

FESTIVAL MAP KEY

Nov 14-17 2024
Glenaroura

- Information Tent
- ATM
- 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	CHAIR VILLAGE	EARTH SPACE	FIRE SPACE	HEART SPACE	SPIRIT SPACE	WATER SPACE	WIND SPACE	WOMEN'S CIRCLES	Time
200 pm	Welcome To Country & Smoking Ceremony & Dance 2:00pm - 3:00pm								200 pm
230 pm									230 pm
300 pm									300 pm
330 pm									330 pm
400 pm									400 pm
430 pm									430 pm
500 pm	Casual Tea & Chat								5:00 pm
530 pm				Voice Of The Goddess Sound Journey 5:00pm - 6:00pm					5:30 pm
600 pm					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	6:00 pm
630 pm									6:30 pm
700 pm	Soul & Soma (DJ)			The Art Of Play 6:30pm - 7:30pm					7:00 pm
730 pm		Healing Sounds of Qigong & Yin Yoga 7:00pm - 8:30pm							7:30 pm
800 pm			S.H.E (Sacred HeartSong Expression) Singing Circle 7:00pm - 8:30pm		The Inner Beloved 7:00pm - 8:30pm	Supporting The Sisterhood 7:00pm - 8:30pm	Financial Freedom 7:00pm - 8:30pm	Wiccan Wheel of the Year In Australia 7:00pm - 8:30pm	8:00 pm
830 pm				Ecstatic Dance with DJ Lo Tess (DJ)					8:30 pm
900 pm	Open Jam Session (Live music) 8:30pm - 10:00pm			8:00pm - 9:15pm					9:00 pm
930 pm		How to Heal Yourself 9:00pm - 10:30pm	Evening Pause - Breathe, Soften, Connect. 9:00pm - 10:30pm	Canberra Ecstatic Dance Collective 9:15pm - 10:30pm	Unleash Your Wild 9:00pm - 10:30pm	Queer Speed Dating 9:00pm - 10:30pm	What turns you on? An Exploration for the Erotically Curious 9:00pm - 10:30pm	Pussy Consciousness Meditation 9:00pm - 10:30pm	9:30 pm
1000 pm									10:00 pm

FESTIVAL PROGRAM
SUNDAY 22ND MARCH

Time	CHAI VILLAGE	EARTH SPACE	FIRE SPACE	HEART SPACE	SPIRIT SPACE	WATER SPACE	WIND SPACE	WOMEN'S CIRCLES	Time					
7:00 am		Empower Your Pelvic Floor	Emotional & Mental Balance - Yoga	Root to Rise Yoga	Fascial Freedom	Practical Pilates	Embrace Your Full Expression (EFT)	Pussy Consciousness Meditation	7:00 am					
7:30 am			7:00am - 8:00am	7:00am - 8:00am	7:00am - 8:00am	7:00am - 8:00am	7:00am - 8:00am		7:30 am					
8:00 am		Malibu (DJ) 8:00am - 9:15am Melontheballer (DJ) 9:15am - 10:30am								8:00 am				
8:30 am									8:30 am					
9:00 am	The Magic Of Your Menstrual Cycle		Breathe, Soften, Connect.	Wu Tai Massage	The Art Of Guiding Women's Circles	Protecting Your Energetic Boundaries	Create A Herbal First Aid Kit	The 13th Rite Of The Womb		9:00 am				
9:30 am	8:30am - 10:00am		8:30am - 10:00am	8:30am - 9:30am					8:30am - 10:00am	8:30am - 10:00am	8:30am - 10:00am		9:30 am	
10:00 am									10:00 am					
10:30 am				Jungle City Dancehall					10:30 am					
11:00 am	Open Mic Finale with Carolyn Mandersfoot 11:00am - 1:00pm	Courage In Midlife	S.H.E. Sacred Heartsong Singing Circle	10:00am - 11:00am	Healing The Witch Wound	Attachment Styles & Relationship Dynamics	Feng Shui For Your Modern Life	How To Run A Mother Blessing	11:00 am					
11:30 am				10:30am - 12:00pm					10:30am - 12:00pm	10:30am - 12:00pm	11:30 am			
12:00 pm				Soul Sister Sound Journey					12:00 pm					
12:30 pm									12:30 pm					
1:00 pm		Trauma-Informed Practice For Sacred Women's Work	Reclaiming Liff: The Exiled Feminine	Fire In The Belly (Dance)	Remembering The Wild Feminine	Special Journaling	Thyroid & Gut Health	Matrescence Women's Circle	1:00 pm					
1:30 pm									12:30pm - 2:00pm	1:00pm - 2:00pm	12:30pm - 2:00pm	12:30pm - 2:00pm	12:30pm - 2:00pm	1:30 pm
2:00 pm														
2:30 pm									2:30 pm					
3:00 pm				Closing Ceremony					3:00 pm					

RECONNECT • RELEASE • AWAKEN

**WOMEN'S WELLBEING
FESTIVAL**

19 - 22 March | VIC
TAUNGURUNG COUNTRY

MARKETS • WORKSHOPS • YOGA
MUSIC • ART • HEALING



Seven Sisters
FESTIVAL

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: **0402 494 158**.

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

SATURDAY 21ST MARCH

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		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	Craft: Connection & Reflection Collage Craft Drop-in 8:00am - 11:00am								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	Wuo Tai Massage 8:30am - 9:30am	Healing The Witch Wound 8:30am - 10:00am	Spacial 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	SOUL & SOMA 8:30am - 9:45am			Burlesque - The Art of Tease 10:00am - 11:00am					10:00 am
10:30 am	Isabel Rumble (Live music) 10:45am - 11:30am				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		Seven Wonders of Menopause 10:30am - 12:00pm	Radical Body Acceptance 10:30am - 12:00pm						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	Maxon 12:30pm - 1:15pm								12:30 pm
1:00 pm									1:00 pm
1:30 pm				Kathak Indian Classical Dance 1:30pm - 2:30pm					1:30 pm
2:00 pm	Craft: Macrame Crystal Necklace 1:30pm - 4:30pm								2:00 pm
2:30 pm			Craft: Holy Vulva Pendant 1:00pm - 4:30pm						2:30 pm
3:00 pm	Open Mic with Carolyn Mandersloot 2:30pm - 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	3:00 pm
3:30 pm		Courage In Midlife 3:00pm - 4:30pm							3:30 pm
4:00 pm									4:00 pm
4:30 pm				Echoes Of Sisterhood - Sound Healing 4:30pm - 5:30pm					4:30 pm
5:00 pm									5:00 pm
5:30 pm	Abbey Lane (live music) 5:30pm - 6:15pm	Rekindling Intimacy & Sex After Abuse 5:00pm - 6:30pm	Reclaim Your Pleasure 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				Burncity Queenz 6:15pm - 6:45pm					6:00 pm
6:30 pm									6:30 pm
7:00 pm			Consent - Clarity, Confidence & Connection 7:00pm - 8:30pm	Kattimoni (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	7:00 pm
7:30 pm									7:30 pm
8:00 pm									8:00 pm
8:30 pm				Rosy B - Dance of Decades 8:00pm - 9:30pm					8:30 pm
9:00 pm			WildFire Women (Sensual Somatics) 9:00pm - 10:30pm		The Tantric Kink Temple 9:00pm - 10:30pm	Women's Pleasure Movement 9:00pm - 10:30pm	Late Night Poetry 9:30pm - 11:00pm	Invoke Goddess Durga 9:00pm - 10:30pm	9:00 pm
9:30 pm		Stop Dating Disappointment 9:00pm - 10:30pm		Tully (DJ) 9:30pm - 10:45pm					9:30 pm
10:00 pm									10:00 pm
10:30 pm									10:30 pm
11:00 pm									11:00 pm

*Roving: Niki LoBartolo: 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 11:30pm - 12:00pm at the Heart

Time	CHAL 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		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									8:30 am
9:00 am		Tension Release Exercise (TRE) 8:30am - 10:00am	Spiritual Connection with Bees - Sound Healing 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	Psychedelic Medicines 8:30am - 10:00am	How To Run A Mother Blessing 8:30am - 10:00am	9:00 am
9:30 am									9:30 am
10:00 am	Craft: Forest Fairies 8:30am - 11:30am			Reclaiming Lilith:The Exiled Feminine 10:00am - 11:00am					10:00 am
10:30 am	Carlyn Creatress (DJ) 9:15am - 10:30am								10:30 am
11:00 am	Claire Tonti - Songs of Matrescence (live music) 11:00am - 11:45am	Mother Daughter Discovery Session 10:30am - 12:00pm	Consent - Clarity, Confidence & Connection 10:30am - 12:00pm		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	11:00 am
11:30 am				Fire In The Belly (Dance) 11:30am - 12:30pm					11:30 am
12:00 pm	Corn Nut Creek (live music) 12:30pm - 1:15pm								12:00 pm
12:30 pm									12:30 pm
1:00 pm		Trauma-Informed Practice For Sacred Women's Work 1:00pm - 2:30pm							1:00 pm
1:30 pm				Sonic Dance Journey 1:30pm - 2:30pm					1:30 pm
2:00 pm	Craft: The Offbeat Earring Lab 1:30pm - 4:30pm		Life Drawing - Be The Muse! 1:00pm - 4:30pm						2:00 pm
2:30 pm									2:30 pm
3:00 pm		Living As Archetypal Mother 3:00pm - 4:30pm		Balkan Circle Dance 3:00pm - 4:00pm					3:00 pm
3:30 pm									3:30 pm
4:00 pm	Open Mic with Carolyn Mandersloot 3:00pm - 5:00pm								4:00 pm
4:30 pm				TBA 4:30pm - 5:30pm					4:30 pm
5:00 pm		Seven Wonders of Menopause 5:00pm - 6:30pm	Yoga - Emotional & Mental Balance 5:00pm - 6:30pm		WildFire Women (Sensual Somatics) 5:00pm - 6:30pm	The Art Of Guiding Women's Circles 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									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		Rekindling Intimacy & Sex After Abuse 7:00pm - 8:30pm	Radical Body Acceptance 7:00pm - 8:30pm		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				Dario Di Bello (Drag Show) 7:50pm - 8:00pm					7:30 pm
8:00 pm				UltraViolet (DJ) 8:00pm - 9:15pm					8:00 pm
8:30 pm									8:30 pm
9:00 pm		Boundaries, Clarity & Courage Without Guilt 9:00pm - 10:30pm	Reclaim Your Pleasure 9:00pm - 10:30pm		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				Bekla (DJ) 9:15pm - 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 Guminiek 11:45am - 12:15pm at the Hammock Land, Mermaid Mira 11:00am - 11:50am at the Heart, Hoop Sparrx 9:00pm - 9:30pm at the Heart
*Choir: The Blenders 2:30pm - 3:00pm at the Lake