

K.I.S.S. Luminare 2017

Knowledge & Inspirational Sharing Sessions

Organic

Mushroom Home Cultivation - Aidan Kelly

TOHORĀ Thursday 3PM

MARAMA Monday 1PM

Receive a foundational understanding of fungal ecology and home scale cultivation of mushrooms. Learn to think resourcefully about home scale food production re-using products like plastic containers, coffee grounds, tea bags, lawn clippings, garden compostable material etc. A follow up session covers some medicinal and technological applications of fungi. For all Ages

Aidan and Fungus Federation have presented 5 successful workshops through Kalmarna Gardens in Auckland and at The Arty House in Tauranga, having taught more than 30 participants over the last 6 months. Aidan runs the commercial production side of The Fungus Federation Ltd supplying gourmet mushrooms to Kokako cafe, Wise Cicada etc. He has studied Horticultural production, Biological sciences and fungiculture for the past 7 years and generated all of the intellectual property presented in the workshop curriculum.

Holy Shit: How Compost Can Save The World - Alexandra Cachia

TRIBAL Thursday 12PM

Compost is the new black gold, our modern day natural resource that can be in high abundance if we just make it happen. We will go through the Luminare systems to explore the beauty of 'Holy Shit'. Learn what is compost, how is it valuable in modern society, and how can it affect the world on a large scale. Adults Only Being responsible for the waste we produce and creating a valuable commodity can have a huge ripple effect on the world. Consider how many "resources" (waste) we create as individuals everyday. The importance to understand that this is our responsibility not of the garbage collector or government to dispose of. This excess that we regard as waste can be put back into the system to create more abundance for us and the world. We just form part of the cycles of nature. With cooperation of the Luminare sustainability team Alexandra will give an interactive tour on all compost related projects at the festival, along with instruction on how to make compost in just 18 days (hot compost), vermi-compost (worm composting) and how to build a simple home worm compost bin.

Alexandra Cachia has worked in Permaculture for the last 4 years. She obtained her PDC (Permaculture Design Certificate) at Terra Alta Portugal, and for 3 years worked on a Permaculture Educational Centre in the Maltese countryside. Last April 2016, she completed the Earthship Academy tuition at Earthship Biotecture in Toas, New Mexico. She is also doing her Permaculture Diploma under the British Association of Permaculture, working on her first social permaculture project.

Earth Building With Agari Farm - Dani Wolff and Earl Boyd

Meet Friday, Saturday, Sunday, Monday 11AM at info

An introduction to the earth building concept. Come and play with materials that make up what you need to build your own regenerative home! We'll explore testing, cob, mud bricks & appropriate passive design. The second workshop we will get muddy & go deeper into cob & mud bricks & will create our own community project, a mini earth structure! For All Ages

Why do we build with earthen materials? We will go into detail about what we need such as sand, clay, straw, and how to turn it into a home. We will discuss sourcing materials, appropriate technology & the design process for earthen homes. We will get to know the materials by playing with them then combining them on tarps, taking our shoes off & stomping the materials to make cob. In the second workshop we will make the cob material into mud brick forms so people can see how to make their own at home. This workshop will be a chance to ask a lot of questions & we can share our experience & advice on any personal upcoming projects. This is an amazing, sensual, hands on community experience!

Dani and Earl currently teach natural building all over Australia, and have been in USA, Canada, Africa & New Zealand for the past 4 years. Dani comes from an architecture background, runs Agari Permaculture Farm & is now teaching workshops full time. Earl is an earth builder, mud enthusiast & carpenter from Motueka who also teaches Agari workshops. They range from a weekend to 6 weeks long depending on the project - they teach straw bale, earth ships, cob, mud bricks & many other techniques as well as alternative living ideas such as community, permaculture and fermentation.

Lacto-Fermentation: How To Make Sauerkraut - Inna Alex

TOHORĀ Saturday 9AM

Lacto-fermentation creates foods which are more nutritious than they were before being preserved by introducing beneficial flora and probiotics to foods. Learn to make sauerkraut (from cabbage) in lacto-fermented fashion. Discover the ancient art, taste and take home knowledge applicable to a variety of vegetables in this hands-on demonstration.

Inna Alex (MSC Env Management) Living in an intentional community, Inna works with the Tui Balms workers' co-operative, as a yoga teacher and in environmental & permaculture education with Earthcare Education Aotearoa. Inna's earth-based lifestyle in Tui Community has provided her with many practical skills in permaculture living, organic gardening, and healing foods.

Wild Food & Medicine Of Aotearoa ~ Rongoa - Jules Bright

TOHORĀ Thursday 11AM

TOHORĀ Friday 1PM

See forest plants of New Zealand in a new light - as wild food and medicine. Look at foraging with 7-generation thinking, sacred connection and sustainability. Learn about different ways of preparing 3 of them as culinary delights and beverages with a chance to sample some. Bring a cup and try some native teas.

Engaging and fun, learn to utilise forest plants in beautiful and tasty ways for magic and medicine – oils, vinegars, honeys, teas, infusions, lotions & even wine. Become

familiar with our common plants to enhance health and wellbeing by plugging back into our plant wisdom of Aotearoa in delicious and exciting new ways.

Jules is an initiated WisdomKeeper, Pipe Carrier and Reiki Master and enjoyed 10 years of surgical nursing & ambulance work before becoming a naturopath and medical herbalist. Jules is now taking her message to the World through her natural NZ native skinfood ranges: Bright Earth & Earth's Kitchen, products that are 100% natural, wild-crafted and enjoy fair trading with our sisters in the Pacific.

Canaan Downs Collective - Kaitiaki- Gayle Murphy

TE RA Monday 4PM

An hour long presentation giving an overview of the cooperative land ownership that is underway at Canaan Downs, the vision and values, aims and objectives of the Canaan Collective. Gain insight into how you can become part of this amazing visionary project that is taking care of the land where Luminate is held. We will take a walk around Canaan to see the regenerating forest, get to know more of the land, and experience the abundant beauty there.

Eco Tour – Rita Davies & Gayle Murphy

TRIBAL Friday 2PM

An opportunity to explore Luminate's pioneering eco initiatives, gain knowledge and insight of our systems and ask any questions you might have. An overview of Luminate's earth friendly ethos will begin the workshop, giving you an understanding of the range and diversity of the initiatives. This will be followed by a tour of the eco amenities where you can see how they are built and implemented. Learn how to make your own life more in harmony with nature!

Local Food & Seed Sovereignty - Robina McCurdy

MARAMA Thursday 1PM

Find out about attempts to counteract the decline in seed varieties and the rise of corporate control over our food and seeds. Learn how permaculture and community development methods applied to bioregional food resilience can recharge local economies. Short film clips produced by the Localising Food Project serve as supportive evidence for this. Adults Only

Permaculture: An Ecological Design System for Productive Landscapes And Thriving Social Systems -Robina McCurdy and Alexandra Cachia

MARAMA Saturday 9AM

An insight into how to work in harmony with nature to produce an abundance of food in a landscape of beauty. Discover how to integrate elements such as organic vegetable gardens, fruit trees, herbs, flowers and small animal systems, especially within our home environments - with a myriad of social benefits. Adults Only

Robina McCurdy is the founder of The Institute of Earthcare Education Aotearoa (www.earthcare-education.org), a Charitable Trust dedicated to sustainability education. She also pioneered the 32 year-old Tui Land Trust in Golden Bay (www.tuitrust.org.nz), a

residential farm community where she has her home. Robina works as a community development facilitator, permaculture educator, organic garden designer, and nature connection guide with more than 30 years experience behind her. She has taught and applied her powerful participatory processes for collective decision-making and action to households, neighbourhoods, schools, farms, eco villages and bioregions throughout Aotearoa/New Zealand as well as in 15 countries internationally. She has produced a range of practical teaching resources, including a Treecrop Species Compendium, a Home Garden Coaching guide, and a Community Facilitation manual called 'Grounding Vision: Empowering Culture'. In 2012 Robina initiated 'The Localising Food Project' (www.localisingfood.com), through which she is becoming a recognised documentary producer.

Alexandra Cachia has obtained her PDC (Permaculture Design Certificate) at Terra Alta Portugal, and for 3 years worked on a Permaculture Educational Centre in the Maltese countryside. Alexandra is currently writing her Masters degree dissertation in Renewable Energy Development on the 'Application of Earthship Structures in the Maltese Islands'. Last April 2016, she completed the Earthship Academy tuition at Earthship Biotecture in Toas, New Mexico. She is also doing her Permaculture Diploma under the British Association of Permaculture, working on her first social permaculture project called 'Adhika'.

Natural Soap making - Sarah Page

TOHORĀ Tuesday 1PM

Make your own natural Palm oil free soap using only natural ingredients including organic goats milk, natural colourings and essential oils. Goats milk soap is an intensely nourishing and very gentle soap which is ideal for children and babies and anyone who has skin problems. No natural additives are added and the soap is pure and simple. Adults Only

During the first part of the course learn in detail about soap making and the procedures involved. Discover different natural colourings that can be used including flower petals spices fruit and herbs. Find out about different textures that can be created using using various natural ingredients. Learn the simple straightforward forward process of bringing ingredients together before adding fragrances, colourings and textures to make the soap more beautiful.

Three Soft Cheeses - Sarah Page

TOHORĀ Sunday 5PM

Be amazed by how simple cheese making actually is. Make a very simple cream type cheese which is extremely versatile and can be used to make cheesecake or be mixed with various herbs and fruit for a delicious spread. Mix and drain prepared cheese and make a garlic and herb Boursin together with fully drained Curd. Adults Only

The Brie, feta and the cheese making processes for both of these cheeses will be fully explained. A cheese tasting of all the cheeses made is usually included. The aim of the cheesemaking workshop is to show people how very straightforward and simple it is to make your own soft cheeses in the comfort of your own home. It is quite possible to make a kilo of feta cheese from 5 litres of organic milk!

Sarah runs cheese making and natural soap making workshops at a small sustainable goat farm in North Canterbury and also sells beautiful soaps (Milk Moon Soap Co). Sarah is passionate about self sustainability and empowering people towards this by teaching them about all aspects of sustainable living. She is an experienced qualified teacher of languages by profession but has chosen to move away from the traditional education sector to follow her passion for nature, animals, the environment and sustainable small organic farming. The workshops are fun and interactive where participants gain a skill they can keep for life and share with others along the way :-). Full details of the classes are on tricoloregoats.com

The Abundant Vegetable Garden- Sol Morgan

MARAMA Friday 11AM

Learn how to design, plan, implement and manage a productive, healthy vegetable garden. Gain knowledge on key organic principles, design points to set up a well functioning garden, different garden development methods and strategies to maintain fertile soil and healthy crops. Adults Only

The Sustainable Orchard - Sol Morgan

MARAMA Saturday 1PM

Learn how to establish and maintain a healthy, productive fruit garden. Gain knowledge on how to position fruits in your garden/microclimate, variety selection depending on climate, good planting technique, training & pruning methods and strategies to produce fruit with optimum health. Adults Only

Sol has over 25 years experience in organic horticulture including managing the local Community Gardens for over 8 years. He currently runs 'GroWise Consultancy' in Golden Bay, which specialises in organic growing advice, development of edible landscapes, permaculture design and education for kids and adults on related topics. He has a Bachelor of Horticultural Science with Honours from Lincoln University. Tutored on numerous courses and workshops over the past 20 years.

Herbal Pharmacies - Tyson Hammond

TOHORĀ Sunday 3PM

Learn which are the most important herbs to grow around your home and how and when to use them. The first half of the workshop is the presentation of information, the second half is interactive to help you remember the important points. All ages.

Tyson will introduce participants to 24 easy to grow herbs/weeds. He will relate 2 herbs to each of the 11 body systems (e.g. Respiratory, Nervous etc...), plus the special senses. Learn which climate they grow in best, how to recognise them (some with living samples), when to harvest and how to use them. In the 2nd part of the workshop he will create a role play scenario with the participants focusing on 12 herbs and when is the correct time to use them (e.g. illness, accident etc...).

Grow Your Own Spirulina - Tyson Hammond

MARAMA Thursday 5PM

This superfood is a micro-algae that is 70% Protein, Rich in Vitamin A, B12 and Iron. Ideal for vegetarians and you can easily learn to grow it at home in your back yard.

All ages

Tyson will share his experience and instructions on how to grow your own micro-algae. Participants can expect to will walk away with easy step by step guidelines on what is needed to grow Spirulina. Discover where to find a seed, how to grow it, what it's good for, how to harvest and dry it. Plus, you will get some great recipes to eat freshly harvested Spirulina. Yum!

Tyson is a Medical Herbalist and Naturopath, living at Tui Community and working at Tui Balms in Research and Development.

Think

Principles Of Good Government & Government Administration & Control:What Are They – Where Are They?- Brian Maskell

TE RA Friday 5PM

Part One: Introduction to the machine of government – key terms concepts & principles; the relationship - government & governed; obligations arising from required peoples' trust in government. When government fails the people – the source of refugees and conflict.Related discussions

TE RA Saturday 12PM

Part Two: Making statutes - and some of the principles that are supposed to constrain how they are made; the current forced fluoridation of public water supplies example; the Law Society's complaints to the UN; principles of statutory interpretation. Related discussions

TE RA Sunday 12.15PM

Part Three: Illegalities& absurdities occurring in government. Ignorance of key principles: the public; public servants; MPs; local government councillors and staff; no effective machinery-of-government controls on illegal, incompetent and absurd actions; difficult access to justice (even if very rich); most lawyers (many judges) not trained/competent/experienced with necessary public law skills. Related discussions

TE RA Monday 12PM

Part Four: Initiatives: an 'education' and 'government-policing' foundation; likely alliance partners; peoples' collective role as 'assertive government'; collective values and principles as a form of sovereignty; the emergence of E- sovereignty and citizenship; the power of collective clout; asserting control over excesses of absurd and illegal government action; the current written constitution initiative; NZ as a world leader in outstanding government – possible? Related discussions

Workshop Themes- Brian Maskell

TOHORĀ Tuesday 10AM

TOHORĀ Tuesday 3PM

A wide variety and blend of workshop themes will be available for selection - e.g. control of environmental pollution [fluoridation of public water supplies, glyphosate-based herbicides, persistent organic pollutants (POPs)]; learning versus education; futures and planning for future-proofing communities; nutritional medicine; avoiding the global financial system; treaties and loss of control; local government unlawful behaviours; submissions to MPs, Ministers, select committees; complaints to legislation and regulations control agencies; cooperative sovereignty; and some flexibility to take and address other government- related themes suggested by attendees.

Brian M Maskell is a strategist and an organisation development consultant with more than 50 years of world-wide experience. He has a very broad background of experiences – in both public and private sectors. He has a particularly strong interest in areas of public law and associated government principles and ethics; in cases of government breaches of those principles and breaches of trust that people of a country necessarily reside in their government; and in the coupling of such breaches of trust in a country to internal conflict and increasing tyrannical behaviour by an unprincipled government. Brian also has a strong

background of experiences in and interest in applied sciences; human reasoning and learning; human cooperation for handling complex issues (he has been associated with two leading think-tanks); advances in the biological sciences; advances in nutritional and environmental medicine; and the development of cooperatives and their role in local production of nutritional and safe foods and their informed assertion of their rights as citizens to have their freedom to flourish.

Teach Your Passion: Creating Your Own Workshop - Claire Thompson

TOHORĀ Monday 5PM

Learn to develop your own workshop, bring your ideas and experience to life in your hometown, and in the festival community. You will get big ideas, tough questions, and practical advice, and the chance to brainstorm both personally and with the group. Bring a notebook, your passions, and your gifts! Adults Only
The aim of this workshop is to empower people in the Luminare community to look at what they have to offer the world, how they best communicate, and what communities they are connected to, so as to help them define what kind of workshop they could create that would increase the good in the world. We will look at hallmarks of a good workshop, techniques and considerations to scale the workshop to an international audience, and practical advice about marketing, booking, and traveling. Claire will also invite a few people to share their passion and use group brainstorming to help refine how they could create a workshop around it. She will be drawing on her experience creating and teaching internationally the Yoga of Bass talks, Guided Partner Massage workshop, Meditation Basics series, and her work as a life coach and owner of a social media marketing business.

Claire Thompson is based in Los Angeles and travels throughout the US and internationally to teach yoga asana, Buddhist philosophy, bodywork, and meditation. She received her training through the Awakened Heart, Embodied Mind 200 HR Teacher Training from Hala Khouri and Julian Walker at Exhale in Los Angeles, Yoga Studies Institute 200 HR yoga philosophy training, and the 36-course program of Tibetan Buddhist Studies under Lama Marut and the Asian Classics Institute. Her deep knowledge about and fascination with the body is anchored in her 16 years of practice as a massage therapist and her study and practice of dance.

Galactic Communication Optimisation- Grayham Forscutt

MARAMA Friday 3PM

Luminare functions as a mini prototype community, an invitation protocol for entry into the galactic community.....

Starseed and Starkids number over 100,000,000. Are you one?

Earth as a living Being has similar energy lines as human chi lines. This grid is Gaia's Lightbody, and the interface for cosmic forces (a kind of planetary acupuncture).

Star Families and Ultraterrestrials are masters at grid engineering - we can learn this too.....

We will share the etiquette of galactic culture as community design, a self organizing reorganisation of community infrastructure based on the heart frequencies of sacred geometries.....

Did you know Angels are really angles? This is why geometry is called sacred. Shamans and adepts know their angles. Interacting with angelic forces they can construct sacred spaces, sacred town planning and architecture.....

The mechanics of Earthgrid engineering (a kind of remote healing at Earth stargates) - is mapped by the Tzolkin/Earthgrid interface, where connection to Star Families and past + futuristic time traveling humanity is optimised.....

We will also cover - remote viewing/healing, making local portals, and dying & birthing environments.

Grayham has thirty years experience in sacred geometry-astronomy-metaphysics, and as a contactee for the galactic community. Grayham holds workshops throughout Tasman, online. Starship Studio: our discoveries in Spiritual Cosmotology. check them out 96 Commercial St, Takaka.

Real Ways to Change Our World Fast - Laurence Boomert

MARAMA Thursday 11AM

Learn about creating adaptive, thriving, future-focused communities. Be inspired with the possibilities, invigorated with a sense of can-do, and learn of real ways to make good things happen fast. Change the way you see money, power and possibility with models that people across Aotearoa and the world are using today to make a better world.

Anyone interested in the future of: education, local economic development, community building, sustainability, the application of new technologies or the future in general, will find this information most compelling and immediately useful. Money determines just about every aspect of our lives but it is only a technology. As humans we can find new and better technologies. Learn how people across the planet are creating all sorts of new values-based economic systems to enable exchange, empowerment and create good. This workshop also highlights an unfolding revolution in the thinking and forms of money that are being used in the world and how this can change power structures and fund social and environmental transformation movements.

Transforming Money for Humanity- Laurence Boomert

MARAMA Wednesday 11AM

This workshop will change the way you see money, power and possibility. Money determines just about every aspect of our lives but it is only a technology. As humans we can find new and better technologies. Learn how people across the planet are creating all sorts of new values-based economic systems to enable exchange, empowerment and create good. This is money alchemy for activists.

Laurence Boomert is an international speaker, activist and coach on community transformation, green business & the new economic foundations for a sustainable world. He is a visionary often working in pioneering areas that later become trends. He has delivered , workshops, key note speeches and talks across New Zealand and the USA using a variety of titles like: Decentralizing Everything, 50 Fun Ways to Unf*ck the World, Unleashing Creativity For An Economy of Thriving, Creating Community Resilience and Revitalization and The Future of Society, Education and Money. Laurence recently co-developed The Community Game and Maker World for Schools, 2 programs for teaching and mobilizing large groups of people.

The Art Of Activism - Michael Storey and JacquieCoupè

MARAMA Wednesday 5PM

Explore the positive effects of art in the theatre of global activism. Evaluate the effectiveness of the art of activism and learn to use your creative skills to facilitate positive change in your personal and communal endeavour's.

This workshop aims to facilitate you in building confidence in your own creativity , share ideas, learn and recognise the usefulness of art and ideas as a means of positive change in the modern world. For all ages.

Using images from our own and others work we will share ideas and processes of creating works. We will discuss why we should bother to use these arts, what their benefits are, who benefits, and how they benefit. Listen to suggestions on discovering hidden skills, how to build up confidence and become involved, experiment, and have fun. Learn how to promote works and ideas through various media and other vehicles.

Jacqui has spent 25 yrs as a roving arts teacher in Australia. She has facilitated arts workshop experiences with various age groups and abilities including males and females incarcerated in penal institutions. She has engaged in Human Rights support (Refugees), public speaking and workshopping throughout Australia.

Mik has been a supporter of Survival International, the global movement for tribal peoples' rights, for over 20 years and during this time he was also a Trustee of the charity. For several years he coordinated a local members group helping to spread the word and generate support for the charity. He has led numerous workshops for Survival in both junior and senior schools, at human rights events and at festivals. He also organised and ran a one-day outdoor festival for Survival and a great many music benefit events helping to raise vital funds. Hardworking, reliable and inspiring individuals, committed to human rights objectives and helping tribal peoples defend their lives, protect their lands and determine their own futures. Come join them in their positive and entertaining workshops.

Path to Freedom – It's All About U - Norm Collins

MARAMA Thursday 3PM

TOHORĀ Wednesday 1PM

To understand Common law and Human Rights and their legal application, is to cut through layers of legislation and bureaucratic code. Become aware of the modes of deception increasingly being perpetrated upon us, and develop practical methods to assist in negating the erosion of liberty and freedom through peaceful methodologies. Adults only.

We will have our brains in gear and our thinking caps on for this interactive session! We'll be covering a lot of information and clarify perceived misconceptions of common language, of written Legalese and analyse how words are getting us into conflict with perceived authority figures, such as councils, police or government. We'll discover "just ways" to resolve external conflicts, how to stay in honour and how to avoid and recognise unlawful contracts. You will come away with many new perceptions and the tools to decipher and recognise the codes that are all about U.

Norm has been immersing himself in the topics of Sovereignty, Common Law, jurisdiction, treaties and Human Rights for many years. National radio and newspapers have interviewed him, and Norm has been working as a natural lore advocate and advisor, as well as performing workshops all over New Zealand. He has an insight that few others do, and he has been endeavouring to teach and pass on his gems to others, so that you too may have proper standing.

Creating Sustainable Human Habitats: Intentional Communities, Co-housing And Ecovillages - Robina McCurdy and Julia Des Brosses

MARAMA Friday 5PM

We 'visit' a diversity of communities around the world, and address some critical 'how to's' e.g. how to build community from where you are right now, how to gather

together the right people, how to gather sufficient resources to start, how to avoid typical pitfalls. Be sure and attend Robina's other workshops as well!

Robina McCurdy is the founder of The Institute of Earthcare Education Aotearoa (www.earthcare-education.org), a Charitable Trust dedicated to sustainability education. She also pioneered the 32 year-old Tui Land Trust in Golden Bay (www.tuitrust.org.nz), a residential farm community where she has her home. Robina works as a community development facilitator, permaculture educator, organic garden designer, and nature connection guide with more than 30 years experience behind her. She has taught and applied her powerful participatory processes for collective decision-making and action to households, neighbourhoods, schools, farms, eco villages and bioregions throughout Aotearoa/New Zealand as well as in 15 countries internationally. She has produced a range of practical teaching resources, including a Treecrop Species Compendium, a Home Garden Coaching guide, and a Community Facilitation manual called 'Grounding Vision: Empowering Culture'. In 2012 Robina initiated 'The Localising Food Project' (www.localisingfood.com), through which she is becoming a recognised documentary producer.

The Law Of Time: The Foundation Of The New Culture And Ancient Civilisations – Vasumi

MARAMA Tuesday 11AM

Diving into the Mayan Calendar, its roots, branches and highest flowering through ancient civilisations of the past. Could it possibly be the foundation for the new time? Participants will receive their 'Galactic Signatures' to explore the relevance of the Mayan Dreamspell.

A sharing of Vasumi's revelations over the past few years, concerning what this Calendar or Law of Time has shown itself to be, as a foundation for most civilisations, through working with historians of ancient civilisations. Can this be the foundation of a new paradigm, now that the old paradigm has finally revealed a very clear and ugly face, yet with nothing hidden! Is it time for a new time where the emerging tribes can lay foundations of ancient future culture based in harmony?

Vasumi is a traveler, weaving worlds and bridging realities, as she travels with Spirits guidance. Sharing her wisdom and networks has assisted many in initiations that assist personal and collective evolution. Her fascination with the Mayan Dreamspell Calendar has assisted many to relax into their essence and get a perspective of being witness to life evolving, as we are propelled to be involved in life.

Holistic

Havan-Ancient Fire Ceremony - Anahata

TOHORĀ Friday 6PM

An ancient Vedic fire ceremony to invoke healing energy as well as harmonize and purify the self and surrounding environment. Make symbolic offerings from the heart space to the fire of transformation.

Conscious Relationships – Anahata (Swami Karma Karuna)

TOHORĀ Monday 3PM

Life is full of relationships—professional, romantic, family, friends and community. Relationships can be the source of our greatest happiness or biggest challenges. Past conditioning, present views and the relationship with our selves influences how we connect to and communicate with others. Explore your relationship with yourself and yogic practices that assist you in positive communication skills and the ability to remain balanced even when faced with difficult relationships.

Free Mind, Open Heart-Mindfulness in Everyday Life – Anahata (Swami Karma Karuna)

TOHORĀ Monday 9AM

You cannot always choose the outside circumstances in life, but you can choose HOW you respond to them. Learn meditation tools to manage the mind and emotions, becoming present, free and open in the midst of different life experiences. Bring the feel-good factor off the mat and into daily life activities.

Swami Karma Karuna, is a founding member and director of Anahata Yoga Retreat, New Zealand, an international yoga teacher, inspirational speaker and writer with more than 25 years of experience. She imparts the basics of yoga with creativity and depth whilst also expounding on more profound topics of prana, chakras, meditation, chanting, yoga philosophy and lifestyle. Her passion is inspiring people to bring yoga off the mat and into daily life. Swami Karma Karuna's wide range of teaching spans varying settings and cultures, including headlining at International Yoga Conferences, sharing in therapeutic and social areas, training yoga teachers, guiding spiritual sadhana retreats and working one to one addressing individual needs in venues around the world. She spends several months each year in India and travelling internationally, dedicated to imparting simple and powerful techniques for transformation. Karuna has released several practice CDs and tracks; including Hatha Yoga guided classes, Chakra and Seed Sound practices, Yoga For Women tracks, Yoga Nidra-deep relaxation, Inner Silence Mindfulness Meditation and Prana Meditation practices.

Guided Partner Massage and Meditation - Claire Thompson

TE RA Friday 3PM

Take the time to ground and connect at the festival. Participants pair up and are led through a simple and effective massage sequence (done through the clothes), while being guided to notice the mindfulness, gratitude, and interconnectedness that naturally arise while trading massages. Bring a friend to trade massages with, or find a friend at the workshop! Adults only.

At the end of the workshop, you will leave with the ability to give a massage incorporating relaxation, deep tissue, and shiatsu techniques, while also being aware of your own breathing and body mechanics. This way, the healer can stay healthy too. Participants will also each receive a massage, and practice several short mindfulness and gratitude meditations.

The Yoga of Sound and Music - Claire Thompson

TOHORĀ Tuesday 5PM

In ancient India, one of the paths a yogi could study was that of the Yoga of Sound, or Nada Yoga. But how do we practice this in our modern world? From ancient techniques of cultivating silence and chanting, through examining the neuroscience of

listening and embracing modern technology, to using music as meditation and mood changer, and finding full-on festival dance floor freedom. Discover how to connect with this powerful practice. Adults only.

The aim of this workshop is to connect the ancient paths of Nada Yoga and meditation with our experience of the modern world. Sometimes the goal is to encourage more engagement with traditional practices such as seated meditation and times of silence. At other times the goal is to find a spiritual way to view the realities of our modern world, and to use dance music, technology, and connection with community to reach states of connectedness, joy and peace.

Claire will draw on the Vedas and Hatha Yoga Pradipika, neuroscience literature from Daniel Levitin and Rick Hanson, as well as her own experience. You as participant are also invited to share your own story if you wish.

Claire Thompson is based in Los Angeles and travels throughout the US and internationally to teach yoga asana, Buddhist philosophy, bodywork, and meditation. She received her training through the Awakened Heart, Embodied Mind 200 HR Teacher Training from Hala Khouri and Julian Walker at Exhale in Los Angeles, Yoga Studies Institute 200 HR yoga philosophy training, and the 36-course program of Tibetan Buddhist Studies under Lama Marut and the Asian Classics Institute. Her deep knowledge about and fascination with the body is anchored in her 16 years of practice as a massage therapist and her study and practice of dance.

ConSensual ConTact- Renetsu Diane Sparks

TE RA Tuesday 2PM

Touch is a valuable, nurturing and often pleasurable part of life which is more potent when done Consciously. This workshop will encourage and increase awareness in a safe and playful way with all contact fully clothed and consensual. Please bring something to lay on. For Adults Only.

Following instances of rape within the 'spiritual community' Renetsu Diane was moved to take action to increase awareness and correct misperceptions of what is OK! Conscious Cuddling is about freeing people up to say No, to hear and respond appropriately to someone else's No, to say an authentic Yes, to change your mind after you have said Yes, to give gratitude, hold your boundaries and honour yourself and others. With strict safety agreements there will be cuddling opportunities, along with meditation, eye contact, hand holding, conscious touch, dance and other nurturing activities of a physical nature.

Renetsu Diane Sparks is a sensitive empath who was struck down with an illness of unbearable pain and told she would never walk again. With two young sons and a commitment to parenting Renetsu focused her path to awakening to the knowing of the oneness of all. She has been teaching, holding medicine free ceremonies and offering one to one sessions since the late 1990's including Healing Modalities, Biodanza, Ecstatic Presence, Ecstatic Shaking, Renetsu Ki, Toolbox Time and Sacred Circles. All of her focus revolves around facilitating and encouraging others into deeper depths of Consciousness from which to lead full expressions of life.

Authentic Connection And The Fundamentals Of Tantra - Ellie Wilde

TOHORĀ Friday 11AM

Fun interactive practices designed to open the heart, bring presence, awareness and more authenticity into your connection with others. Learn the three basic tantric keys to move energy through the body - breath, movement and sound. Learn how we can use them to clear energetic blockages, release emotion and cultivate more life-force energy.

Awakening Shakti- Womb Journey - For Women And Men - Ellie Wilde

TOHORĀ Saturday 3PM

Journey through the seven energetic gates within the womb to activate creativity and a deeper connection to the Divine Feminine. Learn shamanic tools to release energy, clear and activate more life-force energy bringing power and presence to your physical and emotional body. Gain more trust, gratitude, devotion and innocence in your sexuality. For Adults Only.

The womb is not just a place to give birth to a baby; it is a place and state of being that births us, that births new realities, that holds a power for deep transformation for ourselves and for others with whom we come into contact. The womb is our feminine core, the generator of tremendous creative potential, vitality, boundless well-being sensual power, and manifestation. It not only births children but also the fullness of feminine spiritual; potential, personal healing, and the depths of relating for which we all yearn. It births and unifies the Divine Masculine and Feminine, bringing balance and loving power to our deepest relationships. The heart does not do this alone: it does it in alliance with the womb.

Ellie has trained with the Institute of Somatic Sexology, The Native American Indian Sacred Sexuality (Chuloquai Quodoshka) and World-renowned Women's Sexuality teacher Shakti Malan, and is a certified Sexological Bodyworker,. Ellie has trained with and is also faculty with the International School of Temple Arts.

Dance of the Sacred Masculine - Hamilton Barnett

TE RA Saturday 10AM

Dance of the sacred masculine is a transformational movement journey for Men. We will combine guided movement medicine with Men's process work, using the masculine archetypes as a container in which to embody and explore the energies of the masculine experience.. All men are welcome, no matter where they are in their life journey. No movement or dance experience is necessary.

Adults only; men only.

Hamilton brings together guided free form movement, movement meditation and instinctual dance with an inspired mix of global shamanic music. The intention is empowerment, embodying authenticity and moving deeply in freedom.

Hamilton Barnett is a facilitator, producer, DJ, husband, father of 3 children, and initiated man through the Mankind Project. He has lead movement and dance for the last 10 years, and over the last 7 years Hamilton has been highly active in Men's work. He leads Men's circles in his own community as well as offering workshops at festivals internationally. Hamilton feels driven to serve Truth, Freedom and Love and holds a deep passion for the Empowerment of the Human Being, and especially of men.

Sacred Sound Chakra Activation - Kimberley Jade and Nikki Sunbeam

TE RA Sunday 10AM

Using a combination of sound techniques from the 7 chakra quartz crystal singing bowls and tuning forks along with a guided meditation to activate the chakras. Create from the heart rather than the head through the power of positive intention. Using sound, colour and creative visualization, feel balanced, energized, rejuvenated and clear.

Muscle Testing for Health - Kimberley Jade Pipe

TOHORĀ Monday 1PM

Kimberley Jade from Jade Energies will present this workshop based on the concept of internal energy fundamental to traditional Chinese medicine and used in Kinesiology. Muscle testing is a non-invasive way of evaluating the body and assessing its needs. You will learn to whole body test and muscle test yourself and others. Use food and substance testing kits to find out what lowers or raises your energy and find your intolerances. Use muscle testing to test foods, herbs, supplements, affirmations, life goals and more.

Kimberley Jade Pipe and Nikki Sunbeam have between them over 30 years experience in alternative healing modalities. Kimberley specialising in kinesiology, sound therapy and DJing in 432 Hertz. Nikki specialising in art & colour therapy, behavioural kinesiology, PSYCH-K and reiki. Nikki also runs a retreat centre - Sunbeam Sanctuary - on Great Barrier Island, where they hold various self awareness workshops.

Abundant Love - Lis Martinac

TOHORĀ Wednesday 5PM

Self-Love is the essential seed from which all things grow. Practice a powerful combination of ancient tools including singing mantra, pranayama and guided meditation. A discussion/introduction to loving practices will follow. Attendees will be given thought provoking exercises intended to help them connect deeply with themselves and create a self-loving shift.

Lis will hold a follow up session focusing on 'Fear or Love'. Adults Only

The Sound of mantra is the Sound of Healing. We begin the workshop with a heart opening blend of powerful tools including Singing Mantra, Guided Meditation & Pranayama Breathing. These are all expressions of self love. By blending all of these ancient transformative practices, it brings us into the present moment where we have the space to heal ourselves and simply BE, without judgements and expectations, in a space where we can safely express ourselves and deepen our connection to our higher selves.

Lis Martinac facilitates 'Abundant Love' workshops to inspire self-loving practices at monthly retreats in Mangawhai, festivals (including the International Yoga Festival) and private workshops. She also provides private coaching. She is part of the Gaya Tree tribe from Mangawhai, New Zealand; together they run transformational retreats and weekly community singing called the Sound of Yoga. She is part of the Gaya Tree world music group, travelling internationally to perform at festivals. Lis is dedicated to inspiring healthy wholesome living through food and nutrition, yoga, meditation, communing with nature, music & mantra – the essential ingredients of self love.

Cultivate Your Life Force - Mordecai Matan

TRIBAL Thursday 11AM

Journey through a selection of techniques from Pranayama, Kriya Yoga, Ayurveda, Daoism and Qi-gung. Clear your meridian channels; create awareness of the central channel, the micro-cosmic orbit and cultivate the nectar body. Remove emotional and karmic participation blockages, bring vitality, longevity and reach immortality with these transformative techniques you are encouraged to add to your daily practice. Adults Only.

Conscious Communication - Mordecai Matan

TOHORĀ Sunday 1PM

How to find greater joy in our relating? In this workshop we will tune into our etheric field and body sensations while communicating in different modes and basic concepts in our everyday relating with others. Awareness is directed into maintaining our centre and remaining open when relating. Via fun exercises in interchanging pairs we will experiment with different modes of conversation and feel into their imprint on our system. The yes, the no and the maybe; I statements; expressing judgements; the mechanics of boundaries, and different aspects of consent: giving, receiving, taking and allowing. You will gain a greater sense of mindfulness, responsibility and ownership in your interpersonal communication, which you may normally take for granted.

Mordecai is a teacher, actor and active philosopher. He has spent the past 16 years exploring various liberation paths, self development approaches and healing modalities. These include Kriya Yoga, Daoist Science, Men's work, Anthroposophy, Embodied Counselling and more. In the last two years Mordecai has also trained with the International School of Temple Arts. He brings his love of knowledge and comical wisdom to every workshop.

The Authentic Yes And No - Regan Pryor

TRIBAL Thursday 3PM

Fear and communication barriers can be such a block to making deep connections with another. Learn how to own your true yes and no to gain the experiences that truly serve us. From this place we can own our desires and make clear requests while honouring the response of the other. Adults Only

A fun and interactive way of finding our yes and no through embodiment practice and responding to simple yes and no questions. Then moving into lead and self lead practical touch exercises to practice requests and responses. This is foundational work in Tantra to work within consensual boundaries and finding power to communicate them. These skills are those used in everyday life from the embodied practice. Following our authentic response is what gives us the life we need to live, how we follow purpose. Participants will learn how the brain and "I" can trick us, and to follow the intelligence of the body.

Wheel Of Consent - Regan Pryor

Monday 11AM

Become aware of the energy dynamics when you meet someone and have an interaction. Who is taking, who is allowing, who is serving and accepting. These dynamics occur in every personal interaction and can be measured with the Wheel of Consent model created by Betty Martin. Explore gratitude, surrender, generosity, and integrity. Adults Only

Foundational work in tantra, bringing to presence the energy and action dynamics of interactions. Who is giving to who and for who's pleasure is this being done. Is anyone taking?, and this must mean someone is allowing. Discovering the pleasure zone - the place where two people meet and make the most from a connection; an encounter that truly fulfils and does not leave feelings of resentment or depletion.

Mens Circle - Regan Pryor

TOHORĀ Sunday 4PM

Providing a safe space for men to be able to openly share in terms of their relationships and or love life. Where are we at as men in this world of changing relationship dynamics? Divine masculine, divine feminine, embodiment, sexual preference, gender, polyamory. Discovering what these might mean. Adults Only
Giving men an embodiment experience, what this might be like, coming into their bodies. The divine feminine being the receptive place and being able to fully surrender without reaction or defending. Listening without judgement. Not dissociating and turning off. With this increased level of presence - being able to be fully present and meet our women or partners on an emotional level which then creates safety for the feminine and allows them to fully open to us. This is also an internal dance too. However in relationship we get to see the mirror of what is happening internally.

Snuggle Party - Regan Pryor

TRIBAL Sunday 12.15PM

A Snuggle Party is a fun space where you have an opportunity to enjoy non-sexual, nurturing touch in a safe, supportive environment. During the evening you will practice to clearly communicate your boundaries and desire, experience healthy snuggling, cuddling ... with yourself, another or a group. Wear comfortable clothing and bring a pillow or stuffed animal if you like. Adults Only

Regan is a passionate facilitator of people meeting their potential through discovering their edges in a safe way. Coming from a background in the adventurous outdoors, people reaching their physical limits and now in conscious sexuality and self development, helping people find their emotional and spiritual expansiveness. A facilitator for 15 years now, starting in Permaculture, then 5 years in youth development work in the outdoors, loving men's work with Mankind Project and men's circles at Prana. He is an ISTA faculty member, International School of Temple Arts, an organism that is taking Tantra and conscious sexuality to many parts of the world. He has been organizing their events with Ellie Wilde in New Zealand for the last 4 years.

The Sound Journey - Sika Deer

TRIBAL Friday 10AM

TRIBAL Sunday 9AM

TRIBAL Tuesday 1PM

Close your eyes. Lie down and experience the power of primordial sounds as Sika plays didgeridoos, drums, flutes and rattles. A sound journey is powerful and deep! Enabling people to move through obstacles within themselves, it invokes healing and profound transformations that can be carried into day-to-day life, connecting you with your source of power. For all ages.

Sika has over 25 years experience, using sound to enter altered states of consciousness, healing energy and connection to our deepest essence. His extraordinary collection of instruments has great beauty and spiritual significance. Collected from Indigenous Tribes around the world, they stand as a bridge, in a timeless union with nature. Played over and around our body, they feel very relaxing and meditational. Not surprisingly many people see visions. Imagine for a moment a bunch of leaves whooshing through the sage infused air, a didgeridoo spiralling about the sacred space. The sound of the bullroarer opens a portal. Rocks, shells and feathers entice you further in. The heart beat on a drum entrances your

mind and you leave time as you know it. You have entered a magical realm where anything is possible. Held in the gentle, nurturing cocoon of sound, we surrender to the ancient memories of earth's prehistoric past. Future insights into what lies ahead. Revealing both an individual dreaming and a collective one. Gratitude is felt for the teachings from the aboriginal people of the world and for the spirit that guides us on our paths. Special thanks to the teachers and the Elders, who support this healing.

Sika. Spirit Earth Music. International musician and performance artist playing didjeridoo, drums, flutes, rattles & instruments from around the world. His main instrument, the didjeridoo is ancient and evocative. It carries the spirit of Aboriginal Australia. It morphs your mind and sends you spinning into the dreamtime. So simple yet not, the sounds, rhythms and textures are unbelievably complex. The drums he plays are from the Taos Pueblo, New Mexico. Sika expresses a love for all people of the world and shows deep affinity with the land. His sounds help us to experience other states of consciousness that intriguingly, can profoundly change reality.

Womens Ceremony: Isis Meets Maya – Vasumi

TOHORĀ Saturday 4PM

A gathering of women in a circle. Celebrate by embodying feminine archetypes. Work with these aspects of selves and explore their embodiments through different cultures and ages, in order to heal the past, reclaim our present moment, and be strong for the journeys to come.

Facing fears together, united to co-create the futures we want our children to grow up in for 7 x 7 generations. Come ready to be the essential you, and allow spirit to move you to the core.

The Abundance Of Papatuanuku: Essential Oils And Our Health – Vasumi

TOHORĀ Wednesday 10AM

Explore the world of essential oils harvested from the seeds, bark, stems, roots, flowers and other parts of plants. Vasumi will be welcoming you with smells to excite your senses. Ingest some of these oils and discuss their healing properties for physical and emotional wellbeing. Also look to use them in creating wonderful food.

Vasumi is a traveler, weaving worlds and bridging realities, as she travels with Spirits guidance. Sharing her wisdom and networks has assisted many in initiations that assist personal and collective evolution. Her fascination with the Mayan Dreamspell Calendar has assisted many to relax into their essence and get a perspective of being witness to life evolving, as we are propelled to be involved in life. In recent years she has been immersed in the worlds of essential oils and womens work, as the rise of the healthy feminine becomes important to encourage women to become empowered to do what is necessary for a healthy planet. Her roots are in exploring and living tribal culture through community as it exists in our world over the past 30 years. She is here to share the wisdom of her 55 years spinning around the Sun.

Health

Introduction To Healing Using Ren Xue And Yuan Gong - Aiyanna Langemeijer

TOHORĀ Saturday 5PM

Welcome to a group healing. Learn a way to use your mind to improve your health and emotional wellbeing. Get to experience 'a healing' as Aiyanna gently guides you through it. Work on the whole body as well as on specific areas you like to work on to replenish your energy stores. This workshop is very practical and is mainly for adults, although older children are welcome too. This workshop can be done as a follow up of the first one or by itself.

Find a calm and relaxed place inside, connect with the universe and use the universal Qi in a beneficial way to uplift and transform your health and wellbeing, work on specific health problems and start to improve these, learn a way to improve happiness. Usually people come out of this workshop feeling calm, relaxed and happy with a better understanding of how to aid to their own health, wellbeing and happiness. It's a healing experience.

Aiyanna has been practicing and studying Ren Xue and Yuan Gong since 2008. She started teaching Qigong, Yuan Gong and Ren Xue in 2010 and started to teach in the Motueka area and for the last few years has given numerous introductory workshops as well as more advanced classes in Yuan Gong and Ren Xue in the Netherlands. Aiyanna coaches people individually using Ren Xue and Yuan Gong to help people overcome chronic health issues, become healthier, happier and improve their overall life and wellbeing. She trained and worked in the fields of conventional medicine (becoming a medical doctor in 1999), naturopathy, acupuncture and kinesiology. In 2007 she left conventional medicine behind to focus solely on complementary healing and therapy.

Yin/Yang and the 5 Elements in Traditional Acupuncture - Alan Jansson

TOHORĀ Friday 3PM

The relationship between hot and cold, light and dark, activity and rest, life and death, and the 5 elements earth, metal, water, wood and fire – these are the fundamental underpinnings of the 3000 year-old philosophy upon which traditional acupuncture is based. Alan will share the understanding that he has gleaned from 30 years of practice. Suitable for all ages.

Discussion will include how we are affected individually and collectively by our interdependence upon our planet and its myriad of climates. How do we best utilise these ancient principles to enhance our lives? Traditional acupuncture is a bio-energetic therapy based on these time-tested principles, and the application of these principles can deepen one's understanding of human beings.

The Application of Traditional Japanese/Chinese Acupuncture

Alan Jansson

TOHORĀ Saturday 11AM

How, why and when can we use Traditional Acupuncture? The style of acupuncture that Alan practices is extremely gentle; it persuades the body to respond, rather than threaten the body with heavy stimulation. This follow-up workshop will include practical demonstrations.

Suitable for all ages.

Alan is an internationally recognised teacher and practitioner of Japanese Acupuncture, with 33 years of clinical experience. In his private practices in Australia, he uses only traditional Japanese Acupuncture methods, and he is driven by a strong desire to use the consumer friendly nature, clinical efficacy and potency of these methods to benefit all who seek his assistance.

Ignite the Inner Fire –Digestive Health & Vitality – Anahata (Niels Kloumbérgand Atmabhava
TOHORĀ Thursday 1PM

The digestive system is at the core of the body, the inner fire, which digests food and life experiences, as well as distributes nutrients and vitality. The solar plexus area is thought of as the centre of health, influencing all other body systems which affect the mind and emotions.

Gain insights on modern nutritional tools like fermenting, green juices and more and experience simple yoga and breathing practices to support healthy eating, strong digestive powers and balanced body systems.

Niels Kloumbérg has roots in Germany and Brazil and obtained a Bachelor of Film and Television degree in Brazil. Traveling the world, on a serious soul searching mission and looking for a career in which he could provide value to both people and the environment, Niels was inspired to study Holistic Nutrition in New Zealand.

Niels became a certified holistic nutritionist and has managed a couple restaurants, created menus and nutritional programs for food intolerances, special diets and all sorts of diseases and imbalances. He has been in Anahata Yoga Retreat since Jan 2016 managing and evolving the Anahata holistic kitchen, developing part of the sustainability talks and retreat programs. He has expertise in areas such as functional nutrition, fermentation, raw food, giving inspiring talks, practical guidance on retreats and private consultations.

His diverse cultural experiences have given him a depth of understanding in the importance of Holistic Nutrition for transforming energy levels and overall health. Niels has a passion for empowering and educating clients to enhance their connection to their body's innate wisdom. Niels shares inspiration on whole foods preparation, the whole plant and food cycle and the basics of nutritional science, which ties intimately into decreasing impact on the local environment for maintaining a healthy diet, soul, mind and planet.

Sannyasin Atmabhava came to yoga because of health reasons and the practical and scientific methods of the Anahata integral yoga style immediately made a strong impression on him. He spent 10 years living the yogic lifestyle and teaching yoga, meditation and chanting at Anahata Yoga Retreat. Now resident in Wellington, Atmabhava works therapeutically in the prison and mental health sectors as continuing to share on a variety different topics in workshops and weekend retreats around New Zealand. He is a living example of how health can be transformed through yoga and shares his interests in Yogic Lifestyle, Diet & Nutrition, Pranayama, Meditation and Mantra & Kirtan. Atmabhava is also an experienced adventure guide with a background in ecology; he blends the techniques of yoga with the beauty of the outdoors to inspire connection with our internal nature.

Unrooting Impressions: The science of Yoga Nidra- Anahata Yoga Retreat

TE RA Friday 2.30PM

TE RA Saturday 3.30PM

TE RA Sunday 3.30PM

TOHORĀ Monday 2PM

The mind is the most perfect super computer and it has an inbox where it stores all the information received through the senses. The Inbox is overloaded with all kinds of impressions. The science of Yoga Nidra is a systematic, deep relaxation which allows the practitioner to unravel at the cellular level and release tension and impressions stored in the layers of the body and mind. Experience the immediate relaxation and sense of well-being while beginning to empty the inbox to create more inner space.

Power Plants for Everyday Wellbeing - Annaliese Hordern

MARAMA Sunday 1.15PM

MARAMA Tuesday 9AM

Herbal medicine was traditionally a part of daily life. Today we are enjoying a resurgent interest in herbs and power plants for their benefits such as happiness, energy, relaxation and wellbeing. We want more out of life, to think clearer & smarter, to prevent disease, to experience greater euphoria and to really enjoy ourselves. For Adults Only

Explore a selection of Power Plants. Take the opportunity to identify, smell and taste some of these Power Plants which you will want to bring into your contemporary world to live an extraordinary life.

Annaliese is a custodian of Peruvian Amazon Rainforest in conjunction with the Lupunaluz Foundation. She has worked with the Happy Herb Company as a company trainer and front line education connecting people with plants in communities all over Australia. She is an educator at Permaculture College Australia, facilitates community workshops and sits on the board of directors for Permaculture Australia. Annaliese holds a degree in Environmental Resource Management, a Diploma of Permaculture and has undertaken over 20 advanced trainings with Permaculture elders - documenting these teachings with her GaiaCraft team - capturing and storing this wisdom for future generations.

Natural Self Dentistry - Courtney Brooke

MARAMA Monday 11AM

Our teeth the trees. That's right – our gums and teeth are alive! And there are practices we can include in our daily rhythms to keep our mouths healthy and even repair our teeth without having to spend time in the chair of conventional dentistry. Come learn how clean up your dental habits with holistic, natural dentistry. All Ages
We will re-write our story about what goes on inside our mouths by learning about mouths as the living ecosystems they are. I will clear up many myths about our teeth and dental practices and provide details on how we can holistically care for our mouths through diet and daily routines. We will learn about how our teeth are like trees, how our teeth and gums work on a biochemical level, how our teeth and gums can be rejuvenated, what to look for in dental care products, how to restore our mouth's micro biome, foods that nourish our mouths, how to be proactive in preventing cavities and tooth decay, and recipes for homemade dental products.

Courtney Brooke works for a company called Living Libations which produces products that amplify the brilliance and radiance of the body's natural health through plant essences and elixirs. Born of my ecological background and passion for health, is the desire to change our story of how we interact with the intelligent ecosystem of the body.

Thai Yoga Massage & Therapeutic Flying - Debora O'Callaghan & Tobias Castelli

TE RA Thursday 11AM

TE RA Tuesday 12PM

Take a journey of true listening with all that you are through "The art of Touch", down on the ground and up in the air. Focus on the healing, relaxing and rejuvenating practices of Thai Yoga Massage and Therapeutic Flying.

For Adults Only

The techniques learned on the floor with Thai Yoga massage are translated to flying work, using the element of gravity to amplify the healing flow of prana (life force). This training offers invaluable tools to cultivate presence, the art of giving and also letting go and receiving and connecting with your inner-child. In preparation for the dance of Thai Yoga Massage the Lunar Asana Sequence will teach basic body mechanics, with a focus on cultivation of self-love. Work in teams of three for safety and support, and everyone will have the opportunity to base and fly, heal and be healed.

In the follow up worksop we will expand on the subject and teach more techniques.

Debora O'Callaghan is Certified AcroYoga instructor. As well as running regular intermediate AcroYoga classes and beginners AcroYoga courses, Debora has been teaching Vinyasa yoga classes at BAY YOGA and AcroYoga classes at GBHS (High School). Debora completed her qualification in Thai Massage in Thailand, and has practised for 10 years. **Tobias Castelli** has been teaching acrobatics for many years, he has been learning Flying Therapeutics from Lorenzo Becchi who has been inspired by AcroYoga to develop a whole body work practice.

Reclaim Your Energy And End Adrenal Fatigue- Dr. Sam Shay, DC

MARAMA Saturday 5PM

Learn a specific 10-step method to identify the causes of and the solutions to energy problems. Gain understanding into different types of fatigue and learn what the 10 major factors are that cause them. Learn a complete framework of wellness that is comprehensive, yet simple to understand, without fluff and clinically tested. All ages. Gain an understanding of different types of fatigue and learn what the 10 major factors are that cause them. Learn a complete framework of wellness that is comprehensive, yet simple to understand, without fluff and clinically tested. This workshop is an update to the popular 2015 talk on Hormone Rebalancing. Participants will learn a specific 10-step method to identify the causes of and the solutions to their energy problems, whether it's general fatigue, adrenal fatigue, thyroid fatigue, toxic fatigue, or chronic fatigue.

Simple Stress Reduction That Works - Dr. Sam Shay, DC

MARAMA Monday 3PM

Learn how to positively change the 9 major factors that manifest as mental/emotional stress. Understand that not all stress in the mind is caused by stress in the mind. Discover a true, down-to-earth, model of a mind-body medicine that is practical and understandable. All ages.

This workshop covers the 9 "Ds" of De-Stressing in a simple and practical way: De-cide, Deep Breathing, De-clutter, De-bug, De-sit, De-somnia, De-Zap, De-frag, (vitamin)D-up. Participants will be empowered with easy-to-use tools to De-Stress. Using EFT and the work Of Byron Katie discover a broad scope of tools, techniques, and frameworks to reduce stress in a simple and effective way. Identify and minimise exposure to Electromagnetic Fields (EMFs). Learn how to kill bad bacteria and parasites that may be affecting one's mood and gut and how to replenish them with good bacteria. Learn to 'walkify' one's life instead of constantly sitting. Improve sleep quality, duration, and depth. Learn how to safely increase

vitamin D levels. This is a true, down-to-earth, model of a mind-body medicine that is practical and understandable.

Tame The Beast Of Addiction - Dr. Sam Shay, DC

MARAMA Sunday 5PM

Empower yourself with a simple, secular, and successful 5-step method to reverse the cycle of addiction. Whether it's sugar, food, video games, tech, social media, shopping, working, smoking, or otherwise, Dr Sam provides the tools, resources and models to free yourself from compulsive, addictive behaviour. All ages.

Use simple pneumonics (e.g. TAME, BEAST) to break the cycle of addiction, even in the moment of an extreme craving. Identify and resolve the root of the addiction cycle so the cycle never starts. Increase resilience so as not to need to reach for one's vice. Restrict, remove, and replace one's vice in a practical, sane, and easy manner. Reverse the damage caused to oneself and others by one's vice.

Yoga 2.0 - Dr. Sam Shay, DC

MARAMA Saturday 11AM

Certain ancient postures and principals of yoga are unsafe. Revealed are the darker sides of yoga: how people can get hurt physically, emotionally, nutritionally, and spiritually by the misapplication of yogic principles and postures. Dr Sam aims to educate and alleviate through sharing his personal and clinical experience treating injured practitioners of yoga. Yoga practitioners and instructors are welcome to come to this session and engage in these difficult topics about the darker side of yoga.

All ages.

How To Determine Your Unique Diet - Dr. Sam Shay, DC

MARAMA Friday 1PM

Want to make educated choices about your foods? Dr Sam explains over 10 major diet trends. Discover a clear, logical way to determine one's unique diet based on one's unique lifestyle, genetics, anthropology, personal beliefs, health needs, personal resources, and the environment. Identify your basic metabolic needs and which macronutrient profiles best fit you. Learn the differences and similarities between major diets. Understand the spectrum of different types vegetarianism to the different types of 'paleo' diets, veganism, ovo-vegetarianism, lacto-ovo-vegetarianism, Pescatarianism, "alba"-tarianism, Weston A. Price, metabolic typing, Mediterranean Diet, Atkins, blood-type, Slow-Carb, Paleo, ketogenic, and "Paleoveganism". End the 'food war', find peace and common ground amongst the most staunch extremes of veganism to ketogenic/paleo enthusiasts. Identify and understand the 'meta' conversations around the smaller disagreements people find themselves in over diet. Know how much water to drink during the day. Learn how to eat locally, practically, and cheaply in New Zealand.

Dr Sam "Health Detective" helps people solve their health mysteries, including mystery fatigue, mystery pain, mystery weight gain, and the mystery behind addictive/binging behaviours. He helps people through a diverse set of holistic tools and qualifications as a chiropractor, acupuncturist, functional neurologist, Fitgenes practitioner, and a 15+ year student of naturopathic principles and nutrition.

Pelvic Health For Women: Taking Care Of Our Core - Elizabeth Stein

MARAMA Friday 9AM

How do women protect and cultivate better womb & pelvic health? What are the roles of the womb and sacrum to health? Basic anatomy and wise cultural offerings discussed. Women have unique bodies which require unique care. There will be a group womb meditation at the end. Guaranteed information not talked about in school, but maybe your elders knew! Adults Only

Women are often disconnected from their core, the belly, womb and pelvic floor. We are either taught to toughen up and be 'strong' like a man or shut down and shun a vital part of our body out of shame, fear, and even pain or past trauma. Through simple education and introducing a different perspective, with hands on models, images, and the sharing of stories, a new light on our bodies can be shed. Reclaim your juicy feminine selves and rekindle the inner harmony that is innate within us all. A wonderful talk for young women and parents concerned about the well being of their daughters now and into the future.

Perineal Steaming And Vaginal Steaming - Elizabeth Stein

MARAMA Tuesday 1PM

An ancient medicine for modern times. Come find out what the hype is about and how to do a steam safely at home. Explanatory and clothes on demo workshop only. Feel inspired and confident in doing your own steams. Open to men and women. Adults Only

This workshop builds on the previous workshop by delving into the history and proper technique of an art form that is very beneficial for men and women, but especially for women as it relates to pelvic floor and womb health. We'll go over some of the cultural history of pelvic steaming, where in the world you can still find it today, some safety tips, and the many health benefits of steaming.

Elizabeth is a Self Care Arvigo Therapy® practitioner and teacher. Elizabeth is also a massage therapist with Reiki and energy medicine training and certification.

Yoga For Pregnancy - Inna Alex

TOHORĀ Sunday 9AM

Yoga can bring tremendous benefits to your experience of pregnancy, childbirth and beyond. Join Inna to collect your basket of tools to practice at home preparing for birth! We will cover: Gentle warm-ups, amended Surya Namaskar, breathing techniques, further asanas, and relaxation exercises.

The practice of gentle stretching and breathing exercises improves posture, flexibility and body awareness, aids effective relaxation and helps to avoid minor ailments of pregnancy. Yoga helps us to trust in our bodies and get in touch with our birth giving instincts. Inna is a qualified yoga teacher who loves sharing her passion for exploring the Self through yoga. She has been practicing traditional hatha-yoga for 16 years, having studied both in Germany and India. Inna is a mum herself and practiced yoga throughout her pregnancy.

Inna Alex(MSC Env Management) Living in an intentional community, Inna works with the Tui Balms workers' co-operative, as a yoga teacher and in environmental & permaculture education with Earthcare Education Aotearoa. Inna is a qualified yoga teacher (Sivananda, and "Zen-Yoga" via Peter Hempel, Germany). Practicing traditional hatha-yoga she has gained a special appreciation for pregnancy yoga since becoming a mother herself in 2010.

Food philosophy - Ranieri Silva

TOHORĀ Wednesday 4PM

Rani is a South American raised, self-taught chef. In this Workshop, he invites you to a philosophical argument that will challenge what is currently understood about food and healthy eating. Rani will create an unconventional bridge between diet & spirituality, placing humans in the role of stewards of the planet and making our species the sole responsible for the future of our ecosystem.

Rani Silva was born and raised in Brazil in a large family where he spent many days of his childhood running around busy kitchens packed with older family members talking loudly and having lots of fun. This memory marked Rani for his entire life and a significant part of his food philosophy is based on food's power of social connection. Today Rani focus his culinary skills in nutrient dense & wholesome food, he believes in the healing powers of proper nutrition and finds inspiration for his cooking on traditional methods of food processing.

Cannabis as Medicine - Redwood Reider and Sue Gray

MARAMA Saturday 3PM

Join two of New Zealand's leading cannabis advocates to learn about the history of medicinal cannabis use, the science behind its health benefits, the current political and legal situation in NZ, your rights and what you can do to promote law change. Learn about practical aspects of using cannabis for a variety of health conditions.

The cannabis plant is one of nature's most potent healers. People have used it for health purposes for thousands of years. Increasingly, cannabis is now being embraced as a legal medicine in countries around the world. Thanks to a surge in activism and public interest, New Zealanders now overwhelmingly support cannabis law reform – and yet the plant remains illegal here.

Redwood (Rebecca) Reider and Sue Grey are trailblazers in the movement to legalise cannabis in New Zealand. Both women have made public progress in unexpected ways, and both continue to actively campaign for compassionate policy at a national level. Attorney Sue Grey has won multiple landmark cannabis cases for medicinal users and is continuing to hold the NZ government to account with court actions. Redwood Reider, one of Sue's past clients, uses cannabis to ease a serious pain condition. Last year Redwood faced a long list of criminal charges for possessing and importing medicinal cannabis, and was discharged on all charges. She went on to become the first person to legally possess cannabis in its natural form in NZ in over 50 years, catapulting her into a role as a public medicinal cannabis advocate. This legal breakthrough occurred thanks to an exemption in the Misuse of Drugs Act highlighted by Sue Grey. Both presenters have featured frequently in the media over the past year. They jointly received the first David Reid Currie Award from NORML NZ, created to recognise "a breakthrough in cannabis law, science or communication."

Blissful Reflexology - Shanti Smith

TOHORĀ Friday 5PM

Come experience some blissful foot work! Foot reflexology is a simple and easy to learn, hands-on healing tool. In this workshop you will learn the basic techniques for reflexology and gain an understanding of the principles behind the therapy – and you'll find that giving and receiving are one and the same! Suitable for all ages.

Bring: A partner (not necessary, but nice), clean feet, and a pillow or blanket if possible.

Everyone will come away with practical skills and techniques they can use straight away on themselves and their loved ones for acute and chronic health conditions. Reflexology has

been tried and tested through time and is still one of the best and simplest ways to work with the body's organs, systems, and energy meridians.

Shanti studied at the School of Natural Medicine in Boulder, Colorado (USA), and Feet First School of Reflexology (also in Boulder). She has been practicing Reflexology and Natural Medicine in Takaka since 2006, and recently Aroha Health Spa was launched in Pohara, where she offers her range of T.H.R.I.V.E. Therapies. Shanti creates and facilitates Naturopathic Detox, Cleansing and Rejuvenation Programmes using Colon Hydrotherapy, herbs, and supplements. She believes Prevention can be more important than Cure; Health is our Greatest Wealth – given use of the right tools, Shanti says, we have the power to heal within us.

Wifi, Cellphones And RFEMR - Sue Grey LLB(Hons), BSc, RSHDipPHI

MARAMA Sunday 3PM

Sue is regarded as New Zealand's expert in the law and policy relating to radio-frequency electromagnetic radiation and electro-sensitivity, raising awareness about the biological effects of radio-frequency waves, wifi, and cellphones particularly for children, and can advise on actions that can be taken to reduce unnecessary exposure.

Sue specialises in complex emerging issues. She has qualifications in law, science and environmental management and enjoys working with diverse colleagues and clients on complex issues involving public and environmental rights. These include acting as senior counsel for Saxmere in Supreme Court proceedings where she uncovered previously secret guidelines for Judicial conduct and which eventually resulted in the forced retirement of former Justice Bill Wilson.

Sue is also a leading NZ expert on medical cannabis. She found the exemption in the Misuse of Drugs Act that allows lawfully prescribed cannabis to be brought into New Zealand resulting in a discharge without conviction for Rebecca Reider, and assisted Rose Renton with her petition, "New Zealanders urgently need access to safe, affordable, quality medicinal cannabis...". Rose's 19-year-old son Alex died in Wellington Hospital in 2015, after suffering from status: medicinal cannabis provided him with some relief, but was given to him too late.

Learn To Use Kinesiology - Tessa Jones

TOHORĀ Friday 9AM

What is kinesiology and how might one use it? Learn how to use kinesiology (muscle testing) confidently so that you can assess whether a substance is good for you or bad. Learn acupressure points to use with kinesiology for a fuller assessment.

First we will learn to recognise when a muscle locks or unlocks. There will then be a demonstration on how to recognise if a substance (eg. a food, a herb or a vitamin) is good for the subject and if not why not: is it an allergy or does the liver not cope with it? If the liver doesn't cope, can we find something to support the liver so that it can tolerate that substance? You will be given a map of useful acupressure points to accompany this practice.

Tessa works as a doctor in a holistic medical practice in Wellington. She manages the medical tent at Luminare. She uses kinesiology (muscle testing) in her medical practice and daily life and would like to show people how they too might benefit from being able to do it for themselves and their loved ones.

Amazing Birth - Tracy Botica

MARAMA Sunday 12.15PM

MARAMA Monday 9AM

As minimisation of risk and disconnection from body and nature dominate mainstream birthing, the need for us to understand the wonders and benefits of physiological birthing increases. Explore the incredible changes that occur in mother and child when birth occurs without intervention and discuss why this is so important for us as a social, sustainable species. Adults Only

In some parts of Aotearoa today, more than a third of babies are born by Caesarean section and around the world this rate is even higher. The workshop will describe the incredible hormonal changes that occur for mother and baby during a normal physiological Labour and birth and the impacts of these events. We will explore both the barriers to physiological birthing and ways to enhance the birthing environment in order to enable these hormones to have maximum effect. The aim of the workshop is that people will deepen their understanding of how and why physiological birthing has long term impacts for mother, baby and society.

Tracy has been a New Zealand midwife for over a decade, welcoming babies at home and working in hospital. She has always been hugely passionate about natural birth and breastfeeding, and has presented educational workshops for midwives and facilitated birth preparation classes for many couples.

Arts and Culture

Introduction to Theatre of Liberation - Andy Dolling

TRIBAL Saturday 1PM

For justice and freedom! Through the use of dramatic games investigate ideas of oppression/ liberation in an embodied way. Play games to co-create possible new realities and understand old forms of control that are unconsciously preventing us from achieving freedom. Come and embrace solidarity and endless potential in ourselves, each other and the world!

Based on the work of Augusto Boal "Theatre of the Oppressed", this workshop uses theatre to work towards creating social justice & freedom for participants and our communities. Employing our bodies, voices, movement & fun participants will actively engage with each other to reconstruct their role in society as agents of change in our society.

Andy is an educator and traveler who is passionate about using theatre and movement for social & political change. A student of Giovanni Fussetti (Physical theatre, Clown, Mask) & Julien Boal (Theatre of the Oppressed) & Marc Weinblatt (Theatre of the Oppressed) he believes that their teachings can dramatically motivate and construct positive change in our world. He has been facilitating Theatre of Liberation at the Prana Festival (Coromandel), Conscious Roots Hui Festiva (Hongoeka) as well as various hui, community groups, secondary schools and events around North Island. All of these workshops have been well received as people really want to be involved in dramatic exploration of how their community and our society is and how we want it to be.

Composition and Awareness - Benjamin Castelli and Johanna Bachmayr-Heyda

TE RA Tuesday 4PM

MARAMA Wednesday 3PM

Create a game through mere improvisation, without rules, to amuse yourself and the people around you. Through different theatre techniques and games, participants are challenged to widen their self awareness in space. By tuning into the others, and playing with what they offer, a story can be told through action and reaction. We start with a few games to get us and the participants on the same energetic level. Then with the help of centre improvisation and physical expression we create, and show at the same time, little improvised stories transmitted only through our body language. The participants can take from this experience what they wish, the workshop consists in training spatial awareness and stimulates the mind to free it's fantasy. Also it requires the ability to react fast and redirect the game. These are all very useful tools for stage performances. For others it can be an inspiration for games they can play with friends and family.

Ben Castelli, born in Italy, learned juggling skills and stilt-walking as a child (6-7 years old). He started to perform as a clown on the street in 2009. An exchange project with Cie Zoumba in St. Louis (Senegal) fused stilt-walking with local dances. He participated in various theater projects including a bicycle theater in eastern Europe (Poland, Lithuania, Russia, Hungary), giving stilt-walking and juggling workshops to children and youths, mostly in Orphanages and other social facilities. Then he started his own theater company in Serbia, called MagicTriiiiio. Since the beginning of 2013 he has been working actively as actor, musician and dancer in Germany's biggest action-theater company, antagonthaterAKTion, where he has concentrated his work on developing acrobatic stilt skills in couples or more. **Johanna Bachmayr-Heyda**, born in Vienna (Austria) started her performing experience as a teenager. Alongside designing combustible wax sculptures for WAXART, she carried on creating her own dance and visual art performances in collaboration with others. Stilt-walking has become a major part in her work in antagonthaterAKTion.

Impulse and Play- Calvin Petersen

TRIBAL Thursday 2PM

TRIBAL Wednesday 1PM

The creative impulse, something the ancients personified as 'Genius', is something accessible to all of us. This workshop is an exercise in discovering the potent power of our impulses. We will connect with our personal impulses, and explore how they can be a useful tool in performance, creation, or everyday life.

Through a series of exercises and games, participants will start to build a relationship with their inner impulses. This workshop gives participants a facilitated opportunity to get in touch with and then play with these impulses, individually and with others. Living in a world of constant noise and distraction it can be important to make an effort to stop, listen and respond. This workshop gives participants a facilitated opportunity to get in touch with and then play with these impulses, individually and with others. Come play with us and free up your genius!!

Looking for a Feeling: An Introduction to Pochinko Clowning- Calvin Petersen

TRIBAL Monday 10AM

The exercises in this workshop involve listening to our bodies, freely expressing inner impulses, listening to our current context/environment and responding truthfully. Although based in ideas about performance, the work's core principles seek to open a pathway for enhancing creative practice and collaboration by freeing these initial impulses and developing the participants skill in listening. For anybody who's interested in ideas of liveness, presence, and freeing creative impulse.

This is a taster of the Pochinko Technique; a hybrid clown training technique created in Canada by Richard Pochinko. Not limited to performers, this workshop is Clowns are a force for change in the world. Since ancient times there have been outsiders in society who are truth speakers; shaman, tricksters, court jesters. These figures push the limits of their contemporary society by listening to the world, listening to inner impulses, and being honest. Based on the practice of Canadian clown master Richard Pochinko this workshop serves as an introduction to his technique of Clown training.

Calvin Petersen is a performer, director and Clown based in Wellington, NZ. He has been a theatre maker in Wellington for 4 years and has made everything from an improvised Game of Thrones epic to an immersive clown dining experience in an empty office block. While training at Toi Whakaari: The New Zealand Drama School, he lead workshops on impulse for visiting students and has continued this work with various performance companies in Wellington.

Drum Repair/Maintenance - Carlos Riegel

TRIBAL Thursday 10AM

Drum not sounding so good? Allow Carlos to show you ways to replace a broken skin, what to do to a crack in the drum shell, and how to tighten the skin. There will be high quality rope and goat skins available for purchase and you are also very welcome to source your own materials. Adults Only

Carlos is a multi instrumentalist musician who dedicates most of his time to the creation of music, and musical instruments. He has performed at festivals and recitals for over 6 years and has been a drum carver for 5 years.

The Yoga of Sound and Music - Claire Thompson

TOHORĀ Tuesday 5PM

From ancient techniques of cultivating silence and chanting, to examining the neuroscience of listening and embracing modern technology, to using music as meditation and mood-changer, to finding full on festival dance floor freedom, discover how to connect with the powerful practice of Nada Yoga.

The aim of this workshop is to connect the ancient paths of Nada Yoga and meditation with our experience of the modern world. At times the goal is to encourage more engagement with traditional practices such as seated meditation and times of silence, at other times the goal is to find a spiritual way to view the realities of our modern world and use dance music, technology, and connection with community to reach states of connectedness, joy and peace. Claire will be using quotes from the Vedas and Hatha Yoga Pradipika, neuroscience literature from Daniel Levitin and Rick Hanson, as well as her own experience and the experiences that participants wish to share during the session.

Claire Thompson is based in Los Angeles and travels throughout the US and internationally to teach yoga asana, Buddhist philosophy, bodywork, and meditation. With DJ/Music Producer FreQ Nasty she created The Yoga of Bass, a series of workshops and events focused on the intersection of music, art, and spirituality. Yoga of Bass now includes mainstage festival collaborations with Global Bass producers such as Desert Dwellers, David Starfire, and Rhythmstar. Her classes fuse yoga asana with free movement, deep stretch, laughter, and mindfulness. Claire received her training through the Awakened Heart, Embodied Mind 200 HR Teacher Training from Hala Khouri and Julian Walker at Exhale in Los Angeles, Yoga Studies Institute 200 HR yoga philosophy training, and the 36 course program of Tibetan Buddhist Studies under Lama Marut and the Asian Classics Institute. She was a founding

teacher and program director of the yoga program at the Mahasukha Center in Los Angeles. Her deep knowledge about and fascination with the body is anchored in her 16 years of practice as a massage therapist and her study and practice of dance. She also shares her love of the traditional music of the yoga tradition through singing with the Dub Kirtan All Stars.

Songlines & The Planetary Grid - Deya Dova

MARAMA Monday 5PM

Singer, Producer and Visionary, Deya Dova presents an audio visual talk on the science, origins and experience of the Earth's energetic field - the Planetary Grid. The presentation inspires forth a relationship to our own personal Songlines and a sense of deep ecology through remembering our symbiotic connection with living, breathing, sentient Earth. For Adults Only

Be inspired with tools for personal connection to the songlines and earth's energy system. Gain an awareness of the planetary grid, many references for further research, and a model of how to follow and express one's own inner culture and gifts. Deya shares her personal insights and experiences of visiting & recording live at sacred sites around the world, and of her ongoing interest in ancient petroglyphs, star knowledge and our human origins.

Deya Dova is one of the few female electronic producers and vocalist recording live at sacred sites. Deya Dova fuses the earthy human-ness and sensual power of her voice with the cutting edge futurism of Global Bass music. Deya was born "behind the veil", inside her intact water membrane. According to folklore, these people inherit an innate connection between the worlds. And it is this otherworldly-ness, deep mysticism and memory that exudes from Deya's extraordinary vocals, music and stage presence.

Sacred Relationships - Inki Tāne

MARAMA Tuesday 3PM

This workshop will present the perspective held by many indigenous tribes worldwide: we, as humans, are not above the natural world but rather an intricate part thereof. An examination of our sacred relationship with varying plant and animal species through both physical as well as metaphysical lenses will be offered.

If we listen, the natural world speaks. In many cultures around the world one's relationship with the natural world extends far beyond the physical. In some instances, both inanimate and animate objects are continually brought to life through song. In others, the plants and animals teach those who listen intently.

Inki Tāne is a well-traveled soul who has lived with indigenous peoples and apprenticed with local healers throughout the world: India, Thailand, Polynesia (including New Zealand), the United States, Ecuador, Peru and Gabon. Each culture experienced has provided him with a unique, yet universal perspective of the natural world. He has studied Indigenous Development at the University of Otago in the deep south of New Zealand.

Raranga Harakeke - Jocelyne Bacci and Sarah Hornibrooke

TRIBAL Saturday 10AM to 2PM and 4PM to 6PM

Basic Raranga Harakeke (flax weaving). Information covered will include how to gather harakeke, preparation and tikanga around working with harakeke. Starting with simple plaiting skills to create easy works. With 2 weavers working together, we

plan to offer a few different options of what you can weave in a couple of hours.
Adults Only

We are members of Te Awhi Rito Hou weaving group, based in Mohua (Golden Bay). Over the years we have worked collaboratively as well as on individual projects. Teaching experience includes workshops taught at Onetahua, Te Awhina, and Whakatu Marae, NZQA Raranga unit standards, the yearly "Go Wild Weaving" workshops to name a few.

Condor Meets The Eagle - Kari Barron

TRIBAL Thursday 1PM

A sharing of shamanic & ancient wisdom from North & South America. Participants will learn about ceremonial practices, sacred healing plants and the art of smudging. Enjoy the experience of blessing the directions and shamanic rhythm & sound. Bring a drum or rattle!

Using shamanic rhythm & sound and various other healing & meditative techniques, Kari guides you to delve deep and connect with your own inner power. For All ages

Native American Song Circle - Kari Barron

TRIBAL Wednesday 3PM

Enjoy the experience of blessing the directions and shamanic rhythm & sound during an interactive song circle. Learn sacred ceremonial songs that will leave your heart buzzing! For All Ages

Kari is honoured to share shamanic & ancient wisdom passed from indigenous elders from North & South America. Her path has woven through various cultures, sacred sites, healing modalities & plant medicine which has given her a deep understanding of the sacred web of life. She also facilitates workshops, song circles & spiritual tours to Peru to work in sacred space with traditional shamans in the Amazon rainforest.

Luminate for me...

Pounamu: Ascension Tool Of Aotearoa - Mark McPherson

TRIBAL Friday 12PM

TRIBAL Wednesday 11AM

Learn about the historic importance of Pounamu in ancient cultures. Find out how Pounamu is formed. Learn how the stone is worked and how we can access its inner beauty. Discover how the stone interacts with human beings, namely its vibratory frequency and how it can embed into our heart chakra.

Mark is a Pounamu carver and has worked with the stone for approximately 12 years. He has been fortunate to be privy to the knowledge of the Waitaha whare wananga and this has given him a great depth of respect and understanding for Pounamu. His experiences DJing at festivals for 15 years has led to a unique combination that has led him to offer workshops regarding the potential of the stone as an ascension tool. He sells pounamu carvings at the Motueka market, Tuatara Jewellery Motueka and The Coolstore Gallery. He works with local Nelson and Golden Bay stone as well as Westcoast Pounamu. This offers people a unique broad spectrum of Pounamu not often found in the typical tourist trail.

Creative Flax Weaving for Beginners - Maureen Harte and Beate Franke

TRIBAL Sunday 10AM

TRIBAL Sunday 4PM

Small 'Magic Kete'. Learn how to prepare flax, ready for weaving, and to weave a small two-corner kete. Come away with a completed small weaving having learnt some basic weaving techniques. Continue again later on when we make Small 'Rourou' in the next workshop. We will open with a waiata and mihi/introductions for both workshops.

Both workshops will include demonstration, and hands-on experiential learning, about how to prepare harakeke/flax leaves for weaving, and how to weave one of two different small projects.

Participants will come away with a completed small piece of weaving each, and with having learnt some basic flax/harakeke weaving skills and techniques that they can continue to practice and experiment with later on. The workshops will be fully participatory, creative and hands-on. The group could work seated on the ground, in a circular-ish setting, in a space large enough to allow for handling of flax leaves, and spreading out weaving materials in front of each participant.

Maureen began her creative journey of learning to weave flax/harakeke in year 2000, in Rotorua, where she lived at the time. For two years there she attended weekly community night classes learning flax weaving – at Waiariki Polytech the first year, and at Maori Arts and Crafts Institute (now called Te Puia) the second year. In 2002 she came to Golden Bay for a visit, and the following year relocated here permanently and at the same time developed her weaving practice, creating and selling harakeke/flax weaving through various shops and galleries around NZ, and at the Nelson Market

We The World - Michael Storey and Jacquie Coupè

MARAMA Thursday 9AM

Join an interactive journey of discovery into the world we all share. Through the eyes of the incredibly rich and diverse tribal cultures of our planet, encounter peoples you never knew existed. Hear voices that speak across past, present and future generations. Experience views that will widen your horizons. Enlightening, informative and inspiring. A creative/narrative/journey on which to travel through worldwide tribal histories and cultures.

Mik has been a supporter of Survival International, the global movement for tribal peoples' rights, for over 20 years and during this time he was also a Trustee of the charity. For several years he coordinated a local members group helping to spread the word and generate support for the charity. He has led numerous workshops for Survival in both junior and senior schools, at human rights events and at festivals. He also organised and ran a one-day outdoor festival for Survival and a great many music benefit events helping to raise vital funds.

Jacquie has spent 25 yrs as a roving arts teacher in Australia. She has facilitated arts workshop experiences for a great many people of varying ages and abilities, she has initiated and run a great many stalls and workshops for Survival and other Human Rights causes (Refugees, prisoners of conscience) and been involved in public speaking and workshops throughout Australia.

Hardworking, reliable and inspiring individuals, Mik and Jacquie are committed to human rights and the objectives of Survival International in helping tribal peoples defend their lives, protect their lands and determine their own futures. Come join them in their positive and entertaining workshops.

Move

Introduction To Ren Xue And Yuan Gong (Qigong)- Aiyanna Langemeijer

TE RA Friday 8.30AM

Qi plays a vital role in our health. Explore how to connect and work with universal energy (Qi), how to make it your own and use it to heal and stay healthy. You get a chance to experience the connection between your mind, Qi and body and see how your mind has a profound influence on your body. This workshop is mainly for adults, but older children are welcome too.

How do we influence our life force and do this in a way that benefits us? You will learn simple yet effective Yuan Gong exercises that help you replenish your life force and improve your health. You will also get a chance to experience the connection between your mind, Qi and body and see how your mind has a direct and profound influence on your body. This is a very practical workshop filled with exercises to give you the opportunity to experience the benefits of working with Qi and the mind-QI-body connection.

Aiyanna has been practicing and studying Ren Xue and Yuan Gong since 2008. She started teaching Qigong, Yuan Gong and Ren Xue in 2010 and started to teach in the Motueka area and for the last few years has given numerous introductory workshops as well as more advanced classes in Yuan Gong and Ren Xue in the Netherlands.

Kick Start Yoga - Anahata Yoga Retreat

TE RA Thursday 8.30AM

TE RA Sunday 8.30AM

Ease yourself into the day with a spot of early morning "me" time during this relaxing and uplifting Hatha Yoga session. Enjoy a choice of loosening and energising postures and vitalising breathing practices. Welcome the morning sunshine with Surya Namaskar salutes to the sun and set a clear and charged tone for the day.

West African Dance - Annika Wagenhoff

TRIBAL Monday 5PM

Bring your comfy clothes, bare feet, a taste for trying something new and join in the fun of learning energetic and expressive dance moves to djembe rhythms from West Africa. West African dance is about joy and freedom through movement, celebration, and feeling our connection with the earth and a sense of community. Wontanara!

For Adults

The rhythms and dances of West Africa are deeply rooted in the culture and form an integral part of celebration of rites of passage and the seasonal cycle such as harvest and the full moon. West African dance embodies grace and fierceness allowing expression of a variety of movement forms. This dance form has become popular across the world attracting people of all ages and cultures. In this workshop, participants get to experience joy and freedom through movement and rhythm, and to feel the connection with the earth and a sense of community. Together we will learn a range of moves building up to a short choreography and we will learn how to connect with the music and the drummers. West African moves are big, fluid and energetic - expect your heart to get pumping, your body to free and your mind to relax.

Annika grew up in Germany and moved to Dunedin in 2007 to pursue a degree in Ecology. There she discovered and fell in love with traditional and contemporary West African dance. She has since travelled extensively to further study the dances and rhythms with world-class

dancers and teachers, e.g. Youssouf Koumbassa, Alseny Bangoura, Robert Koffie Fugah, to name a few. In 2015, she joined Āwherika, a high-energy West African drum and dance performance.

Awakening The Animal Instinct - Ben Dessard

TRIBAL Friday 11AM

TRIBAL Monday 3PM

Explore physical limitations through high-intensity explosive movements to spark animal instinct. Within this challenging state heart and mind unite to create holistic strength. A fusion of breath work, yoga, primal movements and free self-expression invites you into a strengthening journey. Breathe heavily, let your voice be heard, and explore your physical potential.

Small, fluid, repetitive movements inspired from Qi-Gong will be used to loosen the body and increase blood and energy flow. Then explore a fusion of animal movements and strengthening yoga flow. Those will focus primarily of hip mobility and lower body strength and stability.

The first workshop will focus on awakening physical sensations and building a base of primal movement patterns. In the second workshop, we will start to connect our movements into a flow and invite free self-expression. The intent is to develop a functionally strong body, with a sharp mind and an open heart. Strength and mobility will be deepened for more athleticism while retaining the clarity of mind and intention.

Ben grew up as a soccer player in the french countryside and played as a semi-professional athlete in the US until he fractured his lower back. He then focused on studying the human body and obtained a Master's degree in Exercise Physiology from the University of Texas in 2010. Yoga and meditation complemented his approach to optimal health, and after living in India for half a year, he did his Yoga TTC at the french Sivananda ashram in 2012. It is in Berlin, Germany that he shared his passion and knowledge as a Holistic Fitness Manager in Holmes Place Health Club, teaching classes and workshops as well as developing a team of fitness professionals in becoming ambassadors of optimal health. He is now retreat leader at Aro-Ha wellness retreat in Queenstown New Zealand, teaching yoga and functional movement as part of an integrated wellbeing vision.

Yoga of Bass Ecstatic Bass Session - Claire Thompson and Desert Dwellers

LIVE STAGE Friday 10AM

World renowned producers Desert Dwellers join Yoga of Bass founder Claire Thompson for an Ecstatic Bass session. Opening with cutting-edge downtempo dub and bass music, crescendoing to dance floor ecstasy, back down to a bass-heavy sound healing, the musical journey is skillfully paired with Claire's yoga asana, free movement, deep stretch sequence and infused with inspiration and humor.

Adult Only

Yoga of Bass brings the full frequency sound of a festival main stage sound system to your yoga practice, impacting all the chakras and immersing you in music. Participants can expect to start with connecting to their bodies and breath, as well as the earth and sky that is our yoga studio here on the festival grounds. In a sequence that moves up the chakras, we will loosen and empower physical areas with stretch and free movement. Yoga flow leads to free dance, and then we ground all those wild energies with a Bass Healing. The end of the class is meditative and heart opening, encouraging people to recognise their goodness and connection with this beautiful community. Also, there's a lot of laughing. :-)

Yoga with the Elements - Claire Thompson

TE RA Tuesday 8.30AM

In this strong and meditative yoga practice, find your connection to fire, water, earth and wind both inside yourself and in the outside world. Through poses targeting the places in the body associated with these elements and their emotional qualities, honour the connections between ourselves and the natural world.

The opportunity to practice yoga in a festival setting in beautiful nature is a unique one and it's of benefit to draw our attention to our connection with the natural world during practice. In the Tantric Buddhist, Chinese Medicine, and Hindu Yogic traditions, there are models of the way our internal bodies, emotions, and energies reflect the elements of nature, so Claire will use her background in these to inform the poses and sequences.

Claire Thompson is based in Los Angeles and travels throughout the US and internationally to teach yoga asana, Buddhist philosophy, bodywork, and meditation. With DJ/Music Producer FreQ Nasty she created The Yoga of Bass, a series of workshops and events focused on the intersection of music, art, and spirituality. Yoga of Bass now includes mainstage festival collaborations with Global Bass producers such as Desert Dwellers, David Starfire, and Rhythmstar. Her classes fuse yoga asana with free movement, deep stretch, laughter, and mindfulness. Claire received her training through the Awakened Heart, Embodied Mind 200 HR Teacher Training from Hala Khouri and Julian Walker at Exhale in Los Angeles, Yoga Studies Institute 200 HR yoga philosophy training, and the 36 course program of Tibetan Buddhist Studies under Lama Marut and the Asian Classics Institute. She was a founding teacher and program director of the yoga program at the Mahasukha Center in Los Angeles. Her deep knowledge about and fascination with the body is anchored in her 16 years of practice as a massage therapist and her study and practice of dance. She also shares her love of the traditional music of the yoga tradition through singing with the Dub Kirtan All Stars.

AcroYoga Connection And Play - Debora O'Callaghan & Wayne Hoover

TE RA Friday 11AM

TE RA Monday 10AM

TE RA Wednesday 12PM

This beginner friendly workshop, will work on the FUNdamentals of AcroYoga, a beautiful practice that combines the dynamic wisdom of acrobatics, the awareness, breath and balance of yoga and the healing, loving nature of Thai massage. Working with one or more partners these three disciplines are fused into sequences of inversions, flows and balances. Bring yoga mats.

For Adults Only

In AcroYoga the smallest community is 3 people covering the 3 main roles of base, flyer and spotter. The base is one on the bottom supporting the weight of the flyer. The spotter ensures the safety of the base and flyer and can act as coach to help the pair through tricky transitions. The flyer is the trusting one on top. The workshop will end with a guided Thai Massage or "leg love" aimed at cooling down, connection and relaxation. Learn progressive transitions and poses of AcroYoga appropriate to the participants ability and levels in follow up workshops.

Debora O'Callaghan has been attending several beginners and advanced training with Yogaslackers Jason and Chelsey. She has attended an Elemental 5 days acroyoga Immersion in New Caledonia and 5 days Lunar acroyoga Immersion in Nelson. She is a Qualified AcroYoga Teacher and has been teaching several beginners acroyoga courses as well as ongoing intermediate acroyoga classes.

Wayne Hoover has been teaching AcroYoga for 4 years and practicing AcroYoga for 8 years. Over the past 5 years he has attended numerous classes, workshops and immersions

taught by the YogaSlackers, Jason and Chelsea, Aaron Lind, Daniel Scott and other high level AcroYoga teachers.

Ecstatic Presence - Renetsu Diane Sparks

TE RA Monday 5PM

Guided movement, dance and stillness, with active meditation to connect more deeply with your authentic self, and from that, connect to others. Fun, play, release, depth, connection and Love. For Adults Only.

As an international Biodanza facilitator Renesu has moved into her own name, Ecstatic Presence. This work is held in broadly the same formate as Biodanza but is more expansive. Her inspiration continues to be connecting people to a deeper experience of their authentic selves to enable them to clearly choose to live from an informed expression of the fullness they can be in this life. Learn more, and embody this learning more effectively through movement.

Renetsu Diane Sparks is a sensitive empath who was struck down with an illness of unbearable pain and told she would never walk again. With two young sons and a commitment to parenting Renetsu focused her path to awakening to the knowing of the oneness of all. She has been teaching, holding medicine free ceremonies and offering one to one sessions since the late 1990's including Healing Modalities, Biodanza, Ecstatic Presence, Ecstatic Shaking, Renetsu Ki, Toolbox Time and Sacred Circles. All of her focus revolves around facilitating and encouraging others into deeper depths of Consciousness from which to lead full expressions of life.

Open Floor Dance - Hester Phillips

TE RA Tuesday 10AM

"You can dance anywhere, if only in your heart." - Anonymous.

Open Floor is a dance floor discovery zone and a full hearted movement meditation. On the Open Floor we move and include: good days and tough ones, passion, hesitance, joy, sorrow, births, deaths and everything in between. There are no steps to learn and no right or wrong ways to do things. For Adults

Hester will mix good music with clear guidance to inspire wild dances and tender ones, connections between dancers and solo time. When we move together, we grow communities that care for each other on and off the dance floor. The invitation is to come just as you are, and join others doing the same alongside you. Come join us on the Open Floor!

Hester assists people to use creativity, in whatever medium best suits them, with the intention of supporting them to fulfil their unique potential. She has recently graduated as an Arts Therapist, and has been privileged to work with children and adults supporting their potential to bloom through creative dance and drama for the last ten years. Hester is especially passionate about spontaneous and collaborative forms of creative expression.

Qigong (Chi-gong) – Jay Glubb

TE RA Saturday 8.30AM

TE RA Monday 8.30AM

TE RA Wednesday 8.30AM

Qigong are moving meditation exercises originally from China. Incorporating many secrets and tricks from traditional Qigong and Tai Chi, these classes will be an introduction to the modern style of Qigong known as Yuan Gong.

The exercises you will learn are particularly good for releasing stress, clearing, for example: back pain, shoulder pain and strengthening the whole body. They use special focuses of the

mind to gather Qi (Chi) your life force energy to leave you energised, recharged and set up perfectly for the rest of your day!

Jay is a trained Qigong teacher, starting his training through the Yuan Tze center in 2006. Since then he has had a daily practice and has taught regularly in Dunedin. In addition, he has traveled, run events and taught all over New Zealand and on the West Coast of the United States, including the San Francisco Bay Area and Seattle. Currently he teaches Daily classes from Health and Wellness Center, Benessere Studios in Dunedin and online through the facebook group Chi-TV.

Playing your edge - Yoga- Julie Stephens

MARAMA Tuesday 5PM

TE RA Wednesday 2PM

Join Julie for Vinyasa Flow, which can be as dynamic as you want it to be, or if choosing softer options, can be as gentle as you choose. Julie's classes are suitable for all levels as there are many options on offer. Each class will start with 10mins meditation which will then lead into the Asana practice. Bring a rug.

Julie Stephens has been teaching now for 17 years. Most of this time has been spent travelling/teaching workshops, retreats and classes around the world. Julie loves teaching, as it enables her to pass on all of her knowledge of yoga that she have amassed over the years. It is a journey of self-empowerment and discovery which in-stills confidence and allows us to find and maintain the balance on all levels in our lives. She feels truly honoured and privileged to be able to share such an ancient practice.

5Rhythms® WildSacred Waves - Kat Worth

TE RA Thursday 1PM

5Rhythms® is a kick ass moving meditation practice. You will experience an open and permissive dance space to practice the Wave; Flowing Staccato, Chaos, Lyrical, Stillness. Each Rhythm is interpreted in a uniquely personal way, opening us to new freedom and possibility that is both surprising and healing, exhilarating as well as deeply restorative. All Ages.

Created by Gabrielle Roth and practiced by tens of thousands worldwide, 5Rhythms® is a philosophy, perspective, performance art and a dynamic movement practice rooted in the principle that if you put the psyche in motion it will heal itself. Movement is both the medicine and the metaphor, reaching across all languages, cultures and age groups to transform suffering into art, art into awareness, and awareness into action. Wherever the 5Rhythms are practiced, a community is born to dance, to sweat, to change, to support, and to provide a safe space for each of us to shatter the ego's hold and awaken the juicy, unpredictable, fascinating, edge-walking, rock star part of ourselves that yearns to be free. Creativity. Connection. Community. Let us move together, dance together and witness our own and each other's self-consciousness and identities disintegrate as we drink in the bliss of acceptance that we are enough just as we are allowing ourselves the freedom to radiate and evolve.

5Rhythms® Elemental Waves - Kat Worth

TE RA Sunday 2PM

Earth, Fire, Water, Air, Ether; Dancing the Elements through the 5Rhythms® Map. We move in mindfulness with all that is within and without us. Our inner and outer landscapes. Drawing on the surrounding environment, our Wave resonates with the

Grounding Earth, our Fiery Passion, Watery mysterious depths, Air current connectivity and the Oneness of Ether and spirit.

Through our relationship with nature, we witness and embody our strength, vulnerability, passion and unity. As on the dance floor, so in life. 5Rhythms® is a conscious, ecstatic, dance practice. This Wave offers you a deep dance partnering Nature with all her gifts of wild ferociousness, abundant magnificence and eternal presence.

Kat is a committed 5Rhythms® dancer and teacher bringing decades of dance and movement experience to her WildSacred classes and workshops. She works with all sorts of humans, of all ages in diverse settings. Her practice is creative, expressive, intuitive and shamanic. She holds space for you to dance your own dance in collaboration with one another and the earth we inhabit. Heart to heart, centre to centre, bass to bass, Kat draws on deep, medicinal, pulsating music to catalyse energy on the dance floor and transport your journey all the way.

DJ 432-Hertz Dance Meditation- Kimberley Jade and Nikki Sunbeam

TE RA Thursday 5PM

432Hz dancing mediation is a DJ act starting with a guided meditation to create from the heart. Including live sound, crystal singing bowls and drumming. The intention is to create a conduit of healing heart energy, sending love to yourself, each other, the earth and the cosmos.

432-Hertz is the frequency of our bio-energetic system, its all of life, it's the vibration of nature and it raises our frequency because it is 12 overtones. The majority of music today, is in 440 hertz, which only has 8 overtones and is out of sync with our natural vibration and heart chakra. DJ Kimba Jade and Nikki Sunbeam know the importance of this frequency and have created a workshop specifically designed to take you on an uplifting wave journey of sound and dance to heal. It's the joy that music and dancing in 432 hertz creates that is going to shift our conscious awareness and heal the planet. Create a huge merkaba of love energy from our hearts, using the group dynamics to amplify the energy of peace, love, joy and harmony.

Kimberley Jade and Nikki Sunbeam between them have over 30 years experience in alternative healing modalities. Kimberley specialising in kinesiology, sound therapy and DJing in 432 Hertz. Nikki specialising in art & colour therapy, behavioural kinesiology, PSYCH-K and reiki. Nikki also runs a retreat centre - Sunbeam Sanctuary - on Great Barrier Island, where they hold various self awareness workshops.

Renewable You - Lisa Sherman

TE RA Saturday 4PM

TE RA Sunday 4PM

Modern life can trigger our nervous systems into chronic fight/flight, causing stress, burnout, and health problems. Learn how to purposefully switch on your relaxation response with mindful movement that weaves together the energizing yang of flow yoga with the relaxing yin of qigong and meditation. Become a renewable resource for yourself and your community. For All Ages.

Set to a lush eastern-influenced psychedelic soundtrack dynamic flow yoga will help participants raise their energy levels. A series of yin techniques (pranayama, qigong, meditation) will be woven into the flow, teaching attendees how to consciously switch on the body's relaxation response. At the end of the class participants should have access to multiple simple methods for overcoming the stresses of modern living, empowering them to renew

their own bioenergetic systems and allowing them to become a sustainable resource for whatever community projects they choose to participate in.

YinYang Fusion Yoga - Lisa Sherman and MeltYum

LIVE STAGE Saturday 9AM

Embrace the delicious paradox of complementary opposites, above and below, within and without, movement and stillness, emptiness and form.

A synergy of mindful yoga and qigong movement with a delicious backdrop of tribal bass beats. Bring your mat.

Lisa lives in the mountains of North Carolina, teaching at Asheville Yoga Center and practicing acupuncture. Her passion for environmental justice led her to unite yoga practice with environmental activism, founding Yogis Beyond Coal. A yoga practitioner since 2000, and a teacher since 2011, Lisa's practice is rooted in dynamic vinyasaflow. Her background in Chinese medicine leads her to balance these yang styles with the softer, yin forms of qigong and sitting meditation.

Asheville-based **MeltYum** weaves temple-step, psybient grooves with eastern influenced yogic chillout soundscapes and high energy bass, glitch-hop, and cutting-edge blues beats. Promoting the agenda of conscious revelry, this is music for getting down and staying up.

West African-Inspired Dance - Monica Evans

TRIBAL Friday 6PM

TRIBAL Saturday 11AM

Come to move and be moved by the high energy and collective joy of West African-Inspired dance. Shake, leap and stretch! Learn some sweet new moves, sing some songs, lay down a new choreography, and surprise yourself and others on the dance floors later... This workshop is for anyone and everyone – if you can move, you can dance! Suitable for all ages.

Come along to learn new moves and songs, accompanied by live drumming! We'll begin with a thorough body warm-up, and we'll talk briefly about the context and history of globalised West African dance. Repeating movements will help us to really get the "feel" of them in our own bodies, and we'll provide some "African Dance 101" tips for people new to this dance form. We will also learn a choreography based on traditional West African dance and rhythm, which we hope to perform later as a "flash mob"! We'll shake it loose with improvised solos, and then cool down to melodic live West African music. You will leave feeling energised and connected with the group, having exercised your body and your artistic expression!

Monica has been studying African-inspired dance forms – especially West African – for the past ten years, and she has been sharing her knowledge for the past five years through her Community Dance organisation Nika Dance and her band Tamani. She works as a facilitator of creative youth development workshops for Auckland NGO Toi Ora Live Arts Trust. Monica is passionate about using creative, embodied practices to connect with ourselves and each other, and to find new ways of being in the world.

Zumba® - Ngaire Piggott

TE RA Thursday 10AM

TE RA Friday 10AM

TE RA Saturday 6PM

Ngaire presents a super fun, funky Zumba®/dance workout that is suitable for anyone. Zumba is fantastic because it uses a variety of different dance rhythms like african, tango, salsa, reggaeton, hip hop, belly dance....you name it. With choreography simple enough for anyone to be able to participate, experience the pure joy from such a fun unified dance session. Its really awesome!

Ngaire teaches Zumba Fitness Classes 5 x a week, a regular Zumba class, Zumba Gold(seniors), and recently started, Rhythm Kidz Dance Fitness. Ngaire has been coming to Luminate since its inception and absolutely loves sharing her love of dance with others.

FreeDance – Connect - Nik Chung

TE RA Saturday 2PM

Be guided to explore sensations, thoughts, emotions and spirit with verbal cues through 90mins of tantalising music. FreeDance - Connect is an ecstatic dance experience with carefully chosen music that invites you to connect with yourself, the environment and others to create a joyful collective consciousness, celebrating our synergy as one.

Nik is a Nia teacher, holistic massage therapist, Feldenkrais trainee and Avatar Master and holds a Bachelor of Physical Education and Bachelor of Science. Nik combines all of these skills into this conscious dance experience as well as drawing on her own learnings on the dance floor, to invite you on a journey like no other. She believes the body holds a wealth of knowledge and if we learn to communicate with it, we can unlock secrets about the way we live our lives. From this place of awareness, we can choose to move in a different way and experience more freedom and joy.

Dancing Freedom: We Are Nature - Richard Tronson and LydiaMarolda

E-ZONE Sunday 9AM

Connect to your body as an extension of the earth and all of the elements. Dancing with the 5 elements of Earth, Water, Fire, Air and Ether, intention and awareness allows us to engage and activate the innate intelligence of our bodies to access shamanic, somatic and ecstatic states for healing, self expression and a return to wholeness. For all ages.

We come together in a moving ritual to celebrate the power of the gift of Life we share with all of creation. To move our bodies with a heightened level of awareness is a powerful way to remove obstacles for profound release, growth and healing in our lives; to create a greater relationship to Self, others and the environment. Dancing, we can remember the dynamic unity that we are a part of just by existing. As a moving meditation designed to connect us back into the greater web of Life, we practice staying attuned and intimate with what arises in our immediate experience, moving ourselves(and each other) back toward what is really happening in our feeling bodies and the places within us that need healing, support and empowerment. Expect a live DJ'ed set of deep soul-filled dance music from all around the world, intuitively chosen to take you deeper into the dance.

Dancing Freedom: Love in Action - Richard Tronson and LydiaMarolda

LIVE STAGE Monday 9AM

Use dance, movement, breath and sound to explore how to take all the information that fuels your passion to feel energised and joy-filled. Be guided deeper into each of

the elements; earth, water, fire, air and ether for a deep sense of connection to self, one another and your capacity to share fully in the world. For all ages.

Earth - find grounding and support on the earth, within yourself and your relationships, for the ideas you wish to carry into the world.

Water - invite others to tune in with the fluid nature of your joints, hips and pelvic floor while also tuning into your emotions and the creative force that flows through them as a way to listen deeply to the flow of life as it informs your ideas and visions.

Fire - let it all go! Release tension in neck, shoulders, hips and legs to find more dynamic movement and freedom. This relates to letting go of fixed ideas on how we think things should manifest and allow life to show us the way.

Air - refine and celebrate the gifts we have to share with the world. Air teaches us how to be vulnerable, sharing gifts and visions that they may become reality. Here we will focus on breath and sound, making connections with each other invoking joy, connection and co-creation.

Ether - embrace the stillness, the non-doing or simply being, because if we don't learn to sit within the stillness of our hearts and our spirits we may miss the information and synchronicity's that come our way to help us bring our gifts into manifestation....all things come from stillness. In this final segment we allow the ceremony and the divine nature of the dance to lead the way for us all.

Richard and Lydia share a heart-core approach to the medicine of dance which is both supportive and inspiring, calling people to attend to their own emotional clearing and soul empowerment. With years of experience in different dance modalities, shamanic practices, yoga, sound and breath work, they weave together a unique set of skills to create a potent dance journey for each participant. Lydia and Richard are the executive directors of Dancing Freedom International, teacher trainers and facilitators who have taught classes, workshops and trainings in the USA, Costa Rica, Australia, New Zealand and Bali.

YogaRhythms: Ancient. Wild & Free- RIA, Franko Heke & Hayley Melrose

E-Zone Monday 11AM

TE RA Wednesday 4PM

Though Rhythm We Remember our essence is ancient, wild, free. YogaRhythms is a Yoga, Music & Kundalini Dance Workshop designed to ignite your wild mysterious free self to experience connection, ecstasy and transformation with live dj & live music.

RIA is a high-vibing, genre-slaying, yoga-teaching DJ whose infectious energy flows through her lovingly selected sets to light up any venue. With more than 15 years' experience tucked beneath her belt, including high calibre festivals such as Burning Man, Splore, Prana, Sundaise, EarthBeat, Byron Spirit Festival, Splendour in the Grass and Wanderlust, she is a pro in every sense of the word. RIA's unique gift is to combine her own great loves into something coherent and deeply cool: bringing together elements of yoga, ecstatic dance, meditation and general good vibrations in her transformational YogaRhythms events. Journeying through world-fusion grooves and rhythms to mantras and melody, RIA embodies the new conscious movement toward connection to self.

Hayley Melrose is a Visionary Photographer and Kundalini Dance Pioneer, on an evolutionary path of self love, passion and purpose. She is very free, real, magical, and she loves what she does so much that it shines through and inspires all who know her. Embodied in her wisdom, she energises and encourages a Kundalini dance floor in such a unique, deep, yet playful way, holding a huge space for connection, ecstasy and transformation

Franko Heke is all about connection, healing and presence...He's on a mission to raise consciousness through his music and workshops. Drawing on ancient mantra in combination with his own cultural roots, Franko's devotional sessions are bound to coax your own divine voice into the open with his distinct fresh sounds for today. With years of touring rock music under his belt, Franko's compass has drawn him north toward a movement which brings

people together, celebrating our unique gifts, our connection to one another and to mother earth. Sought after for yoga, meditation and transformational festival events, Franko's boundless energy for the betterment of all beings.

Bollywood Bliss - Shamila Rasa

TE RA Thursday 3PM

TE RA Wednesday 10AM

Bollywood Bliss workshops give you the experience of being part of a fun and cheeky Bollywood Dance Troupe! Learn expressive movement, connect with others, work as a team and improve your memory through recalling dance choreography incorporates a fun warm up, melodrama, Indian culture, yoga and relaxation.

Over 2 sessions we shall learn a joyful, modern Bollywood dance It is a great way to work on your dance moves and connect with your fellow festival revellers in true Bollywood style. The focus is on physical, emotional and mental well-being. Incorporating humour, increasing confidence through performance, emphasising body awareness and learning the importance of the balance of action and relaxation.

Shamila has been dancing all her life and has trained and performed in Bollywood, Classical Indian, Brazilian, Latin, African, Hip-Hop, Contemporary and Fire Dance. She artfully expresses joy, passion, spirit and humour in her dance. An Australian of South Indian descent, she is so grateful to be specialising in the Bollywood dance. "I am able to retain a wonderful connection to my cultural heritage through the joyful, modern dances of India." She is a highly skilled, passionate and intuitive facilitator. Her workshops focus on wellbeing through fun movement, colour and connection.

ATS® (American Tribal Style Belly Dance) – Essentials - Tracey Saunders

TE RA Friday 1PM

American Tribal Style® Belly Dance allows dancers to create performances together without choreographies using group improvisational techniques and non-verbal communication. Learn basic improvisational techniques along with core movements from the fast and slow ATS® vocabularies. Once the core movements have been covered we'll look at as many of the advanced steps as time allows! All Ages.

Techniques for effective non-verbal communication between dancers will be covered, as will smooth and elegant transitions for polished presentation of performances within an improvisational format. This workshop aims to provide participants with knowledge of the core movements and philosophy behind Tribal Style Belly Dance, and spark an interest in further learning & exploration of this beautiful and dynamic modern dance form.

Fusion Belly Dance- Tracey Saunders

TE RA Monday 2PM

Tribal Fusion Belly Dance is a modern form of belly dance that draws on traditional belly dance movements and fuses them with other forms of dance such as hip hop, flamenco and Indian classical dance to name a few - the result is beautiful fluid and interesting mix of ancient and modern.

This workshop focuses on core tribal fusion style movements and aesthetic, incorporating an extended isolation practice session aimed at helping students achieve specific fusion moves. Moves practiced will be put together in a number of fun combos, and layering of two or more moves will also be covered. It is aimed at the beginner-intermediate level tribal fusion student

but more advanced students will still find it helpful to revisit moves and will also be offered more advanced layers.

Tracey of TribalDiva Belly Dance Company in Christchurch specializes in Tribal and Tribal Fusion styles of belly dance. She is a core member of TribalDiva Belly Dance Troupe and the director/choreographer/principal teacher of TribalDiva Belly Dance Company. Tracey regularly travels internationally to undertake intensive training with Tribal and Fusion Belly Dance superstars including Zoe Jakes, Kami Liddle, Mira Betz, Jill Parker, Sharon Kihara, Suhalia Salimpour and Amy Sigil. Having completed teacher training for American Tribal Style® Belly Dance (ATS®), Tracey is the South Island's only registered Sister Studio to FatChanceBellyDance®.

Soundz

Sacred Sounds- Kirtan - Anahata Yoga Retreat, TheGaya Tree and Guest Kirtanists.

TOHORĀ Every evening from Friday at 7PM

Open your heart and clear your head with "kirtan". Join Anahata Yoga Retreat and TheGaya Tree Kirtan band every evening 7-8pm for joyful singing and dancing in this uplifting Yoga practice of call-and-response singing of transformative mantras.

Suitable for all ages, children welcome.

Anahata Yoga Retreat, the heart centre, is focused on yoga and meditation practices that harmonize the Head (mind), Heart (emotions) and Hands (actions). Known for their love of traditional kirtan (sacred sound) they share the kirtan bug, to expand joy and peace, wherever they go.

Anahata residents join with **The GayaTree** Kirtan band which is a conscious world music group from Mangawhai, New Zealand. Their music is a fusion of various cultural musical influences including our native Maori language, Hindi, Gurmukhi, English and Sanskrit. They perform a tranquil blend of traditional kirtan as well as spirit rock'n'reggae original music, creating an incredible contagious energetic vibe.

The Power of sound – Anahata (Sannyasin Atmabhava)

TOHORĀ Thursday 5PM

This experiential workshop will combine an exploration of the voice as sound resonance and Nada (sound) Meditations from the Yogic tradition. Use sound to heal emotional disharmony, the 7 tones of the Chakra's and the mantra OM. Participants will learn the foundations of 'Nada Yoga Meditation', using sound as a form of meditation. Suitable for all ages

Sannyasin Atmabhava came to yoga because of health reasons and the practical and scientific methods of the Anahata integral yoga style immediately made a strong impression on him. He spent 10 years living the yogic lifestyle and teaching yoga, meditation and

chanting at Anahata Yoga Retreat. Now resident in Wellington, Atmabhava works therapeutically in the prison and mental health sectors as continuing to share on a variety of different topics in workshops and weekend retreats around New Zealand.

He is a living example of how health can be transformed through yoga and shares his interests in Yogic Lifestyle, Diet & Nutrition, Pranayama, Meditation and Mantra & Kirtan. Atmabhava is also an experienced adventure guide with a background in ecology; he blends the techniques of yoga with the beauty of the outdoors to inspire connection with our internal nature.

Middle Eastern Rhythms - Carlos Riegel

TRIBAL Sunday 6PM

Discover the sounds of the Darbuka drum including, how it is made and how to play it. Study three Rhythms commonly used in Middle Eastern traditional music for Belly dancers. Learn how to communicate through the drum, with oneself and with others. All Ages.

An introduction to Middle Eastern Rhythms, taught with emphasis on self-expression through drumming. In this workshop, attendees will learn how to communicate with others through drumming, learning the basics of three widely utilized rhythms for belly-dancers.

Carlos is a multi-instrumentalist musician who dedicates most of his time to the creation of music, and musical instruments. He has performed at festivals and recitals for over 6 years and has been a drum carver for 5 years. He has taught drumming workshops several times at Luminate Festival, Prana New Years Festival, Circulation Festival, Autumn Arena Festival, Earth Beat Festival, Voices of Sacred Earth Festival.

K-I-S-S: Keep It Simple Singing - Georgia Duder-Wood

TOHORĀ Thursday 9AM

A fun and informative seminar to understand the fundamentals of good vocal technique. Learn how to increase your vocal range, power, resonance, clarity and authenticity with an extremely effective and easy-to-remember 5-point checklist. Learn and apply simple concepts to increase confidence in song. Suitable for beginner or advanced singers. For Adults Only

Participants will experience, through exercises and group songs, how application of these simple techniques can 'free up' a voice, increasing trust and expression of musicality. They will learn how emotional connection, storytelling, and authenticity helps to connect song to self. They will be encouraged to re-conceptualise singing as a basic human right and need, away from the distortions of fame, hype and ego.

Love Singing With Love - Georgia Duder-Wood

MARAMA Sunday 9AM

A dynamic and joyful workshop. Everybody sings better when we consciously work with the energy of love. Experience singing with ease by applying essential yet simple vocal techniques, and reclaim a loving relationship with singing and your voice. Open to all levels of experience. Only requirement: a willingness to have fun and make some sound! For Adults Only

Skills acquired will be experiential knowledge of singing with greater ease and self-acceptance, freedom, ease and dynamism. Participants will receive embodied understanding of the basic mechanics of good sound production. Simple tools and concepts will be learnt to

boost confidence to express through song, regardless of experience. Participants will receive a direct hit of oxytocin - the 'one-ness hormone' - through communion in song with others.

Sound, Noise, Music And Humans - How Our Aural Landscapes Can Harm Or Heal - Georgia Duder-Wood

MARAMA Wednesday 1PM

A presentation exploring sound and humanity and the potential for sound to shape the Aquarian Age. Topics include indigenous beliefs and creation myths, the physics of sound and vibration, sound healing, why singing heals, the Schumann resonance, music and emotion, and suggestions for how we can live more 'soundly'. For Adults Only

Participants will receive carefully curated information about the physics of sound and vibration; the actual, quantifiable effects sound has on our bodies and in our communities. They will experience a sound meditation and observe how the body responds to different music genres, and how they can thus self prescribe 'music as medicine'.

Georgia is a professional singer, a highly skilled teacher of voice with experience across corporate, institutional, entertainment, festival and healing environments. Georgia uses yogic knowledge and principles of 'the body as an instrument' to facilitate freedom of expression. As well as traditional vocal technique, bio laryngeal mechanics and vocal pedagogy, she has studied Naad yoga (yoga of sound) and sound healing. As an award winner of ART Venture 2014 she was recognised for excellence, and as founder of the Conscious Music Collective, her passion is to help transform individuals and communities through song.

West African Drumming Meets Afro-cuban Funk - Jimi Dale

TRIBAL Friday 4PM

Explore the techniques and differences between African and Afro-cuban/ Latin musical techniques and styles. Learn how polyrhythm works to create a different feel within music. Learn how to be creative in making your own music learning these techniques. No experience necessary, just a willingness to learn and have fun!

Jimi has been teaching African Drumming and dance throughout New Zealand for more than 25 years. He regularly brings African master musicians to tour and teach with him in many festivals, venues and schools around the country.

Djembe Mayhem - Miro Klima

TRIBAL Thursday 5PM

TRIBAL Tuesday 5PM

A high energy, full-immersion African Drumming experience. Prepare to be swept off your feet, physically challenged, energised & inspired all at the same time, by the world's most advanced, natural dance music that you will be co-creating.

For Adults Only

Learn through direct experience to play traditional West African poly-rhythms. The level of joy that can be experienced from playing the djembe can be of the exact same intensity whether you are a novice or an African master drummer, provided the core elements of rhythm are followed. By approaching the drum in a certain way and following its laws you can learn to attune yourselves to its inherent, joyous frequency each time you sit down to play whether alone or in a group.

The second workshop will be a follow up in which we will delve somewhat deeper & more intricately into the composition of a Traditional West African poly-rhythm.

Miro has been playing African Drums for 15 years and has studied with and attended numerous workshops with drummers such as Harouna Dembele, Tomas Guei, Mohamed Bangoura, Epizo Bangoura and Ton Ton Sylla. He spent 6 weeks in Guinea (West Africa) at an intensive drumming camp with Mohamed & Sibou Bangoura and has performed regularly with several African drumming troupes in the Czech Republic, Australia & NZ. Currently he teaches a Djembe class in Richmond and performs with an African group called Konkoba.

Audio Production - Ryanosaurus
MARAMA Saturday 7PM

Source Singing: A Singing Workshop For Women - Tui Mamaki

TRIBAL Tuesday 10AM

As women, the anatomy within our pelvis and within our throat/larynx, bears an uncanny resemblance. Vocal chords look just like miniature vaginas! Increase your creative flow, your mojo, your peace. Deepen your connection with your voice - both physical and metaphorical. A workshop for singers, poets, maidens, mothers, crones, and all those in-between.

From hips to lips, from instinct to mind, from our source to the surface, we can practice a kind of singing that is embodied, authentic and powerful - meaning powerfully tender, sacred, resilient and unlimited in nuance. A safe place to enjoy our autonomous sensuality and to revel in our earthly belonging. Using a blend of gentle movement, breathing exercises and vocal techniques, drawn from various traditions, participants will be invited to connect with their voices and source in a physical, metaphorical and emotionally encompassing way. Participants will be guided through exercises that anchor them to their own feminine resilience, and be able to enjoy a ride in the creative flow. Using a selection of traditional repertoire, as well as some improvisation/composing techniques, the workshop group will gain the experience of simultaneous autonomy (embracing their individual vocal colour and power) and community (contributing to the pattern of a collective harmony).

Tui Mamaki is a vocal explorer, performer, composer and workshop facilitator, with a passion for tuning in and tuning up the instruments that we are, as we navigate our lives with curiosity and flair.

She has run community choirs, coached curious voices, run voice workshops all around the country over the last 16 years. Born in France, raised in Aotearoa/NZ, she can thank her musically adventurous parents for giving her a taste for sounds from far-away places. She has travelled to Pays Basque, India & Bulgaria to study voice. She has also obtained a Diploma of Theatre & Voice (UCOL) & a Bachelor of Music (UOA) in NZ and a Specialisation in Bulgarian Folklore Vocal (AMTII) Plovdiv, Bulgaria.

KIDZ& YOUTH

Face and Body Painting–Aumi

LOOK FOR HER IN THE MARKET

This is an opportunity to have a one on one face or body painting session, encouraging imagination and self confidence. Throughout the process of painting, the children will be invited to embody their design of choice and use it to creatively influence their day. Painting is a form of meditation, it's a happy place where everything else in the world falls away.

The paints and tools used are of a professional grade. The paints are non-toxic, and have a natural wax base. High quality materials that are re-useable are used.

Aumi completed a Bachelor of Fine Arts at the Otago School of Art in Dunedin. Face and body painting is an adventure that she has developed since graduating that unites her painting practice, her role as a mother and her aspiration to contribute to events and society in a positive, colourful, creative way.

West African Dance - Annika Wagenhoff

Kids 6 - 9yrs

TRIBAL Sunday 5PM

Kids 9 - 12yrs

TRIBAL Monday 2PM

Bring your comfy clothes and bare feet and you'll be set to join in the fun of learning some West African dance moves and a short routine. You will also be able to incorporate your own moves with live African drumming to accompany you. Parents are welcome to watch and join in.

Tomorrow's Voice Today - Aralyn Doiron

TRIBAL Saturday 3PM

TRIBAL Monday 12PM

This is a space for speaking from the heart and deep listening. In a rapidly changing world, this circle encourages the next generation to explore their current lives and shape the future they want to inhabit. To empower youth in knowing they have value, and can work together to create the world they want to see.

Teens 13-19yrs- no parents please.

What makes a talking circle so remarkable is not just the talking, it is the listening. How rarely do we listen, really listen, to one another? In this circle the one who holds the stick speaks their turn and all present listen. That is it. No feedback, no responses. It is rare in our lives and relating that we fully listen to one another, or even more, that we have the experience of being fully heard and seen. That experience of being witnessed is one of the biggest confidence builders there is and is the core of rites of passage work. Witnessing someone as they take a risk, tell the truth, or feel emotion can be a catalyst for their self-worth.

The main aim of this gathering is to encourage the future generation to find their voice, to think for themselves, to stand for what they believe. So, while it is simple, talking and

listening it has far reaching effects. At the opening, we will make agreements about respect, confidentiality, and model listening. Depending on the size of the group, we may break up into a couple of smaller circles to maximise sharing time.

Aralyn is a co-facilitator of Tides, a rites of passage event for teen girls becoming women.

Stiltness - Benjamin Castelli and Johanna Bachmayr-Heyda

CIRCUS Thursday 1PM

CIRCUS Tuesday 1PM

Walk on 'stranger' feet! Although to most people it seems something impossible, stilt-walking is just a matter of finding your balance and trust in your own body. Gain more consciousness in your movements and balance and trespass inner borders to have fun and play entertaining, yourselves and others.

Kidz 8 to 12 Parents are welcome to participate in supporting the young learners.

Ben Castelli, born in Italy, learned juggling skills and stilt-walking as a child. For **Johanna Bachmayr-Heyda**, born in Vienna (Austria) Stilt-walking has become a major part in her work in antagonistheaterAKTion.

Some 'Live' Stories And Learning About Survival Skills For A Challenging World Ahead- Brian Maskell

TRIBAL Friday 1PM

TRIBAL Saturday 5PM

TRIBAL Sunday 3PM

- Learn to develop your own mind; command your body
- Acquire simple survival skills
- Learn to think with others – the think-tank experience; when to lead: when to follow
- Chase good minds – and learn from them; shape a 'polymath' mind
- Interviewing well: who are you; are you likely to be valuable?
- and related themes

For young people, 10 to 17...younger if you are interested...

Brian M Maskell is a strategist and an organisation development consultant with more than 50 years of world-wide experience. He has a very broad background of experiences – in both public and private sectors. He has a particularly strong interest in areas of public law and associated government principles and ethics; in cases of government breaches of those principles and breaches of trust that people of a country necessarily reside in their government; and in the coupling of such breaches of trust in a country to internal conflict and increasing tyrannical behaviour by an unprincipled government. Brian also has a strong background of experiences in and interest in applied sciences; human reasoning and learning; human cooperation for handling complex issues (he has been associated with two leading think-tanks); advances in the biological sciences; advances in nutritional and environmental medicine; and the development of cooperatives and their role in local production of nutritional and safe foods and their informed assertion of their rights as citizens to have their freedom to flourish.

Team Building for Teens - Courtney Brooke

TRIBAL Friday 3PM

Have an outrageously fun time connecting with each other through movement, games and group problem solving. These challenging activities will require communication, planning, perseverance, and a little bit of good humor. We'll have an exciting time while connecting our experiences back to real life situations and understanding the connections between ourselves and others a little better. Teens 13 to 17

Courtney has worked in Environmental Education teaching all ages of kids and adults. One thing that is apparent to her is that we can't understand our relationship to ourselves if we don't understand our relationships to each other. As Rumi puts it: "Souls learn from other souls, not from books or lecture."

Interactive Storytelling, Drumming, Dance And Song - Jimi Dale

TRIBAL Saturday 2PM

An interactive story for kids where they will become part of an African tale. Kids will learn drumming, singing and dancing that makes the story come alive. Parents welcome.

Jimi has been teaching African Drumming and dance throughout New Zealand for more than 25 years. He regularly brings African master musicians to tour and teach with him in many festivals, venues and schools around the country.

PlayTime - The Laughter Guy - Gareth Edwards

TRIBAL Friday 5PM

TRIBAL Tuesday 3PM

Lets ring the school-bell on normality and open the door for PlayTime, a fusion of laughter yoga and silly song. Based on Laughter Yoga, PlayTime is the antidote to the stress of modern living. A shortcut to joy for all ages and abilities. Laughter Guaranteed! For All Ages

Along with song, The Laughter Guy uses laughter yoga which is both modern and ancient. Traditionally called Hasya Yoga it is part of the Pranayama (Breath) branch of Yoga. Many disciplines and traditions have used the unconditional laughter as both a pranayama and meditative practice. Twenty years ago Dr Kataria and his wife devised Laughter Yoga as a set of yogic practices and sparked the growth of laughter clubs around the world.

Gareth Edwards -The Laughter Guy- has been running laughter workshops across New Zealand for nearly 4 years. He does laughter sessions at all sorts of venues across the nation - yoga retreats, community halls, mental health and disability services and youth services. The laughter workshops include laughter yoga and original songs. He has produced and released two albums and a Christmas song and have a new EP coming out for Christmas. From chuckling CEOs to howling hippies, from burbling babies to giggling grannies The Laughter Guy leaves no funny bone un-tickled. With a BSc Hons in Psychology and over 15 years working in Mental Health, The Laughter Guy trained and qualified in Dr. Kataria's Laughter Yoga.

Act Up! - Hester Phillips

TRIBAL Sunday 1PM

"Many people don't discover how creative they are until something forces them to think outside the square." - Anonymous.

Explore the art of creating spontaneous drama. Working alone and with others through fun games and activities, the thrill of improvised drama is yours for the taking. For 10 years +

During this workshop we will laugh a lot and enjoy doing things we can't in real life. Surprising, hilarious and 'I'm laughing so hard my cheeks hurt' experiences are on the cards. Whether you a seasoned performer someone who has never done anything like this before, this workshop is for you.

Prior to studying an MA (clinical) in Arts Therapy at Whitecliffe College, **Hester** owned and operated Nelson's biggest Dance and Drama School called Pulse Dance and Drama. Hester has developed specialist therapeutic programmes for socially disadvantaged children, special needs adults, children and people with medical conditions. Hester developed a unique child-centered creative dance curriculum for children called Just Dance, facilitated Dance Brew, a free form dance class for adults and developed Act Up! an improvisational theatre class for children and teens.

Music is Fun! - Max Schollar-Root

TRIBAL Thursday 4PM

TRIBAL Monday 4PM

A musical play space for children aged 0-9yrs to enjoy drumming, play and dancing. Designed to enhance kids self-expression and creativity, enhance language development, cognitive skills focusing on memory and perception and motor skills. The kids can co-write and perform songs in the moment with simple choices giving them autonomy over the musical process. Age 0 to 9.

Kids are welcomed into the space with offerings of instruments to play and some familiar music played live by the facilitator on guitar and voice. Then we progress into dancing and action songs, all the time encouraging the kids to participate actively. We sneak in literacy and numeracy in counting games and lyrical involvement. Parents welcome.

Max is a Registered Music Therapist who works in early childhood. He currently works with Bop Along Baby in Melbourne providing early childhood music and development sessions in childcare centres and leads mums and bubs music classes. He has previously worked as a music therapist at The Royal Children's Hospital Melbourne, and has a background as a youth worker going back 5 years.

The Roald Dahl Show by Nick Duval-Smith, Teller of Tales - Nick Duval-Smith

VILLAGE STAGE Thursday 3PM

VILLAGE STAGE Friday 2PM

VILLAGE STAGE Saturday 2PM

VILLAGE STAGE Sunday 9AM

Four half -hour presentations of poems from Dirty Beasts and excerpts from The Giraffe the Pelly and Me and The Witches (all works by Roald Dahl). Suitable for all ages, and particularly children 6 - 12.

Nick Duval-Smith learned the art of storytelling in a Rudolf Steiner kindergarten in Dunedin, over a seven year period. During that time he also attended a storytelling workshop run by the International School of Storytelling (UK), and Duval-Smith himself has run a number of storytelling workshops for adults, both in Dunedin and Auckland.

Pirates Yoga - Pit Pohland

TRIBAL Friday 9AM

Help! the pirates are gone over board! Help the pirates out on the big sea and find them with the help of yoga! Pit is a kids yoga teacher but also a pirate and you will be as well! Its going be a lot of fun and adventure with some concentration and relaxation as well! So keep an eye open and catch us on pirate boat llluminate. Aaaaaarrrrrgggghhh!

Spaceship Yoga - Pit Pohland

TRIBAL Saturday 9AM

Take a journey on a spaceship through the galaxies. Get on board with your Captain Pit and take an amazing intergalactic journey through space and time!

Indians Yoga - Pit Pohland

TRIBAL Monday 9AM

Expect some meditation and dreamstory/deep relaxing. Kids will learn to calm down, relax and also how to use their body in a healthy way. It begins with an introduction/welcome with a yoga game, then into exercises/story, deep relaxing phase, meditation and mantras, yoga moves and a magic game. All rounded of with Sat Nam. Lots of fun and love to it!

Pit is an innovative yoga teacher creating stories with different themes to introduce kidz into a yoga practice.