

SATURDAY 22ND JUNE

FESTIVAL PROGRAM



PRESENTED BY Tuffie <small>tuffie foods</small>		PRESENTED BY Tuffie <small>tuffie foods</small>		PRESENTED BY SAMBAZON		PRESENTED BY SAMBAZON		PRESENTED BY tracks.		PRESENTED BY tracks.	
WELLNESS HUB Hosted by Sarra Robertson		WOMEN OF SURF HUB Hosted by Jess Grimwood		FILM & PHOTOGRAPHY HUB Hosted by Caz Emge							
9:15am	Yoga: Fusion Wellness (Workshop) SPEAKER: GEORGIE CLARK										9:15am
9:30am											9:30am
9:45am											9:45am
10:00am											10:00am
10:15am	The Female Surfer: Train like a female, because you are one (Workshop) SPEAKER: CANDICE LAND	Young & Free Surfers SPEAKERS: MADDY HOFFMANN, DIMITY STOYLE									10:15am
10:30am											10:30am
10:45am											10:45am
11:00am											11:00am
11:15am		Rising to Victory: Women as Champions SPEAKERS: CHELSEA HEDGES, PAM BURRIDGE, EM DIETERS		Through Her Lens PANEL SPEAKERS: HANNAH PREWITT, MELISSA HOAREAU, BRYDIE WATSON							11:15am
11:30am	Empower Your Lungs: Apnea Breath Training (Workshop) SPEAKER: SALLY HOWE (FLOWSTATE MBM)										11:30am
11:45am											11:45am
12:00pm											12:00pm
12:15pm											12:15pm
12:30pm		Big wave Badass Babes SPEAKERS: LAURA ENEVER, SUMMA LONGBOTTOM		"Let Me Sea" Photography Meets Art SPEAKER: TRACEY NAUGHTON							12:30pm
12:45pm											12:45pm
1:00pm	The Mindful Surfer SPEAKER: SARRA ROBERTSON (LAND & SEA THERAPY)										1:00pm
1:15pm											1:15pm
1:30pm											1:30pm
1:45pm											1:45pm
2:00pm											2:00pm
2:15pm	Performance Dietitian for the "Matildas" Female Nutrition (Workshop) SPEAKER: ALICIA EDGE	Book Launch: Pauline Menczer's Surf Like a Woman SPEAKER: PAULINE MENCZER									2:15pm
2:30pm											2:30pm
2:45pm											2:45pm
3:00pm											3:00pm
3:15pm	One Wave Is All It Takes Mental Health Awareness SPEAKER: JOEY HURL										3:15pm
3:30pm											3:30pm
3:45pm											3:45pm

SUNDAY 23RD JUNE

FESTIVAL PROGRAM



PRESENTED BY Tuffie <small>tuffie foods</small> WELLNESS HUB Hosted by Sarra Robertson		PRESENTED BY SAMBAZON WOMEN OF SURF HUB Hosted by Jess Grimwood		PRESENTED BY tracks. FILM & PHOTOGRAPHY HUB Hosted by Caz Emge	
9:15am					9:15am
9:30am					9:30am
9:45am	Yoga - Fusion Wellness (Workshop) SPEAKER: GEORGIE CLARK				9:45am
10:00am		Mums of Surfing (Panel) SPEAKERS: ALIISA BOWERY, TRACY GILMORE, IMOGEN BROWN			10:00am
10:15am				Capturing Waves: A Dive into Water Photography SPEAKER: SHANNON GLASSON	10:15am
10:30am	The Female Surfer - Train like a female, because you are one (Workshop) SPEAKER: CANDICE LAND				10:30am
10:45am					10:45am
11:00am		Women Shaping the Surf Industry (Panel) SPEAKERS: TORI GILKERSON, KATE WILCOMES, SALLY MAC, SAMMIE WALSH			11:00am
11:15am				Empowering Perspectives: Women Filmmakers (Panel) SPEAKER: CLEMENTINE BOURKE, SHANNON HAYES	11:15am
11:30am	Empower Your Lungs: Apnea Breathwork (Workshop) SPEAKER: SALLY HOWE (FLOWSTATE MBM)				11:30am
11:45am					11:45am
12:00pm		Becoming A Surfer: A Guide SPEAKERS: SURFLINE, SURF COACH, FIN SPECIALIST & BOARD SHAPER			12:00pm
12:15pm				Making It: Film and Discussion SPEAKER: INDIA ROBINSON, KATE ALLMAN	12:15pm
12:30pm					12:30pm
12:45pm					12:45pm
1:00pm		Awake Academy: Know yourself, grow yourself (Workshop) SPEAKER: LAYNE BEACHLEY			1:00pm
1:15pm				'5 Lessons from Female Media Powerhouses' - Alexa Hohenberg Executive Film Producer SPEAKER: ALEXA HOHENBERG	1:15pm
1:30pm					1:30pm
1:45pm					1:45pm
2:00pm	Women's Health SPEAKER: EVA ROSE (WOMEN'S NATURAL HEALTH)				2:00pm
2:15pm		The Tides of a Professional Surfer's Career (Panel) SPEAKERS: TULLY WHITE, KIRRA MOLNAR, RACHEL TILLY			2:15pm
2:30pm				Tracks Magazine SPEAKER: SURPRISE SESSION	2:30pm
2:45pm					2:45pm
3:00pm					3:00pm
3:15pm					3:15pm
3:30pm					3:30pm