

# AGENDA

## FRIDAY 27 OCTOBER 2023

07:00 - 11:30 - Beachfront Activities

16:00 - 16:45 - 'Sound & Music: The Future of Mental Health' with Ciaran Gribbin

17:30 - 18:00 - Guided Sunset Meditation with Susan Quirke

20:00 - 21:30 - Storytelling with Music: Acoustic Songs Under the Stars with Ciaran Gribbin & Susan Quirke

## SATURDAY 28 OCTOBER 2023

06:00 - 06:30 - Guided Sunrise Meditation with Susan Quirke

07:00 - 12:00 - Beachfront activities

07:00 - 08:00 - Yoga with Sound with Seriya Cutbush & Matty Rainbow

10:00 - 10:45 - The Silent Revolution: Discover the Profound Power of Meditation with Susan Quirke

11:00 - 11:45 - Understanding the Lifeforce of Breath with Matty Rainbow

12:00 - 13:00 - \*Songwriting with Grammy-nominated Songwriter, Ciaran Gribbin

13:30 - 14:30 - \*Songwriting with Grammy-nominated Songwriter, Ciaran Gribbin

14:00 - 14:45 - Sound of Being Journey with Seriya Cutbush & Matty Rainbow

16:00 - 17:00 - Yoga with Music with Seriya Cutbush and Ciaran Gribbin

17:00 - 17:30 - Guided Breathwork with Matty Rainbow

17:30 - 18:00 - Guided Sunset Meditation with Susan Quirke

20:00 - 21:00 - The Songs of INXS with Ciaran Gribbin

## SUNDAY 29 OCTOBER 2023

06:00 - 06:30 - Guided Sunrise Meditation with Susan Quirke

07:00 - 13:00 - Beachfront activities

07:00 - 08:00 - Yoga with Sound with Seriya Cutbush and Matty Rainbow

08:30 - 09:00 - Guided Breathwork with Matty Rainbow

11:00 - 11:45 - Finding Serenity and Success Through Meditation with Susan Quirke

12:00 - 13:00 - \*Songwriting with Grammy-nominated Songwriter, Ciaran Gribbin

13:30 - 14:30 - \*Songwriting with Grammy-nominated Songwriter, Ciaran Gribbin

14:00 - 14:45 - Sound of Being Journey with Seriya Cutbush and Matty Rainbow

15:00 - 15:30 - Guided Breathwork with Matty Rainbow

16:00 - 17:00 - Yoga with Music with Seriya Cutbush and Ciaran Gribbin

17:30 - 18:00 - Guided Sunset Meditation with Susan Quirke

## MONDAY 30 OCTOBER 2023

06:00 - 06:30 - Guided Sunrise Meditation with Susan Quirke

07:00 - 08:00 - Yoga with Sound with Seriya Cutbush and Matty Rainbow

08:00 - 14:00 - Beachfront activities

\*One on One Session with Ciaran Gribbin, \$2,500+GST. Package includes: 60 minute one on one with Ciaran Gribbin, producing, recording and mixing of song to release quality supplied as an .mp3 and .wav file.



Matty Rainbow



Seriya Cutbush



Susan Quirke



Ciaran Gribbin