

SATURDAY 22ND JUNE

FESTIVAL PROGRAM



	WELLNESS HUB PRESENTED BY RUFFIE Hosted by Sarra Robertson	WOMEN OF SURF HUB Hosted by Jess Grimwood	PHOTOGRAPHY & FILM HUB PRESENTED BY TRACKS Hosted by Caz Emge	
9:15am				9:15am
9:30am	Yoga: Fusion Wellness (Workshop)			9:30am
9:45am	SPEAKER: GEORGIE CLARK			9:45am
10:00am				10:00am
10:15am	The Female Surfer: Train like a female, because you are one (Workshop)	Young & Free Surfers		10:15am
10:30am	SPEAKER: CANDICE LAND	SPEAKERS: JOSIE PENDERGAST, DIMITY STOYLE		10:30am
10:45am				10:45am
11:00pm		Rising to Victory: Women as Champions	Through Her Lens	11:00pm
11:15pm		SPEAKERS: CHELSEA HEDGES, PAM BURRIDGE	PANEL SPEAKERS: HANNAH PREWITT, MELISSA HOAREAU	11:15pm
11:30pm	Empower Your Lungs: Apnea Breath Training (Workshop)			11:30pm
11:45am	SPEAKER: SALLY HOWE			11:45am
12:00pm		Big wave Badass Babes	"Let Me Sea" Photography Meets Art	12:00pm
12:15pm		SPEAKERS: LAURA ENEVER, SUMMA LONGBOTTOM	SPEAKER: TRACEY NAUGHTON	12:15pm
12:30pm				12:30pm
12:45pm				12:45pm
1:00pm	The Mindful Surfer	Pitching Paradise	Breaking Down Barriers	1:00pm
1:15pm	SPEAKER: SARRA ROBERTSON	SPEAKER: ANDY KOVSZUN (NO SHOES NO WORRIES)	SPEAKER: CAIT MIERS	1:15pm
1:30pm				1:30pm
1:45pm				1:45pm
2:00pm		Book Launch:		2:00pm
2:15pm	Performance Dietitian for the "Matildas"	Pauline Menczer's Surf Like a Woman		2:15pm
2:30pm	Female Nutrition (Workshop)	SPEAKER: PAULINE MENCZER		2:30pm
2:45pm	SPEAKER: ALICIA EDGE			2:45pm
3:00pm			Capturing the Essence: The Power of Surf Story Telling (Workshop)	3:00pm
3:15pm			SPEAKER: LAUREN HILL	3:15pm
3:30pm				3:30pm

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9:45am	Yoga Workshop		9:45am
10:00am	SPEAKER: GEORGIE CLARK		10:00am
10:15am		Mums of Surfing (Panel)	
10:30am	The Female Surfer - Train like a female, because you are one (Workshop)	SPEAKERS: ALISA BOWERY, TRACY GILMORE, IMOGENE BROWN	Capturing Waves: A Dive into Water Photography
10:45am	SPEAKER: CANDICE LAND		SPEAKER: SHANNON GLASSON
11:00pm		Women Shaping the Surf Industry (Panel)	
11:15pm		SPEAKERS: TORI GILKERSON, KATE WILCOMES, SALLY MAC	Empowering Perspectives: Women Filmmakers (Panel)
11:30pm	Empower Your Lungs: Apnea Breathwork (Workshop)		SPEAKER: CLEMENTINE BOURKE, SHANNON HAYES, LAUREN HILL
11:45am	SPEAKER: SALLY HOWE		
12:00pm		Becoming A Surfer: A Guide	
12:15pm		SPEAKERS: SURFLINE, SURF COACH, FIN SPECIALIST & BOARD SHAPER	
12:30pm			
12:45pm			
1:00pm		Awake Academy: Know yourself, grow yourself	Alexa Hohenberg (Still Stoked) - Filmer
1:15pm		SPEAKER: LAYNE BEACHLEY	SPEAKER: ALEXA HOHENBERG
1:30pm			
1:45pm			
2:00pm	Women's Health		
2:15pm	SPEAKER: KATRINA ELLIS	The Tides of a Professional Surfer's Career (Panel)	Tracks Magazine
2:30pm		SPEAKERS: SOPHIE MCCULLOCH, TULLY WHITE, KIRRA MOLNAR, RACHEL TILLY	SPEAKER: SURPRISE SESSION
2:45pm			
3:00pm			
3:15pm			
3:30pm			