

**EMBARGOED
UNTIL 9PM SATURDAY 12 OCTOBER 2019**

**MEDIA RELEASE
Saturday 12 October 2019**

Bend, Mend and Transcend At Woodford Folk Festival 2019/20

Woodford Folk Festival's 2019/20 programme was announced in full on Saturday 12th October. Tucked away in a gorgeous green valley onsite, Citizens of Woodfordia gathered beneath the trees to celebrate a festival that champions not only its musicians, foodies, circus performers, craftspeople and speakers but a generous community of health and wellness professionals, showcased in this year's Meditation in Motion programme.

"The festival falls on a time of great reflection for many, closing out one year and welcoming the next. It's important to us that our patrons have plenty of opportunity for deep connection, both within themselves and with others; for contemplation of self and of the world around us; for release of thought and expanding of consciousness; and for healing in a physical, mental and emotional sense," says Head of Programming, Chloe Goodyear.

"Our Meditation in Motion programme allows patrons to design their own health and wellness retreat within the broader festival. It's a choose-your-own adventure into movement-based practice, talks and contemplative experience put together with great care by Dominique Liv Kamal, a practitioner herself," says Goodyear.

Awake to the sound of birdsong and greet the sun with meditation overlooking the Glass House Mountains; wander into the festival village for morning chats with loved ones, fresh fruit and herbal tea; chant ancient mantras and medicine prayers with fellow Woodfordians; have a snooze in the shade of a towering bunya; fill your belly with goodies tasty and wholesome; slide into an afternoon yoga session; and finish off your day with the sounds of bamboo flute, guitar, beats and high vibes.

Whether joining in the festivities for a day or for all six, the possible journeys are seemingly endless. With 30+ yoga classes, tai chi, astrology talks, dance, workshops, early morning bird walks and sacred ceremonies, this year's visitors to Woodford Folk Festival should find it difficult *not* to wind down and chill out.

Festivillians can join **Christabel Zamor** (USA) at the Blue Lotus to experience four different afternoon journeys into the power and beauty of breath. Zamor is the founder

of **Breath of Bliss** Academy, a somatic mystery school which approaches air as plant medicine to commune with the heart, higher self and soul.

Leader in the field of yoga and bodywork, **Gwyn Williams** created Zenthai Shiatsu, a combination of Thai massage, oriental medicine, osteopathy, fascia body work and innovative free flow. Patrons can join Williams for yoga on the Hilltop, where they will release into long passive openings in poses, listening inwardly as stories unravel from deeper layers of body, mind and heart.

Williams is joined by Chris Lane for the 'Mandala Workshop', a class where the circle comes alive through fluid movement. Patrons are invited to feel the nourishment of touch, support of another, uplift of joy and power of presence.

At 'Zen Thai For The Family', explore simple therapeutic techniques to help combat common everyday ailments and take them home to share.

Originally from Tibet, Yogi Kunga lived in exile in Dharamsala before coming to Australia in 2010. Kunga has studied Hatha yoga systems, traditional Tibetan healing practices and Buddhist philosophy. Patrons can join the knowledgeable yogi at Folklorica for morning yoga sessions.

"Year after year, our patrons share with us the spiritual nature of their experience at Woodford Folk Festival. We have many visitors from all different walks of life who attend every year, treating the festival as a place of rest, resetting and recharging for the year ahead. It fills us with joy to know that we can contribute to people's happiness and wellbeing," says Festival Director, Bill Hauritz.

Core Yoga Studios in West End, Brisbane combine strong anatomical and physiological understanding, where awareness of alignment is highlighted to prevent injury, reduce recurring stress-related problems and promote energy to flow through the whole body. Join Nathan and Chanthalah at 'Sustainable Yoga', for a synthesis of science and spirit where longevity in yoga practice is at the heart of each class.

Woodford Folk Festival welcomes for the first time, **Traditional Women Healers of North East Arnhem Land**. Eunice Djerrknu Marika is an important Gumatj Elder and healing woman in her community of Nhulunbuy, on the peninsula of North East Arnhem Land.

She is known as one of the Seven Sisters, and travels and heals with her sister Dorothy Djakkanu Yunupingu, and her granddaughters Lydia Yulula Marika, Djubula Janaya Munungurritj and Gimiyala Gwen Burarrwanga.

Woodfordia Presents
WOODFORD FOLK FESTIVAL
27th Dec - 1st Jan

At Women's Healing and Bush Medicine, Gumatj Clan Leaders and Arnhem Land Elders perform a smoking ceremony that will connect festival patrons to Country, land and spirit. For those with aches and pains, massage oil created on three of the days from special bush leaves will relieve your ailments.

A healer for more than 50 years, **Chi Master Yang** works and communicates with chi, like the conductor of an orchestra bringing each individual instrument into the collective, most harmonious sound. Woodfordians who join this unique communication with Heaven's music, will not only feel, sense and absorb energy for total body recharging, but receive the immediate benefits of powerful healing.

At Master Yang's Healing Energy Shower, he conducts both heaven and earth chi, flowing to open you to health and fulfilment, clear up ailments and build up emotional strength and wisdom.

"We hope that everyone attending this year's festival finds within our extensive programme, their own journey," says Goodyear. "It is our wish for all Woodfordians to close out the year with light hearts, smiling eyes and friends by their side. We never know what the new year might hold, but we trust that your sojourn at Woodford Folk Festival will stand you in good stead for the twelve months ahead."

Woodford Folk Festival: 27 December 2019 to 1 January 2020

Tickets available online now at
woodfordfolkfestival.com/tickets

-ends-

For all media enquiries contact:

Inga Tracey, Account Director, Aruga E: inga@aruga.com.au | M: 0409 625 842
Claire Bonney, Account Manager Aruga E: claire@aruga.com.au | M: 0432 713 421

Download high resolution imagery of the 2019/2020 poster art here:
<https://www.dropbox.com/sh/n47zdocmu3p7jwm/AADMfNqH0HEokG9AUypJ48oda?dl=0>

Media Centre access here:
<https://woodfordfolkfestival.com/media/>

Apply for media accreditation* for the 2019/20 Festival:
<https://woodfordia.org/media/media-accreditation/>
**Accreditation opens on 12 Oct and closes 4 Dec*