



SWell

Awaken Abundant Life

SWell Conference 2019

Unfolding Wisdom

Friday 18th – Sunday 20th October 2019

Whether your path is the wellness of the mind, wellness of the body or you're on a spiritual journey, join us for a day of gentle inquiry at the annual SWell Conference. This will be a time for exploration, creativity, celebration, art and community as we come together to delve into the theme of 'Unfolding Wisdom'.

What is wisdom and how do we connect with it? Is it something that we already possess and simply need to illuminate as we peel back our layers through silence, meditation and prayer? Or is it only through experiences and connection with nature and each other that allow for its unfolding? At SWell, we are fortunate to have many wellbeing practitioners that ponder and explore these very musings in their daily work. Join us as we examine the wisdom of their modalities through various group workshops and discussion.

The 2019 SWell Conference welcomes indigenous performing artist Nancy Bates.



KEYNOTE SPEAKER AND FACILITATOR:

Nancy is an artist to watch in 2019, launching the highly anticipated collaborative album 'FOR YOUR LOVE', recorded with The Baker Suite. Four years touring with Archie Roach as backing vocalist, guitarist and support act has influenced her song writing, fostering a deep maturity in her voice and her storytelling. Roach considers Nancy Bates to be one of the most gifted emerging singer-songwriters in Australia today. Few artists have the courage to be as vulnerable and authentic in performing as Nancy Bates. Nancy has performed internationally in France, the UK and New Zealand and nationally at major music and arts festivals including Woodford Folk Festival, Sydney Festival and WOMADelaide.



FRIDAY 18TH OCTOBER: 5:30pm – 9pm

- 5.30pm** Arrival and registration
- 6pm** Drinks and 'Unfolding Wisdom' art exhibition opening
- 7pm** Dinner with Nancy Bates
- 9pm** Finish

SATURDAY 19TH OCTOBER: 9AM-5PM & CONCERT 7.30PM

- 9am** Arrival and registration
- 9.15am** Welcome and gathering
- 10am** Morning tea
- 10.30am** **WORKSHOPS -**
Body Wisdom Through Interplay
Tackling Life Issues With Inner Wisdom
Inner Wisdom And Art Therapy
Wisdom With Nancy Bates
- 12pm** Lunch
- 1pm** **WORKSHOPS -**
Unfolding Wisdom Through Qigong
Wisdom Of The Natural World
Ancient Wisdom, Modern World - Chinese Medicine
Wisdom Through Nurturing Creative Process
Tap Out Of Worry And Into Wisdom
- 2.30pm** Afternoon tea
- 3pm** **WORKSHOPS -**
The Unfolding Wisdom Of Feldenkrais
The Wisdom Of The Divine Feminine
Self Understanding Through Mindful Wisdom
Accessing The Wisdom Of Your Inner Voice
- 4.30pm** Closing gathering
- 5pm** Saturday day conference finish
- 7.30pm** Nancy Bates concert

SUNDAY 20TH OCTOBER: 10am

On Sunday morning we invite you to gather at Habitat Uniting Church in Canterbury for storytelling, healing and connection

Entire Conference
(incl Sat Night Concert)

\$220

2 tickets for \$400

Friday Night Only
(incl Dinner)

\$55

2 tickets for \$100

Saturday Day
Conference Only
(incl. Lunch, Morning & Afternoon Tea)
(not incl Sat Night Concert)

\$125

or 2 tickets for \$240

Saturday Night
Concert Only

\$40

or 2 tickets for \$70

*Program subject to change.

VENUE: SWell Centre - 2 Minona Street, Hawthorn, VIC 3122

BOOKING: www.trybooking.com/BELFF or call (03) 9002 4202