



Friday 17th

Moon stage

Presented by



15:00–15:30

OPENING CEREMONY

17:00–18:30

FLOWIN & GROOVIN
NINA TOLLEMACHE

19:00–20:00

SAUNA CULTURE
THOMAS HINZ

20:00–21:30

LIVE MUSIC
BODHI PROHL

21:30–23:00

HOUSE MUSIC
DJT

SAUNA FEST 29



Saturday 18th

Moon stage

Presented by



THE SAUNA
PROJECT

8:00–9:30

CACAO CEREMONY, YIN YOGA & KIRTAN

KELLY SMITH & SARAH SPENCE

19:00–20:00

LIVE MUSIC

JULIAN & REMI

10:00–11:30

SPRITUAL GARDENING

MONIQUE MACFARLANE

20:00–21:30

FUNKY HOUSE

DJT

12:00–13:00

WHAT MAKES SAUNAS SO GOOD?

NIGEL BEACH & DOMINIC BOWDEN

21:30– 23:30

SMOOTH HOUSE

SNEAD PLACE

13:30–14:30

STRESS – SILENT KILLER OR SUPERPOWER?

DR SAVANNAH MAHONEY

23:30–01:30

ELECTRONIC HOUSE

REID THE ROOM

15:00–16:30

FREE TO BREATHE

MARY BELL

16:30–18:00

HATHA YOGA

ALEXANDRA YATROPOULOS

18:00–19:00

BLUE LOTUS CEREMONY

MATT & NILA



Saturday 18th

Star stage

Presented by



08:30–10:00

BOTANICAL PRINTS

CAROLINA SILVA

10:30–12:00

SOCIAL CIRCLE

RUTHERFORD MAULE

12:30–14:00

MAMAS CACAO CIRCLE

TISH MEXTED

14:30–16:00

BOTANICAL BREW

MANAMI KOMAI

16:30–6:00

YIN YANG FLOW

CARRIE BURNS

SAUNA FEST 29



Sunday 19th

Moon stage



08:00–09:00

RAIN MEDITATION

KENRICK SMITH

09:00–10:00

TERRA SOMA YOGA

EMMA REDGROVE

10:00–11:00

SLOW FLOW

TUI GREER

12:00–13:00

FOUNDERS TALK

LUKE KEELAN DAVID

13:00–13:30

CLOSING CEREMONY