

TUESDAY

June 26, 2018

PLAY ROOM is open 15.00 - 01.00 in the Café attic.

BIG BARN UPPER BARN BIG ANNEX SATSANG STRAWBALE HOUSE OTHER CAFÈ



PROGRAM 2018

BIG BARN UPPER BARN BIG ANNEX SATSANG STRAWBALE HOUSE OTHER CAFÈ

15.00 - 16.00
WORKSHOP LEADER GATHERING
 A gathering for workshop leaders & musicians.

14.00 - 19.00
 CAFÈ IS OPEN

14.00 - 19.00 CHECK-IN 14.00 - 19.00 CHECK-IN 14.00 - 19.00 CHECK-IN

16.00 - 16.25
DEEP INNER RELAXATION
 LANDING AT ÅNSBACKA
 0 CHILI
 An exploration in total stillness, an inner journey
 relaxing and energizing all the mind and body.
 Michael Gustafson

16.30 - 17.30
DANCE, MEET & MASSAGE
 LANDING AT ÅNSBACKA
 1 CHILI - MILD
 Through dance, reflection and massage we will
 connect to our bodies and with each other to land.
 Lisa Josefsson

17.00 - 17.45
LAUGHTER YOGA
 LANDING AT ÅNSBACKA
 1 CHILI - MILD
 Laughter-coach Lisa offers a journey through
 classical laughter yoga and a few playful exercises!
 Lisa Björling

TOUR START: OUTSIDE THE RECEPTION
 17.00 - 17.30
WELCOME TO ÅNGSBACKA TOUR
 0 CHILI
 A welcome for Ångsbackas first timers or/and
 others. Hear the story of Ångsbacka and join a
 guided tour around the site.

17.30 DINNER 17.30 DINNER 17.30 DINNER

19.00
WELCOME OPENING CEREMONY
 Mandatory. Coming together. Music. Information.
 And getting "on the same page" with boundaries
 and consent.

Starts after the ceremony
ECSTATIC DISCO
 AND SOME SLOW JAM
 1 CHILI - MILD
 A dance session for coming into our bodies and for
 our bodies to come out and play.
 Magnus Vikström

22.00 - 23.00
OPEN CUDDLE SPACE
 1 CHILI - MILD
 Come and lay down, cuddle or exchange massage.
 Open for drop in.
 The Playroom Angels

SAUNA
 after ceremony to 00.00
 SAUNA is ON

after ceremony to 01.00
 CAFÈ IS OPEN

WEDNESDAY

June 27, 2018

PLAY ROOM is open 14.00 - 01.00 in the Café attic.

BIG BARN		UPPER BARN		BIG ANNEX		SATSANG		STRAWBALE HOUSE		OTHER		CAFÉ	
7.00 - 8.00 MORNING INTIMACY A HEALTHY DOSE OF OXYTOCIN 1 CHILI - MILD Roll out of bed and into the arms of intimate connection. We will use breath, sound and touch to melt the walls of aloneness. Rachel Rickards		7.00 - 8.00 SAMAYOGA STRETCH AND GROW 0 CHILI This practice is intuitive, focused on picking the jewels inside and balancing your systems. Lena		7.00 - 8.00 OUR SACRED EARTH MEDITATION 1 CHILI - MILD Wake up with Dancing, Shaking, Stillness och Hugging. A social, active meditation by Veeresh. Sarasai Susanne Johansson				7.30 - 8.15 HEART QIGONG LAND IN PEACE AND LOVE 0 CHILI Welcome yourself to a new beautiful day by landing in your body and connect with your heart. Easy slow movements for relaxation and peace. Ingrid Frideborgsdotter					
8.00 - 9.00 BREAKFAST		8.00 - 9.00 BREAKFAST		8.00 - 9.00 BREAKFAST		8.00 - 9.00 BREAKFAST		8.00 - 9.00 BREAKFAST		8.00 - 9.00 BREAKFAST		8.00 - 9.00 BREAKFAST	
9.30 - 10.15 MORNING GATHERING We all meet for singing, happenings and practicalities.													
10.45 - 13.00 EMBODIED INTIMACY: FOR MEN 1 (3) EMBODIED BROTHERHOOD 1 CHILI - MILD - MEN ONLY Experience the grounding joy and full presence of male bonding. Buster Rådvik		10.45 - 13.00 VIVA VAGINAL GET JUICY WITH A JADE EGG 1 CHILI - MILD - YONIS ONLY In a safe sisterhood we are practising with jade/rosenquartsegg in the vagina, to feel more & connect with the body. Bring a sarong or towel. Ingrid Frideborgsdotter		10.45 - 13.00 YOUR HEARTS INTENTION SAFE & SOFT EXPLORATION 1 CHILI - MILD Find which needs that resonates best; trust, vulnerability, boundaries, safety, connection, playfulness etc. So you can enjoy yourself most. Lamhita Jacobson						SMALL ANNEX 12.30 - 13.00 SILENT SITTING MEDITATION			
13.00 - 14.00 LUNCH		13.00 - 14.00 LUNCH		13.00 - 14.00 LUNCH		13.00 - 14.00 LUNCH		13.00 - 14.00 LUNCH		PLAYROOM / CAFÉ ATTIC 14.00 - 14.45 INTRODUCTION TO THE PLAYROOM The Playroom Angels		13.30 - 15.00 CAFÉ IS OPEN	
14.15 - 14.45 LUNCH GONG DEEP INNER RELAXATION Michael Gustafson													
15.00 - 15.45 SHARING		15.00 - 15.45 SHARING		15.00 - 15.45 SHARING		15.00 - 15.45 SHARING		15.00 - 15.45 SHARING		15.00 - 15.45 SHARING			
16.00 - 18.30 SEX - A HIGHWAY TO GOD 1 CHILI - MILD - IN SWEDISH / PÅ SVENSKA A fun and energetic workshop where you can release tension through movement, sound and breathing, so you can feel and express more love. Johan Ekenberg		16.00 - 18.30 LIBERATED LOVE RELATING CONNECTION SEX 2 CHILIS - MEDIUM We unravel unhealthy relationship conditioning in the context of the Wheel of Consent. Matt Schwent & Robyn Dalzen		16.00 - 18.30 PINK TANTRA HEALING SEEING AND BEING SEEN 2 CHILIS - MEDIUM We gaze at each other with innocent eyes: you choose what parts you wish to be lovingly seen. Blake Steele & Ingela Axkrants-Steele		16.00 - 18.30 EMPOWERING TOUCH 1 CHILI - MILD We practise to notice, value, and ask for what we want. Inspired by the Wheel of Consent. Denice Enerhag						16.30 - 01.00 CAFÉ IS OPEN	
18.30 - 19.30 DINNER		18.30 - 19.30 DINNER		18.30 - 19.30 DINNER		18.30 - 19.30 DINNER		18.30 - 19.30 DINNER		18.30 - 19.30 DINNER			
20.00 - 22.00 A SEX TALK IN SWEDISH HOW THE FUCK DO WE DO IT? 1 CHILI - MILD - IN SWEDISH / PÅ SVENSKA Johan talks about where we are stuck when it comes to sex, about limiting attitudes, and what we can do to have a more enjoyable (sex) life. Johan Ekenberg		20.00 - 22.00 ART OF TYING & BEING TIED ROPE TECHNIQUE AND SAFETY 2 CHILIS - MEDIUM Play with the polarity between holding power and letting go into surrender in many short meetings. Andy Buru		20.00 - 22.00 INNOCENT PLAY BEING AND PLAYING 1-3 CHILIS - Depending on what we create Free your being through following what feels the best for you. Peter Stridsberg		20.00 - 22.00 PLAYFUL FLIRTING 1 CHILI - MILD A playful interactive workshop with lot of laughter and exciting loving meetings with words, dance and hugs. Flirt with others and with life itself. Sarasai Susanne Johansson				SAUNA 16.00 - 00.00 SAUNA is ON		until - 01.00 CAFÉ IS OPEN Cafe is serving until 01.00 and is locked at 02.00	

THURSDAY

June 28, 2018

PLAY ROOM is open 11.00 - 01.00 in the Café attic.

BIG BARN	UPPER BARN	BIG ANNEX	SATSANG	STRAWBALE HOUSE	OTHER	CAFÉ
7.00 - 8.00 MORNING INTIMACY A HEALTHY DOSE OF OXYTOCIN 1-2 CHILIS Roll out of bed and into the arms of intimate connection. We will use breath, sound and touch to melt the walls of aloneness. Rachel Rickards	7.00 - 8.00 SAMAYOGA STRETCH AND GROW 0 CHILI This practice is intuitive, focused on picking the jewels inside and balancing your systems. Lena	7.00 - 8.00 OSHO DYNAMIC MEDITATION 0 CHILI This active meditation is energising and helps you to release repressed emotions. Sarasai Susanne Johansson	7.30 - 8.15 HEART QIGONG LAND IN PEACE AND LOVE 0 CHILI Welcome yourself to a new beautiful day by landing in your body and connect with your heart. Easy slow movements for relaxation and peace. Ingrid Frideborgsdotter			
8.00 - 9.00	BREAKFAST	8.00 - 9.00	BREAKFAST	8.00 - 9.00	BREAKFAST	
9.30 - 10.15 MORNING GATHERING We all meet for singing, happenings and practicalities.						
10.45 - 13.00 EMBODIED INTIMACY: BELLYZBELLY PEACE AND CONNECTION 2-3 CHILIS During this workshop we will generate a loving, spacious, and transpersonal field of energy and awareness using guided partnered meditations. Rachel Rickards & Buster Rådvik	10.45 - 13.00 NAKED CHAKRA DANCE 1 CHILI - MILD A body mind spirit emotional journey through your seven chakras. Awake your beautiful sexual energy! Participation limited to 24 participants Neppe	10.45 - 13.00 TANTRA MASSAGE FOR COUPLES AWAKEN YOUR BODY 1 CHILI - MILD COUPLES ONLY A wonderfully sensuous form of touch. I will demonstrate my take on tantric massage, you will learn simple tools and then practice. Anna Torsdotter	10.45 - 13.00 YIN YOGA DEEPLY RELAX & STRETCH 0 CHILI Deeply relax and stretch to increase lightness, energy & freedom. With meditations on Love and Love Poetry. Ingela Axkrants-Steele	10.45 - 13.00 MOTHERING THE INNER CHILD 1-3 CHILIS - Depending on the group Couple up as mother and child. The child breathes and merges into the nurturing mother's energy in a profound way. Peter Stridsberg & Anna-Tova Gyllin	SMALL ANNEX 12.30 - 13.00 SILENT SITTING MEDITATION	
13.00 - 14.00	LUNCH	13.00 - 14.00	LUNCH	13.00 - 14.00	LUNCH	13.30 - 15.00 CAFÉ IS OPEN
16.00 - 18.30 MALE & FEMALE PROSTATES LECTURE / CLASS 0 CHILI Power Point lecture with pictures, movie clip and Q&A will tell you all you need to know about female ejaculation and the G-spot. Deborah Sundahl	16.00 - 18.30 ACCESS THE GARDEN OF LOVE SEX AS MEDITATION 2 CHILIS - MEDIUM Learn how to access "the garden of love" (Deep inside the vagina) as a portal to tantric sexuality. Mia Lehdal	16.00 - 18.30 EMBODIED INTIMACY: FOR MEN 2 (3) HEART OF THE WARRIOR 1 CHILI - MILD MEN ONLY Experience a rare depth of trust and connection, body to body, with brothers. Buster Rådvik	16.00 - 18.30 HERE AND NOW 2 CHILIS - MEDIUM We will have many short meetings in an atmosphere of playfulness and authenticity and also a longer meeting with 2 other people. Smrati Skog	16.00 - 18.30 SONIC MEDITATIONS UNITY THROUGH SOUND 0 CHILI Explore the healing power of sounds in a safe and relaxed space of sonic journeying. Sunniva Brynnel	SAUNA 16.00 - 00.00 SAUNA is ON	16.30 - 01.00 CAFÉ IS OPEN
15.00 - 15.45	SHARING	15.00 - 15.45	SHARING	15.00 - 15.45	SHARING	
20.00 - 22.00 SENSUAL POWER EDGY TANTRA & SECRET LOVE 3 CHILIS - HOT Enjoy soft & intense sensations, edgy power dynamics, role-play & deep pleasure. See you in ecstasy! Master Berlin ca 22.15 - 23.30 FREE PLAY SPACE 3 CHILIS - HOT After a mandatory briefing about rules you can explore more SENSUAL POWER on your own. Lisa Josefsson	20.00 - 22.00 WISHING CIRCLE A CIRCLE IN CONSENT 3 CHILIS - HOT Your wishes can come true! In a loving space, ask for to receive/give based on the Wheel of consent. Lars Hedlin	20.00 - 22.30 MEN MASSAGING WOMEN #WILLING TO 2 CHILIS - MEDIUM Pair up in advance Men, first ask a woman if she wants to receive a wonderful massage - with consent! As a gift to her! The men are preparing and then give massage to the women that comes from the Satsang tent. Anders Jacobsson	20.00 - 22.30 WOMEN RECEIVING MASSAGE IT IS FOR YOU 2 CHILIS - MEDIUM Pair up in advance One exercise and a short talk about how to receive what you want and not allowing something that doesn't feel good. The women are preparing to receive a massage and then go to the Big Annex. Lorenzo Stiernquist	19.30 - 19.55 INTRODUCTION TO THE PLAYROOM The Playroom Angels	until - 01.00 CAFÉ IS OPEN Cafe is serving until 01.00 and is locked at 02.00 We have moved the concert to tomorrow	
18.30 - 19.30	DINNER	18.30 - 19.30	DINNER			

FRIDAY

June 29, 2018

PLAY ROOM is open 11.00 - 01.00 in the Café attic.

BIG BARN	UPPER BARN	BIG ANNEX	SATSANG	STRAWBALE HOUSE	OTHER	CAFÉ
7.00 - 8.00 MORNING INTIMACY A HEALTHY DOSE OF OXYTOCIN 1-2 CHILIS Roll out of bed and into the arms of intimate connection. We will use breath, sound and touch to melt the walls of aloneness Rachel Rickards	7.00 - 8.00 SAMAYOGA STRETCH AND GROW 0 CHILI This practice is intuitive, focused on picking the jewels inside and balancing your systems. Lena	7.00 - 8.00 OUR SACRED EARTH MEDITATION 1 CHILI - MILD Wake up with Dancing, Shaking, Stillness och Hugging. A social, active meditation by Veeresh. Sarasai Susanne Johansson		7.30 - 8.15 HEART QIGONG LAND IN PEACE AND LOVE 0 CHILI Welcome yourself to a new beautiful day by landing in your body and connect with your heart. Easy slow movements for relaxation and peace. Ingrid Fridbergdotter		
8.00 - 9.00 BREAKFAST		8.00 - 9.00 BREAKFAST		8.00 - 9.00 BREAKFAST		
9.30 - 10.15 MORNING GATHERING We all meet for singing, happenings and practicalities.						
10.45 - 13.00 EROTIC RESTAURANT SERVE AND BE SERVED 3 CHILIS - HOT Choose from a yummy menu; the house's special striptease or a gourmet-flavored massage! :) Lisa Björling	10.45 - 13.00 WOMEN RISING: PLEASURE & DEVOTION 2 CHILIS - MEDIUM WOMEN ONLY Woman. Welcome to practice embodiment & tantra. Rise from your core of authenticity, rooted in love. Anna Birgersdotter and Paula Nygren	10.45 - 13.00 SHAKE IT LOOSE AN AFRICAN DRUM JOURNEY 1 CHILI - MILD In this session we will shake and dance our shame away; loving our bodies just as they are. Lisa Josefsson	10.45 - 13.00 WOMEN TYING WOMEN POWER AND SURRENDER 2 CHILIS - MEDIUM WOMEN ONLY A ritual for persons who identify as women to hold space for each other. Saara Rei	10.45 - 13.00 MEN TYING MEN MASCULINITY AND SURRENDER 2 CHILIS - MEDIUM MEN ONLY A ritual to hold space for your brothers transformation from competition to compassion. Andy Buru	SMALL ANNEX 12.30 - 13.00 SILENT SITTING MEDITATION	
13.00 - 14.00 LUNCH		13.00 - 14.00 LUNCH		13.00 - 14.00 LUNCH		13.30 - 15.00
	14.15 - 14.45 LUNCH GONG DEEP INNER RELAXATION Michael Gustafson				NEAR THE SANDPIT 13.30 - 14.15 QUEER SHARING For all LGBTQ+ identifying	CAFE IS OPEN
15.00 - 15.45 SHARING		15.00 - 15.45 SHARING		15.00 - 15.45 SHARING		
16.00 - 18.30 ART OF DEVOTION SENSUAL, SEXUAL, SPIRITUAL, PRACTICAL 3 CHILIS - HOT COUPLES ONLY Do you want to be more happy and horny as a couple? Explore how you can feel sexual flow between you and be more loving and intimate. Jennie & Calle Rehbinder	16.00 - 18.30 PLAYPARTY PLAYFUL AND SEXUAL 2 CHILIS - MEDIUM Self-responsible, sex-positive interactions. No goal. No destination, pure pleasure. Guided. Matt Schwent & Robyn Dalzen	16.00 - 18.30 TRE@ - SHAKE IT OFF! TENSION & TRAUMA RELEASE 0 CHILI Give your body a chance to shake off tension and trauma in a safe way through TRE* Shanti Linnell	16.00 - 18.30 VIBRATION OF BONDAGE GONG MEDITATION IN ROPES 1 CHILI - MILD COUPLES ONLY Tied in a protective cocoon, reborn to the vibrational gong. Come in duo (max 15 couples). Gong by Michael Gustafson. Andy Buru		SAUNA 16.00 - 00.00 SAUNA is ON	16.30 - 01.00 CAFE IS OPEN
18.30 - 19.30 DINNER		18.30 - 19.30 DINNER		18.30 - 19.30 DINNER		
20.00 - 22.00 WILD HEART - IN TOUCH MEDITATION FOR CONNECTION 2 CHILIS - MEDIUM Get In Touch with yourself before getting In Touch with others in a deep and respectful way. Shanti Linnell	20.00 - 22.00 SOLOSEX AND SELF LOVE HOW TO HAVE BETTER ORGASMS 3 CHILIS - HOT Pia will playfully and warm-hearted guide you to a more creative and energized sexuality, through her talk and basic body tools and techniques. Pia Struck ca 22.15 - 23.30 ORGASM CEREMONY 3 CHILIS - HOT We offer our orgasms to the divine in a beautiful ritual setting. Please bring a clean towel. Pia Struck	20.00 - 22.00 ASK FOR WHAT YOU REALLY WANT RECEIVING WITH CONSENT 3 CHILIS - HOT Do you ask for what you really want? Or do you ask for what you think others want you to ask for? Go little deeper, take a risk and expose yourself... Lorenzo Stiernquist			PLAYROOM / CAFÉ ATTIC 19.30 - 19.55 INTRODUCTION TO THE PLAYROOM The Playroom Angels	until - 01.00 CAFE IS OPEN Cafe is serving until 01.00 and is locked at 02.00
						22.00 - 23.30 CONCERT Listen to the live music in the café. Marcus Albinsson and Emma Sund

SATURDAY

June 30, 2018

PLAY ROOM is open 11.00 - 02.00 in the Café attic.

BIG BARN		UPPER BARN		BIG ANNEX		SATSANG		STRAWBALE HOUSE		OTHER		CAFÈ	
7.00 - 8.00 MORNING INTIMACY A HEALTHY DOSE OF OXYTOCIN 1 CHILI - MILD Roll out of bed and into the arms of intimate connection. We will use breath, sound and touch to melt the walls of aloneness. Rachel Rickards		7.00 - 8.00 SAMAYOGA STRETCH AND GROW 0 CHILI This practice is intuitive, focused on picking the jewels inside and balancing your systems. Lena		7.00 - 8.00 OSHO DYNAMIC MEDITATION 0 CHILI This active meditation is energising and helps you to release repressed emotions. Sarasai Susanne Johansson				7.30 - 8.15 HEART QIGONG LAND IN PEACE AND LOVE 0 CHILI Welcome yourself to a new beautiful day by landing in your body and connect with your heart. Easy slow movements for relaxation and peace. Ingrid Frideborgsdotter					
8.00 - 9.00 BREAKFAST													
9.30 - 10.15 MORNING GATHERING We all meet for singing, happenings and practicalities.													
10.45 - 13.00 PLAYFUL TANTRIC BODY PAINTING CREATIVE PLAYFUL EXPRESSION 2 CHILIS - MEDIUM Calle will inspire you how to play with paint on each others bodies. Your body is not only a temple - but also a playground! This is a LOT of FUN! Calle Rehbinder		10.45 - 13.00 BRING YOUR COSTUME DISCOVER IT'S SOUL 3 CHILIS - HOT Explore the desire hiding behind your costume, and learn to express it! Andy Buru		10.45 - 13.00 TAOMASSAGE SENSUELLA MASSAGENS TAO 2 CHILIS - MEDIUM Workshop. Qigong, andning och inkännande, sensuell beröring. Guidade, enkla övningar. Välkommen <3 Ingrid Frideborgsdotter and Lars Maria		10.45 - 13.00 BREATHING & DEEP UNION TANTRA FOR COUPLES 3 CHILIS - HOT Rediscover the sacred connection between you and your partner. Relaxing from doing and awakening to presence. Come with a partner. Smrati Skog		10.45 - 13.00 LOVING BREASTS OXYTOCIN AND LOVE 3 CHILIS - HOT Come rediscover through exercises and massage how women's breasts can soothe and heal our nervous systems. Pia Struck and Blake Steele					
13.00 - 14.00 LUNCH													
		14.15 - 14.45 LUNCH GONG DEEP INNER RELAXATION Michael Gustafson										13.30 - 15.00 NEAR THE SANDPIT 13.30 - 14.15 QUEER SHARING For all LGBTQ+ identifying CAFE IS OPEN	
15.00 - 15.45 SHARING													
16.00 - 18.30 KUNDALINI SPANKING INTENSE STIMULATION AND PLEASURE! 3 CHILIS - MEDIUM Pair up in advance A combination of BDSM and Tantra, focusing on the receiver. With breath, sound and movement - spanking can become a deep ecstatic experience. Calle Rehbinder		16.00 - 18.30 FEMALE EJACULATION AND THE G-SPOT AWAKEN YOUR GODDESS SPOT! 2 CHILIS - MEDIUM YONIS ONLY A practice workshop for Women about G-spot orgasm. Increase the sensation in your Goddess spot - bring towel, oil & mirror Deborah Sundahl		16.00 - 18.30 EMBODIED INTIMACY: FOR MEN 3 (3) LOVER OF THE FEMINE 1 CHILI - MILD MEN ONLY Each man will receive the imprint of what it is like to be on the receiving end. Buster Rådvik		16.00 - 18.30 ENERGY ORGASMS ECSTASY AND JOY! 3 CHILIS - HOT Learn how to transform a certain strain on the body into pleasure and ecstasy! :) Lisa Björling		16.00 - 18.30 DEATH MEDITATION FREEDOM BEYOND FEAR 0 CHILI A deep meditative experience of death and rebirth in freedom Blake Steele & Ingela Axkrants-Steele		SAUNA 16.00 - 00.00 SAUNA is ON		16.30 - 02.00 CAFE IS OPEN	
18.30 - 19.30 DINNER													
20.00 - 23.30 FLOW TOGETHER 1-3 CHILIS - Depending on the zone The room will be divided into zones with different activities. You can for example, sit alone without getting touched, explore sensual massage, wrestle like wild animals, get spanked or enjoy your sexual energy with others. Come and let your inspiration and your impulse in the moment guide you to where, how long and in what way you want to be in the different zones. But first we start the evening by letting Lisa Josefsson guide us into our bodies through some dance. You and the others		22.00 - 00.00 AWAKEN CLUB DANCE TO THE DJ 1 CHILI - MILD Open the heart and connect with the joy of life through the music and dance and free expression. Prem Macuxiva								PLAYROOM / CAFÈ ATTIC 19.30 - 19.55 INTRODUCTION TO THE PLAYROOM The Playroom Angels			
										PLAYROOM / CAFÈ ATTIC 23:00-00:00 Live Music Sunneva & Benjamin		22.00 - OPEN STAGE 1 CHILI - MILD Enter the stage and show yourself! Play a song, read a poem, do a dance or strip number, or speak your truth. Inspire and witness others.	

SUNDAY

July 1, 2018

PLAY ROOM is open 10.00 - 12.00 in the Café attic.

BIG BARN 7.00 - 8.00 MORNING INTIMACY A HEALTHY DOSE OF OXYTOCIN 1 CHILI - MILD Roll out of bed and into the arms of intimate connection. We will use breath, sound and touch to melt the walls of aloneness. Rachel Rickards		UPPER BARN 7.00 - 8.00 SAMAYOGA STRETCH AND GROW 0 CHILI This practice is intuitive, focused on picking the jewels inside and balancing your systems. Lena		BIG ANNEX 7.00 - 8.00 LOVE MEDITATION 1 CHILI - MILD Say Yes to Life and create more love towards yourself and others with heart opening meetings, dancing, singing and hugging. Sarasai Susanne Johansson		SATSANG		STRAWBALE HOUSE 7.30 - 8.15 HEART QIGONG LAND IN PEACE AND LOVE 0 CHILI Welcome yourself to a new beautiful day by landing in your body and connect with your heart. Easy slow movements for relaxation and peace. Ingrid Frideborgsdotter		OTHER		CAFÉ	
8.00 - 9.00 BREAKFAST				8.00 - 9.00 BREAKFAST				8.00 - 9.00 BREAKFAST					
9.00-9.45 SHARING				9.00-9.45 SHARING				9.00-9.45 SHARING					
10.00 - 12.15 DRINKING PURE LOVE WE OPEN TO HEAL IN LOVE 1 CHILI - MILD In safety and beauty we open to drink pure Love Blake Steele & Ingela Axkrants-Steele		10.00 - 12.15 TANTRA FOR COUPLES MEET IN MAGICAL ENERGY 3 CHILIS - HOT COUPLES ONLY Come and explore the magic of tantra with a partner! Breathe, move and making love with the energies Paula Nygren & Henrik Bengtsson		10.00 - 12.15 SPACE FOR BLOSSOMING LET YOURSELF UNFOLD 1 CHILI - MILD Space for blossoming: Let yourself unfold in a safe healing circle, together with your brothers & sisters. Lamhita Jacobson		10.00 - 12.15 EMBODIED INTIMACY: RELATIONSHIP FLUIDITY 1 CHILI - MILD How do we honor both our natural need for safety in connection and our individual desire for freedom? What are the principles and practices? Rachel Rickards & Buster Rådvik						10.30 - 12.30 CAFÉ IS OPEN	
12.30 - 14.00 CLOSING CEREMONY													
14.00 - 15.00 LUNCH				14.00 - 15.00 LUNCH				14.00 - 15.00 LUNCH					
NOTE! You must CHECK OUT your room before 15:00				NOTE! You must CHECK OUT your room before 15:00				NOTE! You must CHECK OUT your room before 15:00					
								14.00 - 16.00 CAFÉ IS OPEN					