



SEVEN SISTERS

<←FESTIVAL→>

WORKSHOP PROGRAM DESCRIPTIONS 2017

ARTS & CRAFTS SCHEDULE

A vibrant, imaginative art and craft space where our inspiring facilitators and teachers will help you produce individual pieces for you to take home and cherish.

DUTCHIE'S DELIGHTS

Renske 'Dutchie' Bergman is the fun-loving creator of Dutchie's Delights, specialising in artistic, original macrame jewellery. Dutchie is brimming with authenticity and integrity, with a zest for life. Her ability to teach others is exceptional and her macrame jewellery is breathtaking.

<http://www.facebook.com/dutchiesdelights>

MAGICAL MACRAME WORKSHOP

You are invited into a magical world of macrame creation. You will learn how to create your own macrame pouch necklace, working with natural waxed cord, wooden beads and beautiful quartz crystals.

- **Friday 10.30 to 1.00pm**

JINARI MOUNTAIN

Jinari is a professional artist, life model and trained holistic counselor with 20 years experience facilitating ceremony and workshops.

<http://www.jinarimountain.com>

DRAWING ON THE MOON

Drawing on the Moon is a reflective and ritualised life drawing class for women. Using charcoal drawing and guided by a delightful muse, participants will explore all stages of womanhood and drop into a deep space of creativity and skill.

- **Saturday 9.00am – 12.30pm**

HAYLEY BLACK AND EMILY DONALDSON

Hayley has been rock painting with intention for over two years, finding her way to deepen meditation and

ROCK YOUR CHAKRAS

Join us on a journey to creatively connect with your chakras.

Using volcanic rock we will be painting mandalas that represent one or each of the chakras, connecting deeply with that part of you.

- **Sunday 1.00pm – 4.30pm**
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SACRED SEWING

Join Ariane in a hands-on craft session to make your very own sacred treasure pouch. She will take you on a journey of hand beading, blanket stitching and embroidery, using laces, silks and trinkets from around the world.

- **Sunday 8.30am – 12.00pm**
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BESPOKE FELTED LOCKS

Come play with heavenly Australian merino wool tops, exquisite fibres, threads and fabulous bits. We use materials that will inspire you to experiment with felting techniques, then lovingly wrap, bind and embellish to create your very own bespoke locks.

- **Saturday 2.00pm – 5.30pm**
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YONICRAFT: WEARABLE ART

Make your own yoni wearable art piece using recycled and upcycled materials. Come to reclaim and transform traditional crafting techniques and participate in the sacred and intimate act of women joining together to craft.

- **Friday 2.00pm – 5.30pm**
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mindfulness. Emily is a botanical jewellery artist who preserves nature in copper. Both have a passion for working with nature. <http://www.littlebynature.com.au>

ARIANE BINGHAM

Ariane runs her own freelance lingerie and corsetry design business. She works for a varied selection of clients across Australia and has a passion for collaborations. She loves empowering women through good fit, confidence and sparkles! <https://arianebingham.com>

SOULFELT THREADS LARISSA O'NEILL

Larissa is an artisan who speaks her spirit language through creativity and magic. Weaving in the natural bounty of materials that Mumma Earth offers along with fabulous bits opens the heart to infinite possibilities and potential, where inspiration is woven, time shifts and connection is palpable. <http://www.soulfeltthreads.com>

KIRRILEE AND YIA – CRAFTING A SACRED YONI.

“Kirrilee is a fibre artist and experienced craft teacher who has worked in a variety of modalities, and is passionate about expression and transformation through craft. Yia is a transpersonal counsellor, ceremonial choreographer and modern day Shamana. She is a passionate advocate for sacred engagement with life. <https://sacredyoni.wordpress.com>

BODYWISE SCHEDULE

Bodywise is a place for you to express yourself through movement and dance, to release your stress, tension and inhibitions or to quietly listen and reconnect with your body.

DANCING EROS

Own your sexuality, sensuality and your desire. Embody your full power as a woman. This work is liberating, truth-filled, edgy and calls us to tap into empowering aspects of ourselves we may not ever have met before.

- Friday 9.00pm – 10.30pm
- Saturday 7.00pm – 8.30pm

LULU MARIE

With a background in laughter yoga, Tantra, coaching, psychology, school teaching and burlesque, Lulu Marie brings authenticity, accessibility, warmth and humour to all she does. She is a nurturing leader and passionate advocate for women loving every aspect of themselves.

<http://www.dancingeros.com>

DANCING FREEDOM – SUPER NATURAL

You are invited to delve into this Super Natural moving meditation. You will be guided to dance yourself into wholeness and full-bodied expression through the exploration of the five elements and the way they inform your relationship to life.

- Saturday 4.00pm – 5.30pm

LYDIA HKARIJ-JIN MAROLDA

Lydia is the director of Dancing Freedom International whose purpose is to inspire and empower others to share their gifts. She has devoted her life to exploring what it means to use movement, ritual and deep personal connections to clear the pathway forward and experience life to its fullest.

THE YIN AND YANG WITHIN

The Yin and Yang Within is a multilayered, heart-centred workshop with creative and authentic sequences. The process builds awareness, mindfulness and union of the masculine and feminine qualities that lie in each one of us.

- Saturday 7.00am – 8.30am
- Sunday 8.30 – 10.30am

LI MEI WONG

Mei is a high school teacher and yoga teacher who believes in yogic lessons beyond the mat. In her personal practice and classes, she links emotion and personal story, inviting enquiry of how they are held in the body. She highlights the power of self-exploration for healing and balance through yoga. <http://emeiyoga.weebly.com>

GENTLE HULA HOOP

Hula hooping allows you to get in touch with your inner child, while being low impact and can help increase balance and flexibility. We will be stretching with hoops, learning on and off body hooping and finding your own personal hoop flow. Great for all fitness levels.

- Saturday 9.00am – 10.30am
- Sunday 6.30am – 8.00am

KRISTA DOSWELL

Krista is a certified hooplove coach, who first picked up a hoop in 2008 and instantly fell in love with hoop dance. She has lived in Canada and Australia, while travelling in America and Asia sharing her love of hula hooping.

www.facebook.com/hulahooptime

SOUL CIRCLES DRUMMING

Enact your gift of sacred altering with the West African djembe! This session presents universal elemental wisdom and offers an opportunity to invite your ancestral knowledge to flow through you, unhindered, using the powerful vibrations of the drum.

- Friday 11.30am – 1.00pm
- Saturday 11.00am – 12.30pm
- Sunday 3.00pm – 4.30pm

DJULZ CHAMBERS

For more than a decade, Djulz has been dedicated to the path of the drum. Pursuing rhythmic artforms from West Africa to Hawaii, she has rigorously applied her energy to the great wisdom that lies within one of the most ancient

djulz@soulcirclesdrumming.com

ECSTATIC BLISS DANCE JOURNEY

Zapheria will take you on a journey of self-discovery and exploration of the masculine and feminine energies using music and guided meditation through dance. Coming into our own natural balance and harmony allows us to embody a deeper self – love.

- Friday 4.00pm – 5.30pm
- Saturday 9.00pm – 10.30pm

ZAPHERIA BELL

Zapheria weaves her skills in dance, Tantra and the divine feminine and masculine embodiment into a sacred journey on the dance floor. She is dedicated to opening the hearts of those who journey with her and bringing them to an ecstatic bliss state of union with the Divine.

<http://www.zapheriabell.com.au>

REVIVE YOUR INNER QUEEN

Replenish your body with the feminine energy it craves! This specialised Samba no Pe dance workshop will transform you into the natural queen you are through an experience that reawakens connection, creative essence, authentic sensuality and power.

- Friday 7.30pm – 9.00pm
- Sunday 10.30am – 12.30pm

ROSHNI REBECCA

Roshni is a professional performer and women's transformologist® who is inspired to educate and empower women to create authentic health, happiness, success and freedom. She travels the world to deliver her feminine embodiment dance programs, specialised workshops and one-on-one emotional.

<http://www.biodanza.com.au/>

5RHYTHMS RUNNING WITH WOLVES

5Rhythms is a catalytic dance practice, elicited from the nature's rhythms. Dancing a wave of flowing, staccato, chaos, lyrical and stillness gives us a map to explore the ebb and flow of our menstruation, the rhythms of birth, and our creativity.

- Friday 2.00pm – 3.30pm
- Saturday 2.00pm – 3.30pm
- Sunday 1.00pm – 2.30pm

NATALIE IVIN POOLE

Natalie is a certified 5Rhythms teacher, dance, movement therapist and school teacher. She has trained with Rhea Dempsey (birth) and Alexandra Pope (menstruation). She has worked in schools, universities, hospitals and detention centres. Natalie offers Running with Wolves in Melbourne and San Francisco.

<http://www.twirlingwolf.com>

THE HUB

The Hub is our festival's main stage and is a source of activity and energy. The Hub will host our exclusive Friday and Saturday night showcase as well as engaging keynote speakers, performers and workshop activities

THE MUSICAL BODY

Improvised singing weaves a precious and tender thread that connects our hearts through music that can transform and unite us. This is your opportunity to play and engage in collaborative vocal improvisation, exploring life and creativity through the emergent voice as an instrument. We will explore our body, breath, sound and imagination in this co-creative space where joy and pleasure grow amongst a fabric of responsive spontaneous song.

- [Sunday 1.00pm – 2.30pm](#)

CHARLOTTE ROBERTS

A full circle artist, Charlotte's work spans from being the founder of The Musical Body, a warm-water aquatic body-worker, vocal improviser, composer and musician, to an experiential facilitator of 15 years.

www.charlotteroberts.com.au

WHALE STAR DREAMING

Held as an interactive journey merging sound, channelled chants and poetic guided meditation, we travel into the depths with the ancient mother whale, to discover and reconnect with our old knowledge and our innate connection with the stars.

- [Saturday 4.00pm – 5.30pm](#)
- [Sunday 8.30am – 10.00am](#)

KAISHA HEKIMIAN

Kaisha is a psychic channel, sound creator, and lead singer of the band KAISHA. She has been creating and performing music for the last 20 years. She has great passion for the sacred feminine, and through her work she explores sound in a deep multidimensional way.

<http://elementalexperience.com.au>

FEMININE EMBODYMENT

The call of the wild embodied feminine is here. We offer ritual, prayer, movement, compassionate communication and touch to ground you back into the vast and cosmic intelligence of your body, your being. This is a celebration of your body.

- [Friday 11.30 am – 1.00pm](#)

SARAH MILLER AND SONIA STOCCO

Sarah has facilitated dance and movement classes for over ten years. She is an earth keeper, shamanka and story teller. Sonja is a Non Violent Communication practitioner and a massage therapist with over 20 years experience. They love working together to create safe and sacred space for transformation.

<http://www.embodimentsdance.com.au>

HYPNOTHERIC SOUNDSCAPE JOURNEY

A hypnotheric soundscape journey is a chakra activation. The sound bath harnesses the potent ancient healing powers of crystal and Tibetan singing bowls, activated medicine drums and a shamanic trance meditation.

ELIZA KENDALL AND KYLIE BAYENS

Eliza and Kylie will gracefully entice you into a deeply relaxing alignment of body, mind and spirit. Come and join us in a sacred space held by your sisters gifting you illumination of your intrinsic capacity to self-heal.

<http://elizakendall.com.au>

- **Sunday 3:00pm – 4.30pm**

<http://www.rhythmarkadia.com.au/soundscapes.html>

SOUND ALCHEMY

SOUND ALCHEMY

Sound Alchemy weaves the healing vibrations of the voice, ancient wisdom of the drum, crystal bowls, chimes and tribal instruments to attune and lift our energy vibration, balance chakras and enhance inner peace.

Tracy and Sha create their very special magick as space holders within the Wyldtribe Sistahood. They co-facilitate Sound Alchemy, Moon Magic and a number of workshops, soul-journeys and retreats. Each brings her own experience, grounded in shamanic, Earth-focused and heart-centred practice. <http://Wyldtribe.com>

- **Saturday 9.00am -10.30 am**

THE ART OF LOVING MEN

ZAPHERIA BELL

Loving men well is an artform. If you have any men in your life – sons, partners, brothers, fathers – this workshop will guide you to deeper connections and understanding. This workshop gifts you a toolbox of skills to enrich your life and

As a love and intimacy mentor, Zapheria holds a safe space of love and nurturing to guide you to a deeper level of intimacy with yourself first, followed by the keys to deeper intimacy with another.

- **Sunday 10.30 am – 12.00pm**

<http://www.zapheriabell.com.au>

MINMIA'S REBIRTHING CEREMONY

JANE HARDWICKE COLLINGS

Based on Indigeous wisdom of the bioenergetics of placenta, it is imperative that those of us whose placentas were not buried in the earth do this rebirthing ceremony taught by Minmia. She has given Jane permission to conduct a group ceremony. Minmia is an Aboriginal elder of the Wirradjirri, a law-woman, also known as a Wirrloo (a powerful woman healer and teacher of the lore/law).

Jane is a midwife, teacher, writer and menstrual educator. She gives workshops internationally on preparation for menstruation, the spiritual practice of menstruation, and the sacred dimensions of pregnancy and birth. Jane founded and runs The School of Shamanic Womancraft.

- **Saturday 2.00 – 3.30pm**

<http://www.moonsong.com.au>

SINGING YOUR WOMAN SONG

EMMA CREED

Sing a journey unto your feminine self. Create a profound connection to the unique, natural gifts of your own gentle voice, experience freedom of full self expression and sing your woman song as we joyfully come together and sing as one.

Emma is a music educator and self expression specialist. With a beautiful voice and in her own unique holistic style, she facilitates her work with warmth, humour and compassion, creating a sacred, safe and sensual space for experiencing new levels of self expression through group singing. <http://www.emmacreed.com>

- **Friday 4.00pm – 5.30pm**

MYOFASCIAL RELEASE

DR.MELISSA ANDREW AND SARAH CLAYDON

This workshop aims to release the tension held in the muscles and the connective tissue, and give you take-home tools to help you to address common areas of tension or dysfunction such as headaches, low back pain

Melissa and Sarah are both passionate yoga instructors with a desire to share their love and inspiration for the practice. Melissa has a passion for acrovinyasa and Sarah for pregnancy yoga. Melissa is a practicing osteopath and clinical pilates instructor while Sarah is a health/PE

and post-gym soreness.

- **Friday 2.00pm – 3.30pm**

teacher, Pilates instructor and proud mother of two.
www.mincfit.com.au

MIRRAGIN MAKING – STAR WEAVING

Come and help us weave 10,000 stars in the Aboriginal and Torres Strait Islander colours, using a traditional islander weaving technique, as part of the 1 Million Stars to End Violence project.

- **Saturday 11.00 am – 2.00pm**

JO THITCHENER

Jo, Karen and Harriet work for Aboriginal Housing Victoria (AHV) and started weaving stars for the 1 Million Stars to End Violence project in November 2015. AHV has made a commitment to weave 10,000 stars in the Aboriginal and Torres Strait Islander flag colours. Come join us.

ACROVINYASA

“Acrovinyasa takes yoga from earth to air. Uniting elements of vinyasa, Acroyoga and inversion training this practice cultivates trust and community in a fun and friendly environment. These classes offer a fun and dynamic expansion beyond solo yoga.”

- **Saturday Saturday 7.00am – 8.30am**
- **Sunday 6.30am – 8.00am**

DR. MELISSA ANDREW AND SARAH CLAYDON

Melissa and Sarah are both passionate yoga instructors with a desire to share their love and inspiration for the practice. Melissa has a passion for acrovinyasa and Sarah for pregnancy yoga. Melissa is a practicing osteopath, while Sarah is a health/PE teacher and proud mother of two.

LIFESKILLS HALL SCHEDULE

The life skills hall hosts informative workshops that will give you tools to help you cope with stress and emotion, enhance interpersonal relationships and create an abundant, positive lifestyle

EMPOWERMENT THROUGH ADVERSITY

Everyone experiences tough times in life, and often we just want to bounce back to normal afterwards. But what if you could do better than just bounce back? What if the tough times in your life could teach you new skills, strengths, insights, and awareness?

Let us explore how to use suffering as a doorway to transforming us into empowerment and radiance.

- Saturday 9:00-10:30 am
- Sunday 1.00pm – 2.30pm

LIZ SCARFE

Liz Scarfe is a PACFA accredited process-oriented psychotherapist and trainer specialising in post-traumatic growth. A psychodynamic, somatic and transpersonal therapist, she is passionate about helping people heal and transform tough times, mind, body and spirit.

<http://cultivatingconfidence.net/>

SPIRIT IN BUSINESS

Learn how to create a thriving soulful business by uncovering the seven secrets to successful marketing.

All the love and business nitty gritty you need to take your wellbeing products, services or practice out into the world with confidence and ease.

- Saturday 4.00pm – 5.30pm

GINNY WEST

Ginny is an author, speaker, coach and visionary for the wellbeing industry. With 18 years of experience, Ginny has worked at 5 star resorts in Australia and internationally and speaks at industry conferences, festivals and expos. Ginny is dedicated to helping the leaders of tomorrow to shine.

<http://spiritinbiz.com.au>

YOUR NUMBERS YOUR FREEDOM

Creating intimacy with your numbers, transforming the way you feel and think about money. This workshop teaches a step-by-step process for creating grounded freedom and magic with money to support you to earn a sustainable income from your soul work.

- Sunday 8.30am – 10.00am

SUZANNA BROUGHTON

Suzanna is an intuitive financial healer, author and trainer who helps women fall in love with their work and purpose. She combines the super practical 'get your finances in order' message with exploring and transforming the 'energy of money'. Her clients laugh a lot too.

<http://www.HerMoneyHerPurpose.com>

KARMA: UNVEILING DESTINY

Forget the idea of punishment and reward, good and bad, or being reborn as a slug! Karma is simply an inevitable part of our evolution. We can take control of how this force plays out by understanding its nature,

NILANTHI CHANDRA

Nilanthi is a trained tantric yoga teacher, meditation teacher, retreat facilitator, naturopath and nurse who loves the exploration of ancient wisdom and its integration into today's world. She is an avid learner of

thereby creating our destiny.

- Friday 4.00pm – 5.30pm
- Saturday 11.00 – 12.30pm

all aspects of life and brings passion, curiosity and fun to her teachings.

<http://www.theawakenschool.com>

THE TRUE CHAKRAS

Anything and everything about you can be transformed by understanding the chakras. Your body, personality, way of thinking and even your karma are affected.

Rarely taught in the west, learn how chakras are expressed at five levels of the being.

- Sunday 3.00pm – 4.30pm

NILANTHI CHANDRA

Nilanthi is a trained tantric yoga teacher, meditation teacher, retreat facilitator, naturopath and nurse who loves the exploration of ancient wisdom and its integration into today's world. She is an avid learner of all aspects of life and brings passion, curiosity and fun to her teachings.

<http://www.theawakenschool.com>

THE POWER OF VULNERABILITY

Join Emeli for an interactive workshop on how to overcome shame and use the power in it to live a life of authenticity, connection and purpose.

Saturday 7:00- 8:30pm

EMELI PAULO:

Emeli is the founder of Collective Potential and is an expert at getting you to unleash your potential and create change in your life. She has run over 10,000 engaging and inspiring workshops for over 15 years for over 300,000 people, focused solely on unleashing human potential. She has spent over 10 years working with indigenous communities on intergenerational shame and in 2014.

www.collectivepotential.com

CORE STRENGTH VINAYASA BLEND

This style of yoga combines functional movement with flow and its classical poses. It keeps you in the moment and teaches presence and awareness while you are having fun, letting go and breathing, and it might even make you laugh and smile

- Saturday 7.00am – 8.30am
- Sunday 6.30am – 8.00am

NATJA WUNSCH – YOGALOKA

Natja is a core strength vinyasa teacher. She loves exploring different styles, which influence her teaching. She is a registered kids yoga teacher and teaches seniors, after breast care and Aerial Yoga. Learn to love and trust yourselves, learn to smile from the inside out with Natja's Blend.

<http://www.yogaloka.com.au>

SOLAR SISTARS- INTERACTIVE ASTROLOGY

Share astrological and intuitive wisdom in a safe and nurturing space. This workshop is a journey into basic

SHARON JACKSON AND ASTRO TASH

Between them, Tash and Sharon have been following the planets for more than 20 years and have a background in

astrology, archetypal patterns, and how to better understand and harness the light and dark aspects of your beautiful selves. Express. Explore. Learn. Heal.

- Friday 7.30 pm – 9.00pm

acupuncture, yoga, shiatsu, reiki, animal dreaming, women's workshops, sacred ceremonies and more. They are passionate about the science of astrology and its many fascinating and insightful benefits.

THE LISTENING PARTNERSHIP

When we have not felt heard or listened to, it's difficult to be present, hear and listen to others. This workshop will take root in a profound self-connection and connection to others. We will learn to really listen and we WILL be heard.

- Saturday 2.00pm – 3.30pm

SKYE MUNRO

Skye supports parents, educators and families in the most important work there is — caring for children. In her spare time she likes practising handstands and composing songs about trees.

www.nurturingconnections.com.au

PORNOGRAPHY V REALITY

Pornography and its culture affect all of us, whether we watch it or not. We'll look at how it impacts both women and men; our relationships; our sons and daughters; from self-image to expectations of intimacy – and how you can do something about it.

- Friday 11.30am – 1.00pm
- Sunday 10.30 – 12.00pm

JANOEL LIDDY

Pornography and its culture affect all of us, whether we watch it or not. We'll look at how it impacts both women and men, our relationships, our sons and daughters. We'll look at issues from self-image to expectations of intimacy, and how you can do something about it.

<http://www.stepintowomanhood.com/>

MYTH BUSTING PANEL – Hosted by Sally Goldner from Transgender Victoria

Myth-busting: diverse rainbow women

Listen to a diverse range of lesbian, bi, trans, polyamorous and queer women tell their stories and joys of life alongside some of the inaccurate ideas they faced.

9-10pm

RITUAL SPACE SCHEDULE

A beautiful nurturing space where you will be able to heal, encourage and reconnect with yourself, shedding all misgivings of the past and planting seeds of intention for the future.

NEW YEAR- NEW BEGINNINGS

In 2017 we are working with the energy of the rising Rooster, Eclectic Witch and High Priestess Lady Elizabeth Rose leads this sacred ceremony as we activate, empower and align ourselves, with our spiritual highest and best potential. It is time to manifest

- Friday 11.30am – 1.00pm
- Sunday 8.30am – 10.00am

AUSTRALIA'S CELEBRITY PSYCHIC LIZZY ROSE

A ritual celebration combined with eclectic magick was offered at Seven Sisters Festival by Lady Elizabeth Rose in 2013, 2014 and 2015. Her travels span Australia, the USA and Canada, teaching and presenting ritual, psychic mediumship, tarot, aura and witchcraft. Australia's celebrity psychic Lizzy Rose returns to empower you.

www.lizzyrose.com.au

THE ART OF HEALTHY BOUNDARIES

In this workshop, we offer experiential art-therapy based exploration and connection with your personal boundaries. As a consequence, we honour them so they may be maintained for energetic and physical sovereignty.

- Friday 2.00pm – 3.30pm
- Saturday 9.00am – 10.30am

MICHELLE BUGGY AND KERRYANNE ANSARI

Kerryanne and Michelle have facilitated groups independently and together for 14 years, including women's circles, ritual spaces and art. Their individual skills unite in using art therapy as a tool for healing and experiential learning. <http://www.holemetowholeme.com/>
<http://www.birthingartbirthingheart.com>

HEALING THE SISTERHOOD WOUND

"The wild cry of our wise self is calling from deep within: "Enough of what THEY tell us who to be." Let us gather to heal our wounds, which have kept us separated in competition, bitterness, shame and jealousy. Let us heal in the feminine way. Only then can the expansion of sisterhood rise fully and authentically on our earth. Let us create a new change together.

- Saturday 11.00am – 12.30pm
- Sunday 10.30am – 12.00pm

MARY SODERIOU

Mary is a professional mentor, speaker and facilitator with over 25 years experience in counselling, healing and conducting workshops around the world. She facilitates women's circles, retreats and group experiences that create authenticity, vitality and deeper connection, focusing on reconnecting you with the wild, wise and free aspects of yourself.

www.marysoderiou.com

ALCHEMY OF SENSUAL MAGICK

Bringing together elements of ritual, magick and sensual alchemy, Shaney and Winter take you on a journey to explore sensual power as a means to manifest your desires and connect you to your inner witch, wise woman and

WINTER JADE ICELY AND SHANEY MARIE

Winter and Shaney created Sex Witch to share their passion of sensuality, ritual and magical arts. They run workshops and retreats on sex magick and the alchemy of ritual. Sex Witch is a visionary movement merging magick and

wild one.

- Saturday 2.00pm – 3.30 pm
- Sunday 3.00pm – 4.30pm

YIN GODDESS YOGA

Journey back to the Goddess that exists within Woman. The circle opens in discussion and dance to widen channels of sensuality and creativity. A yoga practice will follow while the group is guided in a meditation that focuses on reclaiming one's feminine nature.

- Saturday 7.00am – 8.30am
- Sunday 6.30am – 8.00am

SPEAK UP

From writing to performance, Speak Up is a journey through the depths and power of the self through spoken word. Dive into what it means to be vulnerable, witness self-judgement and step into the empowerment of speaking your truths.

Sunday 1.00pm – 2.30pm

DARK GODDESS RITUAL

The Dark Goddess is mysterious and powerful. Entering into sacred space we will travel the paths of the Underworld to meet her. This is an experiential ritual. Basic ritual skills of grounding, self-care and awareness of trance states are required.

- Friday 4:00pm – 5.30pm
- Saturday 7.00pm – 8.30pm

REWILDING THE FEMININE

We feel the call of the wild feminine, beseeching us to come home. To live again as wild women, embodied, connected, authentic, untamed. In this workshop we will explore deep shamanic and ecological practices for Rewilding our Feminine.

- Friday 7.30pm – 9.00pm
- Saturday 4:00pm – 5:30pm

sexuality to empower, inspire and enchant.

<https://www.shaneymarie.com/sex-witch>

KARA MANDEL

Kara helps women return home to their bodies. She utilises the tools of guided introspection, yoga, dance and art to reconnect women with their sacred sensuality, creative intuition, the Great Mother and other Goddess archetypes that reside within all of us.

FLEASSY MALAY

Fleassy is an internationally renowned, evocative and powerful spoken word artist and authentic speech coach from the UK. Now based in Melbourne, she runs one of Melbourne's most successful spoken word events, Mother Tongue. <http://www.fleassymalay.com>

JANE MEREDITH

Jane is an author and ritualist. Her books include *Journey to the Dark Goddess: How to Return to Your Soul* and *Aphrodite's Magic*. Jane is passionate about magic, ritual and the invocation of the divine. She lives in the Blue Mountains in NSW and teaches locally and internationally. <http://www.janemeredith.com/>

NYMH FOX HARPER

Nymh is an ecologist, mother and woman of wild belonging. Her work focuses on holistic shamanic ecology – remembering and embodying authentic wild ways of knowing and being. She lives an unapologetically wild life. Nymh is a teacher for the School of Shamanic Womancraft and Ways of the Wild.

Our Sacred Space is a quiet, serene space, suitable for inner journeys and teachings of the sacred feminine. Topics for discussion include the cycles of womanhood, developing women's intuition and ways to honour and connect with self.

TIGRESS YOGA

Tigress Yoga empowers women of all ages to cultivate their sensual aliveness and return home to their inner temple. This sacred female yoga is a path for accessing our primal instinctual nature and softening into deep pleasure and bliss.

- Saturday 7.00am – 8.30am
- Sunday 6.30am – 8.00am

NISHA GILL AND CLAUDIA SCHILLING

Nisha and Claudia are experienced instructors devoted to supporting women of all ages to connect with their inner Shakti. They are passionate about creating safe sanctuaries where women can tap into their true essence and experience themselves as the source of their own power and pleasure.

<http://tigressyoga.com>

PASSAGE TO MOTHERHOOD

Motherhood is a rite of passage, and in this session we'll discuss how this is perceived in our society compared to traditional cultures around the world. We'll look at the transition to mother, motherhood vs mothering, and parenthood vs parenting, as well as ways to manage the changes.

- Friday 11.30am – 1.00pm
- Saturday 11.00am – 12.30pm

GAIL BOUSI SOUL SISTER

Gail is a certified birth doula and post-partum consultant supporting women and their partners through their journey of pregnancy, birth and parenthood. She prepares them for the many changes that lie ahead by providing information, skills, strategies and tools. It's a big topic with many layers!

<http://www.soulsisterdoula.com>

BIRTH TODAY

Drawing on their combined experience, Rhea and Jane share understandings of birth required to increase potential for normal birth in this labour bypass dystopia. They will discuss hormones, birth space and companions, reframing pain, and developing trust in birth.

- Friday 2.00pm – 3.30pm
- Sunday 3.00pm – 4.30pm

RHEA DEMPSEY AND JANE HARDWICKE COLLINGS

Rhea is the founder of Birthing Wisdom, a birth educator and activist, counsellor, trainer and author. She presents workshop and training programs nationally and internationally. Jane is a midwife, teacher, writer, menstrual educator and founder of The School of Shamanic

Womancraft. <http://www.birthingwisdom.com.au>

SHARING MENSTRUAL EXPERIENCE

Our menstrual experience affects our world: how we are, what we need, what is real for us. Sharing this experience with our partner, our children and our family in a conscious way that empowers everyone is key to living with an authenticity that grows.

- Friday 4.00pm – 5.30pm
- Saturday 9.00am – 10.30am

KATHERINE CUNNINGHAM

Katherine has been searching for the core purpose of the menstrual experience since 1995. With gentle core strength she will hold you safely through the threshold of profound change. She is an activist, educator, writer, mother, and a lover of life and ALL the juicy in it!

- **Sunday 1.00pm – 2.30pm**

<http://www.livinggently.com.au>

THE EMPRESS AND THE DRAGON

The Empress and The Dragon is a sensual energy training of taoism and shamanism, teaching women how to work with crystal eggs in a more advanced way by using ritual and sensory practices with elemental magic, aromatherapy, herbal essences and the Dan Tiens.

- **Saturday 7.00pm – 8.30pm**
- **Sunday 10.30am – 12.00pm**

SHARON BOLT AND CAITLIN PRIDAY

Sharon and Caitlin are a dedicated duo, focusing upon restoring the feminine balance upon Earth and delving into the core wounding of Woman, helping heal the wombs and wounds to bring forth the empowered and strong innermost Warriress. Both are skilled space holders and multidisciplinary therapists.

obsidianawomana@gmail.com

MENOPAUSAL WISDOM

Menopause can gift us with deep and transformative wisdom that can affect the way we relate to ourselves and our world. Let us explore, discover and share the enriching and empowering territory of the menopausal threshold in today's world.

- **Saturday 4.00pm – 5.30pm**

YIA ALIAS

Yia is a Transpersonal Counsellor, Ceremonial Choreographer and modern day Shamana. She is a passionate advocate for Sacred Engagement with Life.

RADICAL SELF-LOVE

The key ingredient to happiness starts with YOU! Do you want more power, pleasure, passion and purpose in your life? Are you ready to empower yourself in love and relationships? Explore exciting new tools to love yourself more with Mangala

- **Friday 7.30pm – 9.00pm**
- **Saturday 9.00pm – 10.30pm**

MANGALA HOLLAND

The founder of MysticSex.com, Mangala facilitates sacred rituals and workshops and is a Tantric coach and bodyworker. She teaches worldwide, primarily in Australia, Thailand, the USA, India and Mexico. She empowers people to change their lives through loving themselves more.

<http://www.mysticsex.com>

EYES OF THE HEART

The yogis taught a powerful way of viewing the world around us. They offered the practice of transfiguration, which means 'to recognise one's true nature'. This incredible technique helps us to realise our own divine essence and that of others.

- **Saturday 2.00pm – 3.30pm**
- **Sunday 8:30- 10:30pm**

EMMA POWER TANTRA IS LOVE AND THE AWAKEN SCHOOL

Emma is the co-founder of Tantra Is Love, the founder of The Awaken School, and the creator of The Awaken Series. Over the years, she has been guided by extraordinary teachers, yogis and swamis who have been generous enough to pass on the ancient teachings of Tantric Yoga and Tantra.. <http://theawakenschool.com>

Professionals of the health and vitality industry present workshops and information sessions on how you can achieve radiant health and happiness. Receive practical knowledge and tools that you can implement immediately into your day-to-day life.

THE MOST DOABLE DETOX

A simple step-wise process of safe and effective detoxification developed by Naturopath Sally Mathrick. This talk provides a 'how to' process to cleanse in today's world, using foods, herbs, attitude and space creation, rather than bottles of pills. You will receive clear direction on how to detox.

- Friday 2.00pm – 3.30pm
- Sunday 8.30am – 10.00am

SALLY MATHRICK – NATUROPATH

Naturopath and yoga teacher, Sally offers health courses, workshops, detox retreats and individual consultations that support fresh thinking and whole health. With her third university degree underway, Sally is passionate about sharing effective wellness wisdom that makes life more wonderful.

<http://www.soundmedicine.com.au>

LOVE YOUR GUTS

An informative, practical and engaging workshop focusing on digestive health and how it can be implicated in the health of many body systems. Learn about what good digestive function means and what happens to the body when things go wrong.

- Saturday 4.00pm – 5.30pm
- Sunday 10.30am – 12.00pm

EMMA TIPPETT NATUROPATH (BHSC)

Emma has been a naturopath for over ten years. She has a particular passion for digestive health and nutrition and is also a registered GAPS practitioner. With the use of natural remedies and nutritional therapy, Emma has helped many of her patients experience relief from digestive discomfort.

<http://empoweredhealth.com.au>

THE ANCIENT WISE WOMAN

This workshop focuses on embodied wellness for all phases of a woman's life. Dipika uses ancient Ayurvedic wisdom to support women to achieve wellness.

- Saturday 2.00pm – 3.30pm
- Sunday 1.00pm – 2.30pm

DIPIKA DELMENICO

Dipika has been practicing Ayurveda and traditional medicine for 20 years in Australia and internationally. She is an engaging, motivated speaker on wholistic inner healing. Dipika writes, teaches and mentors on women's health across all phases of life, while juggling a busy clinic practice.

<http://www.amritaayurveda.com.au>

SAME SEX TANTRA

What happens when the woman who used to light your fire turns into just your best friend? Tantra offers practical exercises and tangible results to reignite that spark and

DANICA LANI

Danica is a fire sign with an unmatched zest for life. Her joy, love and vitality are infectious. She has explored and taught yoga, dance, sexuality and transformation since

increase sexual vitality. For couples or singles.

- [Friday 7.30pm – 9.00pm](#)
- [Saturday 7.00pm – 8.30pm](#)

HORMONES, THE PILL AND YOUR MOOD

We explore why you may be suffering from a hormonal imbalance and how this can impact your moods. We also explore the pros and cons of the pill as a ‘hormone balancer’ and what other options you may have in helping your hormones to rebalance.

- [Friday 11.30 am – 1.00pm](#)
- [Saturday 9.00am – 10.30am](#)

HORMONES OUT OF BALANCE

Hormones out of Balance will teach you how to clear excess hormonal build up that causes menstrual pain, heavy bleeding, irregular bleeding, bloating, weight gain, irritability, headaches and skin complaints.

- [Friday 4.00 – 5.30 pm](#)
- [Sunday 3.00pm – 4.30pm](#)

WHAT IS YOUR SKIN TELLING YOU?

The condition of our skin can give us many hints about our overall health. By tuning in and paying attention we learn to love and appreciate our skin’s imperfections for the messages it conveys about our health.

- [Saturday 11.00am – 12.30pm](#)

TANTRA FLOW YOGA

Come and experience this beautiful yoga! Tantra Flow Yoga is a gentle and dynamic vinyasa practice. This workshop will take you on a transformative journey with the Mahavidya Goddesses to awaken and embody your divine feminine spirit.

- [Saturday 7.00am – 8.30am](#)
- [Sunday 6.30 am – 8.00am](#)

1999. She trained at Deakin University, Australian Yoga Academy and Agama, and has assisted with Tantra is Love since its inception. <http://www.danicalani.com>

ANDREA STRAND

Andrea, also known as The Period Pain Guru, has been helping women to help rebalance their hormones using herbal and nutrition medicine. As a naturopath she gained a passion for empowering women in relation to their hormones after her own experience, discovering she had PCOS after coming off the pill.

<http://www.periodpain.com.au>

NATASJA FOX

Dr. Natasja Fox is a Registered Chinese Medical Practitioner with over 15 years experience in the health industry. She is herbalist and acupuncturist and also works with functional/nutritional medicine. She is the director Jing Healthcare.

<http://www.natasjafox.com>

IVY LANE

Since 2010, Ivy has been crafting to perfection a line of completely non-toxic, all natural skin care products suitable for sensitive skin. She now helps women uncover the underlying imbalances causing their skin issues, working with them to develop a holistic plan to improve their skin and health. <http://www.holisticskinhealth.com.au/>

JANE MALLICK PHD

Jane is a yoga teacher, coach and experienced leader of change. She teaches weekly yoga classes and regular workshops for women including Yin Yoga and yogic self-care for menopause. As a coach she helps women to navigate career change to find fulfilling work that is aligned with their true calling.

<http://www.tantraflowyoga.com.au>

MAIDENS LOUNGE

There is lots happening in the Maidens Lounge at Seven Sisters this year! Drop in any time, there'll always be craft on the go, and people to hang out with! The ML is your loungeroom at the festival!

Ribbon sticks
Hair wraps
Dream-catchers
Goddess Eyes
Doll-making
Hula hoops

Singing
Maidens Circles
Circus Performance
and the opportunity to participate in the
Closing Ceremony!

See the board at the festival to view the times and various weaving workshops and crafts available

WEAVER'S DEN

You are invited to learn basket weaving, an ancient craft women have performed for centuries down to the present moment. This artform inspires primal feelings of belonging, wisdom and sanctity, which naturally empowers the feminine.

Drop in, sit in circle and let our experienced weaving facilitators share, teach and inspire you to work with this grounding art.

FACILITATED BY: Monika Poray, Mish Ka, Renae Bahloo, Anika Goldfeather, Emily Smith & Shelley Krycer

CIRCLE OF STONES - SOUND & CIRCLE DEN

Women's circles & Sound Healings running all festival

	FRIDAY	SATURDAY	SUNDAY
9:00-10:30am		SACRED WOMB SPACE Tracy Marcuzzi	CIRCLE FOR TEENS Johanna Scott and Karla Riddell.
11:00-12:00pm	SOUND ALCHEMY Tracy McFie & Sha Carter	HYPNOTHOTIC SOUNDScape JOURNEY Eliza Hather & Kylie Baynes	TIBETAN SOUND BOWLS Tabitha Dougall
1:00-1:30pm	LUNCH BREAK		
1:30-3:00pm	SACRED WOMB SPACE Tracy Marcuzzi	WOMAN WITHIN CIRCLE Sequoia Kropp	WOMAN WITHIN CIRCLE Sequoia Kropp
3:30-4:30pm	TIBETAN SOUND BOWLS Tabitha Dougall	TIBETAN SOUND BOWLS Tabitha Dougall	TIBETAN SOUND BOWLS Tabitha Dougall
5:00-6:30pm	CIRCLE FOR TEENS Johanna Scott and Karla Riddell.	CIRCLE FOR TEENS Johanna Scott and Karla Riddell.	CLOSING CEREMONY OVAL 4:45- 5PM
7:30-8:30pm			