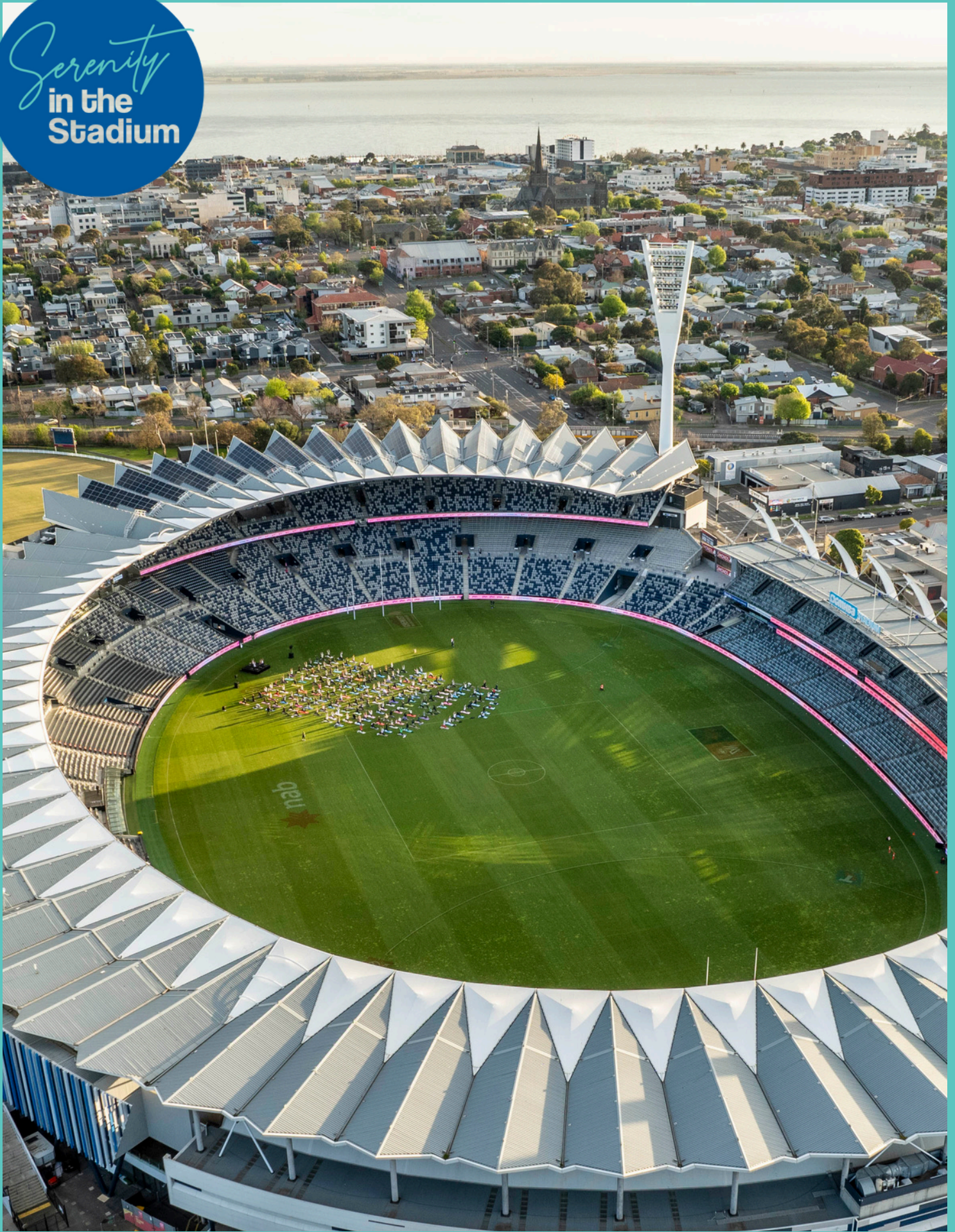


Serenity
in the
Stadium



2025 EVENT GUIDE



**DON'T
FORGET
YOUR MAT**



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WELCOME

Welcome to Serenity in the Stadium!

We're so glad you're joining us for Serenity in the Stadium 2025 - a morning dedicated to movement, mindfulness, and connection.

In the middle of our busy lives, it's easy to forget to pause and take a breath. Serenity in the Stadium is your invitation to slow down, reconnect with yourself, and share a mindful moment with others on the iconic GMHBA Stadium.

This one-hour community yoga event brings together people of all ages and abilities. Whether you've never rolled out a yoga mat before, or it's part of your weekly routine, this is a space where everyone is welcome. There's no competition, no expectations, just the simple act of showing up for your wellbeing.

As we come together under the open sky, we're reminded of the power of physical activity, social connection and mindfulness for our mental wellbeing. Every person on the oval represents a story, a journey, and a shared commitment to making mental health and wellbeing a priority, for ourselves, and for our community.

Thank you for choosing to be part of this special morning and for helping us to raise awareness, and break down the stigma around mental health.

We can't wait to see you there.



Read the Play

Active
Geelong
THE MOVEMENT MOVEMENT



EVENT DAY

SUNDAY 19 OCTOBER 2025

EVENT TIMES

Gates at GMHBA Stadium will be open from 7:30am. We ask that all yoga mats are set up on the arena by no later than 7:50am for a 8:00am start.

The yoga session will run. from 8:00am - 9:00am, with coffee and light refreshments available after the event.

WHAT TO BRING

Please bring a yoga mat and wear comfortable clothing for light movement. We also recommend bringing a water bottle, however there will also be free water available at the entrance.

MAPS

Entry for Serenity in the Stadium is via Gate 1 – Joel Selwood Stand. This is the gate closest to Moorabool St at the North end of GMHBA Stadium. Our volunteers will be at the gate to assist you with ticket scanning and directions.

PARKING

Free parking is available throughout the Kardinia Park Precinct. Please see Entry A (Kilgour Street), Entry B (Latrobe Terrace) and Entry C/D (Park Crescent) on the maps on the next pages. There is also plenty of street parking available along Moorabool Street and in the adjacent street.

TICKETS

Tickets will be available to purchase right up until the event begins at 8:00am on Sunday 19 October 2025. When you arrive, please find one of our volunteers in a bright pink vest to scan your ticket and answer any questions you have about the event.

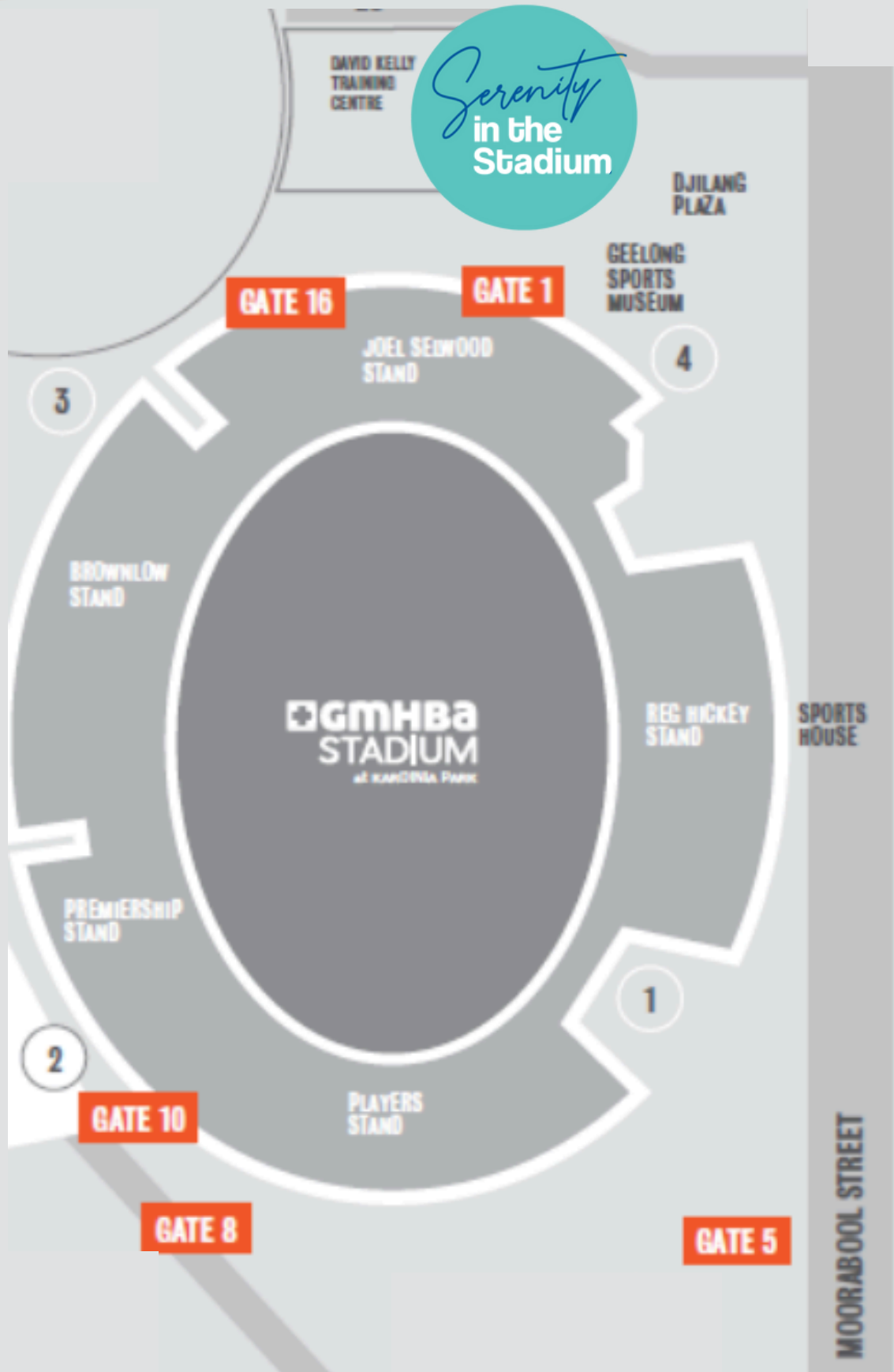
KARDINIA PARK

PRECINCT MAP

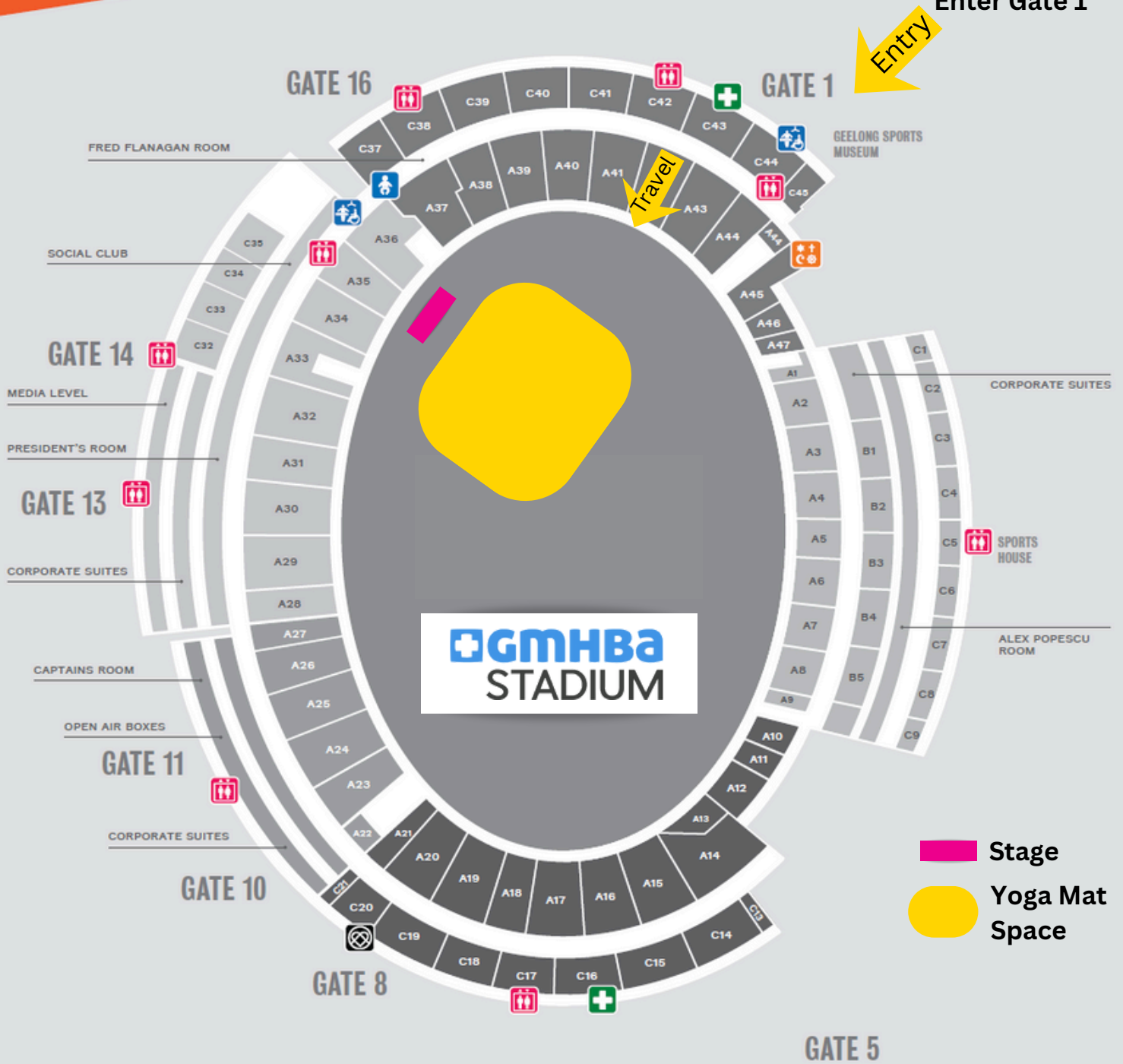


KARDINIA PARK

PRECINCT MAP



Enter Gate 1



Stage
 Yoga Mat Space

- FIRST AID
- CHANGING PLACES
- SENSORY ROOM
- LIFT
- PARENTS ROOM
- MULTI FAITH ROOM

THESE PREMISES ARE UNDER CONSTANT VIDEO SURVEILLANCE

NO SMOKING, VAPING OR E-CIG

TO REPORT ANY ANTISOCIAL BEHAVIOUR TEXT 0488 252 000

EXPLORE OUR INTERACTIVE STADIUM MAP

ACTIVATIONS



Fruit

Thanks to Harveys of Highton

Gate 1
Entrance

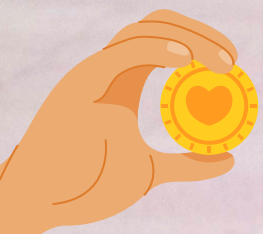


Coffee

Thanks to APCO Foundation &
APCO Service Stations



Gate 1
Entrance



**Grab your morning
APCO coffee for a gold
coin donation.**



National Expertise, Local Commitment.

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Thirsty? We've Got You.

Find Plan Group's Free Water Stations on your way in and out of the event!



Beyond Bank

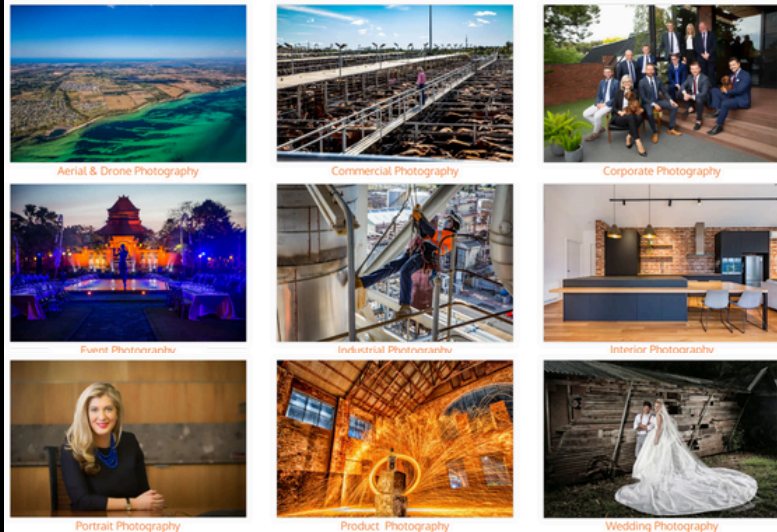
A U S T R A L I A



for
and
with
you



PAM HUTCHINSON PHOTOGRAPHY



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Choose how you use your limits*

across general dental, chiro, osteo and physio with GMHBA SmartCare Extras.

*Available with or without sub-limits. Annual limits and waiting periods apply. Included services vary per level of extras cover.



MERCHANDISE



MERCHANDISE

PURCHASE AT GATE 1



BEANIE

\$30



CAP

\$35



EVENT ORGANISERS

A Collaboration Between



Serenity in the Stadium is a collaboration between local charities Read the Play and Active Geelong. All proceeds from the event will go towards their work in the Geelong community.

Serenity in the Stadium was born from an idea by Read the Play's General Manager, Michelle Gerdtz.

Through Read the Play's work in youth mental health and wellbeing, Michelle recognised the need for a community event during Mental Health Month that would bring people together and shine a light on the role of physical activity and social connection in supporting our mental health.

With the support of Active Geelong and local event partners, this vision became a reality in 2024, and we're so proud to bring it back in 2025.

This purpose aligns with Read the Play's mission: to create a stronger, healthier, and more connected community through mental health awareness.

Their programs are designed to educate and empower young people aged 12-18 years, break down the stigma surrounding mental health, and equip them with the tools they need to build resilience and seek support when needed.

Through partnerships with local sporting clubs, Read the Play is reaching young people in their communities and starting open conversations about mental health.

EVENT ORGANISERS

Active Geelong is a collaborative project that works with workplaces, local health professionals and the broader community to increase physical activity in the Geelong region.

This is done through innovative ways that will increase access, provide new opportunities and support activities that promote physical activity.

Active Geelong's advocacy for physical exercise is 'everybody, every day' and Serenity in the Stadium offers an opportunity for a large group of people to enjoy the physical and mental benefits of exercise together.



Plan
GROUP



Read the Play

FOUNDED PARTNER
KEMPE
ENGINEERING

Building confidence in
young people to seek
support for mental health

IHA



OUR INSTRUCTOR



SALLY FERRIS

Sally is the owner and lead instructor at [@wonderyoga.au](https://www.wonderyoga.au), where she is known for her passion for creating inclusive and supportive yoga experiences for people of all ages and abilities.

With over a decade of teaching experience, Sally brings a deep understanding of the mind-body connection and its importance in promoting overall wellbeing. Her teaching style is rooted in the belief that yoga is for everyone, and she is committed to helping her students develop both physical strength and mental clarity through mindful movement.

Sally's classes emphasise the calming and restorative power of yoga, making her the perfect choice to lead Serenity in the Stadium!



HBA STADIUM

30 YEARS POPULAIRHEIT 30 YEARS POPULAIRHEIT
SIMONDS SIMONDS SIMONDS
SIMONDS SIMONDS SIMONDS

EVENT PARTNERS

Major Partner



Venue Partner



Merchandise Partner



Event Partners



Supporting Partners





THANK YOU

Thank you for being part of Serenity in the Stadium 2025. Your presence helps make this event what it is - a truly special community moment that brings people together to move, connect, and reflect on the importance of mental health and wellbeing.

We'd also like to extend our heartfelt thanks to everyone who helped bring this event to life. From our incredible volunteers and instructors, to our event and supporting partners who share our commitment to creating a healthier, more connected Geelong.

Whether this was your first time joining us or you've attended before, we hope you leave feeling refreshed, inspired, and reminded of the power of movement, mindfulness and connection.

If you have any questions about the event, future activities, or how to get involved, please reach out through our social media pages.



@serenityinthestadium





Serenity
**in the
Stadium**