

A person is lying on their back on a lush green lawn. They are wearing a white long-sleeved shirt and a thick, multi-colored striped sweater in shades of orange, blue, and white. They are also wearing a white VR headset with a dark strap. Their eyes are closed, and they appear to be in a relaxed state. The background is a dense field of green grass with some small, brown, seed-like plants in the foreground.

the meadow-verse

HOW DO WE BE IN POLYCRISIS


Festival Schedule



THE PORTAL



Friday
30th



10:00am

Opening conversation


Join Higher Love with Megan host in conversation with The Portal Founder Sally about the reason for the festival and the intentions behind it.



11:45am

Shared Power, The Matriarchal Way

Jo Miller, Somatic Teacher + Mentor will work with one person live with an intention around feeling angry and hopeless at the world.



1:30pm

Nurturing a brand ecosystem and cultivating a sense of community around your business

Sarah Robertson runs this workshop for creative founders and service providers.



3:15pm

beauty and terror : an opportunity to embody your feelings through somatics, breathwork and touch.

Lorna Mills guides us to notice and embody the effects the polycrisis is already having on our body.



5:00pm

Energetic Alchemy

Amber Wysocki guides this exploration in understanding oneself, cultivating awareness of our individual frequency, and how that affects & serves communities.



6.45pm

An Invitation to Gather: Building Community & Connection in a Time of Polycrisis

Laila Dattoo facilitates this group conversation to explore what community means, building the right communities, nurturing connection and creating a platform for action.

Saturday 51st



10:00am

Women's Circle: The time for community is now.

Walaa Alaabed holds space to be fully received and connect to like-hearted community to explore secondary trauma, isolation and the gift of community.



11:45am

Grounding in Grief

Dina + Morgan guide us in a 90-minute exploration of the power of grief to not only break us down, but break us open.



1:30pm

A soul-styling workshop for uncertain times. Kerry Wilde in conversation with Khalid Abdalla

For those feeling the weight of the world—and still longing to meet themselves where they are, discovering anchoring ways to find beauty in the act of dressing.



3:15pm

The Power of your Intuition

Learn how to tap into your intuition, exercise it daily + start making decisions fully trusting yourself; even when the world thinks you've lost the plot with Witch Mother.



5:00pm

A death contemplation for humans who are aware and alive during the global polycrisis

Reimagining a world that's free, holy and healed, one mini death at a time. That's the practice. With Rayya.



6.45pm

Burnout and Capitalism: Mapping Our Way Out

Jeanne Wolz guides us in how to use an anticapitalist lens to peel back the curtain on why it's a systemically created epidemic, and use that clarity to grow ideas on how to reduce our own burnout risk for the future.



Sunday
1st

10:00am

Awakenings - A space of holding.

Bring in the day, in union with Liz Moreton. A space to sit together, finding some stillness within community.

11:45am

Accessible Nature Connection

A gentle exploration of ways to weave nature connection into your everyday. Harriet introduces practices from Forest therapy, Ecosomatics, mindfulness and more.

1:30pm

Marketing in the Polycrisis?

Antonina and Helen facilitate a group exploration to discuss and unpack marketing your business when the world is on fire.

3:15pm

Dance of the Heart

Somatic ecstatic dance with Ami Robertson where we create the space to drop into the heart and find movement & expression from what is alive here.

5:00pm

Body Centred Activism

Come home to self and others as we reimagine - with Michelle, Home + Vessel.

6.45pm

Moving Beyond Limitations with Hannah Hall

Often times when we encounter Frustration, it is difficult to see the light at the end of the tunnel. By creating new neurological patterns gearing you towards Accomplishment, you are able to easily Move Beyond.

Monday





10:00am

Moving Towards Relation in the Polycrisis

In this collaborative gathering Keri + Sara will explore our experiences of conflict and how we might become more generative in our approaches to advocacy.

11:45am

Nutrition's place in the polycrisis

Through nourishing ourselves, we're creating more capacity to resist. It doesn't need to be complicated or perfect. Scrappy wellness for the win, with Beth Edwards.

1:30pm

Contemplative Photography: bringing 'Wonder' to the everyday

Experience beholding the everyday in new ways to infuse your day with wonder with Ruth Joy.

3:15pm

Honor Your Truth - Using HD to Make Decisions

Explore the body's wisdom to make choices that feel deeply right, creating a life and business of authenticity, ease and empowered self-trust with Diane Downs.

5:00pm

Parent and Child Co-regulation Bedtime Session

Wind down with your child in this calming somatic bedtime session, using gentle movement and sensory awareness to prepare for sleep - with Stevie Boreham.

6.45pm

The Pleasure of Rest

Sisa provides a place to reconnect with pleasure and rest, through somatics, journaling and being in community.



Tues day
3rd



8.45am

Motherhood, Matrescence & Moral Reckoning: A Conversation About Identity in a Time of Genocide

Jaqu + Vreni gather us for a raw and necessary conversation about what it means to mother in a world on fire.



10.00am

Hopium Recovery: An Active Hope Workshop

In a world unravelling, how do you resist getting lost in despair, stuck in denial or hooked on hopium? This experiential session with Vix is a regenerative respite.



11.45am

How to Cultivate Creativity as an Act of Resistance, Healing, and Connection

An invitation to reconnect with your creative voice with Marie Kenny.



1.30pm

Rooted Within: A New Way of Meeting the Polycrisis

In this 90-minute experience, Staci invites you into a quiet returning - not to withdraw from the world but to respond from a deeper place.



3.15pm

"But What Can I Do?": Tools to move from overwhelm to aligned action

In this workshop Myra will share tips and tools to move from overwhelm and depletion to focus and action.



5.00pm

Wails | An exploration + ritual in Grief

Explore The Five Gates of Grief that come from the work of Francis Weller with Nicola Duffell. Using music by alexandra blakely and writing to guide us with our sacred grief.