

# WELCOME TO BEARDFEST 2024



# ENJOY YOUR STAY!

# WHY WE FEST

- To enliven the artist in everyone
- To create new relationships by bringing people and their ideas together
- To feature the most dedicated and talented musicians, artists, and performers we can find
- To give leaders, teachers, and diversely skilled people a platform to share their important work
- To spread ideas of earth care and people care
- To create an environment where people can let go and enjoy life
- To redefine entertainment as a participatory, social, artistic, and naturalistic endeavor
- To positively impact the lives of everyone involved



# SPECIAL THANKS

Out of the Beardspace would like extend the biggest THANKS possible and the largest quantity of LOVE available to the large group of friends and family who help make this event possible, and to all the people who believe in us/enable us/put up with us. We owe you everything and more.



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# Discovering Paradise

## THE "COMING OF AGE EXPERIENCE" THAT ALMOST BROKE BEARDFEST

BY SARAH GITTLEMAN

It was the early Friday hours of Beardfest 2014 when Sam Gutman rounded the cabin wall to face a small group of organizers, anxiously awaiting the news from the other end of his phone call. His words were simple: "Nope, not happening here." Everyone understood what had to happen next. The landowner of Blueberry Hill had finally stamped his "hard no" on the weekend, and the entire festival needed to be moved—stage, vendors, and early bird attendees—as quickly as possible.

True Beard historians know that this party in the Pines sprouted from backyard concerts at the LoPresti residence. Once the series began to outgrow its friendly neighborhood surroundings, Beardspace needed to think outside the picket fence and onto greener (and sandier) pastures. The group was ready to take these events to the next level, and in 2014, a family friend held the key to Paradise.

Well, it wasn't quite Paradise, but it was close: Blueberry Hill was a plot of private wooded acreage leased for hunting, complete with a tranquil stream and a few established structures. From the first step off of the LoPresti property, the group agreed that they wanted "the experience of connecting with nature to be a central part of the feeling of Beardfest."

And with that, they had found their location and proceeded to legitimize the festival—even with some communication red flags flickering with the Blueberry Hill connect.

"I think he didn't fully understand the scope of it from the beginning", Zach LoPresti recalled. As the Beard team began to scale up the event, the leaser still referred to the weekend as a "backyard concert." Attempts to clarify its magnitude were made, but seemed lost in translation.

The week leading up to the event, all hands were on deck. A stage was constructed; bands, vendors, and attendees were all due to arrive.

"We did the 2014 version of everything we knew at the time to plan the festival," Gutman laughed.

The Thursday night of Beardfest 2014 looked just like any other small-scale festival: the first carloads of music gear pattered at the gate as vendors set up shop and early bird ticket holders looped poles through tent sockets. "Festival vibes had begun," Jeremy Savo reminisced.

"It felt like one of the most important moments in our lives up until that point...I was probably 22, and this was the first big thing we had made happen.

"You know, whenever you go to do something in the world, you never know if it's going to be successful. You never know if it's going to work the way you envisioned it, but this seemed like it was going to all work."

But that Thursday evening, speed bumps began to rise from the wood.

The first red flag waved when two visitors showed up at the stream spot, identified themselves as the owners of the property, and revoked access to it. The team learned that the land's ownership was split, and that side fell on the stangers' jurisdiction. Startling and disappointing, but no sweat-signage advertising the location was taken down and the stream was cut from the map.

The next red flag came in the form of text. The property contact vaguely communicated the event may need to be canceled. On Thursday night. With vendors and about one hundred early bird campers through the gate. The true owner of the land caught wind of a festival, and he wanted no part of it on his property. It wasn't like Beardfest was trying to be kept a secret: it had a full feature

printed in the local paper weeks prior.

"We came to understand that the [property contact] thought it would be fine to fly under the radar...He had other events there before, but they were just tiny gatherings. Probably because we were so young, he didn't expect that it was going to be as big as it was," LoPresti said.

Unbeknownst to most people on the grounds, organizers were meeting behind the scenes to try and figure out the next move. Lawyer acquaintances were called in haste to get an outside perspective on the situation. LoPresti and Savo began to drive around to other local areas to move to.

"We were driving around on Thursday evening asking business and property owners, 'Hey...can we throw a festival here tomorrow morning?'" Savo recalled.

They had one or two bites.

In the meantime, Zach LoPresti's mom, Jennifer, was also scouting the area and came upon Paradise Lakes, a defunct campground and event location that had lie dormant for

over ten years prior. That next morning she negotiated a price point and reported her findings. The team dog-eared it, holding their breath that they could still plead their case to the Blueberry Hill owner and turn the situation around. Up until then, it was mid-

dle-man communication between the leaser and themselves.

When the police did show up, LoPresti and Savo threw on their best button down shirts to meet them. The cops advised the duo that if they changed the FaceBook event to state "closed," they may have a chance of remaining on site. LoPresti followed instructions and immediately began contacting artists about the situation, telling them to spread the word. It was Friday morning, and the festival was underway.

Circle back to the true hail mary: when Gutman found the landowner's contact in-

formation online.

Gutman gave him a ring, "even though we were explicitly told not to call him. In a last-ditch effort [I thought] I could just talk to this guy and make him understand that he'd be crushing our hopes and dreams."

After the whirlwind of utter chaos that had compacted within the last 36 hours, the owner's "no" was the "final nail in the coffin." The team finally had to break the news to all on-site that the festival needed to be moved. They gave the Paradise Lakes address and asked them to tell anyone due to arrive that day.

Attendees began filling their cars with amps and gear to hustle a few miles down the road to a piney plot that would grow into a second home.

Suddenly, all these non-volunteers were signed up to save BeardFest, and they did: word got out, the entire festival picked itself up to move locations on the day it was to start, and music began—on time—that Friday.

"Festivals crash and burn all the time for various reasons. I'm still rattled by how improbable it all was, by how narrowly we dodged a bullet," Gutman recollected.

"What are the odds that one of the best festival locations on the east coast was waiting dormant just a few miles away from us, and

that we'd crash-land there on a day's notice?

"This was one of the most intense things we've ever been through, from the terror of losing it all, to the beauty in watching our whole team rally to save the festival. It was a coming of age experience that forced us to transform from a bunch of kids throwing a backyard party into festival organizers."

"What we discovered in this process was that the community really believed in this vision, and they were willing to pitch in to make it happen. This has remained the lifeblood of Beardfest," Savo concluded.

**"[THE OWNER AND I] SAT ON THE OLD DILAPIDATED STAGE TOGETHER. IT WAS TOTALLY OVERGROWN, BUT I KNEW IT COULD BE AMAZING IF WE GOT IN THERE. I KNEW THAT WITHIN HOURS, THE BEARDFEST TEAM WOULD HAVE TRANSFORMED THIS INTO A DREAM PROPERTY."**

**JENNIFER LOPRESTI**

# If You Want to Do It, the Sky's the Limit

## A CHAT WITH THE HEAD ORGANIZER OF THEME CAMPS, ART GRANTS, AND COMMUNITY-RUN EVENTS

Bexx Rosenbloom is entering her third year of organizing the Theme Camps, Art Grants, and Community-Run Events Departments at Beardfest. She is a veteran artist and performer at Beardfest, contributing on stage with both Miss Cantaloupe and the Rompus movement team.

It was at Burning Man ten years ago where she was first exposed to these various concepts in which attendees add their own flair to an organized event.

Bexx began to notice efforts similar to those she witnessed at Burning Man happening at Beardfest each year. Without any Beardfest team influence, campers were taking it upon themselves to decorate their corner of the woods—transforming their campsites into unique and inviting spaces.

“It became clear that these things were already happening in the community. We had groups of friends coming to Beardfest and setting up these magnificent campsites with an intention to welcome people beyond their group for hangs and getting to know [one another],” she said.

With her encouragement, the Beardfest team decided to nurture participant inspiration by highlighting these organized places and experiences by putting them on the



map (and in the guide) “so that everybody knew what was going on all the time.”

Some Hall of Fame examples include Muscle Tough's community 5K back in 2018, Stef's Cereal Bar which provides free cereal all weekend long, and the Flamingo theme camp which would wield the acclaimed Sam's Club giant flamingo to the lake.

This year, all registered theme camps will be placed in the first half of the loop, “creating this ‘Theme Camp Land’...specifically designed to encourage interactivity amongst participants.”

“I'm stoked to say that this is the biggest year yet. We're proud to have some Theme Camps and Grant recipients returning from previous years and that there are plenty of new ones...It is catching on, and it's growing,” Bexx boasted.

**THEME CAMPS:** A PRE-PLANNED GROUP OF PEOPLE CAMPING TOGETHER WITH A COLLECTIVE MISSION TO PROVIDE A FREE UNIQUE EXPERIENCE.

**COMMUNITY-RUN EVENT:** EVENTS ORGANIZED BY BEARDFEST PARTICIPANTS AND THEME CAMPS, OUTSIDE THE REALM OF BEARDFEST SPONSORED WORKSHOPS AND CURATED ENTERTAINMENT.

**ART GRANT:** A MONETARY DONATION FROM BEARDFEST TO A FESTIVAL PARTICIPANT TO HELP MAKE THEIR ART, COMMUNITY, OR EVENT VISION COME TO LIFE FOR THE FESTIVAL WEEKEND.

So, how does one sign up to be a Theme Camp, receive an Art Grant, or organize a Community-Run event in 2025 and beyond? The process may be simpler than you would expect.

Theme Camps and Community-Run Events are “more of a registration than an application.” As long as the spaces/events do not threaten Beard’s family-friendly atmosphere and there is no intent to serve prepared food or alcohol, you can expect approval (but keep an eye on your email inbox for further communication).

However, because Art Grant recipients are awarded monetary compensation for the materials costs associated with bringing their concept to life, the application process is a bit more involved.

Bexx explained that the question at the top of the review team’s mind is “How does this art or community grant serve the wider community?”

“We’re looking for things that are interactive: something that is not just meant to be witnessed, but to be engaged with.”

**HERE'S THE SCOOP ON WHAT IT TAKES TO HAVE A STAND-OUT APPLICATION:**

**-HOW WELL DOES THE APPLICANT SHOW THEIR PROOF OF CONCEPT THROUGH DRAWINGS, DIGITAL RENDERINGS, PHOTO EXAMPLES, OR TEXT?**

**-HOW WELL DOES THE APPLICANT SHOW PROOF THAT THEY CAN CARRY THEIR PROJECT THROUGH TO COMPLETION, THROUGH PROVIDING PAST EXAMPLES OF WORK OR WRITTEN EXPERIENCE?**

**-HOW MUCH IS THE GRANT ASKING FOR, AND FOR WHAT MATERIALS? DOES THIS SEEM LIKE A FAIR PRICE FOR WHAT IS BEING OFFERED?**

**-HOW THOROUGHLY HAS THE APPLICANT SHOWN THAT THIS MONEY WILL BE SPENT? (WITH SUPPORTING SPREADSHEETS OR DETAILED LISTS).**

“If someone puts a lot of care and detail into answering those, it means a great deal to getting funded [but isn’t a guarantee],” Bexx said.

Theme Camps, Art Grants, and Community-Run Events allow participants to leave their own imprint on Beardfest’s sandy grounds. And for a festival as beloved as Beardfest, so many attendees want to do just that. Few festivals cultivate such an environment where visitors feel compelled to enrich it beyond their camp and for the group at large. It opens the doors of opportunity to unique encounters, conversations, and friendships that may have otherwise not formed.

“Beardfest is beyond the scope of your average music festival because it feels like a regenerative, symbiotic community,” Bexx explained.

“You have people taking ownership of themselves and their impact in the space, saying, ‘Beardfest feels like Beardfest *because I am here and I’m [part] of making it feel like what it is.*’ We’re expecting that these initiatives are going to have a wider impact on people meeting [one another], taking ownership of their experience, and recognizing that it isn’t just the prescribed awesome music or workshops that the organizers are providing for the community: but rather it’s the community providing for itself.”

Find the entire guide to Theme Camps, Art Grants, and Community-Run Events on the following pages, and explore all that your fellow Beardfest participants have contributed to the weekend!



\*\*\*Follow the arrow's path to the  
lightening tree meet up for Disc Golf

# THEME CAMPS & ART GRANTS 2024

## ★ THEME CAMPS

- 1 Stef's Cereal Bar
- 2 The Lovewise Lounge
- 3 Alien Abode
- 4 Cirque De Peace
- 5 Ralph's Puppy Retreat
- 6 Dance Medicine Philly
- 7 Tats N' Laughs
- 8 Planet Sparkle
- 9 Spookytown USA
- 10 The Interplanetary Spore Society
- 11 Anam Cara

## ★ ART/COMMUNITY GRANTS

- 1 Sacred Passage
- 2 Cosmic Jelly
- 3 Random Wheel of Kindness
- 4 UFO
- 5 Another Man's Treasure
- 6 The Visitor
- 7 Fabric Forest
- 8 LazerFace
- 9 It Takes Time
- 10 Disc Golf Course





# THEME CAMPS

- *Green: Kids are permitted 100% of the time.*
- *Yellow: Some activities/topics will not be suitable for children's eyes and ears, but we leave the risk of engagement up to the parents.*

## ALIEN ABODE ●

Come hang out and talk about all things extra-terrestrial. We'll have late-night space jams and a community art piece dedicated to outer space.

## ANAM CARA ●

A nice place to chill out, watch movies at night-time, do some batik stenciling (1-2pm every day), drum circles.

## CIRQUE DE PEACE ●

Step into the vibrant world of Cirque De Peace at this year's festival. Our theme camp is not just a campsite; it's an immersive experience designed to spark creativity and foster connections. Picture a colorful oasis where the rhythm of life intertwines with the beat of the festival. As day turns into night, our space transforms, offering everything from flow arts workshops and mesmerizing fire performances, to live jams and acoustic sessions.

## DANCE MEDICINE PHILLY ●

This is a space for all the conscious-minded folks who live the sober lifestyle! Our theme camp is inclusive, and we'll be jamming and hanging out when we're not over at Jaya Kava's lounge setup rocking out to DMP's DJ's sets late night! Join us for a safe space to settle, and a place for kindness and Intimacy!

## RALPH'S PUPPY RETREAT ●

In memory of Ralph, the Dachshund rockstar who had been to every single Beardfest in the past, we will be giving out puppy treats while accepting any/all non-cash donations patrons are willing to donate to the Voorhees Animal Orphanage! Feel free to stop by our cozy camp for hospitality and endless fun with your fur babies!

## THE INTERPLANETARY SPORE SOCIETY ●

What happens when you mix mushrooms and aliens? There's only one way to find out. Come check out our big art, and take a look at the psilly side bins (in the psilly side show). We're a bunch of funguys, gals and pals, so come one, come all, to the greatest tiny mushroom show on earth (within a one mile radius).

## THE LOVEWISE LOUNGE ●

The Lovewise Lounge is a creative space that provides content creation, divination, and inspiration

to all. Stop in for an interview, a reading, or a workshop. We'll have a mini art station, if making art is more your speed. We also have a free tea station, if you just want to hang out on our couches and take a load off. Don't forget to stop by after dark, when we transform into the late night live loop lounge for collaborative Marc Rebillet-style shenanigans!

## SPOOKYTOWN USA ●

We are back for another year of spooky fun! If you wish Halloween could be all year round like us, then please join us at SpookyTown USA! We pride ourselves in being spooky, not scary; silly, not sinister, but a little kooky and creepy, as well. Put on your favorite costume and join us for some treats, and if you're brave enough, we might have some tricks for you too!

## STEF'S CEREAL BAR ●

Stef's Cereal Bar is the 'continental breakfast' of Beardfest! We offer a large variety of assorted cereals, milks, and light snacks to keep you fueled all weekend long! Enjoy a great conversation among friends old and new in our 'dining room' - there's even a chandelier!

## TATS N LAUGHS ●

Come check out our array of temporary tattoos and custom body jewelry. We have something for everyone, so let us finish your "beard fest vibe" with anything from a temporary sleeve to a shimmering mask of emerald gems. We will be hosting an open house everyday this weekend so make sure you stop by and take a look at our catalog!

## PLANET SPARKLE ●

SPARKLE UP BEARDFEST! Travel off world & Up UR glitter game w/ BIODEGRADABLE GLITTER at Planet Sparkle! We're spilling the T about bio glitter & sparking conversation on positive climate solutions all while giving free glitter glow ups! Open from 1pm-3pm and 7pm-10pm daily!

# ART GRANTS

## ANOTHER MAN'S TREASURE

*by Cloud 9 Studios*

What was once discarded has been given new life. You can change the world merely by changing your own perspective. The opportunity for creativity exists everywhere. One man's trash...

## COSMIC JELLY

*by Victor Assaf*

Magical ethereal jellyfish arise from the depths of Paradise lake to party amongst the stars and illu-

minate the skyline for all to see.

## **FABRIC FOREST**

*by Ashley Bauer*

Come dance, play, or chill in fabric strands among the trees.

## **IT TAKES TIME**

*by Brian Elmore*

A contemplative space styled after a Victorian sitting room, an antique chandelier will hang above two chairs. The chairs will be beautiful and discreetly secured in such a way that when participants sit in them they are facing each other and close enough to hold hands. My idea is to create a space where people can take a moment to just be there with and for each other.

## **LAZERFACE**

*by Dan Short and Christina Bowen*

Come and enjoy the glow of neon lights and the glimmer of LED arrays that surround you. The music is synced with the lights, creating an immersive and interactive experience. Dance the night away with us and our 24 foot Bearded LazerFace constructed with thousands of LEDs and a laser show!

## **RANDOM WHEEL OF KINDNESS**

*by Jaime White*

Step right up, festival goers! Give The Random Wheel of Kindness a spin...Let it send you forth towards adventure, laughter, and connection! Spin Around and Kind-Out!

## **SACRED PASSAGE**

*by Victor Assaf*

Journey through the enchanted crystal Stargate to another realm illuminating the way towards adventure and good times for all.

## **THE VISITOR**

*by E King & Eli Bronstein*

Out of the vast and wondrous depths of the cosmos, something, or someone, has traveled eons to meet us here, in this rarest of North American ecosystems. An emissary of the farthest stars, it's here with an important message: if we can figure out how to talk to it. Don't be nervous, it's nice, we checked. Though our mysterious interstellar guest did not need a body until it arrived, when it got here it constructed one out of the first plentiful material it found. You might be surprised when you find out what it chose.

## **UFO: UNLEASHING FEELINGS OF OPTIMISM**

*by Jasmin*

Come check out our UFO. We've been working hard with the aliens to see how much positivity we

can create with our special UFO, so come laugh, play and dance when you stop by!

# **COMMUNITY GRANTS**

## **1ST ANNUAL BEARDFEST DISC GOLF TOURNAMENT**

*by Sean Youngman and Johnny Crowe*

Groups of 4 players will tee off on our 5-hole loop course with a tournament Friday and Saturday morning!

## **TATS N LAUGHS**

*by Michael Green*

Be sure to come check out our wide selection of temp tattoos (including custom Beardfest tattoos!!!) and piercings all made possible with the help of the Beardfest community grant!

# **COMMUNITY-RUN EVENTS**

## **ONGOING**

### **LISTENING LOUNGE**

*Festival HQ*

*8:00am - 8:00pm daily*

The Listening Lounge, sponsored by Accessible Festivals, is a chill space where you'll be able to put on wireless headphones and/or vibrating backpacks to experience with great clarity the music that is happening live on the stages in a more chill environment. So, whether the stages are too loud for you, or too quiet, or if the crowd is overwhelming, or for whatever other reason, you can come chill and experience the music with comfort from the listening lounge!

### **TATS N LAUGHS OPEN HOURS**

*Tats N Laughs Theme Camp*

*Thursday, 4:00pm - 6:00pm*

*Friday & Saturday, 2:00-4:00pm*

Let us help finish your Beardfest vibe. We will be open for business everyday through the weekend so make sure you stop by and take a look at our catalog! We even have official Beardfest tattoos, our catalog is both family friendly and late night friendly ;) Hope to see you walking around the woods!

\*After midnight, if the lights are on, stop on by, if we're open, we're open!\*

# FRIDAY

## 1ST ANNUAL BEARDFEST DISC GOLF TOURNAMENT

*Meet at The Lightning Tree!*

9:30am - 11:00am

Groups of 4 players will tee off on our 5-hole loop course, keeping score as they play through 3 times for a total of 15 holes. Each tournament will have a 1st place prize! Ties will go to sudden death play-off. We will have some discs available, but players are encouraged to bring their own!

## BATIK STENCILING

*Anam Cara Theme Camp*

1:00pm - 2:00pm

## CREEB SPACE STUDIO MERFOLK AND MYTHICAL CREATURE MEET UP

*Meet to mingle at my camper in Overflow Lot A*

2:00pm - 4:00pm

Calling all Merpeole, Mythical creatures and Mischievous Fae! Let's Meet & Mingle then Frolic and Swim, BYOTails & a snack/water to share if you like. Group Picture at Lake at 3:15pm. The Glow Gratto will be open to hang out all weekend, so stop by!

## ARE YOU BEARDFIT?!? :) )

*On the beach after Youba Cissokho's set*

3:00pm - 3:45pm

Step right up! Do you have what it takes to get your name on the high score board? Test your strength for the chance to win a prize in the ultimate feat of showmanship—crushing fruit between your thighs.

## LATE NIGHT COMEDY SHOW

*Unannounced... ask around in the woods!*

1:45am - 3:00am

Come find our underground pop-up comedy club in the woods for some laughs served up late night with a set featuring local improv comedians and opportunities for short open mic sets performed by audience members throughout. Ask around the woods on where to find us for this late night Friday (technically Saturday) comedy show!

# SATURDAY

## 1ST ANNUAL BEARDFEST DISC GOLF TOURNAMENT

*Meet at The Lightning Tree! (See Theme Camp Map.)*

9:30am - 11:00am

Groups of 4 players will tee off on our 5-hole loop course, keeping score as they play through 3 times for a total of 15 holes. Each tournament will have a 1st place prize! We will have some discs available, but players are encouraged to bring their own!

## CEREAL JEWELRY MAKING CLASS FOR KIDDOS!

*Stef's Cereal Bar Theme Camp*

12:00pm - 12:30pm

Get cerealsly creative at this jewelry making class at Stef's Cereal Bar! Create your own necklace or bracelet with your favorite cereal! Enjoy a bowl of cereal while you build a beautiful keepsake!

## BATIK STENCILING

*Anam Cara Theme Camp*

1:00pm - 2:00pm

## PIRATE SOIREE

*Bluegrass Camp*

2:00pm - 4:00pm

Callooh Callay, come run away to the Pirate Soiree with Captain K. We'll tell a whale of a tale and sing merry songs a plenty. Bring a cup & we'll fill it up - we're pirates of tea & full of glee, even when we're far from sea. Saturday, keep your ayyye(s) peeled for the map, X marks the spot, 2pm to four, see you on the dot.

## DOG PARADE

*Forest Stage*

2:00pm start time

Relaxed parade for campers to show off their dogs. One at a time, campers will come up to the front of the forest stage and use a mic to introduce their dog. Then we will all parade to the main stage.

## ALIEN ASCENDENCE: MEDITATE, CONNECT AND DANCE WITH EXTRATERRESTRIAL ENERGY

*Alien Abode Theme Camp*

3:00pm - 5:00pm

Come and join us as we attempt to connect with Extraterrestrial Energies through a soundbath and some spacey jams.

## THE BEARDSHES: GATHERING OF CANNABIS ENTHUSIASTS

*Forest Stage audience area, in between music sets*

4:00pm - 5:00pm

Join other Cannabis Enthusiasts for a session as we gather to discuss, network, sample products, make friends, and enjoy our Saturday! We will be lighting up in a big way for 4:20 on Saturday! If you smoke pot and you like it a lot, come with us and make merry!

## MAD HATTER'S TEA & TAROT

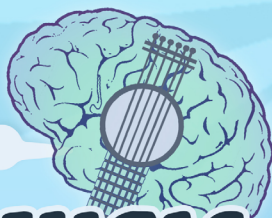
*Woodland Classroom*

4:00pm - 5:30pm

Don't be late... for a very important date! You are invited to come one, come all in your maddest hat or overalls, meet us down the rabbit hole and come taste your fate.

# THURSDAY

	BEACH STAGE	FOREST STAGE
6:00 - 7:00		KOSER
7:00 - 8:00	VELVET ROUGE	
8:00 - 9:00		FAT MEZZ
9:00 - 10:15	OCEAN AVENUE STOMPERS	
10:15 - 11:30		SPACE RACE
11:30 - 1:00	MOON HOOCH	
1:00 - 2:30		5AM TRIO



# MUSIC SCHEDULE



# FRIDAY

	BEACH STAGE	FOREST STAGE
11:00 - 12:00		OPEN MIC
12:00 - 1:00	SEAN YOUNGMAN	
1:00 - 2:00		SEAN DANIELS & THE LAW-ABIDING CITIZENS
2:00 - 3:00	YOUBA CISSOKHO	
3:00 - 4:00		SAKRED COLLECTIVE
4:00 - 5:00	IMPROVEMENT MOVEMENT	
5:00 - 6:00		STAR DESTROYERS
6:00 - 7:30	NIK GREELEY & THE OPERATORS	
7:30 - 9:00		OCTAVE CAT
9:00 - 11:00	BEARDSPACE CONDUCTED BY MATT BOUTLER OF EVERYONE ORCHESTRA	
11:00 - 12:30		MUSCLE TOUGH
12:30 - 2:00	THUMPASAURUS	

# SATURDAY

	BEACH STAGE	FOREST STAGE
11:00 - 12:00		OPEN MIC
12:00 - 1:00	EDENSPORE	
1:00 - 2:00		KUF KNOTZ & CHRISTINE ELISE
2:00 - 3:00	CRICKETS AND CICADAS	
3:00 - 4:00		BLENDMODE
4:00 - 5:00	ABA DIOP TRIO	
5:00 - 6:00		BANSHEE TREE
6:00 - 7:00	TREWAY & THE NOW GENERATION	
7:00 - 8:00		GLOSS
8:00 - 9:30	STAR KITCHEN WITH SPECIAL GUEST JEREMY SCHON	
9:30 - 11:30		BEARDSPACE
11:30 - 1:00	MONONEON	
1:00 - 2:30		BEN ARSENAL & FRIENDS

# WORKSHOPS SCHEDULE

## THURSDAY

	LAKESIDE CLASSROOM	WOODLAND CLASSROOM	BRIDGE CLASSROOM	CHILDREN'S CLASSROOM
4:00 PM	INTRO TO BACKPACKING: WILDERNESS ADVENTURE PREP	DEEPENING CONNECTION W/ AUTHENTIC RELATING GAMES	DISC GOLF: FORM AND BASICS	ART THERAPY FOR KIDDOS AND CARETAKERS
5:30 PM	BREATHFUL MOVEMENT: EXPRESSIVE VINAYASA	MAKING HERBAL MEDICINES		
7:00 PM	QIGONG	EXPRESSIVE ARTS PAINT 'N' CHILL: CONNECTING AND REPURPOSING	POETRY IN THE PINES	

## FRIDAY

	LAKESIDE CLASSROOM	WOODLAND CLASSROOM	BRIDGE CLASSROOM	CHILDREN'S CLASSROOM
8:30 AM	QIGONG	FIBER ARTS CRAFTING CIRCLE AND MATERIALS SWAP	SOUND BATH WITH A GUIDED REIKI MEDITATION	TODDLER AND ME YOGA
10:00 AM	EMBODIED COMMUNICATION ALL IS CONTACT	REINVENTION: SHIFTING THE ENERGY OF YOUR ARTISTIC CAREER	SANSKRIT STORIES: EXPLORING YOGA'S DEPTHS THROUGH MOVEMENT	FABRIC ARTS: DECORATE & PLAY
11:30 AM	CONSCIOUS COMEDY	THE ART AND SCIENCE OF GLASS	INTRODUCTION TO NONVIOLENT COMMUNICATION	BARNYARD YOGA DANCE
1:00 PM	BREATHWORK & INTENTIONAL COLD EXPOSURE	HANDS-ON HENNA	DRUGS, SEX, AND CONSENT, OH MY!	DR. SEUSS BOOK-READING
2:30 PM	LEARN THE ROPES! PHYSICAL EDUCATION THROUGH ROPEFLOW	BOOKMAKING WRITING & PUBLISHING IN THE SMALL PRESS	EXPLORING OPENLY: NONMONOGAMY & POLYAMORY	INTERACTIVE MUSIC FOR KIDDOS!
4:00 PM	CONNECTING TO THE SELF AND OTHERS THROUGH ART	FASHION MAGIC: INTENTIONAL ADORNMENT SWAP	THE ANATOMY OF AROUSAL	EXPLORING OUR SENSES WITH NATURE
5:30 PM	SACRED PLAY: PLAY LIKE YOUR SOUL DEPENDS ON IT	USING FOOD AS MEDICINE: THE 6 TASTES OF AYURVEDA	WITCH, PLEASE! AN INTRODUCTION TO RITUAL MANIFESTATION	SPREAD THE LOVE
7:00 PM	FLOWER POWER HOOP WORKSHOP	HARM REDUCTION: PREPARE AND PREVENT!	DIVINE SELF MEN'S CIRCLE	

## SATURDAY

	LAKESIDE CLASSROOM	WOODLAND CLASSROOM	BRIDGE CLASSROOM	CHILDREN'S CLASSROOM
8:30 AM		BHAKTI KIRTAN	SOUND VIBRATION HEALING & TANTRA YOGA	ALL DAY: ONGOING NATURE PLAYSCAPE ART INSTALLATION
10:00 AM	QIGONG	MUSHROOM CULTIVATION AT HOME	NUANCE IN OPINIONS: BRIDGING THE GAP	CHILDREN'S NATURE PLAYSCAPE AND RIBBON WAND MAKING
11:30 AM	YOGA FOR FLEXIBILITY	TANTRIC EMBODIMENT AND INTIMACY	MINDFUL MEDICINAL TEA TALK	FORT BUILDING AND SHADOW STORYTELLING
1:00 PM	SELF-DEFENSE FOR WOMEN, FEMMES, & GIRLS	BEARDFEST COMMUNITY CHOIR	MAGIC BODY: MYOFASCIAL RELEASE	
2:30 PM	PRIMAL SCREAM	IGNITING CREATIVITY THROUGH LIVE LOOPING	EMBODIED INTIMACY	REPURPOSE AND CREATE: NATURE-INSPIRED SELF-EXPRESSION
4:00 PM	STARTING A GARDEN: FOR SELF AND FOR SALE		THE ART & SCIENCE OF SOUND HEALING	SUPPORTING MATRESCENCE
5:30 PM	JIU JITSU IS FOR EVERYBODY	MOVING THROUGH CREATIVE BLOCKS	UNLOCK YOUR VOICE	ALL SKILL LEVEL JUGGLING WORKSHOP

## SUNDAY

	LAKESIDE CLASSROOM	WOODLAND CLASSROOM	BRIDGE CLASSROOM	CHILDREN'S CLASSROOM
8:30 AM	QIGONG			

**MAKE SURE TO STOP BY  
THE MERCH BOOTH!  
(RIGHT NEXT TO THE BEACH STAGE)**



**T-SHIRTS**



**ONE-HITTERS**



**SWEATSHIRTS**



**HATS**

# GET A FREE STICKER WITH ANY PURCHASE!



**KOOZIES**



**STICKERS**



**TANK TOPS**



**PINS**



**POSTERS**



**TAPESTRIES**



# WORKSHOP DESCRIPTIONS



## THURSDAY LAKESIDE CLASSROOM

### INTRO TO BACKPACKING: WILDERNESS ADVENTURE PREP

*With Cole Hooley (Hiking Babes), 4:00 pm*

In this workshop learn the basics for getting out on your first overnight or multi-night backpacking trip. We will cover gear, pack weight, foot care, food, water, maps (basics), safety, hygiene considerations, training tips, resources, and more. Participants will receive a list for their first trip including going to affordable food rations.

### BREATHFUL MOVEMENT: EXPRESSIVE VINYASA

*With Kristin Leung, 5:30 pm*

Experience the transformative fusion of Vinyasa yoga and contemporary dance in “Breathful Movement.” Begin with a gentle warm-up of breathful yoga flow synchronized with music before diving into elements of contemporary dance. Participants are encouraged to infuse their movements with creativity and individual interpretation. Suitable for all levels, this class enhances flexibility, strength, and mindfulness, fostering a vibrant community through the transformative power of movement.

### QIGONG

*With Elyse Michelle (Phases of the Moon / Witchwookiee / Heaven & Earth Energy Healing), 7:00 pm*

Qigong is an open-eyed meditation where the breath is slow and the body flows through a series of animal-like movements. It creates balance in the body and a light hearted spirit. This workshop is accessible by all ages and body types.

## WOODLAND CLASSROOM

### DEEPENING CONNECTION WITH AUTHENTIC RELATING GAMES

*With Molly Lutz (Molly Lutz Coaching) 4:00 pm*

Authentic Relating is a global movement of people coming together to foster greater authenticity and intimacy through various exercises, games, and skill-building. Through a series of enjoyable and highly interactive Authentic Relating games, we will foster connection and build relational skills, adding a unique and enriching dimension to your festival experience.

## MAKING HERBAL MEDICINES

*With Adrienne Hoyt (13Moonvisions), 5:30 pm*

Making Tinctures, Salves, Infusions with Herbs

Take back your health and healing! Learn about a few common herbs and how to make tinctures, salves, and infusions! First Beardfesters to arrive will be able to make something to take home with you at the end of the workshop!

## EXPRESSIVE ARTS PAINT N' CHILL: CONNECTING AND REPURPOSING

*With Rebecca Baptiste, 7:00 pm*

Through the repurposing of materials and experimentation with new artistic approaches, attendees will not only connect with their own creativity but also with each other and the environment. Guided by the facilitator, the workshop will provide a supportive space for participants to express themselves authentically, fostering a sense of community and shared artistic exploration.

## BRIDGE CLASSROOM

### DISC GOLF: FORM AND BASICS

*With Sean Youngman, 4:00 pm*

Attendees will learn the three types of discs and how to throw the three most common shots. After a brief discussion about rules and etiquette, practice putting from close-range on one of our disc golf baskets! This is a great place to learn about how to play our mini-course either casually, or in our First Annual Beardfest Disc Golf Tournament!

### POETRY IN THE PINES

*With Skyla Everwine, 7:00 pm*

Poetry is a beautiful way to commemorate the festival experience and allow ourselves to process all of the emotions and energies we are opened up to. Paradise Lakes is an undeniably magical place bursting with creative inspiration, and poetry is a great way to channel this magic. Be led multiple writing exercises and collaborative prompts, structured through individual, partner, and group prompts. Share your writing and receive support and celebration for your creativity!

## CHILDREN'S AREA

### ART THERAPY FOR KIDDOS AND CARETAKERS

*With Susan Krisch, 4:00 pm*

A brief Art Therapy workshop to help you learn tools to understand self, process emotions, and con-





# WORKSHOP DESCRIPTIONS



nect. Participants will discover the ways in which art-making and creativity can benefit physical and emotional health and then be given the opportunity to experiment with a variety of art-making techniques intended to support different personal goals: from connecting to the body and the present moment, to developing ways of communicating meaning and experience.

## FRIDAY LAKESIDE CLASSROOM

### QIGONG

*With Elyse Michelle, 8:30 am*

### EMBODIED COMMUNICATION - ALL IS CONTACT.

*With Batsheva Leshed (Evolved Counseling & Yoga), 10:00 am*

Batsheva will guide you to get out of your thinking monkey mind and tap into your unique body as you dance through the elements and sensation. Using somatic movement, breathwork and energetical practices, experience an ecstatic awakening. Bring balance and regulation to your nervous system and cultivate better relationships and connections between the mind, body and soul.

### CONSCIOUS COMEDY

*Michael Boothby (Michael Boothby Creative), 11:30 am*

This workshop will help adults rediscover their inner “creative genius” through improvisational theater games, movement and space exercises, and breathwork meditation. Participants will learn to get out of their heads and into their hearts, so they can stay aware at all times and be open to the infinite possibilities that surround us every day. This is Conscious Comedy! Are you paying attention?

### BREATHWORK & INTENTIONAL COLD EXPOSURE

*With Abby Schmidt (the Polar Collective), 1:00 pm*

Tap into the inner workings of our nervous system through breath and explore our collective power through guided ice baths. This experience will leave you feeling invigorated, alive and accomplished.

### LEARN THE ROPES! PHYSICAL EDUCATION THROUGH ROPEFLOW

*With Spencer Raimondo, 2:30 pm*

This “Learn the Ropes” workshop serves as an introduction to physical education. Participants engage in a dynamic flow-style practice, navigating

through basic movement patterns and rotational twisting techniques, while also being introduced to flow skills like planes and weaves. Utilizing a simple tool such as a rope, we delve into how comprehending body rotations unveils latent athleticism through the body-mind connection.

### CONNECTING TO THE SELF AND OTHERS THROUGH ART

*with Susan Krisch, 4:00 pm*

Learn the ways in which art-making and creativity can benefit physical and emotional health. Participants will then be given the opportunity to experiment with a variety of art-making techniques intended to support with different personal goals, from connecting to body and the present moment, to developing ways of communicating meaning and experience. All involved are invited to approach their creativity with a sense of curiosity and adventure.

### SACRED PLAY: PLAY LIKE YOUR SOUL DEPENDS ON IT

*With Ken Burak, 5:30 pm*

Let’s make up a new language together that uses our whole bodies and then tell each other the secrets in it. Let’s move our bodies in ways we’ve never moved them before. Let’s stare into each other’s eyes and lounge in each other’s soulscapes. It’ll be like an escape room, but we’ll enter it! Let’s be both more ridiculous than ever and more real than ever at the same time.

### FLOWER POWER HOOP WORKSHOP

*With Tyler Stocco, 7:00 pm*

All levels welcome! This class we will be exploring movement and core techniques for creating flowers and isolations with hula hoops. Stick around to learn some more advanced variations of these moves and get to know some fellow hoopers!

Workshop is bring your own hoop, although some will be made available to attendees.

## WOODLAND CLASSROOM

### FIBER ARTS CRAFTING CIRCLE AND MATERIALS SWAP

*With Ashley Bauer, 8:30 am*

This workshop will be a place for people of all skill levels to come together to talk about fiber arts, work on a current project, or create one of two



# WORKSHOP DESCRIPTIONS



project options with materials provided. The start of the workshop will consist of a group share, then participants have the choice of bringing their own project or creating a fabric strand wall hanging or macrame bracelet.

## REINVENTION: SHIFTING THE ENERGY OF YOUR ARTISTIC CAREER

*With Jessica Libor (The Creative Heroine & Jessica Libor Studio), 10:00 am*

Have you dreamed of being as an artist or creative today? If you keep doing the same thing month after month, year after year, you will keep getting the same results. REINVENTION workshop for artists is designed to interrupt your patterns and course-correct your efforts as an artist or creative to move you precisely in the direction you want to go with lectures, interactive brainstorming time with participants, and meditations.

## THE ART AND SCIENCE OF GLASS

*With Andrew Leventhal (Leventhal Glass), 11:30 am*

Glass is very much a part of our everyday world, yet many know little about the material. In this workshop, attendees will break, fix, and stretch glass to their pleasure, exploring the many uses and techniques of glass in everyday life. Andrew will discuss the different types of glasses and their uses. Participants will even have the opportunity to get hands-on by heating, blowing, and stretching the magical material.

## HANDS ON HENNA

*With Elisa Giacona (Soulshine Henna), 1:00 pm*

Discover the ancient art of henna in this immersive workshop. We will explore the rich cultural heritage, fundamentals of mixing henna paste, and learn to create intricate designs. Each participant will receive their own cone to practice with and guidance on various techniques. Unleash your creativity and express yourself through natural body art!

## BOOKMAKING, WRITING & PUBLISHING IN THE SMALL PRESS

*With Mike Mahoney (Wallingford Press), 2:30 pm*

This workshop will be on the underground / small press perspective of publishing, on hand-making books from the bottom up, on writing them, printing & publishing them, and the small press quality-literature scene in general.

## FASHION MAGIC: INTENTIONAL ADORNMENT SWAP

*With Kaley Iacovetta, 4:00 pm*

Let's play dress up together! We'll start with a discussion about what fashion and clothing mean to us personally, the challenges and limitations we feel around expression, and how we can move toward freedom and authenticity through adornment. We'll practice how to dress for ourselves first and how to affirm each other without objectifying. Then we play! Clothing and accessories will be provided but feel free to bring your own to share!

## USING FOOD AS MEDICINE: THE 6 TASTES OF AYURVEDA

*With Kimberly Kubicke (Indra Holistic), 5:30 pm*

Discover a simple practice to easily optimize your meals, why no food is always good or bad for you, a proven and unique system to understand the nature of food, and the subtle cues your body gives you to signal what to eat.

## HARM REDUCTION; PREPARE AND PREVENT!

*With Lee McCully (VNA Health Group Harm Reduction Center), 7:00 pm*

This Harm Reduction 101 workshop features training on the use of Narcan as well as various substance test kits. Learn the basics of harm reduction, how it keeps people safer in daily life, and how it can help People Who Use Drugs safer as well. The workshop will also include information on different substances, their methods of administration, effects, and what substances to avoid mixing, using informational cards supplied by Dance Safe.

## BRIDGE CLASSROOM

### SOUND BATH WITH A GUIDED REIKI MEDITATION

*With Remi Mendoker, 8:30 am*

A beautiful journey through crystal singing bowls, guided by Remi Mendoker. This will include Reiki during the meditation.

### SANSKRIT STORIES: EXPLORING YOGA'S DEPTHS THROUGH MOVEMENT

*With Lezlee Ann, 10:00 am*

This workshop will be a dance of discipline and free flow, steadiness and wiggles. Discussion is encouraged! This is a movement class, and you will be guided to choose the intensity of your own physical practice. We will use our bodies, voices, breath, and minds to connect deeply with yoga



# WORKSHOP DESCRIPTIONS



wisdom and the vastness that is... You!

## **INTRODUCTION TO NONVIOLENT COMMUNICATION**

*With Molly Lutz (Molly Lutz Coaching), 11:30 am*

In this experiential workshop, you will learn the foundational framework of Nonviolent Communication: making observations, expressing feelings and needs, and making requests of others in a skillful way in service of self and relational fulfillment. You will practice these skills and walk away with resources you can take into your everyday life to support you in an ongoing, lifelong journey of communicating with more skill, ease, and compassion.

## **DRUGS, SEX, AND CONSENT, OH MY!**

*With Dr. Sloane Ferenchak, DanceSafe's WeLoveConsent Program Coordinator & Stacey Forrester, GNO Vancouver Education Director & DanceSafe Conduct Liason, 1:00 pm*

Join DanceSafe's WeLoveConsent team to deepen your understanding of practicing consent with drugs, sexual consent & substance use, and how to enhance your safety, connection, and pleasure.

You've probably heard a basic consent talk when it comes to sex - ask first, yes means yes, no means no, etc. But what about practicing consent when it comes to doing drugs? And what about the complicated and controversial topic of erotic play on drugs?

## **EXPLORING OPENLY: NONMONOGAMY & POLYAMORY**

*With Chelsea Wittlich, 2:30 pm*

Find empowerment in being an ethical slut. Curious to explore outside of traditional relationship structures? Join the conversation in challenging the societal narratives of what fulfilling, open relationships can look like. This interactive discussion-based workshop allows folks to dig deep into their values and attitudes towards non-monogamy and polyamory. \*\*Open to all levels--curious beginners to advanced practitioners of alternative relationship styles\*\*

## **THE ANATOMY OF AROUSAL**

*With Molly Lutz (Molly Lutz Coaching), 4:00 pm*

For many of us, sex education focuses on reproduction and safety, leaving out a very crucial ingredient - pleasure! This anatomy lesson focuses on the body's innate capacity for pleasure in all its variations and sizes, exploring the way both male

and female bodies awaken and respond. You must be 18 or older to attend this workshop.

## **WITCH, PLEASE! AN INTRODUCTION TO RITUAL MANIFESTATION**

*With Daphne Perez, 5:30 pm*

An introduction to the basics of ritual manifestation, including clearing your mind with meditation and leveraging tools at your disposal to increase effectiveness. As a group, we will put together tool kits of candles, stones, herbs, and cleansing agents to enhance manifestation practices. Participants can choose one of three tool kits to build: health, love, or luck.

## **DIVINE SELF MEN'S CIRCLE,**

*Richie Parrella, 7:00 pm*

This Men's Circle is a safe space that facilitates intentional brotherhood of meaningful connection, vulnerability & supportive healing to reclaim & embody healthy & divine masculinity. The circle may include a meditation, short movement, sharing whatever is with us and needs to be shared in the moment. We invite all those who identify as men to attend, regardless of age or background.

## **CHILDREN'S AREA**

### **TODDLER & ME YOGA**

*With Ally Reyes (Yoga with Ally), 8:30 am*

Here is the perfect opportunity to introduce yoga to your little one. This workshop is open for any age, but crawlers to 3-year-olds would benefit the most! We are going to learn some gentle breathing, fun movement & some ways to self-regulate!

### **FABRIC ARTS: DECORATE & PLAY**

*With Ashley Bauer, 10:00 am*

Collaborate and create a fabric arts installation for the children's classroom and nature playscape!

### **BARNYARD YOGA DANCE**

*With Elyse Michelle (Phases of the Moon / Witchwookie / Heaven & Earth Energy Healing), 11:30 am*

Wiggle your way over to the kids' area for some dancing yoga fun—complete with moos and neighs and maybe a blast off in a rocket ship!

### **DR. SEUSS BOOK READING**

*With Amy Soma, 1:00 pm*

Relive your favorite Dr. Seuss memories and morals with read-aloud tellings of favorite classics. Story-related props will be provided to pass



# WORKSHOP DESCRIPTIONS



around and participate with throughout the workshop. While interactive questions and discussions will be geared towards children, all ages are welcomed!

## INTERACTIVE MUSIC FOR KIDDOS!

*With Ry Noss (Music with Ry), 2:30 pm*

Sing, move, and meaningfully connect with your child during this music class designed to foster positive aural experiences for the whole family! Young musicians and their caregivers will participate in a variety of musical activities to promote vocal exploration, steady beat, gross motor movement, and positive social interactions.

## EXPLORING OUR SENSES WITH NATURE

*With Bobby Grabowski, 4:00 pm*

A communal space where the youngest of Beardfam can explore all five senses to have fun and tap into the present with the gifts nature gives us.

## SPREAD THE LOVE

*With Jamie Murphy, 5:30 pm*

A variety of craft supplies will be provided for you to make goodies: what you do with them is your choice, but who doesn't love to hand out little trinkets?! You will be able to choose from things like Kandi, pet rocks, pins, and more! Come on out and spread the love!

## SATURDAY LAKESIDE CLASSROOM

### QIGONG

*With Elyse Michelle (Phases of the Moon / Witchwookie / Heaven & Earth Energy Healing), 10:00 am*

Qigong is an open-eyed meditation where the breath is slow and the body flows through a series of animal-like movements. It creates balance in the body and a light hearted spirit. This workshop is accessible by all ages and body types.

### YOGA FOR FLEXIBILITY

*With Melody Beebe, 11:30 am*

Want to touch your toes?! Join us for a fun and uplifting yoga flow that will help to encourage your body's natural flexibility. Class will begin with seated poses to warm up our muscles and then graduate to a more lively flow sprinkled with opportunities to go deeper into flexibility-challenging postures and give you the chance to discover your own capabilities! Dress ready to move

and bring your mat, water, and an open mind.

## SELF-DEFENSE FOR GIRLS AGES 5+, (SERIOUSLY)

*With Tea Iceberg, 1:00 pm*

Step into this unique self-defense workshop specifically tailored to give life-saving tips for situations commonly faced by girls of all ages. Using playful games and simple movements, participants will master escapes from common attacks by harnessing the power of body mechanics and dynamic motion. Walk away equipt with indispensable skills to navigate the world safely with assurance and confidence, even after just one workshop.

## PRIMAL SCREAM

*With Kimberly Cotterell (Transformative Wellness with Kim), 2:30 pm*

We invite you to use your voice in any way you feel called to. That could look like silly animal noises, howling, singing, or nothing at all. Feel free to come in any way that feels right.

## STARTING A GARDEN: FOR SELF AND FOR SALE

*With Erika Quarton-Neiderhofer (C.R.O.P.S.), 4:00 pm*

Whatever your reason is for starting a garden, you can leave this workshop with some basic knowledge on how to start, maintain, harvest, and monetarily gain from your garden. You will learn farming 101, policy, and regulatory tools to help you safely sell your homegrown and homemade products you created with love.

## JIU JITSU IS FOR EVERYBODY

*With Shaun Reiss, Daniel Tavares (Daniel Tavares Academy), 5:30 pm*

Showing why jiu jitsu, which translates to "gentle art", can be practiced by all ages, genders and body types. We will show the simplest, most effective moves for everyone to try on our mats. Lead by world champion Brazilian Jiu Jitsu competitor and professor Daniel Tavares.

## WOODLAND CLASSROOM

### BHAKTI KIRTAN

*With Jodie Emma (Shanti Revolution), 8:30 am*

Allow your emotion to become your devotion through ecstatic Kirtan! Lift your voices and raise the spirit through musical mantra meditation. Allow your heart to rip open and experience joy, peace and above all, LOVE!



# WORKSHOP DESCRIPTIONS



## MUSHROOM CULTIVATION AT HOME

*With David Jones (Two River Mushroom), 10:00 am*

This workshop demonstrates simple methods for people to start growing mushrooms at home. Participants will be able to inoculate their own bag of oyster mushrooms and learn about several other low-tech methods of growing fungi. The goal of the class is to demystify the process of growing mushrooms and inspire people to incorporate mycology into their pre-existing gardens.

## TANTRIC EMBODIMENT AND INTIMACY

*With Richie Parrella, 11:30 am*

In this workshop, participants will be guided through practices like eye gazing, authentic movement, and discovering authentic yes's and no's through clear communication and touch exploration. Explore emotions, body sensations, and thoughts that arise through the variety of different activities. Everyone will leave with a deeper sense of connection to self, have a deeper capacity to practice consent for self and others, and a playful curiosity to take into the rest of the weekend.

## BEARDFEST COMMUNITY CHOIR

*With Andrew Chojnacki, 1:00 pm*

Beardfest community choir will be an ensemble for festival attendees who enjoy singing and making vocal music with friends and family. The ensemble will meet on Friday and Saturday for about an hour each day. The project will culminate in a short, ~10 minute performance on the beach around sunset on Saturday evening. No prior musical training will be required to join!

## IGNITING CREATIVITY THROUGH LIVE LOOPING

*With Gary Dann (The Boom Room / Worldtown Soundsystem), 2:30 pm*

This workshop aims to address live looping curiosity by focusing on loop techniques and providing practical insights for individuals to express themselves creatively. Participants will delve into the capabilities of the Boss RC 505 looping pedal, gaining hands-on experience in recording and layering loops to construct dynamic musical arrangements. Through collaborative jam sessions and creative exploration, attendees will enhance their improvisational skills, contributing to a vibrant and immersive musical experience.

## MOVING THROUGH CREATIVE BLOCKS

*With Holly Simple, 5:30 pm*

This interactive workshop includes writing, drawing, and dance. Whether you own a business, are an Artist, or simply have a curious creative spirit but don't know how to get started, this workshop will help spark your inspiration leaving you with tangible tools to take steps forward toward your unique creative vision. Workshop includes interactive zine/workbook, and tools necessary for creative activations.

## BRIDGE CLASSROOM

### SOUND VIBRATION HEALING & TANTRA YOGA

*With Vikrant Rana (Boston Vibration), 8:30 am*

A meditation workshop intended to bring people together with bright energy and an open heart. There will be Sound Healing, Mantra Chanting, Breath Work, and move. to help people clear negative energy around them.

### NUANCE IN OPINIONS: BRIDGING THE GAP

*With Bobby Grabowski, 10:00 am*

How do we expect this world to come together as the ego constantly tries to tell us that we are in fact the one that is correct? How can we move forward as a unified people when one "wrong" view seems enough to get us exiled? After much consideration, my home away from home (Beardfest) seems like the perfect place to revise my lesson on focusing on similarities to bring us together, rather than creating a "bad" to feel "good."

### MINDFUL MEDICINAL TEA TALK

*With Allison Coulter (Thyme Travelers Conservatory + Green Witch Revolution), 11:30 am*

Join us for a mini-lesson on herbalism followed by a mindful moment of tea consumption.

Learn the basics of nervine and adaptogenic herbs. Enjoy an herbalist-crafted tea blend while practicing mindfulness and breathing techniques. Ground and center while growing your knowledge about herbs!

### MAGIC BODY: MYOFASCIAL RELEASE

*With Carly Brand, 1:00 pm*

Fascia is everything! It's the multidimensional liquid light matrix that forms your tissue and extends into the subtle realms of space all around us. Unprocessed emotions can be trapped in areas of the fascia creating restrictions and loss of func-



# WORKSHOP DESCRIPTIONS



tion. Learn to unwind your body, what it feels like to be centered, access more of your vital loving life force and feel free.

## **EMBODIED INTIMACY**

*With LaVina & Haribo (Dance Medicine Philly), 2:30 pm*

The foundations of intimacy are knowing and expressing my Yes & No. When we both meet in this shared reality, trust is felt, and intimacy can flourish. In this workshop, we will explore how the body communicates Yes & No, and what shadows can get in the way of expressing the truth of my desires. Slow down, attune, and express. Open to singles + couples - no partner needed.

## **THE ART & SCIENCE OF SOUND HEALING**

*With Mary DiMeglio (Mishana Yoga & Wellness), 4:00 pm*

Sound healing is skyrocketing in popularity in the collective consciousness. As a complementary therapy, it can be used alongside all other forms of healing and is said to lower blood pressure, help with deep sleep, and even relieve pain...but do you know how it actually works? Come learn the science of how sound frequencies affect you on a physical and energetic level. Then, experience a beautifully guided meditative sound journey, including a gong bath!

## **UNLOCK YOUR VOICE**

*With Donnie CoCo (Donnie CoCo Deluxe), 5:30 pm*

This vocal tension release session will provide a playful, grounding, and curious approach to connecting with our voices. We will interact with our bodies and minds to engage our voices physically, and explore subconscious elements that may be holding us back. For everyone!

## **CHILDREN'S CLASSROOM**

### **ALL DAY: ONGOING NATURE PLAYScape CHILDREN'S NATURE PLAYScape AND RIBBON WAND MAKING**

*With Melissa Sheppard (Star Child Nature School), 10:00 am*

With stumps, planks, hay bales and more, Star Child Nature School brings imagination to life. Bring your children to build obstacle courses to balance, climb and jump. Ribbon wands available to craft during our workshop to make your festival kid's music experience even more interactive!

## **FORT BUILDING AND SHADOW STORYTELLING**

*With Rebecca Zimmerman (The School in Rose Valley), 11:30 am*

Join with friends to create the ultimate dwelling place of play- a fort! Using simple, soft, and inviting materials, we will create a safe and colorful space to enjoy together. Then, using imagination and shadows, we will turn our fort into nature's theater: a shadow puppet show!

## **REPURPOSE AND CREATE: NATURE-INSPIRED SELF-EXPRESSION**

*With Rebecca Baptiste, 2:30 pm*

In this kids' workshop, we will explore self-expression and creativity. Using recycled materials and innovative techniques, young artists will create unique artworks while fostering a sense of community and eco-consciousness.

## **SUPPORTING MATRESCENCE**

*With Samantha Magpi (Magpi Midwifery), 4:00 pm*

An interactive workshop to learn about optimizing your journey to becoming a parent. Join me as we discuss various topics from getting pregnant, supporting a healthy pregnancy, birthing options, relationship changes, parenting styles, self-care as a parent, breaking generational cycles, the impact of trauma on our bodies, holistic medicine for the family, creating your village, homeschooling options and everything in between. We make a nourishing tea blend together to take home as we chat. If you have ever thought of having kids or are currently pregnant or newly parents, come to connect!

## **ALL SKILL LEVEL JUGGLING WORKSHOP**

*With Paul Zimolzak, 5:30 pm*

Learn to juggle as a beginner or work toward perfecting your skills at this all ages and skill level juggling workshop.

Paul Zimolzak (The Punk Rock Juggler) has run juggling workshops at Beardfest and like-minded festivals for 6+ years. He has trained at the Philadelphia Juggling Club, the Philadelphia Circus School Juggling Club, and is helping to run his own in a warehouse flat lived in exclusively by circus artists.

## **SUNDAY**

### **QIGONG**

*With Elyse Michelle, 8:30 am*

# Check Out These Upcoming Shows!

**BISCOLAND**

MONDERLAND FOREST - LAFAYETTE, NY

**OUT OF THE BEARDSPACE**

JULY 4-6 2023

**REMEMBER BJONES**

WITH SPECIAL GUEST  
**BEARD SPACE**

ENCORE SET FEATURING  
**THE MUSIC OF QUEEN**

JUNE 29TH 2024  
ASBURY PARK, NJ

**HOUSE**  
OF INDEPENDENTS  
WWW.HOUSEOFINDEPENDENTS.COM

MMXXIV

**ANAHATA'S PURPOSE**

SEPTEMBER 5TH - 8TH 2024

A WELLNESS FESTIVAL RETREAT CELEBRATING COMMUNITY, INTEGRITY, AND AUTHENTICITY

**NIK GREELEY & THE OPERATORS**  
**HØLY RIVER**

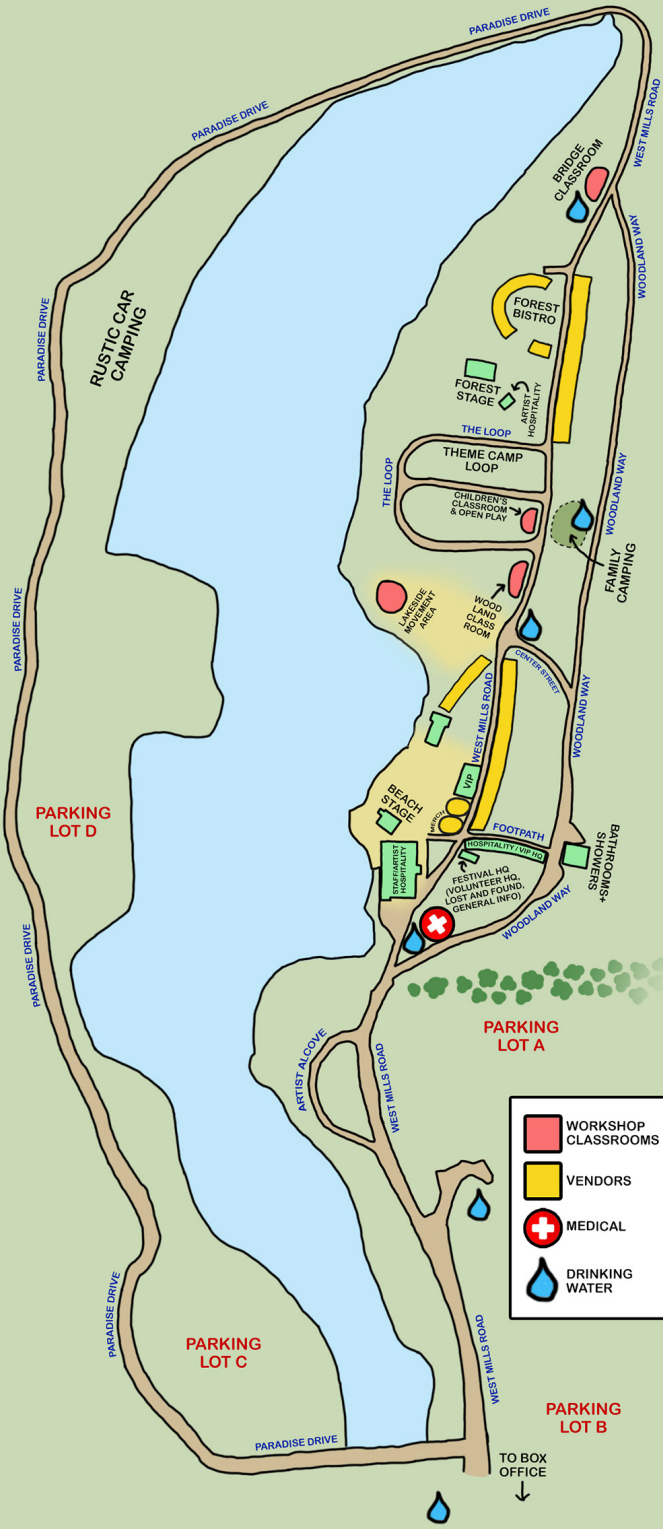
SEAN DANIELS & THE LAW ABIDING CITIZENS  
VORTUEXAL ECSTATIC DANCE SET  
COREY & FRIENDS PRESENT **THE PICTURE SHOW**  
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