



## Saturday Program

Playing For Change Day  
*morning to mid afternoon*

# THE SHIFT FESTIVAL

### 9.45am Meditation & Yoga

\* Childrens Activities Available

Centre yourself for a fun filled day with Meditation and Yoga, gently guided by Loretta of Unfold Yoga and Wellbeing, Mt Barker – one of our Festival Sponsors.

[www.unfoldyogawellbeing.com](http://www.unfoldyogawellbeing.com)

### 10.45am Chanting

\* Childrens Activities Available

Join in some chanting with Shanti Sound. No prior experience necessary [www.shantisound.com.au](http://www.shantisound.com.au)

### 11.30am Movie Screening

\* Childrens Activities Available

**2012 Time for Change** Featuring wisdom from Sting, David Lynch, Ellen Page, Gilberto Gil, Paul Stamets, Shiva Rea, Barbara Marx Hubbard, Dennis McKenna, Buckminster Fuller, Bernard Lietaer, Terence McKenna and Tiokasin Ghosthorse, this film focuses on the sustainable solutions to our current social and environmental issues.

[www.2012timeforchange.com](http://www.2012timeforchange.com)

### 1pm Lunch with Dig Woods and The Wandering Minstrels

Enjoy two Acoustic performances outside, with delicious chai and tasty treats from The Chai Brothers and Sweet Sisters and scrumptious savouries from Earth's Kitchen!

### 2pm Earth Communities Forum

\* Childrens Activities Available

Come along to this presentation and forum to learn about and discuss the great vision of Earth Communities for a peaceful and sustainable reality, which they are manifesting, to create positive change for individuals, community and our beautiful planet.

[www.earthcommunities.com.au](http://www.earthcommunities.com.au)

\* *Please note - in the highly unlikely event of unforeseen circumstances, this program may be altered with replacement activities or presentations.*



## Saturday Program

Playing For Change Day  
*mid afternoon to evening*

# THE SHIFT FESTIVAL

### 3.00pm Alfresco Acoustic Performances, Drumming & Dance

Relax and enjoy the ambiance of the Chai tent and Mylor surrounds with good food, good company and great entertainment. Join in the Wu Tao Dance, groove out with fine local artists' acoustic performances and be entertained and bedazzled by Tribal Belly Dancing.

- 3.00pm** Wu-Tao Dance with Lisa Fabry [www.wutaoadelaide.com](http://www.wutaoadelaide.com)
- 3.30pm** Drumming Workshop with Brook from Beat of Life
- 4.00pm** Cindy Anne Heart Music
- 4.30pm** Colin Hardman
- 5.00pm** Reno Krause
- 5.30pm** The Living Trees
- 6.00pm** Saffron Tribal Belly Dancing

### 6.30pm 2013 Conscious Music Festival Fundraising Concert

Kick up your heels for a good cause and enjoy quality music from talented local artists, on our main stage in the hall, celebrating 'Playing for Change Day' and raising funds for both Playing for Change Day and the local 2013 Conscious Music Festival.

- 6.30pm** Intro with Marty from Tribe FM
- 6.40pm** Fine & Dandylions
- 7.15pm** Loren Kate
- 7.50pm** The Rising Lotus
- 8.30pm** 20 minute Break
- 8.50pm** Moor Rose
- 9.35pm** Jam-Rastaman Solo
- 10.15pm** Minority Tradition

### 11.00pm Close

\* *Please note - in the highly unlikely event of unforeseen circumstances, this program may be altered with replacement artist/s or extension of time for existing artist/s.*





## Saturday Program

Playing For Change Day

*Childrens Activities*

*morning to mid afternoon*

# THE SHIFT FESTIVAL

## Supervised Childrens Activities for 3 to 12 year olds

On this family friendly day you can choose to relax and enjoy time to yourself with the Meditation, Yoga, Chanting, Movie and Earth Communities Forum, whilst our child friendly volunteers entertain your little ones!! We have two qualified teachers on board to oversee the activities and helping volunteers. **All activities included on the \$10 child's ticket!**

### 9.45am - 11.30pm (during meditation, yoga and chanting)

- Face Painting
- Decorating Showbags
- Drawing picture 'bricks' and building a peace wall
- Clay modelling
- Weaving 'God's Eyes' and Finger Knitting
- Kite making

### 11.30am - 1.00pm (during the movie screening)

- Kinder Musik with Cindy Anne MacDonald
- Free play with balls, ropes, hoops, bubble wands
- More creative hand crafts and games

### 2.00pm - 3.00pm (during the Earth Communities forum)

- Story time
- Walk to the Oval
- Free play on oval and playground
- Treasure hunt

When the children return from their walk and unite with the adults again, you are invited to join in the creation of a beautiful Spring Nature Mandala, with gifts from nature found on their Treasure Hunt! You are of course welcome to check in on your children and join in the fun at any time during the running of the above activities. If your child becomes overly distressed at any time you will be notified. Children are welcome at the festival for the entire Saturday.

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## Saturday Program

Playing For Change Day

*Other Services  
and Attractions*

# THE SHIFT FESTIVAL

## So what's the set up & what else is happening at Shift Fest?

### Soul Food

- Enjoy lounging in our exotic Persian Chai Tent, whilst enjoying our outdoor entertainment with delicious treats available from 'The Chai Brothers & Sweet Sisters'
- Delicious Vego Savouries and Hot Coffee from 'Earth's Kitchen' Available.

### Market Stalls

Because of limited space we only have a hand full of stalls, though we do have a few people trading on the day with interesting ethical products and services for you to check out and purchase!

### Interactive Walls

Get creative and leave your mark on our interactive walls. Draw a picture or share a poem for Peace or tell us what 'The Shift' is about for you. We are building a Peace Wall with your contributions and welcome from young and old to participate!

### Displays and Merchandise from Artists and Presenters

Grab yourself a CD, DVD or T-shirt to take home and enjoy a reminder of your day out at Shift Fest!

### Healing Tent

Enjoy a mini treatment or reading with staff from Unfold Yoga and Wellbeing and friends of The Healing Ground for a small donations to Playing for Change Day!

### Drumming

Bring along your own jembai or other percussive instrument for our 3.30pm Drumming workshop with Brook from Beat of Life if you have one!!! Some drums provided.

### Indoor and Outdoor Stages

We are extending the Chai Brothers tent with another large marquee, where our body, mind and soul activities and outdoor acoustic performances will be staged during the day. Our feature artists will perform inside the hall on the main stage in the evening! The movie and forum will be inside.

### FREE Camping and Car Parking available at Mylor oval

Straight across the road from the festival site! Public toilet facilities available.

- *Please note - in the unlikely event of unforeseen circumstances, these attractions may be altered.*