



# WELLNESS HUB

PRESENTED BY RUFFIE

Hosted By Sarra Robertson

**SATURDAY**

22ND JUNE

**9:15am**

**YOGA**  
WORKSHOP

Fusion Wellness  
Speaker: Georgie Clark

**10:15am**

**THE FEMALE SURFER**  
WORKSHOP

Train Like A Female,  
Because You Are One  
Speaker: Candice Land

**11:30am**

**EMPOWER YOUR LUNGS:**  
WORKSHOP

Apnea Breath Training  
Speaker: Sally Howe

**1:00pm**

**THE MINDFUL SURFER**

Speaker: Sarra Robertson

**2:15am**

**PERFORMANCE DIETITIAN  
FOR THE "MATILDAS"**  
WORKSHOP

Female Nutrition Workshop  
Speaker: Alicia Edge

**SUNDAY**

23RD JUNE

**9:30am**

**YOGA**  
WORKSHOP

Speaker: Georgie Clark

**10:30am**

**THE FEMALE SURFER**  
WORKSHOP

Train Like A Female,  
Because You Are One  
Speaker: Candice Land

**11:30am**

**EMPOWER YOUR LUNGS:**  
WORKSHOP

Apnea Breathwork  
Speaker: Sally Howe

**2:00pm**

**WOMEN'S HEALTH**  
WORKSHOP

Speaker: Katrina Ellis





# WOMEN OF SURF HUB

Hosted By Jess Grimwood

**SATURDAY**  
22ND JUNE

10:00am

## YOUNG & FREE SURFERS

PANEL

Speakers: Josie Pendergast, Dimity Stoye

11:00am

## RISING TO VICTORY: WOMEN AS CHAMPIONS

PANEL

Speakers: Chelsea Hedges, Pam BurrIDGE

12:00pm

## BIG WAVE BADASS BABES

PANEL

Speakers: Laura Enever, Summa Longbottom

1:00pm

## PITCHING PARADISE

Speaker: Andy Kovszun (No Shoes No Worries)

2:00pm

## BOOK LAUNCH: PAULINE MENZER'S SURF LIKE A WOMAN

Speaker: Pauline Menczer

**SUNDAY**  
23RD JUNE

10:00am

## MUMS OF SURFING

PANEL

Speakers: Aliisa Bowery,  
Tracy Gilmore, Imogeen Brown

11:00am

## WOMEN SHAPING THE SURF INDUSTRY

PANEL

Speakers: Tori Gilkerson,  
Kate Wilcomes, Sally Mac

12:00pm

## BECOMING A SURFER: A GUIDE

Speakers: Surfline, Surf Coach,  
Fin Specialist & Board Shaper

1:00pm

## AWAKE ACADEMY

Speaker: Layne Beachley

2:15pm

## THE TIDES OF A PROFESSIONAL SURFER'S CAREER

PANEL

Speaker: Sophie McCulloch, Tully White,  
Kirra Molnar, Rachel Tilly





# FILM & PHOTOGRAPHY HUB

PRESENTED BY TRACKS

Hosted By Caz Emge

**SATURDAY**

22ND JUNE

11:00am

**THROUGH HER LENS**

PANEL

Speakers: Hannah Prewitt,  
Melissa Hoareau

12:00pm

**“LET ME SEA”  
PHOTOGRAPHY MEETS ART**

PANEL

Speaker: Tracey Naughton

1:00pm

**BREAKING DOWN BARRIERS**

Speaker: Cait Miers

3:00pm

**CAPTURING THE ESSENCE:  
THE POWER OF SURF  
STORY TELLING**

WORKSHOP

Speaker: Lauren Hill

**SUNDAY**

23RD JUNE

10:15am

**CAPTURING WAVES:  
A DIVE INTO WATER  
PHOTOGRAPHY**

PANEL

Speaker: Shannon Glasson

11:15pm

**EMPOWERING  
PERSPECTIVES:  
WOMEN FILMMAKERS PANEL**

PANEL

Speaker: Clementine Bourke,  
Shannon Hayes, Lauren Hill

1:15pm

**ALEXA HOHENBERG  
(STILL STOKED) – FILMER**

Speaker: Alexa Hohenberg

2:15pm

**TRACKS MAGAZINE**

Speaker: Surprise Session