

In the Pink Tent

Be informed, relaxed and entertained in the tent that nurtures balanced lifestyles!

Saturday 1st May 2010

- 9:30am Yoga for Women— Tapping into your health, happiness and identity** Even for the busiest women, a few minutes of Kundalini Yoga practice can bring benefits. Gail Power shares her knowledge and experience today. Bring a mat.
- 11:00am Organic Gardening** A combination of Organic Techniques, Permaculture principles and Biodynamic preparations are used on the 12 Mile farm run by Tan Fowler with her husband Jason. Tan will be talking about the benefits of growing and eating organic produce.
- 12:00pm Day Spa Pamper Session** A world class day spa experience, an oasis created to nurture, revive and rekindle with Australia's only LI'TYA spa products based on Australian native botanicals and tapping into indigenous plant wisdom and holistic healing. Let the Pinctada Spa team pamper you here today.
- 1:00pm Marilynne Paspaley** is well known in the Kimberley firstly with her involvement in the family business 'Paspaley Pearls,' and now a change of directions in building quality tourism accommodation. Today Marilynne shares some life stories.
- 1:30pm Women in local government** 2010 is the Year of Women in Local Government. The town of Port Hedland Mayor Kelly Howlett, WA's youngest Mayor will share information on getting involved in local government and how to effect change in your local community from a grass roots level.
- 2:00pm Financial Planning for Women** Local Financial Advisor, Belinda McKenzie will explain why financial planning is important for women. She will cover issues such as; how to protect your families financial future, why women need to pay extra attention to their superannuation, how to start investing and much more.
- 3:00pm Winner of the 2009 Shinju Art Award,** Hiromi Ashlin is influenced by her Japanese heritage and her new connection to the Australian landscape. Making '1000 cranes' as a symbol to wish for happiness, good luck and peace, Hiromi is in the Pink Tent today and she will show you how to make your own.

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Sunday 2nd May 2010

- 10:00am Explaining the Concept of Pilates** What is Pilates? Who can do Pilates? What is Clinical Pilates? Physiotherapist Liz Wicks will explain the aim of Pilates and demonstrate a few simple techniques to help correct posture, build core stability, endurance and coordination. Live demonstration on the reformer and some floor work exercises.
- 11:00am Lisa Moore and Sarah Riley are Dietitians** with the Kimberley Division of General Practice. They will be discussing the importance of eating carbohydrates and the benefits of incorporating low Glycaemic Index (GI) carbohydrates into the diet. Find out practical ways to make your diet low GI and taste some low GI snacks.
- 12:00pm Women in Business** The pink tent will host local Shire of Broome Councilor Jenny Bloom to discuss her various roles in the community and the importance and position of women in business.
- 12:30pm Personal and Community Transformations** Presented by Jubudah. The philosophy of this program is to develop awareness & understanding of why we feel and behave the way we do, to provide tools and support to release unwanted belief systems and to learn self love and respect.
- 1:00pm Now in its sixth consecutive year, Kimberley Girl** creates positive role models in the young community who are able to demonstrate the importance of identity, development, cultural awareness, self esteem, lifestyle and health awareness. Come and meet the Kimberley Girls and find out how to get involved.
- 2:00pm Interactive Art** Heather McLaughlin is a Broome Artist with many years of art teaching experience. Today she will be exploring different aspects of applying paint. Winning the peoples choice Award at the Shinju Matsuri Art Awards in both 2006 and 2008, Heather is running classes and you can check out her students' work in the indoor stadium Art exhibition.