

# ARISE! FESTIVAL



## SHINE YOUR LIGHT

### MAIN STAGE:

9:30 - 10:30

#### FESTIVAL OPENING

featuring the sacred music of Shayla Plosko

10:30 - 11:15

#### NATURAL STRATEGIES FOR WELLNESS

with Kingaroy Chiropractic

11:15 - 12:00

#### INTRO TO QIGONG

with Zenko, SB  
Yoga Chi  
Gung

12:00-12:20

#### LINE DANCING & TASTER CLASS

Kingaroy Line  
Dancing

12:30-1:00

#### FARM WASTE WEARABLE ART PARADE

with Marg Enkelmann

1:15 - 2:00

#### SELF HEALING & THE ENERGETIC ANTIDOTE

with Kylie

2:00-2:45

#### SACRED INTENTIONS, ABUNDANT LIFE

with Dr Fi

3:00 - 4:00

#### FULL MOON CEREMONY: FESTIVAL OF HUMANITY

### LILY PAD:

10:30 - 11:00

#### MAGICAL MANDALA MINDFULNESS PRACTICE

11:00-11:15

#### KIDS STORY TIME

with Miss Jane +  
Childrens author Trish Brown

11:15-11:45

#### KIDS WILD CRAFTS

Fairy Wand  
Nature Bangle  
Origami & Paper Craft  
Colouring In

1:00-2:00

#### WOMENS YARNING CIRCLE

with Joan,  
Blue Iris Healing

2:00-3:00

#### THE HENNA EXPERIENCE WORKSHOP

with Victoria, Sunlit  
Henna (\$30)

4:15-5:00

#### FULL MOON FIRE CEREMONY

with Remi Sai

ZEN ROOM  
10:30-11:30

THE APOTHECARY  
10:30-12:00

THE APOTHECARY  
2:00-3:-00

GENTLE BREATHWORK with Cat Wright (\$10)

CREATE YOUR OWN AFFIRMATION CARDS with Studio Arty Show (\$25)

INNER CRITIC | MINDSET COACHING AND JOURNALING SESSION with Kelly Wellhuner (\$20)

