





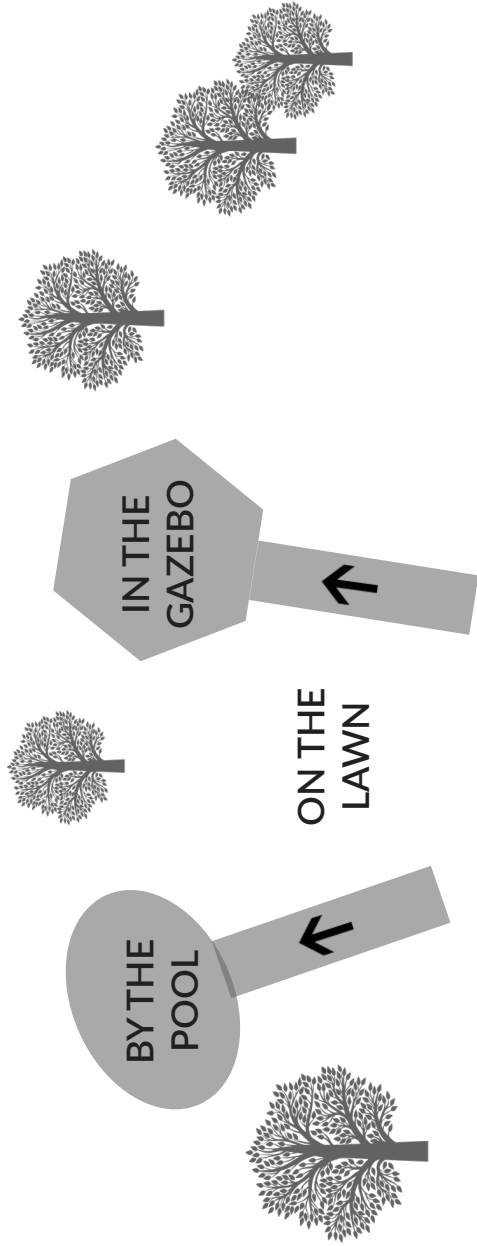


BLOOM WELLNESS FESTIVAL - CAIRNS COLONIAL CLUB - SATURDAY 11 OCTOBER 2025 - 9:00AM to 4:30PM

| | BLOOM 1 | | BLOOM 2 | | BY THE POOL | | IN THE GAZEBO | | ON THE LAWN |
|-------------------|--|-------------------|--|-------------------|--|--|---|-----------------|---|
| 9:30am - 10:15am | Steven Prahin <i>How to Create Powerful Health</i> Learn the basic steps everyone must take to live a healthier life. | 10:00am - 10:45am | Jay Jackson <i>Permaculture Inspired Wellness</i> Explore the principles of permaculture, including its founding ethics, and learn practical ways to apply them to your own life. | 9:15am - 10:00am | Mind, Body, Breath Wellbeing Gwyneth Rowlands will be offering a YOQI session, YOQI is a style of Qigong that integrates some aspects of yoga, it is easy to learn, with flowing meditative movements, suitable for everyone. | 9:30am - 10:30am | Ketut Sovereign <i>Bali Wisdom: Tending to your Inner Wellbeing with Syntropy.</i> Come listen to an inspiring talk about our three fundamental relationships for regenerating our inner and mental wellbeing. Through the lens of the Balinese “Tri Hita Karana” spiritual Life-philosophy. | 3:45pm - 4:30pm | DJ Emily Ember <i>Bloom Closing Ceremony</i> Emily Ember will guide the Bloom Wellness Festival to a closing celebration! Everyone welcome to join in this semi-instructed dj-dance journey, with global music played on hi-fidelity sound system. |
| 10:45am - 11:30pm | Dr Sandra McRae Cabot <i>Your Health Questions Answered.</i> Dr Cabot will cover hormonal imbalances, bioidentical hormones, mental health, thyroid problems, liver & gut health. If you are feeling below par or fatigued, you will find pearls of wisdom and the latest breakthroughs in this talk. | 11:15am - 12:00pm | Shamiz & Shukul Kachwalla <i>The link between Diet & IBD: An Evidence Based 2nd Opinion</i> Discover a fresh perspective on IBD, including Crohn’s, ulcerative colitis, and pouchitis. Learn how diet may influence symptoms, remission, and overall gut health — insights beyond typical medical advice. | 10:30am - 11:30am | Kathy Popplewell <i>Laughter Giggleshop</i> In this session you will experience body based laughter and connect to your childlike playfulness, interspaced with gentle yogic style breathing and stretching (Laughter Yoga). This practice helps to unlock your own fountain of spontaneous laughter. | 11:00am - 12:00pm | Julie Heskins <i>Going Vegan with Julie</i> Be inspired to create delicious simple healthy vegan treats. Julie uses fresh local ingredients to create a variety of dressings and dips. You’ll be invited to taste everything she makes and a recipe hand out is included. | | SPEAKERS CORNER |
| 12:00pm - 12:45pm | Dr Marc Cohen <i>The Way to Wellness</i> This presentation will outline simple practical solutions that are supported by scientific evidence to improve immunity, reduce anxiety and help you achieve wellness with minimal cost, training or equipment. | 12:30pm - 1:15pm | Dr Sandeep Gupta <i>Enduring Health: Unlock Your Longevity Potential</i> Discover how to not just live longer, but live better. Learn powerful daily practices, from supercharging your nutrition and sleep to harnessing fasting, breath, and hot/cold exposure, that can keep you thriving for decades to come. | 11:45pm - 12:45pm | Megan & Gary <i>Emotional Intelligence Bodywork</i> Unprocessed emotions such as anxiety, sadness, or anger can become “stuck” in the body. Learn to identify and release stored emotions like anxiety, sadness, and anger. Experience gentle, clothes-on techniques to let go of tension and reconnect with your body. | 1:00pm - 2:00pm | Annie Clark <i>Anchoring Positive Change to Calm the Inner Mind and Gut</i> Learn to tune gut-brain signals, using simple food combinations for better focus & integration. Learn an essential-oil anchoring technique to help you shift quickly from overwhelm or trauma into a happier, more balanced state. | | |
| 1:15pm - 2:00pm | Lee Holmes <i>Supercharge your Gut</i> Boost immunity, sleep, mood, and energy by caring for your gut. Lee will discuss her simple two-day maintenance plan and how to implement it, plus inspire you with deliciously nourishing recipes. | 2:00pm - 2:45pm | Dr Shehab Faragallah <i>Oral hygiene is more than cleaning your teeth</i> Some people brush diligently yet still struggle with tooth decay or bad breath, why? This session explores the hidden influences from your microbiome and breathing habits to diet and tongue posture, offering practical tips for a healthier mouth. | 1:30pm - 2:30pm | Kelly Lucas <i>Breathe into Balance</i> Discover the power of breath to calm the nervous system, manage stress & restore vitality. This 9D Guided Breathwork session uses circular rhythm breath to help you expand your emotional intelligence and leave you feeling grounded, resilient and re-energised. | 2:30pm - 3:30pm | Dr Marc Cohen <i>Ancient Future Medicine</i> This practical workshop will will reveal remedies so simple our hominid ancestors used them, so effective every great tradition prescribed them, so complex science can’t explain them. | | |
| 2:30pm - 3:30pm | Mason Taylor <i>Taoist 3 Treasures: The Key to Unite Integrative Health</i> Mason Taylor, founder of SuperFeast and longtime student of Taoist tonic herbalism, shares how the ancient framework of the Three Treasures, Jing, Qi, and Shen, offers a practical, biological map to unify today’s fragmented health systems and sects. | 3:15pm - 4:00pm | Andrea Monkhouse <i>Optimising Holistic Health Through Colon Hydrotherapy and Elimination Pathways</i> This presentation highlights the transformative benefits of colon hydrotherapy and activating elimination pathways. | 2:45pm - 4:00pm | Leilana Grace <i>Integration Session: Breath & Sound Healing</i> As the day draws to a close, this gentle session offers a space to land, integrate, and restore. Through guided breath meditation and therapeutic sound, we will soften the nervous system and create spaciousness for reflection and renewal | <div>THANK YOU TO OUR 2025 EVENT PARTNERS</div> <div><div></div></div> | | | |



2025 EXHIBITORS

- 1

Cabot Health
- 2

Harmoni Co.
- 3

Eco Cleaning Services
- 4

Soil Renew
- 5

Biodynamics FNQ
- 6

Kuranda Kneecare
- 7

State of Clarity
- 8

Purelyou Hair
- 9

Moments in Touch
- 10

Chandelier Cairns
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Andrea Monkhouse
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Annie Clark
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Glow Colonics
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Erbsman Health
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Fem21 & Man21
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Healthy Skin Lab & Glow
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Pure Joy Naturopathy
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The Bilum Way
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Lifewave
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Fossil Power
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Arbonne
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Eden Health Foods
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Lee Holmes
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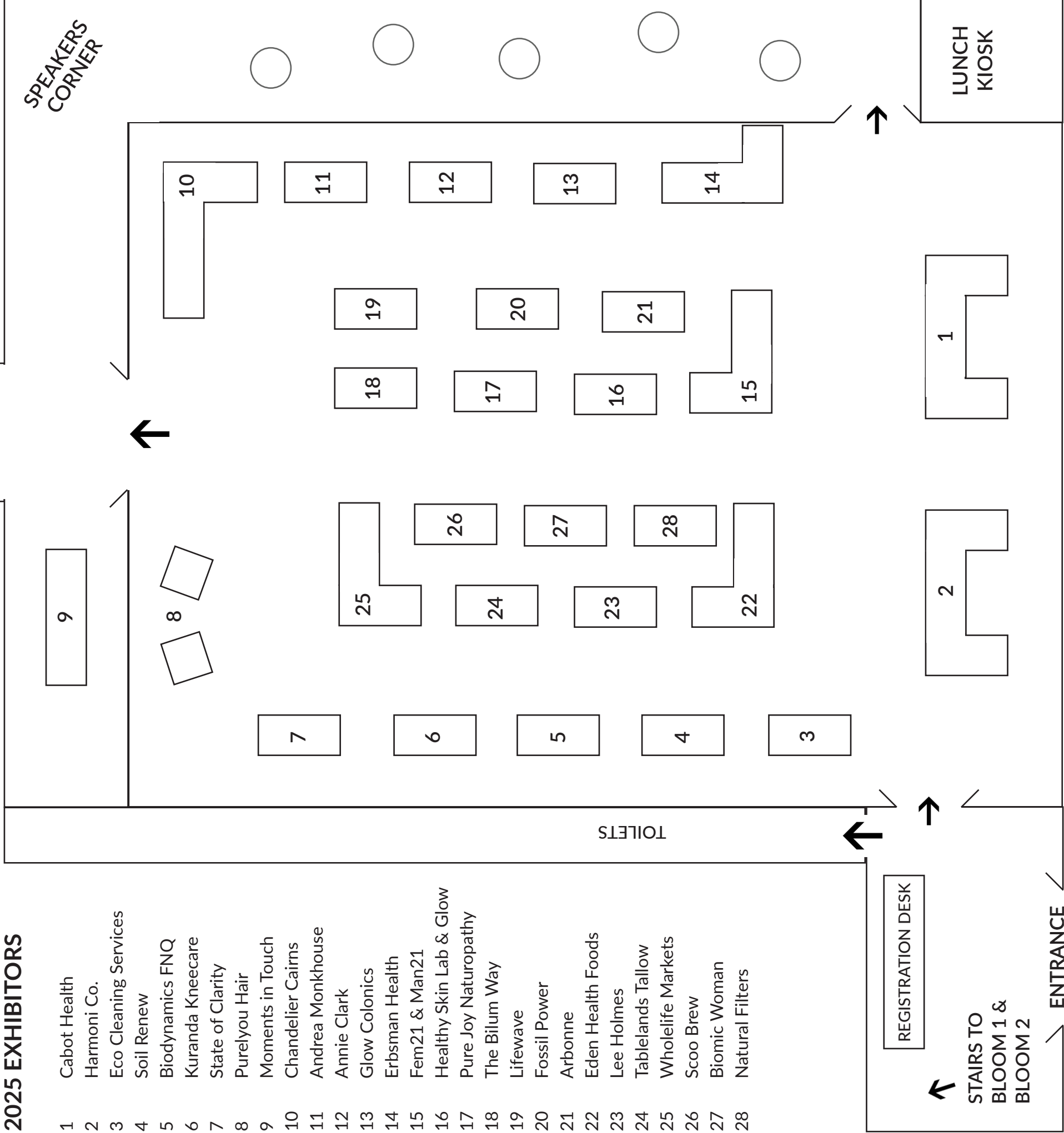
Tablelands Tallow
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Wholelife Markets
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Scoo Brew
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Biomic Woman
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Natural Filters



KOKO BOOST

COFFEE



CONFERENCE CENTRE
ENTRANCE LOCATED BEHAN ST

FREE PARKING ON BEHAN ST



LUNCH OPTIONS AVAILABLE FROM 11AM:

- Chicken Poke Bowl - \$20
 - Beef Taco Rice Bowl - \$20
 - Spinach, Pumpkin, Couscous Salad - \$20
- (Please purchase token from Registration Desk in foyer and collect from Lunch Kiosk)

Smoothies, Smoothie bowls & Coconut Curry available from **Koko Boost** at entrance.