



I·C·A·R·O·S

Medicine Music Festival

GUIDEBOOK

21ST, 22ND, 23RD AUGUST
SESIMBRA, PORTUGAL



www.icarosmedicinefestival.com

WELCOME TO ICAROS MEDICINE MUSIC FESTIVAL

It's been four years since we first gathered at Mandala Farm. What began as a shared vision among friends quickly grew into a gathering for the Portuguese medicine community, whilst welcoming souls from around the world.

Icaros Festival has been, and will remain, a gathering dedicated to raising awareness and consciousness. We come together to remember and honor ancestral wisdom, not to appropriate or turn it into a commercial experience.

Our vision is simple: remember the old ways. Reconnect with the Earth.
Celebrate the beauty of community. Make music a living prayer.
A gathering of hope, peace, and love, where everyone is welcome.

This year, we gather under the element of Water, the mother of all medicines.
More than ever, our world calls us to protect this sacred source of life.

May this gathering become a living prayer for water, inspiring greater awareness, gratitude, and care for this precious element.
Please read this guide carefully. We are here to support you every step of the way.

With love and gratitude,

INDEX

MAP AND AREAS

FESTIVAL GUIDELINES:

SAFETY

SPACE HOLDERS

WATER

LAKE

FIRE

WASTE

RESTAURANTS

PARAMEDICS

LOST AND FOUND

STAGE PROGRAMS

KIDS AREA

DREAMSPELL AND ORIGINAL MAYA COUNT

21ST AUGUST FRIDAY

Dreamspell count:

Kin 255 Blue Galactic Eagle (guided by catalyzation)

*Wavespell of Lamat, 13 days of art and beauty

Original Count:

3 Chuen/B'atz (The monkey)

Archetype :The artist of Time

Today: harmonize in order to create. Integrating vision

I am the weaver of the larger paradigm



22ND AUGUST SATURDAY

Dreamspell count:

Kin 256 Yellow Solar Warrior (guided by free will)

*Wavespell of Lamat, 13 days of art and beauty

Original Count:

4 Eb/E (The path)

Archetype:The Nomad

Today: I pulse in order to question. Realizing fearlessness.

I hold the direction and the path



23RD AUGUST SUNDAY

Dreamspell count:

Kin 257 Red Planetary Earth (guided by life force)

*Wavespell of Lamat, 13 days of art and beauty

Original Count:

5 Ben/Aj (The reed)

Archetype: The prophet

Today: I perfect in order to evolve , producing
synchronicity. I radiate heaven on earth

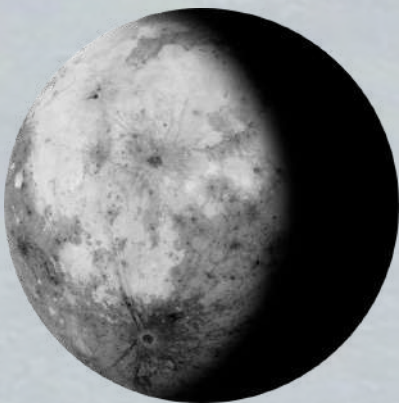


MOON PHASES

21 August Friday – First quarter to waxing gibbous🌔

22 August Saturday – Waxing Gibbous Moon 🌔

23 August Sunday – Waxing Gibbous Moon 🌔



Next full moon: 🌕 28 August 2026 (Friday)

FESTIVAL MAP

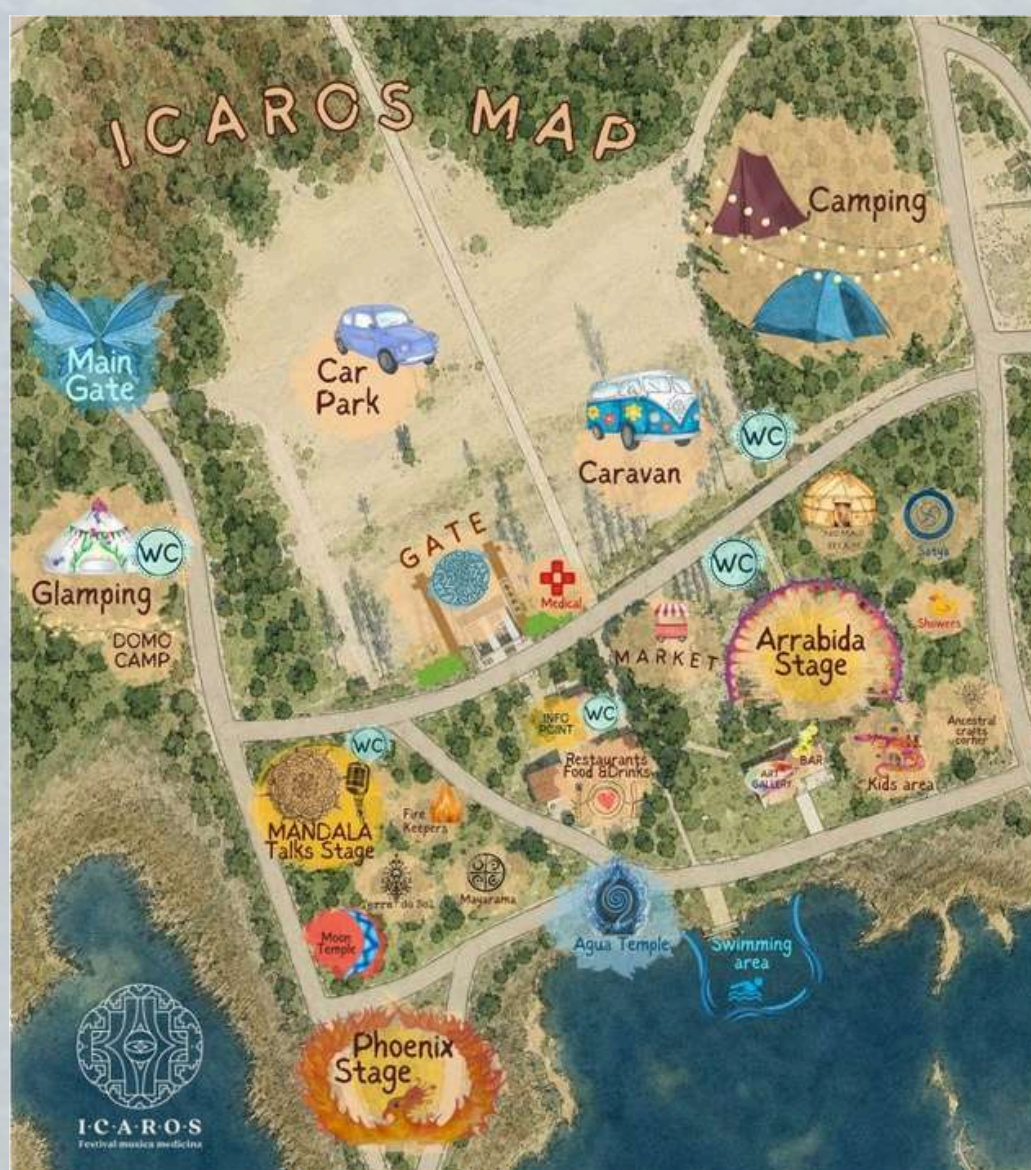
Take a moment to explore the festival map before you begin your journey.

Icaros Festival is designed as a living village, with different spaces created for music, workshops, ceremonies, rest, nature, and community.

Move through the land with awareness, respect, and curiosity.

Please stay on the marked paths, respect private and restricted areas, and help us protect the beautiful natural environment that hosts us.

May every step be part of your journey.



ICAROS MAP



The background of the entire page is a soft-focus photograph of a lush green mountain. Several white waterfalls are visible, cascading down the slopes. Two vibrant hummingbirds, with iridescent feathers in shades of green, blue, and pink, are captured in flight. One is on the left side, and the other is on the right side, both facing towards the center. The overall tone is peaceful and natural.

GUIDELINES

SAFETY

Icaros Festival is a safe and respectful space. We ask all participants to: respect themselves and others; practice consent in all interactions; avoid disruptive or harmful behavior.

We reserve the right to remove anyone not respecting these values of violence, harassment, or disrespect toward facilitators or participants.

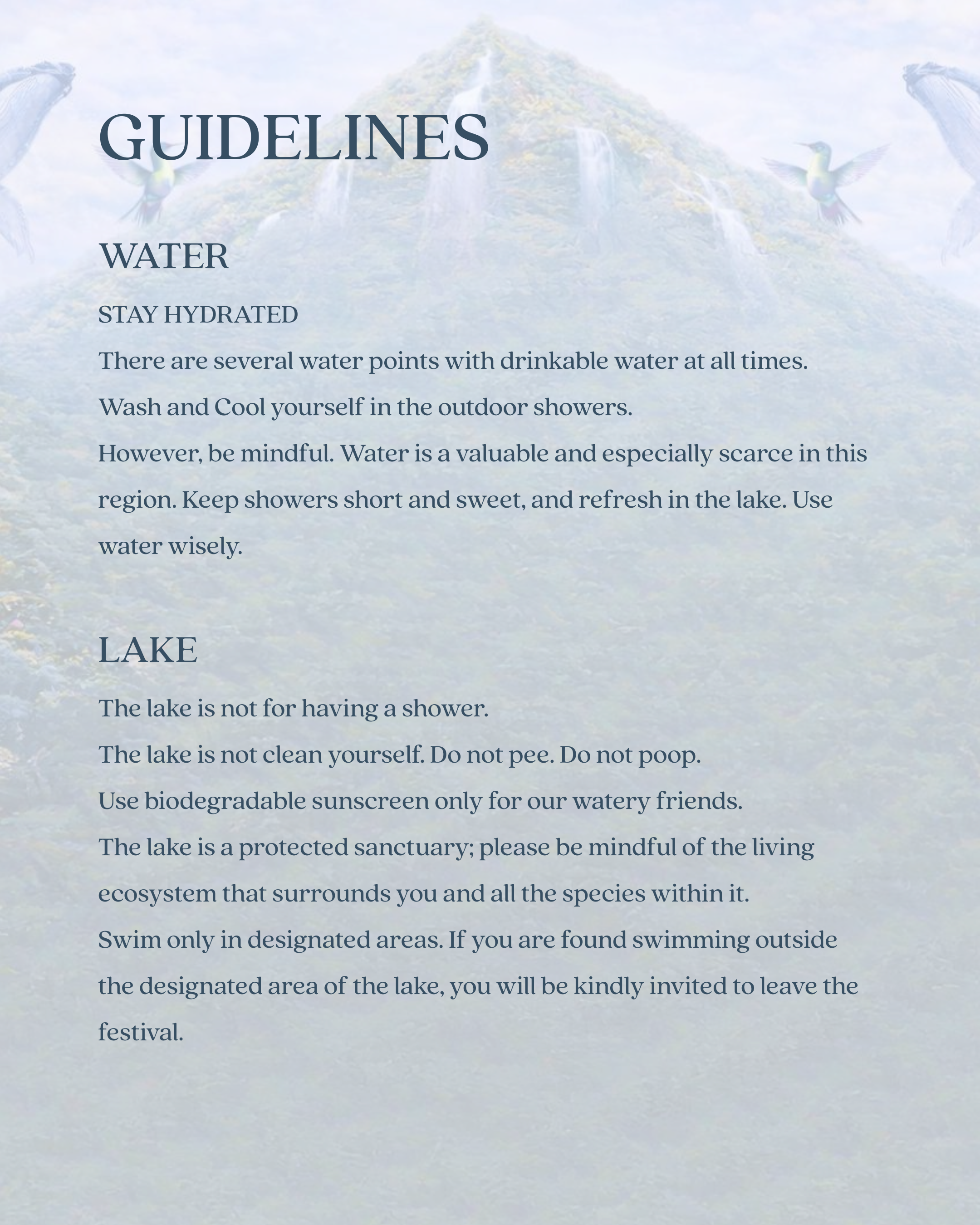
SPACE HOLDERS

An attentive, empathetic group with a strong sense for what others might need, ready to offer support in any situation.

Our space holders exist to foster a shared culture of care and mutual attention throughout the space.

If you experience anything uncomfortable or simply need someone to talk to, please feel free to approach a space holder at any time.

LOOK FOR SPACE HOLDERS CREW TSHIRTS



GUIDELINES

WATER

STAY HYDRATED

There are several water points with drinkable water at all times.

Wash and Cool yourself in the outdoor showers.

However, be mindful. Water is a valuable and especially scarce in this region. Keep showers short and sweet, and refresh in the lake. Use water wisely.

LAKE

The lake is not for having a shower.

The lake is not clean yourself. Do not pee. Do not poop.

Use biodegradable sunscreen only for our watery friends.

The lake is a protected sanctuary; please be mindful of the living ecosystem that surrounds you and all the species within it.

Swim only in designated areas. If you are found swimming outside the designated area of the lake, you will be kindly invited to leave the festival.



GUIDELINES

FIRE

Fire risk is high during Portugal's hot summer season.

Be cautious with flames, cigarettes, and equipment, and always respect local fire restrictions. No gas stoves, candles, campfires, or fireworks.

CIGARETTES AND OTHER SMOKES

Different ashtrays will be around the festival grounds.

If you brought yours, you're amazing. Do not leave cigarette buds on the ground, or anywhere else for that matter.

Be very mindful about the places where you smoke, and try not to disturb other people.

TRASH AND OTHER WASTE

Please take care of the land we're all sharing: waste matters. Locate your nearest waste points. If you see rubbish, yours or not, pick it up; don't walk past it. Use the bins provided; separate recycling where possible. Help us keep the site clean and beautiful for everyone.

RESTAURANTS

There will be 3 restaurants on site with different food options.

You will also find different bars where you can grab your drinks and snacks.

SOULDOUGH PIZZA MENU

Pizzas

Margherita — €12,50

Pesto Heaven — €17,00

Mushroom Kingdom — €16,00

Funghi — €15,00

That^{DEMO}s Amore — €15,00

Rucola Grana — €15,00

Vegan — €12,00

Bebidas

Água — €2,00

Refrigerante Orgânico — €3,50

IPA Sem Álcool — €6,00

Sumo — €^{DEMO},00–€5,00

Ice Tea — €3,50

Bebida Gelada — €^{DEMO},50

RESTAURANTS

TERRA AMOR MENU

BREAKFAST

Oat porridge — €4

Yogurt & homemade granola — €5

Avocado Egg Toast — €10

Sweet Crepes — €7

Salty Crepes — €8/9

Brownies — €5

Vegan cake — €5

Cocoa salami with nuts — €4

Chocolate Fondue — €5

Bliss Balls — €3

DRINKS

Watermelon lemonade — €4

Organic Mate Ice Tea — €4

Espresso — €2

Milk Coffee / Capuccino w/ Oat milk —
€2.5

MAIN COURSES

Thai Street Pad Thai

- chicken — €12
- vegan — €12

Satay w/ coconut milk

and basmati rice:

- Oriental Satay — €12
- Tofu Satay

Asian Poke Garden Bowl

- chicken — €12
- vegan — €12

Thai Green Chicken Curry — €12

Thai vegan Soup — €10

Vegetable Soup — €5

RESTAURANTS

GANSO'S MENU

Empanadas

Avó Luísa — €8,50

Latina — €9,00

Fungi — €8,50

Goa — €8,00

Cheese-Mix — €7,50

Arepas

Abacatella — €9,00

Reina Pepiada — €9,50

Do Mar — €8,50

Guacamole — €9,00

Molhos Especiais

Picante de Abacate — €1,00

Pesto de Pimentos — €1,00

Côco e Amendoim — €1,50

Sopa

Creme do Sol — €3,50

Sopa da Floresta — €4,00

Doces

Bolinha de Côco — €2,50

Bolinha de Amendoim — €2,50

Carrot Punch — €4,00

Salame de Pistachio — €3,00

Bebidas

Sumo de Laranja — €4,00

Limonada c/ hortelã — €2,50

Água da Jamaica — €3,50

Club-mate Cola — €3,50

Club-mate Original — €3,50

Café — €1,00

Chai — €4,00

Água 33cl — €1,50

PARAMEDICS

A dedicated team to help at any moment.

If you are injured or not feeling well, please go to the paramedics location right NEXT TO THE ENTRANCE.

LOST AND FOUND

If you find something that looks like it belongs to someone, please bring it to the production team, next to the Restaurants Area.

If you've lost something, come check in with production; we'll let you know if it's been handed in.

ARRABIDA STAGE

Named after the beautiful Arrábida Mountain that watches over the festival.

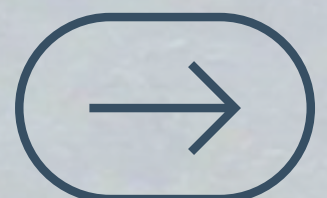
This mountain ridge stretches for about 35 km between Sesimbra and Setubal and has unique Mediterranean flora and ancient marine and religious history.

The Arrábida Stage is the main stage of the Icaros Festival, dedicated entirely to medicine music concerts.

It is a space to gather in celebration, connect through sacred songs and heartfelt prayers, and experience the healing power of music in community.

*PLEASE NOTE THAT MORNINGS
ARE FOR SOUNDCHECKS IN THIS STAGE*

ARRABIDA STAGE PROGRAM
IN THE NEXT PAGE



ARRABIDA STAGE PROGRAM

FRIDAY

1:00PM - 2:00 PM

OPENING CEREMONY

10:00PM - 11:00PM

ASTRAL FLOWERS

2:00PM - 3:30 PM

IANAWA

11:00PM - 00:00AM

TXAI FERNANDES x ALEXIA

EVELLYN

4:30PM - 6:00PM

PABLO ROZAS

7:00PM - 8:30PM

LOLI CÓSMICA

ARRABIDA STAGE PROGRAM

SATURDAY

2:00PM - 3:30PM

MANU AND CUCA ROSETA

4:30PM - 6:00PM

YEMADAS

7:00PM - 8:30PM

INDIOS BETA

10:00PM - 11:30PM

APE CHIMBA

00:00AM - 1AM

DIVENITTO & ANGELO SURINDER

SUNDAY

2:00PM - 3:30PM

DANIELA RIOJAS

4:30PM - 6:00PM

RASU & YAWANAWA FAMILY

7:00PM - 8:30PM

MANEESH DE MOOR & RAFFA

MARTINEZ

10:00PM - 11:30PM

NESSI GOMES

PHOENIX STAGE PROGRAM

The Phoenix Stage is dedicated to workshops, movement practices, rituals and inspiring performances. Guided by the spirit of the phoenix, this is a space for transformation, renewal and shared growth. Through movement, ceremony and meaningful experiences, we rise together as one.

FRIDAY

3PM - 4:30PM

ISAKA BARI & EDUARDA

MUKANI

Ancestral Tales and Traditional

Chants of Huni Kuin Culture

5PM - 6:30PM

JOANNA LEWINS

Primal Moves

7PM - 8:30PM

AGAMI RECORDS

Showcase

9PM - 00AM

AMBIENT SOUNDSCAPE

Moment of Integration

PHOENIX STAGE PROGRAM

SATURDAY

9AM - 10:30AM

MANU

Yoga :: Be Like Water

3:30PM - 5:30PM

ALUNA WACHUMA x GINGAÍ

Live Set

11AM - 1PM

SELVA SOY (COL)

Ritual Dj Set

6PM - 7PM

SATYA

Shamanic Ritual: Sacred Inner
Fire

1:30PM - 3PM

MELA MARIPOSA &

MIGUEL ABREU

Breathwork Ceremony

9PM - 00AM

AMBIENT SOUNDSCAPE

Moment of Integration

PHOENIX STAGE PROGRAM

SUNDAY

9AM - 10:30AM

ISA GUITANA

Alchemical Yoga Bhakti Nidra

3:30PM - 5:30PM

ANITXA ROOT

Afro Roots Dance Workshop

11AM - 1PM

VIRGILIO

Ecstatic Dance

6PM - 7PM

DANIELA RIOJAS

Channeling Earth Wisdom
through Songs and Icaros

1:30PM - 3PM

NESSI GOMES

Vocal Odyssey: Meeting with the
Spirit of your Voice

MANDALA TALKS STAGE PROGRAM

SATURDAY

9AM - 10:30AM

ALBAN HALL

Music Metta Meditation

3PM - 4:30AM

ROLANDO RUKIKELIK

Mayan Cosmovision & Cholq'ij
Calendar

11AM - 12:30PM

PROJETO TERRA DO SOL x

YAWANAWA ENTOURAGE

Cultural Survival in Sound: The
Yawanawa Language Revival

5PM - 6:30PM

THE BEEWISDOM NETWORK

Living Intelligence in the Bee Hive

1PM - 2:30PM

PAINEL: HOW TO KEEP SACRED

SPACES SAFE

SATYA, SARA, TOMAS

7PM - 8:30PM

YONI BOTÂNICA

The Waters of Birth

MANDALA TALKS STAGE PROGRAM

SUNDAY

9AM - 10:30AM

LAURA KORCULANIN

Sacred Remembrance

11AM - 12:30PM

SAFE JOURNEY

The Path of the Psychedelic
Renaissance

1PM - 2:30PM

ALEXANDRE GABRIEL

Celtic and Druidic Wisdom

3PM - 4:30AM

SANDRA OLIVEIRA

Childbirth from a Feminine
Perspective

5PM - 6:30PM

VIOLETA LAPA

A Way Through Water

7PM - 8:30PM

VOZES D'ÁGUA

Water as a Vessel of Ancestral
Tradition

KIDS AREA PROGRAM

SATURDAY

10AM Spiral Walk and Gratitude
whispers to the Water

10:30AM Morning Games

11AM Singing Circle

3PM Creating Letters of Love to
the Water

4PM Council of All Beings:
Voices from the Water Chosing
your animal/ living being and
mask making

SUNDAY

10AM Spiral Walk and
Gratitude whispers to the
Water

10:30AM Morning Games

11AM Singing Circle

3PM Preparation for the
Council

4PM Council of All Beings



PROJECTS AND PROGRAMS

In this edition, we are honored to welcome a selection of projects that will enrich the festival through workshops, rituals, and immersive experiences. Joining us are Ancestral Weaving Corner, Fire Keepers, Marayama, Cosmic Gong, Nomad Steam, Awareness Facilitator School, Moon Temple, and Terra do Sol.

Each of these initiatives brings its own unique wisdom and practices, inviting participants to explore creativity, connection, and deeper awareness throughout the gathering.

FIRE KEEPERS

Following the sacred lineage of Doña María Galindo and anchored in Portugal by Inez Aires, Portadores de Fogo carry an ancient path of remembrance, ritual, and transformation.

Rooted in the wisdom of the Maya cosmovision and intertwined with the ancestral traditions of the Iberian lands, their work invites us to remember our connection to the elements, to the Earth, and to ourselves.

At Icaros Festival 2026, visit the Portadores de Fogo Corner and experience energetic and spiritual cleansings through Fire, Air, Water, Ether DEMO Egg. A space of ritual, purification, presence, and remembrance.



FIRE KEEPERS PROGRAM

FRIDAY

5PM

Opening of the Space

Celebrating the 21st

Uniting Heaven and Earth,

Copaleiras Circle and Intentions

5PM - 6PM

Energetic Cleansings of the

Elements: Fire, Water, Air, Earth,

and Ether

Egg Cleansing and Reading

SATURDAY

12PM - 6PM

Energetic Cleansings of the

Elements: Fire, Water, Air, Earth,

and Ether

Egg Cleansing and Reading

SUNDAY

12PM - 6PM

Energetic Cleansings of the

Elements: Fire, Water, Air, Earth,

and Ether

Egg Cleansing and Reading

MOON TEMPLE

A sanctuary dedicated to the wisdom of women, the cycles of life, and the sacred feminine.

Held by the beautiful souls of Mulheres da Lunna, the Moon Temple is a space for women to gather, listen, share, learn, and remember. A place where ancient knowledge meets modern sisterhood, honoring the wisdom of the womb, the body, and the Earth.

Guided by Lucie ✨ Anna aka Mulheres da Lunna, weaving together food as medicine, herbalism, yoga therapy, rituals, and women's health wisdom.



MOON TEMPLE PROGRAM

FRIDAY

3:00PM

Opening Ceremony: Circle of
Sisters

5:00PM

Alma Indira

Return to the Womb: Healing
Energy Work

SATURDAY

9:00AM

Ana Tippi

Offering to Mother Earth

SATURDAY

12:00PM

Lucie Luz

Cyclicalitv & Herbalism for Female
Health

3:00PM

Loli Cosmica

Voice Activation

6:00PM

Mathilde

Womb & Heart Healing Journey

MOON TEMPLE PROGRAM

SUNDAY

10:00AM

Circle of Sisters

Singing from the Womb &

Mothers Blessing

1:00PM

Uma Dominika

Shakti Breathing

3:00PM

Charlotte Ocean

Dance Constellation of Sacred Feminine and Masculine

6:00PM

Sindy Sartíria

Blue Lotus Medicine Ceremony &

Ring-Making Workshop (contribution 10€)

PROJETO TERRA DO SOL

Now in its 6th year, Projeto Terra do Sol is rooted in deep collaboration with indigenous communities, creating a living bridge between ancestral wisdom and contemporary practices in health, education and social development.

Their work supports cultural protection, spirituality, sustainability and regenerative ways of living, contributing to a broader movement of reconnection, healing and anti^{DEMO}colonial bioeconomy.

Through activism, community support and knowledge exchange, Projeto Terra do Sol helps cultivate pathways for collective well^{DEMO}being and harmony between peoples and Earth.



PROJETO TERRA DO SOL PROGRAM

FRIDAY

7:00PM

Landing & Opening Rapeh
Circle with Yawanawa Family

SATURDAY

11:00AM

Talk Stage : Cultural Survival in
Sound: The Yawanawa People
Revival
Indigenous Body Painting

8:00PM

Rapeh Circle with Yawanawa
Family

SUNDAY

11:00AM - 1:00PM

Indigenous Body Painting

5:00PM

Main Stage (Arrabida):
Yawanawa Musical Concert

Notes:

Indigenous Art Craft & 'Memória
Viva Exposition' available
throughout the festival

Rapeh circles by Yawanawa with
contribution exchange

AWARENESS FACILITATOR SCHOOL

The Awareness Facilitator School, founded by Satya, will be present at Ícaros with the Integration Garden, offering free integration sessions throughout the festival.

The Integration Garden is a dedicated space for reflection and support within the festival context. As participants move through experiences of music, ritual, movement, silence, and connection, this space offers grounding and integration.

Awareness Facilitators are present to hold a safe, neutral, and non^{DEMO} judgmental environment, where participants can share, reflect, and gently integrate what has been lived and awakened during the festival.

@awarenessschool_wws

@workingwithsatya

@satya_wws



THANK YOU FOR BEING PART OF OUR FESTIVAL

As we reach the final page of this booklet, we want to take a moment to thank you :: our guests, artists, partners, and community :: for bringing this festival to life.

This celebration is more than just an event; it is a shared experience built on creativity, connection, and the joy of coming together. Every performance, every smile, and every moment you've spent here has helped create something truly special.

We are deeply grateful to everyone who contributed their time, talent, and passion. From the performers on stage to the teams working behind the scenes, this festival would not exist without you.

We hope you leave inspired, energized, and filled with great memories. Until we meet again, keep celebrating art, culture, and community wherever you go.

See you next year

AHO

