

Sunday

2nd August 2026

MAIN STAGE	WORKSHOPS	WOMEN'S CIRCLES	COMMUNITY HUB	CRAFT	MEET & GREET
8AM	8AM	8AM	8AM	8AM	8AM
Yoga; a journey from movement into stillness with Laura Kerr/ Community Yoga Boonah	Why You're Exhausted (and How to Come Back to Yourself) with Bodyflow Energetics	Beyond Burnout: Reclaiming Energy, Boundaries & Balance with Innerform Health	The Body You Live In: Women's Health Without the Guesswork with Brightfolk Naturopathy	TIE DYE EXPERIENCE (PRE-ORDER MERCH EXPERIENCE)	
9:20AM	9:20AM	9:20AM	9:20AM	9:20AM	
Fun is the most serious thing you can do with Sionna Lifestyle & Yoga	Introduction to Business Constellations with Trin Tambo	Temple of the Senses with Fembodyed	Sound Immersion with Divine Horizons	Water Colours	
10:40AM	10:40AM	10:40AM	10:40AM	11AM	
Reclaiming Her: A sensual & deeply healing yoga experience with Rikki Yeowart	Business Magic with The Business Witch	Remember Your Power Through Pussy Connection with Liz the Radiance Coach	Your Adventure Era Starts Here with Cassandra Carson, Founder of Girls Day Out 4WD Edition	Marquee CLOSED due to setting up for next workshop	
12PM	12PM	12PM	12PM	12PM	
Dancing between worlds - spirit messages & intuitive movement with The Healing Academy Australia - presenting Connie Rose, Voice for Spirit	Release and Renew - Healing Through Narrative with Lisa Keskinen	Gratitude Sounds with The Gratitude Method TM	Rewriting the Inner Script: Shadow Work and the Power of Personal Narrative with Cherie Rivas Transformational Therapies and Coaching	Paint n Sip	
1:20PM	1:20PM	1:20PM	1:20PM		
TBC	EMBODY YOUR QUEENDOM with Intuitive Self	Meet Your Spirit Guide with Wallan Healing Tree	Freedom Beyond Belief with Dianne Horton		
3PM - MAIN STAGE CLOSING CEREMONY - WITH Connie Rose, Voice for Spirit					

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8AM MAIN STAGE - Yoga; a journey from movement into stillness with Laura Kerr/ Community Yoga Boonah

A practice that begins with dynamic, breath-led flow and gradually softens into long, nourishing holds. This journey invites you to balance energy with rest, leaving you grounded, centered, and at ease. Suitable for all.

Bring: Yoga mat

8AM WORKSHOPS - Why You're Exhausted (and How to Come Back to Yourself) with Bodyflow Energetics

So many women are doing "all the right things" - self-care, healing, mindset work, yet still feel deeply tired, foggy, or disconnected from themselves. In this experiential workshop, Kemina explores why exhaustion is often not about doing more, but about how the nervous system has been carrying stress, responsibility, and pressure for too long and how it can begin to reset. Blending grounded insight with a simple embodied practice, this session is designed to help participants feel more settled, present, and connected in their bodies, without needing to push, fix, or perform. Women will leave with a clearer understanding of what their system actually needs right now, and a practical tool they can gently integrate into everyday life.

Bring: Notebook and pen

8AM WOMEN'S CIRCLE - Beyond Burnout: Reclaiming Energy, Boundaries & Balance with Innerform Health

If you've ever felt like you're running on empty, giving to everyone else and leaving nothing for yourself, this is your reset moment. In this transformational workshop, Jane and Chloe reveal what's really happening beneath burnout: the chemistry, the conditioning, and the cycles that keep you stuck in "survival mode." Through body-based tools, nervous system resets, and nutritional insights, you'll learn how to restore energy, rebuild boundaries, and come home to your natural rhythm again. This isn't just self-care, it's self-reclamation. Facilitators: Jane Ooms & Chloe Louise

Bring: Notebook and pen (optional)

8AM COMMUNITY HUB - The Body You Live In: Women's Health Without the Guesswork with Brightfolk Naturopathy

This workshop is an empowering, down-to-earth conversation about women's health — without medical jargon, fear-based messaging, or "fix yourself" energy. Led by local women's health naturopath Maddison Auld, this session helps women reconnect with their bodies, understand common symptoms they've been told to ignore, and learn practical ways to support their hormones, energy, mood, and nervous system in everyday life. This is not about doing more — it's about understanding more.

Bring: Cushion, notebook, open hearts

8AM 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 can not be purchased at the festival.

9:20AM MAIN STAGE - Fun is the most serious thing you can do with Sionna Lifestyle & Yoga

Join Shannon Townsend for a heart-opening, laughter-filled keynote experience that reminds us that play isn't a luxury - it's essential. In 'Fun Is the Most Serious Thing You Can Do', Shannon blends storytelling, movement, mindfulness, music, and a healthy dose of mischief to spark joy and reconnect you with your most vibrant self. Through shared stories, simple embodied practices, and a touch of ukulele-led magic, Shannon invites women to explore how fun and creativity fuel resilience, wellbeing, and authentic connection. This is part presentation, part participatory experience - a soulful celebration of being alive, expressive, and unapologetically you. Expect to laugh, reflect, move a little, sing a little, and leave glowing a lot.

Bring: Participants are encouraged to bring a yoga mat or cushion, a notebook/ journal and pen for reflections, and an open mind ready for laughter and movement. Comfortable clothing is ideal, as there may be moments of gentle stretching or dancing. Most importantly, bring your curiosity and sense of play - they're the real essentials!

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9:20AM WORKSHOPS - Introduction to Business Constellations With Trin Tambo

You are invited to place your medicine on the altar of humanity. Come along and see how Katrena develops your magical business plan to become an expert in your field of excellence. Learn step by step how to position, package and price yourself correctly in your market through 7 streams of income. In this session, we will walk together through the 5 directions in this interactive experience you will discover your magical business destiny.

Bring: Notebook and Pen

9:20AM WOMEN'S CIRCLE - Temple of the Senses with Fembodyed

Step into a sacred, sensual temple space designed for you to explore your senses, awaken your pleasure, and experience the magic of giving and receiving. Using touch, soft fabrics, feathers, scents, and textures, we'll create a safe, non-sexual space to discover what feels delicious to your body — and to express when something doesn't. Working in small groups, you'll have the opportunity to gift touch, receive it, and witness others, all while practicing the tools of consent and boundaries (As offered in "Embodied Consent & Boundaries" workshop) This is an invitation to slow down, listen to your body's whispers, and experience the joy of being fully in your senses and expanding your ability to receive.

Bring: Yoga mat, sarong, cushion, anything soft and sensory. (Think feathers, silks and velvet.)

9:20AM COMMUNITY HUB - Sound Immersion with Divine Horizons

Bindy is a seasoned Sound Healer and Spiritual Musician with years of dedicated practice. She offers a unique & transformative sound healing meditation experience that has earned her recognition as the winner of the 2024 Spiritual Leaders Award in the Sound Healer/Spiritual Musician category. As an energy worker, Bindy is deeply passionate about using beautiful sound vibrations to promote healing and spiritual growth. Her proficiency & dedication make her a must experience practitioner at this year's festival

Bring: yoga matt/cushion/blanket/water/journal

9:20AM CRAFT - Water Colors

Slow down, unwind and get creative in our relaxing Watercolour Workshop. Perfect for beginners and experienced artists alike, this session invites you to explore the beauty of watercolour painting in a fun, supportive and judgment-free space. Guided through simple techniques and creative expression, participants will create their own unique artwork while enjoying a calming and mindful experience. Whether you're looking to try something new, reconnect with your creative side or simply take a peaceful break from the festival atmosphere, this workshop is the perfect chance to relax and create. All materials are provided — just bring yourself and your imagination.

10:40AM MAIN STAGE - Reclaiming Her: A sensual & deeply healing yoga experience with Rikki Yeowart

This is not your average yoga class. Reclaiming Her is a sacred journey back to the wisdom, worth, and wildness of your body. Through slow, intuitive movement, conscious breath, soulful self-touch, and evocative music, you'll be guided into a space of embodied presence, radical self-compassion, and sensual remembrance. This practice isn't about how you look. It's about how you feel. In this one-hour experience, you'll explore what it means to move for you. To breathe with intention, to meet yourself with tenderness, and to offer love not only to the parts of your body you celebrate... but to the parts you've judged, ignored, or hidden away. This is a space for deep healing, fierce self-love, and unapologetic expression. A journey back to your sensuality. A reclamation of the power that lives in your skin. This isn't just yoga. It's coming home to yourself.

Bring: Yoga mat, water, tissues for emotions, notebook if they like to journal after their experience, probs if they feel they'll need it.

10:40AM WORKSHOPS - Business Magic with The Business Witch

Discover the Power of Energy Business, you are invited to place your medicine on the altar of humanity. Come along and see how Katrena develops your business plan to become an expert in your field of excellence. Learn step by step how to position, package and price yourself correctly in your market through 7 streams of income. In this session, we will walk together through the 5 directions, East (Air), South (Fire), West (Water), North (Earth) and Space in this interactive experience you will discover your business destiny and uncover your Business Magick with Katrena, Your Business Witch. It is the HOW you have been waiting for.

Bring: Notepad and pen

10:40AM WOMEN'S CIRCLE - Remember Your Power Through Pussy Connection with Liz the Radiance Coach

Step into your divine feminine power by reconnecting with your pussy—the source of your intuition, pleasure, and self-love. This empowering workshop blends movement, meditation, and playful exploration to help you release shame, rediscover your body's wisdom, and ignite your inner radiance. Through dance, guided meditation, and group connection, you'll deepen your relationship with your body and desires, unlocking confidence and embodiment like never before.

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10:40AM COMMUNITY HUB - 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!

11AM CRAFT - CRAFT MARQUEE CLOSED

Due to setting up next workshop

12PM MAIN STAGE - Dancing with Spirit: A Mystical Journey with Connie Rose, Voice for Spirit & Suzi from Healing Moods

Step into a soul-lead celebration where Spirit meets movement, and healing becomes a dance... Join Connie Rose – Voice for Spirit, and Suzi from Healing Moods, for a transformative uplifting experience at the Bohemian Summer Festival.

Together, they invite you on a magical journey into the heart of the unseen – where love, healing, and divine connection await. Connie Rose will channel messages from your spirit team, ancestors, and passed loved ones, bringing through guidance, comfort, and joy direct from the spirit world. Then, guided by Suzi's intuitive flow, we'll shift the energy through the power of movement – shaking off what no longer serves and becoming a clear channel to receive more light and love.

🌟 Whether you sit or stand, sway gently or move freely – this experience is for everyone. No dance background needed, just an open heart and a desire to reconnect with your passed loved ones and spirit team. Together, we'll create a sacred space to release, receive, and rejoice – dancing with our own spirit teams in a circle of unconditional love. 🧘 A mystical merging of spirit and embodiment. 🌺 A joyful expression of healing through dance. ✨ A divine moment of connection, just for you. Come dance with Spirit... they're already dancing with you.

Bring: Open loving hearts and the little girl inside her that wishes to play!

12PM WORKSHOPS - Release and Renew - Healing Through Narrative with Lisa Keskinen

Lisa creates a safe space for you to rest deeply, release what's holding you back, and renew your mind, body and spirit. Reset your nervous system, reconnect with yourself, and realign with your true nature. This powerful workshop includes: • Sound, energy and breath work • A brief introduction to Healing Through Narrative – how to reshape your life's stories & scripts, to transform and heal • A short writing exercise • Guided drum meditation to release what's holding you back, and to renew your spirit.

Bring: Yoga mat, rug, notebook & pen.

12PM WOMEN'S CIRCLE - Gratitude Sounds with The Gratitude Method TM

“Sound Healing with Quartz Bowls & Tuning Swords” is a soul-nourishing experience that blends vibrational healing with the transformative power of gratitude. As the tones of the crystal quartz bowls and tuning swords flow through your body, you'll be guided through three powerful gratitude practices honouring the past with forgiveness and reflection, embracing the present through awareness and appreciation, and calling in the future with intention and trust. This immersive sound journey helps to clear energetic blockages, calm the nervous system, and elevate your frequency to a state of peace, love, and clarity. Leave feeling lighter, aligned, and deeply connected to yourself and the energy that surrounds you.

Bring: Cushion mat journal and pen

12PM COMMUNITY HUB - Rewriting the Inner Script: Shadow Work and the Power of Personal Narrative with Cherie Rivas Transformational Therapies and Coaching

This talk empowers participants to uncover and transform the unconscious stories they live by. By identifying the root wounds behind their narratives, they can reclaim authorship of their lives.

Bring: Notebook and pen

12PM - 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.

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1:20PM MAIN STAGE - TBC

1:20PM WORKSHOPS - EMBODY YOUR QUEENDOM with Intuitive Self

How do you wish to move through the world? Be guided in a sacred journey to meet your inner Queen & claim your Queendom. Through intuitive movement & creative expressive practices, you are invited to give yourself full permission to embody how you wish to feel. No more playing small or giving your power away. We are here to put stakes in the ground and feel juicy and powerful! A nourishing opportunity to remember who you are and all that you are capable of.

Bring: Notebook

1:20PM WOMEN'S CIRCLE - Meet Your Spirit Guide with Wallan Healing Tree

In this powerful subconscious exploration, participants are gently guided through a timeline journey to meet their highest future self – a version of themselves already living in alignment, clarity, and purpose. This meditation helps unlock inner wisdom, receive guidance, and identify what may be blocking their current path. Many participants report vivid impressions, symbolic messages, and a deep sense of familiarity during this journey. Some even describe experiences similar to remote viewing phenomena – accessing future spaces, environments, or timelines with surprising detail and clarity. This is a soul-led activation designed to shift perspective, build trust in your inner guidance, and connect with the empowered version of you that already exists.

Bring: yoga mat, cushion

1:20PM COMMUNITY HUB - Freedom Beyond Belief with Dianne Horton

Enabling participants to recognise their own freedom without any constructs or beliefs In this powerful workshop, spiritual mentor Dianne Horton invites you to explore what lies beyond even your most cherished ideas, beliefs and spiritual concepts. Together, we will gently uncover how the mind's beliefs about yourself, others, and life create the very experience of limitation and struggle. This is not about adopting new beliefs. It's about seeing clearly and allowing the truth to reveal itself, effortlessly. Through journalling, awareness, real conversation, and deep inner inquiry, you'll begin to feel what life is like when you're no longer shaped by beliefs both past, present and future. Ideal for those who are ready to stop, let go, and 'BE'.

Bring: A cushion or yoga mat (for comfortable seated awareness or silent sitting) A light blanket or shawl (optional, for warmth during still moments) A notebook or journal and pen (for any reflections, insights, or writing prompts) Water bottle and any personal items that support stillness. Wear comfortable clothing. This is a gentle space, no performance, no pressure, just presence.

3PM MAIN STAGE - CLOSING CEREMONY with Connie Rose, Voice for Spirit

Join us, one last time, as we gather in the gentle embrace of our closing ceremony, lovingly guided by the incredible Connie Rose, Voice for Spirit.

Together, we will soften our breath, steady our hearts, and ground our spirits before we journey home.

We offer our gratitude to the land that has held us with such patience and grace.

To the women who have woven their gifts into the tapestry of this festival.

To the families and loved ones who made space for us to be here.

And most of all, to ourselves—for saying yes to this time.

Time to reconnect.

Time to recharge.

Time to remember who we are.