

PROGRAM

SAT. 25TH

WANDERLUST
WELLSPRING

BIOHACK STAGE

BENOWA BALLROOM

11:45A WELCOME TO COUNTRY

12:15P
**WELCOME TO
WELLSPRING**
WITH JEFF KRASNO

12:30P
45MINS
PANEL
PROF AVNI SALI, DR ROSS WALKER,
RADEK SALI
LONGEVITY UNLOCKED:
INTEGRATIVE MEDICINE FOR LIVING
LONGER AND BETTER
MC : SARAH GRYNBERG

13:30P
45MINS
JEFF KRASNO
GOOD STRESS - THE HEALTH
BENEFITS OF DOING HARD THINGS

14:30P
45MINS
KAYLA BARNES
OPTIMISING THE FEMALE BODY: NEXT
GEN HEALTH AND LONGEVITY

15:30P
45MINS
PANEL
ANDY MANT, ALEX TYSON,
LAURA-MAY GIBBS
LONGEVITY MEETS LEGACY:
AUSTRALIAN FOUNDERS REIMAGINING
THE FUTURE OF HEALTH
MC : SARAH GRYNBERG

16:30P
45MINS
DR WILL COLE
GUT FEELINGS - UNDERSTANDING
THE MICRO-BIOME/MIND CONNECTION

17:30P
45MINS
PANEL
DR GABRIELLE LYON, SIGGI
CLAVIEN WITH MC JEFF KRASNO
LONGEVITY UNLOCKED: SCIENCE,
STRENGTH, AND THE PATH TO THRIVING

18:30P
60MINS
DAVE ASPREY
HEAVILY MEDITATED - PRACTICAL
BIO-HACKING TECHNIQUES,
NEUROSCIENCE & CONSCIOUSNESS
EXPANSION

20:00P
20MINS
**LOCO LOVE
CACAO
CEREMONY**
SCHUYLER GRANT

20:30P
90MINS
**EAST FOREST
- LIVE**
A LIVE ELECTRO-ACOUSTIC
PERFORMANCE
(SEATED)

EVOLUTION STAGE

POINCIANA

12:30P
45MINS
NICK ENGERER
MINDSET: WHY YOUR LONGEVITY
JOURNEY STARTS WITH HOW
YOU THINK

13:30P
45MINS
PANEL
LUKE DARCY, NICK BRACKS
& LUKE HINES
THE INNER GAME: BUILDING
RESILIENCE, PURPOSE AND MENTAL
STRENGTH

14:30P
45MINS
**MARIEKE
RODENSTEIN**
THE FUNDAMENTALS OF THRIVING
PROUDLY PRESENTED BY SAINT HAVEN

15:30P
45MINS
**SARAH DI
LORENZO**
THE POWER OF PROTEIN
- FOR LONGEVITY AND VITALITY

16:30P
45MINS
NICK BRACKS
MOVE YOUR MIND: BUILDING
RESILIENCE IN A DISTRACTED WORLD

17:30P
45MINS
**JANUTA
RIBINKSAS**
LIVE WELL, STAY WELL, AND THE
SECRETS TO LONGEVITY

18:30P
45MINS
AZRA ALAGIC
UNFILTERED, UNAPOLOGETIC,
UNSTOPPABLE: THE FEMALE
LONGEVITY REVOLUTION

PURE STAGE

FAIRWAY PAVILION

12:30P
45MINS
**EUGENE
KONING**
VITALITY FLOW (YOGA)
PROUDLY PRESENTED BY SAINT HAVEN

13:30P
45MINS
**LARA
ZILIBOWITZ**
SOMATIC YOGA - SLOW DOWN
AND TUNE INTO THE LANGUAGE
OF YOUR OWN BODY

14:30P
45MINS
KIRSTEN KING
MAT PILATES - WELLNESS
PILATES FOR MIND & BODY
TRANSFORMATION
PROUDLY PRESENTED BY NAGNATA

15:30P
45MINS
**RADHA
WEPPNER**
DEEP REST: MEDITATION FOR HEALING

16:30P
45MINS
LUKE HINES
FUEL - TRAIN - BREATHE
PROUDLY PRESENTED BY SAINT HAVEN

17:30P
45MINS
**SCHUYLER
GRANT**
KULA VINYASA FIXX

18:30P
45MINS
**MICHELLE
CASSIDY**
VIN YOGA - THE ESSENCE OF LIVING

PROGRAM SUN. 26TH

WANDERLUST
WELLSPRING

BIOHACK STAGE

BENOWA BALLROOM

09:00A
45 MINS

CHANTELLE OTTEN

HIGH QUALITY EROTICISM
IN A MODERN WORLD

10:00A
45MINS

SIGGI CLAVIEN

THE MASTER ORGAN, THE LIVER

11:00P
45MINS

DR GABRIELLE LYON

MUSCLE-CENTRIC MEDICINE -
REWRITING THE NARRATIVE ON AGING
METABOLISM AND DISEASE PREVENTION

12:00P
45 MINS

PANEL

CARLA OATES, EMICA PENKLIS
& RADEK SALI
THE CULTURE OF LONGEVITY:
REDIFINING BEAUTY, RITUAL AND
LIFESTYLE FOR A NEW ERA
MC : SARAH GRYNBERG

13:00P
45MINS

SERENA POON

HOW TO LIVE LONGER (AND BETTER)

14:00P
45MINS

DR DAVID SINCLAIR

UNDOING AGING

15:00P
45MINS

PANEL

DR DAVID SINCLAIR, DR ROSS
WALKER, DR TERESA NICOLETTI
LONGEVITY LIFE SCIENCES
PRESENTS: THE FUTURE OF
CELLULAR HEALTH AND NAD+
PROUDLY PRESENTED BY GNOSIS BY LESAFFRE
MC : SARAH GRYNBERG

16:00P
45MINS

WIM HOF

WIM HOF, THE PIONEER OF COLD
EXPOSURE AND BREATHING

17:00P
60MINS

DAVE ASPREY, KAYLA BARNES, DR WILL COLE

DESIGNING THE FUTURE HUMAN:
BIOHACKING, BELONGING & A NEW
CULTURAL OPERATING SYSTEM
MC : SARAH GRYNBERG

EVOLUTION STAGE

POINCIANA

07:00A
45MINS

LAUREN ROXBURGH

EMBODIED MEDITATION

08:00A
45MINS

OLIVIA AREZZOLO

SLEEP: THE LIFE LONG SUPER POWER

09:00A
45MINS

DR ROSS WALKER

WHY IS THE MTHFR GENE
SO IMPORTANT

10:00A
45MINS

CAMILLA THOMPSON

FUTURE-PROOF YOUR HEALTH
WITH THE BIOHACKING BASICS

11:00A
45MINS

DR MACSUE JACQUES

THE REVERSIBLE CODE: HOW YOUR
BODY CAN REWRITE ITS AGE

12:00P
1H45MINS

MUSIC FOR MUSHROOMS AND LIVE Q&A WITH EAST FOREST

DOCUMENTARY AND LIVE Q&A

14:00P
45MINS

TANIA DE JONG

A WORLD-FIRST; TRANSFORMING
MENTAL HEALTH TREATMENT WITH
PSYCHEDELIC-ASSISTED THERAPIES

15:00P
45MINS

DR CERI CASHELL

THE FEMALE ENERGY CRISIS

16:00P
45MINS

DAMIEN RIDER

WHAT'S IN THE BOTTLE? FOUR
LAYERS TO CONNECTION AND
FULFILMENT

17:00P
45MINS

CHRIS BARNES

BUILT TO LAST — FUTURE-PROOF
YOUR BODY WITH THE DNAGE
BLUEPRINT

PURE STAGE

FAIRWAY PAVILION

07:00A
50 MINS

ST ALI SUNRISE SET

DJ AND DANCE

08:00A
45MINS

SCHUYLER GRANT

YIN BREATHE CHILLAX

09:00A
45MINS

LARA ZILIBOWITZ

SOMATIC YOGA

10:00A
45MINS

ALI OETJEN

GUIDED MEDITATION
NERVOUS SYSTEM REGULATION

11:00A
45MINS

DAMIEN RIDER

THE MASCULINE MAN: WHO HE
REALLY IS IN TODAY'S WORLD

12:00P
45MINS

KIRSTEN KING

MAT PILATES - WELLNESS PILATES
FOR MIND & BODY TRANSFORMATION
PROUDLY PRESENTED BY NAGNATA

13:00P
45MINS

RADHA WEPPNER

PSYCHEDELIC THERAPIES
FOR HEALING PRACTITIONERS

14:00P
45MINS

DOMINIQUE ELISSA

PILATES - BODY & MIND SCULPT

15:00P
45MINS

JOSH PITERMAN

UNMASKING YOUR TRUE SELF
THROUGH THE POWER OF PLAY

16:00P
45MINS

HARJIWAN

KUNDALINI YOGA FOR RADIANT
LONGEVITY

17:00P
45MINS

MICHELLE CASSIDY

PILATES - STRENGTH / BONE
DENSITY / POSTURAL INTEGRITY