



## RHYTHM OF LIFE PROGRAMME SATURDAY 9 & SUNDAY 10 MARCH

Please Note: as there are activities happening simultaneously throughout the property, this program has been put together by location first and time second. All locations are easily to find when using the map on the brochure you received when entering.

### Gallery and Shop (no. 4 on the map) – open from 10am to 4pm

- Toilets
- National Trust Shop
- Tea Rooms
- Exhibition – The Rhythm of Life – an exhibition of Indian and Asian Art, textiles and artefacts
- There are a variety of stalls (including food) out the front of the Round Yard and also lining the road out the front of the Gallery and shop.
- Wisdom Weaving (text installation) is hanging throughout the cherry trees near the gallery – what quote or phrase has inspired you greatly.
- On the eastern side of gallery, Community Links Wellbeing, will be running Djembe drumming circle to join in throughout the day and a Nature Art-Clay Workshop for kids – Saturday Only
  - Community Links Wellbeing is a non-government, not for profit service for people of all ages. The organisation is long established in the local community and focuses on strengths based, holistic support to nurture the mind, body and spirit. CLW will be providing information on their current wellbeing programs and services

### Round Yard and Stables (no. 5 on the map)

Time	Person/organisation	Description – Saturday and Sunday
10.30	Mim Beim Naturopath & Buteyko Breathing Educator	One in three Australians don't sleep well. Poor sleep is associated with an increased risk of stroke, diabetes, obesity and car accidents. It's not just your physical health at stake, a good night's sleep goes a long way to bolster your emotional wellbeing. Join local naturopath, Mim Beim, in a 45 minute workshop on how to achieve better, deeper and more refreshing sleep.  Saturday and Sunday
11.30	Anthony Ashworth	Shamanic drumming workshop - In this highly experiential workshop you will be introduced to shamanism & experience the shaman's magical drum. The hypnotic beat of the shaman's frame drum puts us into a meditative state where we are able to be in contact deeply with ourselves and with positive spiritual energies. Held in the sonically resonate Round Yard this is a sound experience not to be missed.  Saturday and Sunday

Time	Person/organisation	Description
12.30	Ganga Karen Ashworth	A First for the Southern Highlands, the Ahh Spa, an immersive, family/friendly surround sound experience comes to the Round Yard at Retford Park, bringing you: relaxation, stress release, fun & laughter, happiness, joy, peace and harmony – all the things that make you go 'ahh'. Join local singer and sound therapist Ganga Karen Ashworth in this uplifting & nourishing exploration of sounding & ancient chants where it's safe, welcoming & fun.  Saturday and Sunday
1.30	Petrea King Quest for Life Foundation	The Four Keys to a Resilient Life. These are the essential qualities we need. Resilience allows us to embrace every moment, regardless of how chaotic, confusing or critical it is, with a quiet mind and an open heart. An interactive talk.  Saturday and Sunday
2.30	Rosana Pussenti Healing Hands	During the two days I'll bring for you a transformative energetic sound healing and Reiki experience. I'll be playing a set of seven singing crystal bowls followed by a Reiki experience which is an energy healing system that reduces stress, anxiety and pain, boosting energy and soothing the nervous system. Our natural state is blissful and joyous. Allow this experience of Reiki & sound healing to return you to this natural state of life.  Saturday and Sunday
Stable 2 All day	Dianna Porter and Zoe Norris	Traditional Chinese Medicine: Acupuncture  Saturday and Sunday
Stable 3 All day	Savanna Caravan	Wearable Treasures Jewellery  Saturday and Sunday
Stable 4 All day	Laure Ancedy & Clair Ingleton	Pilates, Gyrotonic, Yin Yoga, Therapeutic Yoga, Rehabilitation exercise Individualised Programs, Mindfulness Meditation, And all about the balance  Saturday and Sunday

#### The Coach House and Stables (no. 1 on the map)

Time	Person/organisation	Description -
11.00	Carli Phillips Corporate Wellbeing Hub	Wellbeing in the modern workplace and how to look after employees' wellbeing  Saturday and Sunday

Time	Person/organisation	Description -
12.00	Sara-Jane Cleland The Naturopath's Cooking School	'Spice up your Life!' Local Naturopath Sara-Jane Cleland is passionate about using herbs and spices in your cooking so food truly becomes your medicine. Do you have a spice rack full of herbs & spices that you don't use, expire and end up in the bin? Are you missing out on the significant health benefits of herbs & spices?? Sara-Jane will discuss these benefits and demonstrate Golden turmeric dressing, Coriander and chili dip and Cinnamon vegan chocolate mousse.  Saturday and Sunday
1.00	Anthony Ashworth	Vastu – Ancient Indian Feng Shui In this informative talk, Anthony Ashworth, Vastu expert, will introduce you to the poetic art and science of crafting an energetically balanced home for & of the soul. A home that encourages, illuminates and connects us to the health & true wealth of the body, mind, and spirit.  Saturday and Sunday
2.00  Sun Only	Dr. Shaun Matthews	Ayurveda is the holistic system of healing that arose out of the Indian sub-continent over the past 6,000 years. It is concerned with how to live your life in harmony with Nature, both your own and in the external environment. It can help you to create a diet and lifestyle that is uniquely suited to your individual needs.  Sunday Only
3.00	Shari Reiman Pain Relief & Self Healing	Body Work Therapist and Yoga teacher, Shari draws on the knowledge gained from years of training & experience to achieve effective results in her work. With a passion for Holistic Health and a belief in the Mind-Body-Spirit connection Shari will demonstrate hands on Bowen Therapy, Emmet Technique, Reiki & Yogic practices & will share her understanding of how these modalities work to bring about an overall sense of calm and wellbeing.  Saturday and Sunday

Opposite Carriage house (no. 1 on the map), near entry gate

Time	Person/organisation	Description	Location
10am to 1pm	The Plaster Pitt – Jessica Pitt	"Expressive art is a tool to explore, develop and practise creativity as a means to wellness" – Wellarts Assoc. The Plaster Pitt will be holding therapeutic and sensory art activities including finger and plaster painting, clay moulding, mandala drawing and Zentangle-method art to engage people of all ages in sparking imagination and getting creative to promote mindfulness and positive emotional wellbeing.	Opposite Carriage House  Sat & Sun

Garden Activities – Persian Carpet (no.15 on the map),  
Linden Grove (next to emu run no. 21), Bamboo Grove (no. 12 on the map),  
Winter Walk (no.23 on the map),

For Wet weather, the dairy will be used for these – there will be people to guide you to the dairy if needed

Time	Person/organisation	Description	Location
10.30	Shari Reiman	Gentle Yoga in the Linden Grove	Linden Grove Sat & Sun
11.00	Anthony Caine & Sue Thomas	Qiqong by the Bamboo Grove. Liu He Gong 6 Unity Exercise is an ancient health cultivation practice which has been influenced by the philosophy of Daoism and Traditional Chinese Medicine. The word Liu He refers to the 6 directions upward, downward, East, West, South and North. The exercise allows the practitioner to connect with and become an integral part of the universe and united with heaven and earth	Bamboo Grove Sat & Sun
11.30 Sat Only	Ruth McErlane	Tai Chi – 24 Forms, TC for Energy	Persian Carpet Sat Only
12.00 Sat Only	Annie Di Natalie	Yoga in the Linden Grove - (Southern Highlands Yoga)	Linden Grove Sat Only
1.00	Bonnie Curtis	Award-winning choreographer Bonnie Curtis for a dance workshop. Explore the way our body moves while being immersed in the sun and tranquillity of Retford Park gardens	Bamboo Grove Sat Only
1.30	Annie Di Natalie	Yoga in the Linden Grove - (Southern Highlands Yoga)	Linden Grove Sat & Sun
2.00	Shari Reiman	Mandala making on the Winter Walk	Winter Walk
2.00	Anthony Caine	Qiqong by the Bamboo Grove. Ba Duan Jin, also known as Daoist Yoga, consisting of 8 simple exercises that stretch the major muscles and organs of the body and stimulates the meridian system. Taiji Qiqong Shibashi is made up of flowing movements that harmonise mind, body and breath, strengthening the whole body, massaging internal organs, exercising muscles, lubricating joints as it increases the circulation of Qi and blood throughout the body.	Bamboo Grove Sat & Sun
2.30	Annie Di Natalie	Yoga in the Linden Grove - (Southern Highlands Yoga)	Linden Grove Sat & Sun

Time	Person/organisation	Description	Location
All Day	Aboriginal holographic kinetic healing	<p>Holographic Kinetics is an advanced Aboriginal healing modality that works to address the current issues affecting you, whether mentally, emotionally or physically.</p> <p>Founder &amp; creator, Steve Richards, Qld, Aust. was nominated for Australian of the Year for his outstanding achievements using Holographic Kinetics.</p> <p>To find out more, pick up a brochure or see Karen Woods, your local practitioner at the Dreamtime Healing marquee. Do you have an issue you'd like to look at?</p> <p>Holographic Kinetics – healing your past, in the present, for your future.</p> <p>Saturday and Sunday</p>	Situated on the left hand side opposite the Coach House and Stables, under the large variegated Elm
All Day	Eureka Horse Wisdom Soo Woods	<p>To give people extraordinary experiences with our remarkable therapy horses, to support self-healing and change lives</p> <p>Saturday and Sunday</p>	In Paddock down from the Pool Pavilion
Throughout Day	Anthony Ashworth	<p>Shamanic Spirit Walk tasters. The drum will call..... Held in the beautiful gardens of Retford Park during the two days. Anthony will be conducting shamanic Tree Whispering experiences, which are deeply personal and profound experience of mutual connection with the Life force and energy of another living Being, that happens to be green and have leaves and roots.</p> <p>Saturday and Sunday</p>	Throughout garden

**Pool Pavilion (no.14 on the map),**

Time	Person/organisation	Description
12.30	Shari Reiman	<p>Mindful meditation in the Pool Pavilion</p> <p>Saturday and Sunday</p>
1.30	Vangelis Legakis International Dance Artist, Choreographer & Producer	<p>Vangelis has led many world dance projects &amp; is looking forward to facilitating a two hour contact beyond contact dance improvisation workshop. Holding space for the workshop will be Sue Thomas, Nicola Hutchinson and Maria Forrero Pena. An exciting fun dance opportunity with the team very much looking forward to welcoming you. Wear comfortable clothes, ie. yoga/dance wear.</p> <p>Further information  <a href="https://www.facebook.com/events/2578696935492132">https://www.facebook.com/events/2578696935492132</a> </p> <p>Saturday and Sunday</p>

**Knot Garden (no. 22 on the map – wet weather will be on the front verandah of main house)**

Twenty Minute talks with Nyema Hermiston (Registered Nurse, Naturopath) and Jon Gamble (Naturopath, Author)

**Saturday – Knot Garden**

Time	Person/organisation	Description
10.30	Jon Gamble	Chronic Fatigue Syndrome (CFS). Jon discusses the main causes of CFS, and useful treatments.
11.15	Nyema Hermiston	Weight Loss - Fast Track to Reversing Health Problems. Burning off excess kilos is the single most effective way to reverse a surprising range of modern day diseases.
11.45	Jon Gamble	Avoiding Burnout by Rediscovering Creativity. Jon talks about the delightful and surprising events that happened while writing his novella as an antidote to life's stresses. Followed by book signing.
12.45	Jon Gamble	Irritable Bowel Syndrome: The ABC of IBS with Jon Gamble Hear about Jon's IBS treatment successes based on the two IBS books he has authored. This weekend he launches the first pocket book "Treat Your IBS Yourself" followed by book signing.
1.15	Nyema Hermiston	Good News for People with Bad News. What do people do when they receive a serious diagnosis? Nyema tells the recovery stories of 41 people from six countries whom she interviewed for her 'Good News' book. The stories include recoveries from cancer, epilepsy, chronic pain and arthritis, followed by a book signing.
2.15	Nyema Hermiston and Jon Gamble	Q&A with Nyema Hermiston and Jon Gamble Join us for an interactive session, where you get go ask about ailments and treatments. This is our favourite thing to do.

**Sunday – Knot Garden (no. 22 on the map – wet weather will be on the front verandah of main house)**

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**PRESENTER: DR. JON GAMBLE**