

# Bulwalwanga Ran Festival

JAN 14 - 17, 2017

MILTON SHOWGROUNDS, MILTON, NSW

PROGRAMME

**Welcome** to our inaugural Bulwalwanga Ran Festival!  
'Bulwalwanga ran' in Dhurga language of the Yuin Nation of the South Coast of NSW means **'we are strong you all.'**

Our festival is about celebrating indigenous and other world wisdom traditions that honour Mother Earth. It is about learning from each other and finding the best ways to support personal as well as planetary wellbeing. It is also an attempt to redress some of the wrongs of the past when Europeans first encountered the First Nations of Australia.



## » WHAT IS TAKING PLACE AT THE FESTIVAL? »

**FREE MORNING YOGA** classes in Speakers Tent from 7:30am – 8:30am

**TALKS** from 9:30am to 5:30pm on Saturday 14 and Sunday 15, January, 2017, in the Speakers Tent  
(see attached schedule)

**EVENING LIVE MUSIC** performances and Aboriginal dance from 8:45pm on Saturday 14 January and 8:00pm on Sunday 15 January in the Speakers Tent.

**WORKSHOPS** from 9:30am – 6:00pm on Monday 16 and Tuesday 17, January, 2017 (see attached schedule)

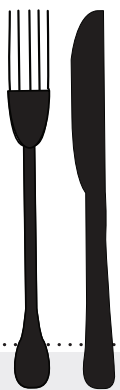
**GOODJAGA (KID'S) TENT** 9:30am – 12:30pm and 2:00pm – 5:00pm on Saturday 14 and Sunday 15 January. Activities include kid's Yoga, Aboriginal story telling, face painting, paint your own boomerang and grow your own native grain, used for bread making 30,000 years ago.

## » FOOD & BEVERAGES IN DINING TENT »

Volunteers associated with Sri Mata Amritanandamayi Devi, an internationally known South Indian spiritual teacher, will be providing delicious, healthy vegetarian breakfast, lunch and dinner over the weekend of the 14 – 15 January.

NOTE: pre orders for meals are available by ringing Chelsea on **0418 641 528**

**BREAKFAST** 7:30am – 9:00am | **LUNCH** 12:30pm – 2:00pm | **DINNER** 6:30pm – 8:00pm

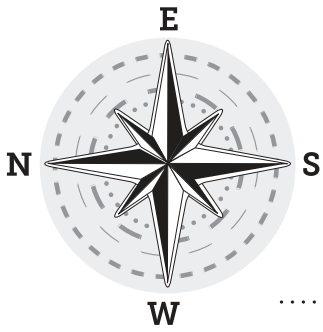


**FESTIVAL SHOP** Books, CDs and art works will be on sale at the Festival Shop located in a smaller tent not far from the Speakers Tent. The shop will be open from 1:00pm – 2:00pm and 5:00pm – 7:00pm on Saturday 14 and Sunday 15 January.

**SUNSET AGNIHOTRA** (Environmental healing and fire meditation) on Saturday and Sunday at 8:00pm. Go to Festival Shop for more details.

St John's Ambulance have kindly made their services available over the weekend of the 14 – 15 January, 2017.

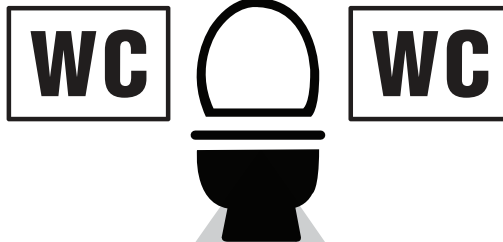
[www.bulwalwangaran.com.au](http://www.bulwalwangaran.com.au) Celebrating indigenous & non-indigenous approaches to personal & planetary wellbeing



# Milton Showgrounds



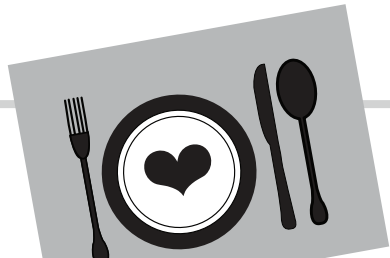
**Croobyar Rd**



**M A I N A R E A**



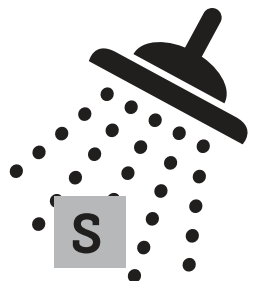
» Speakers tent »



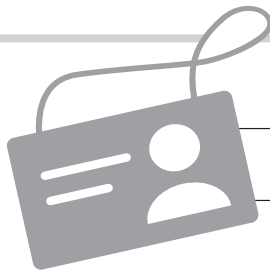
» Kitchen »



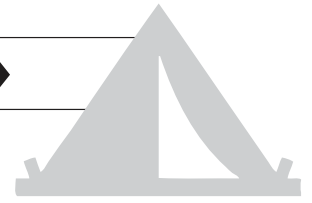
» Sports complex »



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» Registration desk »



» **NOTE:** Dining tent, kids tent and festival shop are located in the main area »

**D A Y**» **1**» Saturday 14 January, 2017 **SPEAKERS TENT**Master of ceremonies *Shanna Provost*

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7:30am – 8:30am	FREE Yoga Class
8:00am – 9:30am	<b>• REGISTRATION •</b>
9:30am – 10:30am	Opening ceremony, Djaadjawan Dancers and Welcome to Country <i>Uncle Noel Butler</i>
10:30am – 11:15am	Opening Address <i>Uncle Max Harrison</i>
11:15am – 11:45am	Morning tea break
11:45am – 12:30pm	Agriculture or accident <i>Uncle Bruce Pascoe</i>
12:30pm – 1:00pm	Sense and Psyche of Place <i>Nicola Lambert / Ben Zion-Weiss</i>
1:00pm – 2:00pm	<b>• LUNCH BREAK •</b>
2:00pm – 2:30pm	Tradition Chinese Medicine in the modern world <i>John Holmes</i>
2:30pm – 3:00pm	Yoga in everyday living <i>Fabio Fabbri</i>
3:00pm – 3:30pm	Herbs, the original medicines <i>Steve Harris</i>
3:30pm – 4:00pm	<b>• AFTERNOON TEA BREAK •</b>
4:00pm – 4:30pm	Breath – the rhythm of life <i>Judy Kater</i>
4:30pm – 5:00pm	Vedic culture and the rituals of ancient India <i>Dr. Vishal Sharma</i>
5:00pm – 8:00pm	<b>• DINNER BREAK •</b>
8:00pm – 8:45pm	The biggest estate on earth <i>Professor Bill Gammage</i>
8:45pm – 10:30pm	Live music and Aboriginal Dance

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**D A Y**» **2**» Sunday 15 January, 2017 **SPEAKERS TENT**

8:30am – 9:30am	<b>• REGISTRATION •</b>
9:30am – 10:15am	The value of the oldest foods <i>Uncle Noel Butler</i>
10:15am – 10:45am	The fire worshippers – followers of Zoroastrian philosophy <i>Farida Irani</i>
10:45am – 11:30am	<b>• MORNING TEA BREAK •</b>
11:30am – 12:00pm	Living in tune with your Ayurvedic body type <i>Dr Shaun Matthews</i>
12:00pm – 12:30pm	Cosmic gardening and nutrition - Biodynamic care for country <i>Ian Wallace / Diane Watkin</i>
12:30pm – 1:00pm	The principles of Aikido in effortless effectiveness and conflict resolution <i>Ken Mclean</i>
1:00pm – 2:00pm	<b>• LUNCH BREAK •</b>
2:00pm – 2:30pm	Meditation for healing body and mind <i>Dr. Swami Shankardev Saraswati</i>
2:30pm – 3:00pm	Vedic environmental healing <i>Frits and Lee Ringma</i>
3:00pm – 3:30pm	Aboriginal tools and weaponry <i>Peter Swain</i>

3:30pm – 4:00pm	Therapeutic lifestyle changes for healing brain & mind <b>Rebecca Manning</b>
4:00pm – 4:30pm	Panel discussion and Q and A <b>Uncle Noel Butler, Nicola Lambert and Uncle Max Harrison</b>
4:30pm – 5:00pm	<b>• CLOSING CEREMONY •</b>
5:00pm – 8:00pm	Evening live music and dance

**D A Y** » **3** » **Monday 16 January, 2017 WORKSHOPS**

8:00am – 9:00am	<b>• REGISTRATION •</b>
9:00am – 1:00pm	Reading country <b>Uncle Noel Butler</b> , meet at Speakers Tent 8.45am
9:00am – 11:00am	I Am the Empowering Affirmation Healing Workshop with <b>Seda Star</b> (speakers tent)
11:00am – 1:00pm	Living in tune with your Ayurvedic body type <b>Dr Shaun Matthews</b> (dining tent)
11:00am – 1:00pm	Learn to move your Chi <b>Ken Mclean</b> (speakers tent)
1:00pm – 2:00pm	<b>• LUNCH BREAK •</b>
2:00pm – 4:00pm	Vedic environmental healing <b>Frits and Lee Ringma</b> (speakers tent)
4:00pm – 6:00pm	Karim's Mojo Disco <b>Abdul-Karim Bouchafa</b> (speakers tent)
4:00pm – 6:00pm	Biodynamics – cosmic growing and nutrition <b>Ian Wallace and Diane Watkin</b> (dining tent)

**D A Y** » **4** » **Tuesday 17 January, 2017 WORKSHOPS**

8:00am – 9:00am	<b>• REGISTRATION •</b>
9:00am – 11:00am	Healing with herbs <b>Steve Harris</b> (dining tent)
9:00am – 11:00am	Aboriginal tool making <b>Peter Swain</b> (speakers tent)
11:00am – 1:00pm	Vocal freedom <b>Sean Barker</b> (speakers tent)
11:00am – 1:00pm	Whole grains and the art of chewing <b>Dean Cooling</b> (dining tent)
1:00pm – 2:00pm	<b>• LUNCH BREAK •</b>
2:00pm – 4:00pm	Didgeridoo – the essentials <b>Mark King</b> (dining tent)
2:00pm – 4:00pm	Sense and psyche of place <b>Nicola Lambert / Ben Zion-Weiss</b> (speakers tent)
4:00pm – 6:00pm	Five Element Yoga <b>Fabio Fabbri</b> (speakers tent)

**THANK YOU**

**Tom Scerri**  
our webmaster,  
for creating such a  
wonderful website for  
Bulwalwanga Ran Festival



**Steph Kelly**  
for her  
beautiful  
graphic  
design work



**Linda Nevell**  
for her tireless work in  
organising the delicious  
vegetarian meals on offer  
through Amma Australia

