

SATURDAY 21ST JUNE

FESTIVAL PROGRAM



RUFFIE WELLNESS HUB

Hosted by Liv Phyland



NUTRA ORGANICS STAGE

Hosted by Jesse Starling

tracks.

TRACKS STAGE

Hosted by Kate Allman

8:30				8:30	
8:45				8:45	
9:00	Yoga - Fusion Wellness (WORKSHOP)			9:00	
9:15				9:15	
9:30				9:30	
9:45				9:45	
10:00		“On the Shoulders of Giants, Legends of Surfing” JODIE COOPER, PAM BURRIDGE, PAULINE MENCZER (Q&A)	“How to Be a Surfing Mum: Navigating the Transition” CHELSEA HEDGES (WORLD CHAMPION) (Q&A)	10:00	
10:15	“Optimising the Surfer’s Edge: The Role of the Jaw, Airway, and Breathing” FLOW STATE MBM - SALLY HOWE (WORKSHOP)			10:15	
10:30				10:30	
10:45				10:45	
11:00		“Conversations with Lilliana Bowrey” LILLIANA BOWREY (FILM & Q&A)	“Rising to Victory: Wendy Botha” WENDY BOTHA (Q&A)	11:00	
11:15	“Balance to Board: Unlocking the Power of Your Feet” THE FEMALE SURFER - CANDICE LAND (WORKSHOP)				11:15
11:30					11:30
11:45					11:45
12:00				12:00	
12:15	“Olympic Sports Dietitian” SALLY WALKER - ADVANCED SPORTS DIETITIAN (WORKSHOP)	“Surfers For Climate” BELINDA BAGGS & TULLY WHITE (Q&A)	“Tides of Change: Celebrating Indigenous Female Surfers” AMBER MERCY, BOHDI SIMMON, LEIHANI ZORIC, JODIE BARSBY , MELISSA COMBO (Q&A)	12:15	
12:30					12:30
12:45					12:45
1:00				1:00	
1:15	“Surf Conditioning for Female Youth” THE FEMALE SURFER- CANDICE LAND (WORKSHOP)	“Through Her Lens” BEATRIZ RYDER (Q&A)	“On Business, Balance and Bold Moves” JANINE ALLIS (KEYNOTE)	1:15	
1:30					1:30
1:45					1:45
2:00				2:00	
2:15	“Queen in Me” INDIA ROBINSON (Q&A)	“Rise Program : Grant For Women In Surfing - Surfing Australia” SHANICE RYDER - WOMEN’S PARTICIPATION & DEVELOPMENT MANAGER LUKE MADDEN - CHIEF OF SPORT (Q & A)	“4x World Para Surfing Champion” SAMANTHA BLOOM (Q&A)	2:15	
2:30					2:30
2:45					2:45
3:00				3:00	
3:15	“Surf Sisters: The Healing Power of Waves” ONE WAVE (Q&A)			3:15	
3:30				3:30	
3:45				3:45	
4:00				4:00	



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9:30				9:30
9:45				9:45
10:00	"The Mindful Surfer: The Social Psychology of Surfing" LAND & SEA THERAPY - SARRA ROBERTSON (SPEAKER / Q&A)	"Next Gen: What is it like to be a Pro Junior Surfer in 2025?" QUINCY SYMONDS, LEIHANI ZORIC (Q&A)	"We Shouldn't Be Friends" Tales from a world where everyone surfs NICK CARROL & HANNAH ANDERSON (LIVE PODCAST)	10:00
10:15				10:15
10:30				10:30
10:45				10:45
11:00	"Optimising the Surfer's Edge: The Role of the Jaw, Airway, and Breathing" FLOW STATE MBM - SALLY HOWE (WORKSHOP)	"Salty Strokes" AMANDA DAVIDSON (Q&A)	"Reflecting on the Extended Women's WSL Tour & New Format" INDIA ROBINSON & SOPHIE MCCULLOCH (Q&A)	11:00
11:15				11:15
11:30				11:30
11:45				11:45
12:00	"Fuel your Flow - Eat smart, surf strong" SALLY ANDERSON - ADVANCED SPORTS DIETITIAN (WORKSHOP)	"Women Shaping the Surf Industry" ANNA CONSTABLE (SHE CREATIVE ARMY) AVALON STARICK (AVALON DESIGNS) - (Q&A)	"Awake Academy: Know Yourself, Grow Yourself" LAYNE BEACHLEY (SPEAKER)	12:00
12:15				12:15
12:30				12:30
12:45				12:45
1:00	Icebaths (WORKSHOP)	"Vision and Vibes: A Creative Vision Board" LEIHANI ZORIC (WORKSHOP)	"Lost at Sea" STEPH WEISSE (Q&A)	1:00
1:15				1:15
1:30				1:30
1:45				1:45
2:00				2:00
2:15		"The Surfer's Circle: Decoding the Lineup" LAND & SEA THERAPY- SARRA ROBERTSON (WORKSHOP)	"Power of Ocean Therapy" EM DIETERS – NORTHERN BEACHES PARA SURFER BOARDRIDERS, TAHLIA ANDERSON – SURFING THE SPECTRUM, AND EMMA BRACKEN – ABILITY SURF (Q&A)	2:15
2:30				2:30
2:45				2:45
3:00				3:00