

SATURDAY 20TH JUNE

FESTIVAL PROGRAM



WELLNESS - HUB

WOMEN OF SURF - HUB

7:30	BURN YOGA Chrissy Butler	WORKSHOP	7:00
8:00			8:00
8:30			8:30
8:45			8:45
9:00			9:00
9:15			9:15
9:30			9:30
9:45			9:40
10:00	POWER OF HEALTHY EATING With Bio Med Expert and Australian Survivor Contestant and Shayelle Lajoie	WORKSHOP	10:00
10:15			10:15
10:30			10:30
10:45			10:35
11:00			11:00
11:15			11:15
11:30	THE FUTURE OF BEAUTY IS WELLNESS Sol Sista Collective - Britt James	WORKSHOP	11:30
11:45			11:45
12:00			12:00
12:15			12:15
12:30	THE MINDFUL SURFER: THE SOCIAL PSYCHOLOGY OF SURFING Land & Sea Therapy - Sarra Robertson	WORKSHOP	12:30
12:45			12:40
1:00			1:00
1:15			1:15
1:30			1:35
1:45			1:45
2:00	SLEEP OPTIMISATION FOR ATHLETES Flow State MBM - Sally Howe	WORKSHOP	2:00
2:15			2:15
2:30			2:30
2:45			2:45
3:00	BALANCE TO BOARD: UNLOCKING THE POWER OF YOUR FEET The Female Surfer - Candice Land	WORKSHOP	3:00
3:15			3:15
3:30			3:30
3:45			3:45
4:00	LIVE MUSIC & REFRESHMENTS ZONE		4:00
5:00			5:00

			7:00
			8:00
			8:30
			8:45
	WHO WILL BE OUR NEXT IRUKANDJIS OLYMPIANS? Exploring surfing's future Olympic pathway	Q & A	9:00
			9:15
			9:30
			9:40
	CHANGING THE TIDE: LEADERSHIP, EQUALITY & WOMEN IN SURFING Jessi Miley-Dyer & Steph Hendricks	Q & A	10:00
			10:15
			10:30
	WAVE OF OPPORTUNITIES – SURFING INTO CAREERS FOR GIRLS IN SPORT Kerry Turner - Manager Partnerships and Participation, NSW Office of Sport and Panel	Q & A	10:35
			11:00
			11:15
	FINDING YOUR OWN LINE Surfing, Creativity & Self-Expression with Coco Cairns	Q & A	11:30
			11:45
			12:00
			12:15
			12:30
	LAUGH LINES PROJECT PHOTOGRAPHING 1000 WOMEN AROUND THE WORLD MAKE-UP FREE With World Surf League Photographer Cait Miers	Q & A	12:40
			1:00
			1:15
			1:35
	NOSERIDING FOR WATER WOMEN LAND-BASE CLINIC With Surfers for Climate co-founder and acclaimed longboarder Belinda Baggs	LAND BASE WORKSHOP	1:45
			2:00
			2:15
			2:30
			2:45
	SWELLNET UNDERSTANDING SURF REPORTS With Swellnet Founder Ben Matson	LAND BASE WORKSHOP	3:00
			3:15
			3:30
			3:45
	LIVE MUSIC & REFRESHMENTS ZONE		4:00
			5:00



SUNDAY 21ST JUNE

FESTIVAL PROGRAM



WELLNESS - HUB

WOMEN OF SURF - HUB

7:30	BURN YOGA Chrissy Butler	WORKSHOP	7:00
8:00			7:30
8:30			8:00
9:00			9:00
9:15			9:15
9:30			9:30
9:45			9:45
10:00	“STRONG STARTS HERE: BODY CONFIDENCE FOR YOUTH” PIPPIN GIRL With Author & Youth Educator Emma Tabacaru	WORKSHOP	10:00
10:15			10:15
10:30			10:30
10:45			10:45
11:00			10:50
11:15	“SURF CONDITIONING FOR FEMALE YOUTH” THE FEMALE SURFER Candice Land	WORKSHOP	11:15
11:30			11:30
11:45			11:45
12:00			12:00
12:15			12:15
12:30	“COMFORTABLY UNCOMFORTABLE – MAXIMISING YOUR BREATH & NERVOUS SYSTEM” With Freediver Extraordinaire Bri Heaney	WORKSHOP	12:30
12:45			12:45
1:00			12:50
1:15			1:15
1:30			1:30
1:45			1:45
2:00	FEELING GOOD IS A PRACTICE The Good Human Factory with Cooper Chapman	WORKSHOP	2:00
2:15			2:15
2:30			2:30
2:45			2:45
3:00	SURF COMPETITION PRESENTATIONS		3:00
4:00			4:00

