

"Self-Love and Intimate Relationships Workshop"	explore different areas of self-love and how it impacts our intimate relationships. What is self-love? Why is it important? What makes it challenging? How does our self-love and self-image play a role in our intimate relationships? How can we improve our love for ourselves? Additionally, we will cover a few easy meditation techniques to help improve our self-love. Remember, you're worth it!
Improv 101	Have you ever wanted to learn improv comedy? In this workshop for all skill and experience levels, King of Improv, Steve Wilder will show you the basics of improvisation and how they apply both onstage and offstage.
Dope Yoga	60 min of Vinyasa with Yogi Roo and Sera Tonin focused on releasing Dopamine
The Tao of Dance	Embrace elements of Qigong, Tai Chi, Thai Fon Jeung and Kung Fu in a fun and open community vibe. Free your soul and express your heart through flowing, graceful and empowering movements. Learn how to add these ancient healing series to your dance and move energy through rhythmic meditation.
LoveWerks-shop	An interactive, creative learning exercise. Created to help identify and expand the boundaries of self! The subject of discussion is "Rational and irrational fear. Understanding them and setting them free!"
Fun-tastic Mini Hats	Fun-tastic Hats. Learn to create fabulous accessories out of rescued items from your recycling bin!! We will be turning cereal boxes and toilet paper tubes into fabulous mini hats.
Intro to Dome Building	Mock build domes for the playa with a dome master Timmy
How to Make Wire Rings	Using beads and wire, you will get to learn how to make your own ring.
Healing Salves	The playa is rough on your skin. Come learn how to make a healing salve out of essential oils.
Tutu Making Workshop	Create your very own no-sew tutu! We will be providing all the materials, tools and instructions you need to make your tutu out of tulle, ribbons, and other fun supplies. This will be a hands on workshop for all ages. Kids 13 & under must be accompanied by an adult. Get prepped for Tutu Tuesdays!
Electronics and costuming : How Not to Be a Darkwad	Review resources and techniques that can be used to integrate lights and electronics into a costume. I will discuss beginner projects that are "plug and play" (such as ways to use EL wire) and a few others that are more advanced and require sewing with conductive thread and more in-depth knowledge of electrical engineering and circuit design (true electronic textiles). I plan to have a hands-on "make and take" activity with a few options for the design, depending on how in-depth folks want to go, where they can apply and practice concepts discussed in the workshop. ***Capped at 10 people, so there are enough supplies, so get here early!
Astrology and You	This will include an individual's chart, 12-15 page printout explaining it and handouts explaining signs, planets, houses and basic principles of astrology and its uses.
Breema Body Work	Breema helps you connect with others more fully by connecting to yourself
Flow Workshop: Beginner Fans	Beginner level class. Learn the basics of fan flow including grip, isolations, glides, spins, anti-spins movement and more!
Partner Fan Flow	Intermediate level class. Flow is always better with a friend! Join me and Kim Lewis, the shin of the Washington Fire Conclave, to learn partner fan movement. We will cover stacking, interlocking, glides and partner safety.
Intro to Puppyhammer	A hands on Intro to Renboshi. In this class you will learn what an Oxbow Meteor is, how to wear/spin one, and what the spinning modes are. I will provide the basics and will allow for some free flow towards the end of the class. Intended for Beginner/Intermediate Flow Artists.
Slinky Manipulation 101: World's Newest Flow Art	Learn how to do crazy slinky tricks!
Naked on the Bed	This is a great workshop for couples. Learning to discuss what you really want from your partner.