

## Friday 23<sup>rd</sup> June 05

PM	Amphitheatre	Hermes room	Athena room	Aphrodite path
5:30 PM	Official opening			
6:30-7:00		<b>Miriam Sultana</b> Positive change through hypnotherapy	<b>Bernardette Degaetano</b> Homeopathy – the art of gentle healing	<b>Francis Aloisio Xavier</b> Dealing with Problems
7:00-7:30				
*7:30-8:00		<b>Nataša Pantović</b> The Divine Wisdom of Goddess Energy	<b>Dada Shivatmananda</b> The Ascent of Kundalini	<b>Godwin Genovese</b> Love – Inner Insight
8:00-8:30				
8:30-9:00		<b>Chris Attard</b> Sacred geometry – the meaning of Form	<b>Renate Bata</b> Healthy eating and cooking	<b>Joseph Meli</b> Pilates Workshop
9:00-9:30	Live Bands			
9:00 PM <b>Live Bands: PARTICLE BLUE &amp; DRIPHT</b>				
*7:30 – 8:30 <b>Sindy Irmscher – Ecological Tour around Ghajn Tuffieha.</b> (Information about plants, habitats, and biodiversity) Meeting Place: At the GAIA Foundation’s Stand				

## Saturday 24<sup>th</sup> June 05

PM	Amphitheatre	Hermes room	Athena room	Aphrodite path
5:30-6:30		<b>Zoya Lu</b> Yoga Nidra	<b>Ananta</b> Songs of the New Dawn	<b>Alfred Difesa</b> Feng Shui
6:30-7:00	<b>Bujinkan</b> Martial Arts	<b>Kay Gretchen</b> Kum Nye relaxation: the appreciation of being	<b>Francis Aloisio Xavier</b> The Artist’s Way	<b>Chris Attard</b> Discover the magic of your mind
7:00 - 7:30	<b>Mike Micallef</b> Tai-chi			
*7:30-8:00	<b>Rosanna Maya</b> Dance	<b>Mike Micallef</b> Tai Chi Chuan – the way to health	<b>Peter B Lloyd</b> The Matrix of Gaia	<b>Karl Camenzuli</b> Zen
8:00-8:30				
8:30-9:00		<b>Annabelle Fleri Soler</b> Hatha Yoga Class	<b>Aba Aziz Makaja</b> Sexuality and Spirituality	
9:00-9:30	Live Bands			
9:00 PM <b>Live Band: CARRA &amp; IVAN FILLETTI</b>				
*7:30 – 8:30 <b>Sindy Irmscher – Ecological Tour around Ghajn Tuffieha.</b> (Information about plants, habitats, and biodiversity) Meeting Place: At the GAIA Foundation’s Stand				

## Sunday 25<sup>th</sup> June 05

PM	Amphitheatre	Hermes room	Athena room	Aphrodite path
<b>5:30-6:30</b>	<b>Ekutambur</b> – percussionist orchestra	<b>Zoya Lu</b>  Hatha Yoga	<b>Josette Attard</b>	
<b>6:30-7:00</b> <b>7:00-7:30</b>	<b>Alison White</b> Dance	<b>Katherine Azzopardi</b>  Food for the Soul	<b>Rita Briffa</b> Reiki: The secret art of inviting happiness and the spiritual medicine for all illness	<b>Erika Brincat</b> Spiritual poetry hour  <b>Marilyn Hodgson</b> Poetry
<b>*7:30-8:00</b> <b>8:00-8:30</b>	<b>David Brient</b> Philipino stick fighting art	<b>Josette Attard</b>  Bodytalk	<b>Tricia Cliff</b> Learning Solutions through conservation and change	<b>Audra Micallef</b>  Dance for life
<b>8:30-9:00</b> <b>9:00-9:30</b>	<b>Live Bands</b>	<b>Clyde Cassar</b> Toxidity of the Products	<b>David Brient</b>  Life Coaching	
<b>9:00 PM</b>	<b>Live Bands: FAKAWI &amp; BEANGROWERS</b>			
<b>*7:30 – 8:30 Sindy Irmscher – Ecological Tour around Ghajn Tuffieha.</b> (Information about plants, habitats, and biodiversity) Meeting Place: At the GAIA Foundation’s Stand				

## List of speakers:



**Aba Aziz Makaja**

**Sexuality and Spirituality**, in our occidental culture and Christian, or maybe more appropriately ecclesiastic, concept of religiousness, are incompatible antipodes: This assumed dualism is deeply seated in the subconscious of the occidental human, i.e. sex belongs in the bedroom, spirituality in the silence of the chosen place of contemplation. For the majority, the thought that the sexuality of the human can also be spiritual is strange – this is because of the ruling sexual morals, but also because of the lack of corresponding experiences.

Makaja on the other hand teaches that "Sexuality is something holy, given by God, something to serve woman and man to live their lives naturally and happily, in order to naturally develop in the direction of an ever greater and vivid life, towards Divine ecstasy and bliss. This, however, is possible only by completely accepting sexuality and by training oneself to become aware of the Divine part of one's sexuality. For there is a part of sexuality which is truly a pure Divine force." With his unique theology of sexuality Makaja also teaches a multitude of techniques and methods, by the means of which the disciple enables him/herself to utilize this force for his/her personal and spiritual development.

Makaja has also won the American "Sexual Intelligence Award" for 2004 for being a "South-Slavic Sexual Enlightener". His chief organization *Komaja Foundation for the Promotion of the Physical and Psychical Health* (Switzerland) is a member of the World Association for Sexual Health (WAS).

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### **Alison White**

Dance studio

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### **Alfred Difesa**

*Alfred* has been practicing self-development for the last 35 years. He has travelled extensively around the world, receiving training in **Body, Mind** and **Spirit** awareness from different cultures and traditions.

*Alfred* is an accredited **Feng Shui** practitioner. He studied for one year with Harrison Kyng of the Shen Dao institute (UK). He furthered his knowledge with Feng Shui Designs Los Angeles and with Masters of different schools of Feng Shui in different parts of China.

### **Feng Shui in your home**

Feng Shui is the ancient Chinese art of "life-space" design, and it includes elements of Taoist philosophy and practical experience. Its aim is to balance the energy in those places where you live and work, and to show that your surroundings have a huge subconscious impact on your health, attitude, relationships, and success. Are you seeking

harmony and balance in your life? Would you like to increase your income, have more fulfilling relationships, and enjoy vibrant health. A properly aligned living space attracts good fortune and balance into your life.

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**Ananta**

Andre Muscat's Sanskrit name is Ananta. He has been practising Ananda Marga Yoga for 22 years. He has participated in numerous global yoga conferences all over the World. Being brought up with a background of music and art, Ananta will give us first hand accounts of vivid personal experiences with spiritual singing (Kirtan) and Spiritual Bliss.

### **Prabha'ta Sam'giita Songs of the new Dawn**

- 1) Music and its different categories, how it affects the different layers of the mind
  - 2) Playing of two Bajans and short recital of poetical meanings
  - 3) Universal Mantra, Guru and supra-aesthetic effect to the human mind
  - 4) Playing of sample Kirtan song
  - 5) Kirtan and effects on chakras regarding Devotion and Bliss.
  - 6) Ending with a Kirtan Song sung with Devotion
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**Annabelle Fleri Soler**

Annabelle studied Classical Ballet under Daohne Lungaro, obtaining an Advanced Level Diploma from the London Royal Academy of Dance. Later on she was awarded a two-year scholarship by the Italian Cultural Institute to study Contemporary dance, Dance Theatre, Music, Tai Chi and Yoga at the Instituto di Paolo Grassi/Streller in Milano, Italy. From 1984 she has studied Yoga Philosophy and practiced under Giles Packshaw, took various yoga courses in Hatha yoga in India, Sri Lanka, and Italy. Obtained a B.S.Y.A. (diploma Teachers training in Hatha yoga, a diploma

recognized by the British School of Yoga). Annabelle has been teaching for 10 years in various health clubs, privately and in her own Yoga studio in Valletta. The Om Yoga Centre.

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## **Hatha Yoga**

### **Asanas... The postures of yoga**

Asanas are the physical postures of yoga. Ancient, tried-and-tested exercises, developed over thousands of years to purposefully exercise every muscle, nerve, and gland in the human body.

A committed practice of Asanas will make the body strong yet elastic, light yet grounded. No equipment is needed, just you, your determination, the mat, and the breath.

Asanas are a gateway to the Self, they train the body and focus the mind, making it a fit vehicle for the Soul.

You are all welcome to join the yoga class.

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## **Audra Micallef**

Audra is a dance and psychotherapist, and she is on a mission to take people on a journey towards finding the dancer in themselves, with all the joy, passion, sadness, vulnerability, fierceness, love and laughter. Audra specialised in dance therapy when she read for an MA in the subject at the City of London University, said this work was for people who longed to dance and to be free.

### **Dance for Life**

The various rhythms and movements encourage the expression of different aspects of each person: softness, assertiveness, sensuality, lightness, strength, power, and playfulness. Sometimes we rediscover and develop some of these qualities which may be subdued in our daily lives. We learn how to be both strong and vulnerable, sensitive and assertive, playful and focused and passionate. We learn how to move from one state of being to another.

Through dance the participants can take the time to observe and give expression to a variety of feelings, some of which they may have difficulty expressing in their daily lives. Often, these emotions become locked or trapped in our bodies. As we give breath and expression to these emotions, we release tension and slowly start to feel more energised and alive. Through dance we discover ourselves in a practical and non-judgmental way. We dance what we feel and so can never be dancing the wrong thing. As we become more confident in our movements we become more free, assertive and fluid mentally as well as emotionally."

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## **Bernardette Degaetano**

Bernadette has used Homeopathy for the past 23 years and have treated all her seven children using this method. 8 years ago she started training with the London College of Classical Homeopathy and received her first Diploma. She went on to do a further two years of practical work (running a clinic under supervision) in order to get a Licentiate from the South East College of Homeopathy. This was necessary in order to reach the high standards that was required by the Association of Registered Homeopaths in the UK of which she has been a member for the past two years. Graduated two years ago, now she runs her own practice.

### **Homeopathy - The art of gentle healing**

Homeopathy is one of the most widely used forms of medicine in the world today. It is a complete system of medicine that treats mental, emotional and physical illness. Homeopathic medicines are chosen to treat the whole person, because homeopaths believe the mind and body operate as one, and you cannot treat one part of the body without effecting the whole. Medicines are chosen to fit all the characteristics of the patient, so physical disorders are considered in relation to an individual's mental and emotional state.

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## **Chris Attard**

Chris Attard is a personal development trainer and consultant who has been involved in the field of mind dynamics for many years. He conducts trainings around the world for both public and specialised groups, including companies as part of corporate peak performance programmes. His clients have included top multi-national corporations. Chris' background comprises training in various disciplines including psychotherapy, bioenergetics, BioGeometry, systems thinking, NLP and various mind training methods. He is the author of the *Mindscape Manual*, and has a book on sacred geometry in preparation.

### **Discover the magic of your mind**

The mind is far more powerful than we normally grow up to believe. With the right know how and techniques, it is possible to learn to use more of our vast potential and be more creative, learn better, relax and heal ourselves, discover more of who we really are, achieve success, excel in sports and even expand our intuitive abilities more than we ever thought possible.

Learn how you can discover the magic of your own intuitive and creative mind with Chris Attard, senior instructor of Mindscape worldwide, who teaches the Mindscape methods in 10 countries. This introductory talk will focus on how the abilities of the inner mind can be enhanced to give a more holistic outlook to life in general, to achieve relaxation and enhance various skills in particular.

### **Sacred Geometry – the meaning of Form**

Form and shape are something for granted as much as the air we breathe. Yet form, shape and function are the principles that make up the building blocks of the universe. They lead us into understanding not only how life functions in a systemic way, but also shed light on our own nature as a mirror of the universe. From Plato to Newton, the ancient philosophers, mystics and alchemists recognised the study of the forms and geometry of nature as the most sacred and often secret philosophy, and the origins of all science.

Sacred geometry has been incorporated into art and architecture since Neolithic times. It is particularly evident in the Renaissance period from the Mona Lisa to Chartres Cathedral. By learning about these basic structures and geometrical relationships found in nature, we can gain surprisingly deep insights into ourselves. Using slides, explanations and exercises, personal development teacher Chris Attard leads us on a fascinating introduction to sacred geometry.

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## **Christina Muscat**

### **Reiki healing**

Christina has been interested in healing and self-development for the past 20 years. She participated in many related retreats, workshops and seminars and obtained a Diploma in Counselling and Communication Skills from the Westminster Pastoral Foundation in London. Reiki crossed her path in 1999 in Malta. She attended Reiki I and Reiki II seminars in the space of a few months and spent the next years practising it on herself and others. Last summer she completed Reiki 3 A and now offers treatments. Apart from daily self-treatments, Christina also practices meditation and yoga.

Christina has found Reiki an effective tool for healing and self-growth; she is keen to share her positive experience of Reiki with others and is offering individual 15 minutes sessions to experience Reiki's calming and relaxing effect.

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## Saturday & Sunday – one-to-ones

### Clyde Joe Cassar - Toxicity of the Products

Clyde graduated from Trinity College and University, Ireland as a BSc.(Hons) Biology (1:1), in 2000. A year and a half later, he graduated from the same university, as MSc. Biology, specializing in Ethology and Evolution of Mankind. In 2002, he completed the studies at Thompson Institute, USA with a Diploma of Veterinary Assistant (Dip Vet. Assistant).

His speech will be related to Common every day hazards and the risks we expose our health to, during our lifetime. Toxic ingredients in personal care products.

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### Dada Shivatmananda

Dada is a spiritual teacher & Ayurvedic herbalist healer. Born in India Dada has practiced Ananda Marga Yoga since 1968 and he was ordained as a monk in 1978. Since that time he has become a Universalist, travelling around the world teaching yoga, meditation and practicing Arurvedia treatment.

### Spiritual Biopsychology - THE SCIENCE OF THE SACRED - The Ascent of Kundalini

- Evolution of the human personality from animal to human to divine; the three brains and evolution of vrttis.
  - Vicious cycle of emotional bondage and specific Bio psychological practices to break it and control the mind.
  - Science of kundalini: location and ascent through the shushumna canal. Description of 3 main nadis: id'a, piungala, and shushumna.
  - Stages of realization during ascent of kundalini; liberation (mukti) and salvation (mok'sa).
  - Religious and spiritual traditions of kundalini throughout the ages
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### David Brient

David started out as a scientist with a degree in Biological Sciences from Leicester University. He was then enticed into Dudley Stationery Ltd. the family office supplies business and for 20 years became a workaholic developing one of the largest companies in the sector within UK. His scientific training lead to pioneering work in quality and environmental practices. David also pursued his interests as a martial artist gaining his black belt and instructors qualifications from Bob Breen's Academy in 1986.

A huge decision to take a radical change of life and move to Gozo with his family in 2000 demonstrates his rethinking towards work life balance. Since moving to Gozo he and his wife Susie had a third child, he has written a novel about a Gozitan fisherman and rediscovered his interest in personal development.

He qualified with distinction as a Life Coach with The Coaching Academy UK in 2004 and has since been running a coaching practice with UK clients working primarily over the telephone. David's approach is primarily towards business people as he specialises in executive performance coaching. David believes his unique approach to coaching and his martial arts is that he sees them as fundamentally the same process.

Personal effectiveness in all challenges ultimately comes from developing self confidence. Business people become more effective when they explore all aspects of their work / life balance; using techniques from coaching, NLP and his own experience to help them find new solutions for themselves.

Whereas martial arts clients also are encouraged to enjoy playing with techniques and ideas and developing their own methods that work best for them. Flexibility in approach and unique execution are sound principles applicable to both business and fighting. David will be demonstrating his coaching and some martial arts during two sessions at the Gaia festival.

## **Session 1 Life Coaching**

In this session David will introduce the idea of coaching as an alternative model for managing people at work and also as a way of life. The models he will demonstrate may be used in coaching others or to facilitate self coaching. All who attend will participate and come away with new tools that are instantly applicable to helping them move their life and business forwards.

- Intro; what is coaching? Some definitions
- Goal setting and work / life balance; Using Wheel of Life tool
- GROW Model; the basic tool of coaching
- A short demonstration of coaching live
- Discussion

## **Session 2 Martial Arts Demo**

During this session David will demonstrate some of the aspects of the Philipino stick fighting arts known as Eskrima. This will be a display of the basics and principles that apply to weapons training. During the course of the demonstration he will demonstrate many parallels with other aspects of personal development and business imperatives, such as speed and simplicity of action, trust in self and the need for competition to develop our skills.

A brief introduction to the Philipino art of Eskrima

- history of Eskrima / development of the art
- angles of attack
- variations on striking
- Sombrada drills counter for counter
- Disarms
- stick versus knife strategies
- knife defense drills



### **Erika Brincat**

Erika Brincat will be reading selected excerpts from her books: 'Gateway to Infinity', 'The Bridge Between Heaven & Earth,' and 'Leela's Game'. The Circle is open to all those who want to share their own poetry, read any excerpts that have touched them or affected their lives, participate, communicate, write new poetry or simply listen.

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## **Spiritual Poetry Hour**



### **Francis Aloisio Xavier**

Francis Xavier was born in Malta. He was trained for the Priesthood and became a missionary priest in Peru. Eventually resigning from the Church, he settled in England, where he worked as Chief Executive for a Charity caring for people with learning disabilities. He started to be interested in Complimentary Therapies and Healing practices some time ago, and went through the process of "hands on" experiences. He encountered *The Artist's Way* course while he was in Vancouver, Canada. He is a credited Healer (SAC. Dip) and runs various courses and workshops. He is also an artists and he draws his inspiration from his Maltese background and his Peruvian experience. He returned to Malta after twenty-nine years of living abroad

### **Dealing with Problems**

How do we normally deal with our Problems?

Usually by Running away.....by Worrying.....by Blaming.....by Reacting!

We look at practical tools how to best face our problems and how to implement them in our daily lives.

We look at the process how to Co-Create the solution.

There is no solution, which is beyond our reach. For every problem there is a solution that has been created already.

### **The Artist's Way**

The Past can be our shadow and sometimes our burden.

We need to break free from its hold on us.

Tools to visit the past and heal it.

Looking at the Present: What is our Goal in life? Our Dream?

We need to find our Passion.

'What we really want to do, is what we really meant to do in this life.'

We are co-creators with God.

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### **Godwin Genovese**

Godwin has been practicing reiki for the past 8 yrs and has continued his formation up to the level of reiki master. He has always been interested in meditation and have practiced many different and varied techniques. Most especially visualization techniques and the other side of the spectrum, zen and non-discursive types of meditation. Godwin has learnt the importance of discovering himself through the meditation he engages in.

### **Meditation and inner insight**

Meditation is a way of life leading to a harmonious balanced lifestyle. During an hour together we will be exploring various meditation techniques learning how meditation can become the *raison d' etre* of our lives.

Meditation can help you discover yourself and lead you to a deeper knowledge and insight about self.

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### **Joseph Meli**

Joseph is Physiotherapist and Pilates Instructor. In his work with various clients and through his experience with different types of physiotherapy he got convinced that Pilates really work and is really useful, both for fit and for not-so-fit clients in their rehabilitation.

## **Pilates Workshop**

Pilates are generally well-being exercises that involve mind-body coordination. The mainstay of these exercises focuses on the contraction of core-stability muscles, mainly the transversus abdominis, the multifidus in the lower back and the pelvic floor, together with coordinating deep breathing prior to performing any exercise or movement. In this way, the muscles that surround our trunk and back would support the body while the exercise is being made, promoting a better posture, preventing injuries, promoting coordination and more body awareness.

Several of the exercises focus on the spine, strengthening of the abdominals, hence leading to a more stable lower back. Movements of upper limbs, lower limbs and exercises coordinating movements in both are all incorporated in the various techniques.... The exercises are graded, from simple to more complicated involving more coordination, and can be done in all positions, hence, lying supine (face up), prone (face down), sitting down or even standing as long as the same basic principles of a good posture (always maintaining a neutral spine) and contracting the core stability muscles. These exercises have been found useful by trained gymnasts and on the other hand, by people who are undergoing rehabilitation after surgery or injury...such are the levels of complexity at which these exercises can be carried out to be suitable for a very wide range of clientele!!

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### **Josette Attard**

Josette began her career in holistic therapy as a professional ITEC-trained Aromatherapist and Physical Therapist, as well as a Reiki practitioner and Teacher within the International Reiki Network. In 1995 she attended the first training in The Bodytalk System, a safe and highly effective wholistic therapy, and subsequently received advanced training as a Certified Bodytalk Practitioner and eventually as an Instructor within this system. She is a member of the International Bodytalk Association (USA), and holds a wholistic private practice in St. Julian's'.

### **The Bodytalk System, Establishing Communication and Synchronization for Optimum Health**

The Bodytalk System is a revolutionary new form of Wholistic Therapy. Josette will tell us how good communication between various parts of the bodymind is essential for optimum health and balance. By drawing on the body's own "innate wisdom", energy networks that need to be addressed between various parts are located, and communication is enhanced between different "stressed" areas of the body, giving rise to better healing of various conditions and ailments.

Josette will share with us some practical Bodytalk demos.

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### **Karl Camenzuli**

Karl was born in London England and accidentally stumbled into a meditation at the age of 14 when being introduced to it by a Chinese school friend. After many years of practicing at home he began monastic retreats and has recently returned from the Soto Headquarters in Japan after being accepted on an intensive Zen Retreat.

### **Zen Meditation**

"Zen meditation" sounds like something special, but most likely you've already done it. Have you ever sat down to take a break, just be yourself, and let yourself "heal to wholeness"? Zen meditation is the same thing, but with the determination and commitment to stay with it, to let it naturally become stronger and deeper.

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### **Katherine Azzopardi**

Katherine, whose spiritual name is Kamala, is a member of Ananda Marga. She was a co-founder of the Vegetarian Society of Malta, and has been actively promoting vegetarianism and spirituality for the past 15 years. She attended various vegetarian and yoga conferences locally and globally. For the past six years she has been involved in the creation of the first Neo-Humanistic Education and service project in Malta, which has been inaugurated in January this year in Cospicua. Being also a teacher of English, she was instrumental in starting the Sunrise English Club, for the time being enrolling children up to 13 years of age, in an experience of learning and love.

**In Vegetarian Food – Food for the Soul**, Katherine will tell us her experience of how the food influences our mind and our spiritual growth. With reference to different religions and spiritual practices, and with a special focus on the Neo-Humanistic Ideology of her guru P.R.Sarkar, she will explore questions like: What does food have to do with spirituality? How does food influence our behavior and the way we think? How does what we eat affect world hunger? Is it human nature to eat meat? What food helps us to become more evolved spiritual beings?

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### **Kay Gretchen**

Kay leads the biweekly practice group to share the benefits of practice with others, and to deepen her own practice. She conducts the exercise sessions following the methods of Tarthang Tulku, who adapted and systematized the ancient Tibetan Kum Nye exercises to help Westerners let go of their chronic physical and mental tension. During the last 4 years she has brought experienced, certified teachers from Holland and Germany to conduct workshops in Kum Nye Relaxation, as well as other topics developed by Tarthang Tulku, which are taught by senior teachers at the Nyingma Institute In Berkeley, California and at the affiliated Centers in Holland, Germany, and Brazil.

### **Kum Nye relaxation: the appreciation of being**

Kum Nye Relaxation is a system of gentle movement, calm breathing and self-observation that promotes well-being. Gradually letting go of mental and physical tension increases our vitality and helps to relieve stress. Appreciation, in its fullest sense, engages the whole person. A sensitive awareness merges with feelings of joy and gratitude. Whether the experience is triggered by a beautiful sunset, dewdrops on a rose's petals sparkling in the early morning light, a work of art, or a musical performance, we interact with our environment. The normally perceived barrier between subject and object softens, and loses its fixed quality. We experience balance within ourselves and with the world, if only fleetingly. Kum Nye is the art of developing this balance.

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### **Marilyn Hodgson**

*Scottish, Poet, Sculptor, Photographer, resident Birkirkara.*

Slip gently into a serene moment under the stars. Marilyn offers to take you – on a journey to another land. From "Rhythm of Life" to "Snowbird".

"Not only dream of wonders - ancient desert dunes  
but, with the mighty eagle fly  
across the vast clear desert sky  
to Paradise, the valley,  
where in the gathering night,  
the brilliance of a million stars illumines my desert flight ....."

"The crystallization of emotions and the distilling of thoughts into words has become a passion for me . My poems are about colour, light, composition and that elusive vital energy that permeates every creative thing".

*With over 20 poems published world-wide, featured in the International Who's Who of Poetry and winner of 1<sup>st</sup> prize (English section) Malta Poetry Society summer competition, 2005 for "Ocean Rodeo".*

e-mail: marilyn@intoaffinity.com

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### **Mike Micallef**

Mike received his first Tai Chi lessons in 1989 under Mario Borg, a nationally famous Kung Fu expert who is also a Peking trained Tai Chi instructor. In 1991 he completed a four month course in the Tai Chi Chuan Long Form under Master Yang Chen Wei, then living in Malta. Since he organised a number of course and received a number of intensive trainings in the Tai Chi Sword Form and the National Standard Tai Chi Chuan, Acupuncture and Moxibustion. Mike was a TV host on a popular morning programme demonstrating Tai Chi moves and lecturing on Traditional Chinese Medicine. He teaches Tai Chi regularly in classes organised periodically at the Malta Tai Chi Society School in Valletta.

### **Tai Chi Chuan – the way to health**

These three words mean the supreme ultimate fist. Tai Chi makes integral part of the Chinese Traditional Medicine and as such is a valid tool both as curative and preventive nature. Tai Chi came about out of the spiritual tradition of Daoism in China. Daoists living on the mountains and after years of deep meditations discovered a set of movements that if done slowly, gracefully, in a coordinated and balanced manner can bring back health and help people to keep healthy. Tai Chi should be practiced daily and assiduously if it is going to be effective.

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### **Miriam Sultana**

Miriam is 26 years old. She works at the Malta Stock Exchange and has a degree in banking and economics. Her passion is hypnotherapy, which she discovered a number of years ago. Practising hypnotherapy fulfils her and she works with clients who are determined to make a positive change in their life and who have chosen hypnotherapy as a means to help them achieve what they want. Helping people meet their needs, solve their problems or find a feasible way to cope with them is the goal of hypnotherapy.

### **Positive change through hypnotherapy**

- What is hypnosis?
  - Natural states of trance – daydreaming, driving, watching a movie...
- What is hypnotherapy?
  - Myths and truths of hypnotherapy, Therapy vs. stage hypnosis
- How and why hypnosis works
  - What makes you who you are? How do we develop beliefs and their effects? How can you change negative beliefs/feelings?
- How does Hypnosis feel?
  - What happens during a session? How many sessions are needed?
- Hypnosis and religion
  - Misconceptions? What does the church has to say about hypnosis?
- Science proves hypnosis works

Reference is made to research carried out

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## **Nataša Pantović**

Nataša is a certified Sivananda yoga teacher. She was initiated into the amazing world of spiritual development, meditation, and self-development over 15 years ago. Taking yoga as a life style, she became a vegetarian and devoted herself to a living of non-violence, daily practice of asanas and meditation, and working on the awakening of Kundalini, with one aim to achieve the union of body, mind and spirit. Her spiritual path led her into the discoveries of chakras, healing, astrology, Theosophy, Tantra, Taoism and Alchemy and she's been teaching Yoga and Meditation in Malta for the past 7 years.

### **The Divine Wisdom of Goddess Energy**

Divine Female or Goddess energy is the power within the Universe, the vibration within us, that can help us grow – spiritually, mentally and emotionally. To truly let this healing vibration transform our life, we need to understand it and balance it with the male energies of the world around us. During the last millennium, the Goddess Energy has been suppressed in the Western World. And now it is re-emerging – fuzzy, chaotic and destructive; as well as healing, loving and intuitive. Within this talk we will try to explore its paths and tap into its Divine potential.

Goddesses in different cultures and eras:

- Tantra and Goddess worship
- Taoism and Yin side of the Universe
- Alchemy and work with female energies
- Science vs. Mysticism

Disappearance of Goddesses (suppression of paganism and witch-hunts)

Mysticism & Magic - tapping into the Yin power of Nature

Balancing female and male energies within each one of us

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## **Peter B Lloyd**

Graduated in mathematics and spent six years researching in solar engineering at Cardiff University before moving to Oxford, where he worked in the day-time as a software developer, and in the evening studied philosophy under the tuition of Dr Michael Lockwood, known for his work on consciousness and time. Since 1994, he has worked as a freelance software developer whilst researching and writing on consciousness. He has published a number of books, and contributions to books and journals, and appeared in the Warner Brothers DVD, *The Roots of the Matrix*. He recently relocated to Malta with his wife, hypnotherapist Deborah Marshall-Warren

### **The Matrix of Gaia**

Is Gaia more than just an evocative symbol? Is Gaia more even than a model of a complex feedback system? Could Gaia have a real existence as a sentient entity? Indeed, could Gaia be a pervasive agency at work in our environment? Research in a number of areas seems to converge on what might be called the Matrix of Gaia. First, work at the frontiers of consciousness studies indicates that consciousness is a fundamental ingredient of reality, and therefore pervades all matter. Second, researchers in psi have found an astonishing degree of non-local interconnectedness of minds, which can be manifest in specific phenomena such as telepathy, telekinesis, and telecognition. Third, and finally, explorations of iatromancy by researchers such as Paul Devereux suggest a level of psychic exchange between the individual and the landscape. This talk will examine these three trends in research, and ask whether they might be leading us toward an idea of the Matrix of Gaia.

#### **Books:**

Consciousness and Berkeley's Metaphysics (269 pp, 1999)

Paranormal Phenomena and Berkeley's Metaphysics (341 pp, 1999)

Exegesis of the Matrix (289 pp, 2003)

#### **Book chapters:**

Glitches in the Matrix, in: *Taking the Red Pill: Science, Religion, and Philosophy in the Matrix* (ed. Glenn Yeffeth, 2003)

Mental Monism Considered as a Solution to the Mind-Body Problem, in: Mind & its Place in the World (ed. Alexander Batthyany & Avshalom Elitzur, 2005)

Superman's Moral Evolution, in: The Man from Krypton (ed. Glenn Yeffeth, 2006)

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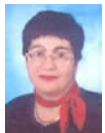
## **Renate Bata**

Renate's knowledge and practical experience in the nutrition and health sector is a result of 20 years of experimenting and learning different methods that help us achieve a healthier lifestyle and learn alternatives to standard medicine. Renate completed her qualification as a nutritionist and health consultant at a very advanced and renowned institute in Germany

Today, she is permanently looking for opportunities to increase her experience and at the same time to help the Maltese people achieve a healthier life and show alternatives to standard medicine. She gives informative lectures, setting up practical cooking courses and individual one-to-one consultancy. She guided two groups of last year's "L'Isfida" (TV programme), a weight loss program initiated by Claudette Pace. Since July 2005 she also works at St. James Hospital in Sliema.

### **Healthy eating and cooking – easy and practical for everybody**

- ❖ What nutrients we need for a healthy diet, in which foods to find them
  - ❖ The best ways how to buy, store and handle food
  - ❖ Small tips with a big effect for a healthier cooking
  - ❖ Basic stock of healthy food: what you should have handy in your cupboards
  - ❖ How to keep a healthy diet when dining out
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**Rita Briffa**

RITA BRIFFA B.A., M.A. (Qual.), Certificate in Management (MIM); Foundation course in Gestalt Psychotherapy; Reflexologist; Traditional Reiki Master.

After obtaining her academic qualifications, Rita felt that there is more to life. In 1997 she met REIKI, or better still, REIKI crossed her path when she least expected something positive in her life. Since then, she never looked back. She progressed her training in REIKI qualifying for a Traditional Reiki Master in August 2004.

Rita Briffa is a Traditional Reiki Master within The Reiki Network. Rita also trained with the Arran School of Reflexology and qualified as a reflexologist. Her background also includes training in Gestalt psychotherapy. Rita is available for Reiki and Reflexology sessions. She also gives lectures and workshops on Reiki. Rita has written several articles on Reiki in the local press and other media.

### **Reiki: The secret art of inviting happiness and the spiritual medicine for all illness**

It is well established within Reiki that the energy we direct is 'intelligent'. Most Reiki therapists notice that the energy will move from where our hands are resting to other parts of the recipient's body, drawn according to the recipient's need to areas of need. To an extent, Reiki is an intelligent energy and is drawn by the client's need. However there are a whole range of techniques that can be used to increase the effectiveness of our treatments (some through intuition and some through experience and research). Through the development of our intuition, we can understand how the energy needs to be directed by us to better help our clients: where best to put our hands, and what aspects of the energy need to be emphasized. Therapists have to be mindful and focused on client.

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**Rosanna Maya**

Rosanna Maya has been teaching and dancing in Malta since 1990. Her professional dance career began in South Africa where she climbed to soloist capacity in various dance companies. Following the invitation to Malta, she has performed with Tanya Bayona Dance Theatre Company, The Y.A.D.A. Dance Company and her own cabaret group Danza Romaya.

Since her arrival in Malta Spanish dance has increased in popularity. She has also been invited to lecture an optional credit at the University of Malta on the Evolution of Spanish Dance. In the year 2000 she opened Malta's first Spanish Tablao (restaurant with live Flamenco), she has introduced live music to dance classes, cabaret and theatre employing our local Flamenco guitarist Pepe el Tiburon as well as providing a professional platform for much of our local Maltese talent to perform. Most recently she was invited onto the board of examiners for the internationally acclaimed Alianza Flamenco introducing a new and innovative method of dance study to Maltese students and has introduced a scholarship for study in Spain for a local student also.

There are various areas in which Roseanne has experience such as costume and stage design, visualization, direction and production of numerous projects stemming from cabaret, theatre, festivals, foreign tours, film and TV. She performs and guest teaches both locally and abroad. She was the winner of the Malta Choreographic Awards and her choreographic video was presented at the Grand Prix International Video Danse in Paris in 1992.

The past years has seen an ever-increasing demand in the depth of knowledge and interest in the Art of Flamenco which ultimately compelled Rosanna to open an all Spanish Dance Academy in Malta. Here two internationally recognized training courses in Flamenco, Classical Spanish Dance and Regional Folklore form part of the curriculum.

### **Maya on Flamenco**

One has often walked away from a performance feeling good. "Great show" one might exclaim, "visually most pleasing and uplifting". But how often does one leave having been actually enriched in the art form one has been exposed to?

Rosanna Maya's response to this is to enlighten her audience by taking the audience on a journey into the art of Flamenco, drawing one into the many elements of the art form from the physical to the philosophy of music, song and dance which lifts one from the mundane into the sublime. Although associated with Spain it is an art form admired throughout the world. Flamenco has a rich heritage which includes multi-cultural influences. As a borrower of this beautiful art, Rosanna feels it her duty to portray it in its proper context and will narrate the story of a pastime which originated as a simple form of expression in the cradle of Andalusia and has developed into an elevated art, evolving from regional folk, through the classics of the court era and finally into the highly sophisticated contemporary art incorporating the music, song and dance as we know it today.

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### **Tricia Cliff**

Graduated in Politics and spent 12 years in market research before training in hypnosis. Having studied in the UK with top US and UK teachers Tricia journeyed to Melbourne Australia to study under the tuition of Dr Robert McNeilly, known for his matrixic approach to therapy. Since 2002, she has worked as a freelance researcher whilst practicing hypnosis and researching writing on marketing and business strategies for independent professionals in complementary therapies. She is currently writing two books, one is being coauthored with Deborah Marshall-Warren, Deputy Chair of the Hypnotherapy Society (UK) and the second is being coauthored with Linda Elias, a Psychologist based in Melbourne. Tricia also contributes to journals, and has given conference papers in Australia and run transformational workshops in Kerala, India. Her Continuing studies in Biological Psychology, marketing, publishing and hypnosis are a lifelong learning!

## **Learning Solutions through conservation and change**

We experience conservation and change at every level of our existence moment to moment throughout our mind-body connection. And accepting this experience just as it is in the context of therapy can be a useful way to find learning solutions for human beings who come seeking help with a concern.

We can talk about this experience of change and conservation in terms of the biological understandings of being and doing offered by Maturana, Where love is the emotion of learning and also through the current mind-body questions being researched in biological psychology, especially in the area of health. And we can experience the experience of change and conservation and our relationship with it through hypnosis and the learning and work developed by Dr Rob McNeilly. This talk will invite you to 'experience' and explore how these three contributions create possibilities for change and conservation for human beings in a mutually supportive, cooperative, nurturing and sustainable way.

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**Zoya Lu**

Zoya Lu is a certified yoga instructor trained in India who teaches yoga in its ancient and traditional purity in a modern scientific framework.

She has done a number of teacher training courses in India which include classical hatha yoga, tantric yoga and swara yoga, yoga therapy and yoga philosophy, courses of prenatal & postnatal yoga. Zoya also learned different meditation techniques including vipassana and yoga nidra. She has experienced practice of asanas, pranayamas and meditation of different styles (Anusara, Ashtanga, Kundalini, Bikram, Iyengar, etc) at various studios in Taiwan, Thailand, Hong Kong, India and the USA and she is now happy to share her passion of yoga to bring out the best in you.

### **Hatha Yoga**

Hatha yoga lessons traditionally include preparatory exercises to limber the joints and improve circulation, physical postures to develop muscular tone, deep relaxation to allow the benefits of practice to be absorbed fully throughout the body and breathing exercises to increase lung capacity and cleanse the energy of the body. You are not required to be in good physical shape to do yoga. Yoga is vastly adaptable and beneficial to all, no matter what your shape, size, or age is. Zoya looks at yoga as a tool for transformation: 'When I prepare or teach a yoga lesson, in the back of my head I always think about how yoga can help transform my students' lives in a positive way.' Yoga is well known for letting go of stress, helping with anxiety or depression, keeping people from smoking or overeating. Hatha Yoga strengthens and balances the nervous and glandular systems, releasing 'feel good' chemicals from the brain and increasing energy. Regular practice will improve the posture, slim and tone the body, eliminate pain, slow aging and help to gain flexibility, strength and stamina. Yoga is more than just a form of exercise, it is a holistic experience that benefits the Body, Mind and Spirit. (Please wear comfortable clothing.)

### **Yoga Nidra**

Yoga Nidra (also known as yogic sleep or sleep with awareness) is a powerful raja yoga technique in which you learn conscious relaxation. Practiced lying down, it does not involve movement, just listening and relaxing, therefore it is suitable for any physical condition. Yoga Nidra uniquely unwinds the nervous system, which is the foundation of the body's well-being. You can rejuvenate in a short period of time - 30 minutes of yoga nidra is as restful as two hours of conventional sleep. The combination of alert awareness and the deepest form of relaxation helps you to dive into the subconscious and unconscious levels of the mind - the nature of your mind can be changed, diseases can be cured, and your creative genius can be restored. The ultimate purpose of Yoga Nidra is to take you deep into the state where you are completely united with your inner being. Knowledge of truth only comes when you are free of tension. Come without expectations and open to adventure of learning about your Self! (Please wear comfortable warm clothing).