

The Hearts Center's 2009 WORLD FREEDOM SUMMER CONFERENCE

AFTERNOON ACTIVITIES

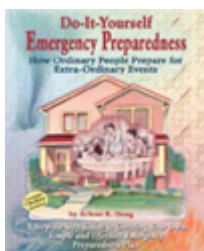
Compassionate Communication Practice

Kristi Dee Doden has been involved with nonviolent communication (NVC) since 2001. She has been facilitating NVC practice groups, individual and couples sessions since 2003. She is passionate about sharing NVC with organizations, groups and individuals seeking to improve their personal and professional relationships. She integrates her diverse training in personal growth, holistic healing and Chinese Martial Arts to offer tailored programs for her clients.



Mountain Hiking

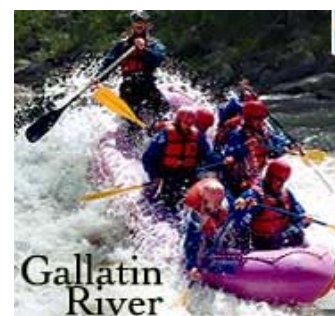
There are numerous hiking options—from a gentle hike through the trees to a small serene lake some half-mile distance to ever-challenging trails up the mountainside.



Arlene Hoag, author of *Do-It-Yourself Emergency Preparedness*, will demonstrate what it takes to survive for 72 hours...with all you need packed in a backpack. Arlene says that in the midst of a crisis is the time for action; before the crisis is the best time for thinking. *Do-it-Yourself Emergency Preparedness* is a step-by-step guide to creating your own simple and effective emergency preparedness plan.

White Water Rafting

The Gallatin River, running through the Gallatin National Park, is famous for its fishing and white water rafting. Plan for an exhilarating three hours on the river Thursday afternoon with a group of heartfriends. Rafters must be at least 13 years of age. Our group price is \$45 per person with a minimum of 14 people.



Ousel Falls



Ousel Falls Park Trail is an incredibly attractive trail built for just about everyone. It is easily accessible for all ages and abilities, has many benches and picnic tables along the way, is wide enough for passing or walking alongside someone, and is simply picturesque. The trail winds through a small canyon offering variations in environment and numerous interesting sites. Plant life, wildlife, and the falls themselves offer tremendous satisfaction for trail users. It is not uncommon see people swimming, fishing,

picnicking, reading, or taking their grandparents on a hike here. Although the trail is well-used, it is quite easy to find a place all your own if you are in need of some personal time. Ousel Falls is a ten-minute drive from the resort.

Taiji with Raphael Fitch (Coach Fitch)

Taiji is a principle; it is the mother of Yin and Yang. Taiji (form) is born of Wuji (no form) The word Quan means hand or fist, and refers to the physical expression of Taiji theory, hence, the name Taijiquan

Raphael, also known as Coach Fitch, has learned many styles of Taijiquan, including Chen style (the oldest and most combat-looking). It was developed by Chen Wanting in the 17th century, from a combination of more than 20 types of fighting systems including mind-directed exertion of inner flow (qi) and deep breathing. Coach Fitch will be instructing most afternoons.



Swimming....volleyball....golf....disc golf...networking....funshops....and more