

## ~OTHER HAPPENINGS~

### Saturday & Sunday Happenings

Film Room	Yoga*	Wellness Tent	Visual Arts & Design Areas
(Upstairs Office of Apeiron Eco House)	(N4 Grassy Knoll behind the Nickerson Building)	(Next to the Information Booth)	(Various Locations)
<b>A Crude Awakening</b> 12:00 noon	Saturday <b>Power Vinyasa</b> w/ Sarah Daigle 12:00 noon	<b>Massage</b> On-going, sign-up	<b>Visual Arts &amp; Design Tent</b> Along Pathway to Field On-going
<b>Escape from Suburbia</b> 1:00 pm	Saturday <b>Mellow Flow</b> w/ Joshua Rapoza 5:00 pm	<b>Healing Sessions</b> On-going, sign-up	<b>Eco Fashion Trunk Sale and Show</b> On-going
<b>The Power of Community: How Cuba Survived Peak Oil</b> 2:00 pm	Sunday <b>Mellow Flow</b> w/ Joshua Rapoza 10:00 am	<b>Blood Pressure Consultations</b> On-going	<b>Artist Showcase Installations</b> On-Going
<b>How to Save the World</b> 3:00 pm	Sunday <b>Power Vinyasa</b> w/ Sarah Daigle 4:00 pm	<b>Stress Analysis</b> On-going	Sunday <b>Book Signing</b> by Kira Gould, architect and author of <i>Women in Green: Voices in Sustainability</i> 4:00 pm

\*Yoga classes are one hour with and optional meditation time after the class.

### The Film Series

Hosted by David Floyd & Post Carbon Rhode Island

Featuring **The Power of Community: How Cuba Survived Peak Oil**

How did Cuba deal with its own artificial peak oil that followed the collapse of the Soviet Union? This 53 minute film is an effective examination of Cuba as an experiment in building community resilience in the face of energy scarcity, and has implications for all of us as we contemplate the peak of global oil and gas production. Other films that will be shown include: **A Crude Awakening, Escape from Suburbia** and **How to Save the World**. Please refer to the workshop schedule for show times.

### Yoga Tent

Providence based, The Spot on Thayer and Eyes of the World are happy to present yoga classes to refresh your body and mind for the festival.

### Power Vinyasa

During a power vinyasa class each pose flows fluidly and dynamically into the next pose, almost like a dance. This class is for any student that loves a fun and exciting workout. It is for beginners who want to get more experience and also advanced students who want to try some new and challenging poses. The classes include Sun Salutations, Prana Breath, stretching, and engaging the core muscles.

## **Mellow Flow**

Suitable for beginners and anyone wanting a mellow pace. In a "Mellow Flow" class, you can expect more slow stretching, warm up movements, a few sun salutations and longer relaxations. Class focus is on breath synchronized movement with attention to the musculoskeletal system and energetic alignments. A 15-minute optional seated meditation will be offered at the end of class for those who wish to partake.

## **Wellness Tent**

The Wellness Tent is proudly sponsored by Rei of Isis and The Foundation for Wellness Professionals. Visit the Wellness Tent during the day and learn how to integrate wellness into your life. Sign up for ongoing massage or other healing modalities brought to you by Carolee VanCouygen of Rei of Isis and Russell Perler. Also free individual consultations including blood pressure, health and stress surveys will be available courtesy of Christine Mansella of The Foundation for Wellness Professionals. Local practitioners will be on hand to answer your questions about the healing arts throughout the day.

## **Visual Arts and Design Areas**

Our Industrial Heritage is being revived through local artists who produce Contemporary Crafts made from recycled materials. These artists maintain and further the scope of traditional industrial practice in the Rhode Island area, building regional sustainability. Visit the Visual Arts and Design Tent where the artist collectives Firehouse 13, The Steel Yard and IndustrialEvolution have joined with the Design Studios Pietre Dure Design, and Studio 77 and see what they have made. Artists displaying are:

Deb Aldo (landscape and tile mosaic design)  
Sara Ossana (residential, graphic and stage design)  
Howie Sneider (functional art)  
Anna Shapiro (interdisciplinary artist)  
Will Machin (recycled sculpture)  
Sarah Clover (recycled Jewelry)  
Joan Wyand (recycled fashion)  
Hanaan Rosenthal (photography)

## **Eco Fashion Trunk Sale and Show**

Come by the Visual Arts and Design Tent for an open trunk sale. Workshop presenter Joan Wyand will also have her re-fashioned clothing to try on and model through out the festival. Come by and become a model of fashionable ecology! All ages are welcome.

## **Book Signing**

Kira Gould, key note speaker for the Women's Leadership Panel will sign the recently released *Women in Green: Voices in Sustainability* at the musical artists' merchandise table immediately following the panel on Sunday afternoon.