

# Bohemian Summer Festival

SUNDAY - 18 February 2024

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| 7am | MAIN STAGE      | <b>Tantrik Yoga - Inner Om with PJ</b><br>Tantrik Yoga's goal is non-transcendentalist ( but it can & does happen!). Tantrik Yoga's goal is embodied liberation, leading to total intimacy with the whole of reality. It allows us to embrace our whole human experience, as there is no aspect of our human nature which needs to be diminished.   |
| 8am | MAIN STAGE      | <b>Alchemy Crystal Sound Bath - Fiona Ross</b><br>Join award-winning singer Fiona Ross in this experience of sound, vibration and energy immersion. Fiona will play her beautiful collection of alchemy crystal sound bowls, incorporating voice, chimes, and shamanic drum.  |
| 8am | WORKSHOPS       | <b>Discover the 10 Secrets to Spiritual Abundance - Energy Business Institute</b><br>Developing Spiritual Abundance, Beyond the Poverty Mentality.  |
| 8am | WOMEN'S CIRCLES | <b>Relaxation Meditation - Melody of Soul Meditation</b><br>Through guided body relaxation and visualisation techniques, create a space of gentle nurturing for your mind, body and soul. Give your body permission to release and soften, allow your mind to feel safe and supported, and your soul to connect you to your sense of self. Through sense awareness, the present moment and the natural rhythm of your breath, create peace and harmony to carry through your day.   |
| 8am | CRAFT           | <b>Crystal Jewellery Making - Our Gypsy Collection</b><br>This workshop is designed to teach beginners how to wire wrap their own crystals and make them into pendants. Naomi will walk you through the different gauges of wire and tools / materials used to make the pendants and you will leave with your own personal crystal (the chain can be purchased separate direct from Our Gypsy Collection straight after this workshop) that is completely unique just like yourselves! Limited space so please arrive early to avoid missing out.   |
| 8am | HUB             | <b>Introduction into Attachment Style - Golden Keys Healing</b><br>Some may have already heard of Attachment Theory & may have studied it at University and/or from a variety of educational platforms & others may not have ever heard about it before.<br>The question is; Why would you want to come?<br>You will learn about Attachment Styles & be able to identify your own Attachment style.<br>This attachment style was created from childhood and is played out in our everyday life particularly in our love relationships.<br>We will explore the healing tools to "HOW" to change our attachment style from an insecure attachment into a secure attachment.<br>This results in a more harmonious rela |

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| 9am     | YOUTH           | <b>Friendship Bands - Inspiring Potential Life Coaching</b><br>A fun and interactive workshop for kids 8 – 12 years, they will learn to make their very own friendship bands using a variety of techniques. This workshop aims to cultivate children's creativity, improve their fine motor skills and promote friendship building through the art of making personalised bands. During the workshop, kids will be introduced to various types of friendship bands, including braided, beaded, woven and charm-based designs. They will learn step-by-step instructions, from selecting the right materials and tools to mastering the techniques that bring these bands to life. |
| 9.15am  | WORKSHOPS       | <b>Heart or Pussy? Pussy comes First - Liz Reichard, Radiance Coach</b><br>Liz will show you how tuning into your pussy space as your guiding force will radically improve the way you live your life. By unlocking your inner radiance you will be able to work out exactly what it is that you desire AND how to get it.  |
| 9.20am  | MAIN STAGE      | <b>Chakradance - Lighthouse Soul Journeys</b><br>Chakradance is a Movement Therapy Modality. A fusion of Jungian psychology, chakra-resonant music, guided visualization and mandala art. No previous dance experience is required as all is spontaneous movement directed by you. Knowledge of your chakras is also not a requirement.<br>The workshop is held in a beautiful, safe and supportive space. Come home to your body, connect more with your soul and freely dance to the rhythm of your soul.   |
| 9.30am  | WOMEN'S CIRCLES | <b>Embodied Goddess Healing Circle - Glow Well-Being</b><br>The Embodied Goddess Healing Circle explores applying personalized rituals in our lives through the practice of deep listening, connecting to self and embodying our inner Goddess. Through movement and stillness we connect to elements of the Earth, gaining insight from its reflections and wisdom. As we sit in circle together we harness the incredible healing power of witnessing and being witnessed in our wholeness.   |
| 9:30am  | HUB             | <b>ADHD - A Personal Journey - Samii Lee Salisbury</b><br>Samii will give an informal talk on her experiences of being diagnosed as having ADHD as an adult.<br>How being undiagnosed well into adult hood impacted her and her journey thereafter.   |
| 10am    | CRAFT           | <b>Basket weaving with Bel Natures Flow - Bel Totino</b><br>Learn the basics to weave a little basket and see how it can be a mindful practice. Mindful making.<br>Spots are limited so please arrive early to avoid missing out.   |
| 10.30am | WORKSHOPS       | <b>The Pagan Wheel of the Year - Bonny Hut</b><br>We will learn all about the Wiccan Wheel of the Year, some of its rich history and how to integrate it with your life and why doing so can benefit your life's journey and well-being. Bonny has also written a poem and done an oil painting for each of the 8 Sabbats which will also be used to bring more insights to the presentation.   |
| 10.40am | MAIN STAGE      | <b>Amber - Live Performance</b>   |

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| 10.40am | WOMEN'S CIRCLES | <p><b>Mediumship Demonstration Jordie Janes Psychic Medium</b></p> <p>Join Jordie as she gives a live Mediumship Demonstration. Jordie is a passionate and caring Medium who loves connecting with your loved ones and providing you with evidence that they are not too far away. She believes that we all can connect with our loved ones on the other side, all we have to do is ask for signs or symbols that relate to you and your loved one. Jordie has worked on stage doing mediumship demonstrations for audiences around Australia, bringing through loved ones and providing proof of life after we transition to the spirit world.</p>  |
| 10.40am | HUB             | <p><b>PMS POWR - Embracing Cyclical Wisdom - Awaken Divine Feminine</b></p> <p>We are waking the witches and reclaiming our feminine power as we tap into the transformative world of cyclical wisdom and unleash your inner strength as a woman. Learn how to navigate your menstrual cycle with grace, banish PMS, and increase your energy levels naturally. In this captivating presentation, EveningStar will share insights from her newly released book "PMS POWER," guiding you through the revolutionary POWR process. Explore the magic of your infradian rhythm (a woman's 2nd Biological clock that we should have been taught about as children) and align your life with the moon's cycle to harness your unique strengths at every phase. Celebrate sisterhood, embrace self-compassion, and tap into your innate intuition during this empowering journey.</p> |
| 11am    | YOUTH           | <p><b>Discovering yourself through Astrology - Majik of Life</b></p> <p>What exactly do the signs, planets and houses represent in your astrology chart? Most of us know our sun sign but if you dig a little deeper you will discover that your chart contains so much more. In this workshop we will take a journey into unlocking the secrets of your unique astrological chart which was created in the sky at the exact time of your birth. Discover how the planets talk to each other, understand what each zodiac sign represents and the energy contained in all 12 houses to gain a deeper insight into your strengths, weaknesses and what makes you unique in this world.</p>  |
| 11.50am | WORKSHOPS       | <p><b>Why Not Pleasure, Power and Love After Menopause? Oztantra - Annette Baulch</b></p> <p>This is an opportunity to discover the sacredness, beauty and power of your sensual pleasure. No longer limited by patriarchal conditioning, explore the unashamed sensual pleasure you are capable of when you are given full permission. Learn how your pleasure is enhanced as you open your heart to yourself. This workshop is held in a fully clothed, honoring yet fun space for women of all types and ages.</p>  |

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| 11.50am | WOMEN'S CIRCLES  | <b>Colour yourself in Art, Dance &amp; Sound - Tiffany Sassafrass</b><br>Tiffany Sassafrass will take you on a magical shamanic creative Journey.<br>Beginning with wild & gentle dance, stretching, moving & enjoying our bodies. We will then have space to do some intuitive art making! Drawing our dance drawing how our bodies feel after a good dance!<br>Then relaxing into a guided shamanic sound healing. A cosmic sound scape into the music of the spheres.<br>Combining Neptune/ Venus Gongs, Chimes, Drums, Chrystal & Tibetan bowls & Shamanic Chanting.<br>You will feel relaxed restored & refreshed |
| 12pm    | CRAFT/EXPRESSION | <b>Creative Hearts - Glow Well-Being</b><br>Creative Hearts is an immersive and nurturing workshop bringing together guided heart-centered creative practices to bring forth self-expression as a pathway for healing.<br>Drawing inspiration from Earth elements, Sally Jean will support participants to explore flow and repetitive pattern drawing using watercolor paint and colored pens. Participants will create a unique and meaningful artwork to take home.   |
| 12pm    | HUB              | <b>Crown-Down, Outside-In, Bottom Up: Spiritual Journey into Being Human - Vital Space Nexus</b><br>Presentation about Nikki's personal journey from being 'psychic' to becoming a trauma informed, embodied healing practitioner. Through this presentation she will cover her journey and also important topics about Intuition and Integrity.<br>The crucial role of becoming aware of the Nervous System Meditation/Circle for group healing (and or teaching the group tips on how to Resource/Regulate)  |
| 12pm    | MAIN STAGE       | <b>Crystal Dragon Meditation - Phoenix Alternative</b><br>Join us on a guided sacred journey to meet your personal crystal dragon within. Your crystal dragon can assist you to connect with infinite possibilities, help you refocus and move forward in life with inner strength, passion and clarity.   |
| 1pm     | WOMEN'S CIRCLES  | <b>Women's Circle ~ Healing the Sisterhood - Wilderness Within</b><br>A safe and supportive women's circle where together we explore the meaning of sisterhood for ourselves personally and collectively. Together we will co create a safe and sacred space, share in a grounding meditation, invocation, flowing into our sharing circle and closing   |
| 1pm     | YOUTH            | <b>Fabric Printing Come &amp; Go Activity</b><br>Lose yourself in free artistic expression. Children (and kids at heart) can have a go at nature fabric printing.  |
| 1.10pm  | WORKSHOPS        | <b>Introduction into Healthy Grieving - Golden Keys Healing</b><br>We warmly invite you to our Healthy Grieving Introduction, Interactive Discovery Event<br>When attending you will learn by Exploring Unique, Simple & Powerful tools to learn HOW to grieve healthily<br>Offering Unique insights into the grieving process & a simple but very effective way to move through your grief & find balance in your life again.   |

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| 1.20pm | MAIN             | <b>Chant with Charlotte &amp; friends - Whites Swan Sound and Yoga</b><br>Join Charlotte and friends for a heartfelt session of singing from the heart. Charlotte will chant and play the harmonium and a responder singer will help guide you in the practice so you know when to chant! The repetition of mantra helps the mind to focus, and shifts one into a meditative state. Experience the sound of your own voice amongst others and feel peaceful, joyous, united and connected as you chant mantra. No singing experience required! For Charlotte chanting is a way to share love & energy, music & fun and to meditate with ease. It's a way to bring people together to feel good! She sees chanting as a nurturing practice which can be relaxing, joyous, heart opening and transformative. |
| 1.20pm | HUB              | <b>Discover your True Clair - Trish Pellen</b><br>By gaining an understanding of the Clairs' abilities and their means of communication, we can cultivate a sense of relaxation within our energy core and personal growth. Our primary Clair, alongside several minor Clairs, serve as constant guides and protectors in our lives. It is crucial to discover our individual psychic capabilities and connect with our spirit guides. This transformative workshop offers an extensive 8-page manual, complete with detailed explanation to aid your journey of exploration and enlightenment.  |
| 2pm    | CRAFT/EXPRESSION | <b>Clay Yoni Sculpture - Creative Vibe Tribe</b><br>Gather in sacred circle to explore how we view, connect and honour our power portal. Be seen and heard in sharing circle then experience the soothing sound vibrations of 432hz crystal sound bowls while crafting a clay yoni for your altar.   |
| 2.15pm | WOMEN'S CIRCLE   | <b>Reconnect - IM A SOUL QUEEN</b><br>This meditation is an invitation to come and consciously build and improve your connection to yourself, your body, your heart and desires, your intuition, creativity and your divine essence.....   |
| 2.20pm | WORKSHOPS        | <b>Plant Care – turn your black thumb green<br/>- Natures Flow – Bel Totina</b><br>We will learn the four major keys to health happy indoor plants.  |
| 3.30pm | MAIN STAGE       | <b>CLOSING CEREMONY</b><br>Come together one last time to reminisce and appreciate our time together before we bid farewell until next time.   |