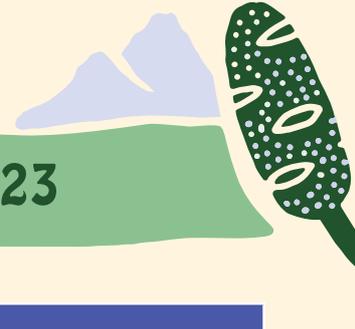




Awaken



AWAKEN PROGRAM – 26 MARCH 2023

food bowl		amphitheatre		sensory dome	
TIME	DETAILS	TIME	DETAILS	TIME	DETAILS
8:45 - 9:00am	Welcome to Country				
9:00 - 10:00am	Simone Callahan – Power Flow A dynamic practice through a series of postures that promote balance, strength and flexibility				
10:15 - 11:15am	William Wong – Purpose & Poise Experience fluid motion with creative sequencing			10:00 - 11:00am	Uma Neave Spender – Journey into the Shadows Guided Meditation and pranayama
11:15 - 11:30am	Edo Khan Sacred mantras	10:00 - 12:00pm	Dj Loqi Ambient meditations and sacred downtempo beats	11:15 - 12:30pm	Sian Pascale Experience the embodiment of the Divine Feminine
11:30 - 12:30pm	Shiva Rea – Rhythm + Prana Flow Find your center in collective rhythm and flow				
12:30 - 1:30pm	LUNCH BREAK	12:15 - 1:30pm	Perolas Contemporary electric harp ensemble	12:30 - 1:30pm	LUNCH BREAK
1:45 - 2:45pm	Bruce Lipton <i>The Biology of Belief</i>	2:00 - 3:00pm	Sonja Kyra-Bleu Flow style yoga session	2:00 - 3:00pm	Freya Lawler – Holistic Wellness & Naturopathy Exploring detoxification: a holistic perspective
3:00 - 4:30pm	Wellness Panel <i>Sustaining True Wellness</i> Featuring Charles Davidson, Bharat Mitra, Farida Irani, Katherine Droga, Marc Cohen	3:15 - 4:30pm	Jem Stone – Wayapa Wuurrk Reconnecting back to Mother Earth, to ourselves and to each other	3:15 - 4:30pm	Edo Khan – Mantrafy Vedic Sound Bath and healing vibrations
5:00 - 6:00pm	Kyle Lionharts	4:45 - 5:45pm	Maggie Carr – Ocean Flow	5:00 - 6:00pm	Stan Rodski – The Neuroscience of Mindfulness
6:30 - 7:30pm	Garrett Kato	6:00 - 7:00pm	Yuval and Sarita Middle Eastern and Indian fusion	6:30 - 8:00pm	Spud Thompson Ambient Sound Bath Session
8:00 - 9:00pm	Mama Kin Spender and the Macapella Choir				
9:00pm	Closing Ceremony				

All day activities include: Wellness Village featuring massage and healing modalities, craft vendors, food stalls, open networking and conversation zones and many other thermal bathing and wellness activations.

Contact us at info@peninsulahotspings.com or +61 03 5950 8777





Awaken

26 MARCH 2023

AUSTRALIA'S FIRST HOT SPRINGS
WELLNESS GATHERING

BE INSPIRED, EMPOWERED AND UPLIFTED



PENINSULA
HOT SPRINGS

CONNECT WITH
WELLNESS INSPIRATIONS AND YOGA WITH

SHIVA REA • DR BRUCE LIPTON • WILLIAM WONG
SIMONE CALLAHAN • DR MARC COHEN
JEM STONE (WAYAPA WELLNESS) • MAGGIE CARR
UMA NEAVE SPENDER • SONJA KYRA-BLEAU

IMMERSE IN MUSIC WITH

MAMA KIN SPENDER (with the Macapella Choir)
GARRETT KATO • KYLE LIONHART • EDO KHAN
and many more....

OTHER HIGHLIGHTS INCLUDE:

WELLNESS DOME VILLAGE,
MASSAGE AND HEALING SPACE,
WANDERLUST & YOGA AUSTRALIA DEDICATED
DOMES, SOUND HEALING, SCENIC CAMPING CLOSE BY
AND MUCH MORE!

• TICKETS ARE LIMITED •

AWAKEN PASS - \$110
AWAKEN PASS PLUS BATHING - \$180

Tickets includes classes, workshops and music. Wellness activities, treatments and enhancements to your visit can be booked at an additional charge, please see website for details.



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CELEBRATING CONNECTION & CO-CREATION