

# PROGRAM SAT. 25TH

WANDERLUST  
WELLSPRING

## BIOHACK STAGE

BENOWA BALLROOM

STAGE HOSTS: JEFF KRASNO & SARAH GRYNBERG

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

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,  
LONGEVITY MEETS LEGACY:  
AUSTRALIAN FOUNDERS REIMAGINING  
THE FUTURE OF HEALTH

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**  
WITH HOLLIE AZZOPARDI

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

## EVOLUTION STAGE

POINCIANA

STAGE HOSTS: LUKE DARCY, SARAH DI LORENZO  
& MARITZA BARONE

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

13:30P  
45MINS  
**PANEL**  
NICK BRACKS, LAURA-MAY GIBBS,  
MELANIE GLEESON & KATIE MANT  
BEYOND LONGEVITY: THE FUTURE  
OF WELLBEING, RESILIENCE  
& SUSTAINABLE LIVING

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  
**LUKE HINES**  
FUEL - TRAIN - BREATHE  
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  
**EUGENE KONING**  
VITALITY BREATH & FLOW  
PROUDLY PRESENTED BY SAINT HAVEN

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

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

# PROGRAM SAT. 25TH

WANDERLUST  
WELLSPRING

## WELLSPRING STUDIO

NORFOLK ROOM

13:00P

**WILL COLE  
PODCAST  
WITH ANDIE  
& KATIE MANT**

14:00P

**WILL COLE  
PODCAST  
WITH DAVE  
ASPREY**

16:00P

**SARAH  
GRYNBERG &  
DR GABRIELLE  
LYON**

## SAINT HAVEN SOUND PORTAL

THE CHAPEL

13:30P

**POJ & EUGENE  
KONING**

15:30P

**POJ & EUGENE  
KONING**

17:30P

**POJ & EUGENE  
KONING**

# PROGRAM SUN. 26TH

WANDERLUST  
WELLSPRING

## BIOHACK STAGE

BENOWA BALLROOM

STAGE HOSTS: JEFF KRASNO & SARAH GRYNBERG

09:00A  
45 MINS  
**CHANTELLE OTTEN**  
HIGH QUALITY EROTICISM  
IN A MODERN WORLD

10:00A  
45MINS  
**SIGGI CLAVIEN**  
THE MASTER ORGAN, THE LIVER

11:00A  
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:  
REDEFINING BEAUTY, RITUAL AND  
LIFESTYLE FOR A NEW ERA

13:00P  
45MINS  
**SERENA POON**  
HOW TO LIVE LONGER (AND BETTER)

14:00P  
45MINS  
**DR DAVID SINCLAIR**  
UNDOING AGING

15:00P  
45MINS  
**PANEL**  
**DR ROSS WALKER, ASSOCIATE  
PROFESSOR SOPHIE STOCKER  
& DR TERESA NICOLETTI**  
LONGEVITY LIFE SCIENCES  
PRESENTS: THE FUTURE OF  
CELLULAR HEALTH AND NAD+  
*PROUDLY PRESENTED BY LONGEVITY  
LIFE SCIENCES*

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

## EVOLUTION STAGE

POINCIANA

STAGE HOSTS: LUKE DARCY & MARITZA BARONE

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  
*PROUDLY PRESENTED BY GNOSIS BY LESAFFRE*

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  
**LUKE DARCY**  
THE POWER OF COMMUNITY  
AND COLLABORATION

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  
**EUGENE KONING**  
VITALITY BREATH & FLOW  
*PROUDLY PRESENTED BY SAINT HAVEN*

12:00P  
45MINS  
**KIRSTEN KING**  
MAT PILATES - WELLNESS PILATES  
FOR MIND & BODY TRANSFORMATION  
*PROUDLY PRESENTED BY NAGNATA*

13:00P  
45MINS  
**JOSH PITERMAN**  
UNMASKING YOUR TRUE SELF  
THROUGH THE POWER OF PLAY

14:00P  
45MINS  
**DOMINIQUE ELISSA**  
PILATES - BODY & MIND SCULPT

15:00P  
45MINS  
**RADHA WEPPNER**  
PSYCHEDELIC THERAPIES  
FOR HEALING PRACTITIONERS

16:00P  
45MINS  
**HARJIWAN**  
KUNDALINI YOGA FOR RADIANT  
LONGEVITY

17:00P  
45MINS  
**MICHELLE CASSIDY**  
PILATES - STRENGTH / BONE  
DENSITY / POSTURAL INTEGRITY

# PROGRAM SUN. 26TH

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WELLSPRING

## WELLSPRING STUDIO

NORFOLK ROOM

10:00A  
**SARAH  
GRYNBERG  
WITH  
EAST FOREST**

13:00P  
**SARAH  
GRYNBERG  
WITH  
DAVE ASPREY**

14:00P  
30MINS  
**MARITZA  
BARONE  
WITH  
DR GABRIELLE  
LYON**

14:40P  
**MARITZA  
BARONE  
WITH  
JEFF KRASNO**

## SAINT HAVEN SOUND PORTAL

THE CHAPEL

07:00A  
**POJ & EUGENE  
KONING**

08:00A  
**POJ & EUGENE  
KONING**

09:00A  
**POJ & EUGENE  
KONING**

10:00A  
**POJ & EUGENE  
KONING**