



FESTIVAL MAP KEY
19 - 22 March 2026
Glenelg

- ATM
- Information Tent
- Gravel Paths
- Gravel Roads
- Directional Arrows
- Toilets
- Water Tap
- Shower Trucks
- First Aid
- Workshop Space
- Camping Grounds
- Festival (Pedestrians only)
- Non-Festival Zone
- Parking
- Accessible Shower & Toilet
- Food or Drink Stall
- Market Stall
- Emergency Assembly
- Lake (No Swimming)



FESTIVAL PROGRAM

THURSDAY 19TH MARCH

Time	CHAI VILLAGE	EARTH SPACE	FIRE SPACE	HEART SPACE	SPIRIT SPACE	WATER SPACE	WIND SPACE	WOMENS CIRCLES	Time
2:00 pm				Welcome To Country & Smoking Ceremony & Dance 2:00pm - 3:00pm					2:00 pm
2:30 pm									2:30 pm
3:00 pm									3:00 pm
3:30 pm			Remembering The Wild Feminine 3:00pm - 4:30pm	Hoop, Dance, Play 3:00pm - 4:30pm	Burlesque - The Art Of Tease 3:00pm - 4:30pm	Tension Release Exercise (TRE) 3:00pm - 4:30pm	Grounding Meditation 3:00pm - 4:30pm	Women's Goddess Circle 3:00pm - 4:30pm	3:30 pm
4:00 pm			Casual Tea & Chat	Voice Of The Goddess Sound Journey 5:00pm - 6:00pm	Witch Yoga 5:00pm - 6:30pm	Shamanic Womb Meditation 5:00pm - 6:30pm	Inside Eating Disorders 5:00pm - 6:30pm	Invoke Goddess Durga 5:00pm - 6:30pm	4:00 pm
4:30 pm									4:30 pm
5:00 pm									5:00 pm
5:30 pm									5:30 pm
6:00 pm									6:00 pm
6:30 pm									6:30 pm
7:00 pm									7:00 pm
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8:00 pm									8:00 pm
8:30 pm									8:30 pm
9:00 pm									9:00 pm
9:30 pm									9:30 pm
10:00 pm									10:00 pm

* Drumming: Jacqui Dreesens 2:00pm - 2:30pm



WOMEN'S WELLBEING FESTIVAL
19 - 22 March | VIC
TAUNGURUNG COUNTRY

RECONNECT • RELEASE • AWAKEN

MARKETS • WORKSHOPS • YOGA
MUSIC • ART • HEALING

The festival acknowledges that the event is held and anchored in the unceded lands of - the Taungurung people of the Kulin Nation and offers its respects to Elders past, current & emerging.

WELCOME SISTER,
We look forward to sharing 4 wonderful days with you. Make the most of this time, allow yourself to flow with your own rhythm. Don't let your mind rush you. Let your body and heart lead your choices this weekend. Rest when you want to rest, dance when you want to dance, explore when you want to explore.

Please note this timetable is subject to change.
Please download the Seven Sisters Festival 2026 app for live changes and to view the full program. Updates will also be listed at the Info Tent.

SAFETY:
If you need any support or have onsite issues please visit the Info tent on the top of the hill or text/call the site number: **0411 629 550**
For any emergencies please call **000** and then ensure our crew have been informed.

REMEMBER TO TAKE YOUR RUBBISH ALONGSIDE YOUR GOOD VIBES HOME WITH YOU

SEVEN SISTERS FESTIVAL- 19 - 22 MARCH 2026
THANK YOU TO EVERY HAND & HEART INVOLVED IN IT'S CREATION

FESTIVAL PROGRAM

SUNDAY 22ND MARCH

Time	CHAI VILLAGE	EARTH SPACE	FIRE SPACE	HEART SPACE	SPIRIT SPACE	WATER SPACE	WIND SPACE	WOMENS CIRCLES	Time
7:00 am									7:00 am
7:30 am									7:30 am
8:00 am									8:00 am
8:30 am									8:30 am
9:00 am									9:00 am
9:30 am									9:30 am
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12:00 pm									12:00 pm
12:30 pm									12:30 pm
1:00 pm									1:00 pm
1:30 pm									1:30 pm
2:00 pm									2:00 pm
2:30 pm									2:30 pm
3:00 pm									3:00 pm

*Seven Sisters Choir with Claire Tontt & friends 9:30am - 10:00am at the Arch on Sunset Hill

FESTIVAL PROGRAM

FRIDAY 20TH MARCH

Time	CHAI VILLAGE	EARTH SPACE	FIRE SPACE	HEART SPACE	SPIRIT SPACE	WATER SPACE	WIND SPACE	WOMENS CIRCLES	Time
7:00 am		Empower Your Pelvic Floor 7:00am - 8:00am	Morning YOQI@ Qigong 7:00am - 8:00am	Echoes Of Sisterhood - Sound Healing 7:00am - 8:00am	Energising Vinyasa Flow 7:00am - 8:00am	Practical Pilates 7:00am - 8:00am	Embrace Your Full Expression (EFT) 7:00am - 8:00am	Women's Goddess Circle 7:00am - 8:00am	7:00 am
7:30 am									7:30 am
8:00 am									8:00 am
8:30 am			Animal Dreaming - Meet Your Power Animal 8:30am - 10:00am	Zumba 8:30am - 9:30am	Kalaripayattu: India's Ancient Martial Art 8:30am - 10:00am	Root to Rise Yoga 8:30am - 10:00am	An Introduction to Social Enterprise 8:30am - 10:00am	How To Run A Mother Blessing 8:30am - 10:00am	8:30 am
9:00 am	Craft: Forest Fairies 8:30am - 11:30am	Tension Release Exercise (TRE) 8:30am - 10:00am							9:00 am
9:30 am									9:30 am
10:00 am	Carlyn Creatress (DJ) 9:15am - 10:30am			Reclaiming Lilith: The Exiled Feminine 10:00am - 11:00am					10:00 am
10:30 am			Consent - Clarity, Confidence & Connection 10:30am - 12:00pm	Fire In The Belly (Dance) 11:30am - 12:30pm	Voice Activation 10:30am - 12:00pm	Dismantle Your Internalised Patriarchy 10:30am - 12:00pm	Healing Grief & Trauma 10:30am - 12:00pm	Wiccan Wheel Of The Year In Australia 10:30am - 12:00pm	10:30 am
11:00 am	Claire Tonti - Songs of Maltrescence (Live music) 11:00am - 11:45am	Mother Daughter Discovery Session 10:30am - 12:00pm							11:00 am
11:30 am									11:30 am
12:00 pm									12:00 pm
12:30 pm	Corn Nut Creek (Live music) 12:30pm - 1:15pm								12:30 pm
1:00 pm		Trauma-Informed Practice For Sacred Women's Work 1:00pm - 2:30pm	Life Drawing - Be The Muse! 1:00pm - 4:30pm						1:00 pm
1:30 pm				Sonic Dance Journey 1:30pm - 2:30pm	The Tigress Path Experience 1:00pm - 2:30pm	Post-Traumatic Growth 1:00pm - 2:30pm	5 Superpowers for Parents Today 1:00pm - 2:30pm	Pregnancy Loss Sculpting Circle 1:00pm - 2:30pm	1:30 pm
2:00 pm									2:00 pm
2:30 pm	Craft: The Offbeat Earring Lab 1:30pm - 4:30pm								2:30 pm
3:00 pm				Balkan Circle Dance 3:00pm - 4:00pm	How to Heal Yourself 3:00pm - 4:30pm	Is It Fear Or Intuition? 3:00pm - 4:30pm	ADHD In Women & Girls 3:00pm - 4:30pm	Chant, Breath & Forgive Your Way To Wellness 3:00pm - 4:30pm	3:00 pm
3:30 pm									3:30 pm
4:00 pm	Open Mic with Carolyn Mandersloot 3:00pm - 5:00pm	Living As Archetypal Mother 3:00pm - 4:30pm							4:00 pm
4:30 pm				TBA 4:30pm - 5:30pm					4:30 pm
5:00 pm			Yoga - Emotional & Mental Balance 5:00pm - 6:30pm		Wildfire Women (Sensual Somatics) 5:00pm - 6:30pm	She Who Walks With Death 5:00pm - 6:30pm	Transformation Through Presence 5:00pm - 6:30pm	Circle Of Queer Becoming 5:00pm - 6:30pm	5:00 pm
5:30 pm		Seven Wonders of Menopause 5:00pm - 6:30pm							5:30 pm
6:00 pm									6:00 pm
6:30 pm	Joydah Mae & Aroha (Live music) 6:30pm - 7:30pm								6:30 pm
7:00 pm		Boundaries, Clarity & Courage Without Guilt 7:00pm - 8:30pm	Radical Body Acceptance 7:00pm - 8:30pm	Dario Di Bello (Drag Show) 7:50pm - 8:00pm	Clearing Inherited Trauma from the Feminine Line 7:00pm - 8:30pm	Protecting Your Energetic Boundaries 7:00pm - 8:30pm	Loved By Human Design 7:00pm - 8:30pm	Preconception Preparation 7:00pm - 8:30pm	7:00 pm
7:30 pm									7:30 pm
8:00 pm									8:00 pm
8:30 pm				UltraViolet (DJ) 8:00pm - 9:15pm					8:30 pm
9:00 pm			Unleash Your Wild Self Love 9:00pm - 10:30pm	Bekla (DJ) 9:15pm - 10:45pm	The Tantric Kink Temple 9:00pm - 10:30pm	Women's Pleasure Movement 9:00pm - 10:30pm	Spirit Connections (Live Mediumship) 9:00pm - 11:00pm	Pussy Consciousness Meditation 9:00pm - 10:30pm	9:00 pm
9:30 pm		Rekindling Intimacy & Sex After Abuse 9:00pm - 10:30pm							9:30 pm
10:00 pm									10:00 pm
10:30 pm									10:30 pm
11:00 pm									11:00 pm

*Roving: Niki LoBartolo & Stef Guminiak 11:45am - 12:15pm at the Hammock Land, Mystique Dance: 11:45am - 12:15pm at the Hammock Land

Mermaid Meeks 11:00am - 12:00pm at the Heart, Hoop Sparrx 9:00pm - 9:30pm at the Heart

*Choir: The Blenders 2:30pm - 3:00pm at the Lake

FESTIVAL PROGRAM

SATURDAY 21ST MARCH

Time	CHAI VILLAGE	EARTH SPACE	FIRE SPACE	HEART SPACE	SPIRIT SPACE	WATER SPACE	WIND SPACE	WOMENS CIRCLES	Time
7:00 am		Fascial Freedom 7:00am - 8:00am	Zumba 7:00am - 8:00am	Soul Sister Sound Healing Journey 7:00am - 8:00am	Witch Yoga 7:00am - 8:00am	Morning YOQI@ Qigong 7:00am - 8:00am	Meet Your Future Self Meditation 7:00am - 8:00am	Shamanic Womb Meditation 7:00am - 8:00am	7:00 am
7:30 am									7:30 am
8:00 am									8:00 am
8:30 am									8:30 am
9:00 am		Living As Archetypal Mother 8:30am - 10:00am	Kalari Yoga: The Warrior's Flow 8:30am - 10:00am	Wuu Tai Massage 8:30am - 9:30am	Healing The Witch Wound 8:30am - 10:00am	Special Journaling 8:30am - 10:00am	Journey to Sovereignty 8:30am - 10:00am	Matrescence Women's Circle 8:30am - 10:00am	9:00 am
9:30 am									9:30 am
10:00 am				Burlesque - The Art of Tease 10:00am - 11:00am					10:00 am
10:30 am			Radical Body Acceptance 10:30am - 12:00pm		The Tigress Path Experience 10:30am - 12:00pm	Post-Traumatic Growth 10:30am - 12:00pm	She Who Walks With Death 10:30am - 12:00pm	Circle Of Queer Becoming 10:30am - 12:00pm	10:30 am
11:00 am									11:00 am
11:30 am				Jungle City - Dancehall 11:30am - 12:30pm					11:30 am
12:00 pm									12:00 pm
12:30 pm									12:30 pm
1:00 pm	Maxon 12:30pm - 1:15pm				Clearing Inherited Trauma from the Feminine Line 1:00pm - 2:30pm	Live Your Dreams 1:00pm - 2:30pm	Releasing Resentment 1:00pm - 2:30pm	Pregnancy Loss Sculpting Circle 1:00pm - 2:30pm	1:00 pm
1:30 pm		Mother Daughter Discovery Session 1:00pm - 2:30pm	Craft: Macrame Crystal Necklace 1:30pm - 4:30pm	Kathak Indian Classical Dance 1:30pm - 2:30pm					1:30 pm
2:00 pm									2:00 pm
2:30 pm	Queenie van de Zandt (Live music) 2:30pm - 3:00pm		Craft: Holy Vulva Pendant 1:00pm - 4:30pm						2:30 pm
3:00 pm									3:00 pm
3:30 pm									3:30 pm
4:00 pm	Open Mic with Carolyn Mandersloot 3:15pm - 5:00pm	Courage In Midlife 3:00pm - 4:30pm		The Art Of Play 3:00pm - 4:00pm	Voice Activation 3:00pm - 4:30pm	Attachment Styles & Relationship Dynamics 3:00pm - 4:30pm	Women Navigating Dementia 3:00pm - 4:30pm	The 13th Rite Of The Womb 3:00pm - 4:30pm	4:00 pm
4:30 pm									4:30 pm
5:00 pm			Women's Pleasure Movement 5:00pm - 6:30pm	Echoes Of Sisterhood - Sound Healing 4:30pm - 5:30pm					5:00 pm
5:30 pm		Rekindling Intimacy & Sex After Abuse 5:00pm - 6:30pm			Queer Speed Dating 5:00pm - 6:30pm	Energising Vinyasa Flow 5:00pm - 6:30pm	Beyond The Poverty Mentality 5:00pm - 6:30pm	Women's Goddess Circle 5:00pm - 6:30pm	5:30 pm
6:00 pm									6:00 pm
6:30 pm				Bumcity Queenz 6:15pm - 6:45pm					6:30 pm
7:00 pm									7:00 pm
7:30 pm		Wisdom Of Your Menstrual Cycle 7:00pm - 8:30pm	Consent - Clarity, Confidence & Connection 7:00pm - 8:30pm	KATTIMONI Ft. DJ Outsider & Special Guests (DJ) 7:00pm - 7:45pm	How to Heal Yourself 7:00pm - 8:30pm	Is It Fear Or Intuition 7:00pm - 8:30pm	King For A Day 7:00pm - 8:30pm	Preconception Preparation 7:00pm - 8:30pm	7:30 pm
8:00 pm									8:00 pm
8:30 pm									8:30 pm
9:00 pm		Stop Dating Disappointment 9:00pm - 10:30pm	WildFire Women (Sensual Somatics) 9:00pm - 10:30pm						9:00 pm
9:30 pm									9:30 pm
10:00 pm									10:00 pm
10:30 pm									10:30 pm
11:00 pm									11:00 pm

*Roving: Niki LoBartolo & Stef Guminiak: 4:30pm - 5:00pm at the Hammock Land, Mystique Dance: 4:30pm - 5:00pm at the Hammock Land,

Mermaid Mira 2:30pm - 3:20pm at the Heart, Hoop Sparrx 11:30am - 12:00pm Aurora Flair