

FREE PROGRAM

BYRON BAY

# STARLIGHT FESTIVAL

THUR 2<sup>ND</sup> - SUN 5<sup>TH</sup> JAN  
A&I HALL BANGALOW



SOUND HEALING



BREATH & CEREMONY



WELLNESS & HEALING



YOGA & DANCE



TAROT & PSYCHICS



WELLBEING MARKET

TICKETS \$35

STARLIGHTFESTIVAL.COM.AU  
TICKETS ONLINE OR ON THE DOOR (KIDS FREE)

2 FOR 1 THURS & FRI

# 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 25 - 31 of January 2025 (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.

Welcome to the Starlight Festival, a transformative four-day journey of healing, discovery, and connection, set in the beautiful Byron Bay hinterland town of Bangalow.

Taking place from January 2nd-5th at the A&I Hall and surrounding areas, this vibrant festival offers a unique opportunity to rejuvenate your mind, body, and spirit in a nurturing and supportive environment. Whether you're here for one day or immersing yourself in the full experience, there's something for everyone.

Expect to be enveloped in the healing vibrations of sound baths, crystal bowls, and guided breathwork sessions. Our wide-ranging program includes dynamic workshops that explore well-being practices, self-awareness, and personal growth, along with talks and sessions to deepen your understanding of holistic health. You can also enjoy yoga classes surrounded by nature and tranquility, helping you discover peace and balance.

Throughout the festival, enjoy delicious, nourishing vegan cuisine, and let live music set the perfect backdrop as you unwind and connect with your festival community. Whether you're seeking peace, inspiration, or personal transformation, you'll find it here at the Starlight Festival.

One of the highlights of the festival is the chance to explore our wellbeing markets, where you can discover healing crystals, unique jewelry, and musical instruments. In addition, a variety of healers, psychics, and tarot readers will be available for personal readings, offering guidance and insights to support your growth and journey.

At the Starlight Festival, we invite you to reconnect with yourself and your community. We believe that the power of collective healing can help us all embrace our true selves and tap into the transformative energy of this sacred space. Whether you're new to holistic practices or a seasoned seeker, this festival is the perfect place to discover new pathways to wellness.

We are excited to offer our full range of activities included with your entry, so you can explore as much or as little as you'd like. Join us for yoga, sound healing, workshops, breathwork, shamanic journeys, and more — all designed to help you grow & thrive. The festival is family-friendly, with children under 13 attending for free when accompanied by a paying adult. Plus, enjoy a special Two-for-One entry offer on Thursday and Friday, so you can bring along your loved ones to share in the experience together.

The Starlight Festival is more than just an event — it's a chance to pause, reflect, and rejuvenate. Let this be the start of a new year filled with peace, purpose, and connection. We look forward to welcoming you to this magical gathering, where transformation and healing awaits!

**Tickets are \$35 and available at the door or online at: [starlightfestival.com.au](http://starlightfestival.com.au)**



## Discover the Main Hall

Step into our sanctuary of holistic wellness, where ancient wisdom meets modern healing practices. Our carefully curated offerings are designed to support your journey toward balance, self-discovery, and spiritual growth.



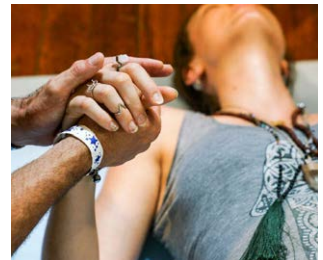
### Psychics, Tarot & Readings

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.



### Conscious Products

Discover a curated selection of conscious products designed to support a healthy, balanced, and fulfilling life. Explore a diverse range of items including healing crystals, handcrafted jewellery, essential oils, yoga accessories, incense, ceremonial tools, and much more. Whether you're looking to enhance your spiritual practice or bring more harmony into your daily life, our products are thoughtfully sourced to help you align with your highest well-being.



### Healers & Practitioners

Recharge your etheric body and restore balance with a healing session from qualified practitioners. Explore a range of services including kinesiology, sound healing, shamanic journeys, Kahuna massage, Ayurvedic treatments, and more. Release long-held trauma and rejuvenate your mind, body, and spirit through holistic practices tailored to your needs.



## Nourish yourself in the Vegan Cafe

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.



Todd has been creating food, nutritional education and culinary experiences locally at the helm of True Nature Cuisine for the past 10 years.

He has developed the Activated Grain Method and authored the Activated Grain Method book. His past experience include award winning Gaia retreat and spa.

Todd also headed the kitchen at Yoga Plus, Europe's leading yoga retreat centre in Crete, Greece.

He has had experience at Nautilus fine dining restaurant, Port Douglas, trained as a pastry chef, and enjoyed numerous other culinary sojourns. True Nature Cuisine is Todd's expression of his own true nature - a celebration of food, life and love.



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



private chef • celebrations • parties • retreat catering

[www.truenaturecuisine.com.au](http://www.truenaturecuisine.com.au) • [info@truenaturecuisine.com.au](mailto:info@truenaturecuisine.com.au)

# Ceremony

Experience the transformative power of ceremony.



## 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.



## Kumu Pa'a Kawika Foster (Hawaii)

Kumu Pa'a Kawika Foster is a respected 51st Generation Traditional Cultural Practitioner from the island of Molokai, Hawaii. Kawika's journey is a captivating fusion of tradition and modernity, driven by a dedication to preserving ancestral knowledge and integrating it into present-day life.



## Eliana Usma

Eliana Usma is a native Colombian Curandera, Mayan Astrologer, Herbs, Plants and Womb Wisdom Keeper, Chinese medicine practitioner, Western somatic human movement and health coach who specialises in physical healing, emotional bio-decoding, mental health and spiritual immersions.



## Jo Fay Duncan

Jo Fay Duncan's training in the arts, Pranic Therapy, Five Elements and Initiation in advanced Shamanic healing ensures a unique experience at her workshops and retreats at her island home in North Stradbroke Island.

## Break Free from Challenging Memories

**Is the past weighing you down?** It's time to reclaim the true you! Release emotional baggage, shed unconscious patterns, and break the cycles of stress, self-doubt, and fear.

### Do any of these sound familiar?

- Struggling with emotional triggers?
- Exhausted by therapy that takes months or years?
- Feeling stuck in your healing journey?
- Held back by emotional pain, trapped in negative thought patterns?

### Experience dramatic, lasting change with our transformative sessions.

- Neutralise the negative beliefs tied to the past.
- Address compounded memories that have gone unhealed.
- Rewire your mind at the neurological level.
- Shift from feeling like a victim to becoming empowered.
- Experience relief from ongoing stress and painful memories.

**This is your moment.** Healing isn't just about letting go—it's about stepping into the radiant, empowered version of yourself.

**Break free today!**



## SIDDHI SHAKTI

Sound & Energy Healing, HNLP (TMRT),  
500RYT Sound Yoga, Mantra + Kirtan  
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## Sessions via Zoom 20% Discount For Individual Sessions\*



Book now and **save 20%**  
with code **Starlight**  
(Valid until January 31, 2025)

\*not valid with The Change Package.

**"This modality goes deeper than anything I've experienced. The changes are lasting. I've let go of so much of the unconscious patterns that were sabotaging me. Amazing!"** – Adria, USA

**SOUL LIGHT**  
ENERGETIC HEALING





### Joanne & Kathryn

Joanne Farrell has been on the shamanic path for two decades, and offers shamanic & breathwork journeys, kinesiology, and soul transformation coaching. Kathryn Hume has worked with the sacred drum for 20 years offering drum, rattle and smudge wand making workshops, and custom made on request.



### Abikgail

Abikgail Crystal is an Eco and Art Therapy Practitioner offering online sessions to support those who experience out of body, near death, paranormal & psychic phenomena, contact with other dimensional beings and non-human intelligence. She has over 20 yrs experience in facilitating group meditation & workshop's in personal & psychic development.



### Mele Mai

Mele is a visionary artist, crafts woman, ceremonialist and retreat facilitator. She is a qualified Naturopath and Transpersonal Art Therapist; focused on providing trauma sensitive healing spaces that elicit life enhancing, sustainable and integrated transformation. Over the past 20 years she has traveled to sacred sites around the world, studying with indigenous wisdom.



### Kristy Ferrari

Kristy is a heart led Breathwork Facilitator and Certified Wim Hof Method Instructor, she offers 9D breathwork journeys & Tetra Breathwork journeys (AWAKEN) as well as WHM breathing sessions – transformative journeys to help break free from limited beliefs, programs and suffering, to remember who you truly are and cultivate self love, inner peace and power.



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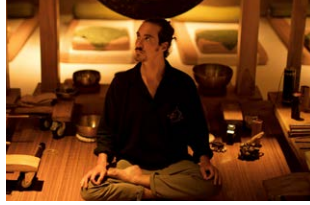
# Sound

*Deeply relax in a soundbath or find your voice.*



## Katie

Katie is a channel for higher frequencies, lovingly translating them into powerful sonic and light language transmissions to help you resonate, retune, and reconnect with the truth of who you are. As a composer, teacher, and someone who has journeyed through a lot in her 30 years. Katie is passionate about sharing her knowledge of Sound and Energy so that others can feel empowered to take their own evolution and expansion into their own hands.



## Daniele

Daniele is a musician, artist, producer and facilitator of transformation and change through sound. With deep reverence for sacred instruments, Daniele offers sound healing ceremonies and 1:1 sessions where he explores the healing power of vibration. Over the last two years, Daniele explored a myriad of musical instruments such as: Native American flutes, didgeridoo, shamanic drum, handpan, gongs, bowls and voice.

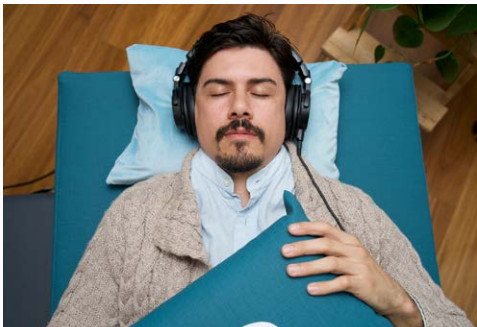


## Jamie Belso

Jamie Belso is a passionate sound healer and multi-instrumentalist musician specialising in creating safe, sacred spaces for individuals and groups to connect with their innate healing abilities through Sound Healing, Breathwork, and Meditation. Using instruments like the Yidaki (Didgeridoo), Crystal Singing Bowls, Medicine Drum, Tanpura Swarmandal, and Steel Tongue Drum. Jamie helps participants release emotions, clear negative energy, and elevate their vibration to step into their highest potential.

## Experience a NEW dimension of sound healing...

### The Sound Lounge



Experience full body immersion in full spectrum sonic frequencies. *Feel the bass vibrations & relax into a deep state of mediation in minutes.*



Join VibroSound for *“the most relaxing sound healing experience I’ve ever had”*

**Sound Lounge \$15 for 10 mins**

**Sessions: \$30 for 20 mins**



### Australian Made Tuning Forks

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- Planetary Frequencies
- Schumann Resonance
- Weighted & Unweighted
- Custom Frequencies



[vibrosound.com.au](http://vibrosound.com.au)





### Heidi Bone

Heidi was introduced to the healing power of gongs through Kundalini Yoga and has been on a healing journey through sound since 2018. Under the tutelage of Grand Gong Master Don Conreaux she was introduced to group sound immersion and has continued to study all aspects of sound healing, including working one to one for individual healing.



### Atman

Atman is a multicultural nomad, who has been playing for 15 years and travelled across the globe including Asia, Europe, Africa and Australia. He has been connected to our ancient land since he arrived in Australia 10 years ago and travelled all around Australia. He visited the Northern Territory to Uluru to receive the blessings of the land.



### Adam Buchanan

Adam Buchanan is a multi-instrumentalist, therapist, and composer who believes in the unique healing power of sound. He is an active musician of chanting circles, folk, and electronic music and runs workshops for sound healing, meditation, and art therapy.



### Siddhi Shakti

Siddhi Shakti is an inspired chant and mantra meditation leader, mantra teacher, and sound & energy healer. She channels the power of sacred sound to awaken greater connection with Self.



### Tania de Jong AM

Tania has garnered an international reputation as a performer, speaker, entrepreneur, teacher, spiritual journey woman and a passionate leader for social change. Her mission is to change the world, one voice at a time!



### Anup & Brinley

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



### Trevor & Penelope

Trevor is an energetic healer, practicing Lomi-Lomi & Thai massage, Reiki and Sound Healing. Penelope is a diploma qualified Yogacharini and Systems Manager, who has used Yogic tools to achieve work / life harmony for the past 30 years.



### Kayla Marie

Kayla is a psychic, medium, intuitive healer, author and tv host who channels all of her work, creating an enchanting space where healing, release and awakening all intertwine. She is a true visionary and each of her offerings allow you to walk away feeling anchored into heart space.



### Patricio Lara

Patricio Lara is an Australian-born Chilean singer, songwriter and story teller. With an eclectic repertoire, Pato draws inspiration from his South American heritage, culture, travel, nature, philosophy and the most transformational of all forces, Love.

# Breathwork

*Discover the healing power of connecting to breath.*



## Sophie Sämrow

Sophie, the founder of Conscious Flow Breathwork, is a passionate Breathwork, Meditation, Mindfulness, Sound Journey facilitator, Reiki Practitioner, Cacao ceremonialist and Holistic Health Coach. Ordained Shamanic Minister & Shamanic Breathwork Facilitator trained through Linda Star Wolf of Venus Rising Association for Transformation (USA). Certified Soma and Performance Breathing Facilitator, she has created her own style to help guide you back in alignment with your truest self.



## Krisy Conroy

Krisy Conroy has worked 30+ years as a Registered Nurse. Directly trained in Rebirthing Breathwork by the founder Leonard Orr. Studied Shamanic Breathwork with Star Wolf and co authored with her- Shamanic Breathwork-The nature of change. She is currently teaching Professional Breathwork Facilitator trainings.



## Jennifer Black

An award-winning author, artist, and visionary, she is the creatress of the World of We Are One and the Art of Breath. She is passionate and devoted to creating content that illuminates the heart and unites humanity. Committed to wholeness, her work is always centred on acknowledging the fundamental nature of reality. It's no surprise that BREATH is her medicine of choice.



*Lion Hearts Breathwork*

BY KRISTY FERRARI



*Contact Krissy*

INSTA: Lionheartsbreathwork  
FB: Lion Hearts Breathwork  
www.lionheartsbreathwork.com  
lionheartsbreathwork@gmail.com



**Kristy Ferrari**

Kristy is a heart led Breathwork Facilitator and Certified Wim Hof Method Instructor, she offers 9D breathwork journeys & Tetra Breathwork journeys (AWAKEN) as well as WHM breathing sessions - transformative journeys to help break free from limited beliefs, programs and suffering, to remember who you truly are and cultivate self love, inner peace and power.



**Junko**

Join Junko to experience the magical power of the moment as she holds space & guides you to deep grounding & connection to infinite space through her unique & life enriching yoga, breath & meditation practices.



**Citadel**

Citadel is a singer/songwriter and healer passionate about creating potent spaces through song, sound and energy that support people to release, heal and experience the truth of who they are. Her moon circles, breathwork journeys, voice activation and chanting events have been bringing like-minded community together.



*Free*  
Breath Journey



**FREE** *This Love...* Breath Journey ONLINE

[www.jenniferblackart.com](http://www.jenniferblackart.com)



# 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.



## Monica Arcoya

Monica is a dedicated yoga teacher who emphasises the powerful connection between mind, body, and breath. Through her practice of flow and yin yoga, she guides participants in cultivating mindfulness and inner awareness, leading to greater physical and emotional well-being. Monica's sessions are designed to promote relaxation, clarity, and balance.



## Brooke Barrett

Brooke is a devoted yoga student, storyteller and seeker of all philosophies that inspire more depth to love and life. Brooke has completed over 1000 hours of yoga teacher trainings including Hatha, Ashtanga vinyasa, Traditional Mysore, Ayurveda, Tantra and yogic philosophy studies. Her passion is to bring yoga to life off the mat through mythology and story.



## Kylie Upton

Kylie is a Kundalini Yoga, meditation and breathwork instructor. Committed to her own daily practice and offering regular classes and events through White Snake Yoga on the Gold Coast, she carries with honour this deeply effective, majestic science. She loves music, mantra, gongs and the physicality of Kundalini Yoga.



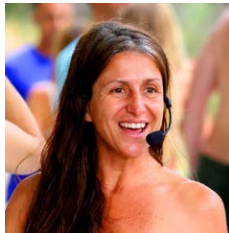
## Eva

Colourful, philosophically introspective, and occasionally cheeky, Eva brings a heartfelt connection and evident gratitude to her practice, which has a tendency of rubbing off. With her extensive training under some of the yoga world's most respected teachers, Eva brings a level of depth and experience that inspires everyone she meets. She's not just here to teach poses but to guide a practice of inquiry, discernment, and evolution.



## Jennifer Genest

Jennifer Genest is a kinetic movement adept who immersed her life in dance, body movement of all sorts, internal martial arts and creativity since her youth to the in-depth study of eastern and western traditional healing arts such as Hatha yoga over the last decade. An apprentice, Jennifer taught yogic practices world wide. In March 2024, she graduated from Byron ICPKP KSA with two diplomas; Kinesiology and Energy Psychology.



## Daisy Kaye

Daisy Kaye, Cacao Priestess, Body & Breath worker, Tao-Tantric Practitioner Daisy Kaye is fun, playful and wise and is passionately committed medicine woman here to support the personal growth in the arts of self love and care. She is the founder of The School of Breath Medicine and Sacred Cacao Ceremony and 5 Element Dance, holding teacher trainings in Thailand for over 10 years.



## Jayne Meldrum

Most of her working life she has worked with people with mental & intellectual disabilities, as well as frail aged people within the Community Welfare Sector. For 15 years she worked in gyms as a fitness instructor, also working on cruise ships as a Personal Trainer. She studied laughter yoga in India & has been running Laughter yoga groups in nursing homes & the community for over 15 years.



### Aimo Javier

A certified Senior Instructor, Aimo's journey with taichi began in the UK at the turn of the millennium. Originally he learned Wu style to heal old injuries and know more about how the body and energy works. Since then he studied tai chi as a martial art in Malaysia through a traditional system of discipleship and is now also practising South East Asian combative arts.



### Linda Newman

Linda, founder of Journey To Yoga Studio and Radiant Soul Yoga Teacher Training (200 & 300-hour YA), has 39 years of teaching experience and 25 years of training teachers. Specialising in Ashtanga, Kundalini, and Dharma Yoga, Linda combines holistic yoga, meditation, and somatic movement.



### 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.



### Laurie & Tracy-Kim

Tracy-Kim is qualified in numerous modalities and systems. She particularly loves combining her love for moving, dancing, music, emotional liberation and connection. Laurie is a passionate wellness leader with over 25 years of experience, committed to helping people reconnect with their authentic selves and unlock their true potential.



### Agneta Hansell

Agneta is teaching Vinyasa yoga, which is based on hatha, to all ages and fitness levels. As a yoga teacher, Agneta places focus on the holistic integration of breath, movement and mindfulness to cultivate inner peace and connection as a well as enhancing physical strength. Her teaching style is warm and intuitive and deeply rooted in the belief that yoga is a powerful tool for transformation and self discovery.



### 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.



### Sarah Bunting

Sarah is a dancer, improviser, facilitator, poet, and therapeutic dance practitioner. On a movement medicine dance retreat in the UK in 2022, she received a spiritual message about Dance Movement Therapy, and has been studying it ever since. Through her study, Sarah has worked with people who have anxiety, stress, Parkinson's disease, Multiple Sclerosis, and more. Her passion is in helping all people connect in with their bodies and listen to the wisdom within.



### 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.

# 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.



## Heather Leighton

Heather Leighton is a visionary whose life's work is dedicated to supporting individuals through their spiritual awakenings.



## Giselle Martins

An internationally qualified therapist who takes a holistic approach to mental health and wellbeing.



## Dr Mario Alam

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



## Dana Spirit Butterfly

Dana is a professional Spirit Medium, Energy Healer and Lomi Lomi Bodyworker.



## Briana Bowley

Briana Bowley is a visionary in the art of nervous system regulation and a guide for those seeking to align with their most authentic, radiant selves.



## James Korber

Delivering a new paradigm in health care. A unique bio geometric approach to body work.



## Teresa Morton

Teresa is a certified, professional Rapid Transformational Therapy Practitioner and certified Hypnotherapist.



## Pachi

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



## Ben & Cine

Cine is a qualified Psychotherapist, Hypnotherapist & Relationship Therapist. Ben is Certified Bodyworker, Somatic and Relationship Therapist.



## Julia Wunder

Julia is a Health and Transformation coach, Quantum Healer and Quantum Flow practitioner.



## Gabrielle McMahon

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



## Bonnie Rose

Bonnie combines traditional talk therapy with her education in classical tantra and other healing modalities.



## Ami

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



## Matthieu Koplick

Qualified in Bowen Therapy and energy healing, meditation, light therapy, esoteric acupuncture, cupping, gua sha.



## Dr Chris Gilchrist

His journey into the field of health started over 19 years ago. After completing my Masters in Chiropractic.



**Eliza Kendall**

Eliza Kendall is a seasoned facilitator with over 26 years of professional experience in alternative healing arts.



**Anaiya Cooper**

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



**Becc Sahasrara**

Becc Sahasrara is a speaker, spiritual alchemy teacher, psychic channel & force of nature. With over a decade of experience.



**Lela Diaz**

Lela Diaz is a transformative speaker, coach, teacher, and therapist with 15 years of experience specialising in Energy and Mind.



**Dean Bentley**

Dean has been called a Viking Priest, a wizard, speaker, mentor and more.



**Dr Ari Diskin**

Dr Ari Diskin (BA DC USA) is a dynamic, passionate and innovative Australian- born, US-trained Healthy Life™ Doctor of Chiropractic.



**William Kane-Potaka**

Sound therapist and musician. His dedication and understanding make him a leader in harnessing sound for both physical and emotional well-being.

*Prema Shakti Rising*  
**Cacao & Kundalini Kirtan**  
**@ Starlight Festival**

**Unite in song with Ceremonial Cacao & Kundalini Kirtan**  
**A heart-igniting, high vibrational soul-energising experience with Prema Shakti Rising!**

**Sunday 5th Jan**  
**2.45-4.15pm - Soul Sounds**






### ZaKaiRan

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



### Rachel Hanrahan

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



### Rhonda Kelly

Rhonda is an International, Psychic, Medium, Animal Communicator, Medical Intuitive and Dream Interpreter. People's Choice Award 2024 winner.



### Claudine Jane

A qualified neuro-linguistic programming practitioner, reiki master, intuitive healer & wellness advocate



### Patricia Escalon

Patricia began practicing yoga in 2005 to recover spinal mobility after recovering from a hip and spine injury. Healing her back with yoga and other forms of movement.



### José Toussaint

Jose is a Touch for Health teacher and a Brain Gym® consultant.



### 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.



### Lisa Jonas

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

Support for...



Immunity  
Pain  
Joints

Emotional Imbalance

Anxiety  
Sleep

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Cellular Function  
Muscle Recovery

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- phytonutrient superfoods
- intuitive reiki
- mind, body, soul education
- plant based remedy



## moonlight hypnotherapy



transform your life & thrive

Turn low self-esteem  
into a feeling of worthiness.

Turn self-doubt into  
phenomenal self-belief.

Turn confusion into  
clarity of purpose.



**Teresa Morton**  
RTT Practitioner,  
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### Sunaina

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



### Lizzi Badham

Health Recovery Centre founder, leading the field of mental and gut health. Specialising in trauma, gut bacteria, neurochemistry, and hormones.



### Talitha Marie

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



### Sunder Devi

A spiritual motivator with over 50 years experience, currently spending her life between Australia, India, America.



### Shakti Burke

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



### Kripa

Kripa is an international psychic, intuitive and empath who channels messages through Tarot, Tea Readings and Palmistry. She is known to provide clear, direct guidance.



### Raym

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



### Antonieke Verschure

Antonieke is a trainer, teacher and a healer whose love of vitality is compassionately expressed in her teachings of holistic body and mind-work.

# Crystal Dreaming® EXPRESS

## Clarity

## Expansion

## Enlightenment

Experience a mini shamanic journey at the Festival



[www.CrystalDreaming.com](http://www.CrystalDreaming.com)

Past Lives - Spirit Guides - Self Realisation  
Trauma/Attachment Release - Bliss



# CONSCIOUS FLOW



# MUNAY TEMPLE

SOPHIE SÄMROW

OMORA SONQO



## BREATHE AND FEEL FREE WITH SOPHIE

At the core of my work is a deep commitment to raising your vibration and guiding you to awaken the healer within. Blending ancient wisdom with modern techniques, I support you in finding inner freedom, cultivating self-love, and experiencing lasting transformation.

My mission is to help you awaken to your true essence and remember who you are at the deepest level. With every breath, every practice, and every moment, I invite you to step into your power and embody the light you were always meant to shine.

- Somatic trauma release
- Psychedelic integration
- Breathwork & Meditation & Mindfulness
- Sound journeys Transformational retreats
- Holistic health & Mindset coaching
- NLP master practitioner & Timeline therapy
- Transformational retreats
- Cacao Ceremonies

0421080565  
www.consciousflow.com.au  
INSTA: ConsciousFlowBreathwork



## HEALING WITH THE POWER OF LOVE

At Munay Temple, we create a sacred space for healing, transformation, and connection. Rooted in ancient wisdom and modern practices, we guide individuals to awaken their hearts, reconnect with their true essence, and embody the power of love—Munay.

Through ceremonies, retreats, and teachings, we honour ancestral traditions while supporting profound inner growth.

- Weekly Traditional Community Sweatlodge Temazcal
- 1:1 Healing & Detox Sessions
- Transformational retreats
- Vision Quest
- Intertribal Gatherings KIVA

Private 1:1 and group bookings in person & online

0421080565  
www.munaytemple.org  
INSTA: MUNAYTEMPLE



## EMBODIED TRANSFORMATION RETREAT

INDONESIA  
7th - 15th May 2025



## YAWANAWA EXPERIENCE

BRAZIL AMAZON JUNGLE  
27th Jul - 8th Aug 2025



## ANCIENT PERU ADVENTURES

PERU  
18th Aug - 21st Sep 2025



### Tina FeatherHeart

Long time Transformational Massage Therapist and Bodyworker with foundations in Ka Huna, Hawaiian Spiritual techniques.



### Chad & Veronika

Kookaburra Chad, Urban mystic. Veronika Beck, Certified Human Biography Mentor and Group Leader.



### Ritika

Ritika is a trained Vedic astrologer. She teaches kriya yoga and meditation at her sanctuary in the northern rivers.



### Zoe Everest

Musician, shaking medicine and vocal coach.



### Paul Williamson

Paul is an experienced international Therapist and Published author. He specializes in Past Life Regression.



### Marcela Toro

Marcela Toro is a multidimensional, near death experienter and shaman from kaweskar heritage, Chile.



### Lisa-Jane

Lisa-Jane Has been teaching Thelemic Witchcraft, Mysticism and Ceremonial Magick for more than 20 years.



### Peter Clark

Peter is a daily meditator. He believes in mind over matter and the power of acceptance.

# Bali Yoga

RETREAT & CONFERENCE  
MARCH 17-22

KOMUNE RESORT  
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& TICKETS



## AMAZING GRACE

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## CITADEL

MUSIC AND HEALING

Transcendent Breathwork  
Energy Healing  
Sound Healing  
Voice Coaching

HEART CENTERED ONE ON ONE  
AND GROUP SESSIONS

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OCEAN SHORES + ONLINE

Starlight Festival  
Friday 3:45pm



**TWO FOR ONE ENTRY\***

\*Program subject to change by divine intervention.

**Thursday**

	10am	15	30	45	11am	15	30	45	12pm	15	30	45	1pm	15	
<b>WISDOM ROOM</b>	<b>10-10.45am</b> The Frequency Spectrum of Sound Healing Instruments. A presentation of the frequencies emitted by healing instruments with William.				<b>11-11.45am</b> Astrology Progression Workshop focused on evaluating how the energetic blueprint of our birth chart evolves over time with Lisa Jonas.				<b>12-12.45pm</b> Energy Clearing and Protection. Discover quick & easy ways to clear your energy, space cleansing & protection in this hands-on interactive session with Kripa from Being You.				<b>1-1.45pm</b> Get hands on with a bowl with Anup.		
<b>HEART SPACE</b>	<b>10.15-11.45am</b> Finding joy ease & inner peace. 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.								<b>12-1pm</b> Stress Reduction Mindfulness. Explore a guided meditation, dharma talk and optional sharing with Gabrielle and Gowan.						
<b>SOUL SOUNDS</b>	<b>10-11.15am</b> Quantum & Vibrational Healing Journey. We will be activating our highest light essence through the power of meditation, mantra, sound & our combined unified intention for peace, love, harmony, happiness & freedom with Pachi & Ami.						<b>11.30-1pm</b> Medicine Song Circle. Come together to share & celebrate the healing power of music. In this sacred space, we will immerse ourselves in the resonant frequencies of medicine songs from ancient traditions around the world. Singing to connect deeply with our hearts and spirits with Omora.								
<b>YOGA SPACE</b>	<b>10-11am</b> Awakening Your Inner Warrior. Step into your power and transform fear, insecurity, and vulnerability into resilience, confidence, and courage. In this 60-minute Kriya Yoga class with Helen Selmeczy.				<b>11.15-12.15pm</b> Radiant Lotus Qigong. A practice tailored for women's health & vitality. Rooted in ancient Chinese wisdom. Gentle movements, mindful breathing & meditation. Led by Rachel Hanrahan.					<b>12.30-1.30pm</b> Laughter Yoga. Laughter Yoga is unconditional laughter. The class ends with meditation to ground people with Jayne.					
<b>INSIGHT ROOM</b>	<b>11.15-12pm</b> Responsibility of Self: Mind, Body, Soul Wellness. The importance of taking self responsibility for our wellness & lives with Claudine Jane.								<b>12.15-1pm</b> Explore the landscape of face with all its valleys of meaning and deep rivers of connections with Antonieke Verschure PhD.						

**Program highlights**



**Radiant Lotus Qigong**  
**Rachel Hanrahan**  
**Yoga Space**  
**11.15-12.15pm**

Join us for an empowering journey into a practice tailored for women's health and vitality. Rooted in ancient Chinese wisdom, this holistic approach integrates gentle movements, mindful breathing, and meditation. Experience serene flow and accessible movements that encourage relaxation and rejuvenation.



**Medicine Song Circle**  
**Omoro Sonqo**  
**Soul Sounds**  
**11.30-1pm**

Come together to share and celebrate the healing power of music. In this sacred space, we will immerse ourselves in the resonant frequencies of medicine songs from ancient traditions around the world. Singing to connect deeply with our hearts and spirits. Experience the profound unity and harmony that arises from collective vocal expression.



**Get hands on with a Singing 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.



**Rewire & Awaken Breathwork Journey**  
**Kristy Ferrari**  
**Soul Sounds**  
**1.15-2.30pm**

Participants will experience profound relaxation and heightened awareness as they explore and transform the garden of their subconscious mind, planting seeds for a brighter, more fulfilling future. Releasing burdens of the past, bidding farewell to negativity, self-criticism, and judgments, brings reconnection with your authentic self, a potent personal rebirth.

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> Dimensions of Reality. Understanding how spirits, entities & other forces can be trapped & how they can be cleared with Steve Richards.				<b>3-3.45pm</b> What is Plant Medicine. Discover how and why our ancient pueblos interacted with plants to heal the physical body with Eli Usma.				<b>4-4.45pm</b> Meet & meditate with your higher intelligence. Meet your higher intelligence access life force energy simply and quickly deeply relax in minutes with James & Chris.				<b>5-6pm</b> The Master Keys of Creation. How to create & attract the joy, wellbeing & abundance you desire with ZaKaIRan.			
<b>1.15-2.30pm</b> Return To Love & Gratitude. Laurie & Tracy-Kim, will hold a sacred space to move from our sense of disconnection to connection, by using circle, music, movement & presence.						<b>2.45-4.15pm</b> Soul Method. An embodied framework that allows you to expand beyond your current state of consciousness. Bringing awareness to the areas, beliefs & conditions within your life where you feel restricted & stagnant. Step into your full potential with Dean Bently.						<b>4.30-6pm</b> The Art of a Magick Circle. Use of magical tools, chanting & dance, connect to your inner mystic with Lisa Jane.					
<b>1.15-2.30pm</b> Rewire & Awaken Breathwork Journey. Join Kristy for a multi dimensional breathwork journey! One of the most effective transformational practices on the planet!						<b>2.45-3.45pm</b> Deep Sound Immersion. Allow yourself to relax and release and allow the sounds to take you on a self healing journey with Heidi Bone.				<b>4-5pm</b> Heart Sound Journey with Patricio Lara Ainarid.				<b>5.15-6pm</b> Light Language Activation & Energy Clearing. Remove blocks & stagnant energy with Zhara.			
<b>1.45-2.45pm</b> Yoga Nidra. Aka the yogic power nap. Deep Relaxation, lying down. Perfect for a middle-of-afternoon recharge with Shakti Burke.						<b>3-4.30pm</b> Sacred Collective Archetypal Dance. An explorative, interactive group consciousness moving collectively applying our bodies, sound, emotion, feeling, senses and music in a creative organised fashion for self discovery and freedom with Jennifer Genest.						<b>4.45-5.45pm</b> Quantum Flow Activation. A fusion of breath, movement, sound, voice activation & dance with Julia Wunder.					
<b>1.15-2pm</b> Accessing bliss and beyond through crystals with Raym.			<b>2.15-3pm</b> Be divinely Guided. Grace will share with you how to tune in to your intuition, higher self, guides and angels.			<b>3.15-4pm</b> Ancient Civilisations and Neutrinos - how they affect you in today's awakening of humanity Marcela Toro.											



### Deep Sound Immersion

Heidi Bone  
Soul Sounds  
2.45-3.45pm

Deep Sound Immersion brings the healing power of sound into the space of deep relaxation. Bringing together gongs, Tibetan singing bowls, medicine drum, voice and other vibrational instruments.



### Sacred Collective Archetypal Dance

Jennifer Genest  
Yoga Space  
3-4.30pm

An explorative, interactive group consciousness moving collectively applying our bodies, sound, emotion, feeling, senses and music in a creative organised fashion for self discovery, freedom of movement and transformational alchemy.



## Soul Journey Healings

Readings | Healings | Counselling | Mentoring | Retreats | Group Blessings  
Couples Therapy | Monthly Journeys | Shamanic Sound Healing | Private Events  
souljourneyhealings@gmail.com  
@souljourneyhealings  
0408 969 092

**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 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> Meet your higher intelligence access life force energy simply & quickly deeply relax in minutes balance your emotions with James & Chris.				<b>1-1.45pm</b> Journey into Embodiment Psychedelia.	
<b>HEART SPACE</b>	<b>10.15-11am</b> Past Life Regression For transformation and healing. Learning and evolving through connecting with our soul with Paul Williamson.				<b>11.15-12.15pm</b> A group Crystal Dreaming® session, led by Master Raym and assisted by qualified teachers. Touch the super-conscious in a safe and transformative space.				<b>12.30-1.30pm</b> Authenticity Workshop. Understand the core components of authentic living, unmask your authentic self & explore pathways with Lisa Jonas.					
<b>SOUL SOUNDS</b>	<b>10-11.30am</b> Light Language & Sound Healing Transmission. A sound, energy & frequency channelling from higher realms for clearing, activation & expansion of the multidimensional auric fields with Katie from VibroSound.								<b>11.45-1pm</b> Quantum & Vibrational Healing Journey. Receive the healing frequencies of crystal singing bowls, tuning forks, Tibetan bowls, medicine drum & koshi chimes, while dropping into deep states of awareness to recalibrate ourselves with Pachi & Ami.					
<b>YOGA SPACE</b>	<b>10.15-11.15am</b> YinYasa Sound Bath. Guiding you through a heart opening yoga practice, Eva crafts the soundtrack herself using only her voice and her loop machine.				<b>11.30-12.30pm</b> Kundalini Mantra Meditation To Expand Intuition & Strengthen The Aura. This workshop introduces the powerful techniques behind mantra & movement, focusing on clearing the arc line, & strengthening the heart with Petra.				<b>12.45-1.45pm</b> Intimacy through the lens of Tantra. Learn tools to develop a greater sense of					
<b>SACRED SPACE</b>	<b>9.45-10.45am</b> Crystal Awareness. Practical applications to work with crystals to develop your multidimensional awareness & enhance wellbeing with Abikgail.				<b>11-12pm</b> The Empowered Intuitive. Wherever you are at, the start of your journey, or along the way, this session with Psychic Medium Talitha Marie, will assist you to expand into your full potential.				<b>12.15-1.45pm</b> Develop your inner sanctuary. Learn how to self-soothe and process your emotions and experiences through a meditation style that helps you craft an internal sanctuary with Patricia.					

**Program highlights**



**YinYasa Sound Bath**  
Eva Michelle  
Yoga Space  
10.15-11.15am

Guiding you through a heart opening yoga practice, Eva crafts the soundtrack herself using only her voice and her loop machine as she guides your flow through a sequence of Vinyasa and Yin asanas.



**Ascend Your Frequency & Mantra**  
Siddhi Shakti  
Soul Sounds  
1.30-3.30pm

Journey beyond the limitations of the mind into the vibrations of healing through the power your own unique sound! Transform your energy through sound, tone, mantra, music, breath and listening awareness. Cultivate an inner awareness and attune to the essence of Self, the primordial sound that is at the heart of all creation.



**Ayurvedic Healing Hacks**  
Anaiya Cooper  
Wisdom Room  
3-3.45pm

Quick and simple ways to bring Ayurvedic Healing into your life with Anaiya Cooper. The body is 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.



**Sufi Meditation**  
Aimo Javier  
Yoga Space  
3.15-4.15pm

Connecting to the primal elements of earth, water, fire and air by using different breathing patterns, visualisations and the five senses. Letting go, activating the body, connecting to the environment and deep within through Sufi seed sounds and movement. A nondenominational practice from the Malay martial art of Silat Tua.

30	45	2pm	15	30	45	3pm	15	30	45	4pm	15	30	45	5pm	15	30-45
Unlocking the profound power of psychedelics with Dr Mario Alam.		<b>2-2.45pm</b> Tapping into simple, yet profoundly effective movements that can sharpen your focus, boost energy & bring clarity with Jose Toussaint.				<b>3-3.45pm</b> Ayurvedic Healing Hacks. Quick and simple ways to bring Ayurvedic Healing into your life with Anaiya Cooper.				<b>4-4.45pm</b> Gut microbiome, mental health & recovery from trauma. Learn how to treat these conditions from an expert in their field with Lizzi Badham.				<b>5-5.45pm</b> Skincare Made Easy. Discover simple and effective ways to hydrate, nourish and moisturise your skin with Kripa.		
<b>1.45-3pm</b> Heaven on Earth: Higher self or 'I AM Presence'. This workshop is for people who are serious about their Angel Divine Self. Renewing connection with your 'I AM' with Sunder Devi.						<b>3.15-4.15pm</b> Beyond the Mask. Discover what lies behind the various nine personality types... how to identify them... understand them and how to manage them with Sunaina.				<b>4.30-6pm</b> The Magic of Spiritual Massage. Simple and effective ways to use your hands for healing and massage in partners and explore energy through hands on touch with Tina FeatherHeart.						
<b>1.30-3.30pm</b> Ascend Your Frequency and Mantra Chanting (kīrtan'). Journey beyond the limitations of the mind into the vibrations of healing through the power your own unique sound! Transform your energy through sound, tone, mantra, music, breath and listening awareness. Cultivate an inner awareness and attune to the essence of self with Siddhi Shakti.									<b>3.45-5.45pm</b> Transcendent Breathwork, Sound Healing & Energy Healing. Move beyond limitations with the power of transcendent breathwork, sound healing journey and energy healing in this potent and heart centred immersive experience with Singer/songwriter and healer Citadel.							
closeness to self and to others. With Brooke Devi.		<b>2-3pm</b> The softening, moving into peace. A somatic movement meditation. Cultivate spaciousness, nourishing the nervous system and building greater peace and deep restfulness with Daisy Kaye.				<b>3.15-4.15pm</b> Sufi Meditation. Connecting to the primal elements of earth, water, fire and air by using different breathing patterns, visualisations & the five senses. Letting go, activating the body with Almo Javier.				<b>4.30-6pm</b> Slow down with Healing Indulgence. Join Penelope & Trevor for a nurturing Yoga practice & indulgent sound bath. Begins with gentle yoga asana then allow your body & mind to be soothed by crystal singing bowls.						
<b>2-3.30pm</b> Ayurvedic Tantra: Integrated Vitality. Discover the holistic wisdom of Ayurveda and its allied science Traditional Tantra Yoga, a timeless system that embraces mental, spiritual, and physical well-being with Brad Hay.						<b>3.45-4.45pm</b> Awakening Sacred Feminine Wisdom. This workshop offers kin-nective, intuitive & (ani)mystical practices to (re)claim a relationship with Sacred Feminine with Dana.				<b>5-6pm</b> Gain insights into improving emotional intelligence & enhancing communication skills with Giselle Martins.						



### Breathwork, Sound & Energy Healing.

Citadel  
Soul Sounds  
3.45-5.45pm

Through the magic of our own breath and the power of sound and energy, you are able to release stagnant energy and emotions, reprogram subconscious blocks and activate your greatest potential. This thoughtfully created sensory experience awakens the healer within you.

**THE YOGINI**  
DISSOLVE AND EXPAND

**THE YOGINI**  
*Helen Selmeozzy*  
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FB: The Yogini

\*Program subject to change by divine intervention.

**Saturday**

	10am	15	30	45	11am	15	30	45	12pm	15	30	45	1pm	15
<b>WISDOM ROOM</b>	<b>10-10.45am</b> Wild Within: Embracing Primal Instincts for Spiritual Awakening. Unlocking the ancient wisdom stored within our nervous system with Briana.				<b>11-11.45am</b> Understand Vedic Astrology. Shine a light on the highest expression of your life given the cosmic blueprint at the time of your birth with Ritika.				<b>12-12.45pm</b> Ayurvedic Healing Hacks. Easy ways to bring this ancient health science into your life with Anaiya Cooper.				<b>1-1.45pm</b> Energy Attachment, Karma, Curses & Contracts.	
<b>HEART SPACE</b>	<b>10.15-11.15am</b> How to connect to your spirit guides with Rhonda Kelly psychic medium. Rhonda will build the foundations of your psychic abilities.				<b>11.30-12.30pm</b> 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 with Steve Richards.				<b>12.45-2.15pm</b> Find Your Voice - A Magical Healing Experience with Tania de Jong.					
<b>SOUL SOUNDS</b>	<b>9.45-10.45am</b> Mantra Soundscape. Join us and sing mantras, dance, & celebrate together the love of consciousness, & community with Adam.				<b>11-12.30pm</b> Ride the Spirit of your Breath. This journey guides you through the elements that form the essence of life: Earth, Water, Fire, Air, Ether, and more. Each element, with its unique properties, contributes to our overall sense of balance, well-being, and harmony with Jennifer Black.				<b>12.45-2.15pm</b> Journey to meet your power animal with Kathryn Hume & Joanne Farrell.					
<b>YOGA SPACE</b>	<b>9.45-10.45am</b> Gentle Vinyasa. This gentle Vinyasa class combines mindful movement with breathwork to stretch & reconnect with breath. For all levels with Agneta Hansell.				<b>11-12pm</b> Prana Vinyasa Yoga. Join Delamay for an energising and inspiring yoga practice to recharge your body, clear your mind and uplift your spirits!				<b>12.15-1.15pm</b> Moving into 2025. Connect with ourselves and others through our first language, movement. Allow our bodies to express what they need with Sarah Bunting.					
<b>SACRED SPACE</b>	<b>10-11am</b> Soul Consciousness & Meditation. A class on the practice of meditation with Peter Clark.				<b>11.15-12.15pm</b> Soul Journey Healing. Kayla channels a guided shamanic journey anchoring you into Earth Mother, expanding your auric field through breathwork, allowing you to access higher levels of consciousness.				<b>12.30-2pm</b> PA'A represents an embodied state of ancestral knowledge. Explore the pillars of Hawaiian spirituality with Kumu Pa'a Kawika Foster.					
<b>INSIGHT ROOM</b>	<b>10.15-11am</b> Intuitive Guidance Workshop. Reflect on your relationship with your Higher Self and explore unconditional Self-Love, Self-Compassion with Lisa.				<b>11.15-12pm</b> Pluto in Aquarius - The generation of liberation. Dee is a skilled practitioner of Evolutionary Astrology. She will share her knowledge with you.				<b>12.15-1pm</b> Learn how to play a singing bowl. Get Hands on and Tune in, connect and explore sound with a singing bowl with Anup.					

**Program highlights**



**Mantra Soundscape**  
Adam Buchanan  
Soul Sounds  
9.45-10.45am

The performance will utilise acoustic instruments, live looping, soundscapes, and synthesizers to create a truly expansive kirtan experience. Every performance is unique, shaped by the people who are involved and the beauty we each offer through community connection.



**Embodied Ritual**  
Delamay Devi  
Yoga Space  
11-12pm

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!



**Ancestral Knowledge & Wisdom**  
Kumu Pa'a Kawika Foster  
Sacred Space  
12.30-2pm

By exploring the pillars of Hawaiian spirituality, we align ourselves with their timeless teachings, finding balance through nature's inspiration. PA'A invites us to be receptive, clear, and sincere, encouraging us to slow down and tune in.



**Meet your Power Animal**  
Kathryn & Joanne  
Soul Sounds  
12.45-2.15pm

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 Joanne & Kathryn.



30	45	2pm	15	30	45	3pm	15	30	45	4pm	15	30	45	5pm	15	30-45	
Dissolve all agreements with Raym.		<b>2-2.45pm</b> How to share good energy and loving information inside your body and use it as a model how to be in the world with Simon Borg-Olivier.				<b>3-3.45pm</b> The power of forgiveness in shamanic states. How forgiveness awakens a path to the luminous body & frees us from suffering with Rachel.				<b>4-4.45pm</b> Mind Medicine Australia & Psychedelic-Assisted Therapies to Treat Mental Illness & more with Tania de Jong AM.				<b>5-5.45pm</b> Sigil Crafting workshop. Let's get hands on and make your own Sigil with Julia.			
A transcendental journey of breath, sound & harmony raising your vibration & sense of one-ness. Participants say: "It's like singing with the angels".			<b>2.30-3.30pm</b> Remember your essence & live your full potential. Receiving this powerful talk and energetic transmission, you will be gifted incredible practises and Light with Becc Sahasrara.				<b>3.45-5pm</b> 5-Developmental Trauma Structure. Learn to recognise the physical structures of developmental trauma, why and how they arise and their gifts and challenges with Daisy Kaye.				<b>5.15-6.15pm</b> Join Marcela Toro drumming, star languages & find your operatic voice, BYO drums, shakers & bells.						
one of the very first shamanic journeys undertaken as you start your awakening into the Shamanic Realms.			<b>2.30-3.30pm</b> Didgeridoo Sound Healing. An invitation to the spirit through the sound of this ancient land. It's going to be a full blend of chanting, didgeridoo & drums with Atman.				<b>3.45-5.15pm</b> Self-Love Breathwork & Sound Healing Journey. Immerse yourself in a nourishing journey of self-love through breathwork & sound healing. Harness the power of breath & enjoy soothing sounds with Sophie Samrow & Omora.				<b>5.30-6.30pm</b> Shamanic Drum Journey with Mele.						
<b>1.30-2:30pm</b> Kundalini Yoga with Linda Newman. Energising asana, breathwork, mantra & meditation create vitality in body, balance in mind, openness in spirit.					<b>2.45-3.45pm</b> Allowing Yourself to Open. Allow your connective tissues to gradually expand as you soothe your nervous system by slowly transitioning into passive yoga poses with Patricia.					<b>4-5pm</b> A taste of tantra. Bonnie will guide you into an embodied experience of some of the fundamental concepts in authentic tantric practice.				<b>5.15-6.15pm</b> Yoga Nidra Sound Healing. Slow down the body & mind to a state & find stillness with Helen.			
					<b>2.15-3.45pm</b> Toning Sound Bath. Join Eva for this journey with the voice through the chakras with her trusty loop pedal for a vocal toning sound bath and be immersed in a wall of calming sounds that both she and you create.					<b>4-5pm</b> Sacred Spirit Dance Movement. Combining Hatha yoga, internal martial arts, psychosomatics, connective dance flow and esoteric wisdom weaving a natural sense of well being with Jennifer.				<b>5.15-6.15pm</b> Access your highest soul self with Eliza.			
<b>1.15-2pm</b> Windows of the Sky. Tools to experience higher vibrational healing with Jo Fay Duncan.			<b>2.15-3pm</b> Tune In Now Your Super Power. A rare opportunity to discover & learn a powerful, elegant & effective human technology with Dr Ari.			<b>3.15-4pm</b> Connect with your Spirit Guides with Talitha. Participants will immerse in a tranquil space for deep connection with the spirit world.			<b>4.15-5pm</b> Explore the landscape of face with all its valleys of meaning and deep rivers of connections with Antonieke Verschure PhD.								



### Windows of the Sky

Jo Fay Duncan  
Insight Room  
1.15-2pm

Windows of the Sky workshop shares tools and techniques to experience higher vibrational healing for those seeking guidance and inspiration from the celestial realms.



### Didgeridoo Sound Healing

Atman  
Soul Sounds  
2.30-3.30pm

This is an invitation to connect to the land and to the spirit through the sound of this ancient land. It's going to be a full blend of chanting, didgeridoo and drums. This is an opportunity for you to tune into your body and let go of your mind.



### 5-Developmental Trauma Structures

Daisy Kaye  
Heart Space  
3.45-5.15pm

Learn to recognise the physical structures of developmental trauma, why and how they arise and the gifts and challenges that come with each survival strategy. Discover simple techniques to help bring greater peace and safety to each trauma type.



### Shamanic Drum Journey

Mele Mai  
Soul Sounds  
5.30-6.30pm

Together we will embark on a guided shamanic drum journey to establish a deeper connection with our benevolent ancestors. I will share some sacred medicine songs from around the world to tap into The Rhythmic Web. No experience or instruments necessary.

\*Program subject to change by divine intervention.

**Sunday**

	10am	15	30	45	11am	15	30	45	12pm	15	30	45	1pm	15
<b>WISDOM ROOM</b>	<b>10-10.45am</b> The Worthiness Revolution: How to Feel Enough and Thrive. 3 Keys to breaking through confusion & finding clarity on your life's purpose with Teresa.				<b>11-11.45am</b> Transform Your Mind, Transform Your Life. This is an immersive workshop that will guide you in tapping into the power of your subconscious mind with Lela.				<b>12-12.45pm</b> Mayan Astrology: The Art of Natural Time. This workshop will show you from the Mayan perspective, what are the galactic codes with Eli Usma.				<b>1-1.45pm</b> Understand the beings who inhabit realities close to ours	
<b>HEART SPACE</b>	<b>9.45-11.15am</b> Ho'oponopono Power of Forgiveness. A traditional healing practice from the Hawaiian Islands. Used for generations to make right in relationships & remove mental obstructions with unconditional love with Kumu Pa'a & Kumu Hula.								<b>11.30-1.15pm</b> 5 Dimensional Flow: Safe, Effective & Accessible Spinal Movements for Health, Happiness & Longevity with Simon Borg-Olivier. Our spine, or more correctly our core and our trunk, are able to move in five main directions. These five directions are like five dimensions.					
<b>SOUL SOUNDS</b>	<b>10-11.30am</b> Shamanic Sound Journeying. Join me for an immersive therapeutic sound healing experience that fuses traditional shamanic journeying, yoga nidra, gentle movement, and live acoustic soundscape performance with layered looping, singing, didgeridoo, crystal bowls.								<b>12-1pm</b> Heart Meditation & sounds of the Andes. Experience a Heart opening sound healing, bring forth the ancient sounds of the Andes with Patricio Lara Ainardi.					
<b>YOGA SPACE</b>	<b>10.15-11.30am</b> Kundalini Yoga & Meditation with Kylie Upton. Energising asanas, mantras, mudras, breath work and relaxation. Kundalini Yoga is renowned for moving energy and having a clearing and elevating impact on the body, mind & soul.								<b>11.45-12.45pm</b> Heartmind Breathwork Meditation. Opening to the Wisdom of your HEARTMIND Breathwork Meditation. Join Sophie for a nourishing journey combining meditation, breath and sound.				<b>1-2pm</b> A 360 Emergence Practice Lab for the Water	
<b>INSIGHT ROOM</b>	<b>10.15-11am</b> Understanding Healthy Boundaries. Simple tools for improving your boundaries in relationship with partners, friends & family with Lisa Jonas.				<b>11.15-12pm</b> Plant Medicine as a mental health tool for wellness with sound and light healing technology with author Paul Benhaim.				<b>12.15-1pm</b> Healing with Past Lives. Paul will discuss the mechanics of past life regression, its scope & connecting with our soul consciousness.					

## Program highlights



**5 Dimensional Flow**  
Simon Borg-Olivier  
**Heart Space**  
11.30-1.15pm

Our spine, or more correctly our core and our trunk, are able to move in five main directions. These five directions are like five dimensions. Simon Borg-Olivier, MSc BAppSc (Physiotherapy) APAM c-IAYT, will teach you some simple spinal movements, that can be done standing or sitting.



**Heartmind Breathwork**  
Sophie Sämrow  
**Yoga Space**  
11.45-12.45pm

Opening to the Wisdom of your heartmind. With focused intention and awareness, we consciously explore our inner world, so that we are able to reach and access deep healing, revelation, integration and lasting transformation. At the same time remembering who we really are by returning to our purest essence, unconditional love.



**Sounds of the Andes**  
Patricio Lara Ainardi  
**Soul Sounds**  
12-1pm

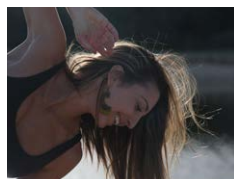
Join Patricio an Australian-born Chilean singer, songwriter and story teller who draws inspiration from his South American heritage, culture, travel, nature, philosophy and the most transformational of all forces. Love. Experience a Heart opening sound healing, bring forth the ancient sounds of the Andes.



**Ancient Sound Healing**  
Daniele Manodritto  
**Soul Sounds**  
1.15-2.30pm

Multi-instrumentalist Daniele Manodritto will guide you through this journey, using vocal toning techniques and a variety of ancient instruments such as clay ocarinas, native flutes, didgeridoo, powwow drum, African harp and many more. The combination creates and captures the essence of mixed ethnic and unique earthly sounds that takes you on a journey.

30	45	2pm	15	30	45	3pm	15	30	45	4pm	15	30	45	5pm	15	30-45	
and their agendas with Raym.		<b>2-2.45pm</b> Healing beyond the physical. Healing beyond the physical explains how to truly find comprehensive healing with Heather Leighton.				<b>3-3.45pm</b> The Six Healing Sounds Workshop. An ancient form of Traditional Chinese Medicine that balances your energy with Rachel.				<b>4-4.45pm</b> How to trust your intuition. Learn techniques that support you to trust your intuition with Rhonda Kelly.				<b>5-5.45pm</b> World Tree. The world tree is a motif shared in many mythologies across the globe with Jo Fay.			
<b>1.30-3pm</b> Embodied Harmony - Nervous System Renewal Through Tremoring, Voice and Song. Neurogenic tremoring, also known as shaking medicine, is a primal mechanism that mammals use to involuntarily release trauma and tension from the body with Zoe Everest.						<b>3.15-4.45pm</b> Cosmic RESET. Embark on an extraordinary journey with Dr. Mario Alam in this transcendent, psychedelically informed RESET experience! Ignite your life's RESET as you dive into the mystical, fortifying your inner alignment.						<b>5-6pm</b> Sacred Connection Circle - bridge the gap. Explore authentic relating with Ben & Cine.					
<b>1.15-2.30pm</b> Ancient Sound Healing. Multi-instrumentalist Daniele Manodritto will guide you through this journey, using vocal toning & ancient instruments such as clay ocarinas & native flutes.				<b>2.45-4.15pm</b> Cacao Ceremony & Kundalini Kirtan. Join Prema Shakti Rising for a full-power cacao ceremony & Kirtan that will ignite your heart & soul. Together, we'll dive deep into the heart-opening energy of cacao, using its magic to raise the roof with our song.				<b>4.30-6pm</b> Shamanic Breathwork. Learn a simple, but powerful technique of conscious connected breathing. To descend into non ordinary states of consciousness with Krisy Conroy.									
Element with Delamay. A somatic exploration and free form movement meditation for all!		<b>2.15-3.15pm</b> Yin Yoga - The Hero's Journey. We journey through the practice of yin, using the tools of philosophy to celebrate your journey as the hero with Brooke Devi.				<b>3.30-4.30pm</b> Echoes of Serenity: A Yoga and Sound Experience. A transformative session that combines flow, yin yoga, and sound healing with Monica & Jamie.				<b>4.45-6pm</b> Devotional Play & the Art of Life Altar-ing. A slow movement experience with Chad & Veronika.							
<b>1.15-2pm</b> Body Oiling for Immune Boosting. Learn how to boost the immune system with Anaya.		<b>2.15-3pm</b> Spiritual Hygiene, Guardians and Protectors. Join Mele and strengthen your relationship to protective forces.				<b>3.15-4pm</b> Ancient Pathways to Purpose: The Life-Changing Power of the Vision Quest. Ancient rites of passage with Sophie Sämrow.											



**Yin Yoga  
The Hero's Journey**  
Brooke Devi  
Yoga Space  
2.15-3.15pm

The hero's journey is an archetypal narrative that outlines the transformation of an individual. Storytelling has the ability to create purpose and meaning, an opportunity to view our fears, trials and challenges as a vehicle of contemplation towards our growth. We journey through the practice of yin, using the tools of philosophy to celebrate your journey as the hero.



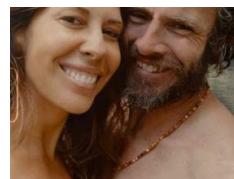
**Healing Beyond  
The Physical**  
Heather Leighton  
Wisdom Room  
2-2.45pm

How to truly find comprehensive healing, through the different spheres of our multi-dimensional selves. Heather's unique view will have her attendees in a state of revelation with plenty of light bulb moments surrounding their health & ancestral trauma. These are the missing pieces to the puzzle of health & well-being.



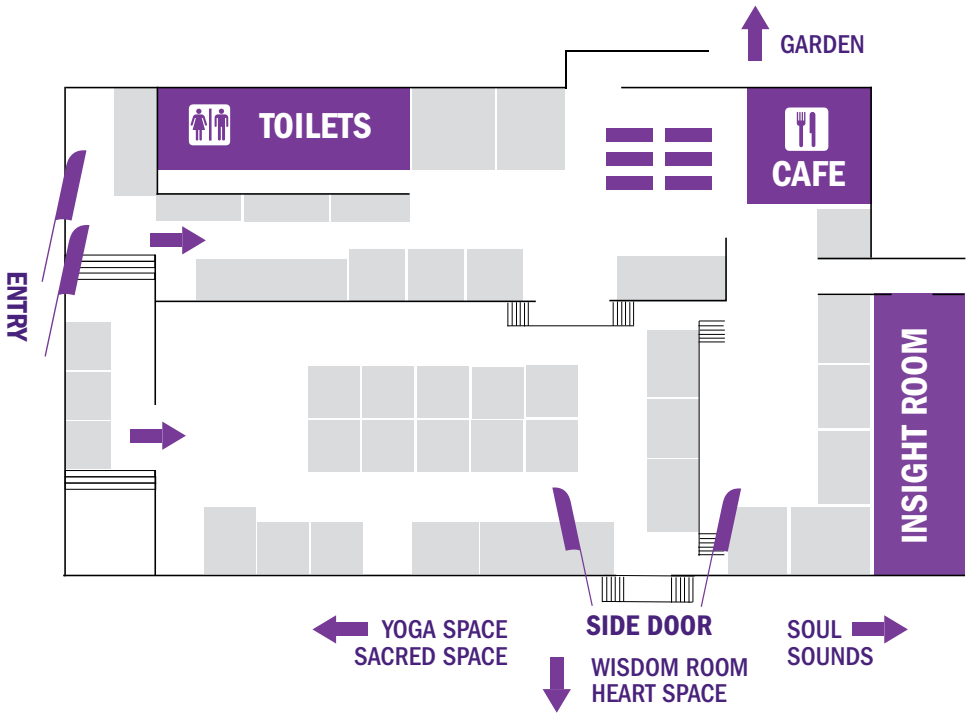
**Cacao Ceremony  
& Kundalini Kirtan**  
Prema Shakti Rising  
Soul Sounds  
2.45-4.15pm

A full-power cacao ceremony that will ignite your heart and soul. Dive deep into the energy of ceremonial cacao, unlocking our hearts and voices, tapping into ecstatic Kundalini Kirtan. Expect high-vibe mantras, heart-opening processes, and an atmosphere charged with powerful connection. Get ready to raise the roof as we unite in song.



**Life Altar-ing**  
Chad & Veronika  
Yoga Space  
4.45-6pm

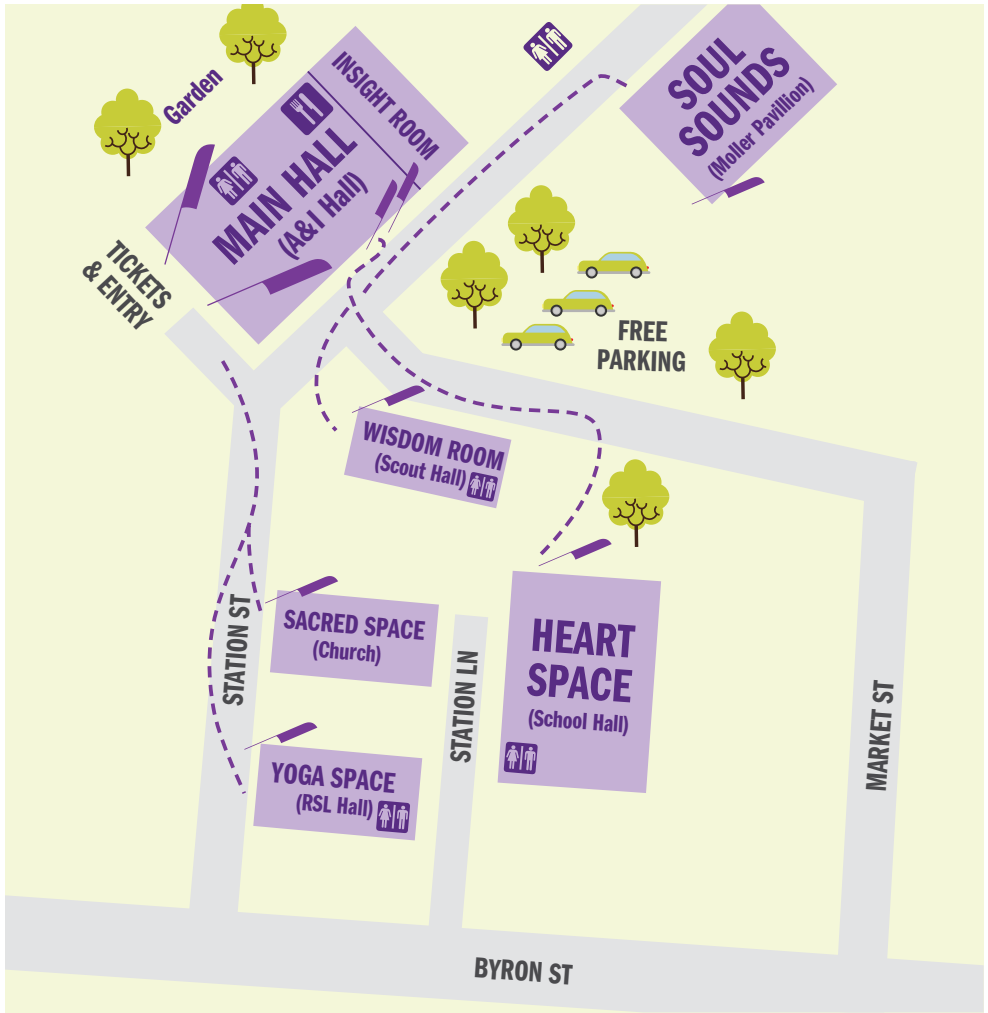
Join Veronika Beck and DJ Chad Kolcze, as they lead you into an evocative and deeply immersive slow movement experience to close the festival. Grounded in the wisdom of Rudolf Steiner, drop your body into the ritual practice of Life Altar-ing in this seductive playshop, where every movement becomes prayer.



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# Festival Maps & Tickets



## Tickets

**1 Day Pass**  
\$35

**4 Day Pass**  
\$95 (SAVE \$45)

**2 FOR 1**  
Thurs & Fri



Scan to buy tickets.

The Starlight Festival takes place at the **A&I Hall, Bangalow January the 2<sup>nd</sup>-5<sup>th</sup>**  
Doors open at 9.30am each day. **Festival tickets at the door or online.**  
BYO Yoga Mat & Cushion. Children under 13 FREE with a paying adult.

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## RESET Retreats: 13-19 January, 2025 - The Pocket

Embark on a transformative 5-day, 6-night journey designed to guide you through profound healing and personal growth

## Embodying Psychedelia: 21-23 March, 2025 - Mt Tamborine

Discover Australia's Leading Network Gathering for Somatic and Embodied Practitioners & Healers

## RESET Practitioner Training: 23 May, 2025 - Mullumbimby

Revolutionise your Practice: Become a Certified RESET Practitioner and Empower Lives with a Transformative Trauma - Healing Program



**2025  
STARLIGHT  
FESTIVAL**

**“BEYOND  
THE MASK”**

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