

## SATURDAY

13 APRIL 2019

	Super Stage	Room to Move	Bloom Stage	Orgasm Room	The Oratory	The Chapel
8.00 AM	8.00am-8.30am <b>Welcome to Country</b>	7.45am-8.25am <b>Uma Spender</b> The Magic of Mantra mantra workshop	8.00am-8.40am <b>Gwyn Williams</b> The Art of Letting Go: Zenthai Shiatsu Zenthai Shiatsu yoga		7.45am-8.25am <b>Asher Packman</b> Your Heart Before Your Head intention meditation	
9.00	9.00am-9.40am <b>Lola Berry</b> Beyond The Mat lifestyle workshop	8.45am-9.25am <b>Cat Woods</b> Ballet Sculpt pilates & barre	9.00am-9.40am <b>Warrior One</b> Acro Yoga 101 acrobatic yoga		8.45am-9.25am <b>Tegan Wallis</b> Ancient Advice for the Modern Life ayurvedic masterclass	9.00am-10.30am <b>The School Of Life</b> Pop-Up Classroom workshop
10.00	10.00am-10.40am <b>Shoku Iku Academy</b> Get Raw: How to Make Delicious Desserts cooking demonstration	9.45am-10.25am <b>Infinity Therapies</b> Unleashing your Divine Feminine: Qoya yoga & dance	10.00am-11.00am <b>Deep Soulful Sweats</b> Indigo Realness astro dance party	10.00am-10.40am <b>Mia Muse</b> Objects of Pleasure sex toy talk	9.45am-10.25am <b>Julie Zdravkovska</b> Spiritual Talk, Medium Readings & Group Healing spiritual open forum	
11.00	11.00am-11.40am <b>Swisse Panel</b> Wellness Rituals to Transform & Inspire ritual workshop	10.45am-11.25am <b>HartRoks</b> Demystifying Crystals workshop	11.00am-11.40am <b>Stefanie Turner</b> Flowlates & Beats pilates, yoga & dance	11.00am-11.40am <b>Infinity Therapies</b> Sensual Movement 101 sensual movement	10.45am-11.25am <b>Rachelle Unreich</b> How Journalism Taught Me Who I Am storytelling	11.00am-11.40am <b>The Sociable Weaver</b> The Future of Our Homes panel discussion
12.00 PM	12.00pm-12.40pm <b>Reece Carter</b> Greens & The Gut nutrition masterclass	11.45am-12.25pm <b>Maud Léger</b> Groove & Glow energising yoga & DJ	12.00pm-12.40pm <b>Kat John</b> Mass Meditation meditation	12.00pm-12.40pm <b>Uma Spender</b> Shakti Flow Yoga sensual yoga	11.45am-12.25pm <b>Al Jeffery</b> The Art of Human Connection & Cultural Stewardship - life coaching	
1.00	1.00pm-1.40pm <b>Dr. Nikki Goldstein</b> Having a Healthy Relationship & Sex Life masterclass	12.45pm-1.25pm <b>Chris Wilson</b> Moving into Stillness slow yoga	1.00pm-1.20pm <b>Gravity &amp; Other Myths</b> A Simple Space	1.00pm-1.40pm <b>Heal'r</b> Heal'r your Relationships, to Heal'r your Hormonal & Digestive Health - healing	12.45pm-1.25pm <b>Dr. Oscar Serrallach</b> Matrescence: Science & Culture of Motherhood motherhood discussion	12.30pm-2.00pm <b>The School Of Life</b> Pop-Up Classroom workshop
2.00	2.00pm-2.40pm <b>Tobie Puttock</b> Waste Not Want Not cooking demonstration	1.45pm-2.25pm <b>Barre Body</b> Burn and Shake it at the Barre pilates & barre	2.00pm-2.40pm <b>Yoga 213</b> Hip Hop Yoga: Sweat is Sweet hip hop yoga	2.00pm-2.40pm <b>Mia Muse</b> Know Your Pleasure sensuality masterclass	1.45pm-2.25pm <b>Dumbo Feather</b> Small Giants Panel Discussion Q & A discussion	
3.00	3.00pm-3.40pm <b>Jess Sepel</b> Food as Medicine for Living nutrition masterclass	3.00pm-3.40pm <b>Ryan Mannix</b> Soft & Still: Yin and Meditation with Sound Bath meditation & yin yoga	3.00pm-3.40pm <b>Guru Dudu</b> Happy Yoga light-hearted yoga	3.00pm-3.40pm <b>StellaMuse</b> The Essence of Tantra tantra masterclass	2.45pm-3.25pm <b>Tony Johannsen</b> Life Like Water: Moving Through Anxiety anxiety masterclass	
4.00	4.00pm-4.40pm <b>Kemi Nekvapil</b> Leading with Life's Lessons talk, life coaching	4.15pm-4.45pm <b>Mona Ruijs</b> Immersive Sound Bath	4.00pm-4.40pm <b>Sadhana Studios</b> Divine Grace & Flow kundalini yoga	4.00pm-4.40pm <b>Mia Muse</b> Objects of Pleasure sex toy talk	3.45pm-4.25pm <b>Heidi Trigar</b> Kirtan Yoga bhakti yoga	
5.00	5.00pm-5.40pm <b>Dr. Lauren Tober</b> The Art & Science of Rest deep rest	5.00pm-5.30pm <b>Mona Ruijs</b> Immersive Sound Bath	5.00pm-5.40pm <b>Amrita Hepi</b> Mixtape Mass Movement dance		4.45pm-5.25pm <b>Caroline Hales</b> Calm the Chatter calming workshop	
6.00		5.45pm-6.15pm <b>Mona Ruijs</b> Immersive Sound Bath				

## SUNDAY

14 APRIL 2019

	Super Stage	Room to Move	Bloom Stage	Orgasm Room	The Oratory	The Chapel
		7.45am-8.25am			7.45am-8.25am	
8.00 AM	8.00am-8.40am <b>Al Jeffery</b> The Art of Human Connection & Cultural Stewardship - life coaching	<b>Chris Wilson</b> Meditation 101 intention meditation	8.00am-8.40am <b>Sadhana Studios</b> Vibrate the Cosmos kundalini yoga meditation		<b>Asher Packman</b> Aligning your Sun & Moon intention meditation	
		8.45am-9.25am			8.45am-9.25am	
9.00	9.00am-9.40am <b>Tobie Puttock</b> Waste Not Want Not cooking demonstration	<b>Caroline Hales</b> Calm the Chatter calming workshop	9.00am-9.40am <b>Amrita Hepi</b> Slow Jamz with Amrita dance & yin yoga		<b>Tegan Wallis</b> Ayurvedic Insights into Gut Health ayurvedic masterclass	
		9.45am-10.25am			9.45am-10.25am	
10.00	10.00am-10.40am <b>The Essentialists</b> Masterclass of Wellness wellness masterclass	<b>Barre Body</b> Burn and Shake it at the Barre pilates & barre	10.00am-10.40am <b>Yoga at the Bloom Stage</b>	10.00am-10.40am <b>Mia Muse</b> Objects of Pleasure sex toy talk	<b>Dr. Lauren Tober</b> Deep Rest with iRest: Yoga Nidra deep rest with yoga nidra	
		10.45am-11.25am			10.45am-11.25am	
11.00	11.00am-11.40am <b>Jess Sepel</b> Healthy Hacks for Stressy Living nutrition masterclass	<b>Dr. Elise Bialylew</b> Breath Meditation meditation masterclass	11.00am-11.40am <b>Yoga 213</b> Hip Hop Yoga: Sweat is Sweet hip hop yoga	11.00am-11.40am <b>Infinity Therapies</b> Sensual Movement 101 sensual movement	<b>Tony Johannsen</b> Anxiety: The Compass to Authenticity anxiety masterclass	
		11.45am-12.25pm			11.45am-12.25pm	
12.00 PM	12.00pm-12.40pm <b>Reece Carter</b> Eat Happy nutrition masterclass	<b>Gwyn Williams</b> Movement as Therapy: Zenthai Shiatsu Zenthai Shiatsu yoga	12.00pm-12.40pm <b>Warrior One</b> Yoga With Balls release ball yoga	3.00pm-3.40pm <b>Uma Spender</b> Free Breathing Workshop breathing workshop	<b>Dr. Oscar Serrallach</b> Matrescence: Science & Culture of Motherhood motherhood discussion	12.00pm-1.30pm
		12.45pm-1.25pm			12.45pm-1.25pm	<b>The School Of Life</b> Pop-Up Classroom workshop
1.00	1.00pm-1.40pm <b>Clementine Ford</b> Since Becoming a Mother author talk & discussion	<b>HartRoks</b> Manifesting & Programming with Crystals workshop	1.00pm-1.20pm <b>Gravity &amp; Other Myths</b> A Simple Space	1.00pm-1.40pm <b>StellaMuse</b> Living a Tantric Life: With & Without a Partner tantra masterclass	<b>David Holmgren</b> Aussie Street permaculture presentation	
		1.45pm-2.25pm			1.45pm-2.25pm	
2.00	2.00pm-2.40pm <b>Swisse Panel</b> Wellness Rituals to Transform & Inspire ritual workshop	<b>Heidi Trigar</b> Kirtan Yoga bhakti yoga	2.00pm-2.40pm <b>Stefanie Turner</b> Flowlates & Beats pilates, yoga & dance	2.00pm-2.40pm <b>Dr. Nikki Goldstein</b> Sex Ed 101 sex masterclass	<b>Rachelle Unreich</b> Writing It All Down storytelling	
		2.45pm-3.25pm			2.45pm-3.25pm	
3.00	3.00pm-3.40pm <b>Dr. Marc Cohen</b> Extreme Wellness wellbeing life skills	<b>Cat Woods</b> Ballet Sculpt pilates & barre	3.00pm-4.00pm <b>Deep Soulful Sweats</b> Indigo Realness astro dance party	12.00pm-12.40pm <b>Mia Muse</b> Know Your Pleasure sensuality masterclass	<b>Kemi Nekvapil</b> Leading with Life's Lessons: Workshop life coaching workshop	
		3.45pm-4.25pm			3.45pm-4.25pm	
4.00	4.00pm-4.40pm <b>Shoku Iku Academy</b> Get Raw: How to Make Delicious Desserts demonstration	<b>Infinity Therapies</b> Unleashing your Divine Feminine: Qoya yoga & dance	4.00pm-4.40pm <b>Guru Dudu</b> Happy Yoga light-hearted yoga	4.00pm-4.40pm <b>Mia Muse</b> Objects of Pleasure sex toy talk	<b>Julie Zdravkovska</b> Spiritual Talk, Medium Readings & Group Healing spiritual open forum	3.30pm-5.00pm <b>The School Of Life</b> Pop-Up Classroom workshop
		4.45pm-5.25pm				
5.00	5.00pm-5.40pm <b>Lola Berry</b> Self Love: Less Buzzwords, More Living self love masterclass	<b>Uma Spender</b> Embracing Kali: The Secrets of the Dark Feminine femininity masterclass	5.00pm-5.40pm <b>Kat John</b> Free Your Sh!t & Dance! interactive dance			
		5.45pm-6.25pm				
6.00		<b>Maud Léger</b> Soft: The Singer, The Pianist & The Body yoga for deep rest				

## OTHER EXPERIENCES AROUND THE GROUNDS

Throughout the festival will be a series of immersive experiences to stir your senses and enjoy.

SAT  
12.00pm-3.00pm

### The Illuminated Angels

by Born In A Taxi  
roving performance

SUN  
12.00pm-3.00pm

### The Sleep Keepers

by Born In A Taxi  
roving performance

SAT & SUN  
11.00am-12.00pm

### Silent Disco Tour

with Guru Dudu  
silent disco interactive performance

SAT  
8.00am-9.00am

### Slow Flow In The Hoop

with Donna Sparx  
hula hoop dance workshop

SUN  
10.00am-11.00am

### Hula Hoop Dance

with Donna Sparx  
hula hoop dance workshop

SAT & SUN

### Vulva Painting Studio

with Stephanie Rose Freeman  
nude painting workshop

SAT & SUN  
10.00am-12.00pm / 2.00pm-4.00pm

### Motel Girl

with Anna Lindner - a secret sharing of  
your most intimate stories

SAT & SUN  
11.30am-4.30pm

### Bureau of Advice

Department for transacting advice  
between strangers

SAT & SUN  
9.00am-5.00pm

### Written in Tea

The Festival tea room to brew over our  
speakers' favourite letters

SAT & SUN

### Healers Grove

Take a moment to sit down with a therapist,  
specialist or healer 1-on-1 and go into depth  
on your story with them

SAT & SUN

### Take a Breath

with Wim Hof Method Instructor Matt Radford  
breathwork masterclass

Saturday

10.00am-11.00am

12.00pm-1.00pm

2.00pm-3.00pm

4.00pm-5.00pm

Sunday

10.00am-11.00am

12.00pm-1.00pm

2.00pm-3.00pm

4.00pm-5.00pm

SAT & SUN

### Diet Myths, Food Fads & Other Malarkey

with Wellness In Real Life  
nutrition myth masterclass

Saturday

11.00am-11.40am

Sunday

1.00pm-1.40pm