

**WORKSHOPS
AT EB2025**



Workshops in this file appear in alphabetical order. The timetable will be available at the festival, but if you'd like to read the workshop descriptions at Earth Beat, please download this file to your phone.

Youth and Kids workshop descriptions can be downloaded separately.



13 STEPS MAYAN DREAMSPELL



Vasumi Zjika

—

11:30 AM Sun

Whakapiki

(Inner Earth)

This is your second opportunity to immerse in an interactive workshop exploring the Mayan Dreamspell and tracking natural time through personal experience. Be ready to question, discover, and receive revelatory wisdom as you follow 13 Steps to Manifestation and ultimate being.

You'll uncover the Tone of your birth, gaining insight into your foundational place within the 13-day Wavespell—a cycle we all experience. This deep yet playful journey moves through Tones and Wavespells, revealing the harmonic matrix of Natural Time, aligned with the Earth and all of life.

ACROYOGA FOR BEGINNERS



Tsz Ho

—

9:45 AM Sat

Kaipara

We will start with warm-up games that involve human connection, balance, and movement! After covering proper spotting techniques, we will demonstrate a step-by-step flow with progressions. Groups will then have the opportunity to practice with our support, ensuring safety remains a top priority. Finally, we will put the flow together and take on some group challenges to wrap up!

AFRO CONNECTION DANCE WITH LIVE DRUMMING



Camila Chicon

—

4:30 PM Thurs

Juicy Watermelon

Afro Connection Dance with live drumming celebrates our connection with others, nature, and the joy of living. Through movement inspired by traditional West African rhythms, we explore identity, creativity, and authenticity. Live drumming reconnects us to our roots, bringing ancestral memories of living in harmony with nature and community. This experience invites us to reconnect with our body, mind, and emotions, while being fully present. In a safe space, we explore self-awareness, compassion, and authenticity, empowering us to step into our power, raise our energy, and celebrate life through dance and community.

A SOUND MEDITATION JOURNEY



Anatman

—

8:30 AM Sun

Earth Lounge

Anatman blends ancient traditions with modern soundscapes to create immersive, meditative experiences. Using Tibetan singing bowls, chimes, and recorded harmonies, his performances invite deep self-exploration and inner connection. With a passion for the healing power of sound, he crafts sonic landscapes that fuse traditional wisdom with modern technology. His mission is to offer a refuge from the chaos of daily life, using harmonious vibrations to awaken the senses and nurture the soul, guiding listeners toward a higher state of consciousness.

ANCESTOR SPEAK AKASHIC VOYAGE



Amanda Lorin

—

2:30 PM Thurs

Earth Lounge

This workshop is designed to take people into their ancestral connections, where we get to meet the parts of our lineage that need love, integration, and to be held. The ancestral realm is a space for our deep exploration, connecting us to healing opportunities and the liberation of our lineage.

This space will be held in guidance and wisdom through the Akashic realm.

ARCHITECTURE IN HARMONY WITH NATURE



Brett Hulley

—

3:00 PM Thurs

Juicy Watermelon

Join architect Brett Hulley to explore how design can harmonize people and nature for a healthier planet. Learn the principles of biophilic design, natural materials, sustainability, and passive design. Discover how to create spaces that foster a deep connection with nature, using materials like earth, straw, and hempcrete while minimizing waste and energy use. Gain insights into designing with natural energy to reduce reliance on artificial sources. This workshop will change how you see and shape your environment. Bring your notebooks and get inspired to create sustainable, nature-integrated spaces!

AYURVEDIC YOGA THERAPY – HOW TO INDIVIDUALIZE YOGA ACCORDING TO AYURVEDA



**Janesh Vaidya with
Malin Barrling**

—
5 PM Sat

Earth Lounge

Yoga, a cornerstone of Ayurveda, can be tailored to support healing based on individual body-mind needs. This workshop explores how yoga therapy addresses issues like migraines, digestive problems, back pain, stress, anxiety, and depression. Participants will practice vinyasa, asana, and pranayama, learning to design personalized routines. Open to all, regardless of experience. Led by Janesh Vaidya, renowned Ayurveda expert, and Malin Barrling, an experienced Ayurveda Yoga Therapist and educator, this workshop blends theory and practice for a holistic approach to well-being.

BACKBENDS & TWISTS: YOGA FOR SPINAL HEALTH



Katie Greengrass

—

11:30 AM Sat

Kaipara

Katie (Yoga Aotearoa) fell in love with Yoga Asana after just a few classes, leading her to India for her first 200-hour TTC. Nearly eight years and 1,500+ training hours later, she has returned to Aotearoa to share her knowledge. In 2025, she launches her first Yoga Teacher Training through Yoga Aotearoa. Passionate about presence and self-discovery, she embraces life's magic while continuously deepening her connection to her higher self. Her journey is one of learning, unlearning, and growth—a lifelong practice she now shares with others.

BEYOND LOGIC: FINDING CLEAR ANSWERS



Sarah Spence

—

**10:45 AM Thurs
Jah's Bazaar**

Making decisions can be challenging, especially when the mind takes over. This session helps you step out of your head and access true inner answers using Find Answers to Your Questions, a short form of the Dalian Method. Through breathwork, expression, and awareness, this approach offers surprising clarity.

Sarah, an experienced festival facilitator, brings Beyond Logic to NZ's festival scene, where only one Dalian Method facilitator exists. With a background in hatha yoga, she has led Dream and kirtan workshops and singer-songwriter performances. Discover this powerful method that has transformed lives worldwide.

BRAIN GARDEN: CULTIVATING NEURAL PATHWAYS FOR PEACEFUL PARENTING



Lucy AitkenRead

—

11:00 AM Sun

Jah's Bazaar

Brain Garden is a workshop for respectful parents struggling to apply their parenting principles. You've read the books, your heart agrees, but a loud inner voice derails you. You want to allow autonomy but feel afraid. You try to stay calm but feel compelled to be strict. Or you give freedom yet remain tense.

Negative thought patterns block your growth. With the right tools, you can rewire beliefs and cultivate empathy, joy, and connection. Lucy AitkenRead is a Transformational Depths Practitioner and unschooling coach.

BREATHWORK



**Marcel Hof & Gina
Noetica**

—
**10:00 AM Fri
Solomon**

Join Marcel Hof and Gina Noetica for a transformative workshop blending Breathwork, Meditation, and Quantum Energy Alchemy. Marcel, a world-renowned Breathwork & Cold Immersion Facilitator and brother of Wim Hof, brings 40 years of experience in guiding deep transformation. Gina, a Quantum Energy Alchemist with 24 years of expertise, specializes in energy healing and expanding consciousness. Together, they offer a powerful journey to strengthen your light body, expand awareness, and unlock personal empowerment. Reconnect with your inner resources and bring mind, body, and soul into harmony in this unique, life-changing experience.

BROTHERHOOD & WELLBEING EXPERIENCE



Graedon Parker

—

11:00 AM Fri

Juicy Watermelon

BROS supports men's mental, emotional, physical, and spiritual well-being by fostering authentic brotherhood. This 90-minute workshop helps participants deepen their connection with themselves and others through movement, sacred challenge, accountability, men's council, and celebration. Neither "macho" nor passive, it balances strength and softness, integrating both aspects of masculinity. Led by experienced facilitators, this transformative space empowers men to connect, grow, and support one another. For five years, BROS has been creating men's connection spaces across Aotearoa and beyond, igniting a movement of strong, heart-centered, and connected men.

BURNING IN THE FIRE TANTRIK CHANTING FOR THE COLLECTIVE



Kara-Leah Grant

—

9:30 AM Sat

Juicy Watermelon

Join devoted Tantrika Kara-Leah for a powerful group ritual chanting practice, uniting intention, focus, visualization, and sound. This transformative session creates a unified field of energy, offering deep meditation and profound teachings. Kara-Leah has practiced yoga since the '90s and taught since the 2000s. She completed a 1000-day Ucchāra Sādhana in 2021 and continues her daily chanting practice. Having studied with renowned teachers, she embodies Tantrik Yoga in all aspects of life. Based in Squamish, Canada, she is an author and guide dedicated to awakening and liberation through daily practice.

CHARGING YOUR INNER BATTERY BY TRUSTING YOUR HEART



Rob Robertson

—

11:45 AM Thurs

Kaipara

Rob is an energy healer, medium, and sports mental skills coach specializing in emotional fitness. He shares the Inner Battery framework, guiding others to build trust by following their hearts.

Once trapped in anxiety and self-doubt, Rob transformed his life by releasing emotional blocks and shifting from control to inner trust. Now, he helps others reclaim vitality, flow, and self-belief. As a retreat leader, speaker, and mentor to high-performance athletes, he empowers individuals to achieve their desires with passion and purpose.

CONSCIOUS MENSTRUATION FOR THE EVOLUTION OF HUMANITY



Olivia Johnson-lee

—

2:30 PM Fri

Earth Lounge

In Te Reo Māori, the womb is called te whare tangata—the house of the people. Cultivating a deep connection with this sacred space fosters a culture of respect and reverence, regardless of whether parenthood is part of our path.

As a Birth Doula and Menstrual Cycle Coach, I believe embracing our cyclical nature from menarche onward can transform the world.

Wherever you are on your womb journey—or if you are a tāne seeking to support—you play a vital role in this shift. My work weaves a decade of healing, study, and the wisdom of the many women I've supported, guiding wāhine to trust and express their innate intelligence.

COZY STORY HOUR



Keith Maxwell

—

7:00 PM Wed

Earth Lounge

I am a writer and storyteller, collecting stories from the natural world and sharing them with others.

Bring a blanket, get comfortable, and immerse yourself in a woven tapestry of stories designed to inspire delight and wonder.

DANCE WITH THE LAND



Mikaela Gilhooly

—

5:00 PM Sat

Regional Park

What would it be like to move with the wind, dance with the leaves, and ground down with the roots? What would it feel like to let the more than human world dance with us and through us?

Together we will greet the land through a series of dance and movement invitations that will guide us to meet presence in our bodies and the land we are gathering on. This offering is weaving of the sensory based invitations of forest therapy in partnership with dance, music, sharing, and embodiment practices.

Everything is welcome.

DEEP TISSUE MASSAGE WORKSHOP



Belle Cook

—

1:15 PM Thurs

Kaipara

I have been running the Deep Tissue Massage School in NZ for the past three years. I'm passionate about sharing this extensive knowledge that can truly heal others. I run the workshop with my assistant Nadege Magen, and we have run this workshop before at Shiva Shakti, where we received great feedback. People practice in pairs and are required to bring a yoga mat and a blanket. I'm sharing knowledge about the deep muscles in our body and how each one of them restores different feelings and trauma.

DIP INTO THE DELIGHTS AND THE DANGERS OF LGATS - LARGE GROUP AWARENESS TRAININGS



Beth St Claire

—

10:30 AM Sat

Jah's Bazaar

Group experiences can foster growth but can also cause harm without proper safety. This workshop explores intensity, catharsis, and transformative processes, focusing on boundaries and attendee experiences, including in festival settings. Over 50 years, awareness-oriented groups have evolved through spiritual, emotional, psychological, and philosophical experimentation. We'll review their history and what distinguishes healthy groups from harmful ones. The final segment is experiential, examining group structure, safety, boundaries, consent, and the importance of clear intentions.

ECLIPSE ASTROLOGY



Karen Hunter

—

**11:00 AM Sat
Solomon**

On March 29th, 2025, the New Moon Solar Eclipse in Aries will occur, though not visible in Auckland, it may still impact us astrologically. What do eclipses mean in astrology? What is the Nodal Axis, and how does it influence our natal charts? Join us to explore these questions!

Astrology offers valuable insight into your personality, relationships, and life events. Kāren Hunter, a Zenergy Global-trained facilitator, combines music and astrology to support the awakening of humanity and hold dynamic, sensitive spaces.

EXPLORING MAYAN DREAMSPELL



Vasumi Zjika

—

11:30 AM Thurs

Whakapiki

(Inner Earth)

Join this interactive workshop to explore the Mayan Dreamspell codes and track natural time through your life experiences. You'll receive revelatory wisdom by working with the 20 archetypes, starting with the archetype of your birth. Learn its place in the evolutionary 20-day cycle and how it contributes to the harmonic matrix of Natural Time. This deep, enjoyable exploration connects you to Earth and all of life, helping you make sense of your journey while cycling through universal truths.

EARTH PIGMENTS WORKSHOP



Julia Mack

—

2:00 PM Fri

Whakapiki

(Inner Earth)

This workshop introduces Earth Pigments and traditional paint-making. These pigments come from rocks, ochres, and minerals rich in oxides and calcite. Julia will demonstrate how to identify and transform them into paint.

Participants will grind, sieve, and mull pigments while exploring their history and cultural significance in Aotearoa and beyond.

Working with Earth Pigments is a sacred, time-honored practice. All materials are provided, and participants take home their handmade paints. Julia shares tips for starting an affordable, enriching, and eco-friendly home practice. Julia Kate Mack is an artist and ceramic technician working with Waiheke uku (clay).

EMBODIED LIFE DRAWING EXPERIENCE



Georgia Connolly

—

3:30 PM Thurs

Whakapiki

(Inner Earth)

Sacred Geo invites you to explore life drawing in an embodied, guided session. You will begin by relaxing your mind and body as we prepare for the model. Using a variety of multimedia, you'll create works inspired by the nude female figure. This untaught session encourages you to embrace your inner artist without judgment.

Throughout, you'll focus on bodily sensations and emotions. The 1.5-hour workshop includes multiple drawing rounds with provided materials, though you're welcome to bring your own.

Registration is at the Info Tent with a \$5 contribution for materials.

FAMILY CONSTELLATIONS – ANCESTRAL HEALING



Brian Berneman

—

11:30 AM Sat

Whakapiki

(Inner Earth)

If unresolved family issues are affecting your relationships, work, and well-being, this transformative workshop explores the hidden dynamics and unconscious patterns in your family system. By bringing awareness to these patterns, we can break the cycle of pain and conflict. These sessions offer new possibilities for healing and growth, providing insights into yourself and your family. Many participants experience peace, resolution, and the start of healthier relationships. Join a session to experience the power of healing, where the shifts benefit not only the individual but also the group and future generations.

FESTIVAL FLOWSTATE YOGA



Stacey Eastwood

—

3:00 PM Fri

Juicy Watermelon

Join Stacey for a Mindful Vinyasa Yoga Flow workshop to release stored emotions and tension, build internal fire, and clear the mind, bringing you into FlowState. Stacey’s yoga journey began 11 years ago after a skateboarding injury led her to the mat. What started as a low-impact exercise became her passion. With over a decade of experience, she’s dedicated to helping others harness yoga’s transformative power, releasing tension, focusing the mind, and connecting to our inner selves, so we can show up more authentically in all areas of life—work, relationships, and beyond.

FORAGE & FEAST ON WILD EDIBLE PLANTS



Felicity Joy

—

12:30 PM Thurs

Earth Lounge

Discover the rich abundance of wild, edible plants in this inspiring workshop. Learn to confidently identify, gather, and prepare wild plants while exploring their nutritional, medicinal, and first aid benefits. We'll cover sustainable foraging practices, how to avoid toxic lookalikes, and ways to enhance flavor and vitality. Connect with ancestral wisdom and the folklore of these plants, deepening your relationship with nature. Gain skills to support local food resilience and nourish yourself and your community. Whether you're new to foraging or experienced, this workshop offers practical knowledge for all.

FORGIVENESS: A CONVERSATION EXPLORING THE MEANING OF FORGIVING



Jason Marinovich

—

1:00 PM Thurs

Jah's Bazaar

Forgiveness is the lens of love that allows you to see the good in the world, others, and yourself. Join this important conversation on the energy, frequency, and action of Forgiveness. From a holistic perspective, Forgiveness is a journey—like grief, it has stages that must be worked through. This workshop explores why Forgiveness is essential for inner peace and how to embody its energy and vibration. You'll gain practical tools to attract Forgiveness into your life and a deeper understanding of what it truly means to forgive.

GROUNDING PRACTICE



Simon Lee

—

8:00 AM Sun

Kaipara

Grounding Practice is a held community space with a special focus on grounding and integrating the festival experience. Including some physical postures, this practice will go beyond the physical, incorporating aspects of philosophy, breathing, meditation, and self-inquiry.

Simon will be collaborating with multi-disciplinary artists. This class will have a special focus on preparing to return to the “world,” carrying key insights with you.

HAPPY HIKE – FOLLOWING NATURE'S PATH TO SELF



Carrie Brightwell

—

**9:30 AM Thurs-Fri
Regional Park**

Nature awakens all five senses, making us feel fully alive. Through hiking across the world, I've experienced profound personal and spiritual growth, connecting to parts of myself only accessible in nature. This workshop helps you reconnect with yourself by immersing in nature's wisdom. Away from life's distractions, you'll explore forgotten or undiscovered aspects of yourself, face fears and blockages, and gain clarity on what truly matters. Through a guided hike with meditative and reflective activities, you'll tap into the courage needed to create a life you love, supported by nature's nurturing power.

HERBAL MEDICINE FOR MOTHERHOOD



Natasha Lubas

—

10:00 AM Sun

Earth Lounge

Herbal medicine has long supported mothers through every stage—from preconception to postpartum. This beginner’s workshop introduces traditional herbs and preparation techniques to help you feel grounded, connected, and nourished on your journey into motherhood and beyond. Led by Natasha—a naturopath, medical herbalist, and mother—this workshop explores how nature’s wisdom nurtures both mothers and families, fostering lasting health and wellness. Inspired by the profound ways Mother Nature supports us, Natasha shares practical knowledge to help you integrate herbal medicine into daily life for deeper connection and well-being.

HISTORICAL STORY – TELLING



Rosalie Steward

—

4:30 PM Sat

Whakapiki

(Inner Earth)

More than simply knowing 'the facts', stories connect us to the hopes and dreams of the people involved, the hardships they endured, and the lessons they learned. Rosalie has a passion for 'bringing stories to life', from old and new history, and from near and far places. Let yourself travel back in time, with stories and pictures, that connect the past to the present and invite us to explore the question "what if we learnt from history?"

HUMAN DESIGN LIVE – AN EMBODIED JOURNEY THROUGH YOUR BODYGRAPH



Christine Spicer

—

3:30 PM Sat

Juicy Watermelon

You were born with a unique blueprint—a personal guide to your potential. Activating your inner authority brings this design to life, transforming body, mind, and spirit. This workshop deepens your connection to the BodyGraph map, exploring how mind and authority shape empowerment. Christine, New Zealand's first Human Design Analyst, has conducted 2,000+ readings and trained others in this system. A rare Reflector Aura Type, she has lived this wisdom for 20 years. Join us to explore how your unique energy interacts with life.

HURI TAI: HURI AU



Kelly Moana Murphy

—

9:00 AM Fri

Juicy Watermelon

Huri Tai: Huri Au invites you to observe the cycles of the outer world (Huri Tai – the turn of the tides) and our inner world (Huri Au – the turn of ourselves). A maramataka and ikura wheel guide each cycle, offering a reference for how the day or phase has been for you. The introduction includes a meditation and movement practice to center yourself, connecting with Papatūānuku and yourself. This will be followed by a kōrero on using the resource and time for open questions. All curious souls are welcome to join and explore. Nau mai haere mai.

JOYROBICS



**Joana Simmons /
Banana Jolie**

—

1:00 PM Fri

Kaipara

Get ready to sweat and laugh in this dynamic aerobics class with Banana Jolie! Featuring moves like the crazy frog, happy crab, and chicken wings, this all-ages follow-along workout will get your heart pumping—and touch it too. A seasoned comedian and aerobics instructor, Banana Jolie ensures the fun flies by!

A Kiwi-born performer, she made her mark as a dancer and cabaret artist in Australia before returning to Aotearoa. Also a yoga teacher, choreographer, and fitness instructor, she blends movement, comedy, and mindfulness, creating joyful and enriching experiences.

KOREAN QIGONG FOR NATURAL SELF HEALING



Master Sunyong

—

8:00 AM Thurs

Kaipara

This workshop includes several stages: awakening the brain's senses, enhancing flexibility, cleansing, integrating, and mastering the brain. Through energy movement and Qigong, participants will activate their body and brain, learn healing breathing techniques, and cleanse and accumulate energy. This process unifies the physical, energy, and spiritual bodies. By understanding that "my body is not me, but mine" and "my emotions are not me, but mine," participants will master their physical and mental health.

KUNDALINI YOGA ~ A JOURNEY TO THE HEART



Lissy White

—

8:00 AM Sat

Juicy Watermelon

Kundalini Yoga is known as the ‘Yoga of Awareness or Consciousness’. Each practice, or Kriya, is very specific to lead to incredible outcomes and deep transformation on a physical, mental, emotional and spiritual level to bring purification of body, mind and spirit. The profound benefits from the practice can be felt from the first class.

In this workshop Lissy will guide you on a journey to your heart, connecting into the energy and frequency of Love & Gratitude. We’ll then send this energy out to all beings and the cosmos

LIVING IN LOVE – RELATIONSHIP INTIMACY AND UNITY



**Jenni and Dan
Abdelnoor**

—
1:00 PM Fri

Juicy Watermelon

Jenni and Dan Abdelnoor have spent over 26 years exploring both the light and dark aspects of their relationship. Their workshops focus on consciousness, love, and connection to Soul. Living with their two children and animals, they embrace deep connection, reflection, freedom, and inclusivity. Jenni is a Multidimensional Medicine Woman, and Dan channels masculine consciousness. This workshop invites men and women to explore the soul components of four key archetypes, the balance of masculine and feminine, and deepen their capacity for love. It's a call for singles, couples, and all to experience love and unity in a safe space.

LIVING WITH WAIRUA (IN THIS MODERN WORLD)



Te Hopo Rehe

—

9:30 AM Thurs

Juicy Watermelon

Te Hopo is a Traditional Māori Healer from Te Waipounamu, New Zealand, using honohono/energy healing through multiple modalities: Taoka Pūoro (Māori sound), Kōrero a wairua (psychic counselling), Mahi Atua (channeling spiritual beings), and Karakia (incantations). Drawing from the unbroken Waitaha line, Te Hopo will reveal hidden meanings in Māori Spiritual Knowledge, revisiting concepts like Io, Atua, Wairua, and Mana. This Wānaka explores the deeper meanings of Te Ao Wairua Māori, aligning them with modern spiritual perspectives to help you live in spiritual harmony.

MEDICINE SINGING CIRCLE



Helena Schilling

Matej Koukl

—

4:30 PM Fri

Whakapiki

(Inner Earth)

The Medicine Singing Circle connects people with Gaia through melodies, tuning hearts and voices to the wisdom in each song. Experience bliss and freedom while co-creating with the collective. After grounding and expanding frequencies, participants feel nourished and replenished, ready to enjoy the festival with heightened awareness and embrace Mother Earth's wisdom. Helena Schilling and Matej Koukl have facilitated Medicine Singing Circles in Tauranga throughout 2024. Helena encourages releasing shame and doubt, while Matej brings 13+ years of experience as a musician and facilitator.

MINDFUL FESTIVAL WORKOUT



**Begum
Kiremitcioglu**

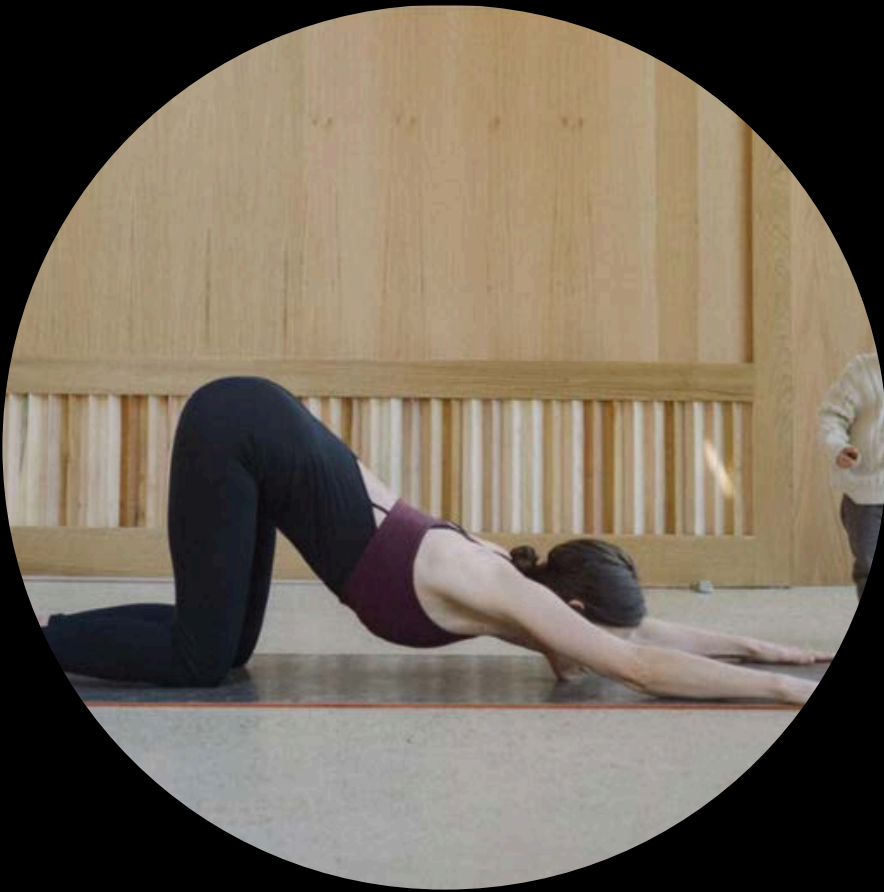
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**8:30 AM Sat
Kaipara**

This mindful, full-body workout activates muscles, flexes fascia tissue, and integrates breathwork for a deep mind-body connection. Starting slowly and building intensity, it offers options for all levels, ensuring everyone moves at their own pace. The focus is on strength, flexibility, and movement awareness, helping you stay grounded and present.

A lifelong athlete and former professional volleyball player, Begum discovered her passion for mindful movement after a knee injury. With extensive training in yoga, breathwork, and meditation, she fosters a space for reconnection and well-being. Join her for a rejuvenating movement and mindfulness experience.

MORNING VINYASA



Meg Bell

—

8:00 AM Thurs

Earth Lounge

Founder of Numi Yoga Space in Kerikeri, Meg is offering her 90-minute Vinyasa flow. The class consists of breathwork, fun, fast-paced Asana, and a long Savasana to encourage deep rest and down-regulation.

PLANETARIUM: ANCIENT ASTRONOMY



Ja Storey

—

9:30 PM Fri

Juicy Watermelon

Embark on a cosmic journey through our planets and the constellations that inspired Earth's many cultures. Dive into an interactive universe display where modern science meets the magic of the ancestors. If the skies are clear, we will also be holding a guided telescope viewing of Jupiter and moons.

We will use our laser to identify the major constellations, navigate using the stars, and tell the difference between:

- A star and a planet**
- A satellite and a UFO**
- A cloud and a galaxy**

PRIMAL FLOW – A FUSION OF CRAWLING PATTERNS AND BODYWEIGHT MOVEMENTS



Sarah Kabbani

—

9:00 AM Sun

Juicy Watermelon

I'm Sarah, and I teach a dynamic blend of Budokon (Yoga, Mobility, Yobility), Animal Flow, and Jiu-Jitsu. My approach enhances strength, flexibility, and body awareness while deepening the mind-body connection.

Focusing on functional movement and mindfulness, I help others unlock their full physical potential through a practice that is both challenging and rewarding.

Intended Outcomes:

- Improved mobility, strength, and flexibility**
- Enhanced coordination and balance**
- Greater body awareness and mind-body connection**

SACRED SOUND: JOURNEY TO SELF



Jahson and Chiro

—

12 PM Fri

Jah's Baazar

Sacred Sound is a unique and immersive musical experience where we attune to the universal music within and around us.

We guide listeners on this journey by blending taonga pūoro, voice toning, chanting, drumming, handpan, guitar, and other instruments. By noticing both our inner and outer worlds, we connect with the music of the universe. Through deep listening—to our thoughts, feelings, and surroundings—we discover moments of connection and share them with you.

May these sounds support you on your journey.

SACRED SOUNDS



Jack Willow

—

7:00 PM Thurs

Earth Lounge

Embark on a journey outside of time & experience a vibrational transmission with hand crafted instruments. Allow Jack Willow to hold space & weave a soundscape like no other & let the vibrations take you deep through your inner world shining light on places that have been long dark. Crafting most of his tools himself, Willow creates each instrument with healing intentions and a deep connection with Wairua.

These sounds are ancient

These sounds are powerful

These sounds are here to guide you.

SOMATIC DANCE RITUAL



Stephen Blase

—

8:00 PM Thurs

Kaipara

Step into a living ritual where movement bridges the seen and unseen. This ceremonial experience blends modern dance with ancient ritual, attuning your body to higher frequencies. Through embodied presence, you'll harmonize the primal and the divine, co-creating a space for transformation and deeper connection to self, spirit, and community.

More than a dance, this is an invitation to vibrate in unity with something timeless and profound. Sarsha Hope and Stephen Blase have toured worldwide, sharing their latest work on ritual, energetics, and eco-somatics. All bodies and experience levels are welcome.

SOUND BATH



Antonio Karam

—

8:30 AM Fri

Earth Lounge

Antonio Karam, a music therapy student with a degree in jazz and music education, is deeply connected to Native American traditions and believes in the healing power of music.

His soundbath sessions feature a unique blend of instruments from around the world, each selected for their distinct sounds and frequencies. These vibrations interact with the environment, creating energies that help release emotional blockages and encourage deep introspection. Participants often experience internal reflection, leading to improved physical well-being and emotional balance.

Antonio's sessions are a profound testament to his belief in music as medicine.

SOUNDING & SPEAKING FROM THE HEART



Sylvia Rands

—

10:00 AM Thurs

Solomon

This transformative voice work aligns body, psyche, and spirit, uncovering communication patterns and freeing you to release what no longer serves you. Through breath, toning, bodywork, and courageous exploration, you'll expand your energetic field and engage with the Hero's Journey of the voice. Ground yourself, growl, release the past, and let spirit tune you. Discover how voice unfreezes stuck energy, raises frequency, and enhances well-being. Sylvia Rands, a leading New Zealand facilitator in self-realization through sound, has offered workshops, sound healing, and vocal coaching for over 30 years.

STAND UP COMEDY FOR NEWBIES



Marty Bright

—

11AM Thurs

The Barn

Join globe-wandering, award winning comedian and Earthbeat favourite, Marty Bright, and a selection of guest comedy mentors for a fun, inclusive and interactive introduction into writing your first stand up comedy set.

Bring a notebook, a pen and any ideas you have for your debut performance, as all participants will have the opportunity to showcase their jokes at this year's EarthBeat Festival.

SUNRISE CONNECTION (CONNECTION FOR THE CURIOS)



Logan Pike

—

7:00 AM Thurs

Juicy Watermelon

7:00 PM Sat

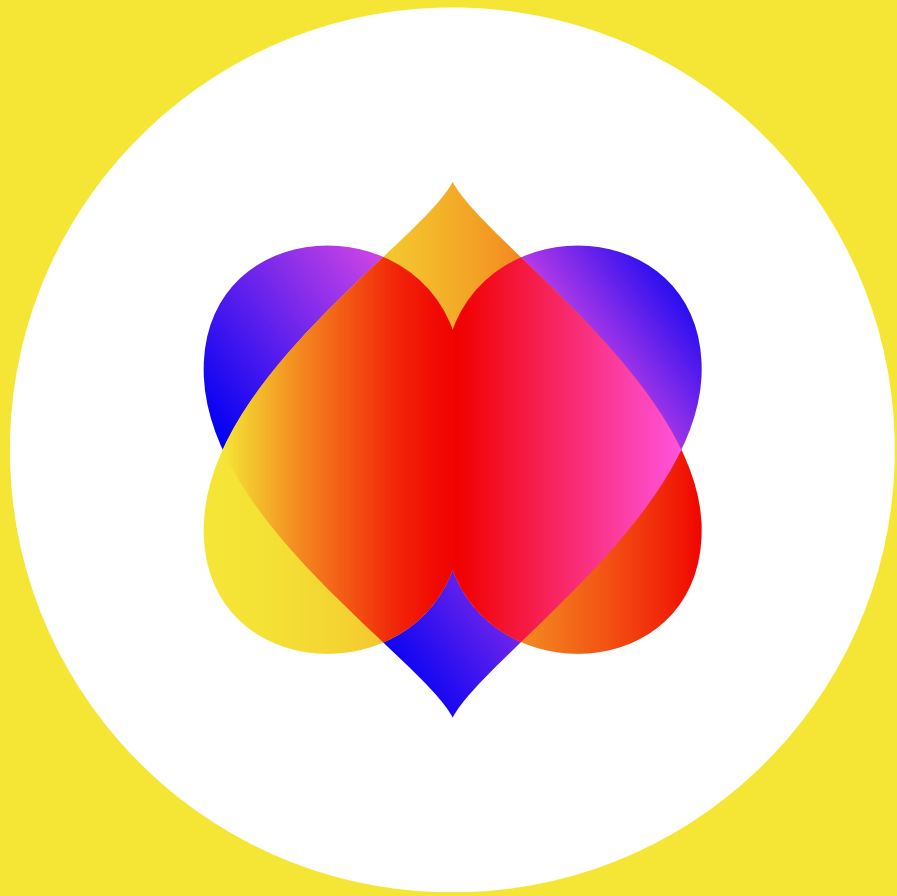
Regional Park

Sunrise Connection is a space for curious individuals to gather, explore honest questions, and engage in meaningful conversation. Together, we'll enjoy the morning light while fostering openness, authenticity, and personal expression.

What to Expect:

- **A short, gentle meditation**
- **A moment to appreciate the morning light**
- **A circle discussion on deeper aspects of life and self**

THE LAST EARTH BEAT? A COMMUNITY CONVERSATION



Facilitated by
Maya Nova &
Rosalie Steward

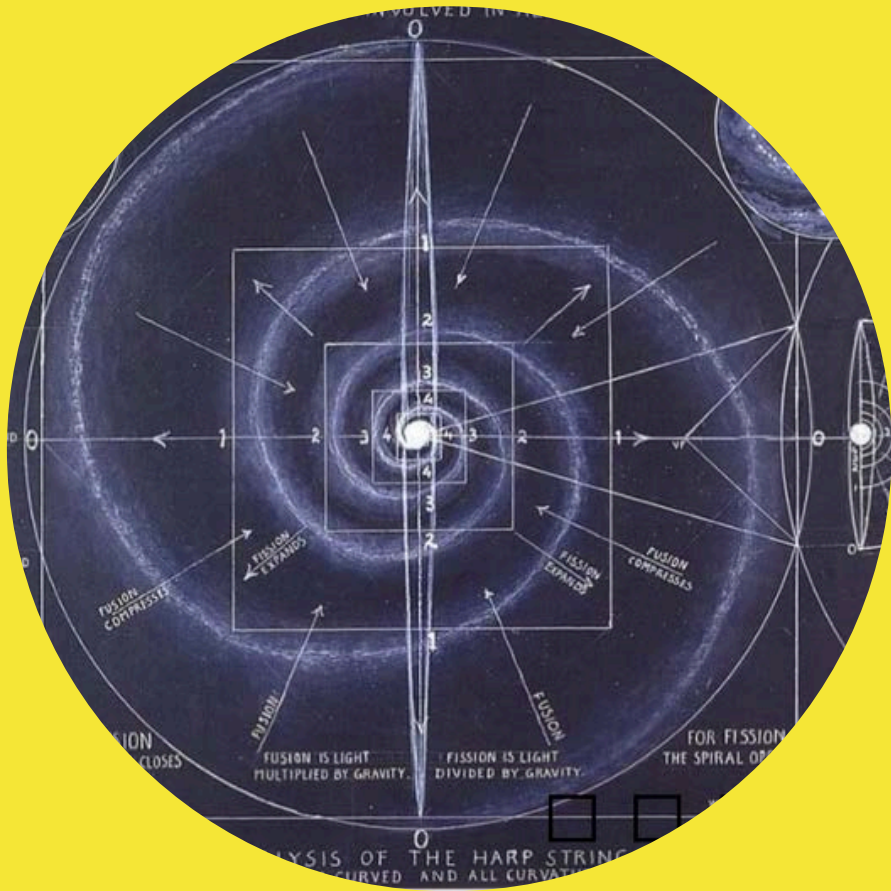
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1:15 PM

Juicy Watermelon

After 7 festivals, Earth Beat faces a crucial transition as our time at Ātiu Creek likely ends. What makes this gathering special—our intergenerational village of connection and growth—has become rare in today's world. Join us to explore what comes next. How might Earth Beat evolve while being sustainable and true to its essence? Whether you're a longtime attendee or newcomer, your insights matter. This conversation kicks off the journey toward Earth Beat's future. Come with your passion and readiness to contribute to making it happen.

THE ART OF ELECTRICITY, LIGHT AND NATURE



Scott Rabone

—

8:30 PM Sat

Juicy Watermelon

Kia Ora, I'm Scott Rabone, an electrician with 16 years of experience. I've studied Lighting & Design, Universal Law, Natural Science, and Living Philosophy. I'm also a radio operator and garden enthusiast.

In this workshop, we'll explore what electricity and light truly are, how we acquire and embrace them, and their relationship to nature and the human experience. By empowering your mind with knowledge and wisdom, you'll gain a deeper understanding of our role in conserving nature. Through visual aids and a practical, philosophical approach, we'll answer humanity's most profound questions about light, electricity, and nature.

THE HOUSE OF ROOTS & STARS



Keith Maxwell & Clio Meyer

—

**6:15 PM Thurs
Juicy Watermelon**

In this guided drum journey, you'll connect with Rose, a being known for her softness and powerful authenticity, to experience her healing medicine. Sacred to goddesses like Inanna, Aphrodite, and Mother Mary, Rose has been a companion to humanity for millennia.

We'll explore how Venus, embodying the Divine Feminine, and Rose dance together. Rose's high frequency and healing vibration make her a powerful guide, supporting vulnerability and heart-opening.

This workshop includes an astrology discussion, a ceremonial Rose tea, and a guided drum journey. Clio, a herbalist and healer, and Keith, an astrologer, created the House of Roots & Stars to integrate stars and plants into daily life.

THE MAGICAL CRAFT OF STAGE, SOUND & LIGHT PRODUCTION



Rayna Love

—

10:45 AM Fri

The Barn

**Facilitated by Rayna Love, with special guests.
(All ages, youth welcome.)**

This hands-on workshop takes place on a live festival stage, allowing participants to experience what it's like to be onstage and what it takes to support performers. The goal is to empower performers to focus on their craft, knowing that sound and lights are expertly handled.

Rayna Love, a respected sound engineer since 1990, shares practical tips and tricks from years of experience managing stage production at festivals and events across New Zealand with volunteer crews.

THE POWER OF AYURVEDA



Janesh Vaidya

—

4:30 PM Fri

Juicy Watermelon

Are you seeking wisdom to deepen your understanding of yourself and others? Janesh Vaidya, an expert in Ayurveda, leads an engaging lecture on the principles of this ancient health science. With a blend of humor and insight, he makes the concepts accessible to all audiences. You'll learn about your core personality and unlock your hidden potential for personal and professional growth.

Janesh offers practical tools for improving health at different levels and shares his 21-day kick-start program, which has transformed lives in Europe. As the MD of Vaidya's Ayurveda Village in Kerala, Janesh is a renowned practitioner, lecturer, and bestselling author.

THE VIRGIN AND THE HARLOT: A SOMATIC JOURNEY TO WHOLENESS



Sarsha Hope

—

11:00 AM Fri

Kaipara

Join Sarsha Hope, women’s embodiment coach and founder of Somatic Dance International, for a transformative somatic dance workshop exclusively for women. Together, we’ll explore the Virgin and the Harlot archetypes—distorted through patriarchy and colonization. These archetypes represent forces within the feminine psyche, often seen as opposites.

Through somatic movement and embodiment practices, we’ll reconnect with these archetypes, not as enemies, but as allies. We’ll honor both the wildness and innocence of our nature, celebrating their unity and reclaiming the wisdom of our bodies, rewriting the narrative of “good” versus “wild.”

THE CONNECTION PLAYGROUND



Tarisha Tourok

—

9:45 AM Sun

Kaipara

This workshop invites you to drop your masks and be seen in your true essence. Together, we'll explore what opens and closes our hearts, peeling away layers to uncover who we really are. With this openness comes freedom, relaxation, and a sense of ease that allows us to live with our hearts full. Through interactive exercises and guided practices, you'll discover how vulnerability and presence unlock deeper, more meaningful relationships, whether single or partnered. Open to all genders and orientations.

Your host, Tarisha Tourok, is a trauma-informed therapist specializing in sacred sexuality and relationships.

THE HEART OF PRESENCE



Radha Iveta

—

9:30 AM Sat

Earth Lounge

Leah, a DJ, mentor, and producer, joins Robbie Fear, a trauma-informed somatic therapist, to create a transformative morning experience that awakens the body through music and movement. This workshop combines the power of sound and somatic practices, inviting participants to reconnect with their bodies through shaking, freeform dance, and nervous system regulation techniques.

Robbie guides movement exercises while Leah curates a soundscape that begins with grounding beats and builds into high-energy rhythms. As the music intensifies, participants release tension and embrace the joy of embodied movement, leaving them **READY for Earth Beat magic!**

THE WARRIOR'S JOURNEY – SEED VINYASA FLOW



Jock Barns-Graham

—

8:00 AM Fri

Solomon

Embark on a transformative journey in this unique workshop, starting with an invigorating Vinyasa flow led by Jock from Yogasend. As you flow through the practice, immerse yourself in the enchanting sounds of handpan, indigenous flutes, and traditional Māori karakia, harmonizing to activate your body, mind, and spirit for balance and inner harmony.

The workshop culminates in a profound guided meditation focused on the ‘Seed of Life,’ exploring the potential within us and our connection to ancient wisdom. Unwind, rejuvenate, and reconnect with your innermost essence, allowing transformation to unfold.

**TUNING INTO KIDS –
EMOTIONALLY
INTELLIGENT PARENTING
TO TEACH YOU HOW TO
HANDLE LITTLE PEOPLES
BIG EMOTIONS**



Danica Joy

—

9:45 AM Fri

Jah's Bazaar

In this 1-hour session, you will learn to comfort your child through big feelings, help regulate their emotions, and coach anger. Perfect for parents of children aged 1-10 years, this session is a preview of the Tuning into Kids – Emotionally Intelligent Parenting program, accredited by Melbourne University.

WAKE UP & SHAKE UP



Robbie Fear

—

9:00 AM Fri

Kaipara

Leah, a DJ, mentor, and producer, joins Robbie Fear, a trauma-informed somatic therapist, to create a transformative morning experience that awakens the body through music and movement. This workshop combines the power of sound and somatic practices, inviting participants to reconnect with their bodies through shaking, freeform dance, and nervous system regulation techniques.

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WALK THE HEART PATH - GUIDED FOREST THERAPY WALK



Mikaela Gilhooly

—

10:00 AM Sun

Regional Park

Open the space to meet the land and yourself as you are, through the medicine of spaciousness, presence, and curiosity. Take the time to root down with an invitation-based forest therapy walk, inspired by the Japanese practice of Shinrin-Yoku, or Forest Bathing.

Together, we will move through a series of invitations to greet the land through our senses and open spaciousness to notice what arises. I wonder what gifts the land has for you, and what gifts you have for the land. Everything is welcome.

WHY SUPPORT MĀORI SOVEREIGNTY?



Aotearoa Liberation League

Pere and Samah Huriwai-Seger

**—
11:30 AM Sat
Juicy Watermelon**

It's an exciting time to join the revolution. The government's attacks on Māori have fueled Aotearoa's oldest and strongest movement. Nearly a fifth of the population, Māori challenge a capitalist state that conflicts with their communal, eco-harmonious way of life.

This workshop explores decolonisation in 2025 and why supporting Tino Rangatiratanga (Māori sovereignty) benefits everyone.

Kia ora, we are Samah and Pere Huriwai-Seger, living on a papakāinga in Otaua, Northland. Through Aotearoa Liberation League (ALL), we create media on colonisation, capitalism, and support grassroots movements.

WILD NIDRA



Charlotte Friedrich

—

1:00 PM Thurs

Juicy Watermelon

Yoga Nidra, meaning "sleep," is a meditative practice that guides you into deep rest. This class offers a stillness space to integrate the festival's transformational effects, helping you stay present throughout Earthbeat.

Wild Nidra, inspired by nature's rhythms, is co-created for this occasion to deepen your connection to the land.

Charlotte, a cyclical wellbeing practitioner with an MSc in wellbeing psychology, specializes in hormonal health, women's yoga therapy, Total Yoga Nidra, and chronobiology. Based in Tāhuna, Queenstown, she runs a wellbeing practice and consults for Aro Hā wellness retreat.

WOMEN, WHAT DO YOU WANT?



Ines Steward

—

1:30 PM Thurs

Whakapiki

(Inner Earth)

For women raised in a patriarchal culture, expressing what your being truly wants can be challenging. You may have learned to sense and prioritize the wants of others, putting your own desires aside for safety. This strategy, while protective, can create confusion in your life.

In this workshop, we partner up and repeatedly ask, “What do you want?”—helping each woman move past defense mechanisms and stories to connect with her true feelings. This safe, women-only space allows you to explore what it’s like to be asked and to speak your wants. All women are welcome.

YIN YOGA & SOUND IMMERSION



Helen Archard

—

5:15 PM Sat

Juicy Watermelon

A 90-minute Yin Yoga journey into the heart space to reconnect, reset, and realign with the compass of the heart. Holding each shape in stillness for longer, creating the space to truly listen and remember. The journey will be accompanied by music and vocals by Katana to infuse the experience with gentle activation.

The Earth Lounge will be hosting a series of workshops hosted by the Seleno Health Team. Time and descriptions for these workshops will be in the EB2025 festival programme.

