

Summer Camp 2017 Program

New Culture Summer Camp East	Event Schedule
July 7 - 16, 2017	

Date July	B/F 7:45- 8:30	ZEGG Forum/ Going Deeper	Morning Circle 10:15- 10:45	Morning Session 11-12:55	Lunch 1-2	Afternoon Session 2:30-4:45	Free Time 5-7	Dinner 7-8	Evening Session 8:30-10	Adult Playspace 10:30- Late
Fri 7					Not Served			Light meal	Diving into Connection – Indigo Dawn	
Sat 8		Opening Circle / What Is New Culture?/ Orientation / 8:45-12:15				Introduction to Going Deeper 2:30-3:45	Safe Sex – Michael Rios 4:00-5:00	Free Time	Boundaries / Cuddle Piles Sarah Taub	
Sun 9		ZEGG Forum Intro 8:45-10:15	Morning Circle 10:15-10:45	Unconscious Bias – Eric Peterson		Unconscious Bias	Free Time		Going Deeper 8:30-9:30 Playspace Orientation 9:30-10:00	Playspace Opening 10:15
Mon 10		Forum 8:45-10:15	Morning Circle 10:15-10:45	"Turn Your Heart On" Puja- Crystal Dawn Morris		Exploring the Pleasure Channel in Community- Crystal Dawn Morris	Free Time		Cacao Ceremony/Melting Into Movement- Atticus Mooney	
Tue 11		Forum 8:45-10:15	Morning Circle 10:15-10:45	Exploring Rank- Sarah Taub		Tantra & Empowerment 1 – Crystal Dawn Morris	Free Time		Auction	
Wed 12		Forum 8:45-10:15	Morning Circle 10:15-10:45	Who's on the Allyship? Oblio Stroyman & Crystal Byrd Farmer		Oblio & Crystal F	Free Time		Playspace Activity/ Drum Circle	
Thu 13	Ends 8:45	Going Deeper 9:45-10:15	Morning Circle 10:15-10:45	Tantra & Empowerment 2 – Crystal Dawn Morris		Heartivist Practice- Sheya and Owl	Free Time		Forum	
Fri 14	Ends 8:45	Going Deeper 9:45-10:15	Morning Circle 10:15-10:45	Dance Freedom- Sheya and Owl		Forum 2:30- 4 4:15-5:30	Open Sessions Setup 5:45- 6:45		TBA	
Sat 15	Ends 8:45	Open Sessions 9:00-10:00	Morning Circle 10:15-10:45	Open Sessions		Forum 2:30-4	Open Sessions 4:15-7		Open Mic	
Sun 16	Ends 8:45	Forum 9-10:30	Closing Circle 10:45 – 12:30			Cleanup/Break Camp		Not Served		

Theme: Exploring Power, in Love and Authenticity

Power is the ability to shape our world, to create the experiences that we want to have.

Power can involve domination or abuse (“power-over”) – out of empathy and outrage for those dominated, many reformers have wanted to renounce power altogether. But power is also our life force energy, and we can use it harmoniously, to create what we want in partnership or community with others.

This year at camp we will explore:

- Claiming our personal power - our birthright of joy and ecstasy. (Turn Your Heart On, Exploring the Pleasure Channel in Community, Melting into Movement, Tantra & Empowerment, Dance Freedom, Heartivist Practice)
- Healing our wounds around authority and power structures. (Boundaries, Going Deeper)
- Making our power structures clean, clear, effective, and flexible. (Exploring Rank)
- Understanding hidden biases and dynamics so we can make effective choices. (Unconscious Bias, Who’s on the Allyship?)

In this exploration, we aim to create a field of love and radical acceptance, where every voice is welcome. In this field, we will learn to claim and then navigate with our power, giving and receiving feedback about how our choices impact each other.

- What is it like when we can tell our deepest secrets to each other? When we can say “friend, here is how it is for me,” and be heard and understood?
- What is it like when we find the deep witness in ourselves, the one who can hear and hold other people’s truths?
- What is it like to feel so in love with ourselves and the world that we are delighted in any feedback we receive?

Diving Into Connection – Indigo Dawn, Friday, July 7

Let's find out who's here and what we have to offer each other! We'll spend much of the time moving around, meeting new folks and deepening existing relationships. Participants can engage with the group and get quick, direct feedback on issues they care about. We'll also have time to go deeper in one-on-one connections. This is a quick, fun, easy way to meet lots of people, get a sense of the diversity of the group, and explore opening up to each other.

Opening Circle – Saturday, July 8

The community gathers to share vision and intention for creating a New Culture.

Going Deeper – Multiple presenters, throughout camp

Over the years we've been building a culture that supports intimacy by teaching skills for healthy boundaries, handling painful emotions, holding space for others' process, and so on. Now it's time to take it to the next level. When the need arises to give difficult feedback or address something that's getting in the way of getting close to another person, many times we still let it go, not wanting to ruin a happy moment or create a rift. But in reality, we're keeping ourselves from intimacy when we could have it. When we're willing to tell another person what's keeping us from getting closer, we actually get closer.

In the "Going Deeper" spaces, we'll have a chance to share difficult truths, intimate appreciations, and vulnerable parts of ourselves. Let's get beyond this kind of sharing being an extraordinary experience, to where it's an ordinary everyday thing. Every day we deepen our connections. Consider the possibility that we have no idea who our closest friends could be once we start sharing at this level. We have no idea what could happen when we really give our relationships our deepest attention.

Safe Sex Conversations – Michael Rios, Saturday, July 8

In a sex-positive and body-honoring community, we have a responsibility to educate ourselves on how to keep ourselves safe while having fun. This workshop presents up-to-date scientifically and medically sound information on how to manage health issues for anyone who has multiple sexual partners--including how

we can have *safe* sex, not just "safer" sex. We cover specific techniques, brands, and concepts that allow responsible sex without damaging pleasure or intimacy.

Michael Rios

Boundaries & Cuddles – Sarah Taub, Saturday, July 8

Mmm, that glorious moment when we are giving exactly what our partner wants to be receiving! Sometimes we find that “sweet spot” spontaneously—but more often, we find it through clear communication and feedback. How many of us say “yes” to things we don’t actually want out of guilt or a fear of losing connection? In many ways, “no” is the most daring and intimate response possible – if I can hear your “no”, I can trust your “yes.” Sarah helps us practice finding that sweet spot of mutual “yes” through a series of juicy experiential exercises ... leading into a nurturing, non-sexual cuddle gathering focused on connection and consensual, loving touch.

ZEGG Forum – the Forum Team, Daily

Forum (http://www.zegg-forum.org/index_en.phtml) was created at ZEGG, an intentional community in Germany, and its sister communities as a way of promoting transparency and mutual understanding among community members. ZEGG members found that decision-making meetings often got derailed because of emotional conflicts and undercurrents that were not known to or understood by all. In Forum, each individual’s experience could be seen and understood, leading to greater empathy and creativity in the community. Now, many residential and non-residential intentional communities have adopted Forum as a way to maintain ongoing connection, intimacy and understanding.

The goal of Forum is to reveal what is alive but not known to all. The community sits in a circle, forming a stage for one person at a time to stand and show what is true for them. Facilitators may assist the person (or “presenter”) to reveal themselves more deeply. Afterward, community members may offer reflections, or “mirrors,” on what they saw.

One of the gifts of ZEGG Forum is that it allows us a space to appreciate every perspective without taking it on as “truth.” Every voice has its own poignancy, its own wisdom, its own truth, that does not negate the wisdom and truth of other

perspectives. Allowing all voices to surface and be known can lead to a profound and unexpected integration within a community. We tend to think that events leading to painful experiences and conflicts are bad, because they feel bad in the moment. However, when we open ourselves and compassionately witness what is happening for everyone, these experiences can be gateways to greater closeness, understanding, and love. When conflict emerges, whether or not we are in a formal Forum space, we can choose to listen in this way. This deep listening sustains and nurtures community life and relationships.

Unconscious Bias – Eric Peterson, Sunday, July 9

Whether we know it or not, there are internal unconscious processes that affect our decision-making every day. Every human being gets triggered- either positively or negatively- when exposed to different kinds of people. Cutting-edge recent studies point us to the conclusion that most "biased" decisions are not made by bad people with bad attitudes, but rather by well-intentioned people who are unaware of the internal workings of their minds.

In this workshop we will:

- * Examine our own background and identities to interact more authentically with our intimates, friends, and the larger community;
- * Explore how the brain functions to recognize Unconscious Bias as a natural function of the human mind;
- * Expose patterns of Unconscious Bias and its impact on decision-making processes;
- * Confront internal biases to practice conscious awareness in our lives.

We will create space for this exploration to occur in a safe and authentic way.

Sensual Playspace Orientation & Opening - Sunday, July 9

The Sensual Playspace is a warm and inviting space to explore connection and intimacy by engaging all of the senses. This is a space to lounge together after spending the day learning communication and intimacy tools - the perfect place to practice communication and share affection in a relaxed and sex positive

atmosphere. Sarah will give an introduction to the space and we will practice the “Safe Sex Elevator Speech.” The introduction will take place in our main meeting area and is open to everyone.

After the Playspace Orientation, those who wish will proceed to the Playspace for its official opening. All are invited to explore the Playspace – the opening activities will be sensual but nonsexual, and there will be a clear transition when the space becomes open for sexual connection.

"Turn Your Heart On" Puja – Crystal Dawn Morris, Monday, July 10

This ritual is dedicated to opening our hearts and allowing our natural radiance to shine. It is an opportunity to come together as a community and recognize the love and freedom that is present in every moment. This ritual supports you in connecting with others in a heart-full, playful and compassionate way. A Puja is a celebration of the Divine within all beings. Using breath, sound, movement, guided visualization, and conscious communication we will open and expand our hearts. Together we will create a safe, relaxed environment to connect and share as a group. Your healthy boundaries are honored. Please bring a water bottle. We will begin with a short practice to open and connect to our subtle energy awareness. At the end there will be time to share our experience as a group.

Exploring the Pleasure Channel in Community – Crystal Dawn Morris, Monday, July 10

This powerful ritual is an active meditation that allows us to connect our heart energy and our life-force energy in a variety of ways. The meditation is guided and has music that supports the experience. We will begin by using breath, sound and movement to open our Central Channel. Next, we will move into a group process in which share energy as a circle. Then we will shift into a dyadic process as we stand and explore sharing two waves of energy with others we choose to engage with. Then there will be an opportunity to explore sitting in dyads with a focus on shifting to the inverted breath and creating one wave of energy moving back and forth between two people. The focus of this practice is to help you experience Oneness as you integrate breath, sound and movement and share an experience of subtle energy awareness with others. Your healthy boundaries are honored.

Cacao Ceremony & Melting into Movement – Atticus Mooney, Monday July 10

Melting into Movement is an embodiment laboratory for playful spirits, creative expression and opening hearts. Upon entering the dance floor portal we are transported; we are open to alchemy and receptive to union with Source; inspiration and sensory delight. In this space we're no longer bound to social constructs and expectations, or workplace personas. Plus, it's a damn good + sweaty time. We'll activate our journey with ceremonial cacao, a creativity-awakening and potent heart-opening medicine. With the guidance of an intentionally curated setlist, we'll move through what calls to be expressed, released and renewed. Emotions, patterns, thoughts and beliefs may all be challenged and alchemized through the movement itself. Leave transformed!

Who's On the Allyship? – Oblio Stroyman & Crystal Byrd Farmer, Tuesday, July 11

Each of us is on a journey toward more power and freedom, but mainstream society systematically puts more obstacles in the path of some people based on their culture, race, gender, and/or physical abilities. Though we may desire to foster inclusion and acceptance, sometimes our internal blind spots get in the way of being a true ally to people who encounter more obstacles than we do. In order to be more effective at welcoming and supporting all people, we must examine our unconscious use of power and the way it can unintentionally cause harm to others. Our personal growth depends on recognizing the nature of privilege and our own participation in oppressive systems.

This workshop will offer us all an experiential opportunity to dive deep in a supportive and real container. Our intention as presenters is to hold a space of love and compassion as we explore these tender topics. In this space, all emotions are welcome – any contraction is just an invitation to more empathy, more compassion, more empowerment. No one will be “made wrong” or shamed – this is an opportunity to take in information, see with new eyes, and potentially make new choices.

Fundraiser Auction – Tuesday, July 11

Expect to be amused and surprised by the variety of unusual items and services donated by fellow campers for bidding. Previous auctions have included such offerings as "1000 kisses" and "a morning serenade." Auction proceeds help to provide scholarships and improve future camps.

Tantra & Empowerment – Crystal Dawn Morris, Wednesday, July 12

Discover a new path to power, sex, and intimacy! Laurie Handlers will help you give yourself permission to fall totally in love with yourself and embrace everything about yourself. Then you will be able to define your personal integrity. Integrity allows you to stand strong in your life in the face of fear, anger, judgment and resistance.

We'll take a close look at people's inability to permit themselves anything like love, pleasure, abundance, health. There is a direct connection between the Sacral Chakra (sexual energy center) and the Throat Chakra (center of self-expression). If you do not have permission to speak and get what you want, you probably have no permission to experience pleasure - and vice versa. So, where is the blockage? We will work on this issue from both ends, literally and figuratively.

During this experiential day you will:

- activate, clear and balance the Chakras (energy centers) of the body
- learn to work with your intentions to manifest what you desire
- learn 6000 year old Egyptian, Indian, and Tibetan practices that teach our bodies to expand to more pleasure and agelessness
- learn and practice emotional release
- discover sex techniques and conscious connection

Here are some other possible benefits:

1. Feel great about yourself – happy, more attractive, self-confident, increase your capacity for more pleasure, experience joy and fulfillment as a way of life.

2. Empower well-being – eliminate toxins, eliminate stress – accept yourself for who you are & release deep painful cellular memories; feel safe and whole.
3. Focus – set intentions, do the practices and watch the laws of attraction bring what you want i.e. life partner, more \$, career change
4. Uplift relationships – see others for who they really are, relate to their deep divine nature and trust your intuition
5. Experience the expression of your deepest emotions. Know rapture, love, passion and beyond! Become your own beloved!

Exploring Rank – Sarah Taub, Thursday, July 13

We can define “rank” as our ability to exert power in a particular situation. There are many types of rank –some rank is earned by our hard work and development, some is derived from our individual character and charisma, and some is given to us based on the family, country, social class, race, etc. we were born into.

Whether we acknowledge it or deny it, rank is present in all group situations. It is fluid and can shift in a moment from one situation to another – a person who is high rank in one group or context might be low rank in another. For example, in a typical workplace, the employer would outrank the employees ... but if the power went out, the employee with electrician’s skills would outrank the employer.

When the rank differences in a group are hidden or denied, there is a sense of confusion and lack of integrity. Power still gets exerted, but only a few people know how or why. In a healthy group, the rank structure is transparent, flexible, and in service to the group’s intentions – the whole group knows that high and low rank positions do not define a person’s worth, but are simply roles that people continually step into and out of in different situations.

In this experiential workshop, we will explore rank in all its forms, uncover hidden rank and rank conflicts in our communities, and learn to acknowledge and gracefully embody the rank and power that we already possess.

Heartivist Practice – Sheya Grace Wind & Owl Grateful Wind, Thursday, July 13

Heartivism... is Love-based creative activism. An invitation to use our human powers in service to life, bringing our creational abilities and gifts together to each make a form of art for the expression / protection of some aspect of the living world. All welcome, no art experience necessary. Many possible mediums. from prayer paintings, flag making to song medicine. High level fun...

Dance Freedom – Sheya Grace Wind, Friday, July 14

Dance Freedom is a free form, authentic movement practice. Integrating elemental waves of music and magic, we give body to our prayers. The process is lightly facilitated, mainly self-directed. Sheya's gentle directions help you unlock your body's wisdom - your spontaneous movements magically create exactly the inner state you need to take your next step in healing, empowerment, and joy. A recipe for community coherence and human rewilding. Welcoming to all.

Open Sessions – Friday, July 14, and Saturday, July 15

Join in as the entire camp self-organizes for concurrent events, inspired by your own passions and interests. Open Sessions are an opportunity for campers to convene dialogue groups on topics they've been wanting to explore, or create group massages, or do a music jam together. Participants are free to move from session to session, honoring their instincts and natural enthusiasm. /wiki/Open_Space_Technology

Open Mic – Saturday, July 15

Come one, come all, and show us more about you! No talent is required – “if you can walk, you can dance; if you can talk, you can sing!”

Closing Circle – Sunday, July 16

Honoring the experience of the past ten days, we will connect, reflect, and bid farewell to this incarnation of our community.

Lighter Side - as the mood strikes us!

Participants create and perform skits to illustrate humorous events that they have observed or experienced at camp.

Summer Camp 2017 Presenters



Atticus Mooney believes magick lies within the grey area of transitions and unknowns that propel us into transcendent opportunities for self-reflection, connection and growth. Movement is her portal to spirit; as a formally trained dancer, an intuitive and yoga teacher she synthesizes her understanding of form and appreciation of the formless to curate transformational events. She is the visionary founder of bhAva DC, a community organization that aims to promote conscious connection with substance-free dance parties, ceremonies and sound healing meditations. As the "Cacao Priestess" she imports ceremonial-grade cacao from Guatemala and hosts ceremonies to deepen intuitive, creative and heart-centered connection in communities. Additionally, she is the founder and producer of Ecstatic Dance DC and Baltimore, chapters in a global network of freeform conscious dance communities. As a 200-hour eRYT and a 500-hour RYT she facilitates yoga classes and yoga teacher trainings internationally; she has taught for the Hirshhorn Museum of Modern Art, the Kennedy Center and US Botanical Gardens in Washington, DC. No matter the form or place, she continues to to be amazed by the power of the human body and spirit.



Crystal Byrd Farmer, is an engineer turned educator in North Carolina. She began organizing New Culture Charlotte in 2015 and is also a leader in the local polyamory community. She is passionate about encouraging people to change their perspectives on diversity, relationships, and the world. She loves organizing meetups, teaching, and playing with her five year old daughter. She owns Big Sister Team Building in Charlotte, which uses some New Culture exercises and creates mobile escape room experiences.



Crystal Dawn Morris founded Tantra for Awakening in 2007. Her workshops and private coaching sessions give people practical tools for manifesting a heart-full life. She is known for her warmth, enthusiasm and ability to create a safe space where magic unfolds. She is catalyst for change, helping people discover their True Self which allows them to experience more ease and flow in their lives. Her intention is to create a world based on love, freedom, and compassion for all

beings. She draws on a diverse background of experience; as a Shamanic Minister, Nurse-Midwife, Reiki Master, breath-work facilitator and writer. She is also a lead faculty member for the International School of Temple Arts and facilitates ISTA events around the globe. You can reach her at crystal@tantraforawakening.org



Debby Sugarman (www.debbysugarman.org) seeks the marriage of activism with heart, vision with practicality. While working on environmental issues in her twenties, Debby realized that the issues she cared about were won or lost based on the strength or failure of human relationships and the effectiveness of interpersonal communication. Hoping to be a catalyst for more effective and creative endeavors, Debby became a connoisseur of all forms of group and interpersonal communication. She became trained in mediation, studied various forms of meeting facilitation and group process technologies, and

immersed herself in personal growth work and experiments in group dynamics.

Debby studied ZEGG Forum Facilitation with Teryani Riggs and completed a 16 day intensive ZEGG Forum training with Ina Meyer-Stoll and Achim Ecker of ZEGG Community. She is excited about bringing this kind of culture change work into communities, workplaces and organizations. She currently co-teaches ZEGG Forum Clinics and New Culture Skills workshops with Sarah Taub and has led a modified version of ZEGG Forum in her workplace.



Eric Peterson, MSOD is a Senior Consultant with Cook Ross Inc. He is a recognized facilitator and educator in the diversity & inclusion space with over 18 years of experience in unconscious bias, diversity & inclusion (D&I), learning strategies, and organization development.

Prior to joining the Cook Ross team, Eric was the manager for diversity & inclusion at the Society of Human Resource Management (SHRM), the largest professional association for human resources professionals and diversity & inclusion practitioners. Before his time at SHRM, Eric was a member of the diversity team at Booz Allen Hamilton, where he managed diversity education design and programming, and worked extensively with the firm's Employee Resource Groups.

Eric received his bachelor of arts from Gonzaga University in 1992, and a masters of science in organization development from American University in 2007.

He is a guest contributor for NBCNews.com, has been published in profiles in Diversity Journal and Echelon Magazine, and has been sourced as a D&I expert by CNN, National Public Radio, the Washington Post, the Boston Globe, the Los Angeles Times, and others.



Indigo Dawn, is a being of light and love, with a passion for deep connection and movement. An intuitive mover since the age of 6, she has trained in contact improvisation, West African, Middle-Eastern, classical Indian, swing, salsa, contemporary, and modern dance styles. After working to combat educational inequality with Teach for America, she left the corps to pursue societal change via individual transformation. As a changemaker, Indigo seeks to improve the lives of others by spreading authenticity, awareness, and self-expression.



Michael Rios is an entrepreneur and practical visionary with a creative genius for freedom and empowerment; as some have said, “Michael doesn’t have a box to think outside of.” In 1964, he founded a commune based on service, spirituality, and sensuality that lasted 30 years and (among other projects) provided emergency shelter and support services for homeless people and troubled young adults. In addition, he started one of the first domestic violence hotlines in the USA in 1971, and one of the first computer business in the DC area in 1976. Michael co-founded and lives at Chrysalis, a small urban intentional community in Arlington, VA, whose mission is to support activists and healers (www.chrysalis-va.org). Since 2004, he has been a major organizer of Network for a New Culture’s East Coast Summer Camp (www.nfnc.org, www.cfnc.us) and other events aimed at creating a culture based on awareness, compassion, and freedom rather than on fear and judgment. In 2011, Michael became the director of Abrams Creek Center (www.abramscreekcenter.com), a retreat center in the mountains of West Virginia. His current passion is creating an “intentional village” there and in the nearby town - a place where people live consciously with and near one another, building a life based on personal enterprise and freedom, economic independence, and a web of social interconnectedness (<http://aciv.cfnc.us>).



Oblio Stroyman is a queer-identified, gender-queer, trans-masculine former relational therapist turned Ecstatic Dance DJ who lives in Oregon’s Eugene/Springfield community. They are the Executive Director for the non-profit organization Trans*Ponder that serves trans/gender diverse folks and allies. They are the founder of Gender Camp, and are one of the organizers of the International Gender Odyssey conference.

They have always been passionate about community and social trends, focusing undergraduate and graduate studies on family, gender, and sexuality. They have

been connected to the Network for a New Culture community (nfnc.org) since 2000, participating as an organizer since 2010, helping to bring gender to the forefront of New Culture dialogs. They offers regular training that focus on raising awareness in professional organizations regarding polyamory, gender, LGBTQIA concerns, diversity and inclusivity, and community. Oblio strives to weave together strengths from their communities into group processes that cultivate increased intimacy, depth, learning, and social change.

<http://www.nfnc.org>



Sarah Taub, Ph.D., is a cultural activist whose passion is creating events where people transform. She teaches the skills of peaceful, sustainable community – self-awareness, honesty, clear boundaries – and facilitates group processes of many sorts, including consensus decision-making, business meetings and retreats, ZEGG Forum (www.zegg-forum.org/), and conflict resolution sessions. Sarah co-founded the first cohousing community in Washington, DC, and for the past 13 years has lived at Chrysalis, a small urban intentional community in Arlington, VA whose mission is to support activists and healers (www.chrysalis-va.org). Since 2004, she has been a major organizer of Network for a New Culture’s East Coast Summer Camp (www.new-culture.org) and other events aimed at creating a culture based on awareness, compassion, and freedom rather than on fear and judgment. In 2006, she left her tenured professorship in Cognitive Linguistics at Gallaudet University to focus full-time on events, community-building, and cultural change. Since 2011, she has been the financial and programs manager for Abrams Creek Center (www.abramscreekcenter.com), a retreat center and community in the mountains of West Virginia. Sarah’s current koan: only when you let go of urgency can you be truly effective.



Sheya Grace Wind is a passionate gatherer of enlivenment practices and village growing skills . Training with exceptional teachers for over 20 years, she creates spaces of transformation that feel love-full, honoring and electric. She is a soulful facilitator, grateful to bring beauty-making, life-rising community magic.

Owl Grateful Wind brings 25 plus years of experience as a yoga teacher, body-worker, human design analyst and professional entertainer to enliven and deepen transformational spaces. Owl has been supporting and empowering Sheya Grace Wind in her offerings for years. Bringing his unique blend of sensitivity, space holding and technical music man wizardry , Owl plays a vital role in making these initiation portals come alive with new possibilities.