

# WITH

WOMEN IN THE HINTERLAND

# FEST



# PRESENTERS



BYRON BAY HINTERLAND RETREAT  
OCTOBER 8-11, 2020

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WOMEN IN THE HINTERLAND  
FEST

# JANELLA PURCELL

Janella Purcell is a pioneer of the Natural Health & Wellness industry and has worked tirelessly over the years to bring her formidable knowledge to the mainstream. Her role as a respected and awarded Naturopath, Herbalist and Nutritionist with 20 years of clinical experience, has shaped the way Australians view the connection between food, lifestyle and healing. She has led the way in the media for many to follow in the areas of food as medicine, body/mind healing, and sustainable, chemical-free living.

She is an award-winning author of five best-selling books on natural healing, and environmental awareness, and her ethical recipes are widely loved and used. Janella's books have become recommended reading and/or texts in Natural Health Colleges, and she has been a regular columnist for many of Australia's most popular and wide-reaching publications and websites.

Janella was recently awarded a Fellowship from *The National Naturopaths and Herbalist Association Of Australia* (NHAA) for her service to the industry over the past two decades.

[www.janellapurcell.com](http://www.janellapurcell.com)



# JANELLA'S SESSIONS

FRIDAY | 10AM

## A WOMAN'S SEASONS:

**From Maiden, to Mother, to Maga and Crone**

*The phases of a woman's life were reflected in the Earth's seasons. Maiden/spring, Mother/summer; Maga/autumn, Crone/winter.*

An Initiation or a rite of passage once marked the end of one season, and the beginning of the next. This was understood by women and respected as part of the process of the cycles of change in a female's life. The transformation that accompanied these transformations were deeply revered and accepted, and on many cases — anticipated. Janella will guide us through these separate seasons, giving each woman the tools she needs to glide from one season to the next - with grace, gratitude and fulfillment.

FRIDAY | 2PM

## THE 5 ELEMENTS

*Janella will discuss how the earth's 5 elements influence us — from our diet, health, emotions, cravings, fertility and thought patterns; ultimately dictating and influencing the state of our body/mind.*

For over 2,000 years, Traditional Chinese medicine (TCM) has explored the concepts of Yin and Yang with the Five Elements theory, forming the basis of TCM. The five elements of Wood, Fire, Earth, Metal and Water show us how everything is connected. Having knowledge of the 5 Elements is especially useful for understanding and correcting the imbalance women are now living with.

	Wood	Fire	Earth	Metal	Water
Yin Organ	Liver	Heart	Spleen	Lung	Kidney
Yang Organ	Gallbladder	Small Intestine	Stomach	Large Intestine	Urinary Bladder
Taste	Sour	Bitter	Sweet	Pungent	Salty
Tissue	Tendon	Blood Vessel	Muscle	Skin	Bone
Season	Spring	Summer	Late summer	Autumn	Winter
Emotion	Anger	Joy	Worry	Sorrow	Fear

5 ELEMENT CHART

# SARAH SINGING RAVEN

*Hello dear friend. It's clearly time for us all to heal, evolve and awaken together. I have known this since a child and my life journey has been an adventure to embody and learn the ancient technologies that help us reconnect to Spirit and the Living Universe.*

*I look forward to sharing that with you.*

Sarah's life purpose is to reconnect people to Spirit and the Living Universe.

Since 1996 Sarah has been undergoing the rites of passage associated with the Native American people, and she has been working with South American shamanic practice for the past 20 years, continuing to undergo the vigorous initiations connected to the medicine path.

She has been facilitating transformational ceremonies and teachings in Australia and Europe since 1999.

Her ceremonies, teachings and workshops are known for their authentic transformational power . . . and for the deep love, integrity and humour she brings to her work.

[www.graciasmadre.org](http://www.graciasmadre.org)



# SARAH'S SESSIONS

**SATURDAY | 10AM**

## SACRED FEMININE POWER

What if there was an ancient body of knowledge that contemporary women have lost regarding our natural feminine power and natural cycles?

What if this tradition of women's teachings was the key to our feminine flourishing, our empowerment, our well-being and joyful self-esteem?

Together we will explore some of these teachings of the feminine menstrual cycle, so that you may reclaim them for yourself.



**SUNDAY | 8.30AM**

## QUESTLETTE

Questlette provides a sacred opportunity for direct communion with our beautiful Mother Earth and the greater wisdom of your own Soul. During Questlette we go into Nature, with our hearts and minds open to receive her gifts. "Vision Quest" is an ancient ceremony of 4 days where the seeker will go into the Wilderness to seek a deeper connection with wisdom, truth and Life itself.

Questlette is a homeopathic dose of this powerful ceremony, and can bring clarity, healing and deeper connection. Naturally.



# HILARY BAIN

*Hilary believes that the root of most of the planet's ailments can be attributed to the patriarchy, and if women could hear their own story - HERstory - through the ages, it would change the way they feel about their own gender, themselves as women and the world would change!*

Hilary Bain is a filmmaker, artist, feminist and witch who spent her childhood in Africa, and most of her adulthood in Northern California. She studied art at the San Francisco Art Institute, witchcraft with various other women including Z Budapest and Starhawk.

Hilary's life had been a roller coaster of alcohol and drug addiction and recovery in her earlier life which helped her connect to the natural world as the sacred space of healing and health.

She's lived her life on the edges of society, observing what needs balancing. From documentaries such as *The Worm is Turning*, where the food and agricultural industries are dissected and the film shows quite clearly how patriarchy has had a very detrimental effect on women and the land.

Hilary believes that the root of most of the planet's ailments can be attributed to the patriarchy, and if women could hear their own herstory through the ages, it would change the way they feel about their own gender, themselves as women and the world would change!

[www.thewormisturning.com](http://www.thewormisturning.com)



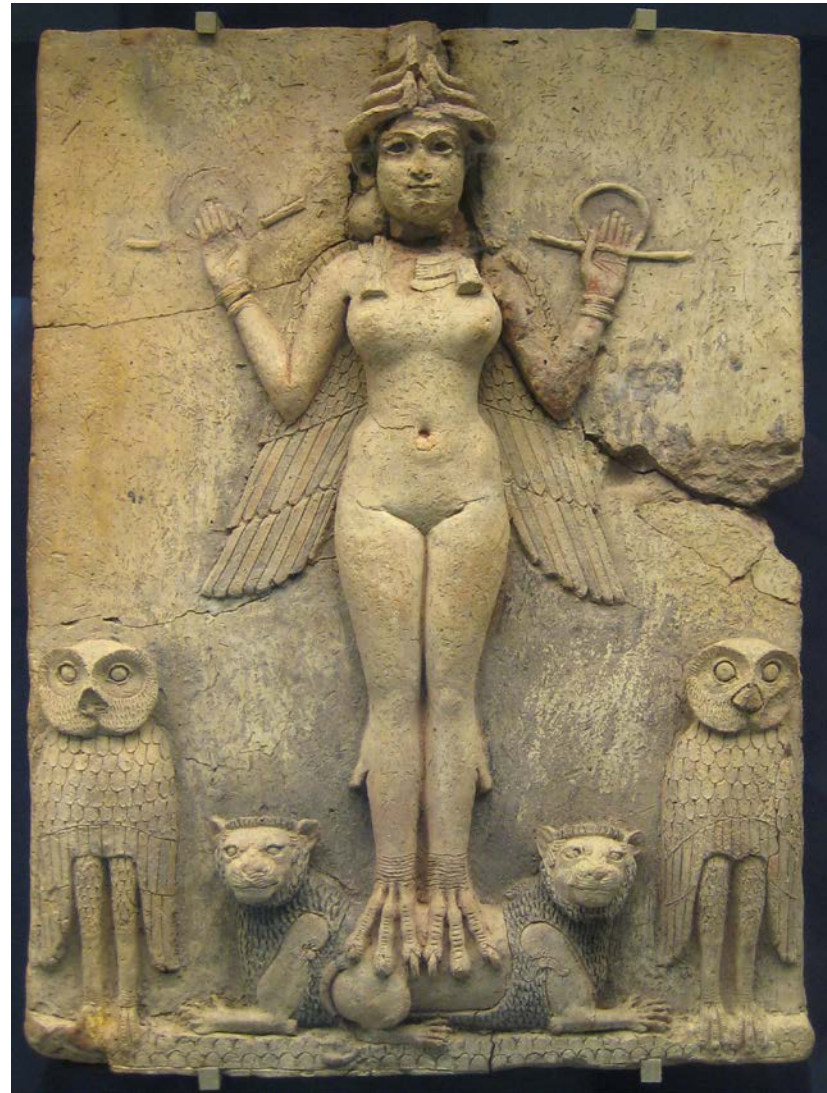


# HILARY'S SESSION

FRIDAY | 11.30AM

## HERstory

History has censored, if not completely edited out women's roles and contributions. Hilary will give us an illuminating sound bite of Her Story - taking us back in time to the Matriarchy, a time of great respect for Mother Nature, and then through the journey of the last 3000 years that has been wiped out by the Patriarchal culture in which we now live.





# HEATHER ELWELL

*We all have an innate sense of rhythm waiting for flow and fun expression!*

*Through sharing my passion, I enjoy and appreciate witnessing how drumming can be a powerful tool for creativity and healing. Yours in Rhythm, Heather.*

I created Loose Grooves (beginner West African drum classes/workshops) approximately 10 years ago in Toowoomba (QLD), where I was an active drummer (performer & teacher) in Dudu Zulu (community drum group) for about 18 years.

In 2015, I moved to the Northern Rivers seeking my tribe. Relocating to this rich region of connection in community has greatly expanded my drumming life, collaborating and teaching with other enthusiastic drummers.

[www.facebook.com/groups/439143416276143/](https://www.facebook.com/groups/439143416276143/)



# HEATHER'S SESSION

SATURDAY | 7.30PM

## LOOSE GROOVES DRUMMING

During our drum session, we will learn basic West African rhythms on djembes and other percussion instruments, and we'll include some simple chanting too.



# RITIKA SIKKA

*Sattva Yoga hails from the foothills of Himalayas, founded by Anand Mehrotra. It is a holistic evolutionary practice involving all limbs of yoga i.e. breath work (pranayama and Kriya), movement (hatha), mantra chanting, and meditation.*

*Breathwork and Kriya is a science and technology used to upgrade one's human physiology to access subtler and subtler levels of information within the cellular organism. These practices clean out old dense information and replace it with new information infused with wisdom and experiential truth.*

Ritika is a Master Sattva Yoga and Meditation Teacher, and Vedic astrologer.

[www.sattvasanctuary.com.au](http://www.sattvasanctuary.com.au)



# RITIKA'S SESSIONS

DAILY | 7.15AM

90 MIN SATTVA YOGA JOURNEY

FRIDAY | 4PM

SETTING UP YOUR OWN SACRED ALTAR  
Using Conscious Ritual including the 5 elements

FRIDAY | 7.30PM

COSMIC EVENING JOURNEY  
Guided meditation

FRIDAY & SATURDAY | 5-6.30PM

## PRIVATE SESSIONS

Vedic Astrology Sessions with Ritika will be available on Friday and Saturday afternoons during WITHfest, from 5 to 6:30pm.

Ritika is also available pre or post Retreat.

For all bookings go to her FB page  
[www.facebook.com/sattvasanctuary](https://www.facebook.com/sattvasanctuary)

# LYDIA BURTH

*The Sound breaks tension mobilises your self-healing forces and sets free creative energies.*

*The sound of the singing bowls touches our innermost soul and brings it to vibration.*

***"The knower of the mystery of sound knows the mystery of the whole universe."***

*Hazrat Inayat Khan*

Lydia is a certified Sound Healer, Hatha Yoga Teacher, Hormone Yoga Teacher, Laughing Yoga Teacher, Prana Healer, Massage Therapist, Cranio- Sacral Therapist, Women's group facilitator and mother of 3 beautiful children.

Facilitating healing and guiding people on their journey to reunite with the source of love is my passion.

[www.yogakulabyronbay.com](http://www.yogakulabyronbay.com)



# LYDIA'S SESSIONS

**THURSDAY | 7.30PM**

## **SOUND MEDITATION**

Sound Meditation will take you on a meditative journey through sound to open your heart to the abundance around us and within. The relaxing playing of Tibetan singing bowls, gong, shamanic drums, and other traditional healing instruments will take you on a deeper inner exploration of the Self and facilitates for deep relaxation and personal transformation under the guidance of your soul.

Let the mind be cleared, the body be recalibrated, and emotions balanced as you embrace inner stillness. No previous experience is necessary to benefit from this absolutely calm and healing practice.



**SATURDAY | 2.30PM**

## **HORMONE YOGA THERAPY (HYT) FOR WOMEN**

A powerful and effective practice to facilitate a woman's healing by balancing hormones. Hormone Yoga is for all Women who want to reduce the symptoms of hormone imbalance such as Menopause, PMS, Polycystic Ovaries, Infertility and other problems connected with fluctuating hormone levels in your body.

Hormone Yoga is a specially designed series of dynamic asanas, pranayama, visualisation/yoga nidra, and Tibetan energy techniques which together reactivate hormone production and consequently restore hormonal balance. The dynamic sequence for women especially stimulates the ovaries, thyroid, parathyroid, pituitary gland, and adrenal glands. HYT is a holistic treatment that acts on physical, physiological, psychic and energy levels, bringing health and vitality to life.

HYT is a manageable form of exercise and is designed for women at all fitness levels. No previous yoga experience is needed.



# CLAUDINE GERTRUDE

*In 1997 I arrived in Sydney, 30 years old, I became more grounded through my studies and work as a shiatsu therapist while I explored different forms of meditation, self-development, yoga and dance.*

*In 2017 I was part of the first YoniMapping Therapy Training.*

*My passion is to awaken, soften and strengthen us women into our full potential and to open and create ways to bring peace, flow and connection into the relational field.*

Claudine Gertrude is a Yoni Mapping therapist, a Zen Shiatsu practitioner and offers Feminine Embodiment practices and coaching in classes, courses and 1:1.

Claudine embarked upon the path of conscious embodiment practices 20 years ago, realizing the importance of fully embracing the body as a conduit for spiritual and emotional growth. She is passionate about the interconnectedness of the emotional, physical and spiritual aspects of our humanness — all culminating in an exploration of how these meet in the body; and how our human bodies connect and fit into the natural world.

Having deeply immersed herself in her own practices over the years she has come to honour and own her vulnerability, strength, aliveness and sexuality more fully. Reconnecting women to their internal knowing, sensuality and inner wilderness is her gift. Claudine is devoted to this path, and wholeheartedly walks her talk, bringing a strong sense of compassion and transformative energy to every relational experience she has.



[www.claudine-gertrude.com.au](http://www.claudine-gertrude.com.au)

# CLAUDINE'S SESSIONS

SATURDAY | 2PM

## YONI MAPPING

In this session I will introduce you to the Yoni, the female genitalia and its many appearances, its energy and its physicality.

I will talk about different maps that have been overlaid over Her in different traditions and how those maps can serve a woman living in 2020 in her exploration and discovery of her sexuality, orgasmic nature, her authentic desire for deep connection with herself, another and the mystical realms.



FRIDAY & SATURDAY | 5-6.30PM

## PRIVATE SESSIONS

**1 or 1.5hrs SomaShiatsu** is a deeply relaxing treatment. My touch is very attuned to open and soften your body deeply and bring fluidity and aliveness into your joints, your organs, your spine and your soul.

**1 or 1.5hrs WombInquiry** offers an opportunity for you to be deeply supported in the exploration of your relationship to your body, your sensuality, sexuality. All that is related to your pelvic, your Yoni and your heart. Self love, self care, relationship to the 'divine', respect, orgasmic experience are all part of this.

**3hr Yoni Mapping sessions** available post Retreat

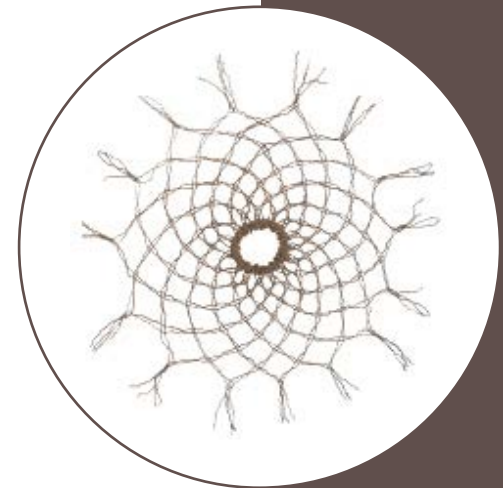
# ZIMMI FOREST

*The Bangalow Palm is a local indigenous plant to the Northern Rivers of NSW. It was and is still used by indigenous tribes along the East coast of Australia. It has many qualities and functions.*

Zimmi Forest is a fibre artist from Byron Bay who has a passion for sustainability and the environment. Zimmi creates works with nature, about nature and in nature. She studied fine art and from there her practise expanded to include painting, metalwork, fishing line and glass.

Zimmi's skills are based in basketry, carpentry, floristry, ceramics and welding and her work has been in many nationally recognised exhibitions. She has been teaching & exhibiting basketry and fibre-art for over 25 years.

[www.weavingnature.com](http://www.weavingnature.com)



# ZIMMI'S SESSION

FRIDAY | 12PM

## WEAVING NATURE

In Zimmi's class we will focus on the Bangalow Palm's ability as a 'collecting' vessel. We will use simple techniques to fold, stitch and embellish the sheath to reflect & personalise your individual vision.



# WITH

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WITHfest acknowledges that the festival is held on the traditional lands of the Bunjalong people, in the Arakwal nation.

WITHfest values inclusivity, oneness, non-duality.

We respect our ancestors, sisterhood and brotherhood, and the exploration and expression of our true Selves.