

Saturday Program

Rydges Newcastle

8:15am to 5:00pm – Saturday, 21st March 2026

TIME	SESSIONS AND PRESENTORS	
08:15 – 08:45	Registration and mingle	
08:45 – 09:00	Opening & Welcome To be announced	
09:00 – 10:00	Keynote: Sacred activism for the love of Gaia Natalie Isaacs	
10:00 – 10:15	Saturday lucky door prize	
10:15 – 10:45	Morning tea and mingle	
10:45 – 11:30	Main Room Herbalist or cosmetic chemist: making herbal skin care – together Kaja Skraskova	Dobell Room Embodied astrology: using our natal chart to support Gaia in her evolution Nancy Evelyn & Sioux Burns
11:30 – 12:15	Main Room Connecting plants to people: herbal energetics, taste of herbs and the six tissue states in medicine making Ally Sanchez	Dobell Room Love Gaia, love community, love self Lisa Worth
12:15 – 13:15	Lunch and mingle	
13:15 – 14:15	Main Room For the love of our hormones Deanne Apostolou, Nicola Kelly & Kristin Gilmour	
14:15 – 15:30	Main Room Feng Shui for the home and why it matters Renee Longworth	Dobell Room Sustainable harvesting – respect for earth & plants Christopher Smith
15:00 – 15:35	Afternoon tea and mingle	
15:30 – 15:45	Raffle Draw	
15:45 – 16:45	Main Room Person specific dosing: creating a deeper relationship with Gaia Rixt Botello	Dobell Room Meeting our own and others' grief needs in times of change Treena Francis
17:00 – Close	Mingle	
Program subject to change		



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Sunday Program

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8:30am to 4:30pm – Sunday, 22nd March 2026

TIME	SESSIONS AND PRESENTORS	
08:30 – 09:00	Arrival and mingle	
09:00 – 09:45	Main Room Yoga Nidra - Resting with Gaia: reconnect, release, renew Alice Reid	
09:45 – 10:00	A word from our sponsors	
10:00 – 10:15	Lucky door prize & raffle draw	
10:15 – 10:45	Morning tea and mingle	
10:45 – 11:45	Main Room For the love of digestion Ally Sanchez, Lara Ryan and Julianne Grant	
11:45 – 12:30	Main Room People's medicine: Ayurvedic wisdom for everyday healing Eleni Tsikrikas	Dobell Room Healing in harmony with nature Shenel Engel
12:30– 13:30	Lunch and mingle	
13:30 – 14:15	Main Room Medicinal trees: the lungs and heart of Gaia Lara Ryan	Dobell Room Elders sharing the wisdom The Elders – Nancy, Steph, Sally, Sylvia, Karen, Mary-Anne, Diana, Pat
14:15 – 14:45	Afternoon tea and mingle	
14:45 – 15:30	Main Room Connecting to self Jan Heckscher	
15:30 – 15:45	Raffle draw	
15:45 – 16:15	Main Room Special Presentation Nancy Evelyn	
16:15 – 16:30	Closing Nancy Evelyn & Deanne Apostolou	
16:30	Thank you for joining us – Have a safe trip home	
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