

**FREE PROGRAM**

**BYRON BAY**

# STARLIGHT FESTIVAL

**THUR 1<sup>ST</sup> - SUN 4<sup>TH</sup> JAN  
A&I HALL BANGLOW**



**SOUND HEALING**



**BREATH & CEREMONY**



**WELLNESS & HEALING**



**YOGA & DANCE**



**TAROT & PSYCHICS**



**WELLBEING MARKET**

**STARLIGHTFESTIVAL.COM.AU**

**TICKETS ONLINE OR ON THE DOOR (KIDS FREE)**

**TICKETS \$40**

**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 workshops in the Byron Shire** (limited to 12 people) are from **31st Jan - 6th of Feb & 4th - 10th April 2026**. (6 hours per day).



## New year, new energy, infinite possibilities.

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 1st-4th, 2026 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 experiencing the full festival, 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 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 access 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 and 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 \$40 and available at the door or online at: [starlightfestival.com.au](http://starlightfestival.com.au)**

\*Not valid with any other offer

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





## 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.



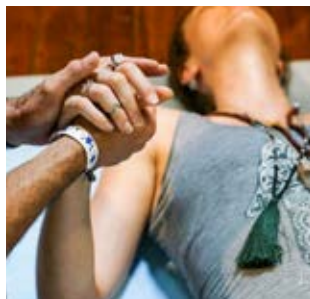
### Psychics, Tarot & Readings

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 reiki, sound healing, shamanic journeys, ZenThai Shiatsu, massage, Ayurvedic treatments, and more. Release long-held trauma and rejuvenate your mind, body, and spirit through holistic practices.

## 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.



## RESET & RECONNECT WITH YOUR EQUINE WELLNESS EXPERIENCE



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## 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.



### Pamela Chipana

Pamela Chipana (Peru) is an indigenous wisdom keeper of Andean and Amazonian cosmovision, hailing from a lineage of Chankan-Andean ancestors. With a deep commitment to sharing the sacred traditions of Peruvian master plants, Pamela inspires others to forge healing connections with cacao and other master plants, rooted in reverence, gratitude, and respect for Pachamama.



### 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.



### Sally Huapaya

Sally Huapaya (Peru) is a native Peruvian of Andean descent and an industrial engineer with a profound commitment to preserving and sharing ancestral wisdom. As an ancestral educator specializing in traditional Peruvian medicinal plants, she applies her engineering precision to meticulously care for every process.



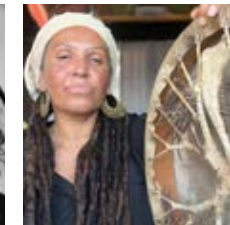
### Omora Munay Sonqo

Omora Munay Sonqo is a visionary healer, mentor, and medicine musician devoted to awakening the heart and restoring harmony between nature and deepening her understanding of the interconnectedness of all beings. This exploration expanded her love for cultivating and embodying deep wisdom.



### Renate de Koke

Through her global journey, Renate de Koker (Koko) used her work as a living classroom—studying human nature and deepening her understanding of the interconnectedness of all beings. This exploration expanded her love for cultivating and embodying deep wisdom.



### Ixchel Luna Sun

Ixchel Luna Sun is a shamanic medicine woman who walks between worlds, weaving ancient earth wisdom with celestial insight. Guided by the rhythms of moon and sun, she channels healing through sacred ceremony, elemental communion, and intuitive journeywork.

## Returning to Starlight Festival

HEATHER LEIGHTON  
SPIRITUAL TEACHER, COACH, SPEAKER

FROM 3D SURVIVAL TO 5D SOVEREIGNTY:  
BUILDING THE SAFETY TO AWAKEN

**To truly awaken, you must first feel safe.** In this workshop we'll begin at the root—the Basin of Safety—where true grounding, stability, and psycho-spiritual integration begin. You'll explore how the Root Chakra serves as the foundation for all transformation, anchoring your energy so you can safely expand into higher states of awareness.

**Friday 2<sup>nd</sup> January: 11:30am - 1:15pm**  
**Classroom Sacred Space**

### HEALING ANCESTRAL TRAUMA

The path to holistic health is not always found in the latest wellness trends or self-help strategies. **Often, the missing link lies within our ancestry**—in the gifts, strengths, and wisdom that have been passed down to us, as well as the patterns and limitations we may have unconsciously inherited.

**Friday 2<sup>nd</sup> January: 4:00pm - 4:45pm**  
**Scout Hall Wisdom Room**



## Become a Practitioner, or Add a new modality to your toolbelt



Learn ancient healing traditions combined with massage and essential oils, or start with our fun essential oil & nature's wisdom classes in Byron Bay (& other AU cities). Text 0432 788 843 or email [book@aromatica.net.au](mailto:book@aromatica.net.au) for info. Private sessions also available.



## Sound

*Deeply relax in a soundbath.*



### 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 traveled 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 traveled all around Australia. He visited the Northern Territory to Uluru to receive the blessings of the land.



### Shivam Rath

Shivam Rath is a local Byron Bay multi-instrumentalist, producer, and performer trained in Indian Classical Music, exploring new realms where ancient traditions meet modern innovation. Playing his signature 22-string Indian Slide Guitar and the crystal ball, he creates immersive soundscapes that transport audiences beyond genres.



### Debra Hodge

Deb's sessions weave the gentle power of Crystal Bowls with the deep rest of Yoga Nidra, creating a sanctuary where others can discover their own inner peace. Deb shares her teachings with warmth, authenticity, and love.



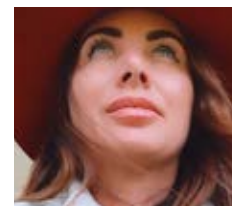
### Anisha

Anisha facilitates a range of holistic events, weaving her musical and healing gifts from Traditional Chinese Medicine and Native American healing practices. She plays a variety of instruments including the handpan, Native American flute, shamanic drum, harmonium, ukulele, and sound bowls. She also shares spiritual songs from the heart.



### Seriya & Matty

Seriya is extremely passionate about the potency of Sound as a healing tool and is the Co-founder of Sound Healing Australia. Matty Rainbow is a Byron Bay based, certified Kinesiologist, Sound Healer and Meditation facilitator.



### Lauren Sifas

Lauren masterfully orchestrates a symphony of sound, playing multiple instruments simultaneously, enveloping you in a multidimensional wave of vibrations. Immerse yourself in the live, curated soundscapes of Lauren's music, and experience the harmonious balance between mind, body, and spirit that sound therapy offers.



### Amanda Yawny

Amanda offers multidimensional support for healing and self-discovery, combining energetic techniques with a deep understanding of the body and energy field.

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# ADAM BUCHANAN

## SHAMANIC SOUNDSCAPE GUIDED MEDITATION

SHAMANIC JOURNEYING  
YOGA NIDRA, BREATHWORK  
MULTI INSTRUMENT & VOCAL  
SOUNDSCAPE MEDITATION



## CHANTING CIRCLE KIRTAN

**MANTRA** – the primary tool of Yoga  
for calming the mind

**SINGING** – opens the heart, and  
connects one to their inner nature

**VOCAL TONING** – physical, mental,  
and spiritual well-being.



QR CODE TO SOCIALS AND MERCH – FOLLOW, LIKE, SHARE 🙏

## Sound

*Deeply relax in a soundbath.*



### Alice Miyagawa

Alice runs Harmonium Australia, Shrine River Soundscapes and the Harmonium Choir. She is a teacher of harmonium, chanting, mantra meditation, and vocal techniques for singing and meditation. She is also a sound healer who uses harmoniums, crystal singing bowls, vocals, and other instruments.



### Junko

Junko's being resonates through her Crystal bowl sound therapy. Simple effective vibrational clearing rebirth experience for your whole being. Come and receive gentle but yet powerful healing for your soul.



### Stephanie Wallace

Stephanie is a sacred song writer, sound healer, yoga teacher and somatic counsellor. She has walked a dedicated spiritual path for 10 years through yoga, meditation, travel, somatic based therapy and shamanic traditions.



### Anup & Brinley

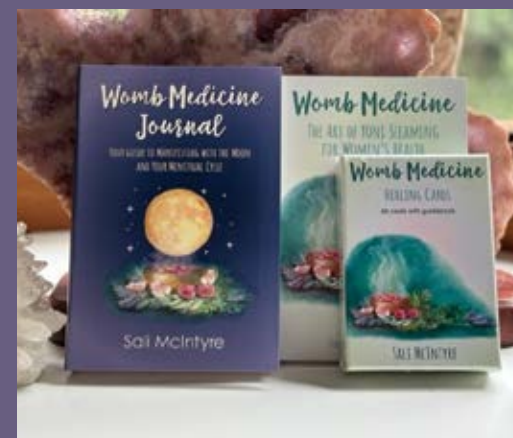
Have traveled throughout Australia, plus areas of the USA teaching and exhibiting their Singbowls. They will invite you to explore hands on and find and play your own Singbowl.

## Womb Medicine, the Trilogy: the Book, Cards & Journal

Womb Medicine, The Art Of Yoni Steaming holds the wisdom many of us never received as young women. It is the education every girl, teenager, mother, and grandmother deserves: to understand her body, honour her cycle, and embrace her natural power.

This collection invites every woman from maiden to mother, queen to crone, wherever she is in her life, to celebrate the rhythms of her body, to feel at home within, and take responsibility for her own health, happiness, and wellbeing. This is Womb Medicine. May we raise daughters who are unashamed of their bodies and women who remember their power.

Be the change you wish to see in the world.



### Sali McIntyre

wise woman / birth educator / conscious birth guide / BHS (Midwifery) 2011  
0417 439 394 salimcintyre@hotmail.com www.salimcintyre.com www.heartandsoulofwellness.com.au



## 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).



### 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.



### Scott Wallace

Scott Wallace is a Trauma-Informed Breathwork Facilitator, Transformational Coach & Speaker with a diverse background in Environmental Science, Advocacy, Law & Politics. Over the past decade Scott has worked with and led thousands of people, across Australia and Internationally, empowering them on their journey of healing, transformation and elevation.



### 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.



### Corey Barrett

Corey is the founder of Sacred Flow Breathwork, guiding others through transformational breath journeys that support healing, self-inquiry, and deep reconnection. His background as a professional fighter taught him discipline, resilience, and the power of presence—lessons that now shape the way he holds space for others.



### Pam Kirkley

Pam is a certified Rebirthing Breathwork practitioner, Somatic Experiencing® Practitioner, counsellor and yoga therapist. She provides body-mind therapies to support people healing from trauma, anxiety, stress, grief, and loss. Through her practice, Flow with Pam, she offers evidence-based and holistic modalities to help people reconnect with their bodies and vital life energy.



### Alexandor Fernandes

Alex is a transformational coach, breathwork facilitator, and speaker dedicated to helping people feel safe in their bodies and free in their truth. A former professional athlete and international coach he has helped 700+ individuals to reconnect with themselves. His work bridges the body, the mind, and identity with subconscious rewiring and nervous system.



### Emma McMillan

Emma is the Wellness Centre's heart and soul, she is both owner and manager, and your guide to holistic well-being. With a life time of personal exploration & 15 years professional development, she brings expertise in meditation, sound healing, and yoga, creating a nurturing space for healing and growth.




LION HEARTS BREATHWORK




Contact Krissy

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## 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.



### Delamay Devi

Senior Prana Vinyasa yoga teacher trainer, mentor, DJ of sacred beats and facilitator of The 360 Emergence Embodiment Practice. Born and raised locally, Delamay teaches internationally offering retreats, trainings and workshops.



### 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.



### Linda Newman

With 39 years of teaching experience, 25 training teachers, and over 3,000 hours of formal training, Linda has empowered countless individuals to transform their lives through holistic yoga, meditation and positive psychology.



### Aimo Javier

A senior instructor with 20 years of experience, Aimo blends tai chi, bagua, qigong and Taoist Alchemy with South East Asian martial arts, Zen practices, Sufi meditation and elemental manifestation.



### Silvia Bartolini

Silvia is an international Odaka yoga teacher, bodywork therapist, and Zen Warrior.



### Fiona Barnes

A devotee of the path of self liberation, Fiona has been passionately supporting others along this path for 15 years.



### Sasha Xara

Sasha is a movement artist and facilitator exploring the meeting point of embodiment, energetics, and presence.



### Eva

Yoga Facilitator and Sound Magician, Eva Michelle, weaves the complementary practices of yoga and vocal toning to create unique, immersive live sound and movement experiences.



### Shreya Gupta

Shreya Gupta is an experienced RYT500-certified Yoga and Wellness Instructor based in Melbourne.



### Louise McLaughlin

Lou is a yoga practitioner of over 30 years, with extensive study across various yoga styles, including trauma-informed and remedial approaches. Specialising in Yin Yoga, she holds Yoga Alliance accreditation as an ERYT 500+ and YACEP.



### Helen Selmeczy

A Sattva Master Yoga Teacher and recognised as a Master teacher by the Yoga Alliance International, Helen specialises in a diverse range of Yoga disciplines.



### 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.



### Mark Purser

Mark has been studying the art and practice of yoga and meditation for over 20 years with experience in most of the major yoga traditions, including Iyengar, Astanga, Bikram, Sivananda and Satyananda.



### Vitória Massini

Yoga Teacher & Energy Healer (Reiki Master) Vicki has the Brazilian Soul syncing with Nature's Cycles. Guide to the Moon Phases & Circle Facilitator.



### Ritika

Ritika follows a spiritual discipline, practicing yoga, kriya, meditation, mantra and rituals daily, and leads a life of honesty and integrity.



### Jennifer Genest

A kinetic movement adept who immersed her life in dance, body movement, internal martial arts and creativity since her youth to the in-depth study of yogic philosophy.



### Jo (Ved Shakti)

Jo blends Yogic science, conscious breathwork, and nervous system restoration, weaving a unique experience that bridges modern psychology with ancient wisdom.



## THE PEGASUS LINE

*We invite you to remember & embody & express the gifts of your soul. To be a part of the healing and reimagining of life with our Earth. Visit us at [thepegausline.com](http://thepegausline.com)*



## 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.



**Tammy Reid**

Tammy is a registered counsellor, registered teacher and Certified Facilitator of The Work of Byron Katie - a way to live in harmony with what is.



**Niveen Rajabdeen**

Niveen is a Masters trained Mental Health Counsellor, Ayurvedic Lifestyle Consultant, Reiki Healer, Yoga & Meditation teacher and Wellness Coach.



**Abikgail Crystal**

Abikgail Crystal is a Nature-Based Transpersonal Therapist with over 23 years experience in navigating altered states of consciousness.



**Becky English**

Becky English is a multidimensional healer, sound alchemist and spiritual mentor devoted to helping people.



**Anaiya Cooper**

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



**Tania de Jong AM**

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



**Sianna Rae**

Sianna Rae bridges sound, energy, and intuitive wisdom to guide others back to balance and inner truth.

### Dr Monika Ellen, PhD Psychotherapist



Drawing on ancient wisdom and modern psychology to provide support and integration for

Life transitions  
Existential concerns  
Psycho-spiritual crisis  
Psychedelic experiences  
Mystical experiences

**0411930560**

**drmonikaellen@protonmail.me**



**Teresa Whelan**

Teresa is a certified Hypnotherapist specialising in Rapi Transformational Therapy (RTT) and Quantum Healing Hypnosis Technique (QHHT).



**Delena McKinnon**

Delena McKinnon from Rainbow Alchemy weaves together Light Language, conscious breath, and harmonic sound.



**ZaKaiRan**

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



**Dean Bentley**

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



**Selin Ebeci**

Selin specializes in addressing low self-worth and its various manifestations, such as limiting beliefs.



**Sarah Mounajed**

Sarah is a registered psychotherapist, integration specialist, and founder of Cultura Therapies.



**Dr Chris Gilchrist**

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



**Jain 108**

Jain 108 is the author of 30 books, an international lecturer and polymath researcher of 36 years.



**Geoffrey Tellis**

Geoff is a renowned and much respected Practitioner from Byron Bay with a well established reputation.



**Daryl Krol**

Daryl is a Sacred Masculine Oracle, Earth gridworker, and Dragon channel whose work bridges the physical and the spiritual.



**Imogen Hobbs**

Imogen Hobbs is the founder of Change Channel Coaching, a men's empowerment movement.

## Debra Hodge

Deb works on Healing the Light Codes with Crystal Bowls, Breath and Intention.

Bringing Joy, Peace & Kindness  
Into Your Being & The Universe.

debhodge







**Rachel Hanrahan**

Quechuan-initiated shaman and Crystal Dreaming® master teacher, Rachel leads powerful healing experiences that supports deep release and spiritual awakening.



**Rhonda Kelly**

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



**Brendan Mulhall**

Brendan comes from a background of psychology and organisational development where he worked as a corporate consultant for 25 years.



**Shakti Burke**

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



**Christa Fleming**

Christa is a Reiki Master, Spiritual Teacher, Practitioner, Healer and Author who has served the Ballina-Byron Community for 25 years.



**Rama Raphael**

Rama Raphael is an Australia-based international teacher with 50 years' experience in the healing arts, and has been facilitating groups and retreats for 35 years.



**Talitha Marie**

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



**Artemis**

Artemis has worked for 35 years in the healing and spiritual field, and loves igniting people's passion around plant wisdom and essential oils.



**Lisa Jonas**

Lisa is the creator of energy clearing modality IGR & supports Lightworkers & Creators to align with their Soul Mission.



**Daniela Wilken-Jones**

Dani is your nature connection guide and the founder of KIKKA, a living expression of love for nature, people, and the planet.



**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**

Modern Day Shaman, Author, spiritual tour leader and teacher Rayms Crystal Dreaming® technique is taught world-wide. Offering clearing and access to the superconscious.



**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.



**Wendy Buckingham**

Psychic Medium, Energy Worker & Soul Essence Artist.



**José Toussaint**

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

## Bel Smith

Multidimensional Guide for New Earth Leaders, Conscious Families and Children



ATTUNED HEALING  
Belinda Smith



Bel Smith guides New Earth Leaders and Conscious Souls into deep soul leadership, mission embodiment and crystalline remembrance. Through AWOKEN, the Unicorn Temple of Mastery,

Joy and Creation, and her multidimensional activations, Bel supports leaders to unlock their crystalline DNA, stabilise their heart intelligence and embody the frequency required for mission in this new era.

Bel also guides Conscious Families through her Children of the Light Crystalline Quantum School. From conscious conception to soul-led parenting, Bel activates remembrance within parents

and children, supporting them to communicate soul to soul, create a loving and stable womb field, honour birth as a sacred portal, and raise children who stay connected to their intuitive gifts, inner wisdom and crystalline light.

Her work weaves unicorn frequency, Gaia codes and crystalline architecture to support humans of all ages to awaken, remember and live from the heart.

**Facebook:** facebook.com/belinda.smith.global

**Instagram:** instagram.com/belsmithconsciousleader

**Email:** attunedhealingbelindasmith@gmail.com

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**(CONTACT)**

Aurora Pagonis  
+61 460 030 100  
aurora.pagonis@gmail.com  
<https://shespeaks.live/>





#### Alexandra Quirk

Alexandra Quirk is a qualified medical herbalist, reiki master teacher and tantra teacher facilitator.



#### Dr Corin Storkey

Dr Corin Storkey (PhD – Med Chem) has over 15 years of academic and research experience, specialising in medicinal antioxidant chemistry.



#### Sali McIntyre

Sali McIntyre is an author, prenatal yoga teacher, and conscious Birth guide with a background in midwifery and Maya abdominal massage.



#### Kerri-Anne Pratt

Believes in our bodies innate wisdom to heal ourselves. She is a certified human garage coach and fascial maneuver practitioner.



#### Missi

Missi is the creator of The Pegasus Line, a Shamanic Pathway that facilitates the shedding of old patterns and beliefs.



#### Luna Shakti

Luna Shakti's playground is where science + spirituality come together.



#### Kaz

Kaz is a holistic educator, coach & yoga facilitator from the UK. She uses a Jungian approach to Tarot.



#### Monika

Dr. Monika Ellen is a psychotherapist who is passionate about assisting people to reach their full potential.



#### Aurora Pagonis

Aurora has facilitated women's empowerment and transformation circles across the globe over many decades.



#### Nazia Hanif

Nazia is an Embodied Leadership and Relationship Mastery mentor guiding visionary individuals into their full magnetic power and embodied sovereignty.



#### Daniela Todorovic

Through her gentle guided meditations, Daniela leads participants into deep states of relaxation.



#### Lela Diaz

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



#### Heather Leighton

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



#### Bel Smith

Bel Smith is a Multidimensional quantum certified practitioner and breathwork facilitator.



#### Sarina Browning

Sarina Browning is a teacher, mentor, and spiritual guide – as well as a qualified Theta Healing Practitioner – dedicated to helping others.



#### Zoe Everest

Zoe Everest (aka Ladi Abundance) is passionate about liberating others and bringing them back home to themselves through Therapeutic Tremoring.



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BEGIN TO HEAL.**

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This 12-month journey offers an exclusive opportunity for those truly ready to expand beyond the mundane into a multi-dimensional reality. Through 4 immersive modules, in-depth coaching and supportive peer relationships, you'll uncover your sense of purpose and have the confidence and support to start a brand new chapter for **you**. This is **your time to rise** beyond the everyday and awaken to who you were always meant to be!

*"I have grown into my true self, overcome many challenges, found a voice, confidence with my intuition, created boundaries and remembered my values and core truths. I've also found a tribe of amazing people whom I was searching for. I have embraced myself and made myself a priority which I have never done before" – Peta*



SCAN HERE

Take our quiz & book a call to see if this is for you



**Rhiannon Niamh**

Rhiannon is a women's coach devoted to supporting women who are ready to move from burnout, confusion, and overwhelm into confidence.



**Jarrod Taylor**

The last living custodian of Hapkiyusul—an ancient transformative practice known as "The Art of Flowing Freely with Focused Ki."



**Paul Benhaim**

Paul Benhaim has been in the hemp and cannabis industry since 1996 when he pioneered the first hemp foods company in the UK.



**Gerold Mayr**

Gerold is active in Trauma Exploration & Release in various modalities for many years and found in EFT a remarkable tool.



**Barbara Prestia**

Barbara Prestia is a soulful performer and Vocal Production Coach devoted to helping others reconnect with their authentic voice.



**Gopi Magnieux**

She has had the opportunity to share the benefits of meditation in different parts of the world.



**James Korber**

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



**Naythan Thorpe**

Is a Shamanic Healer based on the Gold Coast, QLD. He offers in person Shamanic Healing Sessions.

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**Omora Sonqo**

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- 1:1 Healing & Detox Sessions
- Transformational Retreats
- Vision Quest & Kiva Gatherings

Much love  
Sophie & Omora  
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RETREATS AUSTRALIA**

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We look forward to connecting with you and are excited about the opportunity to collaborate. We warmly welcome private groups and are open to co-creating meaningful experiences together. Please don't hesitate to reach out to us.



**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 experience and shaman from kaweskar heritage, Chile.



**Leroy Midgley**

Leroy Midgley is a healer and massage therapist dedicated to sharing his Earth healing touch with people who are ready.



**Carine Cuyvers**

Carine, or CC, is the founder of BlissOut by CC, a holistic wellness brand dedicated to nurturing the body, mind, and soul.



**Kaliana**

Kaliana is an international facilitator, author, and singer-songwriter and teacher of Vibrational Healing since 1985.



**Grace Wilczak**

Grace is International Psychic Medium. Grace healing you life through messages from your loved ones in heaven also from Archangel and Angels



**Maxime Willems**

Registered Counsellor, Equine Assisted Therapist, Yoga Therapist & Master's Student in Gestalt Psychotherapy.



**Sarah Johnson**

Sarah blends her deep understanding of breathwork with accessible science, empowering participants.



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**21<sup>st</sup> Feb 2026**

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**A lifelong gift of stronger self-awareness.**

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Be engulfed by mother nature as you step onto our peaceful deck, cradled by the valley below. Here, in a small and welcoming circle, you are embraced as you are- beginner or not. We move slowly, breathe deeply, and let everything else fall away.

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**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> Scout Hall	<b>10-10.45am</b> Make your mind your best friend. Learn to still your mind and bring calm into your everyday life with Gopi Magnieux.				<b>11-11.45am</b> Psychedelic Integration & The Quantum Field: Realigning Trauma, Healing and Growth. A powerful exploration of psychedelic experiences with Sarah.				<b>12-12.45pm</b> Energy Clearing & Protection. Discover quick & easy ways to clear energy, cleanse space & protection in this hands-on session with Kripa.				<b>1-1.45pm</b> Harmonizing Hormones Naturally: Mastering Maca	
<b>BREATH SPACE</b> School Hall	<b>10.15-11.15am</b> Somatic movement and breathwork. Somatic movement class and active breathwork for emotional release and physical balance with Eli Usma.				<b>11.30-1pm</b> Hypnotherapy for Deep Healing & Transformation. Join Selin for a 1.5-hour immersive workshop exploring the power and science of hypnotherapy. Experience firsthand how hypnotherapy can help you release subconscious blocks, reprogram your mind Selin Ebeci.				<b>1.15 -2.15 pm</b>					
<b>SOUL SOUNDS</b> Mollar Pavillion	<b>9.45-10.45am</b> Tranquility and Inner Peace. Crystal Bowls and Yoga Nidra to find inner peace with Deb Hodge.				<b>11-12.15pm</b> Sound Alchemy Healing Through Sound & Energy: Vibrational sessions using sound, voice, and frequency medicine to clear energetic blockages and restore harmony with Sianna Rae.				<b>12.30-2.15pm</b> Step Into the Frequency of Who You're Becoming. Begin the new year by meeting the most luminous version of yourself - your future					
<b>YOGA SPACE</b> RSL Hall	<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> Tai Chi Forest. An elemental-based movement practice blending Tai Chi and Qigong principles with breathwork and guided visualisation with Aimo.				<b>12.30-1.30pm</b> Prana Vinyasa Yoga. An uplifting Yoga practice for all with movement meditation, creative sequencing and relaxation with Delamay.					
<b>WORK SHOPS</b> School Classroom	<b>10-11am</b> The Sacred Masculine & the Alchemy of Polarity. An exploration for men and women into leadership, safety, and soul-aligned connection with Daryl Krol.				<b>11.15-12.45pm</b> Channelling your Source-Self with Toning, Light Language & Improvisation. Channelling is the art of translating the vibration of Source through movement, sound, music and words, without doubt, editing or hesitation with ZaKaiRan.				<b>1-2.15pm</b> Pegasus Shamanic Process with Missi.					
<b>INSIGHT ROOM</b> Backstage	<b>10.15-11am</b> Progression Astrology Workshop with Lisa. Explore your sun sign progression phases to understand spiritual development challenges.				<b>11.15-12pm</b> Health benefits of Superfood. Join Shane for an informative and empowering session on the incredible health benefits of Immortal Blends.				<b>12.15-1pm</b> How you feel is written all over your face! Integrative workshop offered by Antonieke Verschure PhD. Explore the landscape of face.					

### Program highlights



#### Awakening Your Inner Warrior

Helen Selmeczy  
Yoga Space  
10-11am

Step into your power and transform fear, insecurity, and vulnerability into resilience, confidence, and courage. In this 60-minute Kriya Yoga class. Come prepared to move beyond your limitations and ignite the fire of confidence within.



#### Prana Vinyasa Yoga

Delamay Devi  
Yoga Space  
12.30-1.30pm

An uplifting and energising yoga practice for all. Starting with an opening movement meditation and flowing through creative sequencing as we play with our intelligent edge before relaxation, leaving you feeling open and connected!



#### Step Into the Frequency

Becky English  
Soul Sounds  
12.30-2.15pm

In this uplifting guided activation you'll align with your future frequency, receive guidance, and embody new codes of confidence, abundance, and soul-led direction. An empowering New Year experience to energetically set your path for 2026.



#### Harmonizing Hormones Naturally

Pamela & Sally  
Soul Sounds  
1-1.45pm

Drawing from ancient Incan lore and Andean cosmovision, they will guide you through maca's sacred story, its intricate preparation cycles, sustainable harvest methods, and traditional medicine preparation techniques.

## 1<sup>st</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
for Optimal Health and Balance with Pamela and Sally.			<b>2-2.45pm</b> Journey to Ancient Civilisations and neutrinos. How they affect you in today's awakening of humanity with Marcela Toro.				<b>3-3.45pm</b> Navigating Life Transitions - Family Constellation. An immersive experience with Talitha Marie, Family Constellations Therapist.				<b>4-4.45pm</b> You're designed to Re-New! A unique bio geometric approach to body work. Overcome tension, & pain with James & Chris.				<b>5-5.45pm</b> The hidden architecture of the mind. Changing self-concept Through subconscious programming with Lela.		
A Channelled Workshop To Heal The Heart. Shaped by the questions of attendees & primordial sound (a form of light language.) with Zhara.			<b>2.30-3.30pm</b> Akashic Record Recall. Step into a sacred space of stillness and self discovery. Through guided meditation, you are gently led into a deep state of relaxation by Daniela.				<b>3.45-4.45pm</b> Light Language Meditation with Breathwork. This gentle yet powerful session weaves together conscious breathwork & the frequencies of Light Language with Delena.				<b>5-6pm</b> Embodied Aliveness: A Sensual Movement Experience. Explore instinctive movement with Sasha.						
self. In this uplifting guided activation, Becky uses sound frequencies, light language, & timeline visualisation to align with your future frequency.			<b>2.30-3.30pm</b> Deep Sound Immersion. Allow yourself to relax and release and as the healing sounds to take you on a journey of deep relaxation, stress release and renewal with Heidi Bone.				<b>3.45-4.45pm</b> Mantra Meditations. You're invited to journey with Alice as we tap into deep safe heart-space to create transformational sound-vibrational experiences with our voices.				<b>5-6pm</b> Finding joy ease & inner peace. Junko shines through her crystal bowl sound therapy.						
			<b>1.45-2.45pm</b> A Sense of Purpose. Using Yoga Nidra & Sankalpa to create a new reality. Yoga Nidra is the art of yogic sleep, a profound system of deep relaxation. Experience it with Mark.				<b>3-4pm</b> The Art of Balance: Traditional Hatha. Join Shreya for a deeply grounding approach to traditional Hatha Yoga, perfect for finding balance amid the festival buzz.				<b>4.15-5.15pm</b> The Six Healing Sounds. Ashley Brunner A self healing routine from Traditional Chinese Medicine, taught in TCM training colleges for the tonification of internal organs and emotional well being.						
This is your invitation to enter the mythic current. To meet yourself in mirrors older than time. To trace ancient footsteps.			<b>2.30-4.15pm</b> Personal & Planetary Healing- Sacred Union. In this presentation Kalliana and Rama, together with the family of light, will bring forth the wisdom teaching of the divine feminine and masculine in union, to create a loving heartfelt portal.				<b>4.30-6pm</b> Embodied Enneagram. An enneagram symbol map to show people how they can understand their patterns and grow beyond with Brendan Mulhall.										
<b>1.15-2pm</b> Smudging essentials. Learn to smudge, using a variety of products with Lynise.			<b>2.15-3pm</b> Introduction Psychic intuition. Grace will share with you how to tune in to your intuition, higher self, guides and angles.				<b>3.15-4pm</b> Learn how to play a singing bowl. Get Hands on and Tune in, connect and explore sound with a singing bowl with Anup.				<b>4.15-5pm</b> A talk on the philosophy of Hapkiyusul with Jarrod.						



#### Learn to Smudge

Lynise  
Insight Room  
1.15-2pm

Learn to smudge, using a variety of products to help you achieve an elevated experience. We will be looking at traditional smudging such as White Sage and Palo Santo along with other natural materials such as resins, incense and oils.



#### Mantra & Meditation

Alice Miyagawa  
Soul Sounds  
3.45-4.45pm

You're invited to journey with Alice as we tap into deep safe heart-space to create transformational sound-vibrational experiences with our voices - healing and upliftment for all



#### Embodied Aliveness

Sasha Xara  
Breath Space  
5-6pm

Explore instinctive movement.



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### 10% Discount for RTT and QHHT Sessions

Book a FREE Clarity Call to find out more. **Save 10%** on a transformational hypnotherapy session with code: Starlight.  
(Valid until 31st of January 2026)



**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> Scout Hall	<b>10-10.45am</b> Six Healing Sounds Playshop. This gentle, voice-led practice from Traditional Chinese Medicine uses sound, breath, and movement with Rachel Hanrahan.				<b>11-11.45am</b> Unlock Your Potential with Jose's Brain Gym & Movement. Are you ready to experience a breakthrough in how you think, feel, and move?				<b>12-12.45pm</b> Cosmic integration with Sarina. This workshop is a powerful, hands on experience designed to help uncover hidden negative beliefs.				<b>1-1.45pm</b> Raym will demonstrate his profound, fast, drug-free	
<b>BREATH SPACE</b> School Hall	<b>9.45-10.45am</b> Ignite Your Energy, Calm Your System - Wim Hof Breathwork. Transformative breathwork led by certified instructor Sarah Johnson.				<b>11-12pm</b> Awakened Journeys. This workshop offers participants an invitation to surrender, expand and remember who they truly are through breathwork, visualisation with Teresa & Tui.				<b>12.15-1.15pm</b> Ascension Breathwork Journey. Join us for a transformational experience and embark on a guided Breathwork Journey designed to help you tap into your inner power with Scott.					
<b>SOUL SOUNDS</b> Mollar Pavillion	<b>10-11.30am</b> Vibrational Healing - Meditation & Sound Guided meditation, exercises from the Taoist tradition and sound healing with Crystal and Tibetan singing bowls. Turn inward and reconnect with your true sacred language, meet your own channel with Amanda Yawny.				<b>11.45-12.45pm</b> Vocal Reconnection, Your Voice, Your Magic. Discover the power of your authentic voice in this foundational and experiential session. Learn how your voice can be a tool for healing with Barbara.				<b>1-2pm</b> 7 chakras Crystal Bowls. Each bowl corresponds to					
<b>YOGA SPACE</b> RSL Hall	<b>9.45-11.15am</b> Kundalini Yoga with Gong Sound Bath Jo (Ved Shakti) blends breathwork, movement, and meditation with mantra and sound to deepen intuition, open the heart, and elevate your vibration.				<b>11.30-12.30pm</b> Yoga Qi Flow Somatic Movement. Fusion of Hatha yoga, internal martial arts, dance and somatic movement techniques guided by Jennifer Genest's nurturing voice, a musical journey.				<b>12.45-1.45pm</b> Byron Bliss: The Yin Path to Profound Stillness with Shreya. After the active energy of the New					
<b>WORK SHOPS</b> School Classroom	<b>9.45-11.15am</b> Wisdom in Motion: Self-Awareness, Contentment & Connection Maxime offers an experiential taste of her work: An invitation to slow down, breathe, and reconnect with your inner rhythm through body, breath, and self-awareness.				<b>11.30-1.15pm</b> From 3D survival to 5D sovereignty: Building the safety to Awaken with Heather Leighton. Multi-dimensional health honours a multi-dimensional world.									
<b>INSIGHT ROOM</b> Backstage	<b>10.15-11am</b> Angels: protection and help with Grace.				<b>11.15-12pm</b> Connect with your loved ones in spirit. Rhonda will facilitate connection with loved ones.				<b>12.15-1pm</b> Past Life Regression, to connect with our Soul Paul will speak about past life regression, how it works, and how it can be a tool for healing directly.					

## Program highlights



### Sound Guided meditation Amanda Yawny Soul Sounds 10-11.30am

This group session combines guided meditation, taoist energy awareness dynamics with the expansive vibration of the crystal and Tibetan singing bowls. Time to come back to you, your language, your access points, your true language, yours.



### From 3D survival to 5D sovereignty Heather Leighton Workshops 11.30-1.15pm

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.



### Sound Of Being Journey Matty & Seriya Soul Sounds 2.30-4.30pm

Moving towards your infinite potential with Breathwork, Meditation and Sound. An activation of the soul and psyche as you journey deeper into your own awareness with Matty & Seriya.



### The Power to Ask Nazia Hanif Workshops 3.30-5pm

In this potent, playful and confronting session, Nazia guides you into the deeper energetics of asking, not from collapse, performance, or manipulation, but from clean, embodied, magnetic presence.

## 2nd 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
EXPRESS Crystal Dreaming® technique, with Q&A.		2-2.45pm Understanding & Navigating Spiritual Emergency. A roadmap for alternative ways working with psychological states with Dr Monika.				3-3.45pm Ayurvedic Healing Hacks with Anaiya Cooper. Quick and simple ways to bring Ayurvedic Healing into your life.				4-4.45pm Healing ancestral trauma with Heather Leighton.				5-5.45pm Trance Healing with Antonieke. Connecting with your guides.		
1.30-2.30pm The song line of Kwan Yin and a shamanic journey sound healing and breathwork with Marcela Toro.						2.45-3.45pm Tantric & Taoist Energy Activation Meditation. In this immersive session, you will be gently guided through a chakra meditation designed to awaken and balance with Alexandra Quirk.				4-6pm The Expansion - Breathwork ceremony & sound. Join Kristy for a gentle but powerful journey with Tetra Breathwork with shamanic ceremony and sounds. Journey back to the heart through the elements of Earth Water Fire and Air. Activating your natural healing mechanisms.						
one of the 7 chakras. The aim is clearing energy blockages and balancing the soul with Jose Toussaint.			2.30-4.30pm Sound Of Being Journey. Seriya Cutbush and Matty Rainbow offer a deeply nourishing sound healing weaving breathwork, kinesiology, intention and sacred instruments of tamboura, crystal singing bowls and Tibetan bowls, medicine drum, channeled voice, flute and harmonium.						4.45-6pm Experience a live Raga Flow with Shivam Rath, blending the mesmerizing sounds of crystal slide guitar and electronic tabla loops.							
Year, this class offers a crucial sanctuary for deep release.		2-3.30pm Fascial Maneuevrs with Kerri-Anne Pratt. Fascial maneuvers are designed to reduce stress so your body can begin to heal. By opening up and releasing your fascia your body can move and feel better.				3.45-4.45pm A 360 Emergence Movement Lab. Join Delamay for a Movement Lab dedicated to the first full moon of the year! A movement map that is a journey of discovery & healing.				5-6pm Yin & Sound Journey with Steph Wallace.						
1.30-3.15pm Womb Wisdom: A Yoni Steam & Self-Care Workshop Join Sali McIntyre for a gentle, educational & heart-centred workshop exploring the ancient art of yoni steaming. Together we'll learn how yoni steaming works, its roots in traditional women's medicine, & how to create a safe, nurturing practice at home.						3.30-5pm Tension, Desire & The Power to Ask. In this potent, playful and confronting session, Nazia guides you into the deeper energetics of asking, not from collapse or manipulation, but from clean, embodied, magnetic presence.				5.15-6pm Men of Purpose: Reclaiming Strength, Boundaries & Leadership with Imogen Hobbs.						
1.15-2pm Walk your Truth. After surviving a near-death car accident at age 18, Leroy.		2.15-3pm Loving your divine self. A chakra journey to discover your inner divine self guided by Christa Fleming.		3.15-4pm Experience quick and easy ways to release stress, anxiety & insomnia to feel aligned, balanced & in harmony with Kripa from Being You.		4.15-5pm Be Your Own Doctor. Sujok Therapy with Geoffrey.										

# Abikgail Crystal

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0437488884

culturalarttherapist@gmail.com  
insta: abikgailcrystal

Appointment only  
Natural Bridge NP & Online



\*Program subject to change by divine intervention.

## Saturday

3<sup>rd</sup> Jan

All program events included in the price of entry.

	10am	15	30	45	11am	15	30	45	12pm	15	30	45	1pm	15
<b>WISDOM ROOM</b> Scout Hall	<b>10-10.45am</b> Breath exploration & Sit with Silence meditation. Exploring some easy, simple breath techniques, followed by being led into sitting with silence with Carine.				<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> Tarot - Intro to reading. Step into the world of Tarot with this hands-on introductory session. Learn the foundations of reading with Kaz.				<b>1-1.45pm</b> Ayurvedic Approaches to Everyday with Niveen.	
<b>BREATH SPACE</b> School Hall	<b>10.15-11.15am</b> Gentle Rebirthing Breathwork. A gentle approach to conscious-connected breathwork to release tension, cultivate presence, revitalisation and inner peace with Pam Kirkley/Flow with Pam.				<b>11.30-1.30pm</b> Rebirthing Breathwork & Sound. A gentle but deep breathwork experience to connect to the heart and come home to self and balance. Dive deeply into your inner landscape with breathwork, Unlock the power of your breath and expand your heart with Emma McMillan.									
<b>SOUL SOUNDS</b> Mollar Pavillion	<b>9.45-10.45am</b> Sound Healing A Soul Symphony – The 3 Layers Of Rest with Lauren Sifas. We seek rest in all 3 layers – Rest for the body, mind & heart.				<b>11-12pm</b> Qigong & Handpan Meditation Experience the ancient art of the Eight Brocades Qigong – a graceful, flowing practice that cultivates balance, vitality, and inner calm with Anisha.				<b>12.15-1.45pm</b> Reset & Restore: A Nervous System Breath & Sound Journey. Calm your nervous system & restore balance within. Release tension, quiet the mind, and return to deep peace with Sophie & Omora.					
<b>YOGA SPACE</b> RSL Hall	<b>9.45-10.45am</b> The Art of Flowing Freely with Focused Ki. Hapkiyusul is an ancient holistic art that unites body, mind and spirit with Jarrod Taylor.				<b>11-12pm</b> Flow Like Water. Introduction to Odaka Yoga. Journey into fluid movement inspired by the ocean and martial arts. Through soft, dynamic sequences moving with mindfulness with Silvia Bartolini.				<b>12.15-1.15pm</b> Heart Flow. Ground into the wisdom of your body and let your heart lead the way. An Anusara-inspired practice that blends breath, movement, & alignment with Julia Wunder.					
<b>WORK SHOPS</b> School Classroom	<b>10-11am</b> Meet & meditate with your higher intelligence. Unlocking the keys to self healing via unique meditation process - learn how to deeply relax quickly, self regulate, reduce pain with Chris & James.				<b>11.15-1.30pm</b> The White Rose Sisterhood Initiations - Remembering A Sacred Circle for women to experience the wisdom teachings of The White Rose Sisterhood, to remember their divine feminine nature. This is an invitation to participate in an experiential journey through meditation, transformative practices, authentic sharing and an honouring ceremony with Aurora & Kalliana.									
<b>INSIGHT ROOM</b> Backstage	<b>10.15-11am</b> Soul Purpose Workshop. Explore topics connected to soul purpose, higher self-actualisation and spirit guide connection with Lisa Jonas.				<b>11.15-12pm</b> The Evolution of the Individual. Dee will share her knowledge of this cosmic configuration that is affecting us now.				<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.					

30	45	2pm	15	30	45	3pm	15	30	45	4pm	15	30	45	5pm	15	30-45	
A preventative approach to well-being.		2-2.45pm Mayan astrology forecast for the collective in 2026 with Eli Usma.				3-3.45pm How to share good energy. Simon Borg-Olivier will talk about how to create a personalised dynamic meditative practice.				4-4.45pm Ancestral Wisdom, visualisation and journaling with Renate de Koker.				5-5.45pm Psychedelic-Assisted Therapies with Tania de Jong.		5:45-6.30pm Grounding Earth with Rhiannon.	
		1.45-2.45pm Sacred Flow Breathwork Corey Barrett guides a powerful breathwork journey designed to help participants rise, release, and return home to themselves.				3-4.15pm Be Seen: How to Be Yourself When the World Has Taught You to Hide. A journey to dissolve shame, create safety in your body, and reclaim the confidence to be unapologetically you with Alex Transcend.				4.30-5.15pm Balancing Moon & Sun. Explore the profound practice of Balance Pranayama with Vitoria.				5.30-6.30pm Your Quantum Energy Field. Learn how it works with Wendy.			
		2-3pm Find Your Voice - A Magical Healing Experience. Don't miss this transcendental journey of breath, sound and harmony raising your sense of one-ness with Tania de Jong AM.				3.15-4.30pm Inner Wisdom Sound Journey A New Year Awakening. Step into a nurturing space of stillness and connection as you begin the year with intention and inner clarity. A restorative and sacred experience with Carmen.				4.45-6.15pm Shamanic Soul Journey Transcendence. Let the beat of the drum return you to your centre with Ixchel Luna Sun.							
1.30-2.30pm Kundalini Rising - Awaken Your Energy. Ignite your inner fire with a dynamic Kundalini yoga class blending breath, movement, and mantra with Linda Newman.			2.45-3.45pm Awaken Your Infinite Potential. Find your dharma and live from the power of your heart. Join Ritika as she guides you in a journey to remember your strength and purpose.			4-5pm Slow Yoga Flow. This gentle Vinyasa class combines mindful movement with breathwork to stretch, unwind and reconnect with Agneta.			5.15-6.15pm Fascial Freedom. Fascial maneuvers to reduce stress so your body can heal with Kerri-Anne.								
		1.45-3.45pm Exploring shamanic practices of Peru with modern neuroscience -Cacao, psychedelics, and neuroplasticity. This workshop bridges ancient indigenous traditions with cutting-edge neuroscience to explore the powerful intersection of cacao, psychedelics, and spiritual transformation with Dr Corin & Sally Huapaya.								4-6pm From Carbon to Crystalline DNA A Galactic Activation Journey. Join Bel Smith for a transformative journey exploring the shift from carbon-based DNA to crystalline DNA. Bel shares the differences between these two energetic operating systems.							
1.15-2pm Energy Attachment, Karma, Curses and Contracts with Raym.		2.15-3pm Health benefits of Superfood. Join Shane for an informative and empowering session on the incredible health benefits of Superfood.		3.15-4pm Awakening Your Psychic Senses. Step into a guided exploration of your innate psychic abilities with Talitha Marie Psychic Medium.		4.15-5pm Ayurvedic Healing Hacks. Easy ways to bring this ancient health science into your life with Anaiya Cooper.											

### Program highlights



#### The Art of Flowing Freely Jarrod Taylor Yoga Space 9.45-10.45am

Hapkiyusul is an ancient holistic art that unites body, mind and spirit through flowing, focused movement. Its 12-part system builds strength, mobility and inner balance.



#### Introduction to Odaka Yoga Silvia Bartolini Yoga Space 11-12pm

Journey into fluid movement inspired by the waves of the ocean and martial arts. Through soft, dynamic sequences moving with mindfulness you will learn to release tension, improve mobility and rediscover harmony between body, breath, mind and intuition.



#### Rebirthing Breathwork Emma McMillan Breath Space 11.30-1.30pm

Embrace the support of the universe as you transform and elevate your consciousness, leaving with a renewed sense of purpose and connection to the divine. Join us in this sacred space and embark on a path of deep healing and transformation.



#### Reset & Restore Breath & Sound Sophie & Omora Soul Sounds 12.15-1.45pm

A soothing breath and sound journey to calm your nervous system and restore balance within. Together we release tension, quiet the mind, and return to a state of deep peace and safety. Guided by the harmony of breath and healing sound.



#### Learn to play a singing bowl Anup Insight Room 12.15 -1pm

A hands-on singing bowl workshop, teaching the basics on how to use singing bowls for meditation, healing and space clearing.



#### Ayurvedic Everyday Wellness Niveen Rajabdeen Wisdom Room 1-1.45pm

Learn a preventative approach to well-being to maintain an optimal level of balance leading to a healthy 'agni' (digestive and metabolic fire). This is achieved through the practice of Dinacarya – daily self-care routines.



#### Pranayama Moon & Sun Vitoria Massini Breath Space 4.30-5.30pm

We will balance the lunar (cooling) and solar (warming) energies, known as Ida and Pingala. Inspired by the Hatha Yoga Pradipika, this simple yet profound practice harmonizes the nervous system, clears energy channels, and cultivates mental clarity.



#### Shamanic Soul Journey Ixchel Luna Sun Wisdom Room 4.45-6.15pm

Let the beat of the drum return you to your centre, Let it soften your edges, and bring you home to a smile upon your face A smile of gratitude knowing that you belong right here with tribe and family.



# Sunday

\*Program subject to change by divine intervention.

	10am	15	30	45	11am	15	30	45	12pm	15	30	45	1pm	15
<b>WISDOM ROOM</b> Scout Hall	<b>10-10.45am</b> The Worthiness Revolution: How to Feel Enough and Thrive. 3 keys to breaking through confusion & finding life purpose clarity with Teresa.				<b>11-11.45am</b> Sacred Geometry & The Art of Numbers with Jain108. The translation of number into art and sacred symbols that make up the universe!				<b>12-12.45pm</b> Ancestral wisdom of cacao – reconnecting with the origins and cosmovision. A journey into the heart of cacao's ancient roots with Pamela Chipana.				<b>1-1.45pm</b> Join hemp and plant medicine pioneer Paul	
<b>BREATH SPACE</b> School Hall	<b>10-11am</b> A Nature Connection Journey - Pause, Connect, Refresh. A nature connection experience that weaves together energy flow sequence, ancient breath techniques and meditation with Daniela.				<b>11.15-12.45pm</b> Manifestation Breathwork Journey Awaken your inner power and call in your deepest desires through the magic of breath, harnessing this life force to transform intention into reality and possibility into being with Sophie Samrow.				<b>1-2.30pm</b> 5 Dimensional Flow: Simon Borg-Olivier					
<b>SOUL SOUNDS</b> Mollar Pavillion	<b>9.45-10.45am</b> A Shamanic Journey to retrieve a power animal. A power animal is your guide to the other side. They give you protection, guidance and help with Naythan.				<b>11-12pm</b> Mantra Meditations You're invited to journey with Alice as we tap into deep safe heart-space to create transformational sound-vibrational experiences with our voices.				<b>12.15-1.15pm</b> Echoes & Tales: A Journey Through Sound and Story. Immerse yourself in a soul-nourishing journey where sound healing meets storytelling. Guided by Atman.					
<b>YOGA SPACE</b> RSL Hall	<b>9.45-11.30am</b> Foundations of Yoga Workshop with Fiona Barnes. In this workshop we develop strong awareness of alignment in 8-10 of the foundational yoga poses. This class is a nervous system reset, where there is no rush to “keep up”.				<b>11:30-12:30pm</b> Quantum Flow Activation A Quantum Flow activation, a fusion of breath, movement, sound, voice activation and dance to reset our nervous system, returning to our essence with Julia Wunder.				<b>12.45-1.45pm</b> Unwind from Within This session is a return to the inner body with Linda. This session is					
<b>WORK SHOPS</b> School Classroom	<b>9.45-11.15am</b> Freedom from stressful thinking. In this workshop you will learn four questions that can change your life. Great spiritual texts describe what it means to be free. The Work shows you exactly how to identify and question any thought that would keep you from that freedom with Tammy Reid.				<b>11.45-1.30pm</b> Soul Initiation. Step into a transformative journey of self-discovery and soulful awakening. Soul Initiation is an interactive workshop that invites you to form a deeper relationship with your own soul and recognise how life itself is constantly guiding you toward your fullest potential with Dean.									
<b>INSIGHT ROOM</b> Backstage	<b>10.15-11am</b> Empath Well-Being Workshop. Create awareness around empath challenges and learn tools to protect and support your energetic well-being with Lisa.				<b>11.15-12pm</b> Men, Who Leads Your Relationship? With Imogen Hobbs.				<b>12.15-1pm</b> Healing with Past Lives. Paul will discuss about the mechanics of Past Life regression, its scope, releasing trauma and connecting with our soul.					

## Program highlights



### Freedom from stressful thinking Tammy Reid Workshops 9.45-11.15am

In this workshop you will learn four questions that can change your life. As we do The Work, we are aware of our stressful thoughts, we question them and they lose their power over us.



### 5 Dimensional Flow Simon Borg-Olivier Breath Space 1-2.30pm

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 will teach you some simple spinal movements, that can be done standing or sitting.



### AcuSonic Healing Anisha Soul Sounds 1.30-2.30pm

Embark on a deeply restorative journey combining sacred sound and acuthery. Immerse yourself in the healing vibrations of handpan, Native American flute, shamanic drum, and crystal bowls, enhanced with tuning fork therapy.



### Illuminating the Inner Light Rachel Hanrahan Wisdom Room 2-2.45pm

Sacred Mantra, Mudra & Meditation Practice Step into the stillness and sacredness of this guided workshop exploring the radiant power of the Gayatri Mantra, one of the most ancient and revered chants of the Vedic tradition.



### Kundalini Chakra Flow Luna Shakti Yoga Space 2-3pm

We move through the chakras in a steady arc from grounding to expansion, creating an energising yet nourishing experience supported by sound. The intention is to awaken Shakti in a grounded, safe, and embodied way.



### YinYasa Sound Bath Eva Michelle Yoga Space 3.15-4pm

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.



### Embodied Harmony Zoe Everest Breath Space 4.30-6pm

Neurogenic tremoring, also known as shaking medicine, is a primal mechanism that mammals use to involuntarily release trauma and tension from the body. Combined with the power of voice activation this workshop will leave you grounded, present, & alive.



### Cacao Ceremony & Kirtan Prema Shakti Rising Soul Sounds 4.30-6pm

You're warmly invited to sing, move, and connect in community with Prema Shakti Rising, as we dive into the energy of ceremonial cacao and your heart through ecstatic Kundalini-inspired Kirtan.

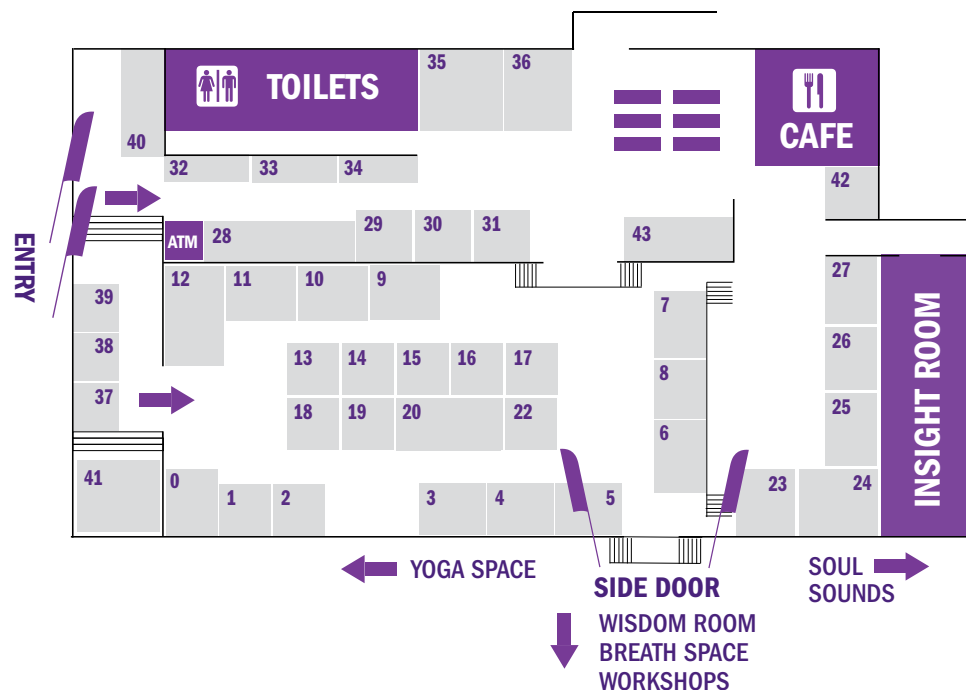
# 4<sup>th</sup> Jan

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	
Benhaim for Mental Health and frequency technologies.		2-2.45pm Illuminating the Inner Light: Bija Mantras. Sacred Mantra, Mudra & Meditation Practice with Rachel.				3-3.45pm Nature Spirits; a journey and healing circle with Jo Fay Duncan.				4-4.45pm Silence the mind. Truly slow down and reset to the pace nature intended with Shakti Burke.				5-6pm The Sacred Masculine & the Alchemy of Polarity. An exploration for Men and Women with Daryl.			
safe, effective & accessible spinal movements for health, happiness & longevity in this session Simon will teach you some simple spinal movements, that can be one standing or sitting.						2.45-4.15pm Shamanic Breathwork. A transformational, experiential practice that uses deep, circular breathing to induce an altered state of consciousness. Facilitating deep healing, emotional release with Krisy Conroy.						4.30-6pm Embodied Harmony - Nervous System Renewal Through Tremoring, Voice & Song. This transformative workshop that will guide you through embodiment practices with Zoe Everest.					
1.30-2.30pm AcuSonic Healing with Anisha. A restorative journey combining sacred sound and acuthery. Immerse yourself in the healing vibrations of handpan, flute, drum, & crystal bowls.						2.45-4.15pm Voices of the Heart Medicine Song Circle. Gather in community to open our voices and share songs of the heart – a sacred space to sing, listen, and remember the healing power of song with Sophie & Omora.						4.30-6pm Prema Shakti Rising, Cacao & Kirtan Journey. You're warmly invited to sing, move, and connect in community with Prema Shakti Rising, as we dive into ceremonial cacao.					
guided by the classical map of Hatha Yoga.		2-3pm This Kundalini-inspired flow blends breathwork with accessible movement to gently activate the body's natural vitality. Awaken Shakti in a safe, and embodied way with Luna.				3.15-4.15pm YinYasa Sound Bath. 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.				4.30-6pm Radiance in Rest: Yin & Sound Immersion. Awaken your inner radiance and heart through the deep release of Lou's signature Yin & Sound Yoga Immersion.							
		1.45-2.45pm Trauma Relief through Energy Psychology aka EFT. Tapping is a tool that can be used by anyone, anywhere at any time with Gerold Mayr.				3-4.15pm Learn unique ways to tap into plant wisdom using high quality essential oils with Artemis. These oils retain the frequency, life force and intelligence of the plant, igniting physical, emotional and spiritual transformation.				4.30-6pm Crystal Awareness. Learn how to work with Rose Quartz crystals to remove emotional debris, etheric cords, blocks to love, romance, revitalise the heart with Abigail.							
1.15-2pm Healing the past, Securing your future with Angel.		2.15-3pm Learn techniques that support you to trust your intuition with Rhonda.				3.15-4pm Ayurvedic Body oiling for immune boosting with Anaiya Cooper.											



## Main Hall



## Stallholder Directory

### CAFE

#### Ture Nature Cafe

**0 Minds Connect**  
Personal coaching, Reiki, Lomi Lomi Massage & trainings with Heidi Goodman.

**1 Teresa Whelan**  
Rapid Transformational Therapy Practitioner, Hypnotherapist, and Quantum Healing Hypnosis Technique Practitioner

**2 Lisa Jonas**  
Endorphina Creative  
Inner Gift Resourcing, Family Constellation, Art Therapy, Hypnotherapy, EFT & Holistic Counselling.

**3 James Korber Re NewU**  
Posture Alignment & Pain Relief

**4 Kelly Devanny**  
Reiki & Chakra balances & Crystals

**5 Aura camera**  
Photograph your Aura

**6 Cultura Therapies**  
Psychotherapist, integration specialist, & founder of Cultura Therapies.

**7 Rhonda Kelly**  
International clairvoyant, psychic, medium, empath, medical intuitive & dream interpreter.

**8 Eli Usma**  
Mayan Astrology.

**9 Singbowls**  
Nepalese Singing Bowls

**10 The Recollective**  
Culturally inspired creatives products

**11 Amy Hill**  
Natural non-transdermal & light therapy.

**12 Hawaiian Lomi Lomi**  
Massage

**13 Narelle Hudson**  
Counselling & natural therapies

**14 Anaiya Cooper**  
Traditional Ayurvedic healing Practitioner, Massage & Skin Therapist with hand crafted Organic Skincare.

**15 Kripa Khatri**  
Tarot Palmistry Healing Authenticity Activator

**16 Brights Natural**  
Beeswax skincare and products

**17 Zhara LifeXwater**

**18 Grace Psychic Medium**

**19 Hapkiyusul Global PTY LTD**

**20 Shane Chapman**  
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**22 Talitha Mediumship**  
Readings Psychic Tarot Reading.

**23 Carine Cuyvers Reflexology**  
Handcrafted - Artisan - Skincare

**24 Russell Garber**  
Zen Thai Shiatsu

**25 Paul and Dee**  
Paul Past Life Regression, Life Between Lives Therapy & Inner Child Healing & Dee Evolutionary Astrologer.

**26 Wendy Buckingham**  
Light Body Energy Healer, Angel chatting & Medium. Soul drawings.

**27 Daniela Todorovic**  
Akashic Records recall & more.

**28 Delena Mckinnon**  
Rainbow Alchemy Light Language, conscious breath, & harmonic sound. A multidimensional Healing experience.

**29 Kopper Kraft**  
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**30 Alice**  
Harmoniums. Chanting, mantra, and vocal techniques teacher

**31 BYRON BE**  
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**32 Maxime Willems**  
Experience equine therapy, professional development & wellness retreats.

**33 High Country Rituals**  
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**34 Mellissa**  
Find your Spiritual tshirts

**35 Raym**  
Crystal Dreaming Express Healings

**36 Seleno Health**  
Natural medicines for stress, inflammation, & fatigue. Immune system supplements.

**37 Jain**  
Sacred Geometry

**38 Angel**  
Tarot Reading

**39 Missi Shannon**  
Energy healer and jewellery

**40 Geoff Tellis, Back 2Being**  
Be Your Own Doctor- Sujok Therapy

**41 Nicole Spencer**  
Lionsgate Events  
Explore Lionsgate Events

**42 Anatar Goddess**  
Clothing

**43 Lessly**  
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- Wendy

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

- Lisa

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# 2026 Rebuilding Pathways

Dee Gutierrez

You've heard it before, "Let go of the past, all the hurt and disappointment. Move on, into your best, brightest future!" It sounds like the most obvious and easiest thing in the world, doesn't it? But let's face it, it's not. In fact, I would question a bold sentiment like this because aren't hurt and disappointment great teachers? Are they not part of life, completely unavoidable if you want to bravely face your future?

This year, we sit down again with the great teaching moments that have occurred in our lives, because yes, we will continue to be tested, and it will do no good to try and avoid your

participation. Rest easy, this is not to assign blame or judge, but an invitation to examine the boundaries we have put in place in our life.

The test is to see if our boundaries during this time need to be wiped clean of any debris that feels reactive, overprotective or resentful. The Universe wants those boundaries to feel sovereign, placed there from a sense of self respect, love and inner knowing. That is, what you are now prepared to give, and what you are truly ready to receive.

There has never been a more important time to define your reality from a place of truth. This is the time to articulate your happiness, or your anger, or any emotion or thought that continues to bubble to the surface. Shake it down from the deepest part of you so that it drops memories for you to examine, discard or cherish. Free yourself from any constraint they are putting you in. Labels, bias, old habits!

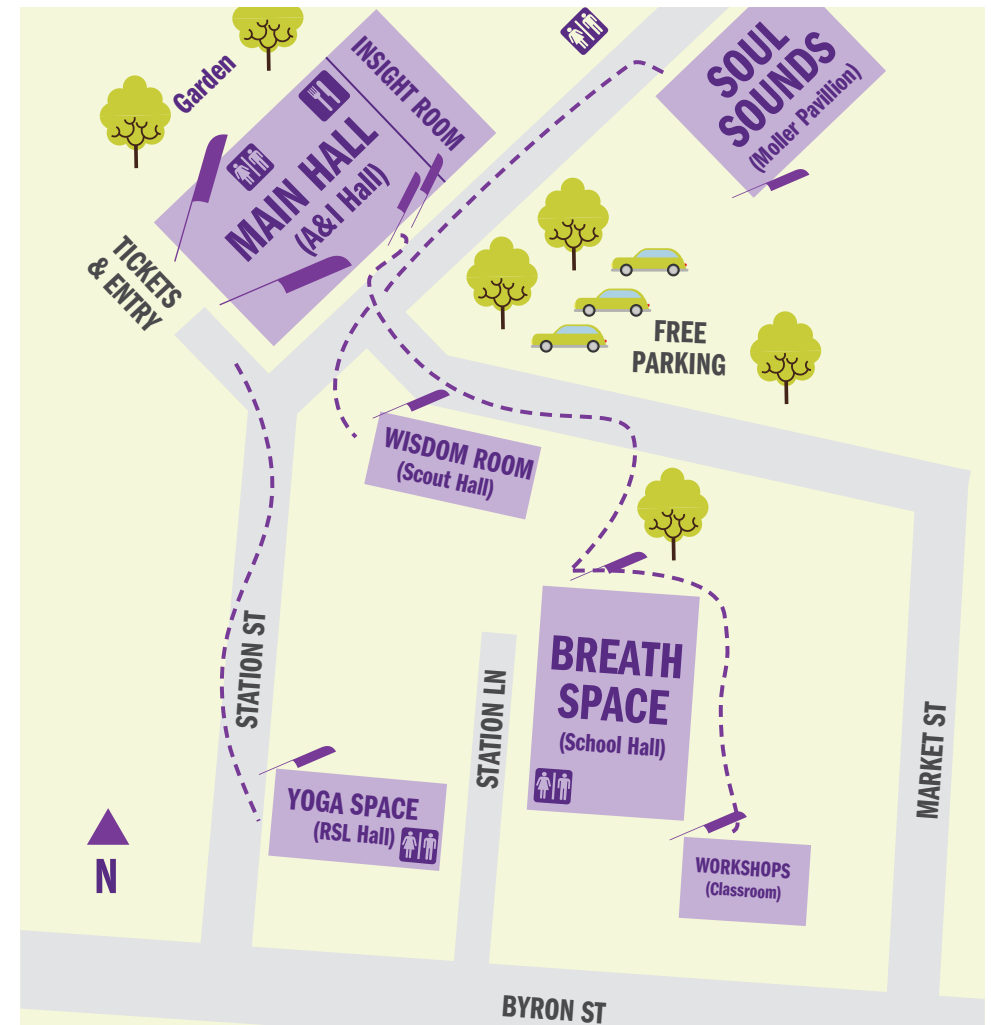
Communication right now is pivotal, to communicate your truth and what you, as an

individual, truly feel is your potential. You are alive, you can do what you have the compulsion to do, feel, experience.

You just have to let your courageous heart grow past the hurt, past the disappointment. To hold hands with uncertainty, to say, Yes, I sat through that class! I know now what I am not prepared to live through again. However, I am here. I am still prepared to live.



## Festival Map



## Tickets

**1 Day Pass**  
\$40

**2 Day Pass**  
\$70

**4 Day Pass**  
\$110 (SAVE \$50)

**2 FOR 1**  
Thurs & Fri\*



The Starlight Festival takes place at the **A&I Hall, Bangalow** **January the 1<sup>st</sup>-4<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.

\*Not valid with any other offer

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## AJNA TEMPLE

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Time	Event	Day
10:00 - 12:00	CO-CREATE COLLAB COLLECTIVE	Monday
3:30 - 5:00	WOMENS CIRCLE & CRAFTERSNOON (kids welcome)	
6:00 - 7:15	BREATH AND MEDITATION	
10:00 - 11:00	SHAKING MEDICINE	Tuesday
2:00 - 4:00	BREATHWORK	
7:00 - 9:30	MICRO DANCE	
1:00 - 2:00	YIN YOGA	Wednesday
7:00 - 8:30	TANTRIC ARTS & CRAFT (OCTOBER)	
	SOUND HEALING (NOVEMBER)	
9:30 - 10:30	OSHO MEDITATION	Thursday
6:30 - 8:30	WOMBYS CIRCLE (first Thurs each month)	
	BREATHWORK (last Thurs each month)	

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With Daryl Krol

Providing deep transformation through **Dragon-assisted energy healing**, **men's circles**, **men's coaching** and **Earth grid work**.

Daryl brings grounded strength and spiritual power through the presence of the sacred masculine, creating a space for men ready to lead from truth, presence, and authentic healing of trauma and wounds.

**Men's Circles** held online and in person in the **Northern Rivers**. **Dragon-assisted energy healing** available online for **men and women**.

*"I'm not here because I read a few books on the subject, I have lived this and still live this, every fu\*\*ing day."*

I was the guy who wore a mask, a mask of strength, a former combat soldier, builder and other things. On the outside I said I was good and carried the illusion well BUT on the inside I was carrying childhood trauma from emotional abuse, physical abuse, identity loss, I was fractured and my nervous system, well my nervous system was ready for war at the drop of a hat because it was never updated to the current situation.

It was hard wired for force, to force my way through any obstacle or perceived threat.

Why? Because under it all was the program of I am not safe and everything is a threat, this led to the anger that sat in my chest and was ready to jump at the word go.

Then I shifted things, I faced the pain head on, the fear of that little boy never feeling safe and having to do whatever he had to do to survive from the ones who were supposed to be his protectors, the triggers I looked at in the eye and took control over them, the patterns that led to these triggers I traced to their source and healed them too. I shifted the stowed energy that was creating chaos and began to learn control by feeling it and acknowledging



it, seeing it for what it was, just a little boy's view of an unsafe world.

I trained in modalities on how to fix myself, energy work and reiki, Ho'oponopono, shamanic practices including planet medicine service, NLP and hypno, coaching qualification, Ice Bath Coach, Breath work coach, personal initiations, trauma embodiment practices, nervous system hermetic stress to learn control and balance during high stress periods and masculine leadership. I recalibrated my nervous system to handle things in a very different light alongside the mindset work. Today I stand in a different place, one of authority, presence and masculine leadership stemming from truth. I live what I teach because I had to. Now, I bring it to you.

Connect with Daryl:

www.darylkrol.com | Instagram: @daryl\_krol | Facebook: Daryl Krol | TikTok: @drakonkrol

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Clairvoyant Life Coach Sequita Haskell



"Within days I feel properly hydrated, my skin glowing, my eyes look bright and my mind clear."  
Sahara Valastro Naturopath

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## A CHANNELLED WORKSHOP TO HEAL THE HEART

THURSDAY, 1 JANUARY 1:15-2:15PM AT SCHOOL HOUSE BREATH SPACE

# ZHARA J. MAHLSTEDT

Zhara is a light language activator, psychic channel, and spiritual guide who is focused on the restoration of mankind.



It begins with the heart. Join our social media for reminders on how to live from the inside out. Email me at [zhara@reignitingthesoulspark.com](mailto:zhara@reignitingthesoulspark.com)



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