# Saturday

## Mind

**Yoga Nidra Meditation** *EN*
Alonso Francisco
08:30 – 09:00

## Body

**Fluent Body** *DE*
Jette Schwarz
08:30 – 09:00

## Heart

**Morning Sadhana: Embodied Awakening** *EN*
Lia Henneberger
08:30 – 09:00

## Play

**Morning Flow: Move, Stretch & Awaken**
Kyana *EN* Notarnicola Larios
08:30 – 09:00

## World

**Die Stimme: Klang der Seele** *DE*
Bertold Aura of Indigo
08:30 – 09:00

## Other Spaces

@ Kids Space
**Morning Yoga**
08:30 – 09:00

**FRÜHSTÜCK | BREAKFAST**
09:30 – 10:00

**Keynote - Moving Towards a World Free of Systemic Oppression** *EN*
Emilia Roig
10:30 – 11:00

**PAUSE | BREAK**
11:30 – 12:00

**Leading from Intuition: Tuning into your inner compass & creating Sacred Businesses** *EN*
Nikki Trott
12:00 – 13:30

**Heimkehr in deinen Schoßraum: Entfaltung deiner weiblichen Urkraft** *DE*
Nora Brandt
12:00 – 13:30

**Breathwork** *EN*
Crussen
12:00 – 13:30

**Let´s PLAY: Clowning for connection - Dawn** *EN*
Patricia Robinson
12:00 – 13:30

**We are Pura Vida: Community Assembly** *EN*
Raphael Thelen
12:00 – 13:30

Schwitz-hütte *DE/EN*
**Manuela Bosch**
@Sauna
12:00 – 13:30

@ Kids Space
**Bubble play & nature faces craft**
12:00 – 13:30

@ Garden Eden
**Dein Traum Zukunftsort** *DE*
Johannes Milke & Anni Kraus WBZ
12:00 – 13:30

**PAUSE | BREAK**
14:30 – 15:00

**Heilende Beziehungen: Ein Gemeinschaftsritual** *DE*
Felix Falkenhahn
15:00 – 16:00

**RHYTHM IS IT - Interactive Body Percussion Experience**
Esh Loh *EN*
15:30 – 16:00

**Earthships: Natur-basierte Prinzipien & regenerative Baukultur** *DE*
Natalie Sennes & Ralf Müller
15:00 – 16:00

**Dance Ritual: An Ecstatic Dance Journey**
Annida Tattva
15:00 – 16:00

**Somatic Voice Activation Workshop** *DE /EN*
Sari Seramor
15:00 – 16:00

@Stille Oase
**Deep Time Walk:** An ecosomatic journey *EN*
Ceri Flook
15:00 – 16:00

@Kids Space
**Lara & die Wunsch-wesen**
John Lack
15:00 – 16:00

**PAUSE | BREAK**
16:30 – 17:00

@Kids Space
**Stories & regulation station**
15:00 – 16:00

**Meet Your Pura Vida Hive**
@ YOUR HIVES SPOT
17:30 – 18:30

**ABENDESSEN DINNER**
19:00 – 20:30

## Body

**House of Soulstrip**
ANIMAGIKA
20:30 – 22:30

**Interactive Improvised Concert**
Synergy Sessions
22:30 – 02:30

## Play

**Evening Ceremony**
20:30 – 21:00

**A Musical Storytelling**
Sari Seramor & Pura Vida Friends
21:00 – 22:30

**Ecstatic Dance Journey**
Mushina
22:30 – 00:30

**Live Set**
Philipp Johann Thimm
00:30 – 02:30

# Sunday

## Mind

**Yoga Nidra Meditation** *EN*
Alonso Francisco
08:30 – 09:00

## Body

**Qi Gong** *DE*
Patrick Wentorp
08:30 – 09:00

## Heart

**Wisdom of Breath** *EN*
Esh Loh
08:30 – 09:00

## Play

**Into the Heart Yoga** *DE*
Sarah Dorschner
08:30 – 09:00

## World

**Embodied Yin** *DE*
Nina Alpers
08:30 – 09:00

## Other Spaces

@ Kids Space
**Community Canvas & facepainting**
08:30 – 09:00

**FRÜHSTÜCK | BREAKFAST**
09:30 – 11:00

**Brave New Story** *EN*
Vishal Jodhani
11:00 – 12:30

**Rest as Resistance: Community Practice for Collective Care** *EN*
Alice Piori
11:00 – 12:30

**Der Weg des Council: Transformative Kommunikation für starke Gemeinschaften** *DE*
Lucas Nagel
11:00 – 12:30

**Wild Cartographies: The Rite of the Untamed Body** *EN*
Elizabeth Barragûan -Porras
11:00 – 12:30

**Liebe neu wachsen lassen: In Familienunter-nehmen & der deutschen Wirtschaft** *DE*
Paula Schwarz
11:00 – 12:30

@Garden Eden
**Earthships:** Nature based principles & regenerative building culture *DE*
Natalie Sennes & Ralf Müller
11:00 – 12:30

@Kids space
**Free disco + Stop dance**
11:00 – 12:30

**MITTAGESSEN | LUNCH**
13:00 – 14:30

**Leave it all to Dance**
Oliver Euchner
14:30 – 15:30

@ Kids Space
**Closing circle with family & kids**
14:30 – 15:30

**Closing Ceremony**
15:30 – 16:30