a disability who need a reasonable accommodation to participate in this event, please contact the Department of Gender & Women's Studies at 507-389-2077 (V),  
 800-627-3529 or 711 (MRS/TTY) at least five days prior to the event. This document is available in alternative format to individuals with disabilities by calling the above numbers. WMNS01BR0716