

SHE'ELA 2018 PROGRAM SCHEDULE

For more info: sheelafestival2018@gmail.com

or www.sheelafestival.org

Tickets: <https://www.trybooking.com/WQK>

	AUDITORIUM	THEATRETTE	CAULFIELD CUP ROOM	RIPPON LEA ROOM	Throughout the day
From 8:15	REGISTRATION				
8:30 - 9:15			Yoga: Slow flow mindful practice Miriam Danby	Finding Silence: Meditation and mindfulness for everyday life Zoe Kanat	
9:30 - 10:00	OPENING CEREMONY (Auditorium)				
	Welcome Naomi Rubinstein	Patron Address Danielle McKeown	Charity Orange Sky	Keynote Address:	
10:15 - 11:00	Kabbalah: Lilith – the Story of Adam’s First Wife Evelynne Joffe	Hidden Treasures: Unearthing stories of bravery, generosity and kindness Moderator: Suzy Zail	5Rhythms, dancing towards freedom Rivka Worth		Sewing the seeds stand
11:15 - 12:00	Is your Roadmap pointing True? Maureen Barten	INSPIRATION BOMBS Various Speakers Host: Nina Bassat	Writing about your life: <i>using story to explore experiences</i> Roz Bellamy		Food
12:15 - 1:00	Just Dance Yakira Abraham	MOUTH: Extraordinary stories from ordinary people Various Speakers Host: Helen Mizrachi	From Sinai to Simon A lyrical shiur Havi Rubinstein	Intuitive Painting workshop* Ella Rubinstein	coffee/chai/hot chocolate
1:00 - 2:00	LUNCH (Auditorium) second half of lunch - surprise				
2:00 - 2:45	KEYNOTE PANEL: (Auditorium) Success stories, but not without their challenges.				
	Moderator: Julie Szego	Jodie Auster	Ruth Barson	Kerri Sackville	
3:00 - 3:45	Kosher Tantra Azra Sabljo	Keeping it simple - How to eat like our grandparents Dr Debbie Herbst	Sound Shower* Tonia Barolsky & Shira Patkin		Body art
4:00 - 4:45	Becoming the Best Version of Yourself* Dalia Gross	Going within to get Back to Basics: Elise Bialylew and Timmy Rubin Moderator: Naomi Rubinstein	Reignite Sacred Feminine Blessing circle Brigitte Benary		Art Station
5:00 - 5:45	SET UP AUDITORIUM FOR FINALE	Keeping searching for Mr. Right or embark on motherhood alone. Esther Justin Jasmine Richwol	Giving Girls Wings Davida Forshaw	Ve’ahavta pop up choir with Sarah Mandie	
6:00 - 6:30	Closing Ceremony (Auditorium) Please arrive at 5:50pm for a 6pm start Brigitte Banary, Zoe Kanat, Sarah Mandie, Naomi Rubinstein				

Format Type:

Presentation or Discussion

Workshop or Interactive

Communal Session

*CAPPED SESSION - limited places available, sign up at registration desk to participate.