

# The Wellness Collective

HOSTED BY  
SPENCER TRAVEL WELLNESS

WHEN  
SATURDAY, MAY 23  
9:00AM - 4:00PM AEST

WHERE  
SALTBOX  
WUNDERLICH LANE  
399 CLEVELAND ST  
REDFERN, NSW 2016



The Wellness Collective is a day designed to nourish your mind, body and spirit by bringing together world-class retreats, wellness practitioners, and leading wellness brands in a vibrant interactive experience.

**PARTICIPATE**  
Seated Yoga Practice  
Instructor Led Breathwork  
Sound Bowl Healing Session  
Expert Biohacking Insights  
NAD+ IV Drip

**BE INFORMED**  
ANCIENT MEDICINE MEETS MODERN-DAY SCIENCE  
Panel led by renowned expert Kris Abbey with a lineup of inspiring speakers and facilitators.

**DISCOVER**  
A curated selection of wellness partners will host dedicated stations for you to explore, connect and engage with throughout the day.

This is your space and time to discover innovative wellness tools, and have meaningful conversations with the very best in global wellness.

**EXHIBITORS**  
GREAT AUSTRIAN  
ANANDA  
AKA  
C.M.C.  
HEALTH  
SOMEBODY  
PAGE FIT  
ALMA  
IV  
CHENOT

**INCREDIBLE WELLNESS PRIZES will be drawn throughout the day**

To register, please click here. A payment link will follow after your registration is received.

Step into a day to nourish mind, body and spirit. The Wellness Collective brings together leading retreats, practitioners and brands in an immersive expo experience. Enjoy yoga, breathwork, sound healing and expert sessions, explore curated wellness stands, and connect with industry leaders. Hear from top voices, including Kris Abbey, and discover tools to support your wellbeing—stay for an hour or the full day.

Tickets are \$30 per person. A payment link will follow your registration.

Attending 

## Morning Sessions

- 9.00am - Welcome by Penny Spencer & Kris Abbey
- 9.15am - Seated Yoga & Ayurveda with Dr Mai
- 9.45am - The benefits of IV Drip Therapy with Rosy McEvedy
- 10.10am - RAKxa Integrative Welless, Thailand Presentation
- 10.40am - Mini Sanctuary Breathwork Reset with Kyla Mawson
- 11.00am - Chenot Palace, Switzerland Presentation
- 11.20am - Future Proof Your Health Biohackme with Camilla Thompson
- 11.50am - Ananda in The Himalayas, India presentation

Please choose your session times when you RSVP.

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## Afternoon Sessions

- 12.10pm - The Wellness Collective Giveaways
- 12.30pm - Alba Wellness Valley by Fusion, Vietnam Presentation
- 1.00pm - Reset Your Nervous System Anywhere with Dr Mai
- 1.30pm - Soulfood - The Great Glenorchy Base Camp Presentation with Douglas Rikard-Bell
- 2.00pm - Elysia Wellness Retreat, Hunter Valley Presentation
- 2.30pm - Finding your perfect wellness retreat with Spencer Travel Wellness
- 2.45pm - Ancient Medicine Meets Modern Day Science - how is this influencing wellness travel  
- panel discussion with Q&A
- 3.30pm - Nada Sound Spa Sound Healing with Jen & Adam
- 3.50pm - Closing address and prize draw

Please choose your session times when you RSVP.

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## Presenters, Exhibitors and Practitioners

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EXERCISE PHYSIOLOGIST, NUTRITIONIST, EDUCATOR

Kris Abbey - MC & Panelist

[KRISABBEY.COM.AU](http://KRISABBEY.COM.AU)

Kris Abbey is one of Australia's most trusted wellness voices. As the founder of Spa & Wellness Magazine, host of the Wellness Summit, and a regular contributor to global wellness and travel platforms, Kris brings three decades of health, nutrition and spa experience to everything she touches.

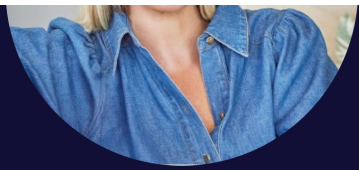


BIOHACKER, COACH, NUTRITIONIST & AUTHOR

Camilla Thompson - Presenter & Panelist

[BIOHACKME.COM.AU](http://BIOHACKME.COM.AU)

Camilla Thompson is a biohacker, health coach, nationally recognised nutritionist, executive coach



and author with a decade of experience in health and wellbeing. She is the founder of The Wellness Coach, BioHackMe and is known for her dynamic, science-led approach to performance, resilience and longevity.



CEO AND CO FOUNDER OF SUBTLE ENERGIES

Nick Irani - Panelist and Exhibitor

[SUBTLEENERGIES.COM.AU](http://SUBTLEENERGIES.COM.AU)

Subtle Energy is a results-based aromatherapy, natural skincare and wellness solutions range founded on authentic Ayurveda principles. Created with intent to address multiple skin and body concerns, whilst delivering high performance results empowering one's physical, mental and emotional wellbeing. It is found in leading Hotels and Spas round the world, including Six Senses, Mandarin Oriental, Peninsula Hotels, Taj Hotels and Palaces and Gwinganna Lifestyle retreat in Australia.



CO FOUNDER OF NATURE'S ENERGY

Melissa Bovil - Panelist and Exhibitor

[NATURESENERGY.COM.AU](http://NATURESENERGY.COM.AU)

Through our company, Nature's Energy, we've grown a holistic ecosystem that includes award-winning day spas, bathhouses, and the manufacturing of natural skincare – all united by a commitment to authenticity, integrity, and results-driven wellness.



FOUNDER OF EARTH HEART BREATH

Kyla Mawson - Practitioner

[EARTHHEARTBREATH.COM.AU](http://EARTHHEARTBREATH.COM.AU)

My work blends trauma-informed breathwork, nervous system regulation, and environmental alignment to support people in creating a deep sense of safety within themselves and their surroundings.

TRADITIONAL CHINESE MEDICINE PRACTITIONER



Dr Mai - Presenter & Practitioner

TEMPLEAPOTHECARY.COM.AU

Mai's work blends Traditional Chinese Medicine, Ayurveda, and nervous system regulation to support people in moving from stress and burnout into balance, energy and clarity. With a background in emergency nursing and over two decades in health and education, she offers a grounded, integrative approach that helps people reconnect with their body, restore rhythm and feel more like themselves again wherever they are in the world.

OWNER - THE GREAT GLENORCHY ALPINE BASE CAMP

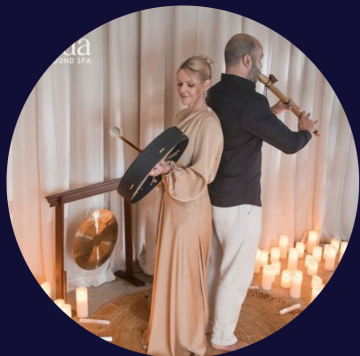


Douglas Rikard-Bell - Sponsor and Presenter

THEGREATGLENORCHYALPINEBASECAMP.CO.NZ

Douglas Rikard-Bell and his talented wife, Liz, are the co-founders of The Great Glenorchy Alpine Base Camp. This true renaissance couple have created (and curated) an incredibly unique range of truly transformational experiences based in various powerful wild nature landscapes and for all seasons. The business has been perfecting it's offering for the last three years and is now trade ready. Be among the first to see this world class offering.

Adam & Jen McCrea - Sound Healing

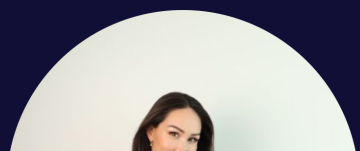


Jen McCrea, founder of Nāda Sound Spa is a classically trained cellist and pianist, accredited sound bath facilitator, and internationally recognised leadership coach, alongside her partner Adam, a masterful flute player, best-selling author, and relationship therapist.

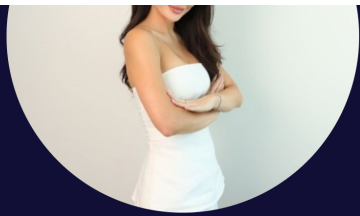
Together, their soundscape is a tapestry of sacred flutes, ancient instruments, and healing frequencies.

Rosy McEvedy

IVLEAGUEDRIPS.COM



Rosy McEvedy is the Founder of IV League Drips, Academy by IV League and Revitalise by IV. a



wellness entrepreneur and educator passionate about helping people feel energised, resilient, and empowered from the inside out. With a strong focus on NAD+, peptides, and preventative health, Rosy bridges science with soulful, practical wellness.

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## Gold Sponsors

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DOUGLAS RIKARD-BELL, CO-FOUNDER

The Great Glenorchy Alpine Base Camp

[THEGREATGLENORCHYALPINEBASECAMP.CO.NZ](http://THEGREATGLENORCHYALPINEBASECAMP.CO.NZ)

Douglas will be sharing a range of experiences centered around the preparation and sharing of whole foods, cooked over an open fire in wild nature settings. This lost art of cooking brings together patience, the joy of selecting ingredients, and the ritual of preparing food with care. It's about bringing your heart into your hands. Creating space for connection through activity-based socialising, meaningful community, time immersed in nature, and moments of personal growth and discovery.



RAKxa Integrative Wellness - Thailand

[RAKXAWELLNESS.COM](http://RAKXAWELLNESS.COM)

Nestled on the peaceful island of Bang Krachao, RAKxa Integrative Wellness is where cutting-edge science meets ancient healing wisdom. In this session, discover how personalised diagnostics, functional medicine, and time-honoured therapies such as Ayurveda and Traditional Chinese Medicine combine to create tailored wellness programmes. Designed for those seeking more than relaxation, this experience invites you to understand your body, restore balance, and achieve meaningful transformation.



Alba Wellness Valley by Fusion - Vietnam

[FUSION-COLLECTION.COM](http://FUSION-COLLECTION.COM)

Surrounded by lush jungle and natural hot springs, Alba Wellness Valley by Fusion offers a refreshing take on wellness that blends simplicity with soul. Their presentation invites you into a slower rhythm of life, where onsen bathing

slower rhythm of life, where onsen bathing, mindfulness, and nature-based living take centre stage. Expect a gentle, grounding approach to wellbeing that feels both accessible and deeply restorative. Perfect for those craving calm, connection, and a return to what really matters.



#### Ananda in the Himalayas - India

[ANANDASPA.COM](http://ANANDASPA.COM)

Nestled in the foothills of the Himalayas, Ananda in the Himalayas is one of the world's most iconic spiritual wellness destinations. This presentation will immerse you in the philosophy of Ayurveda, yoga, and Vedanta, woven into a luxurious and deeply nurturing experience. It is a place for inner stillness, emotional healing, and profound reconnection. For those feeling the call to go deeper, this is where transformation begins.



#### Elysia Wellness Retreat - Australia

[ELYSIARETREAT.COM.AU](http://ELYSIARETREAT.COM.AU)

Closer to home yet a world away, Elysia Wellness Retreat is known for its practical, results-driven approach to health and wellbeing. In this session, explore how structured programs, fitness, nutrition, and education come together in a supportive environment designed for real, lasting change. Ideal for those who like a clear plan, expert guidance, and the motivation to reset habits and feel energised again.

#### Silver Sponsors





Bronze Sponsors



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## Parking

WUNDERLICH LANE CAR PARK  
12 BAPTIST ST REDFERN

Parking after 2 hours is charged at an hourly rate.

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## Tickets

Entry is \$30 per person and includes a selection of canapes, tea, coffee, juices during the day along with expert led wellness sessions.

