

FOLK MEDICINE @ THE WOODFORD FOLK FESTIVAL

27 December – 1st January

It's once again my privilege as part of the Woodford Folk Festival programming team to introduce you to this year's array of fantastic voices that are shaping and changing folk medicine culture.

The Folk Medicine programme at Woodford Folk Festival will take you on a journey through the whole medicine wheel from 6am each morning as crystal bowl healings echo across the village green in harmony with a gorgeous meditation.

The Blue Lotus venue runs until 6pm daily, culminating in Woodforum, where cutting edge health topics are discussed in forum by a panel of health experts.

The Folk Medicine programme this year has developed and evolved yet again into a dynamic health education program where you can participate, learn, listen, interact, discuss and enjoy contemporary and traditional forms of healing, medicine, holistic health and self awareness.

THE VILLAGE GREEN.

Sitting sweetly against the backdrop of festival, flags, street theatre and water, the village green is a tree-lined oasis. Each morning we reflect as dawn lifts into day.

Raelene Byrne will hold a welcoming morning meditation at 6am with her sonic crystal bowls. Raelene has an intrinsic and deep feel for energy healings which she expertly brings into this group gathering to greet the day. Her meditations are dynamic, powerful and transformative.

Ian Cameron loves Tai Chi and this is reflected in his popular Woodford morning classes over the last two years. Ian gently moves you into the day with traditional Tai Chi exercises that are suitable for all age groups. This is a great start to your festival day. Each morning at 7am.

Health Holistic offer partner yoga every second morning at 8am where you can come along and experience this innovative style of exercising together. Don't worry if you haven't got a partner as you can get one on the day. Health holistic have developed this style of daily exercise that is emotionally bonding and physically invigorating.

Gwyn Williams has developed his unique Yoga with Zen Thai principles and movements. This is new, fun and a great 8am exercise plan every second day. Please check your program for details. Gwyn will also be performing Acro yoga in the Blue lotus with Live music by Rasayana for your enjoyment.

Roxanne Giles and her team of expert teachers have come to offer you Bikram yoga each morning. This style of yoga is designed to be practiced on a Hot Indian summers day. The idea of hot yoga is that you sweat, which allows you to

be more flexible. Come along each morning at 10am in the village green. Yes, bring a yoga mat, towel and water for this one. It's awesome.

THE BLUE LOTUS

The beautiful lotus will purify and cleanse polluted waterways. Making wholesome once again what man has contaminated.

Alora Waldron has developed sound healing techniques that resonate with your inner soul and connect to your essence of health. Alora is an accomplished healer who connects with her audiences in an integrative sound healing and vibrational presentation.

Dr Carole Hungerford is the Author of the best selling book, *Good Health In The 21st Century*. Carole revisits Folk Medicine this year to present a riveting discussion on immunity and viruses. Topical and vital, this presentation offers the information you need to stay healthy and use preventive medicine effectively.

Dr Fatiha Arhbal is one of Australia's leading Hormonal and Nutritional Doctors and presents twice in the Blue Lotus. Focusing on hormonal health care and understanding bio identical hormonal treatments, plus a fascinating look inside the medical perspective of nutritional medicine and how you can incorporate it into your lifestyle.

Dr Hans Baer is a world leader in Global warming research and the political ecology of health. So what are the health implications we need to consider? This is a truly educating and necessary presentation bringing you the latest scientific research and findings.

Dr John Parker not only visits the world's most remote corners of the earth with Doctors without Borders, he has also developed his own style of transformational personal healing. This involves facing emotions and altering responses, using the emerging practice of energy healing with awareness.

Healthy connections workshops with Amrita Hobbs and Robin Clayfield are interactive, experimental and supporting. Designed to weave a magical journey of deepening trust, intimacy and wellbeing.

James Cutcliffe specializes in whole food diets based on traditional principles. He is a local Weston. A .Price foundation chapter leader, linking health with soil and farming. James will show you how he has applied holistic food principles to improve lifestyle and health.

Jay Mulder is one of Australia's leading experts in Ayurvedic lifestyle choices. This year Jay is presenting Ayurvedic health astrology. Come along and learn how your health vulnerabilities are related to your astrology.

Jeremy Donovan from Kuku Yalanji peoples of Far North Qld and Gumbainngirr nation NSW, uses music and Didgeridoo healings to transform people into the deep ancient realms of dreamtime. Join Jeremy for the insights of traditional hereditary and transformative healing experience.

Jost Sauer is an acupuncturist and media commentator, and the author of three ground breaking books. Jost will examine the ancient understandings of good health through the 24 hour chi cycle and drug recovery.

Kathryn Alexander is a naturopath and Gerson therapist. An internationally acknowledged expert in detoxification techniques and dietary healing. Kathryn is

also a researcher designing some innovative patient care techniques which she will present in a second presentation.

Kirsty Fromholz brings the talent of chakra dancing and dancing as personal therapy to The Blue Lotus. Come along and gain insights to the benefits of dancing, moving to the groove and making dance your best therapy. Interactive, fun and moving!

Linn Wiggins brings you the beauty and healing power of Australian Bush Flower essences. A herbalist, Linn travels the world teaching people the medicine that is found in our native flowers. Linn is also presenting on the topical subject of water and its health benefits, incorporating energy and vibrational aspects for your health.

Meryl Dorey has the latest research findings into H1N1 vaccinations. The past, the present and the future. What will you think of this fascinating topic? Its controversial, timely and definitely stimulating conversation.

Mukti has taken Australian organic and natural skin care to a global market. Current research and extensive knowledge on the importance of natural skin health will be the focus of this presentation..

Samantha Colliton has introduced the art of Hot stone massage to Australia and developed her own style that will intrigue you with its healing and relaxing abilities. There are well documented uses for heat therapies and these are more therapeutic when incorporated into therapeutic massage.

Scott Alexander King offers incredible insights into animals and their relationships. Scott has written books, made card sets and traveled the world educating people about the significance and symbolism in relationships between humans and animals. This is educating, entertaining and great for all the family.

We hope you can join us at The Woodford Folk Festival 2009/2010
www.woodfordfolkfestival.com If you have questions about folk medicine please contact me Dominique Finney www.medicineroom.net