

# Friday

31st July 2026

MAIN STAGE	WORKSHOPS	WOMEN'S CIRCLES	COMMUNITY HUB	CRAFT	MEET & GREET
11AM	11AM	11AM	11AM	11AM	11AM
Spirit Audience Readings with <b>The Healing Academy Australia - presenting Connie Rose, Voice for Spirit</b>	The Power of the Mind WITH <b>Explore Discover</b>	Sound Healing Session with <b>The Expression Atelier</b>	It's more than just saying thank you with <b>The Gratitude Method TM</b>	<b>TIE DYE EXPERIENCE</b> (PRE-ORDER MERCH EXPERIENCE)	<b>TBC</b>
12:10PM	12:10PM	12:10PM	12:10PM	12:10PM	
Flow & Glow with <b>Sionna Lifestyle &amp; Yoga</b>	Embodied Consent & Boundaries with <b>Fembodied</b>	Heaven & Earth Self Healing Meditation with <b>Wallan Healing Tree</b>	Introduction to Family Constellation With <b>Trin Tambo</b>	Water Colours Workshop	
1:20PM	1:20PM	1:20PM	1:20PM	2PM	
Manifestation in Motion with <b>Linda Willow Roberts</b>	INTUITION - YOUR BODY OF KNOWLEDGE with <b>Intuitive Self</b>	Breathwork with <b>The Woo Woo Shed</b>	Silent Conscious Disco with <b>Inner Journey with Kaya</b>	Marquee <b>CLOSED</b> due to setting up for next workshop	
2:30PM	2:30PM	2:30PM	2:30PM	2:30PM	
Empower Your Voice with <b>The Expression Atelier</b>	Your Adventure Era Starts Here with <b>Cassandra Carson, Founder of Girls Day Out 4WD Edition</b>	Primal Power: A Ritual of Wild Feminine Awakening with <b>Rikki Yeowart</b>	Ride with Anxiety with <b>Kim Walker Psychologist</b>	Paint n Sip	
3:40PM	3:40PM	3:40PM	3:40PM		
Qoya free dance class with <b>Liz the Radiance Coach</b>	Mediumship workshop with <b>The Cowgirl Medium</b>	How to be a Feminine Warrior in todays world with <b>Dancing with Horses</b>	Becoming Whole: The Journey from Fragmentation to Integration with <b>Cherie Rivas Transformational Therapies and Coaching</b>		
<b>5:00PM - MAIN STAGE OPENING CEREMONY - WELCOME TO COUNTRY AND SMOKING CEREMONY</b>					
6PM	6PM	6PM	6PM		
<b>PJ PARADE</b> followed by performance by <b>Spinderellas</b>	Entering your Peak as the Crone with <b>Business Witch</b>	Sound Bath with <b>Sandy From Harmonic Sanctum</b>	Reset & Rewire: Finding Calm in Your Nervous System with <b>Innerform Health</b>		
7:20PM	7:20PM	7:20PM			
<b>EMMARA LIVE PERFORMANCE</b>	MOVIE NIGHT	Mediumship Demonstration with <b>Jo the Medium</b>			
8:30PM					
DANCE PARTY with <b>DJ RENEE TUI</b>					

Friday 31st July 2026

**11AM MAIN STAGE - Spirit Audience Readings with The Healing Academy Australia - presenting Connie Rose, Voice for Spirit**

Step into a sacred space where messages from beyond come to life. Connie Rose, known as Voice for Spirit, offers heartfelt and accurate audience readings that connect you with passed loved ones, ancestors, and spirit guides. Through warmth, compassion, and a touch of humour, Connie creates a safe and uplifting environment where Spirit brings forward exactly what's needed – whether that's comfort, closure, guidance, or a reminder that you're never truly alone. Even if you don't receive a direct message, every reading carries something meaningful for everyone present. Come with curiosity, leave with connection.

**Bring: Come along with an open, playful heart**

**11AM WORKSHOPS - The Power of the Mind with Explore Discover**

Teaching mindfulness techniques, spiritual perspectives & the tools to require the Brain with scientific references. Can do in presentation workshop format, or in women's circle format including guided meditations.

**Bring: Cushion, notebook, pen**

**11AM WOMENS CIRCLES - Sound Healing Session with The Expression Atelier**

1 Hour Sound Healing Experience with crystal sound bowls

**Bring: Yoga mat and cushion**

**11AM COMMUNITY HUB - It's more than just saying thank you with The Gratitude Method TM**

"It's More Than Just Saying Thank You" is an interactive gratitude experience designed to shift how we see ourselves and the world around us. Through stories, reflection, and simple daily practices, participants discover that gratitude isn't just a list it's a lifestyle. Together, we explore how to turn life's challenges into moments of appreciation, calm, and connection. Expect laughter, lightbulb moments, and a renewed sense of inner peace.

**Bring: Journal, cushion pen!**

**11AM CRAFT - TIE DYE EXPERIENCE (PRE-ORDER MERCH EXPERIENCE)**

Get hands-on and create your own piece of festival magic! Using your pre-ordered exclusive festival tee, you will bring it to life with bold, colorful tie-dye designs. No two pieces will ever be the same – you'll walk away with a wearable memory you made yourself. This is for pre-orders only. To take part in this experience please select this option here:

<https://events.ticketbooth.com.au/event/ultimate-girls-weekend-presented-by-bohemian-summer-festival>

Please note that orders will close off closer to the event and cannot be purchased at the festival.

**12:10PM MAIN STAGE - Flow & Glow with Sienna Lifestyle & Yoga**

A yoga class for everybody. Feel welcome, grounded, and completely at ease as Shannon guides you through a gentle flow designed to make your body sing and your spirit shine. Blending mindful movement, breath, and relaxation, Flow & Glow invites you to reconnect with yourself - to soften, stretch, and smile from the inside out. Perfect for beginners and experienced yogis alike, this session is all about feeling good, not doing it "right." Come as you are and leave feeling balanced, refreshed, and radiant.

**Bring: your yoga mat, a cushion if you have one and a smile!**

**12:10PM WORKSHOPS - Embodied Consent & Boundaries with Fembodyed**

In this playful and interactive workshop, we explore what it truly means to feel and honour your yes and no. Through body-based games, partner exercises, and group activities, you'll learn to drop deeply into your body, notice the subtle cues of your nervous system, and find the confidence to express your truth. We'll gently explore how trauma responses can influence our boundaries, and how to reclaim choice in every moment. This is a fully consent-based space where all participation is optional, ensuring safety and respect for every woman present. Expect movement, laughter, connection, and those "aha" moments where your body speaks louder than your mind.

**Bring: A cushion**

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## **12:10PM WOMEN'S CIRCLES - Heaven & Earth Self-Healing Meditation with Wallan Healing Tree**

Heaven & Earth Self-Healing – Chakra Balancing Guided Meditation Experience a powerful energetic reset in this guided chakra balancing meditation, inspired by the Heaven & Earth Self-Healing Method™. This unique process supports the release of dense energy and emotional blockages while aligning each of the seven major chakras with the stabilizing energy of the Earth and the high-frequency light of Source. Through visualization, intention, and breath, Sarah will guide participants to ground into Earth's energy, clear stagnant energy from the body, and activate their natural self-healing ability. Each chakra is gently brought into harmony, creating a sense of inner clarity, peace, and energetic renewal. This is more than a meditation – it's a vibrational realignment from the inside out.

**Bring: yoga mat, cushion**

## **12:10PM COMMUNITY HUB - Introduction to Family Constellation With Trin Tambo**

Experience the power of Family Constellations in this one-hour demonstration. Trin will guide a participant through a live constellation, showing how hidden family dynamics can come to light and shift within the group field. This taster session gives a moving glimpse into how generational patterns influence our lives and how healing can begin.

**Bring: Cushion and bottle of water**

## **1:20PM MAIN STAGE - Manifestation in Motion with Linda Willow Roberts**

Join Linda Willow Roberts live on the main stage for a powerful and interactive experience that blends psychic insight, energy work, and the art of manifestation. You'll witness how energy moves, learn how to align with your own frequency of abundance, and take part in practical demonstrations that show the reality of manifestation in motion. Linda's unique approach combines intuition, teaching, and audience interaction, leaving you inspired, activated, and ready to create the life you deserve.

## **1:20PM WORKSHOPS - INTUITION - YOUR BODY OF KNOWLEDGE with Intuitive Self**

This interactive workshop entices you to curiously connect with your Intuition and learn to recognise how this source of wisdom uniquely speaks to you through your body and felt sense. Through playful body awareness techniques and creative expression, you will learn how to feel a YES and a NO in your body, grow this relationship with Self and be supported to navigate decisions in life that align with who you want to be in the world.

**Bring: Notebook**

## **1:20PM WOMEN'S CIRCLES - Breathwork with The Woo Woo Shed**

DMT Breathwork This isn't just breathing – it's a full-body reset. DMT Breathwork blends conscious breath with somatic movement to unlock the places trauma hides, release what your body has been holding onto, and move energy that talking alone can't touch. Expect tears, tingles, breakthroughs, and a deep reconnection with your body's wisdom.

**Bring: yoga matt cushion and blanket**

## **1:20PM COMMUNITY HUB - Silent Conscious Disco with Inner Journey with Kaya**

TBC

**Bring:**

## **2:30PM MAIN STAGE - Empower Your Voice with The Expression Atelier**

A powerful throat chakra activation to help women own their voices and release energetic blockages when it comes to speaking and singing. A deeply transformational experience guiding you back home to your full authentic voice. Includes sound healing, guided meditation, interactive and reflective exercises.

**Bring: Yoga mat, cushion and notebook.**

## **2:30PM WORKSHOPS - Your Adventure Era Starts Here with Cassandra Carson, Founder of Girls Day Out 4WD Edition**

This is your sign to start the adventure you've been dreaming about. Whether it's road trips, beach drives, camping weekends or off-grid exploring – this fun and empowering session is all about helping women feel confident getting started.

We'll chat through the basics in a relaxed, no-pressure way – what you actually need (and what you don't), simple tips to feel safe and prepared, and how to take that first step into your adventure era.

Come solo or with your girls – this is all about building confidence, having a laugh, and realising you're more capable than you think.

**Bring: Sense of Adventure!**

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**2:30PM WOMEN'S CIRCLE - Primal Power: A Ritual of Wild Feminine Awakening with Rikki Yeowart**

A journey back into your most primal, raw, and untamed self. An unravelling of the conditioning, the silencing, the smallness. In this ritual space, you're invited to remember what it means to be wild and powerful in your femininity. To express the parts of you that have been suppressed, shamed, or forgotten... and to do so with fierce love. Through breathwork, chakra-based energy activation, five-senses ritual, and embodied expression, we'll awaken the deep wisdom of your body. We'll move earth power through your pelvis, stir the fire in your voice, and explore: • How safe do you feel in your sexiness? • How fully do you allow yourself to be seen - raw, radiant, and real? This is your moment to reclaim and remember the parts of you that are unapologetically alive. To root yourself in power, pleasure, and presence. To rise! Not as someone new, but as more of who you already are. Let this be your liberation. Let this be your remembering.

**Bring: Yoga mat, water. for the 5 senses ritual something small they can eat and smell. Like a strawberry or peice of dark chocolate.**

**2:30PM COMMUNITY HUB - Ride with Anxiety with Kim Walker Psychologist**

Through powerful stories, relatable examples, and proven motorcycle mindset techniques, Kim guides you step-by-step to: Understand how riding anxiety shows up in your body, thoughts, and habits. Calm your nervous system and stay present in the moment. Reframe fear of riding so it works for you, not against you. Take action in small, confidence-building steps. Build your support crew to help you keep riding forward.

**Bring: Just themselves- and anything they need to feel comfortable.**

**2:30PM - 3:40PM CRAFT MARQUEE CLOSED**

Due to setting up next workshop

**3:40PM MAIN STAGE - Qoya free dance class with Liz the Radiance Coach**

Qoya is a free-dance movement class that invites you to come home to your body, your truth and your feminine essence. There's no way to do it wrong, and the way you know you're doing it right is that it feels good. During the class we will dance with the theme of Pleasure and explore what that means for you.

**Bring: Yoga mat and/or cushion**

**3:40PM WORKSHOPS - Mediumship workshop with The Cowgirl Medium**

Tonia loves helping others awaken their own mediumship gifts to help decipher the signs that our loved ones want us to know. This workshop requires a journal to take notes and an open heart.

**Bring: Journal**

**3:40PM WOMENS CIRCLES - How to be a Feminine Warrior in todays world with Dancing with Horses**

What does it mean to be a feminine warrior in todays world? How can we combine the empathic, sensual, intuitive side of us with the strong, decisive, take action side? Can we still celebrate the feminine traits without being seen as weak or soft? We need to love ourselves for who we are. These and other questions we will be exploring in this powerful workshop. Tools we will use to explore, learn, experience are: Partner dance. As a Leader you embody - decisiveness, assertiveness, spacial awareness, protectiveness, work on building trust and knowledge. As a Follower you embody - letting go, surrender to the flow, respond, invite, trust. Both these masculine/feminine sides are important and conscious awareness can create powerful healing.

**3:40PM COMMUNITY HUB - Becoming Whole: The Journey from Fragmentation to Integration with Cherie Rivas Transformational Therapies and Coaching**

A deeply healing exploration of the fragmentation that occurs through trauma, conditioning, and repression... and how shadow work leads us back to inner unity and embodiment. (This presentation will piece together the mind/body/energy/spirit connection).

**Bring: Open hearted vulnerability and courage. (This presentation may involve screaming and other forms of somatic expression).**

**3:40PM CRAFT - PAINT N SIP**

Come and enjoy a session of Paint n Sip! Choose from two designs or create your own! Paint n Sip repeats daily.

# Friday 31st July 2026

## **5PM OPENING CEREMONY**

More details to come about our opening ceremony.

## **6PM MAIN STAGE - PJ PARADE followed by performance by Spinderellas**

The PJ Parade is an absolute must! Dress up in your PJS and take part in our parade to win some incredible prizes. So much fun at a festival that doesn't take itself too seriously!

Stick around for a quick performance by the Spinderellas!

Armed with sass, sparkle, and a whole lotta hoops, these outrageous babes from the Northern Rivers have spun their way into the hearts of audiences across the shire and beyond. Whether dazzling the audience at private parties, lighting up festival stages, or causing a scene at your local street party, the Spinderellas bring big hoop energy and moves to make you drool.

**Bring: Full Pj Attire! Curlers, dressing gowns - whatever floats your boat. Prizes to be won for best dressed!**

## **6PM WORKSHOPS - Entering your Peak as the Crone WITH Business Witch**

Often when entering The Crone, we step too lightly. The chapter of The Crone is powerful but lost. It's time to relabel it, reclaim it and give it its rightful place. Come to be renewed, fulfil your destiny and start to live as the respected elder, The Wise Woman, The Crone and run wild and free.

**Bring: Journal and pen**

## **6PM WOMEN'S CIRCLE - Sound Bath with Sandy from Harmonic Sanctum**

A sound bath with Harmonic Sanctum is a deeply restorative experience where soothing vibrations from crystal singing bowls wash over you. Participants are guided into a state of calm as the sound frequencies release tension, quiet the mind, and invite balance and harmony within.

**Bring: Yoga mat, eye mask, blanket**

## **6PM COMMUNITY HUB - Reset & Rewire: Finding Calm in Your Nervous System with Innerform Health**

When was the last time your body truly exhaled? In this immersive, soul-soothing session, Jane guides you through the science and sensation of nervous system regulation - helping you understand why your body gets stuck in stress and how to bring it back to calm. You'll experience gentle, evidence-based rewire techniques followed by a deeply restorative Yoga Nidra to settle your whole system. Leave feeling lighter, grounded, and connected to a sense of safety you can carry anywhere. Facilitator: Jane Ooms

**Bring: Yoga mat or cushion (both optional)**

## **7:20PM MAIN STAGE - EMMARA**

Emmara is an Australian/Filipino solo performer based between Brisbane and the Gold Coast. Singing and playing acoustic guitar, she performs a mix of original music and popular acoustic covers.

With around 10 original songs released across streaming platforms including Spotify and Apple Music, Emmara is passionate about connecting with audiences through heartfelt live performances and storytelling through music.

Alongside her original work, she regularly performs at venues and events across Brisbane and the Gold Coast, bringing a warm, laid-back acoustic vibe with well-known songs audiences love to sing along to.

## **7:20PM WORKSHOPS - MOVIE NIGHT**

As the day winds down, sink into a cozy evening. Grab a blanket, cushion /pillows, some snacks, and settle in for a relaxed movie night – the perfect way to rest, recharge, and share a little laughter (or a few tears) with your festival friends.

**Bring: Anything to make you cozy and some movie snacks**

## **7:20PM WOMENS CIRCLES - Mediumship Demonstration with Jo the Medium**

A short introduction to myself and how I went to a journey back to my own soul and how I found psychic and mediumship work through grief. I'd like to make connections to the spirit world with the Audience with a live mediumship demonstration- showing how these connections can be deeply healing for those who are grieving.

**Bring: An open heart and an open mind**

## **8:30PM Dance Party with DJ Renee Tui**

DJ Renee Tui isn't just any DJ; she's a dynamic and passionate artist whose love for music spans across decades. From the groovy vibes of the '70s, the electrifying beats of the '80s, the iconic anthems of the '90s, to the unforgettable hits of the 2000s! With a knack for reading the crowd and covers a broad spectrum of genres, DJ Renee Tui makes an unforgettable experience on the dance floor. Whether it's a retro-themed party, a wedding celebration, or a high-energy club night, she knows exactly how to get the crowd moving and keep the energy alive. Get ready to dance, sing along, and lose yourself in the rhythm with DJ Renee Tui – where every beat tells a story!