

**FREE PROGRAM**

BYRON BAY

# STARLIGHT FESTIVAL

THURS 4<sup>TH</sup> - SUN 7<sup>TH</sup> JAN  
A&I HALL BANGALOW



SOUND HEALING



BREATH & CEREMONY



WELLNESS & HEALING



YOGA & DANCE



TAROT & PSYCHICS



WELLBEING MARKET

**TICKETS \$35**

**2 FOR 1 THURS & FRI**

**STARLIGHTFESTIVAL.COM.AU**

TICKETS ONLINE OR ON THE DOOR (KIDS FREE)

# Simon Borg-Olivier

*MSc, BAppSc (Physiotherapy), APAM c-IAYT*

I do private consultation and group sessions for musculoskeletal problems and medical conditions. My main modalities are drawn from my understanding as a physiotherapist, and a long time teacher of traditional teachings of posture movement and breathing, from India, Tibet, China and Japan including Qigong and Yoga.

**My next local group workshop in the Byron Shire** (limited to 12 people) is from **3 - 9 of February 2024** (6 hours per day).

Please ring me on **0417 041179** or visit **[www.simonborgolivier.com](http://www.simonborgolivier.com)** for details





## A celebration of infinite connection.

Join us for a four-day festival of transformation, discovery and healing in the beautiful Byron Bay hinterland town of Bangalow.

Experience the power of sound healing and discover the benefits of yoga. Try workshops that enhance your understanding of well-being. Indulge in delicious vegan cuisine and enjoy live music as you unwind and connect with the festival community. Surround yourself with your tribe and embrace the opportunity to reinvigorate your mind, body, and spirit.

Imagine practicing relaxing yoga as the birds sing, blissing out in a soundbath in a heritage building, learning to find your voice or how to play a singing bowl in a workshop. The Starlight Festival is the ultimate way to reconnect with yourself and the healing wonders of the Byron Shire region. The best part is our expansive program of events are all included with entry, so you can try as many different activities as you like.

Between activities discover the main hall and sample a variety of healers, psychics and tarot readers who will provide insights and guidance for your personal growth. Then browse the wellness products and find the perfect crystal, jewellery or musical instrument that speaks to you. Whether you join us for one day or immerse in the program for all four days, transformation awaits you.

**The Starlight Festival takes place from the 4<sup>th</sup>-7<sup>th</sup> of January at the A&I Hall in Bangalow. Tickets are \$35 and available on the door or online at [starlightfestival.com.au](http://starlightfestival.com.au)**

**Children under 13 enter for FREE with a paying adult. Two for one entry is available on Thursday & Friday.** So bring your family and friends and enjoy this vibrant and transformative event together.

## Vegan Cafe

*Enjoy delicious fully vegan, activated, gluten free cuisine in the True Nature Cafe.*



### Nourish Yourself

Head Chef Todd Stream Cameron has had vast culinary experience spanning 18 years in various cuisine styles. These skills coupled with his philosophy of energetic awareness come together to provide high quality, contemporary, health-enhancing food. Enjoy a different menu of healthy nourishing food each day of the festival.



Catering from the heart & soul of Byron Bay...



private chef • celebrations • parties • retreat catering

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# Village Market

*Relax and discover over 40 stalls in the main hall including wellbeing products & practitioners from across the Byron Shire and beyond.*



## Psychics, Tarot & Readings

Local and nationally renowned psychic mediums and tarot card readers will help you unlock the metaphysical secrets of your life path. Connect with your angels or loved ones and learn more about what your future holds.



## Healers & Practitioners

Recharge your etheric body and balance your energy with a healing. Enjoy healings, kinesiology, sound healing, shamanic journeys, massage and much more from qualified practitioners. Balance your body and mind with Auyurvedic treatments or release long held trauma from this life or past lives.



## Conscious Products

Access a wide variety of products for a healthy and fulfilling life. Including crystals, jewelry, essentials oils, yoga products, incense, medicine drums, ceremonial objects and much more.

[lifefxlivingwater.com](http://lifefxlivingwater.com)

- Reduction of Fluoride, Heavy Metals, Pathogens and More
- Potent Electrolytes
- Cleanse & Uplift
- Water Security
- Remineralise
- Ultra-Purity
- Increased Hydration

**LifeFX cleans water!**  
**See dissolved toxins removed!**



"I experienced a cloud being removed from around my head. I had full clarity, openness and vision."  
Nike J

"Before LifeFX, I never felt hydrated. If we run out, my 2 year old complains she is thirsty no matter how much she drinks."  
Sarah R

**20% off at Starlight Festival and online with coupon code **STARLIGHT****

(offer expires 8th January 2024)

**Come see us at booth 17!**

Add LifeFX to filtered, spring, tap, alkaline, reverse osmosis or water straight from the creek.



[lifefxlivingwater.com](http://lifefxlivingwater.com)

## Breath & Ceremony

*Transform and go deeper with breathwork and experience a powerful ceremony.*



### Sophie Säemrow

The founder of Conscious Flow Breathwork, is a passionate Breathwork, Meditation, Mindfulness, Sound Journey facilitator, Reiki Practitioner, Cacao ceremonialist and Holistic Health Coach.



### Julia Wunder

Julia is a Health and Transformation coach, Quantum Healer and Quantum Flow practitioner. Her mission is to help others to come back into a natural state of freedom and flow.



### Peter Bowden

Peter is a World Renowned Healer, Drum Maker & Shaman, drawing from many years of exploration into the Shamanic Arts, Sound Healing and Medicine Drum Making, passed on through his Indigenous Ancestors and Mentors from across the world.



### Petra Mountfort

Also known as Prema, is a versatile and passionate individual, weaving a tapestry of healing arts as a Multi Instrumentalist Musician, Cacao Ceremonialist & Group Facilitator, Certified Sound Therapist, and Yoga Teacher.

# Conscious Flow Breathwork

## Breathe and Feel Free with Sophie

Open your Heart  
Remember Who You Truly Are  
Transform Your Life and Unleash  
Your Full Potential

Breathwork  
Holistic Health Coach  
Mindfulness Teacher  
Cacao Ceremonialist  
NLP Master Practitioner  
Timeline Therapist  
Hypnotherapist  
Reiki Practitioner  
Sound Healing  
Chakra Alignment

Sophie Säemrow  
Conscious Flow Breathwork  
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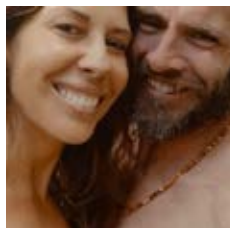
### Stephanie Ajna-Devi

Founder of Ajna Temple. Conscious Events Facilitator & Healer. She is your truth-telling, shadow-walking, trauma-informed, akashic record reading, tantrik breath-guiding, shamanic woman of devotion. Experience Ritual & Initiation for authentic embodied awakenings welcoming the full spectrum of who you are.



### Daisy Kaye

Cacao Priestess, Body & Breath worker, Tao-Tantric Practitioner Daisy Kaye is fun, playful and wise and is passionately committed medicine woman.



### Chad & Veronika

Kookaburra Chad, Urban mystic fusing spiritual reverence with the jovial. Veronika Beck, Certified Human Biography Mentor and Group Leader.



### Krisy Conroy & Krti Psykskrt

Krisy Conroy and Krti are the founders of Shamanic Transcendence. Offering Shamanic Breathwork, Rebirthing Breathwork facilitator Trainings, including underwater Breathwork. Paranormal Investigations, & Shamanic Healings.

## Brand New Podcasts



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## Embodying Psychedelia

a practitioners and visionaries gathering

15-17 MARCH 2024

Mt. Tamborine | Gold Coast



### “Navigating the Emergence of a Psychedelic Culture”

A three-day gathering dedicated to psychedelic awareness without the use of plant medicines.

The most important network gathering on Psychedelic embodiment in Australia.

Psychedelic Integration, Somatic Embodiment, Panel Discussions, Trauma Healing, Sound, Yoga, Massage, Breathwork and so much more...

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PSYCHEDELIA



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RETREATS



PRACTITIONER  
TRAINING



Founder World Doctor  
DR. MARIO ALAM

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# Sound

*Bask in a relaxing soundbath or find your voice.*



## Nicky De Gruchy & Peter Baird (VIC)

Nicky and Peter have been partners in music, life and art for over 30 years and have been performing, teaching and creating together. Together they travel to places across Australia and compose music arising spontaneously from their relationship with the landscape.



## Sofia Pila (Pilaflow)

Created by Swedish multi-instrumentalist, singer-songwriter and yogi, Sofia Pila, PILAFLOW is a transformational experience that takes your body and soul on an all-embracing ecstatic dance journey. Not your average experience, PILAFLOW is a cultivation of original music, live instrumentation and movement.



## Seriya & Matty

Matty Rainbow is a Byron Bay based, certified Kinesiologist, Sound Healer, and Meditation facilitator. Seriya Cutbush is a local yogini, bodyworker, energy healer and sound facilitator. They have created Australia's most comprehensive Sound based Facilitator Training - Sound of Being™ which is fully accredited internationally.



## Zarn Karjana

Zarn' Tazana Karjana is a certified Sound Healing Practitioner/multi instrumentalist Dip SHA & IICT member. She is a Vocalist for local northern rivers band GaiaTree Mantra. Song circle & ceremony facilitator. Founder of Sound Wave Healing.



## Samantha Paraha

A healer of souls and a guide to the divine. With a deep understanding of self-discovery and spiritual transformation through healing modalities, breathwork and sound healing.



## Anup & Brinley

Have traveled throughout Australia, plus areas of the USA teaching and exhibiting their Singbowl. They will invite you to explore hands on and find and play your own Singbowl.



## Alice Miyagawa

Alice loves sharing singing circles as sound medicine. Her angelic voice is uplifted by beautiful instruments like harmoniums from Harmonium Australia. She teaches, offers retreat experiences, and loves collaborating with musicians who practice sacred devotional music.



## Edward Lower

Dedicated his life to the exploration of music and holistic healing, which has led him on a profound journey of self-discovery and personal growth. It's through this journey that he has cultivated the necessary skills, knowledge, and unwavering passion to serve as a sound therapist.



## Nicole Haberecht

Nicole has been working with The Angelic Kingdom of Light for over 7 years as an Angelic Reiki Practitioner and founder of White Feathers Holistic Therapies. Moving also into sound a few years ago she's now combined these two modalities to create the Angelic Sound Bath.

# Yoga & Movement

*Activate through movement with the Starlight Festival yoga community.*



## Simon Borg-Olivier

Simon Borg-Olivier, MSc BAppSc (Physiotherapy) APAM c-IAYT, has been practicing traditional forms of posture, movement, breathing, and mental control for 50 years. He has been teaching for 38 years and has been a registered physiotherapist for 23 years.



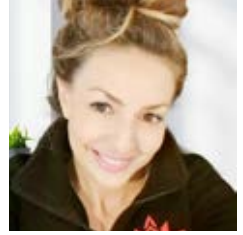
## Yihan Hu (Singapore)

Yihan's classes are centered around achieving harmony between the yin and yang aspects of physical and mental practice. Whether the class is gentle, strong, or intense, Yihan's ultimate hope is for her students to find joy in their yoga journey.



## Carla Versitano (SYD)

Carla is a specialist in creating states of deep calm. Her primary interest is helping to soothe and regulate the nervous system. Her tools are the practice of yoga, breathwork and song to move the body and mind into restoration and balance. She holds a degree Major in Indigenous Trauma & Healing and is an accredited Yoga, Yin Yoga & Pilates instructor.



## Jemymah (ACT)

Jem runs her own studio in the heart of Canberra providing local and corporate sessions, workshops and retreats. She enjoys creating a fun and inclusive environment to explore the practice of yoga. Her most popular sessions are Beginner Yoga and Yummy Yin.



## RADIANT SOUL YOGA with Linda Newman

Healing Practices  
Yoga Training  
Holistic Living Inspiration  
Nourishing Ayurvedic Recipes

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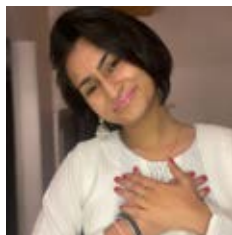
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### Rashmi Singh (NZ)

Rashmi is a Certified Life Coach, Mindfulness Mentor, and founder of The Mind Solace. Using coaching, she assists beautiful humans in reclaiming their power, restoring focus to themselves, identifying their own needs, enhancing self-care, and strengthening their most fundamental relationship - their relationship with themselves.



### Linda Newman

A yoga teacher, writer, lover of life & founder of Radiant Soul Yoga. Her mission is to share the simple put potent practices within yoga that elevates every domain of our life — healing our body, brightening our mind, enjoying our relationships, finding meaning in our work, and deepening our sense of spirituality. Linda has been teaching for 35 years.



### Helen Selmeczy

Helen Selmeczy's journey as a devoted Yoga practitioner spans an impressive 50 years, commencing her practice during her teenage years. Her profound ardor for Yoga Philosophy has been a guiding force throughout her life. Immersing herself in the rich traditions, Helen embarked on transformative studies in both India and Nepal.



### Amelia Radford

With a practice that spans 10 years, what started as a hobby and journey of self-discovery, soon led her to the wonderful and incredibly fulfilling world of yoga teaching. She studied Ashtanga Yoga in Rishikesh India in 2017 and has since deepened her knowledge with certificates in Hatha and Yin.



### Stephanie Wallace

Stephanie is a devotional musician, yoga teacher and somatic counsellor. She has walked a dedicated spiritual path for 12 years through yoga, meditation, travel, somatic based therapy and shamanic traditions. Stephanie currently lives in the Byron Shire offering yoga classes and sound journeys incorporating her own original music. She has been teaching yoga for twelve years, both in Australia and in Bali.



### Brad Hay

Brad Hay is an Ayurvedic Specialist and a leading Senior Yoga & Meditation Teacher in the Himalayan Masters Lineage. Brad is renowned for his laid back, down to earth yet charismatic attitude as he manages to make these ancient, powerful, and mystical traditions feel light, relatable, and easy to understand for the modern student, practitioner, or teacher.



### Laura Rizzi

Laura Rizzi is a 500YTT certified Yoga Instructor specialised in Ayurveda which focuses on the five elements and how we can best interact with them.



### Delamay Devi

Senior Prana Flow yoga teacher trainer, mentor, writer and DJ of sacred beats. Born and raised locally, Delamay teaches and travels internationally offering retreats, trainings and workshops that are fueled with inspiration and sacred wisdom. She is passionate about sharing movement as medicine and yoga philosophy in sync with the natural cycles of existence.



Miroslav Petrović  
TEDx Speaker & Author  
Worked with 5,000+ people.

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For conscious entrepreneurs, business owners, coaches and healers who want to:

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- Work with **groups** of people.
- Create a **business** that **thrives** serving your **soul clients**!

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Gold Coast



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# Presenters

*Unlock new discoveries with talks & workshops.*



## Zhara J. Mahlstedt

Throughout her lifetime, Zhara has been trained by her spirit team for this pivotal moment in Earth's history when we, as a species, step forward into galactic reality.



## Michelle Boyde

Michelle Boyde is a Registered Master Hypnotist, Life Architect and host of the Life By *YOUR* Design podcast.



## Erin Zen Warrior (NZ)

I am unapologetically and dynamically myself. I want you to become unapologetically and dynamically yourself.



## Mario Alam

A medical doctor, intuitive & mystic who has traveled the world experiencing ancient wisdom.



## Margot Cairnes

Margot is highly regarded and respected as an inspirational mentor, advisor and partner to boards and CEOs.



## Anaiya Cooper

An Ayurvedic Practitioner, Massage and Skin Therapist and all round ambassador for a herbal way of life.



## Shakti Burke

Shakti trained at an Indian ashram in the 1980s and today also teaches mindfulness-related topics.



## Jennifer Genest

Jennifer is a kinetic, somatic movement adept, a Kinesiologist who has been practicing her entire life beginning with dance, gymnastics, yoga and music.



## Pachi

Is passionate about nurturing people to find their way back to their centre to enjoy a balanced healthy joyous life.



## Katie Hotson

Katie has always been a seeker, her studies have included several styles of massage, Reiki, Sound Healing, Pranic Healing and Numerology.



## Tania de Jong AM

Tania de AM is a trail-blazing Australian soprano, global speaker, award-winning social entrepreneur, creative catalyst & spiritual journey woman.



## RoyB Man of Merlin

Roy is a wizard who guides those going through their spiritual awakening by providing answers on the questions they seek.



## Wendy Buckingham

Shine Soul Frame energy healer. Guardian Angel channel & awakening coach. Can draw you & your Guides.



## Sally Newton

Sally is a certified transference healing®, practitioner, teacher & ascension facilitator.



## Ami

Ami offers energy healing and readings that blend various energy healing techniques with mantra, her science background and deep connection to Nature.



## Aida Jasmine

Aida Jasmine is a Magick weaver, Witch, Spiritual Guide & Mentor and Divine Feminine embodiment coach.



### ZaKaiRan

ZaKaiRan is a Success, Joy & Freedom Master, here to remind you how to create the Happiness, Well-Being & Abundance you desire!



### Talitha Marie

Talitha is an International Psychic, Evidential Medium, Tarot Reader, Author & Mentor with a lifelong connection to the unseen world.



### Rhonda Kelly

Rhonda is an International Clairvoyant, Psychic, Medium, Empath, Medical Intuitive and Dream Interpreter.



### Gabrielle McMahon

Gabrielle has been teaching meditation and mindfulness for over 17 years in Australia and Japan.



### Miriam Esterlich

Miriam uses her knowledge as a Kundalini Activation Facilitator, Aura & Chakra healer, Psychologist and Yoga Teacher to help you transform your life.



### Abikgail Crystal

Abikgail is a trauma and culturally informed practitioner with over 20 years extensive experience in facilitating personal development.



### Miroslav Petrovic

Miroslav Petrovic is a TEDx speaker, teacher and facilitator who has worked with over 5,000 people across the world to bring their message to the world.



### Rachel Hanrahan (VIC)

Rachel embarked on a profound journey, initiated as a Quechuan Shaman amidst the mystical landscapes of Peru. She is now a Crystal Dreaming® teacher.



An Advanced Aboriginal  
Healing Modality

"Nothing has to be the way it was"

-Steve Richards-

Are you ready for Change?

Holographic Kinetics can assist you  
to clear :

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- Anger, Guilt, Violence Issues
- Voices in the Head
- Depression, Fear, Shame
- Pain, Anguish, Anxiety
- Drug, Alcohol Dependency
- Physical, Emotional, Sexual Abuse
- Repeat Offenders, Stuck in Time
- Intergenerational Trauma
- Tourette Syndrome
- Interdimensional Interference

steve@holographickinetics.com  
www.holographickinetics.com

# HOLOGRAPHIC KINETICS

## DREAMTIME HEALING :

Acknowledging the Spirit of the Ancestors  
& 60,000 years of Aboriginal Culture  
with the ability to communicate  
with the SPIRIT of all living things.

## HOLOGRAPHIC KINETICS :

Holographic Kinetics 50 years of research  
& is the application of the science behind  
The Laws of LORE ( Universal Knowledge) .  
Teaching this powerful modality since 2000 .  
Founder & Creator Steve Richards





### Sunaina

Sunaina via her project provides you with the insight and tools for understanding your true nature.



### Nicoleen Flamekeeper

Nicoleen is an empowerment coach who helps you to heal from trauma and rebuild your self confidence so you can live a life of freedom and purpose.



### Lisa Jonas

Lisa is the creator of energy clearing modality IGR & encourages empathths, creatives & intuitives to harness their 'inner gifts'.



### Venn Healer

Venn has had an affinity with ancient mysteries, cultures and divination tools since a very young age.



### Steve Richards

Dreamtime Healing using Holographic kinetics is an eye opener to a whole new reality of how the past was aware of the future and the cycles of time.



### Christine King

Christine King is an intuitive sound and energy practitioner that is passionate about empowering people to reach their full potential.



### Raym

Shaman, author, columnist, spiritual tour leader and teacher. His Crystal Dreaming® technique is taught world-wide.



### Parijat Wismer

Parijat is a registered professional member with the AKA, an Advanced Kinesiology Instructor and Herbalist.



*A blissful elixir  
to embrace  
body, mind and spirit.*

*Brahmbucha*



*Embrace Wellbeing*



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self-transformation  
and for elevating your  
relationship dynamics."*



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**TWO FOR  
ONE  
ENTRY\***

\*Program subject to change by divine intervention.

# Thursday

ONLY ENTRY\*

	10am	15	30	45	11am	15	30	45	12pm	15	30	45	1pm	15
WISDOM ROOM	10-10.45am Brain Gym with Jose Toussaint.				11-11.45am Awaken the psychic within. Unleash Your Psychic Self. Connect with & hone your psychic senses with Talitha Marie.				12-12.45pm Accessing the Superconsciousness. Non of us needs a intermediary or years off training to access our connection with the Divine with Raym.				1-1.45pm Get hands on with a Signing Bowl with Anup	
HEART SPACE	10.15-12pm Creating prosperity with spirit & soul. If you want prosperity, joy, and serenity you will need both soul and spirt. This workshop shows you how you can have it all with Margot Cairnes.								12.15-1.15pm What is Shamanism in this Day & Age? Join Wombleh Mahtu (Peter Bowden) In an Open Discussion on what is Shamanism in this Day and Age and what does Shamanism mean for you?					
SOUL SOUNDS	10-10.45am Join Pachi & Ami for quantum & vibrational sound healing journey. Activating our highest Light Essence through the power of meditation, mantra & sound.				11-12.30pm Manifestation Breathwork Journey. Shift your energy to a higher vibration. Connect to the wisdom of your heart. Release and cleanse negative emotions from the body, to MANIFEST YOUR WILDEST DREAMS. Tapping into that abounding and limitless source of joy and bliss with Sophie.							12.45-2.45pm Chakra Meditation and Sound Journey with Seriya.		
YOGA SPACE	10-11am Yin Yoga & Sound Journey. Be guided by Steph Wallace through a nurturing & restorative Yin Yoga session integrated with healing sounds & song using guitar, harmonic vocals, crystal bowls & the shamanic drum.				11.15-12.15pm Kriya Yoga invoking devotion,self awareness, courage & stability with Helen Selmeczy.				12.30-1.45pm Pleasure Revolution with Emma McCann. Discover a life powered by mindful, intuitive & intentional pleasure.					
INSIGHT ROOM	10-10.30am How to Shine Your Light. With Adam Mac.		10.30-11.30am Rekindling your Self Confidence with Nicoleen.			11.45-12.45pm Live a more authentic and fulfilling life with Sunania.				1-2pm Healthy Boundaries with Astrology with Lisa Jonas				

## Program highlights



### Get hands on with a Signing Bowl

Anup  
Wisdom Room  
1-1.45pm

Anup and his wife, Brinley, have traveled throughout Australia and the USA, teaching and exhibiting. They bring their 12 years of experience to Starlight in their hands-on singing bowl workshop, teaching the basics on how to use singing bowls for meditation, healing and space clearing.



### Movement, Breath & Meditation

Junko Nakaya  
Heart Space  
2.45-3.45pm

Junko shares her passion of how to live life with ease & joy. She uses a feminine, fluid approach to Movement, Breathwork and Meditation. Junko completes her healing sessions with the sound of her singing bowl and divine chanting. Come and experience deep connection with yourself and infinite space.



### Essence of Place Sound Journey

Nicky and Peter  
Soul Sounds  
4.15-6pm

Journey deep into your subconscious mind to release the less than positive and focus on more of what you want to create. This powerful hypnotic journey will slow your brainwaves into a place to where you will experience deep relaxation and receptiveness to the person you are becoming.



### Dancing Alchemy

Daisy Kaye  
Yoga Space  
5-6pm

Welcome into this space where ordinary meets the non ordinary. A safe space to come home in the 5 elements of self, dance and become the alchemist, transform ignite and embody.

# 4<sup>th</sup> Jan

All program events included in the price of entry.

30	45	2pm	15	30	45	3pm	15	30	45	4pm	15	30	45	5pm	15	30-45
Discover something new, learn the art of playing singing bowls.		<b>2-2.45pm</b> Singing Your True Nature Workshop with Nicky De Gruchy. Interactive exercises, fun vocal warm ups & games, vocal improvisation & expression.				<b>3-3.45pm</b> Living Your Purpose with Miroslav.				<b>4-4.45pm</b> Introducing Archangels, Specialties of the Archangels, Colors & Crystals associated with the Archangels. Protection, Healing & Clearing with Grace.				<b>5-5.45pm</b> Chinese Elementals and Human Character. Discover your Animal Tribe with Frank Mulberry.		
<b>1.30-2.30pm</b> The Light of your Higher Self. Learn how to work with the alchemy that is running through your mind, body & soul with Sally.						<b>2.45-3.45pm</b> Junko Nakaya shares her passion of "how to live life with ease & joy" She uses a feminine, fluid approach to Movement, Breathwork and Meditation.				<b>4-5.30pm</b> Ayurveda - The Divine Code of Nature. Brad Hay will introduce you to the foundational principles of Ayurveda and how to incorporate them into every aspect of your life including your Yoga practice and teaching.						
Seriya guides you into processes & inquiries by sharing self-healing tools to recognise and remember your whole sense of Self. An all-inclusive & exploratory workshop teaching you how to balance & align your own energy centers.						<b>3-4pm</b> Sound immersion with crystal bowls & cosmic tones guided experience with a focus on reflecting on and releasing 2023 & beginning the year energised & in balance with Katie Hotson.				<b>4.15-6pm</b> Essence of Place Sound Journey. Evocative Sound Journey With Nicky and Peter Nature recordings, crystal bowls, chimes, percussion, live instruments, guitar and voice are used to create evocative therapeutic soundscapes.						
		<b>2-3pm</b> Yoga Nidra Shakti Burke. Relax draw your attention inwards, and learn to surf between the states of wakefulness and sleep, as your body finds its natural state of equilibrium.				<b>3.15-4.45pm</b> Sacred Soul Embodiment Journey. A fusion of breath, sound, movement, and dance to reset your nervous system. We will delve deep into Quantum Flow activation to align fully with our soul with Julia Wunder.				<b>5-6pm</b> Dancing Alchemy with Daisy Kaye. Come home in dance and become the alchemist.						
Increase self-awareness by understanding astrological imprints with the 12 zodiac signs.		<b>2.15-3.15pm</b> Understanding how spirits , entities & other forces can be trapped in the filed of a human & how they get in and how they can be cleared with Steve Richards.				<b>3.30-4.15pm</b> How to use medicinal herbs at home for you and your family with Elle Jenkins.				<b>4.30-5.45pm</b> Crystal Awareness. Practical applications for crystals, guided meditation and crystal practices suitable for all ages with Abikgail.						

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**TWO FOR  
ONE  
ENTRY\***

\*Program subject to change by divine intervention.

**Friday**

	10am	15	30	45	11am	15	30	45	12pm	15	30	45	1pm	15
<b>WISDOM ROOM</b>	<b>10-10.45am</b> Get hands on with a Signing Bowl. Discover something new, learn the art of playing singing bowls with Anup.				<b>11-11.45am</b> How to connect to your loved ones in spirit with Rhonda Kelly.				<b>12-12.45pm</b> The Child of Light. Understanding the cohesive, crystalline Global-Grid frequencies of Light & our human blueprint with Sally Newton.				<b>1-1.45pm</b> Being an Empowered Empath	
<b>HEART SPACE</b>					<b>10.30-11.30am</b> Past Life Regression For transformation and healing. Learning and evolving through connecting with our soul with Paul Williamson.				<b>11.45-12.45pm</b> Inter dimensional beings. Understanding the beings who inhabit realities close to ours and their agendas. How to use your discernment in all interactions with them with Raym.				<b>1-3pm</b> Cosmic Reset with Dr Mario Alam.	
<b>SOUL SOUNDS</b>	<b>10-11am</b> Angelic Sound Bath. Crystal bowls, gong, chimes rain stick. Holding space for the Angelic Kingdom of light to come through me as the conduit and heal everyone with Nicole Haberecht.				<b>11.15-12.15pm</b> Therapeutic Sound Therapy Experience. A welcoming place that brings hope to those in search of comfort, healing, & a renewed sense of strength on their path to well-being with Edward.				<b>12.30-1.45pm</b> Activation Journey using Shamanic Breathwork with Chad.					
<b>YOGA SPACE</b>					<b>10.15-11.15am</b> Qigong explore poses linked to nature such as Flower, Tree, and Bee Pose. The class will end with a beautiful bee meditation with Aimo Javier.				<b>11.30-12.30pm</b> Dynamic Vinyasa Yoga Class (all levels). Explore movement that incorporates the whole body, whilst flowing with the breath and a deeply relaxing and grounding savasana with Amelia Radford.				<b>12.45-2.45pm</b> Unlock the Power of Connection. Prema Cacao and Tashka Urban present	
<b>INSIGHT ROOM</b>					<b>10.15-11.15am</b> Creative Sigil Crafting with Julia Chapple.				<b>11.30-12.30pm</b> Integrating Yoga into Daily Life exploring the delicate journey of integrating mindfulness, breath, and yogic philosophy into your daily lives with Yihan.				<b>12.45-2pm</b> Activating the Heart's Portal & Your Innate Gifts with Zhara.	

## Program highlights



**Qigong**  
Aimo  
**Yoga Space**  
**10.15-11.15am**

As we flow through the class, the postures and movements will focus on opening and releasing the body to bring balance to your nervous system and create a connection with your environment. The class will end with a inner orbit meditation.



**Yoga in daily life**  
Yihan Hu  
**Insight Room**  
**11.30-12.30pm**

Join me in exploring the delicate journey of integrating mindfulness, breath, and yogic philosophy into your daily lives. Discover the transformative power of yoga beyond the physical postures, and embrace a path to holistic well-being. Begin your journey to a more mindful, balanced, and harmonious self today.



**Unlock the power of ritual**  
Prema  
**Yoga Space**  
**12.45-2.45pm**

Immerse yourself in the true essence of Prema's heart connection cacao ceremony. Open your heart and express words of love and gratitude through heart song, accompanied by live musicians and specially crafted music designed to unlock the full experience and benefits that cacao has to offer.



**Sound of Being™**  
Matty Rainbow  
**Soul Sounds**  
**2-3.30pm**

Matty Rainbow offers a deeply nourishing sound healing weaving breathwork, mantra, intention and sacred instruments. Curated to regulate your nervous system with the monolina, crystal & Himalayan singing bowls, medicine drum, crystal harp, flute and harmonium. An opportunity to reconnect to your own inner presence of BEING.



# 5<sup>th</sup> Jan

All program events included in the price of entry.

30	45	2pm	15	30	45	3pm	15	30	45	4pm	15	30	45	5pm	15	30-45
How to navigate your daily life as an Empath with RoyB.		<b>2-2.45pm</b> Mayan Astrology: the Art of time Learning to synchronise our growth processes to earth and galactic cycles with Eli Usma.				<b>3-3.45pm</b> A Hypnotic Journey into New Realms. Join Master Hypnotist Michelle Boyde & experience a journey deep into your subconscious.				<b>4-4.45pm</b> Ayurvedic Healing Hacks with Anaiya Cooper.				<b>5-6pm</b> Conscious Relationships & Inner Child Healing. Teachings to support you on your healing journey with Monique Carmela.		
Shamanic & activating, be guided through an alchemical journey to strengthen your inner alignment & capacity to reset your life. Be prepared to awaken the inner giant. Journey three stages - GROUND, TRANSFORM & EXPAND.						<b>3.15-4.15pm</b> Ancient and Modern tools for moving through trauma with love with Zasha.						<b>4.30-6pm</b> Akashic Journey with Venn Healer.				
		<b>2-3.30pm</b> Sound of Being™ Journey with Matty. A deeply nourishing sound healing weaving breathwork, mantra, intention & sacred instruments. Curated to regulate your nervous system with crystal & Himalayan singing bowls, medicine drum, crystal harp & flute.				<b>3.45-4.45pm</b> Sound Wave Healing with Zarn. Come on a journey, immersed in the sacred healing sounds of an array of wondrous instruments including Zarns healing voice.				<b>5-6pm</b> Shrine River Mantra Music led by Alice Miyagawa of Harmonium Australia.						
a Cacao Ceremony & Voice DancSing. Immerse in Prema's heart connection cacao ceremony, express love and gratitude through heart song with live musicians and crafted music. Experience ecstatic dance & free-your-voice.						<b>3-4pm</b> Kundalini Awakening with Aida Jasmine. Kundalini energy is the pure seed of creative life force energy that lies within your root chakra. Once awakened it activates transformation.				<b>4.15-6pm</b> Heart Coherence - Breathwork. Explore levels of consciousness, the mind-body connection and how to navigate it with conscious connected breathing to live in a State of coherence with Daniel Garbett.						
See beyond divisions and Reunite with the love that you are.		<b>2.15-3.15pm</b> A Yarn About embracing all of you. A satsang format with Erin Zen Warrior and Monique Carmela. Refuse to conform to what "should" be and become what is.				<b>3.30-4.30pm</b> How to Shine Your Light. With Adam Mac from the New Earth movement.				<b>4.45-6pm</b> Dive deep into the Enneagram, a powerful tool for self-discovery and personal development. Practical insights & guidance with Sunaina.						



## Ayurvedic Healing Hacks

Anaiya Cooper  
Wisdom Room  
4-4.45pm

Introduced to the potential of traditional Ayurvedic practices at the young age of 13, the body became Anaiya's intuitive second language. This language is unfortunately a mostly forgotten dialect and something she hopes to change over her lifetime as Practitioner of Ayurveda.



Inner Child Healing  
Monique Carmela (NZ)  
Wisdom Room  
5-6pm

Exploring the impact that childhood wounding, past trauma and painful experiences have on your current relationships and how healing your inner child will support you in bringing deeper connection and harmony to your life and relationships. Monique offers powerful teachings to support you on your healing journey, guiding you back to your authentic self.



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\*Program subject to change by divine intervention.

**Saturday**

	10am	15	30	45	11am	15	30	45	12pm	15	30	45	1pm	15
WISDOM ROOM	10-10.45am Intuitive palm reading for the average psychic. Explore your embodiment through the understanding of your hand & the hand of others with Mario.				11-11.45am Superconscious Transformation. Get introduced to the transformation possible by accessing the 'Field' and feel more empowered with Parijat.				12-12.45pm Sacred Sexuality. A talk on how women can connect with their sexuality with Victoria Redbard.				1-1.45pm Q&A with Raym.	
HEART SPACE	10.15-11.15am Vedic Astrology offers us a guide or road map to a better understanding of our physical, emotional, spiritual, and even monetary experiences with Venn Healer.				11.30-12.30pm How to connect to your spirit guides with Rhonda Kelly.				12.45-2.45pm Find Your Voice - A Magical Healing Experience with Tania de Jong.					
SOUL SOUNDS	9.45-10.45am Alice Miyagawa's Harmonium Choir. You're invited to journey with the choir as we create transformational sound-vibrational experiences with music, healing & upliftment for all.				11-1pm Shamanic Journey - Discover your Power Animal. A powerful experience that is shared as one of the very first shamanic journeys undertaken as you start your awakening into the Shamanic Realms with Wombleh Mahtu (Peter Bowden).									
YOGA SPACE	9.45-11am Reconnect - A Self Love Journey. Embark on a journey to rejuvenate the body, calm the mind, & nourish the heart. Gentle yoga, breathwork, meditation & Journaling with Rashmi Singh.				11.15-12.15pm Embodied Ritual: A Prana Flow Yoga Class. Join Delamay Together we'll journey through movement meditation into asana, somatic exploration and self enquiry.				12.30-2pm PilaFlow - Ecstatic Dance "Union". Move through the light & the dark within us. Dance & move to her original music with live instrumentation & embody					
INSIGHT ROOM	10-10.30am Lightening Your Soul Energy. Explaining & then channeling the energies of Gaia with Wendy.		10.45-11.45am How people can be stuck in a dimension of time. People can be stuck in a dimension of time either in this life or a past life, that can be affecting them, today with Steve Richards.		12-1pm Get hands on with a Signing Bowl. Discover something new, learn the art of playing singing bowls with Anup.									

## Program highlights



### Harmonium Choir

Alice Miyagawa  
Soul Sounds  
9.45-10.45am

The Harmonium Choir is a collective of harmonium players and vocalists guided by Alice Miyagawa. You're invited to journey with the choir as they create transformational sound-vibrational experiences with music, offering healing, therapy, and upliftment for all. Sing along, lie down, meditate, dance, enjoy!



### Discover your Power Animal

Peter Bowden  
Soul Sounds  
11-1pm

Journey deep into your subconscious mind to release the less than positive and focus on more of what you want to create. This powerful hypnotic journey will slow your brainwaves into a place to where you will experience deep relaxation and receptiveness to the person you are becoming.



### Embodied Ritual

Delamay Devi  
Yoga Space  
11.15-12.15pm

Join Delamay for an Embodied Ritual in honour of our collective life force energy. Together we'll journey through movement meditation into asana, somatic exploration and self enquiry. This practice will leave you feeling open, inspired and connected!



### Heart Breathwork Meditation

Sophie Sämrow  
Soul Sounds  
1.15-2.45pm

Let me take you on journey to tap into your creative life force, create feelings of openness, love, peace, gratitude, clarity, and connection. Combining meditation, breath and sound to open your heart and come into alignment with your truest self.

6<sup>th</sup> Jan

All program events included in the price of entry.

30	45	2pm	15	30	45	3pm	15	30	45	4pm	15	30	45	5pm	15	30-45
Let's talk about anything not of this world.		2-2.45pm Practical methods of applying metaphysics and spirituality with Jennifer Genest.				3-3.45pm The power of forgiveness in shamanic states. How forgiveness awakens a path to the luminous body & frees us from suffering with Rachel.				4-4.45pm Mind Medicine Australia & Psychedelic-Assisted Therapies to Treat Mental Illness & more with Tania de Jong AM.				5-5.45pm Self-Care for empaths & sensitive individuals. With Lisa Jonas.		
Don't miss this transcendental journey of breath, sound and harmony raising your vibration and sense of one-ness. Participants say: "It's like singing with the angels".						3-4pm How to share good energy (enhanced blood circulation) & loving information (parasympathetic dominance) inside your body & use it to be in the world with Simon Borg-Olivier.				4.15-6pm Human Design Workshop with Erin Zen Warrior. Discover your design. Discover your potential. Unlock your unique path and fall in love with yourself.						
1.15-2.45pm Opening to the wisdom of your Heart Breathwork Meditation. A journey to tap into your creative life force, create feelings of openness, love, gratitude, clarity & connection. Combing meditation, breath & sound with Sophie Sämrow.						3-4pm Sound immersion: Japanese Zen Sutra + Singing Ring with Mayu Chiho & Toshiko.				4.15-6pm Witnessing Emotions through Breathwork & Sound. Seriya guides this process weaving somatic tools, inquiry, Vedic & shamanic Breathwork, voice & sacred sound for embodied healing.						
all that is you as we are moving through emotions, finding our expression with Sofia from PilaFlow.			2.15-3:15pm Heart Chakra Kundalini. Move through emotional stagnation with, movement, breathwork, and meditation to awaken your heart's energy with Linda Newman.				3.30-4.30pm A Taste Of Tantra with Bonnie Rose. An embodied experience of some of the fundamental concepts in authentic tantric practice, exploring how to move energy through the body.				4.45-6pm Yin Yoga & Sound Journey. Be soothed by live singing & moved by the breath to unlock the body & surrender into peace with Carla.					
1.15-2.15pm How to use Enneagram cards as a means of tapping into intuitive wisdom & self-reflection with Sunania.			2.30-3.15pm Language Of The 3x3 Magic Square. What do these numbers really have to say about the structure of a human? With Frank Mulberry.				3.30-4.30pm Join Miriam Esterlich for a powerful journey through the chakras. Learn how to heal and feel your aura, balance your energy and raise your vibration.				4.45-6pm Pendulum dowsing workshop with Christine King. This workshop will give you the skills to attune a pendulum to your biofield.					



### Japanese Zen Sutra + Singing Ring Mayu, Chiho & Toshiko Soul Sounds 3-4pm

Join Mayu, Chiho & Toshiko for a Sound immersion journey with Zen Buddhist sutras and the resonant singing ring healing instrument. Mayu was born in Wakayama where Japanese Buddhism started in Japan 1200 years ago. Japanese buddhism chanting has always been part of her life.



### Yin Yoga & Sound Journey Carla Versitano Yoga Space 4.45-6pm

Be soothed by live singing and moved by the breath to unlock the body and surrender into peace. This Yin practice will restore and rejuvenate the nervous system. Align and recharge life force energy while being nurtured into your most harmonious state. With Carla Versitano from The State of Calm.

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\*Program subject to change by divine intervention.

**Sunday**

	10am	15	30	45	11am	15	30	45	12pm	15	30	45	1pm	15
WISDOM ROOM	10-10.45am Unlock the Power of Connection: Creating Rituals for Healthy Relationships. Discover the transformative potential of Cacao ritual in relationships with Prema.				11-11.45am Discover Your Purpose with Human Design. Understand how your unique energetic blueprint holds the pathway to your greatest potential and purpose with Michelle Boyde.				12-12.45pm Shamanic Circle of Fire. Join Sally in a Shamanic Etheric Circle Of Fire experience. Accessing and enhancing your connection to the universal forces of nature.				1-1.45pm Chakra Alignment Journey with Sophie.	
HEART SPACE	10.15-11.15am How can I trust my intuition? With Rhonda Kelly.				3.30-4.30pm The Master Keys of Creation. How to Create the Joy, Love, Health & Wealth you desire with the Law of Attraction and your Source-Self! With ZaKaiRan.				12.45-2.45pm Calling In The One Workshop with Aida & RoyB.					
SOUL SOUNDS	10.15-12.15pm Sound of Being™ Ceremony. Seriya Cutbush & Matty Rainbow offer a held container of sound healing weaving breathwork, ritual, mantra, intention & sacred instruments. Curated to raise your frequency & plant the seeds of intentions for the new year, as you receive nourishment from the crystal & himalayan singing bowls, medicine drum, channelled voice, crystal harp & flute.								12.30-2.30pm Shamanic Breathwork & DJ Sound Journey with Krisy Conroy.					
YOGA SPACE	10-11.30am Open your heart. A gentle yoga session including music, mudras and massage to help peel away any layers or barriers that have built up around your heart with Jem.								11.45-12.45pm Find strength and take flight Vinyasa Yoga for all levels with Yihan.				1-2.15pm Journey from Space back to Earth with Laura & Carlotta	
INSIGHT ROOM	10-11am Opening to Boundless Love. Gabrielle will guide you with meditation, reflection, sharing and heart opening music to drop into your true heart connection and inner peace. BYO cushion, mat etc				11.15-12.15pm Past Life Regression for transformation and healing. Learning and evolving through connecting with our soul with Paul Williamson.				12.30-1.30pm Your body talks with Parijat. Your thoughts & feelings are reflected in your energy pathways that feed your muscles & organs.					

## Program highlights



### Sound of Being™ Ceremony.

**Matty & Seriya  
Soul Sounds  
10.15-12.15am**

A sound healing weaving breathwork, ritual, mantra, intention, and sacred instruments. Curated to raise your frequency & plant the seeds of intentions for the new year. An opportunity to reconnect to your own inner presence of BEING & truly remember your essence of Self.



### Breathe & Dance

**Laura & Carlotta  
Yoga Space  
1-2.15pm**

Breathe and Dance with the Elements. In this class Laura and Carlotta will guide the participants through the experience of breath-work and yoga-movement connected to the five elements. For each element, there is a specific pranayama followed by a movement session. A journey from Space back to Earth.



### The Matrix Deconstructed

**Erin & Monique  
Soul Sounds  
2.45-4.15pm**

Catharsis, Ecstatic Dance & Kundalini Yoga. Embrace Somatic freedom through Catharsis, Dance, movement, kundalini and Kriya yoga come together to expand your heart and leave you meditating on high. We bring you a new you. Break free from your own judgment in this experience.



### Inner Union

**Stephanie Ajna-Devi  
Heart Space  
4.15-5.45pm**

A symbolic ceremony and declaration of self compassion & a promise to give to yourself what one often seeks from others. This shamanic led ceremony stimulates self acceptance, self love & deep wisdom and taps into curing resources that you can take home with you. Hold your own heart and care for it as much as you would your beloveds, a lifelong commitment.

7<sup>th</sup> Jan

All program events included in the price of entry.

30	45	2pm	15	30	45	3pm	15	30	45	4pm	15	30	45	5pm	15	30-45
Connect deeply to your Life force energy, the essence of who you truly are.		<b>2-2.45pm</b> Clearing, Protection and Unconditional Love. How to ground superconscious inspiration into life's daily interactions with Raym.				<b>3-3.45pm</b> Navigating entity attachment in altered states. How to prevent entity attachment in altered states & access the superconscious safely with Rachel.				<b>4-4.45pm</b> Reclaiming Radiance. How to use erotic embodiment to change your life with Tamica Wilder.				<b>5-5.45pm</b> Embodying Psychodelia. Ground. Transform. Expand. Unlocking the profound power of psychedelics with Dr Mario Alam.		
Calling in the One workshop is a fun and practical experience on clearing blocks and uncovering beliefs that may be holding you back from experiencing the deep love you desire.						<b>3-4pm</b> Shamanic Mystery School. If Shamanism has ever called you, then join in this sharing as Wombleh Mahtu unveils his year long Shamanic Mystery School program on Shamanic Principles.				<b>4.15-5.45pm</b> Inner Union Self-Marriage Ritual. Sologomay, or self-marriage, is a symbolic ceremony where you commit to maintaining a meaningful, deep, & loving relationship with yourself. Guided by Stephanie Ajna-Devi.						
Calling all those who are ready, or being called for shape-shifting, rebirthing, inner exploration, personal development, and transformation.				<b>2.45-4.15pm</b> The Matrix Deconstructed Catharsis, Ecstatic Dance & Kundalini Yoga. Embrace Somatic freedom through Catharsis, Dance, movement, kundalini & Kriya yoga and expand your heart with Erin & Monique.						<b>4.30-5.30pm</b> Medicine of unity. Breathe, Dance and bath in sound to rebalance and redefine your whole being with Sammy Paraha.						
Breathe & Dance with the Elements. Be guided through the experience of breath-work & yoga-movement connected to the five elements.			<b>2.30-4pm</b> Traditional Tantra Yoga with Brad Hay. Gain clarity around what Tantra is & what it isn't. We will study the key principles of Tantra & how to utilise them. We'll also look at the science subtle body & how the practices affect our functioning.							<b>4.15-5.45pm</b> 5 Dimensional Flow: Safe, Effective & Accessible Spinal Movements for Health, Happiness & Longevity with Simon Borg-Olivier.						
<b>1.45-2.45pm</b> Meeting Your Angels & Guides. An explanation & practical to help you know what to do and what to look for /feel for when connecting to non-physical beings with Wendy.			<b>3-4pm</b> Awaken the psychic within with Talitha Marie.													

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# Relationships

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## Emma McCann (ACT)

Emma's work operates at the intersection of science and spirituality, using ancient tools and evidence-based practices in innovative, doable, pleasure-filled ways. Emma created the Conscious Pleasure Method and The Libido Lifestyle and is author of the books Attuning to Pleasure and The Libido Lifestyle.



## Tamica Wilder

Tamica Wilder is a certified somatic sexologist, author, speaker and transformational facilitator with a deep passion for guiding humans home to their unapologetic self-expression while giving full permission to prioritise pleasure and play-without shame



## Victoria Redbard

Victoria is a speaker, author, facilitator, sensualist, and business badass. Her career has spanned from creating an international renowned sexuality school in 2019 and selling it in 2023, to partnering and scaling a multi speaker sexuality event.



## Monique Carmela (NZ)

Trauma Informed Self-Love, Sexuality & Relationships Coach. Monique supports her clients and students to heal from past trauma and childhood wounding, release limiting beliefs, and reconnect to their authentic self supporting them to create the life and relationships they truly desire.

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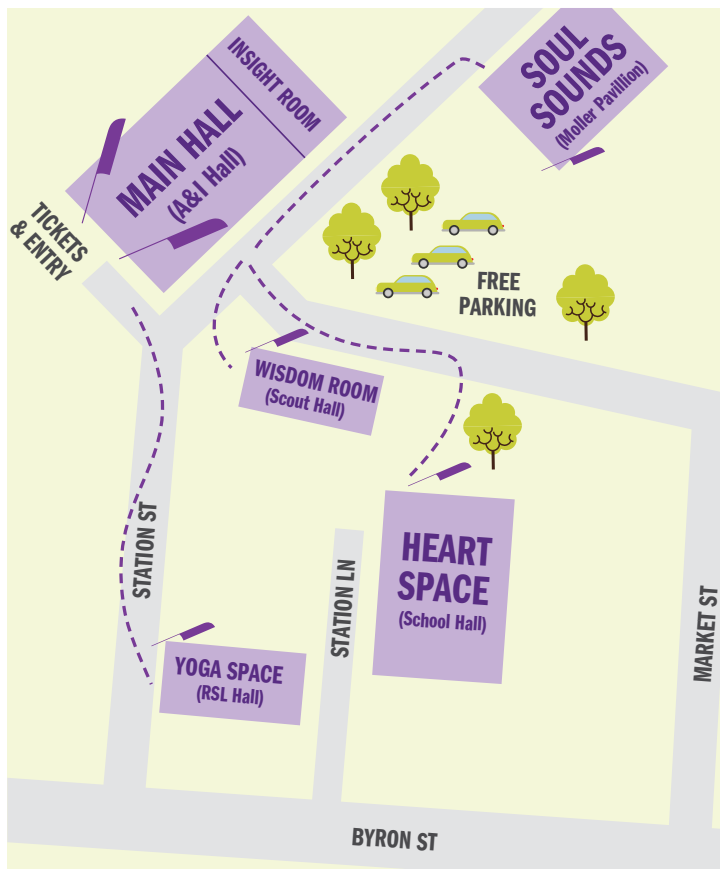


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- Aaron

"She read me like a book! Sometimes it's hard to hear things about yourself that you know are true because the truth does indeed hurt. But my reading was honest, real, and cut to the chase. I appreciate the honesty!"

- Helen

"Blown away by her accuracy. Legitimately gifted."

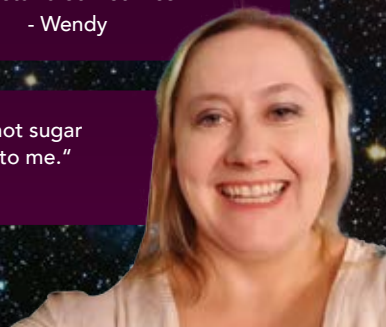
- Steve

"Thank you for the insight into my cat. Pets are difficult to understand sometimes."

- Wendy

"Great reading as usual and thank you for not sugar coating the reading like other readers did to me."

- Lisa



**www.RhondasReadings.com** Bookings available **0435 200 390**

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