

Adi Chaitanya	Permaculture: Spiritual and Ambiental awakening	How spiritual awakening cannot be away from environmental responsibility	This session will bring a light on how a spiritual awakening cannot be far away from an Ambiental awakening, and for that we will use as a basis the yoga philosophy , looking at the yoga sutra from patanjali(Yamas and Nyiamas) and linking with the twelve principles from permaculture, and how we cannot talk about one without bringing the other Also using crossed spiritual knowledges and philosophy to enrich our talk
Alexander de la Cour	Authentic Relating - Unlock Authenticity	Unlock practical tools to navigate relationships and conflicts, helping you stay true to yourself while fostering deeper, more authentic connections in all your relationships.	Are you searching for deeper, more intimate and alive connection in your conversations while staying true to yourself? Discover practical tools to enrich your relationships, whether they're romantic, family, or professional. Join this transformative session and embark on a journey of self-discovery and meaningful connection. In this workshop, you'll gain insights into Authentic Relating – the art of being genuine and connecting with others without pretense. Embrace your true self, fostering acceptance and understanding for all aspects of your being. Uncover the magic of approaching life with curiosity. Alex has a background in construction for over 20 years in Austria which motivated him to find out how conflict raises and moves. In 2018 he discovered Authentic Relating, ran through several trainings with ART International for whom he facilitated on 3 continents, a years long Mentorship with Susan Campbell, and a variety of trainings with Rick Smith.
Alicia de la Cour Venning	Womb Codes. Earth Medicine. Connection.	A women's circle weaving menstrual cycle awareness, embodiment, ritual, and relationality; attuning to the wisdom of womb and blood and exploring remembrance of regenerative, life-honouring ways of being together.	<p>BYO: cup for plant drink.</p> <p>How might our lives, health, and relationships – to ourselves, each other, Earth, animate forces – transform by recognising and coming into alignment with the natural rhythm and wisdom of our bodies? We'll gather in circle to connect with the codes of thriving life within our wombs and blood. Weaving together ritual, menstrual cycle awareness, relational ways of being, embodiment practice ... we'll rest into the emergent nature of the present moment and the collective ecosystem. We'll bathe in the medicine of women sharing what feels real, raw, and needed to create ways of life rooted in regeneration, reciprocity, community, celebration, the love and joy entangled with grief ... within these chaotic and heart shattering times.</p> <p>Bio: Dr Alicia de la Cour Venning Alicia is tending to questions around how we meet these times of crisis, collapse, and transition in togetherness ... dreaming into the beautiful world our hearts feel is possible. Remembering the ways of connecting to land, trees, fungi, water, to self, to the collective pulse of life and humanity through ritual, devotion, raw and authentic communication, and dance. Her heart longs to be part of regenerative culture that aligns to cyclical rhythms, is embedded in reciprocity with Earth and centres thriving life in community. Alicia's work weaves together her experience mothering her son, sovereign birth, a decade as an academic doctor/lawyer/activist embedded with revolutionaries - rebel army personnel, genocide survivors, artists, and political activists in Burma, herbalism, bodywork, and ongoing learnings to recognize and dismantle her internalized misogyny, colonial imprint, and toxic femininity.</p>

			Amy G
			Amy is an international speaker and negotiation specialist who teaches communication, boundaries, and self-advocacy as essential wellbeing skills.
			With over 24 years of experience across New Zealand and the United States, Amy's background spans high-pressure, emotionally charged environments as a top-selling real estate agent, broker-owner, Auction Director, and negotiation specialist. But it was her personal journey—shaped by a difficult childhood, early hearing impairment, and years of speech therapy—that gave her an extraordinary ability to read people, regulate emotion, and communicate beyond words.
Amy Gardiner	1. NEGOTIATION AS A LIFE SKILL	"Negotiation is learning how to navigate life's moments with calm confidence, clear strategy, and freedom from attachment to the outcome."	Amy's work sits at the intersection of human behaviour, emotional intelligence, and nervous-system awareness, because negotiation isn't just about business—it's about how we speak up, hold boundaries, and navigate resistance in everyday life.
	2. BUILDING CONFIDENCE IN NEGOTIATION		Through her Pro Level Negotiation framework, Amy helps people communicate with clarity under pressure, manage difficult conversations without conflict, and build self-trust in moments that matter. Her talks are practical, relatable, and deeply human, weaving together real-world experience with tools such as emotional regulation, labelling, anchoring, and understanding resistance patterns.
			Based between New Zealand and the US, Amy now speaks internationally and is developing an AI-supported negotiation tool designed to help people prepare for challenging conversations—at work, at home, and within themselves.
			At WellFest, Amy invites audiences to see negotiation not as confrontation, but as a pathway to personal power, wellbeing, and more honest connection.
Angelo Swan & Georgia Burr	Vin yin sing	Infusing vinyasa flow, yin yoga and good vibe singing / mantra to close	Infusing vinyasa flow, yin yoga and good vibe singing / mantra to close
Anthea Carr	At Ease with Appetite	At Ease with Appetite is a body-led workshop helping you tune into your hunger, senses, and emotions for a more peaceful, connected relationship with food.	At Ease with Appetite is a gentle, body-led workshop exploring intuitive and conscious eating. We look at the different types of hunger, how the senses and taste shape appetite, and how the emotional eating cycle influences our relationship with food. Through a compassionate, non-judgemental approach, this workshop supports you to soften negative self-talk, reconnect with your body's cues, and experience more ease, trust, and enjoyment around eating.
Cameron Anderson	Traditional Hatha Yoga - Lunar	Traditional Hatha Yoga	A practice to calm and stabilize the mind. Using Pranayama, Asana and Meditation, Tantric Hatha mobilizes Prana and directs the mind towards illumination.
Cameron Anderson	Traditional Hatha Yoga - Solar	Traditional Hatha Yoga	A practice to activate and energize. Using Pranayama, Asana and Meditation, Tantric Hatha mobilizes Prana and directs the mind towards illumination.
Cameron Anderson	Shaolin Kung Fu	Traditional Chinese Martial Art practice for health, confidence, and strength. *All-levels. Non contact.	Traditional Chinese Martial Arts as practiced by the Monks of the Shaolin. Focus is on Flexibility, Strength and Coordination.
Cameron Anderson	Yoga Nidra	Guided through the inner landscapes, find stillness, rest, and inner peace.	Yogic Sleep practice. Be guided into deep rest and journey through a symbolic landscape to find inner stillness, restoration and insight.
Catalina Maguire	Tuned In	A sensual, immersive sound journey using acoustic psychedelic medicine music to help participants feel, release, and tune into their own vibration	Your body is vibration. A finely tuned instrument can play a beautiful harmony. Come get tuned!

Charlotte Friedrich	<p>1. Rhythms of Nature</p> <p>2. Men's Guide to the Menstrual Cycle</p>	<p>1. Rhythms of Nature: The creative blueprint for the new paradigm.</p> <p>2. Men's guide to the mysteries of the menstrual cycle: Explore how to support partners with periods, as well as friends, sisters, or co-workers by working with the 'inner seasons' of the menstrual cycle, plus a space to ask all the questions you never knew you had.</p>	<p>Charlotte Friedrich Cyclical Wellbeing MSc Wellbeing Psychology, certified Menstruality Mentor</p> <p>Charlotte guides you back to your unique rhythm and into alignment with nature's cycles – drawing on two degrees in psychology (BA, MSc) and ongoing studies of the nervous system, chronobiology, therapeutic yoga, and a range of energy healing modalities. She has specialised training and 7+ years of experience in supporting women with menstrual or (peri-)menopause challenges.</p> <p>Rhythms of Nature: For 4.5 billion years, life on Earth has evolved through nature's cyclical rhythms – the cycles of the day, the moon and the seasons. Whether we're aware of them or not, our ability to survive and thrive depends on how well we align with these rhythms. Join Charlotte in exploring the creative blueprint of the Rhythms of Nature and learn how to work with rather than against them, to create greater wellbeing for yourself, your community, and the planet.</p> <p>Men's guide to the mysteries of the menstrual cycle: Explore how to support partners with periods, as well as friends, sisters, or co-workers by working with the 'inner seasons' of the menstrual cycle. Learn useful tools to support them during their 'moon time' and ask all the questions you never knew you had. This will take your relationships to the next level.</p>
Chris Churcher	Masculine Healing: Sexual discipline	<p>Together let's take a brave and honest look at the psychological origins of sexual compulsiveness and the road to excess, and recognise how breaking habits can begin with self-understanding, abstaining from quick highs and assessing our values.</p>	<p>Over the past 6 years I've formed a 100+ book library on books around psychology, spirituality and self-healing. I've attended multiple online courses spanning 3 months to a year and am about to start an online program which is even more extensive. I have a passion and a drive to learn and to teach in this area and to one day step into counselling. Still early in my journey, I am using this festival as a chance to build confidence in my teaching skills and encourage good conversations so people might see where they're at more clearly, and understand what the next most obvious step is for them. The refreshing thing about the content I teach is that people will be given a reading list and go straight to the experts themselves. For what I can do in an hour or two, is nothing compared to their own process of sitting with a book for 10+ hours reading and digesting good quality content.</p> <p>Whatever our history might be with explicit online content and sexual compulsiveness, the behaviours from the past can leave their imprint on the present. Together let's explore the psychological origins of these behaviour patterns and see how healing can start with shadow work, sexual discipline and abstaining from quick highs.</p>
Julia Romera Terrones	Ecstatic Dance Journey by Jayla	Where music opens space for freedom, expression, and collective connection.	<p>An immersive musical journey where sound becomes a bridge to collective freedom, connection, and transformation: without words, substances, and shoes. Jayla is an internationally experienced DJ and ecstatic dance facilitator, known for her sensitivity, deep-rooted rhythms, and ability to guide participants through embodied, transformative movement.</p>
Clémentine Fruité	Embodied Laughter: A Somatic Awakening Or Joy Activation	<p>A potential life changing experience: A multi-sensory, somatic journey where laughter becomes a doorway to presence, release and embodied joy.</p>	<p>This is a multi-sensory, somatic experience that uses laughter as a pathway for transformation rather than entertainment. The session engages all the senses — sound, visual focus, touch, learning medical laughter science, journaling, breath and movement — to invite participants into deeper bodily awareness and felt safety. Through guided meditation, embodied inquiry and playful exploration, participants are supported in sensing where control, inhibition and seriousness live in the body, and how these patterns can soften when the nervous system is regulated and permission is restored. In this session, you will leave uplifted and full of new tools for your wellbeing. This can be a life changing experience!</p> <p>Laughter emerges organically as vibration, breath and movement, becoming a tool for release, presence and collective resonance.</p> <p>This is not simply a laughter session, but an immersive and transformative experience open to all bodies and expressions. No prior experience is required. Come as you are — curious, tired, joyful or unsure — and leave a little lighter, more open, and more connected to yourself and the collective field. Bring a mat, a water bottle, and eye cover, a pen and your journal!</p>

Damon Meuli	B3 body based breakthrough somatic	Body-Based breakthrough (B3) is a practice that gets you back into sync with your internal metronome, physiological rhythms and natural cycles.	<p>Body-Based breakthrough (B3) is a practice that gets you back into sync with your internal metronome, physiological rhythms and natural cycles by combining</p> <ol style="list-style-type: none"> 1. Modern breathwork 2. Mindfulness 3. Subtle movement 4. Neuroscience 5. Intention-based journaling <p>B3 is built on the scientific evidence that true creative breakthroughs occur beneath the conscious level and can only be achieved when the body mind are connected</p> <p>The biological harmony primes your body mind connection, stimulating aligned breakthroughs on the mat and inspired action in your life</p> <p>By reconnecting the body and mind, you are able to explore your interior vistas, engage in wandering narratives, and unearth inner sources of inspiration. Through that process, you will receive the ideas, insights, and inspirations that are in tune with your personal goals and unique desires.</p> <p>Through your B3 practice, your body and mind will work in concert to create your best life.</p>
Fiona McQueen	Foraging and Herbalism in the Wakatipu basin	Come and learn about local foraging and making herbal remedies with wild plants.	<p>As a medical herbalist I am constantly foraging and using local plants to make herbal remedies. This is an exciting way to live in the beautiful ecosystem that surrounds us in the Wakatipu basin. This workshop will be on foraging and making herbal products from plants that grow locally. Many are commonly regarded as weeds. But these plants have wonderful nutritional and medicinal properties and can be used to improve health on all levels. Dr Fiona McQueen, Medical herbalist.</p>
Francisco Colombo	Awakening Beyond the System — by Bitcoin Journey	A simple, clear introduction to how Bitcoin works and how it empowers people worldwide	<p>Francisco is a Certified Bitcoin Professional and the founder of Bitcoin Journey, a project dedicated to making Bitcoin education simple and accessible to everyone through group workshops and individual sessions.</p> <p>Thanks to Francisco's background as a law graduate, his fluency in English, Spanish, and Italian, and over 7 years of experience in the Bitcoin space, he is able to connect with diverse audiences and explain this revolutionary and empowering technology in simple terms so that everyone can understand and benefit from it.</p> <p>If you're curious about Bitcoin but unsure where to start, don't hesitate to get in touch, visit bitcoinjourney.nz or email info@bitcoinjourney.nz</p>
Guillaume Marot	Sounds and frequencies	Sounds and vibrations are the creation, come back to melt in your own being and retune yourself	<p>Relax in a peaceful and mindful way. The sounds of the Handpan and other instruments will carry you away from the thoughts and place of the day to day Life to jumping into the realm of calmness and presence ! Come as you are</p>
Inde Halligan	Slackline: Balance, Flow & Presence	A playful, beginner-friendly slackline workshop blending balance, flow, and mindfulness to build confidence, presence, and joy through embodied movement.	<p>Slackline: Balance, Flow & Presence is an embodied movement workshop introducing participants to slacklining as both a physical practice and a mindful exploration of balance, self-trust, and play. With years of teaching experience, Inde brings a supportive and adaptable facilitation style, known for catering to a wide range of learning types and creating space for meaningful "ah-ha" moments. Having practised slacklining for the past three years, she guides participants through sitting, standing, and progressive drills with an emphasis on safety, kindness to self, and curiosity over performance. The workshop offers slacklining as a tool for grounding, meditation, creativity, and joyful challenge—accessible to beginners and adaptable to different bodies and experience levels.</p> <p>Day 1 focuses on foundations: learning to sit and stand on the line, exploring balance through play, breath, and awareness, and understanding how mindset influences stability and progression.</p> <p>Day 2 builds on these skills with standing drills, stepping onto the line, introductory movement sequences, and conversations about pathways within slacklining—whether for meditation and grounding, community connection, or more challenging practices such as longlining, freestyle, or speed lining.</p>

Jae Omnet	Cleaning the diamond with Reiki & Sanmitsu	Reiki is within all of us, discover the 3 diamonds within you.	We all have Reiki within us. We are all a conduit for light & healing energy for self & others. Sanmitsu is a method that allows us to clean our diamond, 3 energy centres & come home to our true essence. This is also an opportunity to understand the traditional system of Reiki & how that differs from the energy itself.
Jae Omnet	Ignite Inspired Inquiry	Earth Element Sacred Pause	Ignite Inspired Inquiry Where focus goes, energy flows. Get out of your own way. Words have spells that's why it is called spelling. Expectations are creating your suffering. What does all of that even mean?? We hear some of things a lot, but do we understand them? Lets come together in a speak easy & discover what we perceive, how that creates what we believe & if that thinking is serving us. As a therapist, NLP practitioner, yoga, reiki & meditation teacher & sacred medicine facilitator these concepts are the foundation my work. If we don't understand how our thoughts create our reality or a story keeps us stuck, we will keep coming up against the same habits, behaviours and triggers. Together lets Ignite Inspired Inquiry.
Jane Anthony	Shamanic Breathwork	Shamanic Breathwork is a profound ceremony that blends a conscious connected breathing technique, drum journey, body and energy work, and evocative music guiding you on a transformative journey into the deepest layers of yourself, unlocking profound insights and healing.	Shamanic Breathwork is a profound ceremony that blends a conscious connected breathing technique, drum journey, body and energy work, and evocative chakra-attuned music. This powerful combination guides you on transformative journey into the deepest layers of your being, unlocking profound insights and healing. Your breath serves as a bridge to awaken your own inner guidance and healer, providing you an opportunity to uncover patterns or fears that have you stuck, find inspiration for your soul's next step, release emotions, and move energy. This is an active session where you are invited to tap into the deepest layers of yourself and to feel, move and express all that arises in a safe space where all of you is welcome. Absolutely no experience is necessary, come exactly as you are. Jane's grounded and embodied approach to spiritual practices allows you to dive deep into self-discovery and transformation. She is a trauma-informed Shamanic Breathwork Master Practitioner & Trainer, a Rebirthing and Advanced Wild Love Breathwork Practitioner; Accredited with the Global Professional Breathwork Alliance and the International Practitioners of Holistic Medicine. Her background in psychology, education, counselling, teaching and behavior analysis all inform her approach today; alchemized in new ways to offer you a uniquely grounded held space where all of you is welcome.
Jasmin Hill	Seed Saving: Cultivating our Future	Cultivating sovereignty and resilience through seed saving—join in to celebrate life, growth, and the art of preserving nature's legacy.	Join in for a hands-on exploration into the sacred art of seed saving. As the steward of the New Zealand Seed Savers Library, I curate a living archive of heirloom and native seeds, contributed by growers across the country. This workshop will guide participants through the principles of seed saving—how to select, save, and store seeds that are resilient, regionally adapted, and vital for future generations.
Victoria Balsamo	Femme sass dance	Femme sass dance by Own it	Victoria is an artist, dancer and performer. Passionate about expression, dance and aerials. Today she will be encouraging you to express yourself - step into your power, own your presence and feelings while learning a choreo together.
Jo BATTYE	Plant Spirit Medicine	Plant Spirit Medicine magic and our innate wild creative inner child	Weaving sacred and scientific wisdom to empower rewilding and remembrance of supporting plant allies so we can connect to our inner children. Using Internal Family Systems and Constellation as scaffolding for Plant Spirit Medicine Journeys
JOHANNA BRISTLE	True Self Constellations – Embodied Reconnection	A gentle, embodied constellation experience to reconnect with your true self in clarity and loving presence.	How is your relationship with your true self? What color is the unique expression of your true self in this incarnation? Remember: you have an inner ally that you can connect with at any time. In this workshop, we align our being through embodiment and energetic practices, reconnecting with our true self in clarity and loving presence. Through True Self Constellations, this inner connection becomes visible by working with a representative, allowing us to approach ourselves gently and step by step. Johanna guides this workshop using elements of Spiritual and Somatic Trauma Therapy (SSTT), an approach developed by Nadja Lasko. Johanna is trained in SSTT and offers sessions focused on embodied reconnection and constellation work, so our true expression may unfold. Please note that participation is limited to 10 participants. Due to the workshop format, time allows for 1–2 constellations.

Julian Noel	From Noise to Knowing. Beneath the noise, something quieter knows what to do.	For people making a difference through business: silence has better ideas than you do.	Julian Noel is an entrepreneur, facilitator, and high-performance coach with 37 years experience working at the intersection of business, intuition, and consciousness. His work has been informed by over 50 years of meditation, ashram life, and a deep study of consciousness and human performance. Drawing on ancient wisdom and spiritual practice, Julian has developed an integrated approach for entrepreneurs and business owners, which he has shared in workshops and gatherings across more than 33 countries. Known for his grounded presence, depth, and humour, he creates safe spaces for powerful insight. This highly interactive 90-minute workshop unfolds as a guided experience rather than a talk. Participants are led through a series of simple, engaging practices, using chanting OM and self-inquiry to shift internal states from mental noise into a clearer listening state. Through noticing inner voices, cultivating heart–mind coherence, and revisiting a real-life situation from a higher vantage point, participants learn to recognise intuitive knowing and what is naturally seeking to emerge. From this state, orientation clarifies and the next step becomes clear.
Julie Faulkner	Crystalline Sound Bath - "Home is anchored within you"	Bathe in the loving frequencies of crystal bowls as you are guided into your own unique presence to feel the home that resides within you	My name is Julie and I am here to hold you in presence so you can come Home to your True Nature. This I believe is possible when we give ourselves the time to be in stillness to feel the presence of our own unique blueprint. Sound supports that journey and I am extremely grateful to be here to offer this space for you to bathe in. Originally from Taranaki, now based in Queenstown, I have over 15 years experience in the wellness industry and offer modalities including holistic life coaching, sound and energy healing 1:1 and in groups.
Katrina Collie	Shared Presence: Fostering Embodied Connection in Widening Spirals	A gentle embodied journey showing how, through the body, we can experience deep connection with community, nature, and the greater whole.	This workshop invites participants into a gentle, embodied journey of remembrance, beginning in the body and spiralling outward into shared presence within community, nature, and the vastness of life itself. Through guided practices and reflection, we return again and again to the body as a living doorway into connection, belonging, and wholeness. This offering arises from my own personal embodied journey and master's thesis research exploring embodiment practices to support social workers' wellbeing.
Kim Knight	1. Flying Qigong 2. Heart Meditation	Flying Qigong - connect with the limitless source of Qi to be found in the universe and bring it back to your body to replenish your energy. Experience a deep sense of calm which you can access any time as you implement a daily practice of Yuan Gong.	Kim has been learning and teaching Qigong for over 25 years, offering in-person and online workshops. Qigong is often known as 'moving meditation': its gentle flowing movements are able to bring one quickly to a state of deep meditative peace, restoring a natural state of joy, calm and connection with one's True Self. The Ren Xue system of Qigong which Kim teaches is designed to dissolve the egoic identities of the false self and lead one on a path to authentic self-realization and wisdom, often known as enlightenment. Are you ready to restore your True Self? www.taohealthqigong.com
Kirsty Miles	Inspire Love in the Kids Zone x 2	An interactive, mindful and fun workshop for young people to inspire love!	Kirsty and Cathy have a wealth of experience when it comes to facilitating wellbeing practices for children, teens and adults; spanning 15+ years each in conventional and alternative education settings. Their holistic, mindful and fun approach to delivering empowerment programmes enables both young people (and adults) to build confidence, feel present and shine in any safe space they create together. With their shared values of friendship, community, integrity and, most importantly, kindness they are grateful to be able to plant the seeds of wellbeing for young people, one session at a time! Backed up with their knowledge and understanding from extensive trainings, they really 'get' young people and bring out the best in them!
Lee Duncan	Manifestation Breathwork	Energy Healing, Breathwork, Intuitive	Lee is a Holistic Physiotherapist who brings eastern and western medicine together to create balance and harmony within the body. She uses the potent modalities of Spinal Energetics, Breathwork, Kundalini Activation to shift stagnant energy in the body and create more coherence in the mind, body and spirit.

Ellen Finn (Effy)	Explore your Purpose	A soul-aligned talk blending playful exercises and guided reflection to help you uncover your gifts, build confidence and live in alignment with your purpose	Stop searching and start remembering who you are. This interactive talk will help you release the pressure of “figuring it all out” and reconnect with your unique gifts and inner guidance. Through guided reflection, spiritual insights and practical tools, you’ll build confidence, gain clarity and leave feeling lit up, aligned and ready to live your purpose — which is to be unapologetically you
Lorella Gyan Abhika Guasti	Kundalini Meditation	Active meditation	Active meditation have been designed to release our body's tension, cleanse our energy, calm down our monkey's mind. The goal to observe the entire process and, finally realize who we are...pure divine being.
Lucie Domicone	Integration Station	A space to land after intense experiences, to reflect and ground.	A space to integrate intense experiences, an area to ground, find your feet and reflect.
Lucy Tyrrell	PSILOCYBIN: Current Research & Therapeutic Potential	A educational workshop on the Magic of Psychedelic Mushrooms. Outlining the effects on the brain, health benefits, science of how it works, exploring the concept of expanding consciousness, and the best way to use it.	Understanding the effects of Psychedelic Mushrooms physically, mentally and spiritually, and the best way to use them to utilise their full medicinal benefits.
Martina (known as Tina) Schaefer	1. Slow down into presence 2. Open to authentic intimacy with tantra 3. What is trust?	1. A gentle, embodied invitation to slow down, let go of doing, and rediscover loving presence through movement, breath, and shared awareness. 2. A gentle, embodied invitation to dance between protection and openness, self-honouring and connection. 3. A gentle, meditative inquiry into trust as a lived experience.	1. In a world shaped by urgency, achievement, and constant mental activity, this workshop is an invitation to slow down and rest in the simplicity of being. This experiential session gently guides participants inward — beyond thoughts, roles, and identities — toward the direct experience of presence. Through meditation, conscious movement, breath, and gentle touch practices, participants are invited to let go of doing and rediscover the felt sense of “I am.” Presence is not something to create—it is something we remember when we slow down enough to feel what is already here. Using simple, trauma-informed practices, we explore how to receive sensation, connection, and love without effort — remembering that we are already enough, exactly as we are. 2. Opening the heart can be both simple and profound. In this experiential workshop, we explore the dance between protection and openness, self-honouring and connection. This is not about forcing the heart to open or pretending to be loving—it is an invitation to meet what is real. Somatic awareness, playful interaction, and deep embodied practices will help us discover how to move and breathe from the heart—honestly and courageously transforming our masks into moments of authentic connection and pure beingness. Movement, breath, and sound will guide us into loving presence, where we learn to feel as we open, close, and open again with awareness and authenticity. In Dancing Your Heart Open, Martina guides a journey from stillness to ecstatic expression: transforming vulnerability into connection and movement into meditation, where the heart remembers its natural joy to feel what IS. 3. What Is Trust? is a gentle, meditative inquiry into trust as a lived experience rather than a concept. Through silence, paired presence, and embodied awareness, participants explore how trust feels in the body when effort softens and control releases. This workshop invites you to rest in not-knowing, meet inner safety, and discover trust as something already here—quiet, alive, and deeply human.
Michaela Jones	Yin yoga	A gentle Yin Yoga session that invites deep relaxation and inner listening.	A gentle Yin Yoga session that invites deep relaxation and inner listening. An hour of mindful stretching and rest to restore balance within the nervous system and integrate the magic of the festival.
Nadav Peleg	Song Circle	Nadav Peleg offers a heart-opening cacao ceremony woven with a gentle song circle. Guided with intention and care, this offering invites participants into a sacred yet accessible space of voice, listening, and connection. Through ceremonial cacao, simple melodies, and shared silence, the circle becomes a place to soften, open the heart, and remember the power of collective song. No musical experience is needed—only a willingness to listen, feel, and join in as you feel called.	Nadav Peleg offers a heart-opening cacao ceremony woven with a gentle song circle. Guided with intention and care, this offering invites participants into a sacred yet accessible space of voice, listening, and connection. Through ceremonial cacao, simple melodies, and shared silence, the circle becomes a place to soften, open the heart, and remember the power of collective song. No musical experience is needed—only a willingness to listen, feel, and join in as you feel called.

Nadia Havlena	Soma Breath & Quantum Consciousness Meditation	A powerful Soma Breath and Quantum Consciousness experience for expanded awareness and clarity.	Nadia Havlena is a SOMA Breath Master, Buteyko Method instructor, and facilitator of Quantum Consciousness experiences, guiding individuals to access clarity, insight, and deeper self-awareness. Through her transformational workshops, she combines rhythmic breathwork, breath control techniques, and consciousness practices to help people shift state, reconnect with their inner guidance, and unlock new levels of presence and potential.
Nadia Moon	Yoni Anatomy & Female Arousal	Educational workshop for men and women	This workshop was the most popular at Wellfest 2024. Come and find out why. https://www.nadiamoon.com/about
Rich Sion RA Windelov	<ol style="list-style-type: none"> 1. The Healthy Dark Masculine. 2. Shamanic Healing. 3. Sound healing 		<p>Inner Union. The wild dance of Life is the interaction of Masculine and Feminine, Light and Dark, Yin and Yang. This is about feeling/embodying these energies and bringing them together into "Healthy relationship", Self Love and pure awakening power. Coming Home to The ONE.</p> <p>The Healthy Dark Masculine. The Masculine has been getting a hard time for quite a while now. Yes, there is a shadow, and that needs to be lovingly released. Though The Real Dark Masculine can Be Healthy, Honourable, Strong, Loving, Free... and we need it. The Healthy Warrior and The One who STANDS. Stands for Love and can meet the dark Lady of Life with Respect and Acceptance.</p> <p>Shamanic Healing.. The Natural Trinity of Breathe, Sound, and Movement. These create change and transformation in an expansive, intimate, and Beautiful way... Discover your "Shamannic Voice" and explore the Way of The Shamanic Soul.</p> <p>Sound healing All Welcome. An invitation to the wonderful Musicians and healers to create a beautiful vibration of Healing, Support, Activation... and Peace. This is good for the people, The Land, The Waters, and the Guardians of this beautiful Land... and Blessing to the Organisers and Crew of this fantastic Festival.</p>
Sandi Murphy	The Rhythm of Awakening	Follow your own rhythm. This is your awakening in motion	Join Sandi Murphy, Queenstown-based yoga teacher and founder of Nadi Wellness Centre, for a meditative movement journey that blends flowing yoga-inspired sequences with intuitive, self-designed movement. Playful moments—from wooden rhythm sticks to gentle nods to timeless grooves—invite curiosity, joy, and self-trust. Move with your own rhythm, awaken to your embodied intelligence, and exercise personal agency while feeling the unified connection of the group. Grounded, soulful, and lightly playful, this session offers a space to explore, express, and reconnect with yourself and others in motion.
Sarah Menlove	Cacao Opening	Begin your festival journey with a deeply nourishing Cacao Ceremony to intentionally ground into the space and connect with your heart.	Begin your festival journey with a delicious Cacao Ceremony to ground into the space and connect with your heart. Set your intentions for your festival experience and begin to open to all that you are here to receive. Be guided through: traditional cacao opening invocations gentle breathwork and guided meditation To feel grounded, connected and open to receive.
Sarah Menlove & Lili Eve	Creative Pulse, Somatic Dance with Sarah Menlove & Lili Eve	Creative Pulse is a facilitated and DJ'd Somatic Dance journey into the rhythm of life moving through you, exploring how your unique essence weaves in harmony with others and the wider web of life.	<p>Creative Pulse is Somatic Dance journey into the rhythm of life moving through you. Through an intentionally curated DJ soundscape and facilitation you are invited to sense, trust, and express your unique creative energy. As we dance, we tune into our inner pulse and explore how it weaves in harmony with others and the wider web of life that we are co-creating together.</p> <p>Come as you are. No experience needed—just a body, breath, and curiosity.</p>

Sarsha Hope	The Virgin and The Harlot	The Virgin and the Harlot - Where purity and instinct meet in the body.	The Virgin & the Harlot is a women-only workshop exploring the ancient split within the feminine psyche. The pure and the instinctual, the devoted and the desiring, often mirrored through the figures of the Virgin Mary and Mary Magdalene. Through myth and storytelling, we will gently uncover the collective beliefs, shame, and longing these archetypes carry within our bodies, hearts, and minds. Moving into an embodied practice, we will explore how these inner polarities live within our blood, flesh, and wombs, and how they may begin to soften, speak, and integrate. We will close in a facilitated sharing circle, offering space for reflection, witnessing, and the possibility of greater vitality, wholeness, and feminine freedom.
Sofia Cinque	Earth Altar Workshop	A guided Earth altar workshop rooted in nature, co-creation, and cyclical wisdom.	Sofia is a menstrual cycle coach and sustainability advocate whose work weaves together cyclical wisdom and ritual, as pathways back to embodied connection with the Earth. Through Earth altar creation, she offers spaces of co-creation, presence, and remembrance, inviting a return to nature's rhythms and our own place within the living cycles of the Earth.
Steph Mac	The Zen Art Den	The Zen Art Den is a creative play area for adults and children to unleash their creative flow, heal the inner child and return to the soul voice.	<p>Steph Mac is a Southland born artist, author, spiritual coach and ecotherapist. She is the founder of The Mother Tree; Eco-Somatic Healing & Forest Bathing and the Earth Embodiment Healing Modality as well as the Wellspring Podcast and Radioshow with Radio Southland. She brought Red Tent to Southland, as well as Abstract Art Workshops to unlock the inner creative. Steph is passionate about transformation, consciousness, embodying the true self and returning to our inner sacred waters.</p> <p>The Zen Art Den for WellFest:</p> <p>We were taught to colour in between the lines. In this soulful art space, you'll be able to paint a picture throughout your journey of WellFest and be supported to move through releasing expectations, overcoming perfectionism and learn that all mistakes are portals to our power.</p> <p>Untame your inner child, release the blocks and be fully yourself.</p> <p>A safe place to paint, express and play with paint.</p> <p>Through unlocking our inner creative flow, we can create pieces of art that are meaningful, show us who we really are, and release all that we aren't.</p>
Steven Booth	1. New Encoding Patterns 2. Lightbody Activation	Esoteric Acupuncture New Encoding Patterns for Lightbody Activation	<p>Introducing Embodied Sacred Geometry derived from the Esoteric Acupuncture Template, in order to activate the Lightbody, expand consciousness, develop higher sensory perception, and increase coping capacity.</p> <p>Spirit Path – New Encoding Pattern</p> <p>Spirit Path is a guided activation through six gateways of the upper energy centres, awakening a spinning geometry of light that expands awareness while grounding higher frequencies into the body. This process supports deep coherence across physical, emotional, and subtle layers. The session includes meditative immersion and integration, supporting clarity, intuitive insight, energetic recalibration, and renewed alignment.</p> <p>A practical Lightbody Activation workshop exploring embodied sacred geometry and the Eight Trigrams of the I-Ching. Drawing on meditation, Qigong, Integral Taoism, and Esoteric Acupuncture, this session teaches participants how to access and refine the octahedral energy field to support clarity, alignment, and energetic coherence. Suitable for healers, meditators, and embodied consciousness practitioners.</p> <p>Steven Booth is a qualified Acupuncture Practitioner, senior qigong instructor, and Lightbody Activation facilitator. Trained in Esoteric Acupuncture under Dr Mikio Sankey, he specialises in meridian-based practice, Taoist internal arts, and expanded consciousness work. Steven is the creator of Metatron's Cube, a 13-Gateway Lightbody Activation process, and teaches internationally through private practice, group activations, and practitioner training.</p>

Tamsin Scott	Mayan Dreamspell Workshop	In this workshop, you'll learn how to calculate and understand your Galactic Signature—a map of your unique energy within the Mayan Calendar.	<p>Hello Beautiful Souls! I'm a Bowen Therapist, musician, gardener, and mum, based in the beautiful town of Riverton.</p> <p>In 2008, I discovered that I am a Blue Galactic Monkey according to the Mayan Dreamspell—a system of astrology aligned with the Mayan calendar. This discovery sparked a deep journey of exploration into this profoundly insightful system. Through years of exploration, I've come to understand how the Dreamspell offers profound insight into our world, our relationships, and the greater planetary cycles that influence our lives. I'm passionate about sharing this wisdom in a grounded, practical way, helping others reconnect with their own sacred rhythms and innate gifts.</p> <p>In this workshop, you'll be guided through the foundations of the Dreamspell system and supported to discover your own Galactic Signature—a combination of energy and tone that reflects your unique essence and life purpose.</p>
Teresa Shanti Bristle	Embodied Visionboard Journey	Drop into your body, heart and third eye to create your new Vision for your life with your Visionboard. Let your your Intuition lead you and use the energy of the Chinese new Year of the fire horse.	Supporting individuals and groups in healthcare and wellbeing for over 15 years, with a holistic background in sports therapy, nutrition, bodywork, energy work and Wellbeing workshops in Rehabilitation clinics, 5 Star Wellness Spa and Retreats
Teresa Shanti Bristle	EMPATH Empowerment Journey	Designed for highly sensitive people to support through neuroscience, psychology, embodied practices and tools for your energy-management.	Supporting individuals and groups in healthcare and wellbeing for over 15 years, with a holistic background in sports therapy, nutrition, bodywork, energy work and wellbeing workshops.
Tonya Cruikshank	The Guts of It: Where Soul Meets Science.	An experiential & interactive exploration of the gut as a living ecosystem — where nervous system science, protective parts, and embodied awareness meet to create the conditions for true healing.	<p>Dr. Tonya Cruikshank is a Whole Health Specialist, Emotional Health Expert, and IFS Practitioner working at the intersection of gut science and embodied healing. She explores the gut not simply as a digestive organ, but as a living ecosystem shaped by nervous system rhythms, emotional history, and the protective parts that work tirelessly to keep us safe.</p> <p>Integrating microbiome research, polyvagal theory, and Internal Family Systems, her work invites people to understand the intelligence behind patterns of control and efforting — recognising that these strategies often protect deeper pain or grief. Rather than overriding them, she guides a grounded, embodied form of self-compassion that creates the safety required for true digestive healing.</p> <p>Tonya works individually with clients and curates transformative spaces that bridge science and soul — weaving medicine, somatic movement, mindfulness, and neurodiversity-informed care into an integrated approach to whole-person healing.</p>
Tonya Cruikshank	Feel to Move: A Somatic Workshop to Connect with Your Parts	A body-led experience to feel what's true, meet what's tender, and open to receive the deeper magic of the festival.	<p>Dr Tonya Cruikshank is a trauma-informed doctor, somatic guide, and mind-body health expert who bridges science and soul to help people reconnect with their internal landscape. Drawing on medicine, parts work and nervous system healing, she helps people listen to the wisdom of their body, restore energy, and return to health, wholeness and truth.</p> <p>Feel to Move: A Somatic Workshop to Connect with Your Parts</p> <p>This gentle, grounding workshop invites you to reconnect with your body and emotions through somatic awareness and parts work. You'll be guided to notice what you're feeling—tiredness, joy, tension, grief—and meet the parts of you holding those emotions with compassion.</p> <p>Through body-based sensing, music, and optional movement, you'll begin developing a more fluent, trusting relationship with your internal landscape—without needing to fix or change anything.</p> <p>This space is designed to help you feel safe, present, and open—so you can fully receive the medicine of the festival.</p>