

## Hang Out Sister

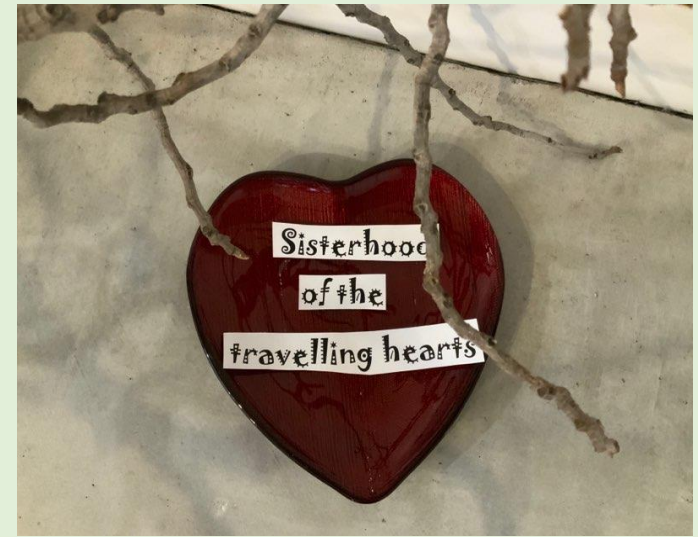
- Free Books** For every attendee: Getting Naked – the Dating Game and The Upside of Down: A personal journey and Toolkit for Overcoming Depression. Getting Naked Pty Ltd - Tamra Mercieca: Relationship and Self Love Therapist.
- Bra Pit** Bring an old bra to donate to charity. Emmanuel Care will donate to needy women locally & overseas. **Free**
- Food & Drinks** Purchase tasty fresh food. A variety of vendors will be on site. It is permissible to bring water & food with you.
- Marketplace** An array of unique items: clothing, crystals, oils, skin care products, smudge wands, jewellery, henna, face painting, fake tattoos, hair braids and more.

## Artistic Sister

- Travelling Hearts** Come get connected. Make a fabric heart, place it on the travel heart, take a heart made by someone else to wear and keep. **Free**
- Art Journaling** Come meet Fuzzyart and learn art journaling. **Free**
- Mandala** Add to our natural mandala made from mother nature's gifts. Guided by Fuzzyart. **Free**
- Visions Boards** Create a vision board for your life goals. **Free**

## Healing Sister

- Pamper Tent** Relax in the self pamper tent. Give yourself a foot soak and cool off. **Free**
- Healers and Readers** Book in with one of our healers or readers for a taste of the varying treatments available to you from our local area. Iridology, reiki, readings, massage, aura cleansing, sound bowls, bush medicine, Bowen and more. **Fees apply.**
- Labrynth** Write a life goal, meditate your goal while walking the labyrinth to the goal box in the centre. **Free**
- Gratitude Tree** What are your grateful for? Add it to our tree. **Free**



Connect. Evolve. Revitalise.

**Saturday, 19 October 2019**

Dundullimal Homestead,  
23 L Obley Road, Dubbo  
9:00 am – 5:30 pm

**Tickets: \$40**

123tix.com.au

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**PROGRAM  
OF SISTER  
SESSIONS**

Attendance  
at all of  
these  
sessions is  
**free** and  
included in  
your ticket.

TIME	SESSION TENT 1	SESSION TENT 2	FUNCTION ROOM
9:00 AM	GATES OPEN	GATES OPEN	GATES OPEN
9:15 AM		Welcome to Country – Narell Boys  Opening Ceremony - Leadership Coach: Kerrie Phipps	
10:00 AM	Tai Chi – PLW Tai Chi: Patricia Wilson	Belly Dancing (Beginners) – Champer Belly Dance Studio - Sue Russell	Yoga – Peace Flow: Tanya Bower
11:00 AM	Zumba Gold With Tracy	Acupuncture Information & Demonstration - Raisa Kolesnikova	The Power of Positivity Workshop - Carol Dickson
12:00 PM	Meditation/Self Healing – Evoluva: Cat Smith	Contraception and Sexual Health - Family Planning Dubbo	Gut Health - Feelgood Dubbo: Dr Hetal Gohil
1:00 PM	Meditation – Wellington Buddhist Centre	Empowerment: Mind-Body- Magic - Hypnosis, Reiki & Essential Wellness: Carol Macrae	Food as Fuel Workshop – Karen Martin
2:00 PM	Connected Sister Ritual - Group Event All are invited	N/A	N/A
3:00 PM	Strong Women Stay Young – Women’s Health: Joanne Phillips	Limitless Success – Creatrix Transformologist: Tara McMahon	Resilience in the Face of Adversity- Grace Counselling Service: Lorraine Grace
4:00 PM	Mindfulness Meditation – Jen Edge	Minimising - The Minimiser: Susan Bateman	Musical Instrument Workshop – Virago Di Clifford, Kath Morgan
5:00 PM		Closing Ceremony - Leadership Coach: Kerrie Phipps	

**Please wear/bring:**

Hat, sunscreen,  
comfortable clothing  
and footwear, a yoga  
mat, an old bra to kiss  
goodbye for charity, a  
flower for our  
mandala, an open  
heart and mind.

This is advice is general in nature. Please see your health professional for more information if you are at all concerned.

Our Supporters: Dundullimal Homestead National Trust of Australia, Tamra Mercieca - Getting Naked Pty Ltd, Fuzzyart, Kooltrend Curtains & Blinds, Karen-Lea’s Colour & Design, The Minimiser, Emmanuel Care Centre Dubbo, Rebekah Kate Bullock Consulting, Dubbo PCYC.