

M
GROOVE
N

groove
GUIDE

JULY 16 - 19, 2026

WHITE THORN LODGE

MOONGROOVEFESTIVAL.COM



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MOONGROOVE'S HUMBLE ORIGIN



CO-FOUNDER

Jim Speese

A disparate group of five friends sat around a campfire at a naturist camp in Pennsylvania, at the end of a weekend of volleyball, fellowship, and music. Several among that group of five were musicians or DJs, and they had brought their talent (and other artists) to the event. The set-up had been modest, certainly, with long extension cords, and jamming in the tennis court rather than on a stage. But a splendid time was had by all. Then, around that campfire, as the embers of the weekend faded, the five eventual MoonGroove founders ruminated over what had just been. They discussed life, the future, the universe - a classic campfire conversation among five guys in the afterglow of another successful and chill event.

Then one of them (no one actually remembers who) mused innocently, "we should do an actual music festival." Laughter ensued, ideas were suggested, only partially in jest. An idea had been born. A few weeks later, a video call among them turned that off-hand idea into a real possibility: Later that year they managed to pull off a minor music festival in September, which they dubbed "Harvest Moon Fest." It was a step. Moving the festival to a more temperate month (July), the quintet re-named the festival MoonGroove. And each year since, it has grown as more and more folks joined in the groove spawned by an off-hand comment around a campfire.



THE MOONGROOVE OATH

I promise to show up as my most groovy, real, and authentic self. I'll respect the physical, mental, and emotional boundaries of those around me and myself. I'll let the music, the people, and the energy of the weekend inspire me to be my best version. I'm here to have an amazing weekend, and to help those around me do the same.

STEP INTO THE STORY



Welcome

Where decades of nudist tradition meet
the next wave of liberation.

MoonGroove will come to an end, but White Thorn Lodge is the place to **live an active nudist lifestyle** all summer.

From Memorial Day through Labor Day, our gates are open for those who prioritize the freedom of the naturist lifestyle over the noise of the default world. Whether you have been walking these trails for years or just discovered the joys of nudism, White Thorn is your summer sanctuary. It's the place to disconnect from the noise & enjoy the sunshine au naturel!

We pride ourselves on being a fun, safe & family friendly resort.

200

ACRES TO EXPLORE →
HEATED POOL & HOT TUB
SAUNA
VOLLEYBALL
PICKLEBALL
BOCCEE
200+ WOODED ACRES
HIKING TRAILS

Upcoming Events

JULY 25
STATE LINE STREAK 5K

SEPT 8-13
SUPERBOWL OF NAKED
VOLLEYBALL



DARLINGTON, PA | EST. 1961 | WHITETHORNLodge.ORG

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2026

ROAD ——— FOOT PATH

PARKING

MAIN STAGE

EDM STAGE

MR. UNIVERSE
AQUA STAGE

LUNAR STAGE

GROOVE
central

REGISTRATION

FESTIVAL
ENTRANCE

LUNAR LOOP
RV, TENT & VAN CAMPING

LUNAR LANE
CAR + TENT CAMPING

FUSION FLATS
RV + TENT CAMPING

COSMIC FLATS
RV + TENT SEMI-QUIET CAMPING

COSMIC COVE
QUIET CAMPING

CAMPFIRE
JAMS

- GRUB TRUCKS
- VENDOR ROW
- VOLLEYBALL
- PICKLEBALL
- BOCCEE
- WORKSHOPS
- YOGA

SUPERBOWL OF NAKED VOLLEYBALL



HONORING OUR ROOTS WITH THE HALL OF FAME

For over 50 years, the Volleyball Superbowl has been a cornerstone of our community, a tradition sparked back in 1971 by Wayne and Betty Alwine. We are proud to celebrate the second year of the Volleyball Hall of Fame, established to honor legends like Wayne and Betty Alwine, who were rightfully inducted as our inaugural class in 2025.



Dive into the history while you're here. The Museum and Hall of Fame are hosting daily tours throughout the MoonGroove weekend.

JOIN US FOR THE 55TH ANNUAL SUPERBOWL
SEPTEMBER 8-13 | WHITETHORN LODGE



A NOTE ON SHEDDING MORE THAN JUST YOUR CLOTHES

If you're feeling a little nervous about stripping down, take a deep breath. Megan offers a piece of advice meant with total love: the only person who is concerned about your naked body is you. All bodies are beautiful, and you are perfect exactly as you are.

Still curious about the naturist side of MoonGroove or the community in general? Don't be shy—find a naked person and just ask them!



MEGAN RICKER
NEW HAMPSHIRE

THE DO'S & DON'TS OF SOCIAL NUDISM

Yes

- Respect the festival grounds & performers.
- Be mindful & respectful of other people's space.
- Honor the staff watching over us & keeping us safe.
- Be kind to your body & nourish your soul.
- Be your most authentic self.

No

- ✗ Bare bums on anything - carry a towel!
- ✗ Clothes in pools or hot tub - these areas are nude only.
- ✗ Photos or videos - leave your phone at your campsite.
- ✗ Engaging in any sexual activity in public spaces.
- ✗ Glass beer or liquor bottles on the grounds.

WHAT'S ON

GTA Naturist Volleyball Tournament

July - 2nd weekend

Family Weekend

July - 3rd weekend

Bodyfest

July - 4th weekend

Lee Baxandall Memorial Volleyball Tournament

August - 2nd weekend

5K Nude Colour Fun Run

August - 3rd weekend
(starting in 2027)

Many more events at:
www.BareOaks.ca/Events

Bare Oaks
Family Naturist Park

Traditional naturist values in a modern setting

www.BareOaks.ca • (905) 473-6060

20237 Kennedy Rd, East Gwillimbury, ON L0G 1V0



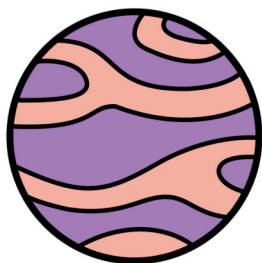
NEF is an organization of volunteers dedicated to improving the awareness of naturism and body acceptance among both naturists and non-naturists, and achieving an understanding and acceptance of naturists and their activities throughout North America.

Website: naturisteducation.org

Facebook: @naturisteducation

Bluesky: @naturisteducation

Phone: (920) 415-2900



Planet Nude

Evan Nix edits
Planet Nude, a daily
publication about nudism,
naturism, and body
freedom.
www.planetnude.co

You already know it feels good. That part's easy.

What's harder to explain, and what most people never find out, is that this thing you're doing has a hundred years of argument behind it. Radicals and doctors and farmers and lawyers have been fighting for exactly this moment since before your grandparents were born. They wrote manifestos about it. They got arrested for it. They went to the Supreme Court.

They believed, and the evidence keeps backing them up, that stripping away the clothes strips away a lot of other things too: the performance, the posturing, the constant low-level negotiation of status that exhausts us in ordinary life. What you're feeling right now isn't an accident. People figured this out a long time ago and fought hard to keep it alive.

So yeah, you're naked at a music festival and it's the best thing. Lean into that. And if you want to know more about where it comes from, where it's going, and why people are still fighting for it, Planet Nude is a good place to start.

"There's more here than you think."

OPEN DAILY - 10AM-10PM

*ALL ACTIVITIES ARE IN THE
MOON LOUNGE UNLESS
OTHERWISE NOTED*

WOMEN'S MOON lounge

ORACLE & TAROT CARD STATION
ESSENTIAL OILS SELF BLESSING STATION
ART WALL
SELF-LOVE AFFIRMATIONS & STAMPS

ASHLEY SUNSHINE



REBA CORINNE



THURSDAY

5:00PM-9:00 PM MOON LOUNGE HANGOUT

COME ENJOY A SACRED, NO-AGENDA SPACE TO REST, CONNECT, AND JUST BE. THERE WILL BE ONGOING ART PROJECTS.

FRIDAY

10:15-11:15AM YONI YOGA

THROUGH GENTLE MOVEMENT, BREATHWORK, AND AWARENESS OF THE DIVINE FEMININE ARCHITECTURE, WE DROP INTO THE WOMB AND YONI ENERGY CENTERS TO ACCESS AND ENJOY THE WISDOM, POWER, AND PLEASURE THAT RESIDE WITHIN THEM. COME HOME TO YOURSELF AS A WOMAN.

12:00-1:30PM COLLAGE ART & VISION BOARD WORKSHOP

GATHER, CREATE, AND VISUALIZE YOUR NEXT LEVEL SOUL DESIRES THROUGH THE PLAYFUL MAGIC OF COLLAGE. NO ARTISTIC EXPERIENCE NEEDED! COME WITH AN OPEN MIND AND WILLINGNESS TO BE GUIDED BY YOUR INTUITION.

4:00PM-6:00PM MEET & GREET

GET SOCIAL WITH THE OTHER LADIES AT MOONGROOVE. GET TO KNOW ASHLEY SUNSHINE & REBA CORINNE. LEARN ABOUT THE MOONLOUNGE OFFERINGS.

SATURDAY

10:30AM-11:30AM CLAY GODDESS SCULPTING

IN THIS TACTILE, MEDITATIVE EXPERIENCE, WE SCULPT FEMININE FORMS FROM CLAY AS AN ACT OF DEVOTION, CREATIVITY, AND RECONNECTION TO THE SACRED FEMININE.

12:00PM-2:00PM SPIRITUAL COACHING SESSIONS (\$25)

GOT A BLOCK? A BURNING QUESTION? A DREAM THAT NEEDS A SPARK? IN THIS POTENT ONE-ON-ONE SESSION, ASHLEY CHANNELS HER YEARS OF TRANSFORMATIONAL COACHING, YOGIC WISDOM, AND INTUITIVE GUIDANCE TO HELP YOU MOVE FROM STUCK TO SOUL-ALIGNED, FAST.

3:00PM-3:50PM SURPRISE WORKSHOP!

COME GET PAMPERED, RECHARGED AND FREE UP YOUR ENERGY WITH THE WOMEN AT THE MOON LOUNGE WITH A SURPRISE SESSION TO GET YOUR BODY, MIND AND SOUL FOR MOONGROOVE'S FINAL EVENING OF FUN.

4:00PM-5:15PM GODDESS WITHIN - SELF LOVE WOMEN'S CACAO CIRCLE *(CLUB HOUSE)*

IN THIS WOMEN'S GATHERING, WE DRINK THE GODDESS OF CHOCOLATE'S MEDICINE OF THE HEART, AND DIVE DEEP INTO SELF-LOVE, SOUL REMEMBRANCE, AND THE WILD POWER SISTERHOOD.

SUNDAY

11:30AM-12:30PM EMBODIED DANCE WORKSHOP

A PLAYFUL, JUDGMENT-FREE SPACE TO MOVE, GROOVE, BREATHE AND CELEBRATE YOUR BODY IN FREEDOM.

MoonGroove Festival 2026



BARE NECESSITIES
TOUR & TRAVEL



The winner receives a complimentary
stateroom aboard Bare Necessities' 2027
BIG NUDE BOAT
Roundtrip from Miami, FL
February 15 - 26, 2027



Ports of Call:

San Juan, Tortola, St Kitts, Antigua, and
Semaná plus four and half days at sea and
an Exclusive stop at NCL's private island,
Great Stirrup Cay,

Prize consists of a Category OF
ocean view cabin based on DOUBLE
occupancy. Prize is only eligible for
new reservations. Additional cost to
add 3rd and 4th person. Port taxes
and prepaid gratuities of \$423.96 per
person are additional and to be paid
at time of booking. Some restrictions
apply.

Bare Necessities Tour & Travel
Mon - Fri 9am - 5pm central
800-743-0405 * 512 499-0405
cruisebare.com



FRIDAY HEADLINER

BIG SOMETHING

NORTH CAROLINA
Jam Band/Alt Rock

FRIDAY 8:25pm
MAIN STAGE



SATURDAY HEADLINER

SUNSQUABI

COLORADO
Electronic Hydro-Funk

SATURDAY 9:10pm
MAIN STAGE



DIRECT SUPPORT

SNEEZY

CHICAGO
Funk/Soul Jam Band

SATURDAY 5:20pm
MAIN STAGE



FEATURED ARTISTS



MUMS THE WORD

PHILADELPHIA/Costumed Jam Band
THURSDAY 8:50pm/MAIN STAGE



HOT LIKE MARS

CHICAGO/Jam/Funk Band
FRIDAY 6:20pm/MAIN STAGE



STEAL YOUR FACE

PHILADELPHIA/Grateful Dead
Tribute Band
SATURDAY 3:00pm/MAIN STAGE



CARTER FOX & THE UNION

PHILADELPHIA/Chill-Fi Band
SUNDAY 1:00pm/MAIN STAGE



MINKA

PHILADELPHIA/Synth-Funk Band
FRIDAY 5:05pm/MAIN STAGE



KEEGAN TAWA

PHILADELPHIA/Saxophonist
SATURDAY 11:30pm/MAIN STAGE



GINBEE

DETROIT/Tech House Producer/DJ
SATURDAY 1:15am/EDM STAGE

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THURSDAY SCHEDULE

BANDS	TOURNAMENTS	WORKSHOPS	HIT THE TRAILS
DJS	SPORTS COURTS PICKUP PLAY	WELLNESS/YOGA	INFO

	MAIN STAGE	MR. UNIVERSE AQUA POOL/EDM STAGES	SPORTS
3P		DJ MOW 3-4:15 PM	
4P		BOSA 4:15-5:45 PM	
5P	JIM SPEESE 5:45-6:25 PM		
6P	KATE DRESSED UP 6:30-7:15 PM		
7P	PAGING DOCTOR MOON 7:30-8:30 PM		
8P			
9P	MUMS THE WORD/BALLY GIRLS 8:50-10:15 PM		
10P		NORWOOD/FINE WITH THAT 9:30 PM-12:00 AM	
11P			

ALL SPORTS COURTS
OPEN FOR PICKUP
PLAY
3-11 PM

ALL
TOURNAMENTS
REGISTRATION
6-8 PM

KANDI BRACELET MAKING, RAG SKIRT OR TOP MAKING W/OBSIDIAN CLOAK ALL WEEKEND LONG!

FRIDAY SCHEDULE

BANDS	TOURNAMENTS	WORKSHOPS	HIT THE TRAILS
DJS	SPORTS COURTS PICKUP PLAY	WELLNESS/YOGA	INFO

	MAIN STAGE/RAGE CAGE	MR. UNIVERSE AQUA POOL/LUNAR/EDM STAGES	SPORTS	WORKSHOPS/REC CLUBHOUSE UNLESS OTHERWISE NOTED
8A				GUIDED TRAIL RUN 8-9 AM
9A	YOGA 8:45 - 10 AM	SOUND HEALING W/ MISHANA & GG EMPOWERS: 8:45- 10 AM	ALL TOURNAMENTS REGISTRATION 8:45- 9:45AM	GUIDED HIKING TOUR 9-10AM
10A		BOSA 10-11 AM		EMBODIED BREATH 10-11AM
11A	TAICHI 11:15 AM -12:15 PM	NORWOOD 11 AM -12 PM	SINGLE DAY TOURNAMENT PLAY HARD COURT & SAND VOLLEYBALL PICKLEBALL CORNHOLE 10AM-3 PM	WTL HISTORY 11AM -12PM BY THE CABIN
12P		FINewithTHAT 12-1 PM		NUDISM Q&A 12-1 PM
1P		DINI DADDY 1-2:30 PM		VOCAL BODY FREEDOM 1:30-2:30 PM
2P				
3P	GABRIEL MIRELES 2:35-3:30 PM			LIFE CLARITY 2:45-3:45 PM
4P	DIFFERENT PLACES IN SPACE 3:45-4:45 PM		VOLLEYBALL & PICKLEBALL CLINICS 3:30-5PM	SHAMANIC BREATH WORK & WRITING 4-5 PM (MEET AT POOL)
5P	MINKA 5:05-6:05 PM	ABSOLUTE SILENCE (LUNAR) 3-4:15 PM		CLUB NEBULA - KIDS MEETUP 5-6 PM
6P	HOT LIKE MARS 6:25-7:55 PM			PAINT & SIP 6-7:15 PM
7P				
8P				
9P	BIG SOMETHING 8:25-10:20 PM			
10P	DUSTY'S MOON LANDING 10:30-11:30 PM			
11P				
12A	BEATBLITZ 11:30 PM-12:30 AM			
1A		DJ GALAGA 12-1:15 AM		
2A		B-DAVIS 1:15-2:30 AM		

*SEE ACTIVITY/WORKSHOP
DESCRIPTIONS AND DETAILS
ON THEIR ASSOCIATED PAGES

SATURDAY SCHEDULE

BANDS	TOURNAMENTS	WORKSHOPS	HIT THE TRAILS
DJS	SPORTS COURTS PICKUP PLAY	WELLNESS/YOGA	INFO

	MAIN STAGE	MR. UNIVERSE AQUA POOL/LUNAR/EDM STAGES	SPORTS	WORKSHOPS/REC CLUBHOUSE UNLESS OTHERWISE NOTED
8A				GUIDED TRAIL RUN 8-9 AM
9A	YOGA 8:45 - 10 AM	LOVE MAXIMUM 8:45-9:55 AM	ALL TOURNAMENTS REGISTRATION 8:45-9:45 AM	GUIDED HIKING TOUR 9-10 AM
10A	NAKED STILLNESS MEDITATION - MAIN STAGE FIELD 10-11 AM	DARLINGTON 10-11:15 AM		
11A	TAI CHI 11-12 AM	THE GREEN PLANET 11:35 AM-1 PM	TOURNAMENT PLAY VOLLEYBALL, PICKLEBALL, CORNHOLE 10 AM-3 PM	WTL HISTORY 11-12 MEET BY THE CABIN
12P		WHEELS (LUNAR) 11 AM- 12:15 PM		VOCAL BODY FREEDOM 11:15AM-12:15 PM
1P		FINETHAT (LUNAR) 12:15- 1:30PM	BOCCEE CLINIC 12-12:30PM	PARTNER REFLEXOLOGY MASSAGE 12:30-1:30 PM
2P		GORDON STERLING & THE PEOPLE 1:30- 3 PM		FOOD AS MEDITATION 1:45-2:45 PM
3P	STEAL YOUR FACE 3-4:50 PM	MINI MUMS (LUNAR) 3-4 PM	VOLLEYBALL & PICKLEBALL CLINICS 3:30-5PM	BOCCEE TOURNAMENT MAX 24 PPL 1-5 PM
4P		WILD (LUNAR) 4:30-6 PM		NUDISM O&A 3-4 PM
5P				GODDESS WITHIN SELF LOVE WOMEN'S CIRCLE 4-5:15 PM
6P	SNEEZY 5:20-6:50 PM			PAINT & SIP 5:30-6:45 PM
7P	WORLD TOWN SOUND SYSTEM 7:15-8:40 PM			SHAMANIC SOJOURN BREATHWORK 5:30-6:30 PM MEET AT POOL
8P			ALL COURTS OPEN FOR PICKUP PLAY 5-11 PM	
9P				
10P	SUN SQUABI 9:10-11:10 PM			
11P	KEEGAN TAWA 11:30 PM-12:30 AM			
12A		BRITTOP 12-1:15 AM		
1A		GINBEE 1:15-2:30 AM		
2A		DARLINGTON & FRIENDS - CAMPFIRE JAMS 12-2:30AM		

*SEE ACTIVITY/WORKSHOP
DESCRIPTIONS AND DETAILS
ON THEIR ASSOCIATED PAGES

SUNDAY SCHEDULE

BANDS	TOURNAMENTS	WORKSHOPS	HIT THE TRAILS
DJS	SPORTS COURTS PICKUP PLAY	WELLNESS/YOGA	INFO

	MAIN STAGE	MR. UNIVERSE AQUA POOL/LUNAR/EDM STAGES	SPORTS	WORKSHOPS/REC CLUBHOUSE UNLESS OTHERWISE NOTED
8A				GUIDED TRAIL RUN 8-9 AM
9A	YOGA 8:45-10AM	KEEGAN TAWA 8:45-9:55AM	ALL TOURNAMENTS REGISTRATION 8:45-9:45 AM	GUIDED HIKING TOUR 9-10 AM
10A	SHARED BREATH MEDITATION 10-11AM	SETH KESSEL 10-11:15AM		
11A	FISHING FOR HIPPIES 11:30-12:45PM	TAI CHI 11:15- 12:15PM	WHEELS (LUNAR) 11-12:30PM	FOOD AS MEDITATION 11-12 PM
12P			DJ MOW LUNAR 12:30-2PM	WTL HISTORY 12:15-1:15 PM MEET BY THE CABIN
1P	CARTER FOX & THE UNION 1-2:15 PM			
2P		POSITIVE REPTILE 2:20- 3:05PM		
3P	YOGA 3-4 PM	BOSA 3:05-4 PM	DUTCH LETTUCE (LUNAR) 2-4 PM	
4P		WHEELS 4-5 PM		*SEE ACTIVITY/WORKSHOP DESCRIPTIONS AND DETAILS ON THEIR ASSOCIATED PAGES
5P		DJ MOW 5-6 PM	ALL COURTS OPEN FOR PICKUP PLAY 3-7 PM	
6P		NORWOOD B2B FINEWITHTHAT 6-7 PM		
7P				

*GROUNDS CLOSED AT 7PM TO ANYONE WHO DID NOT PURCHASE A LATE CHECK-OUT TICKET.
IF YOU WANT TO STAY, PURCHASE AT THE INFO TENT.

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CLUB NEBULA DEBUT

FOR GROOVERS
AGE 5-17

FRIDAY 5PM MEET & GREET AT CLUBHOUSE

PLEASE ATTEND FOR A BRIEF INTRO WITH CLUB
& EVENT ADMINISTRATION

Our coordinator is Nicky, a longtime advocate for families and children in nudism. She has been focused on providing safe and enriching nudist experiences for youth at the AANR Midwest Convention and at the science and art-based nudist Kids Kamp for the last 10+ years.

Please alert MoonGroove staff at check-in that you have children and Nicky will personally welcome you. She will coordinate with all families to facilitate supervision for youth during MoonGroove so all parents can enjoy both family and kid-free times.

PLEASE NOTE THAT CLUB NEBULA IS NOT A BABYSITTING SERVICE, BUT INSTEAD AN OPPORTUNITY FOR PARENTS TO CONNECT WITH OTHER FAMILIES TO PROVIDE THEIR CHILDREN WITH SUPERVISION FOR SCHEDULED ACTIVITIES.

OUR CHILDREN'S SAFETY IS OUR #1 PRIORITY. IF AT ANY TIME YOUR FAMILY DOES NOT FEEL 100% SAFE, PLEASE NOTIFY NICKY OR ONE OF THE STAFF MEMBERS/SECURITY YOU SEE RUNNING ABOUT WITH A WALKIE TALKIE.



rules

- Developing stars will have member-only access to Hawthorne Hall. Only parents and approved Moongroove staff will be allowed in the hall.
- It is a general rule at nudist campgrounds that children are not allowed on others' porches or in personal spaces.
- Phones are NOT allowed in public areas on the White Thorn grounds, including Hawthorne Hall. Phones must only be used within personal accommodations.
- Parents must remain on the grounds.
- Bikes must stay on designated paths (not sidewalks or campsites) and within the circle/loop.

Please see Nicky for a complete list of campground rules.



Come see us and grab your swag bag!

AANR-EAST.COM



TOURNAMENTS OPEN COURTS TRAILS CLINICS

RECREATION & SPORTS

ALL SKILL LEVELS WELCOME & ENCOURAGED - ALL COURTS LOCATED AT GROOVE CENTRAL

TOURNAMENT REGISTRATION
THURSDAY 6:00PM-8:00PM
FRIDAY 8:45AM-9:45AM
SATURDAY 8:45AM-9:45AM
SUNDAY 8:45AM-9:45AM

THURSDAY

3:00PM-11:00PM COURTS OPEN FOR PICKUP PLAY

VOLLEYBALL - PICKLEBALL - CORNHOLE - BOCCE

FRIDAY

8:00AM-9:00 AM - GUIDED TRAIL RUN

9:00AM-10:00AM GUIDED HIKING TOUR

LEAVES FROM CLUBHOUSE PATIO

10:00AM-3:00PM - SINGLE DAY TOURNAMENT PLAY

HARD COURT & SAND VOLLEYBALL - PICKLEBALL - CORNHOLE

3:30PM-5:00PM SPORTS CLINICS

VOLLEYBALL - PICKLEBALL

5:00PM-11:00PM COURTS OPEN FOR PICKUP PLAY

VOLLEYBALL - PICKLEBALL - BOCCE

SATURDAY

8:00AM-9:00 AM - GUIDED TRAIL RUN

9:00AM-10:00AM GUIDED HIKING TOUR

LEAVES FROM CLUBHOUSE PATIO

10:00AM-3:00PM - TOURNAMENT PLAY

HARD COURT & SAND VOLLEYBALL - PICKLEBALL - CORNHOLE

12:00PM-12:30PM BOCCE CLINIC

1:00-5:00 BOCCE TOURNAMENT (MAX 24 PLAYERS)

3:30PM-5:00PM SPORTS CLINICS

VOLLEYBALL - PICKLEBALL

5:00PM-11:00PM COURTS OPEN FOR PICKUP PLAY

VOLLEYBALL - PICKLEBALL - BOCCE

SUNDAY

8:00AM-9:00 AM - GUIDED TRAIL RUN

9:00AM-10:00AM GUIDED HIKING TOUR

LEAVES FROM CLUBHOUSE PATIO

10:00AM-3:00PM - TOURNAMENT PLAY

HARD COURT & SAND VOLLEYBALL - PICKLEBALL

3:00PM-7:00PM COURTS OPEN FOR PICKUP PLAY





The freedom you
felt this weekend
lives here too.

Breathe
Be Free
Belong



PINE TREE

PINETREECLUB.ORG

ANNAPOLIS, MD - ESTABLISHED 1934

@GREYMARCOJOHNSON - PHOTO



Mexico's Newest 100% Nude Beach Hotel

Escape the ordinary and experience ultimate freedom in the heart of Zipolite, Oaxaca. Located just steps from Mexico's only official nudist beach, Hotel Zipoliteville is an inclusive, welcoming oasis designed for the free-spirited traveler. Unwind by our spacious pool, dive into our vibrant pool parties, or explore the local nightlife right outside our doors. Modern comfort meets total freedom.

- 100% Nudist Mandatory
- Prime Downtown Location Just Steps From The Beach
- Modern Amenities (AC, Free Starlink Wi-Fi, & Fridge in every room)
- Easy Travel (Private airport shuttles from HUX & PXM)

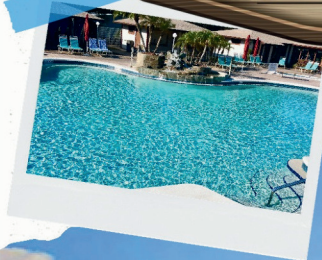
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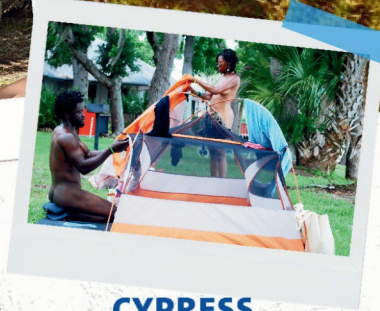
zipoliteville.com

info@zipoliteville.com

@zipoliteville



WHERE
NATURE
MEETS YOUR
NATURAL
SELF



NUDE ADVENTURES AWAIT!

- ☀ Body-positive / all shapes and sizes welcome
- ☀ Day visits welcome
- ☀ Boating (included with day fees)
- ☀ Two pools
- ☀ Two hot tubs
- ☀ Two restaurants & bars
- ☀ Sports courts & nature preserve
- ☀ Live entertainment 5 days a week!

UPCOMING
EVENTS



**CYPRESS
COVE**
NUDIST RESORT

4425 Pleasant Hill Rd.
Kissimmee, FL 34746
CypressCoveResort.com
407-933-5870

Follow Us:



WORKSHOP DETAILS

EMBODIED BREATH & PRESENCE

A GUIDED BREATH AND MEDITATION JOURNEY TO HELP YOU SETTLE INTO YOUR BODY WITH EASE, PRESENCE, AND AUTHENTICITY. THROUGH CONSCIOUS BREATHING, GENTLE SOMATIC AWARENESS, AND GUIDED MEDITATION, YOU'RE INVITED TO SOFTEN SELF-CONSCIOUSNESS, QUIET THE MIND, AND RECONNECT WITH THE NATURAL INTELLIGENCE OF YOUR BODY.

FOOD AS MEDITATION

THIS WORKSHOP BEGINS IN A CIRCLE WITH A PLAYFUL AND PROFOUND SENSORY PRACTICE WHERE PARTICIPANTS CLOSE THEIR EYES OR OPTIONALLY WEAR A BLINDFOLD AS WHOLE FOODS ARE PASSED AROUND, INVITING DEEPER CONNECTION THROUGH TOUCH, SMELL, TEXTURE, INTUITION, AND TASTE. WE OFTEN TURN THIS INTO A GENTLE GUESSING GAME, SENSING WHAT EACH ITEM IS BEFORE IT'S REVEALED.

LIFE CLARITY & ALIGNMENT

JOIN TRANSFORMATIONAL LIFE COACH GISELLE OF GG EMPOWERS FOR THIS GROUP SESSION WHERE WE DEEP DIVE INTO EACH AREA OF YOUR LIFE TO DETERMINE WHAT'S ALREADY WORKING AND WHAT NEEDS TO CHANGE. FROM HERE WE WILL WORK TOGETHER TO SET PRACTICAL AND MEASURABLE GOALS.

MANDALA DOT PAINTING

MANDALA DOT PAINTING- COME LEARN HOW TO PAINT MANDALA DOT ART WORK.

NAKED STILLNESS: A SENSORY MEDITATION

A SLOW, LAND-CONNECTED GUIDED MEDITATION INVITING YOU INTO DEEP SENSORY AWARENESS, USING BREATH, SUBTLE BODY SCANNING, AND ATTENTION TO THE ELEMENTS AROUND YOU. YOU'RE GUIDED TO EXPERIENCE YOUR BODY AS PART OF THE NATURAL WORLD—FREE FROM JUDGMENT OR PERFORMANCE.

PAINT & SIP

STEP-BY-STEP GUIDANCE WITH PRE-DRAWN CANVASES AVAILABLE. PAINTS, BRUSHES, AN 11X14 CANVAS, AND A BEVERAGE ARE INCLUDED. A UNIQUE AND ENJOYABLE WAY TO RELAX, CONNECT WITH OTHERS, AND REDUCE STRESS WHILE TAPPING INTO YOUR CREATIVE SIDE AND VIBING TO MUSIC. \$5 TO PARTICIPATE TO HELP COVER THE COST OF MATERIALS.

PARTNER UP REFLEXOLOGY MASSAGE

GRAB A PARTNER OR COME FIND ONE AND LEARN SOME REFLEXOLOGY SKILLS THAT YOU CAN USE ON LOVED ONES OR YOURSELF. REFLEXOLOGY HAS MANY HEALTH BENEFITS, INCLUDING INCREASING CIRCULATION, PROMOTING RELAXATION, PAIN RELIEF, ANXIETY, DEPRESSION, SLEEP, AND MORE. BRING A BLANKET OR TOWEL TO SIT ON. A CHAIR IS FINE IF YOU CAN'T DO THE GROUND.

SHAMANIC SOJOURN BREATH WORK & WRITING

THIS WORKSHOP INVITES PARTICIPANTS TO STEP AWAY FROM THE NOISE OF DAILY LIFE AND RECONNECT WITH NATURE AND THEMSELVES IN BODY, MIND, AND SPIRIT THROUGH A MEDITATIVE AND SHAMANIC JOURNEY INTO THE FOREST AND THE INNER VOICE. GUIDED BY THE JAPANESE-INSPIRED PRACTICE OF SHINRIN YOKU AND CELTIC SHAMANISM, WE MOVE SLOWLY AND MINDFULLY IN A SACRED SENSORY IMMERSION THAT CALMS THE NERVOUS SYSTEM, GROUNDS THE BODY, OPENS THE HEART, AND RESTORES CLARITY. THE EXPERIENCE CULMINATES IN AN INTUITIVE CREATIVE WRITING SESSION WHERE PARTICIPANTS TRANSLATE WHAT THEY RECEIVE INTO POETRY, JOURNALING, REFLECTION, OR STORYTELLING.

SHARED BREATH MEDITATION

A GUIDED PARTNER MEDITATION EXPLORING CONNECTION THROUGH BREATH, EYE CONTACT, AND PRESENCE—WITHOUT TOUCH. YOU'RE GENTLY GUIDED TO MEET ONE ANOTHER BEYOND WORDS, SOFTENING SELF-CONSCIOUSNESS AND CULTIVATING GROUNDED, AUTHENTIC CONNECTION. ROOTED IN CONSENT AND CHOICE, THIS PRACTICE INVITES A FELT SENSE OF BEING SEEN, MET, AND CONNECTED WITHIN A SIMPLE, INTENTIONAL CONTAINER.

TAI CHI

"A TASTE OF TAI CHI" IS THE PERFECT WAY TO LEARN THE ANCIENT CHINESE PRACTICE AND TO ENJOY DOZENS OF PROVEN HEALTH BENEFITS AS YOU PROGRESS. THIS WORKSHOP WILL SHOW YOU THE PROPER FORM, MOVEMENTS, AND PACING FOR TAI CHI EXERCISES.

THE GODDESS WITHIN-SELF LOVE WOMEN'S CIRCLE

IN THIS WOMEN'S GATHERING, WE DRINK THE GODDESS OF CHOCOLATE'S MEDICINE OF THE HEART, AND DIVE DEEP INTO SELF-LOVE, SOUL REMEMBRANCE, AND THE WILD POWER SISTERHOOD. COME TO BE CRACKED OPEN, LIFTED UP, AND SENT BACK INTO THE FESTIVAL GLOWING.

VOCAL BODY FREEDOM

BE SILLY & UNTAMED! JOIN SINGER-PERFORMER KYRIE ONELOVE & AWAKEN YOUR VOICE! YOU'LL BUZZ, HUM & STRETCH INTO MORE FREEDOM & EXPRESSION. THROUGH WARMUPS AND GUIDED IMPROVISATION, YOU'LL DISCOVER THE JOY OF SOUND IN A SUPPORTIVE SPACE. NO PRIOR SINGING EXPERIENCE NEEDED!



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FRIDAY

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4:00PM - 5:00PM

SATURDAY

8:45AM - 10:00AM
3:00PM - 4:00PM

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8:45AM - 10:00AM

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