

13-14  
APRIL 2019

# SUPER BLOOM

FESTIVAL

ABBOTSFORD  
CONVENT

## Enter Curious. Emerge Inspired.

Everything you need to know for your weekend of wellbeing and wonder.

18+ event designed for adults.

PRESENTING PARTNER



FESTIVAL PARTNERS



Dumbo  
Feather



• BROADSHEET



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# Welcome to Super Bloom Festival

Thank you for joining us for a weekend of wellbeing and wonder.

We believe that connectedness and contribution to others and the world around us is a critical factor to our own sense of Wellbeing and the future of this planet. From this ethos, this Festival was created.

Bring an open heart and an open mind. Take this opportunity to experience everything Super Bloom Festival has to offer.

Slow down. Be still. Breathe in deep. Connect. Indulge your senses. Stimulate your mind. Move your body. You are amongst like-minded people who have come here for the same reasons as you.

Set your Super Bloom intentions; big or small, or simply thank yourself for making the time to be here.

The next step of your journey begins here.

## Our five foundational pillars;



### NOURISH

Explore food as fuel, nutritional medicine, healing modalities and supplementation and immerse yourself in information that will assist in reducing life's stressors and bringing nourishment to the body and mind.



### ACTIVATE

From a gentle flow to a rigorous workout or something in-between; move, stretch, shake and get that good energy circulating through your system. We all know that movement is critical to our Wellbeing.



### RESTORE

We are losing the art of moving slowly in the race of life, and many of us no longer enjoy the required level of rest to reset and rebuild our bodies and our minds. Deepen your understanding of rest and mindfulness.



### EVOLVE

Take part in and listen to panels, talks and discussions on future ways of living, how we move forward innovatively and peacefully whilst treading lightly on this planet.



### BLOOM

Surrounding yourself with creativity and wonder unlocks new ways of being with yourself and others through new experiences. Throughout the festival, enjoy artists, live performers and entertainment to stir your senses and inspire creativity and self-expression.

We wholeheartedly acknowledge the Wurundjeri people of the Kulin nation, who are the traditional custodians of the land in which we are on today and pay our respects to their Elders past, present and emerging.

Be part of the Super Bloom Festival community - subscribe at [superbloomfestival.com](http://superbloomfestival.com)

# Saturday Schedule

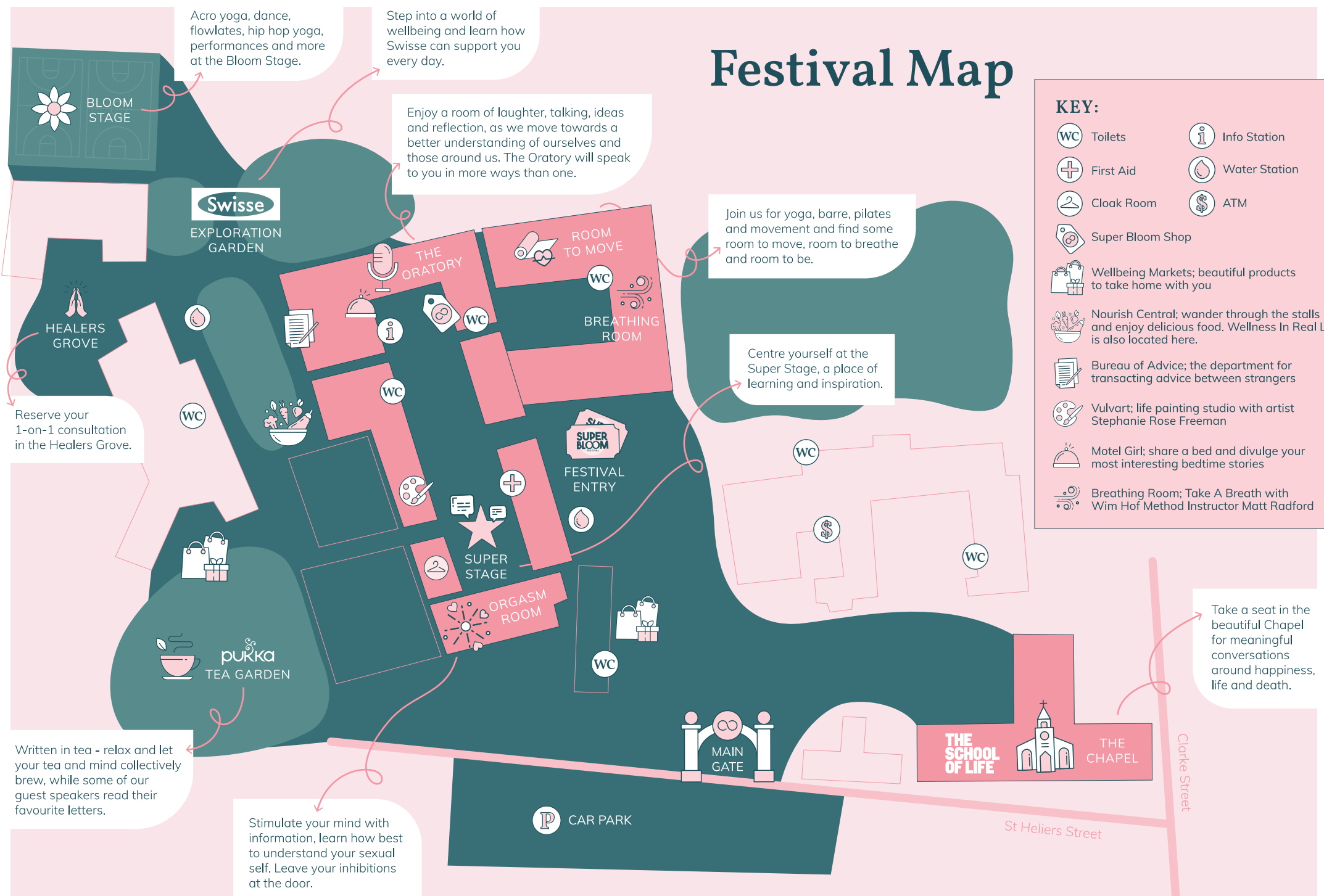


	8.00am	9.00am	10.00am	11.00am	12.00pm	1.00pm	2.00pm	3.00pm	4.00pm	5.00pm	
Super Stage	8.00-8.30am <b>Welcome to Country</b>	9.00-9.40am <b>Lola Berry</b> Beyond The Mat lifestyle workshop	10.00-10.40am <b>Shoku Iku Academy</b> Get Raw: How to Make Delicious Desserts cooking demonstration	11.00-11.40am <b>Swisse Panel</b> Wellness Rituals to Transform & Inspire ritual workshop	12.00-12.40pm <b>Reece Carter</b> Greens & The Gut nutrition masterclass	1.00-1.40pm <b>Dr. Nikki Goldstein</b> Having a Healthy Relationship & Sex Life masterclass	2.00-2.40pm <b>Tobie Puttock</b> Waste Not Want Not cooking demonstration	3.00-3.40pm <b>Jess Sepel</b> Food as Medicine for Living nutrition masterclass	4.00-4.40pm <b>Kemi Nekvapil</b> Leading with Life's Lessons talk, life coaching	5.00-5.40pm <b>Dr. Lauren Tober</b> The Art & Science of Rest deep rest	
Room to Move	7.45-8.25am <b>Uma Spender</b> The Magic of Mantra mantra workshop	8.45-9.25am <b>Cat Woods</b> Ballet Sculpt pilates & barre	9.45-10.25am <b>Infinity Therapies</b> Unleashing your Divine Feminine: Qoya yoga & dance	10.45-11.25am <b>HartRoks</b> Manifesting & Programming with Crystals workshop	11.45-12.25pm <b>Maud Léger</b> Groove & Glow energising yoga & DJ	12.45-1.25pm <b>Chris Wilson</b> Moving into Stillness slow yoga	1.45-2.25pm <b>Barre Body</b> Burn and Shake it at the Barre pilates & barre	3.00-3.40pm <b>Ryan Mannix</b> Soft & Still: Yin and Meditation with Sound Bath meditation & yin yoga	4.00-4.30pm <b>Mona Ruijs</b> Immersive Sound Bath	4.45-5.15pm <b>Mona Ruijs</b> Immersive Sound Bath	5.30-6.00pm <b>Mona Ruijs</b> Immersive Sound Bath
Bloom Stage	8.00-8.40am <b>Sadhana Studios</b> Divine Grace & Flow kundalini yoga	9.00-9.40am <b>Warrior One</b> Acro Yoga 101 acrobatic yoga	10.00-10.50am <b>Deep Soulful Sweats</b> Indigo Realness astro dance party	11.00-11.40am <b>Stefanie Turner</b> Flowlates & Beats pilates, yoga & dance	12.00-12.40pm <b>Kat John</b> Mass Meditation meditation	1.00-1.20pm <b>Gravity &amp; Other Myths</b> A Simple Space acrobatic performance	2.00-2.40pm <b>Yoga 213</b> Hip Hop Yoga: Sweat is Sweet hip hop yoga	3.00-3.40pm <b>Guru Dudu</b> Happy Yoga light-hearted yoga	4.00-4.40pm <b>Gwyn Williams</b> The Art of Letting Go: Zenthai Shiatsu Zenthai Shiatsu yoga	5.00-5.40pm <b>Amrita Hepi</b> Mixtape Mass Movement dance	
Orgasm Room			10.00-10.40am <b>Mia Muse</b> Objects of Pleasure sex toy talk	11.00-11.40am <b>Infinity Therapies</b> Sensual Movement 101 sensual movement	12.00-12.40pm <b>Uma Spender</b> Shakti Flow Yoga sensual yoga	1.00-1.40pm <b>Heal'r</b> Heal'r your Relationships, to Heal'r your Hormonal & Digestive Health healing masterclass	2.00-2.40pm <b>Mia Muse</b> Know Your Pleasure sensuality masterclass	3.00-3.40pm <b>StellaMuse</b> The Essence of Tantra tantra masterclass	4.00-4.40pm <b>Mia Muse</b> Objects of Pleasure sex toy talk		
The Oratory	7.45-8.25am <b>Asher Packman</b> Your Heart Before Your Head intention meditation	8.45-9.25am <b>Tegan Wallis</b> Ancient Advice for the Modern Life ayurvedic masterclass	9.45-10.25am <b>Julie Zdravkovska</b> Spiritual Talk, Medium Readings & Group Healing spiritual open forum	10.45-11.25am <b>Rachelle Unreich</b> How Journalism Taught Me Who I Am storytelling	11.45-12.25pm <b>Al Jeffery</b> The Art of Human Connection & Cultural Stewardship workshop	12.45-1.25pm <b>Dr. Oscar Serrallach</b> Matrescence: Science & Culture of Motherhood motherhood discussion	1.45-2.25pm <b>Dumbo Feather</b> Small Giants Panel Discussion: How to Bloom Q & A discussion	2.45-3.25pm <b>Tony Johannsen</b> Life Like Water: Moving Through Anxiety anxiety masterclass	3.45-4.25pm <b>Heidi Trigar</b> Kirtan Yoga bhakti yoga	4.45-5.25pm <b>Caroline Hales</b> Calm the Chatter calming workshop	
The Chapel		9.00-10.30am <b>The School Of Life</b> Pop-Up Classroom workshop		11.00-11.40am <b>The Sociable Weaver</b> The Future of Our Homes panel discussion		12.30-2.00pm <b>The School Of Life</b> Pop-Up Classroom workshop					
Breathing Room			10.00-11.00am <b>Take a Breath</b> With Wim Hof Method Instructor Matt Radford breathing masterclass		12.00-1.00pm <b>Take a Breath</b> With Wim Hof Method Instructor Matt Radford breathing masterclass		2.00-3.00pm <b>Take a Breath</b> With Wim Hof Method Instructor Matt Radford breathing masterclass		4.00-5.00pm <b>Take a Breath</b> With Wim Hof Method Instructor Matt Radford breathing masterclass		

# Festival Map

## KEY:

-  Toilets
-  First Aid
-  Cloak Room
-  Super Bloom Shop
-  Wellbeing Markets; beautiful products to take home with you
-  Nourish Central; wander through the stalls and enjoy delicious food. Wellness In Real Life is also located here.
-  Bureau of Advice; the department for transacting advice between strangers
-  Vulvart; life painting studio with artist Stephanie Rose Freeman
-  Motel Girl; share a bed and divulge your most interesting bedtime stories
-  Breathing Room; Take A Breath with Wim Hof Method Instructor Matt Radford
-  Info Station
-  Water Station
-  ATM





# Sunday Schedule



	8.00am	9.00am	10.00am	11.00am	12.00pm	1.00pm	2.00pm	3.00pm	4.00pm	5.00pm
Super Stage	8.00-8.40am <b>Al Jeffery</b> The Art of Human Connection & Cultural Stewardship workshop	9.00-9.40am <b>Tobie Puttock</b> Waste Not Want Not cooking demonstration	10.00-10.40am <b>The Essentialists</b> Masterclass of Wellness wellness masterclass	11.00-11.40am <b>Jess Sepel</b> Healthy Hacks for Stressy Living nutrition masterclass	12.00-12.40pm <b>Reece Carter</b> Eat Happy nutrition masterclass	1.00-1.40pm <b>Clementine Ford</b> Since Becoming a Mother author talk & discussion	2.00-2.40pm <b>Swisse Panel</b> Wellness Rituals to Transform & Inspire ritual workshop	3.00-3.40pm <b>Dr. Marc Cohen</b> Extreme Wellness wellbeing life skills	4.00-4.40pm <b>Shoku Iku Academy</b> Get Raw: How to Make Delicious Desserts demonstration	5.00-5.40pm <b>Lola Berry</b> Self Love: Less Buzzwords, More Living self love masterclass
Room to Move	7.45-8.25am <b>Chris Wilson</b> Meditation 101 intention meditation	8.45-9.25am <b>Caroline Hales</b> Calm the Chatter calming workshop	9.45-10.25am <b>Barre Body</b> Burn and Shake it at the Barre pilates & barre	10.45-11.25am <b>Dr. Elise Bialylew</b> Breath Meditation meditation masterclass	11.45-12.25pm <b>Gwyn Williams</b> Movement as Therapy: Zenthai Shiatsu Zenthai Shiatsu yoga	12.45-1.25pm <b>HartRoks</b> Manifesting & Programming with Crystals workshop	1.45-2.25pm <b>Heidi Trigar</b> Kirtan Yoga bhakti yoga	2.45-3.25pm <b>Cat Woods</b> Ballet Sculpt pilates & barre	3.45-4.25pm <b>Infinity Therapies</b> Unleashing your Divine Feminine: Qoya yoga & dance	4.45-5.25pm <b>Maud Léger</b> Soft: The Singer, The Pianist & The Body yoga for deep rest
Bloom Stage	8.00-8.40am <b>Sadhana Studios</b> Vibrate the Cosmos kundalini yoga meditation	9.00-9.40am <b>Amrita Hepi</b> Slow Jamz with Amrita dance	10.00-10.40am <b>Warrior One</b> Yoga	11.00-11.40am <b>Yoga 213</b> Hip Hop Yoga: Sweat is Sweet hip hop yoga	12.00-12.40pm <b>Warrior One</b> Yoga With Balls release ball yoga	1.00-1.20pm <b>Gravity &amp; Other Myths</b> A Simple Space acrobatic performance	2.00-2.40pm <b>Stefanie Turner</b> Flowlates & Beats pilates, yoga & dance	3.00-3.50pm <b>Deep Soulful Sweats</b> Indigo Realness astro dance party	4.00-4.40pm <b>Guru Dudu</b> Happy Yoga light-hearted yoga	5.00-5.40pm <b>Kat John</b> Free Your Shlt & Dance! interactive dance
Orgasm Room			10.00-10.40am <b>Mia Muse</b> Objects of Pleasure sex toy talk	11.00-11.40am <b>Infinity Therapies</b> Sensual Movement 101 sensual movement	12.00-12.40pm <b>Uma Spender</b> Free Breathing Workshop breathing workshop	1.00-1.40pm <b>StellaMuse</b> Living a Tantric Life: With & Without a Partner tantra masterclass	2.00-2.40pm <b>Dr. Nikki Goldstein</b> Sex Ed 101 sex masterclass	3.00-3.40pm <b>Mia Muse</b> Know Your Pleasure sensuality masterclass	4.00-4.40pm <b>Mia Muse</b> Objects of Pleasure sex toy talk	
The Oratory	7.45-8.25am <b>Asher Packman</b> Aligning your Sun & Moon intention meditation	8.45-9.25am <b>Tegan Wallis</b> Ayurvedic Insights into Gut Health ayurvedic masterclass	9.45-10.25am <b>Dr. Lauren Tober</b> Deep Rest with iRest: Yoga Nidra deep rest with yoga nidra	10.45-11.25am <b>Tony Johannsen</b> Anxiety: The Compass to Authenticity anxiety masterclass	11.45-12.25pm <b>Dr. Oscar Serrallach</b> Matrescence: Science & Culture of Motherhood motherhood discussion	12.45-1.25pm <b>David Holmgren</b> Aussie St: Our Shared Suburban History & Future permaculture presentation	1.45-2.25pm <b>Rachelle Unreich</b> Writing It All Down storytelling	2.45-3.25pm <b>Kemi Nekvapil</b> Leading with Life's Lessons: Workshop life coaching workshop	3.45-4.25pm <b>Julie Zdravkovska</b> Spiritual Talk, Medium Readings & Group Healing spiritual open forum	4.45-5.25pm <b>Uma Spender</b> Embracing Kali: The Secrets of the Dark Feminine femininity masterclass
The Chapel					12.00-1.30pm <b>The School Of Life</b> Pop-Up Classroom workshop				3.30-5.00pm <b>The School Of Life</b> Pop-Up Classroom workshop	
Breathing Room			10.00-11.00am <b>Take a Breath</b> With Wim Hof Method Instructor Matt Radford breathing masterclass		12.00-1.00pm <b>Take a Breath</b> With Wim Hof Method Instructor Matt Radford breathing masterclass		2.00-3.00pm <b>Take a Breath</b> With Wim Hof Method Instructor Matt Radford breathing masterclass		4.00-5.00pm <b>Take a Breath</b> With Wim Hof Method Instructor Matt Radford breathing masterclass	

# 'Wonder' around the grounds



## A World of Wellbeing with Presenting Partner Swisse

Visit the Swisse Exploration Garden and explore mindfulness at the Swisse Dream Dome, explore natural beauty with the new range of clay face masks and take part in personalised 'wellness chats' with the Swisse team.

Look out for the programmed sessions on 'Daily Rituals' with Di Mitchelmore and Jasmine Smith from Swisse.



## Healers Grove

Visit our Healers Grove for 1-on-1 consultations with practitioners in: kinesiology, naturopathy, holistic nutrition, astrology, reiki, qui crystal healing, Ayurveda, and Chinese Medicine.

Make your reservation at the entrance to the grove, with bookings made on a first-in-first-served basis.

## Written in Tea

**Pukka Tea Garden** - it's the tea garden of the Festival, but not what you would expect.

Pukka Organic Teas have their brews on the boil for you to sip while some of our favourite Super Bloomers read aloud letters they love; from celebrity notes, letters from their own lives or ones they've stumbled across, this will be a space of divine storytelling. Featuring Asher Packman, Kemi Nekvapil, Dr Lauren Tober, Gwyn Williams, Uma Spender and many more.



## Nourish Central

Your go-to destination at the festival when you're craving a refuel between sessions.

Enjoy vegan and vegetarian friendly food from Sticks and Stones BBQ and Curry Up Now, delve into delicious vegan poke and acai breakfast bowls by Gorgeous George, salivate over Bite Me Fine Foods' organic falafel and veggie patties and sip on something sumptuous from Calmer Sutra. Still thirsty? We'll also have fresh blended smoothies on hand to quench your post-session thirst. Please note some vendors are cash only.

Food packaging is compostable, please place it in the appropriate bin.

## Bureau of Advice

Seeking advice for something in your life? Or simply curious to know what a stranger thinks about something?

Our Bureau of Advice connects strangers through letter writing in an advice-giving, authentic exchange that Google just can't compete with.

SAT & SUN 11.30am-4.30pm

## Diet Myths, Food Fads & Other Malarkey

with **Wellness In Real Life** - dive head first into the behaviours surrounding food; from why we eat to the way we eat.

SAT 11.00am & SUN 1.00pm Nourish Central



## Vulvart Painting Studio

Artist Stephanie Rose Freeman hosts a drop-in painting studio. Come take an easel and explore the reverence of the human form.

SAT & SUN All day

## Motel Girl

with Anna Lindner - a secret sharing of your most intimate stories

SAT & SUN 10.00-12.00pm & 2.00-4.00pm

## Silent Disco Tour

with Guru Dudu - enjoy walking, dancing, singing and spontaneous flash-mobs.

SAT & SUN 11.00-12.00pm

## Good Vibes & Market Buys

In the mood for a little retail therapy? Check out our wellbeing market stalls and see what takes your fancy.

## Gravity & Other Myths

**A Simple Space** - the world renowned, award winning work by Gravity & Other Myths, one of Australia's leading contemporary circus companies, is simultaneously raw, frantic and delicate.

SAT & SUN 1.00pm Bloom Stage

## The Illuminated Angels

Floating benevolent beings who bestow light and joy where ever they land, by Born In A Taxi.

SAT 12.00-3.00pm

## The Sleep Keepers

Comedy, song, music, story and the gentle art of slumber are woven into this roving act by Born in a Taxi and Kinetic Theatre.

SUN 12.00-3.00pm

## Slow Flow In The Hoop

with Donna Sparx - a gentle, powerful class that will awaken your senses and connection to self through slow flow in the hoop.

SAT 8.00-9.00am

## Hula Hoop Dance

with Donna Sparx - learn a swag of tricks and a hoop dance choreography guaranteed to impress.

SUN 10.00-11.00am





— SKINCARE —

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## Exclusive Super Bloom Festival offer\*

25% discount on selected product\*\*

Receive a bonus Manuka Honey Face Mask and  
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\*Redeemable only at the Swisse Exploration Garden during the festival. \*\*Only on product available at Super Bloom Festival.  
^Limited to one transaction per person. ~Limited to four VMS products per transaction.