







LISMORE WOMEN'S FESTIVAL CALENDAR

3rd MARCH to 10th MARCH

FRI 2 ND	SAT 3 RD	SUN 4 TH	MON 5 TH	TUE 6 TH		WED 7 TH	THU 8 TH	FRI 9 TH	SAT 10 TH
6pm - 8.30pm Women Exhibition Serpentine Gallery Open to All (F)	10am - 2.30pm Festival Opening Event Lismore Quadrangle Open to All (F)	10am - 11.30am Introduction to Essential Oils YWCA NSW For Adults Book 0448 076 439 (\$5)	10am - 1.30pm Women's Expression Workshop YWCA NSW For Women 18+ Book 0427 669 363 (\$15)	9.30am - 11.30am Mums and Kids Fun Lismore Quadrangle Open to All Families (F)		11pm - 12.30pm Rainbow Parenting in a Straight World Interrelate For rainbow parents, carers, parents2B & Allies Book (02) 6623 2750 (F)	6.30am - 7.45am International Women's Day Womens Class Mandala Garden Wellness Centre For Women Book 0431 094 483 (D)	8.30am - 9.30am Dancing Trees Yoga Women's Health and Resource Centre For Women Book 0401 953 909 (F)	8pm-midnight Lismore Women's Micro Music Festival The Gollan For Individuals 18+ (\$10) (New Venue)
D=Donation F= Free Event	12pm - 3pm Slow Sewing Circle Conservatorium For women 13+ (U15 Adult accompaniment) Book spinningjennyart@hotmail.com (\$5)	11.30am - 1pm Emotions & Essential Oils YWCA NSW For Adults Book 0448 076 439 (\$5)	10.30 - 11.30am Pregnancy, Mums & Bubs Yoga Lismore Birth House Mums2be, Mums & Bubs Book 0415 533 311 (F)	10am - 1pm Standing Your Sacred Ground Interrelate For Women 15+ Book (02) 6623 2750 (F)		1pm - 3pm Freedom Fashion Parade YWCA NSW Open to All Book (02) 6625 5800 (D)	9.30am - 1.30pm Shamanic Rattle Crafting Red Moon Temple For Women 15+ Book (online) stickytickets (\$50)	11am - 2pm Flying Solo Parenting YWCA NSW Solo mums, mums, dads, parents to be & caregivers Book 0428 123 316 (\$20 or \$15 concession)	
	12pm - 1pm Boomerang Bags Lismore Library Open to All (F)	1.30pm - 3.30pm Beginners Dance Theatre Workshop Wildfox Studios Open to All (\$5) (New Venue)	12pm - 2pm Circus Fun and Healing Workshop Wellways Open to All (F)	11am-1pm Online Marketing Tips and Tricks YWCA NSW For Individuals 16+ Book 0428 123 316 (\$25 or \$15 concession)		4pm - 5pm Netball – Come and Try Marie Mackney Courts For children & teenagers aged 4 to 18 Book 0497 443 991 (F)	9.30am - 11.30am Nia – Mindful Movement Inner Light Centre Open to All (\$25) Book 0402 630 184	5pm - 8pm She ... Portraits Muse Contemporary Gallery Open to All (F)	
	3pm - 5pm Jump Through Legal Hoops Wildfox Studios For Women 12+ (F)	2pm - 4pm The Sustainable Employability Game YWCA NSW For individuals 16+ Book (online) stickytickets (\$15 or \$5 concession)	1pm - 3pm Nia – Mindful Movement Inner Light Centre Open to All Book 0402 630 184 (\$25)	2pm - 4pm Nutritional Wellbeing Lismore Library For Women 15+ Book (02) 6621 7397 ext101 (F)		5.30pm - 8.30pm Beyond The Dental Dam Lismore CWA Tea Rooms For 18+ Lesbain, Bisexual & Queer Women (F)	9.30am - 12.30am Theory of Love Interrelate For Women 15+ Book (02) 66232750 (F)	6.30pm Elevate- A Celebration of Women Through Dance Wildfox Studios For Women & Children 10+ (F)	
	7.30pm - 10pm Women Up Front Lismore City Bowls Club Open to All (U18 Adult accompaniment) (\$5)	2.30pm - 5.30pm Wisdom of the Cycles Lismore Women's Health and Resource Centre For Women 15+ (\$20) Book (online) stickytickets	6-8pm Deeper Orgasm Class YWCA NSW For Women 18+ (\$25) -ID Required-	5.30pm - 7pm Mind, Body and Mudra Mandala Garden Wellness Centre Open to All (\$5-\$10D)		5.30pm - 8.30pm Standing up for Nature Lismore City Bowling Club Open to All (Women Focus) Book 0497 274 080 (D appreciated)	12pm - 2.30pm Feminists and Feminism Lismore City Hall For Women (F)		
		6.30pm - 7.30pm Kiirtan Mandala Garden Wellness Centre Open to All (D)	5.30pm - 7.30pm Mechanical Empowerment Workshop Quayside Hyundai For Women 17+ Book (07) 5523 7400 (F)	7.30pm - 8.30pm Burlesque Class Roxie Rose Burlesque and Pole Studio For Individuals 18+ Book 0422 659 423 (F)		6pm - 7.30pm Healing Vibrations Mandala Garden Wellness Centre Now Open to All Book 0431 094 483 (\$5 or \$10)	3pm - 9pm Riots of Passage Lismore Quadrangle Open to All (F)		
						7.30pm- 8.30pm Poledance Basics Roxie Rose Burlesque & Pole Studio For Individuals 18+ Book 0422 659 423 (F)	6pm - 7pm Thursday Night LIVE! Talks & Music Lismore Quadrangle For 18+ Inside (Kids are welcome in the Quad) (F)		
							5pm - 7pm Community Forum Uni Centre of Rural Health For Women 15+ Book Alex.Grantham@sydney.edu.au (F)		

Heartfelt thanks to...

All the groups and individuals that are hosting events, activities and stalls – thanks for sharing your ideas, and all the effort you have put in!

Auntie Thelma James
Facebook volunteers
Ebony Smith
Bec Massey
Keri Kahler
Beki Davies
Danielle Greenslade
Devi Thomas
Edda Lampis
Verena Koch
YWCA Staff

Volunteers thanks for chipping in!

Thanks to the organisations and their people, that have supported the preparation...

Lismore Womens Health and Resource Centre, Interrelate, Northern Rivers Community Gateway, Anglicare, Northern Rivers Community Legal Centre, ACON, Lismore Regional Gallery & The Quad, Lismore Library, Northern Rivers Conservatorium, LightnUp & North Coast TAFE, Lismore.



@lismorewomensfestival
Survey Monkey available until 22 March
Your feedback is appreciated!

For details visit lismorewomensfestival.org