

Welcome to the 2019 Northeast Nudist Festival! Find us on Facebook under the same name, at www.northeastnudistfestival.com or www.empirehaven.net

We've been looking forward to seeing you and providing the backdrop for a day trip/vacation/festival of a lifetime! Please keep these simple tenets in mind:

Honor our owners, staff and seasonal campers who have worked so diligently to share their beloved camp with you. The same goes for our sacred grounds – respect them as you would respect any natural or national treasure.

As I enter my first year of taking over the reins and tasked with a strong community invitation for festival revitalization - I still have to take a moment and take a deep breath of that Summerhill mountain air and remember what is most important!

I would like to thank Empire Haven (celebrating 60 years of nudist camping & one of the most welcoming camping communities I have ever known) and Morley Schloss for his undying efforts to organize this annual festival that is now entering into its 28th year! With deepest appreciation I also want to directly thank the Festival 2.0 planning committee, The Nudist Society Foundation (TNSF), our festival facilitators, performers, volunteers, vendors, maintenance staff, Empire staff, and our resilient festival attendees who have braved thick and thin to return year after year (from around the world) with their gentle and heartfelt spirit.

Our unique culture is a multi-faceted one. We are an endangered species! Our goal is to embrace what your version is, of what it means to be ethically “naked”! At NENF we do it with vibrancy, inclusiveness and a revolutionary rallying cry of resources and a solidarity through diversity! The divisive terms begin to lose their stranglehold... Nudist, Nudist, Skyclad, Clothing Optional, Body Positive, Home Nudist, TopFree or none of the above! Too many times I have witnessed the age old “I want more people to join us but not if they aren't my version of naked”. NAKED is a state of the heart, and mind, as well as the body. PLEASE, be your own version of NAKED and protect and uphold each other!!!

When you enter our festival – you can experience a multitude of responses. You could be hit with a unforeseen bout of anxiety-maybe it's nervous anticipation, maybe stress from being in a new place, maybe the rigors of long drives or arduous flights to get here. Sometimes it's the opposite – we let our guard down so far that we may overindulge in too much sun, not enough water, excessive alcohol intake and not enough nutrition. By getting to our festival from the beginning – you can increase your chances for making greater connections and greater contributions as we get to enjoy who you are as an attendee, facilitator or both! This year we are featuring a 9am Festival orientation – so regardless of when you get here, you can start making connections right away!

We greatly appreciate your patience as we will most certainly experience growing pains along with a festival that is more vibrant and engaging each and every year! We always prefer quality over quantity when it comes to attendance – as we have much to protect and cherish at Empire Haven.

You will undoubtedly see areas that you want to improve or be involved in. We welcome all solution-based criticism and we believe that your insight along with your own contributions will help to evolve this festival into one that you will be able to share confidently with friends, co-workers and relatives. Please attend our closing ceremony to share your festival experience or simply go to our new online Festival Evaluation at www.northeastnudistfestival.com

If you need additional clarity, have questions, solution-based critiques, need conflict resolution, feel unsafe, are short of food/supplies – please contact me at 315-254-4080, find me at site #51 or leave a note for me at the Festival registration or Empire Clubhouse.

As always – positive and compassionate attitudes will go a long way in making this a memorable week for everyone!

Sincerely,

Brian Leonard (Site 51), Festival Ambassador

Come convene with nature in a spa-like environment while choosing from a selection of over 100 personal enrichment workshops along with key note speakers, plays, crucial documentaries, live music, art installations, ecstatic dance, body painting, Saturday's Festival Feast, healthy food options from Potato & Molasses food truck, nightly drum circles, Paytra's Coffeehouse, bonfires, beer, cider and artisan cheese tastings from regional creators and unique team sports (Pickleball & Slapong)! Come make history with us for “NAKED IN THE AIR”, the first nude tethered hot air balloon ride (Thursday Aug 1st 7pm-9pm, First Come/First Serve)! Enjoy full camping amenities that include use of the heated pool, hot tubs, sauna, fully stocked spring fed pond and gorgeous nature trails. Choose privacy or community, rest or rejuvenation!

Every year for the last 28 years, hundreds of ethically minded nudists/naked/clothing optional individuals and families have been coming from all over the United States and even from around the world to enjoy the Northeast Nudist Festival!

We are centrally located just an hour south of Syracuse, NY and 30 minutes north of Ithaca, NY (a small city rich in the arts and culinary delights, home of Buttermilk & Taughannock Falls, Ithaca Farmers Market, Cornell & Ithaca College and world renowned for its wine trail). Just minutes from the Festival are Cortland (home of SUNY Cortland), Homer and Moravia, NY. All offer activities, eateries, shopping and grocery stores.

The festival itself takes place at scenic Empire Haven Nudist Park (celebrating their 60th anniversary of clothing optional camping). The camp is geographically located beside the Summerhill State Forest and sits on a secluded hilltop above Fillmore Glen State Park and Owasco Lake. For lovers of American history, there is a historical landmark just minutes from the camp which represents the birthplace of Millard Fillmore, the 13th President of the United States!

For more Festival information, find us on Facebook and at www.northeastnudistfestival.com

For reservation information call 315-497-0135 (rentals & RV sites will sell out – raw tent camping always available!). To make your entry more efficient please go to the on-line Festival pre-registration form which is located at: <https://www.empirehaven.net/northeastnudistfestival>

TUESDAY ORIENTATION

TUESDAY ORIENTATION DESCRIPTIONS

Time	Workshop Name	Venue	Facilitator	Length	Description
1:30 – 2 pm	Meet & Greet	Pavilion Lawn		30 minutes	Say Hello to old friends and make new ones!
2 – 3:15 pm	Opening Friendship Circle	Pavilion Lawn	Morley/Brian	60 min	Attendees introduce and share their workshop/activity/event/performance with attendees. Review of Festival & Empire Policies.
3:30 – 4:30 pm	Orientation (for attendees)	Pavilion	Bev Jilson	50 min	History of Empire Haven Nudist Park and NENF with overview of camp and Festival rules followed with a short tour and Q&A.
3:30 – 4:30 pm	Orientation (for facilitators)	Pavilion	Brian Leonard	50 min	A tune-up for old and new festival facilitators with guidelines & intentions.
4:30 – 5:30 pm	Tuning In	Pavilion	Petra Stone	50 min	Begin to transition from the hectic world outside to camp and the festival.
5:45 – 7:15 pm	Potluck/Meet & Greet	Pavilion	Petra Stone	75 min	Eating together is how community begins! Bring a dish/snack if you can! Chili provided!
7:30 – 8 pm	Procession around camp	Meet at Pavilion	Brian & Bagpiper	30 minutes	Get a glimpse of the Empire Grounds and Memorial Garden. Bring a flag to carry. Return back to the Ceremonial area.
8 – 8:15 pm	Opening Evening Ceremony	Ceremonial Area	Charles Myers, Petra & Ian	30 minutes	We continue to tune in deeper to a community of nature and spirit.
8:15 – 8:30 pm	I Can Feel My Heart Beat	Ceremonial Area	Ian Lausell	15 minutes	Building community and opening hearts through song.
8:30 – 9:30 pm	Walking the Labyrinth	Ceremonial Area	Petra Stone	1 hour	Walk and experience the healing labyrinth.
9:30– 10:00 pm	Movie: 50 Naked Women	Ceremonial Area	Lisa Marie Blas	30 minutes	Join movie participant Lisa Marie in discussing & viewing this 12 minute ground breaking movie experience! Will be looped for the entire evening!
9:30 – 11:30 pm	Campfire	Pavilion Rear	Ed & Chuck	2 hours	Enjoy a low key old fashioned campfire. Chairs provided.
9:45 – 10:00 pm	Flow Performance /Laser Light Show	Ceremonial Area	Octavia Sola	15 minutes	Intentioned LED Hoop dance with embodied divine feminine flow.
10:15 – 11:30 pm	Drum Circle with Bonfire & Dancing	Ceremonial Area	John Dodge	90 minutes	Close your evening by joining us for 90 minutes of spirited drumming/dance/contemplation.

My Workshop Notes:

WEDNESDAY LIST OF WORKSHOPS

WEDNESDAY WORKSHOPS DESCRIPTIONS

Time	Workshop Name	Venue	Facilitator	Length	Description
7:30 – 9 am	Breakfast				Clubhouse Snack Bar/Food Truck/On your own.
9 – 9:50 am	Daily Festival Orientation	Pavilion	TBA	50 Minutes	History of Empire Haven Nudist Park and NENF with overview of camp and Festival rules followed with a short tour and Q&A.
9 – 9:50 am	Recovery Plus	Quiet Lawn	Brian Leonard	50 Minutes	Progressive 12-step program for individuals or family members struggling with the effects of addiction/compulsion.
9 – 9:50 am	Morning Walk	Front Clubhouse Deck	Don P.	50 Minutes	Guided morning stroll around Empire. Outside loop is 0.75 miles.
9 – 9:50 am	Sauna/Meditation	Sauna at Pool	Petra Stone	50 Minutes	Guided sauna and morning attunement.
9 – 9:50 am	Yoga Rama	Pool Lawn	Joe Viscomi	50 Minutes	Enjoy the therapeutic benefits of the major yoga poses with breath work and meditation.
10 – 10:50 am	Angels 101	Middle Lawn	Brenda Eggleston Ludlow	50 Minutes	How to talk with your angels, meditations & characteristic of several specific angels.
10 – 10:50 am	Navigating Nudism within families	Quiet Lawn	Brian and Holden Leonard	50 Minutes	The joys and challenges of navigating being a nudist/naturist with kids.
10 – 10:50 am	Nude Poet's Society	Pavilion	Ed Thibault	50 Minutes	Present your own original poetry, read your favorite poems by other authors or just enjoy listening!
10 – 10:50 am	Be a Gumby – Body Stretching	Pool Lawn	Bob Farnell	50 Minutes	Reduce muscle tightness, increase flexibility through a series of guided stretches.
10 – Noon	Kidz Club	Playground Shelter	TBA	2 hours	Activities, Games, Crafts, Pool time etc. If no kids show up in first 30 minutes we cancel!
11 – 11:50 am	Kaffe Klatsch	Paytra's Coffeeshouse	TBA	50 Minutes	Enjoy an informal and informative topical discussion. Coffee and Tea provided!
11 – 11:50 am	Mindful Aging	Middle Lawn	Rhonda Palmiero	90 minutes	Multi-Faceted planning for improving the aging process.
11 – 11:50 am	Cards against Humanity	Pavilion	Susan Rothberg	50-90 Minutes	Hysterical card game!
11 – 11:50 am	Water Aerobics	Pool	Marianne Thibault	50 Minutes	Join us in the pool for low-impact water exercises!
Noon – 1:30 pm	Slapong	Slapong Court (V-ball area)	Kev Foley	90 minutes	Watch an exhibition featuring the creator of the sport he created and is bringing to the world!
Noon – 1:30 pm	Lunch			90 minutes	Clubhouse Snack Bar/Food Truck/On your own.
1:30 – 3:00 pm	Key Note Speakers			90 minutes	
	Naturist Ben	Pavilion	Bill Pacer	45 minutes	Ben Franklin liked au naturel air baths, swimming, a healthier life; & the publicly bared bosoms of 18th century European ladies.
	Bare Facts of the Naked Truth	Pavilion	LaDonna Allison & Bill Pacer	45 minutes	In a world that lauds diversity we live in a world that condemns clothing free living.
1 – 3 pm	Kidz Club	Pool Deck	TBA	2 hours	Activities, games, crafts, pool time, etc. If no kids show up in first 30 minutes, we cancel!
3 – 3:50 pm	The Five Languages of Love	Middle Lawn	Morley Schloss	50 Minutes	Discover your own and your partner's desired expressions of love.
3 – 3:50 pm	Pickleball for Beginners	Pickleball Courts	Ray and Tammie	50 Minutes	Learn how to play America's fastest growing team sport!
3 – 3:50 pm	Numerology 101	Ceremonial Area Tent	Brenda Eggleston Ludlow	50 Minutes	Basics of numerology using your date of birth and given name. Handout provided!
4 – 5:30 pm	Let's Make Baklava	Paytra's Coffeeshouse	Susan Rothberg	90 minutes	A participatory workshop where we'll make baklava from scratch!
4 – 5:30 pm	Healing the Heart w/Song & Sound	Pavilion	Ian Lausell	90 minutes	Learn to love and heal your heart through sacred sounds, healing songs and guided meditation.
4 – 5:30 pm	Nudity and Christianity	Ceremonial Area Tent	Jeffrey Riddlebaugh	90 minutes	A presentation on Christian views and attitudes toward nudity from ancient times until today.
5:30 – 7 pm	Dinner				Clubhouse Snack Bar/Food Truck/On your own.
7 – 8:30 pm	Beer, Cider and Cheese Tasting	Pavilion		90 minutes	Come sample the aptly titled "Naked Neighbor Amber", local hard cider and award winning artisan Finger Lakes cheese!
7 – 10 pm	Play, relax, connect!	Paytra's Coffeeshouse	Petra Stone	3 hours	Test your trivia knowledge against other teams. Win prizes and bragging rights! Coffee and tea provided.
8:30 – 9:30 pm	Green Mistletoe	Paytra's Coffeeshouse	Brian William Waters	60 minutes	Pagan wyrdfolk musical act featuring Brian and sometimes his wife Jesseca. Past albums include "Forestdweller" and "The 4th Cup".
9:30 – 11:30 pm	Campfire	Pavilion	Ed & Chuck	2 hours	Warm up with a crackling, low-key, old-fashioned campfire! Chairs provided.
9:30 – 11 pm	Breast Archives	Clubhouse Cinema	Director Meagan Murphy	90 minutes	Movie about women's breasts that's changing the conversation. The director will introduce the movie and lead a discussion.
10 – 11:30 pm	Drum Circle w/Bonfire & Dancing	Ceremonial Area	John Dodge	90 minutes	Close your evening by joining us for 90 minutes of spirited drumming/dance/contemplation

THURSDAY LIST OF WORKSHOPS

THURSDAY WORKSHOPS DESCRIPTIONS

Time	Workshop Name	Venue	Facilitator	Length	Description
7:30 – 9 am	Breakfast				Clubhouse Snack Bar/Food Truck/On your own.
9 – 9:50 am	Daily Festival Orientation	Pavilion	TBA	50 Minutes	History of Empire Haven Nudist Park and NENF with overview of camp and Festival rules followed with a short tour and Q&A.
9 – 9:50 am	Recovery Plus	Quiet Lawn	Brian Leonard	50 Minutes	Progressive 12-step program for individuals or family members struggling with the effects of addiction/compulsion.
9 – 9:50 am	Morning Walk	Front Clubhouse Deck	Don P.	50 Minutes	Guided morning stroll around Empire. 1 loop is 0.75 miles.
9 – 9:50 am	Sauna/Meditation	Sauna	Petra Stone	50 Minutes	Guided sauna and morning attunement.
9 – 9:50 am	Yoga Rama	Pool Lawn	Joe Viscomi	50 Minutes	Enjoy the therapeutic benefits of the major yoga poses with breath work and meditation.
10 – 10:50 am	NAC Update	Middle Lawn	Susan Rothberg	50 Minutes	Naturist information for the Northeast with info on the Naturist Action Committee.
10 – 10:50 am	Modeling for Art	Pavilion	Bill Pacer and LaDonna	50 Minutes	Get paid for being nude! It's legal! Learn about being a figure model for artists!
10 – 10:50 am	Naturist Values	Quiet Lawn	Jeffrey Riddlebaugh	50 Minutes	How is naturism more than just nude recreation?
10 – 10:50 am	Be a Gumby – Body Stretching	Pool Lawn	Bob Farnell	50 Minutes	Reduce muscle tightness, increase flexibility through a series of guided stretches.
10 – Noon	Kidz Club	Playground Shelter	TBA	2 hours	Activities, games, crafts, pool time, etc. If no kids show up in first 30 minutes, we cancel!
11 – 11:50 am	Guided Meditation	Ceremonial Area Tent	Srisara	50 Minutes	Come and participate in a Guided Meditation. The group will choose a meditation on breath, love or body.
11 – 11:50 am	Old School Aerobics	Middle Lawn	Rhonda Palmiero	60 Minutes	A blend of traditional hi low floor work, with Latin flare and possibly kickboxing! Bring sneakers/towel/water!
11 – 11:50 am	Kaffee Klatsch	Paytra's Coffeehouse	TBA	50 Minutes	Enjoy an informal and informative topical discussion. Coffee and Tea provided!
11 – 11:50 am	Water Aerobics	Pool	Marianne Thibault	50 Minutes	Join us in the pool for low-impact water exercises!
Noon – 1:30 pm	Lunch				Clubhouse Snack Bar/Food Truck/On your own.
Noon – 1:30 pm	Slapong	Slapong Court (V-ball area)	Kev Foley	90 min	Watch an exhibition featuring the creator of the sport he created and is bringing to the world!
1 to 3 pm	Kidz Club	Pool Deck	TBA	2 hours	Activities, games, crafts, pool time, etc. If no kids show up in first 30 minutes, we cancel!
1:30 – 3:00 pm	Keynote Music Presentation	Pavillion	Faerie Elaine Silver	90 min	Uplifting musical performance that opens the hearts, minds and voices of the participants.
3 – 3:50 pm	Naturist Rochester	Quiet Lawn	Rich Hauver	50 Minutes	Learn more about the oldest TNS non-landed club still in operation!
3 – 3:50 pm	Nature Trail Walk	Meet at Kidz Club table	Brian Leonard	50 minutes	Experience our gem of a nature trail! It's a quick walk for all ages. Wear crocs or shoes that may come in contact with a few patches of mud!
3 – 3:50 pm	Improv Games for all ages	Middle Lawn	LaDonna Allison	50 Minutes	Improvisational games for all ages.
4 – 5:30 pm	Naturist Travel	Middle Lawn	Barry Paulson	90 minutes	Hear first hand from a seasoned naturist traveller. Destinations include the Caribbean, Africa, South America and Eastern Europe!
4 – 5:30 pm	Healing the Heart w/Song & Sound	Pavillion	Ian Lausell	90 min	Learn to love and heal your heart through sacred sounds, healing songs and guided meditation.
4 – 5:30 pm	Nude Storytelling	Quiet Lawn	Grady Turner	90 min	Learn the basics of story telling by sharing your own tales of your naturist experiences!
5:30 – 7 pm	Dinner				Clubhouse Snack Bar/Food Truck/On your own.
7 – 9 pm	Naked in the Air! Tethered Balloon Rides	Camping Field	Brian Leonard	2 hours	Arrive at balloon site with \$30 (Cash Only) First Come First Served! Rides are brief. Come watch the FUN!
7 – 9 pm	Makid A view from Outside the Box	Khaki Shack	John Dodge	2 hours	Introduction to understanding the universe thru eyes of Mother Nature
7 – 10 pm	Play, relax, connect!	Paytra's Coffeehouse	Petra Stone	3 hours	Bring your favorite board/card games or use ours. Coffee and tea provided.
8:30 – 9:30 pm	Acoustic Performance	Paytra's Coffeehouse	Vee Da Bee	60 minutes	Deeply engaging, vibrant, alternative musician with incredibly diverse influences!
9:30 – 11:30 pm	Campfire	Pavilion Rear	Ed & Chuck		Enjoy a low key old fashioned campfire. Chairs provided.
9:45 – 10 pm	LED Hooper	Frog Kick Pond	Octavia Sola	15 minutes	Octavia expresses her connection to the divine feminine through her LED hula hoop dancing.
9:30 – 11 pm	The Edge of Paradise	Clubhouse Cinema	TBA	90 minutes	Documentary about a rag tag group of hippies trying to eke out an existence in Hawaii in 1969.
10 – 10:45 pm	The Velvet Noose	Ceremonial Area	Harold Taddy	30 minutes	Immersive performance troupe specializing in the healing power of sounds, intentioned words & mask play. This is a fully costumed performance.
10 – 11:30 pm	Drum Circle w/Bonfire & Dancing	Ceremonial Area	John Dodge	90 minutes	Close your evening by joining us for 90 minutes of spirited drumming/dance/contemplation

FRIDAY LIST OF WORKSHOPS

FRIDAY WORKSHOPS DESCRIPTIONS

Time	Workshop Name	Venue	Facilitator	Length	Description
7:30 – 9 am	Breakfast				Clubhouse Snack Bar/Food Truck/On your own.
9 – 9:50 am	Daily Festival Orientation	Pavilion	TBA	50 Minutes	History of Empire Haven Nudist Park and NENF with overview of camp and Festival rules followed with a short tour and Q&A.
9 – 9:50 am	Recovery Plus	Quiet Lawn	Brian Leonard	50 Minutes	Progressive 12-step program for individuals or family members struggling with the effects of addiction/compulsion.
9 – 9:50 am	Morning Walk	Front Clubhouse Deck	Don P.	50 Minutes	Guided morning stroll around Empire. 1 loop is 0.75 miles.
9 – 9:50 am	Sauna/Meditation	Sauna	Petra Stone	50 Minutes	Guided sauna and morning attunement.
9 – 9:50 am	Yoga Rama	Pool Lawn	Joe Viscomi	50 Minutes	Enjoy the therapeutic benefits of the major yoga poses with breath work and meditation.
10 – Noon	Geocaching	Middle Lawn	Joe Zazeckie	2 hours	Participants use a Global Positioning System receiver or mobile device and other navigational techniques to hide and seek containers.
10 – 10:50 am	Gathering of Divine Beings	Ceremonial Area Tent	Faerie Elaine	50 Minutes	Gather in a simple circle and participate in an ancient and new ceremonial ritual. Includes music, listening and deep sharing.
10 – 10:50 am	Modeling for Photography	Pavilion	Bill Pacer	50 Minutes	Guidelines for posing nude for nude photography.
10 – 10:50 am	Be a Gumby – Body Stretching	Pool Lawn	Bob Farnell	50 Minutes	Reduce muscle tightness, increase flexibility through a series of guided stretches.
10 – Noon	Kidz Club	Playground Shelter	TBA	2 hours	Activities, games, crafts, pool time, etc. If no kids show up in first 30 minutes, we cancel!
11 – 11:50 am	Kaffee Klatsch	Paytra's Coffehouse	TBA	50 Minutes	Enjoy an informal and informative topical discussion. Coffee and Tea provided!
11 – 11:50 am	Eating Raw Part 1	Pavilion	John Dodge	50 Minutes	Learn how to make food without grains and learn tips on latest health food info.
11 – 11:50 am	Values in Relationships	Quiet Lawn	Morley Schloss	50 Minutes	Discover and clarify what values are important to you in establishing or enhancing a relationship. Experiential.
11 – 11:50 am	Water Aerobics	Pool	Marianne Thibault	50 Minutes	Join us in the pool for low-impact water exercises!!
Noon – 1:30 pm	Lunch				Clubhouse Snack Bar/Food Truck/On your own.
Noon – 1:30 pm	Slapong	Slapong Court (V-ball area)	Kev Foley	90 Minutes	Watch an exhibition featuring the creator of the sport he created and is bringing to the world!
12:30 – 1:30 pm	General Assembly	Pavillion Lawn	Brian Leonard/Morley Schloss	60 minutes	Overview of Festival and Empire Haven with Facilitators sharing the content of their weekend workshops with the group.
1 – 3 pm	Kidz Club	Pool Deck	TBA	2 hours	Activities, games, crafts, pool time, etc. If no kids show up in first 30 minutes, we cancel!
1:30 – 3 pm	Keynote Speaker: Safely You	Pavillion	Jennifer Sutton	90 Minutes	Participants are invited to grant themselves the safety to live into who they really are and to be the gift to world that they came here to be!
3 – 3:50 pm	Eating Raw Part 2	Pavillion	John Dodge	50 Minutes	Learn techniques to selecting, opening and using coconuts. Create a raw food dessert to sample!
3 – 3:50 pm	The Science of the Mind	Ceremonial Area Tent	Faerie Elaine	50 Minutes	A crash course in Spiritual Mind Treatment. Teaching affirmative prayer technology through chanting.
3 – 3:50 pm	Topfree Acceptance	Middle Lawn	La Donna Allison	50 Minutes	Topfree activist hosts discussion on Topfree acceptance around the nation.
4 – 5:30 pm	She said, He Said	Ceremonial Area Tent	Kevin & Belinda Porter	90 Minutes	Masculine and feminine styles of communication are different. Learn tools to work with those differences!
4 – 5:30 pm	Healing the Heart w/Song & Sound	Pavillion	Ian Lausell	90 Minutes	Learn to love and heal your heart through sacred sounds, healing songs and guided meditation.
4 – 5:30 pm	Death Cafe	Coffeehouse	Michelle Wallen	90 Minutes	A discussion to increase awareness of death and how to make the best of our lives. Coffee included!
5:30 – 7 pm	Dinner				
7 – 8:30 pm	Naturist CaBAREt	Upper Haven	Lehrman, Pacers, S VanEck	90 Minutes	17th Annual Naturist CaBAREt with the Opera/ Musical Theatre SIG of TNS.
7 – 10 pm	Play, relax, connect!	Paytra's Coffehouse	Petra Stone	3 hours	Say "Hello" to old friends and make new ones! Coffee and tea provided.
8:30 – 11:30 pm	black+white+Santa Claus=2.03	Upper Haven	Bill Pacer & LaDonna Allison	50-90 minutes	Revised 2019 true adventures with the Pope, racism, kids, bigotry, Santa, terrorism – and God.
8:30 – 11:30 pm	Your afecktionate wife, Mrs. Ben	Upper Haven	LaDonna Allison	50-90 minutes	Ben's common-law wife; courageous, feisty, devoted; minded the business when he travelled. Dedicated and under appreciated.
8:30 – 9:30 pm	Live Original Music	Paytra's Coffehouse	Strange Heavy	60 minutes	Engaging all original Ithaca duo featuring bluesy, sultry vocals with cello and drums!
9:30 – 11:30 pm	Campfire w/Bra & Spanx Sacrifice!	Pavillion	Ed & Chuck	2 hours	Enjoy a low-key, old fashioned campfire with our 3rd annual Spanx and Bra Sacrifice! Chairs provided.
9:30 – 11 pm	Seed the Movie	Clubhouse Cinema	TBA	2 hours	Documentary that uncovers the invisible connections between our food and the natural world.
10 – 11:30 pm	Drumming/Bonfire with Dancing	Ceremonial Area	John Dodge	90 Minutes	Close your evening by joining us for 90 minutes of spirited drumming/dance/contemplation

SATURDAY LIST OF WORKSHOPS

SATURDAY WORKSHOPS DESCRIPTIONS

Time	Workshop Name	Venue	Facilitator	Length	Description
7:30 – 9 am	Breakfast				Clubhouse Snack Bar/Food Truck/On your own.
9 – 9:50 am	Daily Festival Orientation	Pavilion	TBA	50 Minutes	History of Empire Haven Nudist Park and NENF with overview of camp and Festival rules followed with a short tour and Q&A.
9 – 9:50 am	Recovery Plus	The Quiet Lawn	Brian Leonard	50 Minutes	Progressive 12-step program for individuals or family members struggling with the effects of addiction/compulsion.
9 – 9:50 am	Morning Walk	Front Clubhouse Deck	Don P	50 Minutes	Guided morning stroll around Empire. 1 loop is 0.75 miles.
9 – 9:50 am	Sauna/Meditation	Sauna	Petra Stone	50 Minutes	Guided sauna and morning attunement.
9 – 9:50 am	Yoga Rama	Pool Lawn	Joe Viscomi	50 Minutes	Enjoy the therapeutic benefits of the major yoga poses with breath work and meditation.
10 – 10:50 am	Letting the World Know	Middle Lawn	Bill Pacer	50 Minutes	The benefits and detriments of telling everyone you are naturist!
10 – 10:50 am	2019 UFO's & Extraterrestrials	Quiet Lawn	Tom Moore	50 Minutes	A learning experience on UFO's and extra terrestrials.
10 – 10:50 am	The ORB Experience	Ceremonial Area Tent	Goddess BE(Beth Nolan)	90 Minutes	Orgasmic Reflex Breathing into trans dance.
10 – 10:50 am	Be a Gumby – Body Stretching	Pool Lawn	Bob Farnell	50 Minutes	Reduce muscle tightness, increase flexibility through a series of guided stretches.
10 – Noon	Kidz Club	Playground Shelter	TBA		Activities, games, crafts, pool time, etc. If no kids show up in first 30 minutes, we cancel!
11 – 11:50 am	Understanding a Keto Lifestyle	Middle Lawn	Brenda Eggleston Ludlow	50 Minutes	Basic info for a Keto lifestyle. Calories, fats, protein & carbs handout provided!
11 – 11:50 am	Kaffee Klatsch	Paytra's Coffeehouse	TBA/T.S.	50 Minutes	Enjoy an informal and informative topical discussion. Coffee and Tea provided!
11 – 11:50 am	Acting on your Inner Urges	Quiet Lawn	Frank Leahy	50 Minutes	Learn ways to find a path towards your own fulfillment and inspiration.
11 – 11:50 am	Water Aerobics	Pool	Marianne Thibault	50 Minutes	Join us in the pool for low-impact water exercises!
Noon – 1:30 pm	Lunch				Clubhouse Snack Bar or On your own!
Noon – 1 pm	Harp Guitar Performance	Pool Deck or Pavilion	William Nicholson	60 Minutes	With an 11 string harp guitar, William performs his post industrial folk songs from coast to coast.
1 – 3 pm	Kidz Club	Pool Deck		2 hours	Activities, Games, Crafts, Pool time etc. If no kids show up in first 30 minutes we cancel!
1:30 – 3 pm	Keynote Speaker: Naked Confidence	Pavilion	Joy Eden Nelson	90 Minutes	Explore how getting naked and stripping away the layers can boost our body confidence and self-esteem!
3 – 3:50 pm	Circumcision Discussion	Middle Lawn	Brian Brown/Shane Brewster	50 Minutes	Moderated discussion focusing on what has become an unlikely American medical tradition.
3 – 3:50 pm	Pudding Toss	Ceremonial Area	Morley Schloss	50 Minutes	Messy, gooey free for all! Chocolate? Vanilla? Or Both?
3 – 3:50 pm	Nude perspectives from an Artist	Quiet Lawn	Theresa Sullivan	50 Minutes	Hear a unique and heartfelt perspective on Nudism from a nude figure drawing artist!
4 – 5:30 pm	Discover Your Erotic Type	Ceremonial Area Tent	Kevin & Belinda Porter	90 Minutes	Understand your erotic type to create more connection and satisfaction in your life.
4 – 5:30 pm	Environmental Portraiture	Frog Kick Pond Dock	Michael Raymond	90 Minutes	This interactive workshop allows participants to create their own environmental portrait.
4 – 5:30 pm	Art on You	Middle Lawn	James Michael Owens	90 Minutes	Simple techniques of body painting to express and discover yourself!
4:30 – 5:30 pm	Group Photo/Morley Presentation	Pavilion Lawn	Brian Leonard	60 Minutes	Annual tradition of nude group festival photo. Includes our heartfelt thanks and dedication to Morley Schloss!
5:30 – 7 pm	Community Feast	Pavilion	Empire Haven		Chicken BBQ Feast with vegetarian options. Included with full Festival registration. Sign up at the Front Desk ASAP!
7 – 8 pm	Visual Storytelling	Pavilion	Michael Raymond	60 Minutes	Create a Lifetime Highlight Reel using pictures, words and songs.
7 – 9 pm	Play, relax, connect!	Paytra's Coffeehouse	Petra Stone	2 hours	Open Mic! Share your music, poetry, thoughts, theater, etc...sign up at 7pm! Coffee and tea provided.
7 – 9:30 pm	Body Painting	Coffeehouse Lawn	James Michael Owens	2.5 hours	Experience or watch intentioned body painting in preparation for the Trance Dance space (formerly Patytra's Coffeehouse).
8:30 – ???	Ice Bench Art Experiment	Frog Kick Pond	Frank Leahy	3 hours	A must see, morphing art installation made out of melting ice! Emotionally diverse. Watch the mood of the ice change with its environment.
8:30 – 9:30 pm	Candle Ceremony/ Lights on the Pond	Frog Kick Pond	Brian Leonard	60 Minutes	Light up the pond with provided, floating, paper candle boxes. Decorate, dedicate and let go. Then watch a laser light show!
9:30 – 10:30 pm	Trance Dance	Paytra's Coffeehouse	Stardust (Jared Dietz)	60 Minutes	Ecstatic dance! Dance and move freely without the need to follow specific steps. Honor boundaries of others!
9:30 – 11:30 pm	Campfire	Pavillion	Ed & Chuck	2 hours	Warm up with a crackling, low-key, old-fashioned campfire! Chairs provided.
9:30 – 11 pm	American Circumcision	Clubhouse Cinema	Brian Brown/Shane Brewster	90 Minutes	Unflinching documentary focusing on non-religious infant circumcision in the US. Graphic content. Viewer discretion advised.
10 pm – 11:30 pm	Drumming/Bonfire with Dancing	Ceremonial Area	John Dodge	90 Minutes	Close your evening by joining us for 90 minutes of spirited drumming/dance/contemplation.

SUNDAY LIST OF WORKSHOPS

SUNDAY WORKSHOPS DESCRIPTIONS

Time	Workshop Name	Venue	Facilitator	Length	Description
7:30 – 9 am	Breakfast				Clubhouse SnackBar or On Your Own!
9 – 9:50 am	Recovery Plus	Quiet Lawn	Brian Leonard	50 minutes	Progressive 12-step program for individuals or family members struggling with the effects of addiction/compulsion.
9 – 9:50 am	Morning Walk	Front Clubhouse Deck	Don P.	50 Minutes	Guided morning stroll around Empire. 1 loop is 0.75 miles
9 – 9:50 am	Sauna/Meditation	Pool/Sauna	Petra Stone	50 Minutes	Guided sauna and morning attunement.
9 – 9:50 am	Yoga Rama	Pool Lawn	Joe Viscomi	50 Minutes	Enjoy the therapeutic benefits of the major yoga poses with breath work and meditation.
10 – Noon	Renewal Ceremony	Pavilion	Steve Salatino	2 hours	Beautiful, non-denominational program for those who wish to re-commit their love for each other. Pre-register at NENF website.
10 – 10:50 am	Authentic Relating	Quiet Lawn	Charles Myers	50 minutes	How to go beyond the usual small talk and really get to know each other!
10 – 10:50 am	Stayin' Alive in the Matrix	Ceremonial Area Tent	John Dodge	50 minutes	Learn how to maintain optimal functioning as we age!
10 – Noon	Multi-Hand Massage	Coffeehouse	Goddess BE (Beth Nolan)	120 minutes	Beth is a long-time masseuse, guide and teacher in naked body centered arts.
10 to Noon	Kidz Club	Playground Shelter	Nina Walden	2 hours	Scavenger hunt and cooking chemistry
11 – 11:50 am	Visual Storytelling Pt 2	Middle Lawn	Michael Raymond	50 minutes	How to Create a Lifetime Highlight Reel using pictures, words and songs.
11 – 11:50 am	Advanced Numerology	Quiet Lawn	Brenda Eggleston Ludlow	50 minutes	Taking the basic numerology info and putting it into everyday living to include numbers, colors, stones etc. Handout provided!
11 – 11:50 am	Free expression vocal games	Ceremonial Area Tent	Ian Lausell	50 minutes	Breaking through to find healing through song and sound
Noon – 1:30pm	Lunch Potluck	Site #48 (near the pond)	Steve & Susanne	90 minutes	Bring a chair, yourself and any left overs for this community food gathering! Site #48 is near the pond!
Noon – 1:30pm	Skin Cancer Check up	Khaki Shack Steps	Tom Brown	90 minutes	Popular outdoor skin cancer check. Lines will be long! Arrive early to have this free opportunity!
Noon – 1:00pm	Acoustic Music	Site #48	David Redmond	60 minutes	Popular and original folk/acoustic rock songs.
1:30 – 2:30pm	Closing Circle	Pavilion Lawn	Brian Leonard	60 minutes	Contribute your solution-based recommendations for festival upgrades. Briefly share your Festival experiences! If you cannot attend – please go to our detailed online evaluation at www.northeastnaturistfestival.com

Leave at home:

- **Glass bottles and glassware.** As many people enjoy walking barefoot around the property, please leave your glass containers at home. This includes beer bottles, wine bottles, wine glasses, etc. They are not allowed anywhere on the grounds.
- **Cameras/devices shooting photos & video (includes cell phones and drones).** Our guests' privacy and security is of the utmost importance. All cameras, cell phones/tablets/laptops/any other devices with photographic or video-taking capabilities are not permitted unless a special request is made and accompanied by an EMPIRE HAVEN ACTIVITIES ASSOCIATION (EHAA) OFFICIAL PHOTOGRAPHER. Photos of authorized photographers are posted in the Clubhouse. All authorized photographers should ask for permission before taking any pictures/videos, and at the discretion of the photographer guests may be required to sign a permission form at that time if they consent to have their picture/video taken. Any photographic-capable equipment not approved by management may be confiscated. Cell phones/tablets/laptops are not to be used in the pool/sunning areas at all, please leave at your site or parking area.
- **Pets who are not well-mannered.** While we are animal-lovers – in order to keep the EH experience great for everyone – any pets who are aggressive or noisemakers should not be brought to Empire Haven. Additionally, guests who intend to leave their pets alone for long periods of time should rethink bringing them to Empire Haven.
- **Bathing suits and provocative clothing.** Nudity is not about calling attention to certain body parts and is not sexual in nature. Intimate apparel such as thongs, lingerie, G-strings and bathing suits are considered inappropriate attire.