

MFEST 13/5/17 - WORKSHOPS - BELL TENT

10.00 Sacred Sounds to heal and uplift - blessing & healing heart, mind, body and Soul

Lynn Solang - Intuitive Shaman who works with earth and Goddess energy to heal and guide people in their daily lives and support their spiritual growth.

10.45 Connecting With Mother Nature through Mantras & Mandalas

Melissa Joss - Come be soothed and inspired by blissful live music and meditative mantras as you make your own sacred healing nature mandala at this creative wellbeing workshop facilitated by Melissa from MYSHA Therapy, AThR, Reg. Arts Therapist and Singer-Songwriter.

11.30 Nourish your body and awaken your senses with essential oils and learn how to make your own luxurious spa products, DIY beauty, personal care, natural cleaning and even recipes for in the bedroom! All materials provided.

Jeni Drew - Passionate about creating a greener, more chemical-free environment and body... improving health for mums, bubs and families... Jeni uses Young Living Essential Oils, and is a Feldenkrais practitioner.

12.15 Kundalini yoga to journey into the heart of the Mother through sound, movement and mantra.

Cassandra Pearce - Kundalini Yoga is an ancient yogic practice using various techniques to bring about a holistic internal balance to arrive at the place of inner peace and truth. Join Cassandra, qualified Kundalini Yoga instructor and longtime practitioner of Kundalini Yoga, to journey into the heart of the Mother through sound, movement and mantra.

1.00 Organisational model where socially conscious women thrive!

J Ellis - Coaches healers, visionaries and socially conscious service based luminaries; find their life purpose and their message. Teaching them how to thrive by making an impact in the world through this vision as it operates through an unincorporated organisational model. Leaving a legacy for others to follow.

1.45 Natural Modern Cloth Napping

Michelle Stapleton - Owner of Cloth nappies at SHP. Health benefits and Practicalities of living with Natural Fibre Modern Cloth Nappies. Multiple award winning Australian made Natural baby products specialising in modern cloth nappies and advice particularly in the areas of Newborns, Nights, Natural, Nice and babies with allergies.

2.30 From worry to calm: transforming feelings with tapping

Lianne Schwartz - Educator, healer and a practicing midwife...Lianne has a gift for helping women chart their own course as they curate their journey through life. In her work, she facilitates women through their own process of self-discovery by giving them tools and evidence-based techniques to transform how life is experienced from the inside out. Rather than relying on time-heavy practices, what Lianne teaches can be accessed simply, quickly and easily.

3.15 Movements for Mother's self-care

Vanessa Arouff-Parfait - comprising of gentle movements with the aim to calm the mind, become more aware of one's own body, increase flexibility & strength as well as relaxation benefit... Vanessa is a Physiotherapist and movement practitioner.

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