Thursday

FESTIVAL GATES OPEN:

Set up your tent, make yourself familiar with the festival grounds, take a walk in nature. Book your 1:1 Session for the Healing Space. Treat yourself with different vegan food options. This is your time to land.

Richte dein Zelt ein, mach dich mit dem Festivalgelände vertraut, mach einen Spaziergang in der Natur. Buche deine 1:1 Session für den Healing Space. Gönne dir leckeres veganes Essen. Dies ist deine Zeit zum Ankommen.

Play

Playful Presence: A Relational Playground for Human Connection
EN
Mihaela Vilcu

Ambient Opening Sounds – DJ Aura

Opening Ceremony
Pura Vida Family, WBZ

Body

Get out of your head: Improvisation & Verbundenheit
DE
Andi Müller

Meet Your Pura Vida Hive

ABENDESSEN | DINNER

Play

Kirtan
The Kirtan Family Band

The River: Mystical Sound Journey
LIHLA

Friday

	Mind	Body	Heart	Play	World	Other Spaces
08:00–08:30	**Yoga Nidra Meditation** *EN* Alonso Francisco	**Qi Gong** *DE* Patrick Wentorp	**Morning Sadhana: Embodied Awakening** *EN* Lia Henneberger	**Coming Home Yoga** *DE* Sarah Dorschner	**Shake the Dust: Embodiment Activation** *DE* Nina Alpers	*@ Kids Space* **Festival exploration/ stages + forest**
09:00–09:30	**FRÜHSTÜCK | BREAKFAST**					
10:00–13:00	**Train your Courage Muscle** *EN* Radikale Töchter	**The Untamed Body – Foundations of Somatics** *EN* Jette Schwarz	**Du, Ich und das Wir – Beziehungen bedürfnisorientiert gestalten** *DE* Max & Mathis Oasis Berlin	**Collective Flow Space – Erfahrungsraum für eine lebendige Gesellschaft** *DE* Lino Zeddies & Jan Hoorn	**Natural Future Lab – Die Zukünfte der Demokratie** *DE* Isabell Crone & Rachel Suhre	*@ Kids Space* **Nature collage/ mandala Water Play**
13:30–14:30	**STILLES MITTAGESSEN | SILENT LUNCH**					
15:00–16:00	**Democracy Fitness: Training Disagreement & Empathy** *EN* Laura Martin	**Authentic Movement** *EN* Melina Kalomenopoulos	**Peace Starts Here** *DE* Maja Tittlbach	**Kontakt Impro: Forschungsreise Vertrauen & Loslassen** *DE* Paula Kemink	**Conscious Capitalism & Steward Ownership** *EN* Nikolas Klein & Frank Sippel	*@ Kids Space* **Masks and facepainting**
16:30	**PAUSE | BREAK**					
17:30–18:30	**Meet Your Pura Vida Hive** @ YOUR HIVES SPOT					*@ Kids Space* **Stories and regulation station**
19:00–19:30	**ABENDESSEN | DINNER**					
20:00				**Cacao & Movement Activation**		
20:30–21:30		**Bachata: Move, Connect, Dance together** Kyana	**Delicious Connecting: A NON-Sexual Space for Sensual Connecting** *DE* Saskia Hentschel-Bensch & Nadine Kluth	**Original DJset w/ live harmonica** Crussen		
22:00–23:30		**Open Stage: Creative Expression Night** Anne & Felix		**Sonic Puja** Aura of Indigo		
00:00–01:00			**Nada Brahma: Gongpuja** Rüdiger Har Anand			