

Wellness Festival 2026

Talk & Workshop Schedule

Saturday 28 February

Time	Speaker	Talk Title	Room
9:30 - 10:30	Aaron McLoughlin	Delight and Surprise: The Next Destination	Upstairs
10:45 - 11:45	Patricia Stowell	Nature's Healing Intelligence	Upstairs
12:15 - 1:15	Jeffree Clarkson	Miracles & Meditation	Upstairs
1:30 - 2:30	Tremane & Jytte (Zurma Oils)	The Power of Nature: Essential Oils	Upstairs
3:00 - 4:00	Annelies Basten	The Myth of Normal: How Modern Life Affects the Nervous System and Sleep	Upstairs
4:15 - 5:15	Jane Severn (Luna House)	The Femenome: A New View of Women's Hormonal Life	Upstairs
5:30 - 6:30	Vajin Armstrong	Breathwork Class: A Journey into Stillness	Meditation/Workshops

Sunday 1 March

Time	Speaker	Talk Title	Room
9:30 - 10:30	Jo Boyd	Reiki and Access Bars for Wellbeing and Recovery	Upstairs
10:45 - 11:45	Michael McCammon	The Healing Intelligence of Nature	Upstairs
12:15 - 1:15	Dr Jo Battye	Plant Spirit Medicine & Rewilding the Inner Child	Upstairs
1:30 - 2:30	Susannah Kenton	Write Your Way Forward	Upstairs
3:00 - 4:00	Lisa Clarke	Ancient Healing Practices for Your Pet's Health	Upstairs
3:00 - 4:00	Sound Journey	A Journey of Music, Meditation & Connection	Meditation/Workshops

Sunday also features the Artisan Market (10am - 3pm) in the driveway with local makers, growers, and food vendors

Sunday 8 March

Time	Event	Location
5:00pm	A Sea of Peace: Contemplative Concert Wisdom-Light Ensemble	Philip Carter Family Auditorium Christchurch Art Gallery Te Puna o Waiwhetū