



Program

Peace in the Valley

Activities 10-2 pm

April 30, 2023

PEACE CONCERT

2-4pm

Ongoing Activities

Kids Games and Art - 10:30 - 1:30pm
 Face Painting - 11:00 - 1:00pm;
 Henna Hands - 10:30 - 1:30pm;
 Bollywood Dance - 1:30pm;
 Drumming Circle - 10:30 - 1:30pm

Other Activities

TIME	TOPIC	LOCATION
10:00	Singing up Country - Welcome Aunty Kris Schäffer	Song line Stones
10:30 - 11:30am & 12:30 - 1:30pm	Bushfoods with Aunty Kris Schäffer	Fairy Ring (River Zone)
10:30 - 12:30pm	A magical world of puppetry	The Deck (Above Dining Area)
10:30 - 11:15	Tamasin Ramsay shares Wyapa Wurrk - exploring connection to Country.	By the River (River Zone)
11:00 - 12:00pm	Tai-chi sessions with Huong	Upper Green
10:00 - 2:00pm	Every hour, on the hour, discover the magic of the forest with Catherine Marty	Near the Labyrinth (River Zone)
11:30 am - 12:30pm	Meet Louise and horses <i>James and Two-Stroke</i> as she guides and rides with just a nudge and a whisper.	Behind the Fairy Ring (River Zone)
1:00pm	Join Dr. Sanjay Raghav for the world famous LAUGHTER Therapy.	Upper Green

Talks - Main Building

TIME	TOPIC	SPEAKER
10:30am	Miraculous Stories of Human Resilience, Healing and Hope	Dr. Ian Gawler - Founder YVLC, Author, Teacher
11:00am	On Being a Changemaker	Morni Chen - Coordinator YVLC
11:30am	Bee Magic	Greg Huggins Yarra Valley Bee Club
12:00pm	Deep Silence, Deep Healing	Caroline Ward Into the Silence YVLC
12:30pm	Yogic Farming	Tamasin Ramsay Anthropologist/BK Int.
1:00pm	Lifestyle Medicine	Doctors for Nutrition
1:30pm	Making Your Mind Your Best Friend	Greg Church The Brahma Kumaris

Exhibitors - Conference Room

Brahma Kumaris | Outpace Parkinson's
 Lifestyle Medicine | Gawler Cancer Program

Meditation Sanctuary

TIME	MEDITATION	GUIDE
10:00am 10:30am 11:00am	Guided Commentaries with a focus on experiencing Silence	Kalvinder
11:30pm 12:00pm	Live music and meditation	Denzal
1:00pm 1:20pm	Sound Bath with Crystal Bowls	Carmen Warrington

Annual OPEN Day at Yarra Valley Living Centre
 55 Rayner Court Yarra Junction

Operated by



THE BRAHMA KUMARIS

Know your self. Renew your spirit.