

WELLNESS FESTIVAL SCHEDULE | 23 FEBRUARY 2025

8:30 am : 2:00 pm

Restaurant

THE LOTUS-HEART

Experience the heart of conscious dining at The Lotus-Heart vegetarian restaurant. Serving nourishing vegetarian and vegan meals, including curries with dosa or rice, burgers, peace bowls, and daily specials, alongside house-roasted organic coffee. Dine indoors or on the outdoor deck, and explore the health store, gift shop, and Gandharva Loka World Music Store on-site. Open 8:30 am–2.00 pm during the festival.

9:00 am : 11:00 am

AN INTRODUCTION TO MEDITATION

Learn the art of meditation as taught by Sri Chinmoy—a journey to discover your inner peace, unlock your heart's boundless joy, and connect with the divine within.

9:30 am to 10:30 am

DISCOVER FIRST LIGHT FLOWER ESSENCES OF NEW ZEALAND®

Discover the transformative power of New Zealand's native plants with Patricia Stowell, a practitioner of First Light Flower Essences of New Zealand®. Learn how these vibrational tools can help you restore balance, clear emotional blocks, and reconnect with your true self. Join Patricia at the Wellness Festival for an inspiring session on holistic healing and personal growth.

10:45 am to 11:45 am

THE SPINE, THE NERVOUS SYSTEM & HOLISTIC HEALTH

Join Dr. Henrik Prütz, founder of Natura Chiropractic, at the Wellness Festival for an inspiring talk on the connection between the spine, the nervous system, and holistic health. With a passion for natural healing and years of experience, Henrik combines European chiropractic traditions with a personalised approach to help individuals reclaim their health and well-being. Explore how chiropractic care, daily habits, and mindfulness can unlock your body's innate potential for healing. Don't miss this opportunity to learn how to live your best life, one adjustment at a time.

11:30 am - 3:00 pm

ARTISAN MARKET

Experience a vibrant tapestry of local flavours and craftsmanship at our free-entry Artisan Market, featuring organic breads, fresh vegetables, housemade vegan ice cream, artisanal crafts, live music, and children's games—a perfect day out for food lovers and families alike.

12:00 pm - 1:10 pm

SOUND GARDEN: A JOURNEY OF SOUND AND MEDITATION

Discover an innovative approach to sound healing at Sound Garden, where live music, guided meditation, and ancient instruments unify to create a journey of sound and stillness. Featuring captivating vocal performances, skilled instrumentation blending gentle guitar, harp, and udu with rich harmonium and handpan sounds, this event offers a unique blend of heartfelt music, Sanskrit chants, and transformative heart meditation. Enjoy a sanctuary for relaxation, inspiration, and connection, and explore the healing power of sound in an inclusive space designed to uplift and ground you.

12:00 pm to 1:00 pm

DELIGHT, SURPRISE AND THE BEDROCK OF MENTAL WELLBEING

With over 33 years of daily transcendental meditation practice and nearly three decades of coaching experience, Aaron McLoughlin is dedicated to helping individuals unlock their potential and achieve happiness, bliss, and healing. As an author of three books, a trainer of health professionals in New Zealand and Australia, and a former president of both the NZ Association of Professional Hypnotherapists and the NZ Association of NLP, Aaron combines expertise in clinical hypnosis, neuro-linguistic programming (NLP), and the mind-body connection to empower others. His passion for fostering growth and connection extends to his community work, including courageous conversation workshops and volunteering for local groups.

1:15 pm to 2:15 pm

PRO-CONSCIOUSNESS MEDICINE AND HOLISTIC HEALTH

Discover how to reclaim your health and vitality in a world that often feels overwhelming and out of balance. In this transformative talk, Dr Tracy Power will guide you through the principles of pro-consciousness medicine and holistic health, offering practical tools to address the chronic stressors of modern life. With her expertise in natural medicine and holistic health science, Dr Power will empower you to reconnect with your body's innate healing potential, embrace balance, and thrive in today's challenging environment. This is your opportunity to take charge of your well-being and create a healthier, more conscious life.

1:30 pm : 3:00 pm

HEARTSONG WITH YULIA

Join the renowned singer Yulia for Heartsong, an uplifting session dedicated to the healing power of voice and song. Experience the transformative energy of spiritual melodies and engage in heart-opening group singing. This inclusive event welcomes everyone, regardless of singing experience, to connect and celebrate music's universal language in a supportive environment. Discover unity through the harmonious blend of individual voices and the shared sense of joy and peace that group singing creates. Don't miss this unique opportunity to explore spiritual dimensions through song in an intimate and engaging setting.

2.30 pm to 3.30 pm

WRITING DOWN THE HEART'S GOLD

An interactive workshop with Susannah Kenton, where heart whispering meets transformative healing. Susannah will guide you through decluttering your heart space, connecting with Source, and unlocking profound wisdom through sacred journaling. Engage with practices like meditation, breathwork, and EFT tapping to open pathways of consciousness and dissolve limiting beliefs. Bring a notebook and pen to capture this journey towards freedom, fulfillment, and joy. Perfect for those seeking deeper self-awareness and empowerment.

3:00 pm - 4:00 pm

THE POWER OF NATURE – ESSENTIAL OILS FOR HOLISTIC LIVING

Discover the transformative benefits of pure, ethically sourced essential oils with Zurma Oils. Rooted in the principles of kaitiakitanga (environmental guardianship) and respect for Papatūānuku (Mother Earth), Zurma Oils offers sustainable, high-quality products to support your holistic well-being. Join us at the Wellness Festival to learn how these natural taonga (treasures) can enhance your daily life, from creating calming rituals to supporting your physical, emotional, and spiritual health.

3:30 pm : 5:00 pm

COLOUR AND SOUND INNER JOURNEY AND HEALING

Join Tihomir Djordjic, a former surgeon turned natural medicine practitioner, and his wife, Ljiljana, an artist and architect, for a transformative 1.5-hour session. Together, they will guide you through the therapeutic power of colour and sound, offering tools for relaxation, inner balance, and self-discovery. A unique opportunity to explore the connection between creativity and healing.

3:45 pm to 4:45 pm

BEYOND LIMITS: FITNESS, SELF-TRANSCENDENCE, AND LIVING AN INSPIRED LIFE

Join ultramarathon runner Vajin Armstrong as he shares how fitness and mindfulness can help you transcend personal limits and live with purpose. Discover practical tools for aligning physical activity with inner growth and creating an inspired lifestyle.

6:00 pm : 7:15 pm

BHAJANS: A JOURNEY OF DEVOTION AND JOY

Experience the uplifting melodies of Bhajans, devotional songs written by Sri Chinmoy. Performed with instruments like the harmonium, flute, guitar, slide guitar, and mridangam, this session invites everyone to participate—sing along, clap, or simply immerse yourself in the collective energy of music and devotion.