

ACTIVE LAB:

9:00am - 10:00am
Yoga on the Grass

Join Jeany Schall from Soul Motion for a morning yoga on the grass session to get your day started. Jeany's Yoga classes have one goal: to connect your soul with your body. Find out for yourself which path YOU need to take to get there.

2:00pm - 3:30pm
Body Awareness, Fascia Release & Emotions

This co lab with Wellness Embodied & Motion Osteopathy will consist of a mixture of gentle movement and fascial release sequences, combined with breathing, grounding and education on the link between the mind and body.

3:00pm
Earthing Outdoors

Join Laura from Earthing Oz for some beautiful outdoor Earthing whilst we chat through the science behind Grounding and the benefits it can bring to your body.

BIOHACK LAB: 9:00am - 10:30am

Dr Todd Lizon

Shining the Light on Photobiomodulation

Learn how Photobiomodulation (the use of red or near-infrared light) has been clinically proven to stimulate, heal and regenerate.

Campbell Will

Hack your Body with Breathwork and Cold Exposure

The breath is the body's engine. Learning how to fine tune this system has far reaching benefits.

NOURISH LAB: 11:00am - 12:30pm

Chef Cynthia Louise

Prevention is the New Wellness

Internationally acclaimed masterchef, speaker, author, teacher and television presenter in wholefood dairyfree cooking, Chef Cynthia Louise is the Real Food Chef. Learn how to enhance your health for greater wellness. The secret to being healthy is very simple. Where to find the world's best health foods. The power of voting with your fork.

EARTHING LAB: 1:00pm - 2:30pm

Laura Graham

What Is EMF and Why We Need to Know?

Laura from Earthing Oz will share the sources of EMF in our environment and health implications. Understanding 5G - What it is and what it means for you and your family. How Earthing Works to Protect Us Against EMF Practical solutions to reduce your EMF exposure - Easy and free ways to reduce your exposure right now.

HEALTH OPTIMISATION LAB: 3:00pm - 4:30pm

Libby Davidson

Explore the '9 elements of wellness' model covering physical, environmental and spiritual elements to achieve holistic wellness. Understand the role of epigenetics in switching genes on and off to promote health and anti-ageing.

Christiane Wagner

Discover Orthomolecular Medicine

Learn how our digestive system is designed to work and how we can assist it. Why chemicals play a huge role to our gut, liver, skin, hair, scalp and health. How to simply start fermenting food.

Dr Rainer Didier

The Basics of Vitamin D

Skyping in live from Germany, Dr Rainer has learnt firsthand from Dr Coimbra who developed the "Coimbra Protocol - a very successful comprehensive Vitamin D treatment. He will share why vitamin D is important and what we can do to protect it.



| ACTIVE LAB: | |
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| 11:00am - 12:30pm <i>Pilates on the Grass</i> | Join the team from Motion Osteopathy for a tailored Pilates session under the trees. Active Lab is perfect for anyone who has ever considered trying Clinical Pilates, or for anyone wanting to refresh their skills. |
| 3:00pm - <i>Earthing Outdoors</i> | Laura from Earthing Oz will talk about how to incorporate more Earthing into your daily lives, and use a Multimeter to take body voltage readings on you. |
| BRAIN LAB: 9:00am - 10:30am | |
| Rob Gronbeck | <i>Step out of the Low and into Flow...</i> Founder of The Brain Room and applied neuroscientist-practitioner, Rob Gronbeck, will shall an hour of power of experiential learning, self-reflection and active discovery. Learn to optimise the systems of your brain, body and life so you can experience more flow and less low! |
| WOMEN'S LAB: 11:00am - 12:30pm | |
| Stephanie Russell-Farnham | Educator, advocate and the founder of EmpowerME Enterprises, Stevie is a strong believer that empowerment is like any other skill, it gets better with practice! Her mission is to inspire others to live a bold, free, happy life and help them gain the skills needed to achieve this. |
| Meah Robertson | <i>Women's Health and Happiness</i> Understand your cycles, hormones and how to make them work for you and why they may be imbalanced. Learn how our hormonal cycles energetically represent the seasons and how the mind, body, environmental connection and the interplay with the body's systems. |
| PASSION LAB: 1:00pm - 2:30pm | |
| Shane Ross | <i>A life of Epic Adventures</i> Shane Ross Photography talk about the dream, passion, and commitment that has taken him from Cairns to a life of epic adventures in the great outdoors of Northern Tanzania. |
| Amanda Lee | <i>Turn your Passion into Reality</i> Amanda will take you on a personal passion-honing journey, using effective strategies from her Dream School curriculum to help you identify your passion with clarity and take active steps towards turning your passion into a life you can enjoy! |
| E-MOTION MOVIE: 3:00pm - 4:30pm | |
| <p>#1 TRANSFORMATION MOVIE ON GAIA AND TOP 10 MOST WATCHED DOCUMENTARY ON FMTV. E-Motion is a factual, feature-length documentary set to change the way humanity thinks about the physical symptoms of disease. Through meditation, intention, and reprogramming, E-motion documents the proven mechanisms from New York Times best-selling authors and spiritual leaders, Dr. Joe Dispenza, Nassim Haremein, Neale Donald Walsch, and Sonia Choquette. Their techniques will allow you to clear negative emotions and truly achieve your divine purpose.</p> | |
| THE JOURNEY ROOM: SATURDAY & SUNDAY | |
| <i>Relax your mind and body and place yourself within the scene as you head off on your very own journey...</i> | |
| 9:00am - 10:00am | Forest Journey |
| 10:30am - 11:30am | Ocean Journey |
| 2:00pm - 3:00pm | Waterfall with Native American Flute |
| 3:30pm - 4:30pm | Campfire |