

OFFICIAL PROGRAM GUIDE



THE JOURNEY MIND • BODY • SOUL EXPO 2006

Sat. & Sun., August 19 & 20
10 am - 8 pm • Both Days • Rain or Shine

Enter lot
before
5:15..&
Parking
is Only
\$2!

Featuring many diverse vendors at the beautiful covered Nautica Entertainment Complex with everything to stimulate your Mind, Body & Soul, including yoga, bodywork, massage, reiki, reflexology and aura imaging and much more...plus feature speakers, mini-workshops, music and lectures. Now at a new location - Right Downtown on the West Bank of the Cleveland Flats!



Carlos Jones



Wah!

THE PLAIN DEALER *Pavilion*

Nautica Entertainment Complex
West Bank - Cleveland Flats

LIMITED VENDOR SPACE AVAILABLE

For information, including vendor space available,
go to www.thejourneymag.com
or call 440-223-1392

Sponsored By



Jonny Kest
VINYASA
YOGA
WORKSHOP

the **JOURNEY**

UNITY
OF GREATER CLEVELAND
A Church of Peace & Joy

Karma
Yoga

THE WAVE
107.3
SMOOTH JAZZ • WJZZ

epitome
Magazine
epitome.com

jazz
& blues
report



2006 MIND • BODY • SOUL EXPO

Saturday, August 19 & Sunday, August 20 • 10 AM - 8 PM Both Days

Tickets \$9 per day • A 2-Day Pass is \$15

Parking is only \$2 if you enter the lot before 5:15!

INSIDE THIS PROGRAM

Workshop & Main Stage Schedules - 4 & 5

Workshops - 7-9

Music - 12 & 13

ABOUT THE NEW EXPO VENUE

The Plain Dealer Pavilion, formerly the Scene Pavilion and before that Nautica Stage, is located on the west bank of the historic Cleveland Flats directly adjacent to the Cuyahoga River. It offers a fantastic view of the river, the many boats and sailing vessels of summertime, the skyline of downtown Cleveland, and the unique bridges which al-



low cars and trains to cross the river.

This is the first year the EXPO will be held downtown. For the past three years, it was held at Lakeland Community College, about 25 miles east of Cleveland in Kirtland, Ohio.

GETTING THERE

From East

- I-90 to Route 2 (westbound)
- Exit at W. 28th Street (inside lane)
- Right on W. 28th Street
- Immediate Right on Washington
- Immediate Right on W. 25th Street
- Immediate Left on Main Avenue

From West

- I-90 (eastbound)
- Exit at W. 25th Street
- Left on W. 25th Street (north)
- Pass the Detroit Bridge
- Take Right on Main Avenue

From South

- I-77 North
- Exit at E. 9th Street
- Right on Orange/Ontario
- Left on Hope Memorial Bridge (Formerly Lorain/Carnegie)
- Right on W 25th Street
- Pass the Detroit Bridge
- Take Right on Main Avenue

From North

- By boat, enter at mouth of Cuyahoga River
- South 1/4 mile to Nautica Entertainment Complex

Got a plane? Land at Burke Lakefront Airport and take a cab for (estimated) 5 or 6 bucks.



MIND • BODY • SOUL EXPO 2006

SATURDAY WORKSHOPS

10:00 am to 12:00 pm – Ohio Satsang Society: Past Lives, Dreams and Soul Travel

12:15 pm to 2:15 pm – Sue Balaschak: Hand Drumming Workshop

2:30 pm to 4:30 pm – Joan Gattuso

4:45 pm to 6:45 pm – Evstarr: Love Yourself, Heal Your Life

SUNDAY WORKSHOPS

10:00 am to 12:00 pm – George Cox: Aromatherapy Made Easy

12:15 pm to 2:15 pm – Sierra Bender: 4 Body Fitness

2:30 pm to 4:30 pm – Shakthi: Tantra

4:45 pm to 6:45 pm – Agnes J. Thomas, Ph.D.: Telepathic Communication with Animals

All 2-Hour Workshops are \$35
Sign up in advance at
www.thejourneymag.com
or at the EXPO the day of the workshop

SEE PAGES 7-9 FOR DETAILED DESCRIPTIONS OF EXPO WORKSHOPS



MIND • BODY • SOUL EXPO 2006

SATURDAY MAIN STAGE

9:30am to 12:30pm - Jonny Kest: Vinyasa Rasayana

1:00pm to 1:30pm - Deborah Chemotti: Soulology

1:35pm to 2:05pm – Capiaro Demonstration

2:10pm to 2:45pm – Karma Yoga: Yoga for Everybody!

3:00pm to 4:30pm – Christopher: Singer and Guitarist

4:45pm to 6:15pm – Burning Sage Unveiled: Acoustic Duo

6:30pm to 8:00pm – Baba Jubal: Inner Peace Drum Circle

SUNDAY MAIN STAGE

12:15 pm to 12:45 pm – Troupe Shabaana: Belly Dancing

1:00 pm to 1:20 pm – The Yoga Dance

1:20 pm to 2:25 pm – Cats On Holiday

2:30 pm to 3:45 pm – Burning Sage Unveiled: Acoustic Duo

4:00 pm to 5:30 pm – WAH!: Unique mix of pop, world music & reggae

6:00 pm to 8:00 pm – Carlos Jones and The Plus Band

PREMIER EXPO WORKSHOP

VINYASA RASAYANA

with
**Jonny
Kest**



Rasa refers to life's juice and vinyasa means flow. Happiness and vitality appear in life only when our juices are abundant and flow freely. We are all in danger of becoming stuck, rigid, and dried up, both physically and mentally, due to the choices we make. Rasayana is the path of rejuvenation. Vinyasa is the path of fluidity. Come experience a juicy practice of growth and transformation where you will learn how Vinyasa Yoga, correctly practiced, will help make your life sweeter and flow more freely. This workshop is open to all from beginners to advanced!

Jonny Kest is the founder of Michigan's Jonny Kest Center for Yoga, the Midwest Yoga Conference and the Art of Vinyasa Conference. Jonny has been a student of Ashtanga Yoga and meditation for over 23 years. His compassionate, yet disciplined, teaching style has helped establish metro-Detroit as one of the largest yoga communities in the Midwest, where he teaches classes that are both therapeutic and challenging. Jonny's teachings awaken the healing power of breath and the sensuality of being, and inspire his students to find true alignment in heart and spirit.

**Saturday, August 19
at 9:30 a.m.**

3-Hour Workshop

**Price: \$45 if registered and paid for
by August 8! (\$55 day of the workshop)**

Both prices include a Saturday pass for the Expo

**For information or advance registration,
call Karma Yoga at 216-621-7085 or visit
www.karmayogacleveland.com**

**Read the Jonny Kest
interview on pages 10-11!**

Sponsored By
**Karma
Yoga**

Creating Your Own World

SATURDAY WORKSHOPS

All Workshops are 2-Hours



Past Lives, Dreams, and Soul Travel By Dave Oldham and Judy McCallagan The Ohio Satsang Society Sat. 10 am

Learn to recall memories of past lives. Lessons of long ago can be recaptured to help our lives today. Dreams are real, another way to find wisdom from the heart. Soul Travel means moving into a new and higher state of consciousness. The speakers share tips and spiritual exercises that assist the individual to find their true purpose-love and spiritual freedom in this lifetime.

Hand Drumming Workshop - By Sue Balaschak Sat. 12:15 pm

Named "Panaha" (Drum Goddess), Sue felt a connection to Mother's rhythm as a child. She has played the drums professionally for over 30 years.

Expand your connection between yourself, your drum and the Earth's energy! We will discuss the spirit of the drum, drumming techniques, basic rhythms, and creating entrainment at drum circles. Drummers of all levels are welcome. Some loaner drums are available

I am often approached by people who want to attend drum circles that are geared more towards grounding, healing and spiritual enrichment. These are often beginning drummers who are intimidated by large drum circles or people seeking knowledge on how to use the drum as a spiritual tool.



This workshop clearly discusses and evokes a hands-on connection with the human spirit, the spirit of the drum and Mother Earth's energy. Beginning and advanced drummers will learn about the anatomy of a drum circle and how to listen and add their own voice to the orchestration. The workshop will give attendees with little or no drumming experience the knowledge and confidence to freely participate in drum circles and to continue their drumming journey.



Uninterrupted Good Fortune - Living the Noble Life By Rev. Joan M. Gattuso Sat. 2:30 pm

In this workshop you will learn how to ground yourself in the principles that establish good thoughts, good speech and good action that lead to a life beyond suffering, sacrifice, lack and negative karma. Rev. Joan will present ancient teachings in an understandable manner. You will learn how to turn your fortune around and live the life you are intended to live as a noble being.

Joan M. Gattuso is the best-selling author of *A Course in Love* and *A Course in Life*. She is a columnist for *Unity Magazine* authoring the column *Living a Noble Life*. The Minister of Unity of Greater Cleveland for the past 22 years, she has just completed her third book, *The Lotus Still Blooms: A Practical Guide to Buddhism*. It is based principally on her personal studies with His Holiness the Dalai Lama and will be published in 2007.

Love Yourself, Heal Your Life - By Evsttarr Sat. 4:45 pm

Are you traveling down a road with detours and potholes? Is your love life reminiscent of a remake of *Heartbreak Hotel*? Is your prosperity on a slow boat to China and you missed the boat? Evsttarr, certified Louise Hay teacher will help you understand your family dynamics and barriers to love. Learn to bring affirmations into your body and not just in your mind, learn to love yourself and others more fully and deeply. Turn your shoulds into coulds; work with body, mind, emotions, and spirit to transform your life. Learn how to effectively release negative emotions blocking you from living joyfully and creatively. Evsttarr is also known as Evelyn White.



All 2-Hour Workshops are \$35 • Sign up in advance at www.thejourneymag.com or at the EXPO
See Workshop Time Schedule on Page 4 • Sunday EXPO Workshops on Page 9

SUNDAY WORKSHOPS

All Workshops are 2-Hours

Aromatherapy Made Easy - By George Cox Sun. 10 am



This seminar takes people through the basics of aromatherapy. This is a “hands on” seminar in which participants will experience 17 different essential oils.

Essential Oils Can: Stop the itch from insect and spider bites • Help burns, psoriasis, and eczema • Help you sleep or give you energy • Improve your love life • Drain sinus congestion • Relieve headaches • Remove plantars warts & relieve cold sores • Reduce stress and tension • And much, much more!!!

Discussion covers: • The uses of each of the essential oils, what issues they can help. • How to use the individual oils for the objective in mind. • Basic blending techniques. • What aromatherapy is and how it works. • The history of aromatherapy including some current case studies. • Misconceptions and fraudulent statements regarding aromatherapy. • “De-mystifying” aromatherapy in an easy to understand method. • Safety precautions and how to handle essential oils.

4 Body Fitness - By Sierra Bender Sun. 12:15 pm



Often when people talk about fitness, what comes to mind is a gym, a trainer, treadmill, weights and yoga classes. True fitness, however, involves the 4 bodies and understanding how they connect within to form the whole person. When connected and balanced, this true fitness is clearly visible on the outside. Sierra 4 Body Fitness & Yoga teaches you how to tap into the energy and power within these 4 bodies, (physical, emotional, mental, spiritual). Sierra 4 Body Fitness & Yoga will help you break through to new levels of fitness to create a foundation of stamina, strength and suppleness on all levels of being physically, mentally, emotionally and spiritually. The goal is to create suppleness, flexibility, balance, focus and full range of motion in all 4 bodies. And in doing so we can rehabilitate, recycle, reprogram and re-energize all our bodies. This workshop will tap in physically and also make you mentally sharp, emotionally in tune and spiritually connected.

Sierra 4 Body Fitness & Yoga is an attitude, a way of life, and fuel for life.

Tantra - Shakthi Sun. 2:30 pm



Want to feel LOVE and JOY? Want to find that missing piece?

Join us in a Passionate exploration of the Spirit.

Tantra is a Science that enables us to transmute any situation/feeling into a divine experience through various techniques that are simple and yet powerful. Feel, Love, Enjoy, Connect and LIVE FULLY IN THE MOMENT.

Shakthi is a certified Ipsalu Tantra Facilitator. He leads from experience.

Mini-Workshop in Animal Communication

By Agnes J. Thomas, Ph.D. Sun. 4:45 pm

Learn how telepathic communication with animals works. Dr. Thomas will describe the basis for communicating with animals and give examples of communications she has had with a variety of domestic pets and animals in the wild. Learn how communicating with animals that live in groups differs from communicating with individual animals. Talk to whole groups of fish, birds, butterflies at the same time. A simple exercise will be given to introduce you to telepathy. Bring photos of your animals with you.



**All 2-Hour Workshops are \$35 • Sign up in advance at www.thejourneymag.com or at the EXPO
See Workshop Time Schedule on Page 4 • Saturday EXPO Workshops on Page 8**

A Dialogue with Jonny Kest

By Clyde Chafer

Clyde: Jonny, first off I would like to thank you for taking the time to dialogue with me. And, as always, I appreciated your class and the space you have created here at The Center for Yoga in Michigan.

Jonny: Thank you, Clyde, and it is always a pleasure seeing you when you come up and visit us.

Clyde: Well, how about if we talk about your “Yoga Journey”? Perhaps we should start with a little background – such as where you are from, family, and how you first got into your practice.

Jonny: I was born here in Detroit and have 3 brothers and a sister. My parents were divorced when I was eight with my father eventually moving to Hawaii. I started going there for the summer starting at age 12. My father was a surgeon and had experienced some health issues of his own – he had a crippling back injury. He actually had a couple of surgeries with no success. Medications were tried and they took their toll. Someone had mentioned yoga to him and he starting going to Ashtanga Yoga classes with David Williams and Brad Ramsey. This is when they first came back from Mysore after learning from Pattabhi Jois and started teaching Ashtanga in Hawaii. My Dad found this to be the only thing that relieved his pain and help him to move freely. He started taking me to the yoga classes with him when I went there for the summers. When I was fifteen I moved to Hawaii and my Father took me and my brother Tony to India. I was able to travel all over and meet many great Yogis and Sages.

Clyde: Did you meet and study with Pattabhi Jois?

Jonny: Oh yes. In fact my father and him became great friends – even to this day. Pattabhi actually developed a special class for my father and others that had crippling injuries.

Clyde: How long where you in India?

Jonny: We spent three months there. My father was searching for a balanced, healthy more harmonious life and wanted to share that with us. He found yoga to be like a fountain of youth.

Clyde: Must have been a very memorable trip.

Jonny: One I will always carry with me.

Clyde: I’m sure. So did you stay in Hawaii long?

Jonny: No, not really. I ended up moving to Santa Cruz, California with a friend when I was 16 and went to high school and finished high school in LA.

Clyde: Did you keep with your yoga practice at this time?

Jonny: Oh yes. When I was first introduced to yoga through my father, he had me reading Krishnamurti and it

really planted the seed of desire for spiritual growth. So wherever I went I sought out spiritual centers such as yoga studios...always looking to grow more through knowledge. Yoga, meditation and spiritual consciousness have always been something I’ve wanted to cultivate.

That is really is the only reason I have opened up this yoga center...out of a selfish desire to keep my practice growing. I never want to lose my practice. It’s so important to have support and community with your own practice. I knew how hard it was to find support when I was going from high school to high school in different areas. It’s very difficult to get up every morning and get on my mat without support. My obstacles will overpower me without the community support. Having a center truly helps one stay centered. I believe a very large role of a teacher is to help create community.

Clyde: So what I’m hearing you say is that your yoga went with you wherever you went. You kept seeking ways to grow through your practice.

Jonny: Absolutely. Wherever I went I would look for workshops, studios, seminars. Whatever I could find to cultivate the seed that was planted. It wasn’t easy in a lot of places. I came back to Michigan for college and studied in London for a while. Again seeking places and people that were like-minded. This was so important for my personal practice – being a part of community.

Clyde: So you stayed in Michigan after college?

Jonny: Yes, this is where I have grounded myself. Right after college I was introduced to my form of meditation – Vipasana.

Clyde: This is a very deep silent meditation – correct?

Jonny: Yes.

Clyde: Could you explain it further?

Jonny: Vipasana was said to come from the teachings of the Buddha. It has been kept in a very pristine purity for, I believe, over 2,500 years...passed from lineage to lineage and fortunately not changed. There are ten-day retreats that teach you the method.

Clyde: You experienced one of these retreats after college?

Jonny: That was my first one. I have done I think 15 others since. I usually will do a ten-day retreat once a year.

Clyde: Total silence the whole ten days?

Jonny: You wake up at 4:30 in the morning and you sit in meditation until around 9:30 at night. There are a couple of breaks for lunch, dinner and tea. But, for the most part, you sit in silence.

Clyde: I had heard that there is not suppose to be any

eye contact.

Jonny: This is true. It's called noble silence. No eye contact, no gestures.

Clyde: I also heard that around the fourth day is when it becomes the most difficult.

Jonny: Well, it depends on the person. Actually it seems to become very difficult for a lot of people on the second day. That is when you will see people leave. And also the sixth day. The fourth day is when they introduce the actual technique. Up to that point, you are just to observe your breath. Once you hit the fifth and sixth day, you feel like running. After the sixth day you are in the home stretch. It's still hard, but you feel that you will get through it.

Clyde: Did you feel like running?

Jonny: Of course. But there was a bigger part of me that told me to stay. Get through the layer.

Clyde: What shifted in your life after the first one you went through?

Jonny: It shifted my whole yoga practice. It wasn't so much about asana. I became less competitive. My practice was more internal. Each time it seems I go through another layer. This meditation has taught me how important it is to release. It's like a muscle – in that if it's not used it will atrophy.

Clyde: Was it shortly after this you opened the Center for Yoga?

Jonny: No, that was a few years down the road.

Clyde: How did it come about?

Jonny: I started teaching in a private house and invited all my friends and relatives the first week and no one

showed up. So I tried again the next week and again no one showed up. The third week a couple of people showed and it stayed that way for a while and then it finally took off. I eventually rented a space from the Self Realization Fellowship, and it grew to the point that I needed my own space.

Clyde: Jonny, I wish we had more time to talk, but I know we both have other commitments. So, in closing, I would just ask you what do you believe is your purpose, or mission in this life experience?

Jonny: Well, I guess it really comes down to purify my mind –just getting through the layers. Release the fears and come to pure love.

Clyde: Thanks Jonny

Jonny: Thank you Clyde



Jonny Kest is the director of the Center for Yoga and can be reached at www.centerforyoga.net He is also the founder of the Midwest Yoga Conference, which is held each spring in Chicago and the Art of Vinyasa Conference held in the fall in Miami. Please join Jonny at the Journey Expo for an enlightening workshop on Saturday August 19. Details elsewhere in this program.

GET YOUR EXPO SOUVENIRS



**CDs of Wayne Dyer's
2004 EXPO Lectures**

**The Official
EXPO T-Shirts**



**Both items & more on sale throughout the EXPO
Only At The Journey Booth**

2006 EXPO MUSIC

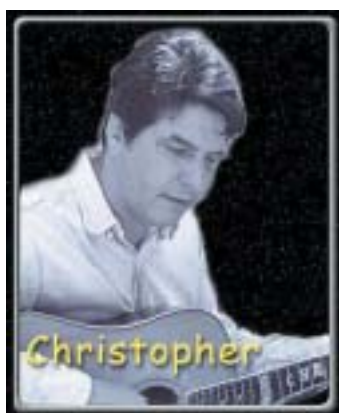
Saturday 4:45-6:15
Sunday 2:30-3:45

Burning Sage Unveiled

Burning Sage "Unveiled" is the acoustic offering of the all female, rock band from Cleveland. It incorporates acoustic guitar, vocals and a variety of hand percussion instruments. In addition to their original songs, they perform traditional ballads and modern covers by artists ranging from Loreena McKennitt to Godsmack. The show also highlights Lin's belly dancing skills as well as a captivating display of drumming by Burning Sage's critically acclaimed percussionist.

They have toured around the Midwest, performing with diverse national and international acts like Rusted Root; Hot Tuna; New Riders of the Purple Sage; Airta Moreira; The Irish Party Band featured in the movie "Titanic", Gaelic Storm; Amy Ray of the Indigo Girls; and international best selling author Wayne Dyer. Their music can be heard on radio stations throughout the U.S., in Europe, Turkey and the Netherlands.

Burning Sage has performed at a variety of festivals including The Starwood Festival, The Journey Expo, National Women's Music Festival, Eastern Massachusetts Pride, Women's International Music Festival, Ladyfest Lansing, and many others.



Christopher Saturday 3-4:30

Singer and guitarist F. Christopher Reynolds was born in Cincinnati in 1961. He grew up surrounded by music. His father and uncle, Rip and George Reynolds, were the Reynolds brothers, who began in Belleville, Illinois and St. Louis, later moved to Chicago. He says of his family that part of being a man was being able to play music. He has been writing and performing his own music (15 releases) since 1977. In response to 9/11, Reynolds founded Unrealism, a deepening of Surrealism. Unrealism is the "waging of creativity and cooperation during a time of global destructiveness and isolation." Reynolds notes that the culture is going through a shift much like the Copernican shift of the beginning of the Modern Era. His last 3 CDs, The New Heavens and the New Earth: The Underground Railroad of 2002, The Age of Magnification: Lamp of the Archer in 2004, and The Underground Railroad: Recollector of 2006, are all folk music blended with cosmology, depth psychology and spirituality. "At the heart of it, it's music that makes you feel good when you listen to it. It is best under the stars, either live or in a planetarium."

Led by Baba Jubal
Saturday 6:30-8

Inner Peace Drum Circle

The Inner Peace Drum Circle is a gathering of drummers and dancers for the purpose of expressing love, joy and appreciation for the gift of life. In the drum circle we experience an inner connection to the pulse of pure primordial energy. The sound of many drums like the sound of many heartbeats resonates a feeling of centeredness and oneness.

The mission of Inner Peace Drum Circle is to "Unite ALL Human Hearts in Peace and Love." Inner Peace Drum Circle is open to anyone who has a human heart. You are invited to participate no matter your level of playing. Beginners as well as "masters" are welcome.



Sunday 12:15-12:45

Troupe Shabaana



Troupe Shabaana is a troupe of belly dancers from all over the Cleveland area. Formed by Alanna Schultz in 2002, the Troupe has graced many stages across the states. At the beginning of the year Alanna was chosen to teach a physical education course at Tri-C for credit! Currently Alanna teaches at over 8 different locations and has made belly dance her full-time gig. Please check out their website for upcoming events and classes www.clevelandbellydance.com

2006 EXPO MUSIC



Photo by John Harmon

Carlos Jones & the PLUS Band

“Carlos Jones is to Cleveland reggae what Jim Brown is to Cleveland running backs: the undisputed champ. With Jones at the forefront of the scene for more than 25 years — first in I-Tal, then in First Light — this city’s reggae following was practically built upon his back. Devoutly spiritual, Jones is a Bob Marley devotee who eschews dancehall for galvanized roots-reggae. Jones and his PLUS Band were voted Best Live Act at the 2004 Scene Music Awards and Best Reggae/World Act for 2005, and they maintain a hectic pace of gigging, playing out every single weekend. As a result, the band’s soulful riddims have made it one of Cleveland’s top draws for close to a decade.”

—Cleveland Scene Magazine August 3, 2005

Sunday, August 20 • 6-8 pm

wah!

The musician and spiritual seeker known as WAH! and her band create a seductive spirituality with a unique mix of pop, world music and reggae.

WAH!'s music is an expression of many cultures and traditions of spirit. She has created extensive music products for yoga and meditation communities. She tours internationally, performing at Omega Institute, Kripalu Center, Yoga Journal Conference and The UK Yoga Show.

She currently has 14 CDs available under her own name, and can be heard on three compilations.

She has just released a book titled *Dedicating Your Life to Spirit*.

Sunday, August 20 • 4-5:30 pm



Cats On Holiday

Cats On Holiday is a hard rockin’, swamp poppin’ outfit serving up a healthy dose of American influenced roots, country, cajun and blues. Armed with an arsenal of well-crafted original tunes and an eclectic blend of party songs, it’s hard for most listeners not to swing and sway.

Sunday, August 20 • 1:20-2:25 pm