Program at a Glance

Vibrance Women's Celebrating Womanhood Conference 3, 4 & 5 December, 2010.
At The Greenmount Beach Resort, Coolangatta on the QLD Gold Coast, Australia.
For full details refer to page referenced in brochure at http://www.vibrance.com.au/_IMAGES/brochure.pdf.

Friday 3 December.

9am til 5pm. One Day Pre-Conference Workshop with Kathy Popplewell.
The FyouSION Experience, 'Fitness that Feels Good & Celebrates the way YOU Groove'. Page 5.

Saturday

8.30am - 10am. *Welcome to Celebrating Womanhood & Opening Address
Awakening a dream, a journey, a beginning, a legacy...
with conference founder Kathy Popplewell.

10.30am - 12noon. Session One Choices
1. Wild Wise Women. Jo Brown. Page 16.
2. Reclaiming your feminine essence. The journey back to paradise. Annie Meredith. Page 8.
3. It's all about you! Audrey Thomas. Page 9.

1.15pm - 2.15pm. Session Two Choices
1. Create a health retreat in your own home. Annie Clark. Page 7.
2. Walking the Black Dog, Thriving through depression. Amanda Allen. Page 6.
3. Break the habits of a lifetime. Julie McDonald. Page 17.

2.30 - 4pm. Session Three Choices
1. The Power of Play for Reclaiming Your Truth & Joy. Barbara Brewster. Page 10.
2. The Way of the Sacred Woman. Segolene King. Page 23.
3. Finding Her Again - Understanding Female Sexuality. Janet McGeever. Page 15.

4.30pm - 6pm. Session Four Choices
1. I'd follow my deepest desires... If only I knew what they were. Gabriella Salmon. Page 13.
2. Sacred Circle Journey. Jane Anderson. Page 14.
3. Magical Relationships. Rani Kudhal-Peluso. Page 21.

7.30pm - 9.30pm *Saturday Evening Event
Shhh Secret Women's Business, Ladies Night In (No Men Allowed)
performances, interactive fun and special guest *Malaika Cheze*! Page 26.

Sunday

8am - 8.45am. Session One Choices
1. Aikido class. Shannon Brannock. Page 24.
2. The Importance of Nutrition. Fiona Kane. Page 12.
3. Journey to Awakening. Toni Silveira. Page 25.

9am - 10am. Session Two Choices
1. Hormone Yoga. Sabine Steiner. Page 22.
2. The No Diet, Weight Loss using your mind. Julie McDonald. Page 17.
3. Walking the Kokoda Track & facing FEAR. Annie Clark. Page 7.

10.30am - 12noon. Session Three Choices
1. Living Love - Dive into the wild beauty of your feminine heart. Cynthia Connop. Page 11.
2. Finding Joy Amongst the tears. Kerri Byenhof. Page 18.
3. Are You a Superwoman? Linda Campbell. Page 19.

1.30pm - 2.30pm. Session Four Choices
1. Surviving Fibroids. The gift and your options. Amanda Allen. Page 6.
2. Your own worst enemy, how not to be. Louise Carter. Page 20.
3. Secrets of healthy relationships. Segolene King. Page 23.

3pm - 4.15pm. Final Session
Celebrating Women in Dance. Janet McGeever. Page 15.

4.15pm - 5pm Closing Ceremony
with Kathy Popplewell and Celebrating Womanhood Presenters & Crew.

*Please note that sessions may change without notice and that the program will be running in QLD time.