

WITH THE DAZZLE PROGRAM

ACCESS HERE >>>



REGISTRATION OPENS FROM 9AM AT CONSCIOUS COMBAT CLUB

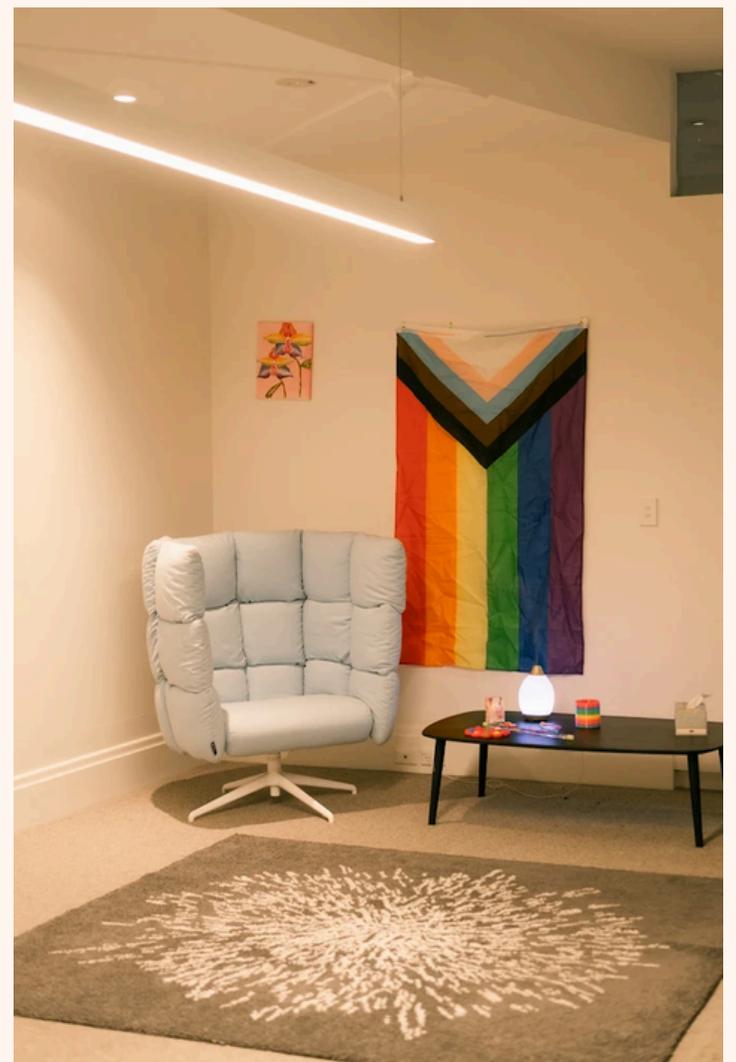
Official proceedings kick off at 10am!

We'll have some small activities set up to get you mingling and settling into the day.

You're invited to design your own name tag and 'starter kit' as a conversational ice breaker.



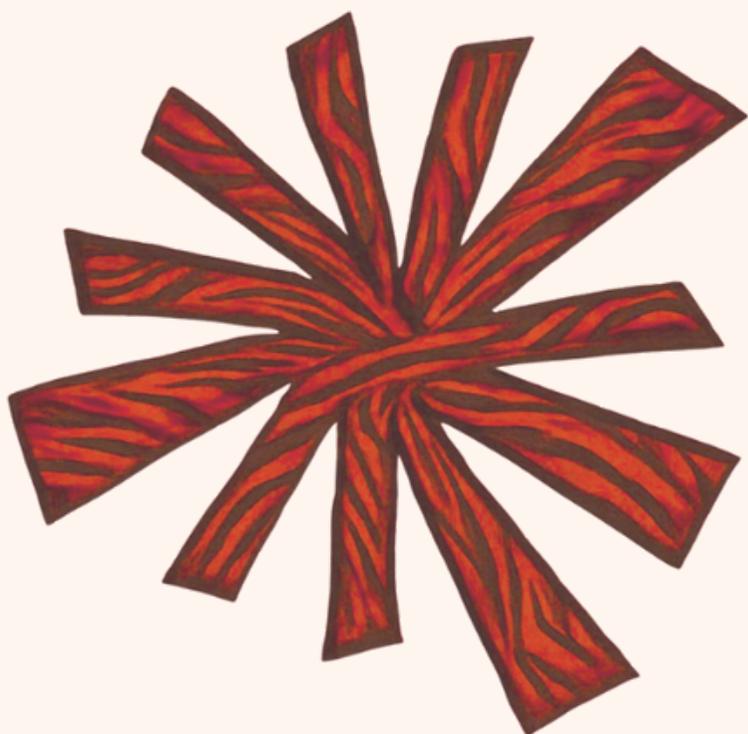
**JUST AROUND THE
CORNER FROM ZEBRAS
HQ AT 39-47 LITHGOW
ST, ABBOTSFORD**



@ZEBRAS_AUS X @CONSCIOUSCOMBAT.CLUB

THEN, CHOOSE ONE OF TWO 90-MINUTE WORKSHOPS

*limited availability in each



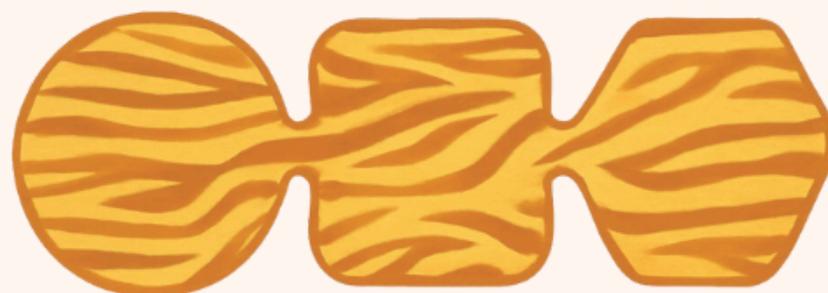
TRAUMA INFORMED EMBODIED MARTIAL ARTS

Facilitated by
Georgia Verry from
Conscious Combat
Club

OR

STRIPY MAKERS ART CLUB

Facilitated by
Occupational
Therapist Lauri King
from Zebras Australia



TRAUMA INFORMED EMBODIED MARTIAL ARTS WORKSHOP

*Facilitated by Georgia Verry from
Conscious Combat Club*

WHAT TO EXPECT...

An interactive workshop where we'll use trauma-informed kickboxing as a medium to explore boundary setting.

You'll be guided through grounding stretches, learn a basic kickboxing stance and four simple techniques.

We'll conclude with a light movement game to help you regulate.

***THIS WORKSHOP IS
INCLUSIVE AND WELCOMING
TO PEOPLE OF ALL GENDERS
AND ABILITIES; NO PRIOR
EXPERIENCE IS NEEDED.
COME AS YOU ARE!***

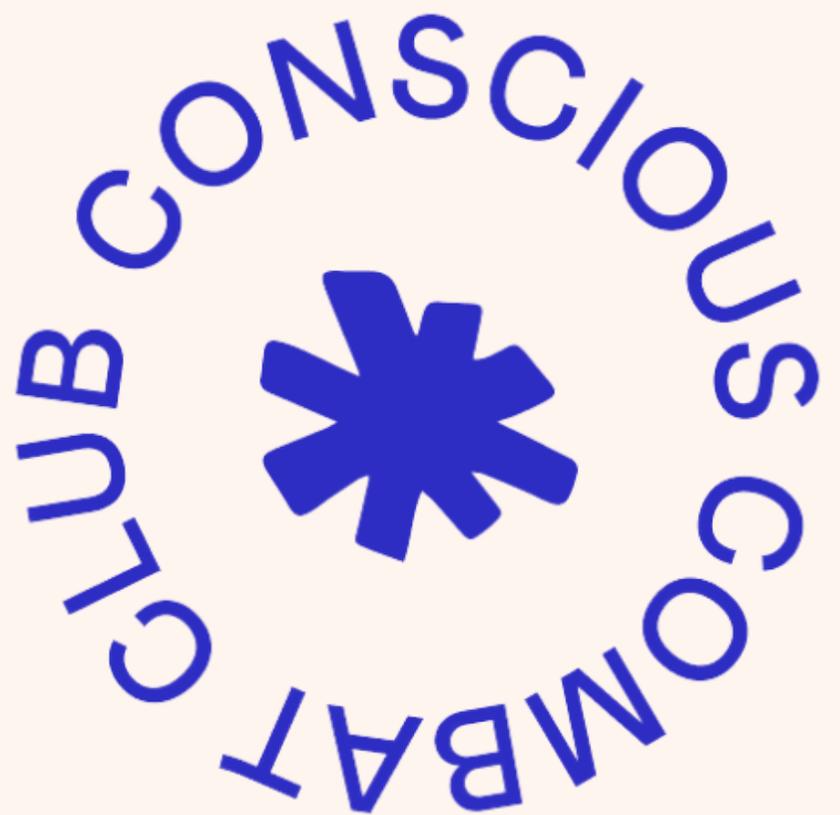


TRAUMA INFORMED EMBODIED MARTIAL ARTS WORKSHOP

*About the Facilitator:
Georgia Verry (she/her)*

Georgia has 20 years experience across a diverse range of martial arts, including time as a semi-professional kickboxer.

In collaboration with a team of psychologists, Georgia developed the CCC's trauma-informed martial arts program - the first of its kind in Australia.



STRIPY MAKERS ART CLUB

Facilitated by OT Lauri King from Zebras Australia

WHAT TO EXPECT...

Stripy Makers provides an opportunity to connect with peers while exploring a creative activity.

The activity is guided by our OT, Lauri, and fosters a supportive environment to develop new interests, share stories and strengthen community.

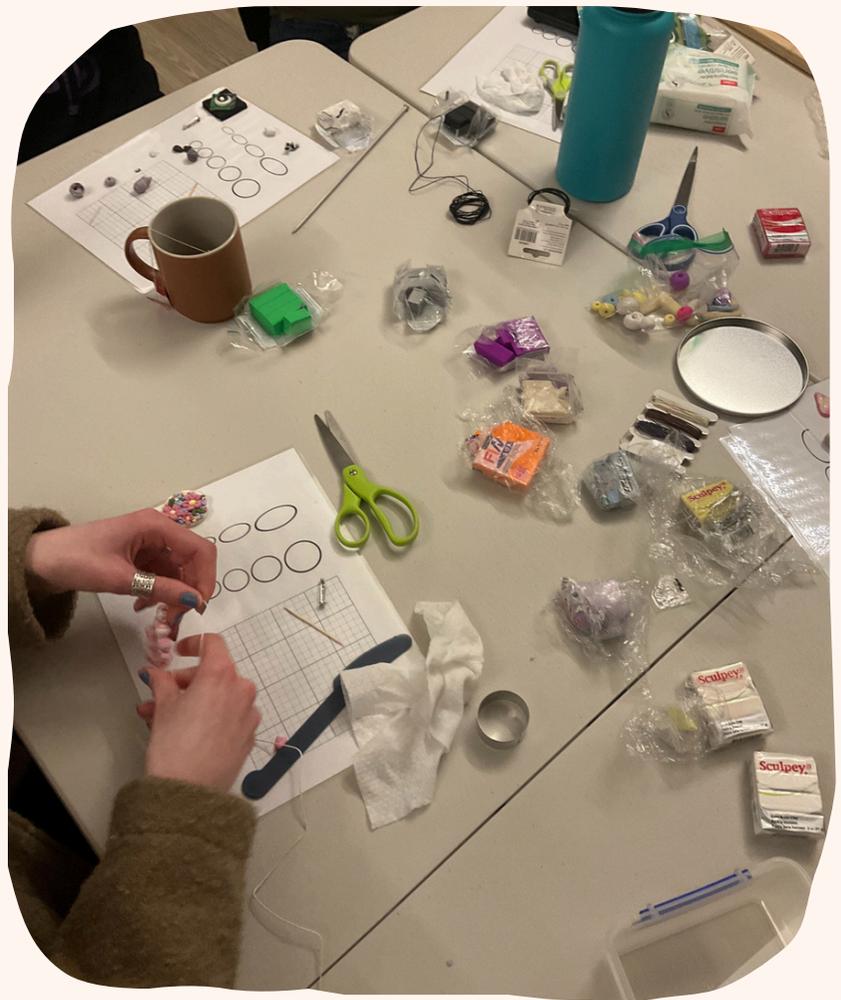
THIS WORKSHOP IS HANDS ON AND A LITTLE MESSY, SO BRING CLOTHES YOU ARE OKAY WITH GETTING A LITTLE DIRTY WITH PAINT ETC.



STRIPY MAKERS ART CLUB

About the Facilitator: Lauri King (she/her)

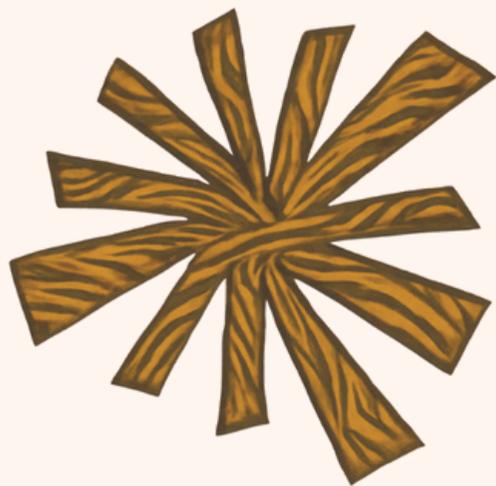
Lauri is our Integrative Occupational Therapist who is passionate about creating spaces for people to explore new skills and interests, while also providing tips and tricks to support you better in achieving your goals.



FOLLOWING A LUNCH BREAK, WE'LL MOVE OVER TO ZEBRAS HQ FOR AN AFTERNOON OF....

LIVED EXPERIENCE TALK: COMMUNITY & CONNECTION

Facilitated by Ash Ormond
(Hype Girl Social Club) &
Manon Tickle (Zebras Aus)



SPEED FRIENDING WORKSHOP

Facilitated by Zebras Aus

GROUNDING EMBODIMENT WORKSHOP

Facilitated by Integrative
Osteopath Lee Hoogeveen



LIVED EXPERIENCE TALK: COMMUNITY & CONNECTION

facilitated by Ash Ormond & Manon Tickle

WHAT TO EXPECT...

What does connection really feel like when you're navigating life with chronic, rare or complex conditions? How does community grow in spaces that honour capacity, vulnerability and real humanity?

Together, Ash and Manon will guide an open and reflective conversation about how connection unfolds in real life: the joy, grief, barriers and the small, powerful shifts that help people find belonging on their own terms.

This talk is not a lecture; it's a shared space to listen, reflect and sit with stories that resonate.

Come ready to be seen, feel held, and be reminded that connection doesn't have to be loud or perfect, it just needs to be real.

LIVED EXPERIENCE TALK: COMMUNITY & CONNECTION

About the Facilitators:

ASH ORMOND (SHE/HER)

Join Ash Ormond (founder of Hype Girl Social Club), a community-builder and mindset coach who turned a simple walking group into one of Melbourne's most loved social communities.

H.G
S.C



MANON TICKLE (SHE/HER)

Alongside Ash is Manon Tickle (Marketing Coordinator at Zebras Australia and With the Dazzle creator).

Driven by her own lived experience, she is passionate about creating spaces that foster connection and belonging from within the rare and chronic illness world.



ZEBRAS
australia

@ZEBRAS_AUS X @CONSCIOUSCOMBAT.CLUB

SPEED FRIENDING WORKSHOP

facilitated by Zebras Australia

WHAT TO EXPECT...

A gentle, heart-centred way to connect with others. Our Speed Friending Workshop offers a warm and low-pressure way to meet new people who 'get it'.

In this facilitated experience, you'll have short, time-bounded chats with fellow participants that help spark new friendships without the overwhelm of traditional socialising.

The pace is thoughtful, with optional prompts available if you want them. The focus is on genuine curiosity, mutual respect and shared experience.

Whether you're hoping to expand your circle, exchange stories or just enjoy being seen and heard in a supportive space, Speed Friending is a welcoming way to connect in community.



GROUNDING EMBODIMENT PRACTICE

facilitated by Integrative Osteopath
Lee Hoogeveen (she/her)



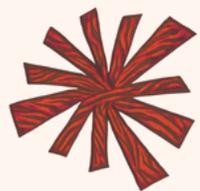
WHAT TO EXPECT...

This practice will gently integrate breathwork and somatic practices, offering participants supportive tools to help close the experience with care, presence and self-connection.

ABOUT THE FACILITATOR: LEE HOOGEVEEN

Lee is our Integrative Osteopath, integrating movement-based approaches to support regulation of the nervous system.

INCLUDED IN YOUR TICKET IS...



**CHOICE OF ONE OF TWO 90-MINUTE
WORKSHOPS AT CONSCIOUS COMBAT CLUB**



**MORNING & AFTERNOON TEA
(LUNCH IS BYO)**



**AN AFTERNOON OF WORKSHOPS, TALKS
AND PRACTICES AT ZEBRAS HQ**

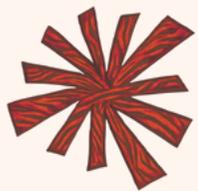


**AN OPPORTUNITY TO CONNECT WITH
LIKE-MINDED HUMANS IN THE ZEBRAS
COMMUNITY**

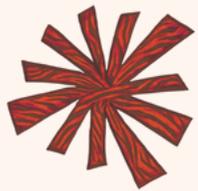
TICKET PRICES

Tickets are offered on a sliding scale to keep this day as accessible as possible.

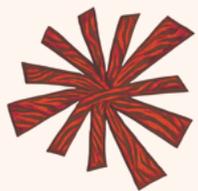
We welcome you to choose the option that feels right for you.



COMMUNITY - \$85



SUSTAINER - \$140



SUPPORTER - \$175

\$5 from every ticket will be donated to Rare Voices Australia