

TUESDAY

June 26, 2018

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

BIG BARN

UPPER BARN

BIG ANNEX

BLUE-WHITE TENT

STRAWBALE HOUSE

OTHER

CAFÉ

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

14.30 - 19.00
CAFÉ IS OPEN

15.00 - 18.30 CHECK-IN 15.00 - 18.30 CHECK-IN 15.00 - 18.30 CHECK-IN 15.00 - 18.30 CHECK-IN 15.00 - 18.30 CHECK-IN 15.00 - 18.30 CHECK-IN 15.00 - 18.30 CHECK-IN

17.00 - 18.00
TANTRA / SENSUALITY WORKSHOP
CONNECT CONNECT
1 CHILU-MILD
Soft, safe, tantric, sensual exercises to let go of the mind and come into contact with our inner longing, ourselves and each other.
Fredrik Swahn & Mira Skogsdotter

16.30 - 17.30
DANCE, MEET & MASSAGE
LANDING AT ÅNGSBACKA
1 CHILU-MILD
Through massage, dance and reflection we will connect to our bodies and with each other in a safe environment.
Lisa Josefsson

TOUR START: OUTSIDE THE RECEPTION
17.00 - 17.30
WELCOME TO ÅNGSBACKA TOUR
0 CHILU
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 17.30 DINNER 17.30 DINNER 17.30 DINNER 17.30 DINNER

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

22.30 - 23.30
OPEN CUDDLE SPACE
Open for drop in.
Denice & Sanna

SAUNA
after ceremony to 00.00
SAUNA

after ceremony to 01.00
CAFÉ IS OPEN

WEDNESDAY

June 27, 2018

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

BIG BARN	UPPER BARN	BIG ANNEX	BLUE-WHITE TENT	STRAWBALE HOUSE	OTHER	CAFÈ
	7.00 - 8.00 SOFT YOGA 0 CHILI A soft and compassionate yoga, with a focus on posture and breathing, and to experience what happens in your body and mind. Sesstin	7.00 - 8.00 OSHO DYNAMIC MEDITATION 0 CHILI This active meditation is energising and helps you to release repressed emotions. Amrita		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. 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 THE POWERFUL... AND THE VULNERABLE 1 CHILI - MILD MEN ONLY Feel authentic male connection in sharing, breathing, singing, touching and moving with other open brothers in a safe space. Matt Schwent & Fredrik Swahn	10.45 - 13.00 YOUR HEARTS INTENTION SAFE & SOFT EXPLORATION 1 CHILI - MILD Safe & soft exploration of your needs and longings, so you can stay true & connected to yourself & others Lamhita Jacobson	10.45 - 13.00 YONI SEXUAL EMPOWERMENT FOR WOMEN 1 CHILI - MILD YONIS ONLY Let's talk about sex and do exercises that will open up for more pleasure and ecstasy. Connecting your pussy with your heart and head. Jennie Reh binder	10.45 - 13.00 BISEXUAL SHARING SPACE 1 CHILI - MILD Come and co-create a safe space to share, meet and explore yourself together with other bi-people. With focus on verbal sharing. Denice Enerhag	10.45 - 12.15 SAMAYOGA LAND IN RELAXATION 0 CHILI Lena		
				12.30 - 13.00 SILENT SITTING MEDITATION		12.30 - 14.45 CAFÈ IS OPEN
13.00 - 14.00 LUNCH	14.00 - 14.45 TIBETAN BOWLS Lie down & have a deep relaxing journey. Amrita	13.00 - 14.00 LUNCH	13.00 - 14.00 LUNCH	13.00 - 14.00 LUNCH	14.00-14.45 INTRODUCTION TO THE PLAYROOM The Playroom Angels	
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 ART OF TYING & BEING TIED 2 CHILIS - MEDIUM Learn simple techniques and experience the pleasures of the Japanese rope art. Andy Buru	16.00 - 18.30 LALL PLAYGROUND LIVE AND LET LIVE 1-3 CHILIS - MILD TO HOT A free play space. Do whatever you want to music. With facilitator and DJ. Elin Gabriella	16.00 - 18.30 BODY SHAKES & VIBRATIONS 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	16.00 - 18.30 GENITAL MEDITATION AWARENESS TOUCH 3 CHILIS - HOT COUPLES ONLY A meditation that will help you to bring presence and relaxation. Bring a friend of your opposite gender and a towel. Maximum 20 people. Birgitta Liljebloom		16.15 - 01.00 CAFÈ 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	18.30 - 19.30 DINNER
20.00 - 22.00 SENSUAL POWER EDGY TANTRA & SECRET LOVE 3 CHILIS - HOT Try out soft & intense sensations, edgy power dynamics, role-play and deep pleasure. You will be able to play, laugh & experiment! Master Berlin	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 EROTIC RESTAURANT PLAY & PLEASURE 3 CHILIS - HOT Choose from a yummy menu; the special striptease or maybe a gourmet-flavored massage, while practicing saying no (and yes). Lisa & David Björling		20.00 - 22.00 MOVING TOGETHER 2 CHILIS - MEDIUM A practice in trusting yourself and your partner(s). Melting together in movement and stillness. An experiment and a meditation. Andy Buru	SAUNA 16.00 - 00.00	

THURSDAY

June 28, 2018

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

BIG BARN	UPPER BARN	BIG ANNEX	BLUE-WHITE TENT	STRAWBALE HOUSE	OTHER	CAFÈ
	7.00 - 8.00 SOFT YOGA 0 CHILI A soft and compassionate yoga, with a focus on posture and breathing, and to experience what happens in your body and mind. Sesslin	7.00 - 8.00 OSHO DYNAMIC MEDITATION 0 CHILI This active meditation is energising and helps you to release repressed emotions. Amrita		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. 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
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				12.30 - 13.00 SILENT SITTING MEDITATION		12.30 - 14.45 CAFÈ IS OPEN
13.00 - 14.00 LUNCH	14.00 - 14.45 TIBETAN BOWLS Lie down & have a deep relaxing journey. Amrita	13.00 - 14.00 LUNCH	13.00 - 14.00 LUNCH	13.00 - 14.00 LUNCH	14.00-14.45 INTRODUCTION TO THE PLAYROOM The Playroom Angels	
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FRIDAY

June 29, 2018

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

BIG BARN	UPPER BARN	BIG ANNEX	BLUE-WHITE TENT	STRAWBALE HOUSE	OTHER	CAFÉ
	7.00 - 8.00 SAMAYOGA LAND IN RELAXATION 0 CHILI Asanas and mantras performed intuitively to explore, accept and respect our body and mind for what it is right this moment. 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. 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 ART OF DEVOTION SENSUAL, SEXUAL, SPIRITUAL, PRACTICAL 2 CHILIS - MEDIUM COUPLES ONLY Explore how you can feel sexual flow between you and be more loving and intimate at the same time. Erotic exercises with breath, energy and touch. Jennie & Calle Rehbinder	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/rosenquartzegg in the vagina, to feel more & connect with the body. Bring a sarong or towel. Ingrid Frideborgsdotter	10.45 - 13.00 AUTHENTIC MADNESS 1-3 CHILIS - MILD TO HOT A powerful meditation to go beyond the limitations you have created for yourself. Peter Stridsberg	10.45 - 13.00 CONSCIOUS MEN A WORKSHOP FOR MEN 1 CHILI - MILD MEN ONLY We use guided meditation, conscious connected breath work, tao massage & eye gazing connected work, to release fears and embrace love. Sophia Magdalena	10.45 - 12.15 TANTRIC MEDITATION 0 CHILI A still and moving meditation to practice feel subtle energies. Sanna Björkebaum		
13.00 - 14.00 LUNCH	14.00 - 14.45 DANCE Move your body to music. Open for drop in. Lisa Josefsson	13.00 - 14.00 LUNCH	13.00 - 14.00 LUNCH	14.00 - 14.45 ÄNGSBACKA PHOTO SESSION Come and help promote next years festival. Ängsbacka Media Team	13.00 - 14.00 LUNCH	13.00 - 14.00 LUNCH
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	15.00 - 15.45 SHARING
16.00 - 18.30 PLAYFUL TANTRIC BODY PAINTING A CREATIVE IMPLSION 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	16.00 - 18.30 SACRED LOVERS TANTRIC RELATING 2 CHILIS - MEDIUM Agreements, communication, consensual touch and playfulness in relating with others. Matt Schwent & Robyn Dalzen	16.00 - 18.30 LALL PLAYGROUND LIVE AND LET LIVE 1-3 CHILIS - MILD TO HOT A free play space. Do whatever you want to music. With facilitator and DJ. Elin Gabriella	16.00 - 18.30 LOVE'S BREATH FOLLOW YOUR BLISS 0 CHILI As we breathe fully and consciously we heal our hearts, minds, bodies and remember who we truly are. Sophia Magdalena	17.00 - 18.30 NUDE YOGA 0 CHILI Yoga naked and have the opportunity to increase your body awareness. Bring a towel & something to have over you during the relaxation. Max 12 participants. Sesslin	16.00 - 18.30 TANTRIC CONTACT-IMPRO ALLOW YOURSELF TO BE YOU 2 CHILIS - MEDIUM Find a deeper trust to your body & natural movement. We start with a meditation & you'll be guided into free connection & dance. Sanna Björkebaum	16.15 - 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	18.30 - 19.30 DINNER
20.00 - 22.00 FANTASY PLAY 2 CHILIS - MEDIUM Imagine a fantasy, mild to "forbidden"/taboo! Come co-create and play it with others! Bring rekvisita, clothes, toys, accessories! Lasse Hedlin	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	20.00 - 22.00 WHOLE BODY TOUCH 2 CHILIS - MEDIUM Relaxation and pleasure for you and your body. You can have as much or little clothes on as you like. Bring a towel to lie on. Lorenzo Stiernquist		20.00 - 22.00 AN EVENING OF ROPES FOR COUPLES 3 CHILIS - HOT COUPLES ONLY An intimate evening for you and a partner to explore power and surrender with rope as a transformative tool. Andy Buru	SAUNA 16.00 - 00.00	
	ca 22.20 - 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					22.00 - 23.00 CONCERT Listen to the live music in the café. Fredrik Swahn & the Houseband

SATURDAY

June 30, 2018

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

BIG BARN	UPPER BARN	BIG ANNEX	BLUE-WHITE TENT	STRAWBALE HOUSE	OTHER	CAFÉ
	7.00 - 8.00 SAMAYOGA LAND IN RELAXATION 0 CHILI Asanas and mantras performed intuitively to explore, accept and respect our body and mind for what it is right this moment. 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. For relaxation and peace. Ingrid Frideborgdotter		
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 EMBODY TOUCH 2 CHILIS - MEDIUM Explore sensitive, playful and pleasurable touch. Get ready for the oxytocin high! Milou Ananda	10.45 - 13.00 TANTRA FOR COUPLES MEET, MELT AND MAKE MAGIC 2 CHILIS - MEDIUM COUPLES ONLY With a partner you open up and dive into a deep tantric meeting. Love, presence and pleasure. Bring sarong if you have. Paula Nygren & Henrik Bengtsson	10.45 - 13.00 LOVE'S BREATH FOLLOW YOUR BLISS 0 CHILI As we breathe fully and consciously we heal our hearts, minds, bodies and remember who we truly are. Sophia Magdalena	10.45 - 13.00 LOVING BREASTS HONORING A WOMAN'S BODY 2 CHILIS - MEDIUM Come rediscover through exercises and massage how women's breasts can soothe and heal our nervous systems and fill us with Oxytocin Love. Blake Steele & Pia Struck		SMALL ANNEX 10.45 - 13.00 REAR ENTRY PLEASURES 3 CHILIS - HOT ASSES ONLY ;) Come alone or with partner, to explore anal pleasures. Hands-on practices/meditation. Bring own toys! Toilet/wash before. Max 12 p. Lasse Hedlin	12.30 - 14.45 CAFÉ IS OPEN
13.00 - 14.00 LUNCH	14.00 - 14.45 TIBETAN BOWLS Lie down & have a deep relaxing journey. Amrita	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
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	15.00 - 15.45 SHARING
16.00 - 18.30 PINK TANTRA RE-YOUTHING OUR BEING 2 CHILIS - MEDIUM We explore the union of Sex and Spirit as a fountain of healing and transformation. Blake Steele	16.00 - 18.30 CONSCIOUS SEXUALITY AWAKENING WITHIN 1 CHILI - MILD Increase inner sensitivity to experience blissful states of togetherness & pleasure in lovemaking. Feel the aliveness of your body. Majbrit Villadsen	16.00 - 18.30 LALL PLAYGROUND LIVE AND LET LIVE 1-3 CHILIS - MILD TO HOT A free play space. Do whatever you want to music. With facilitator and DJ. Elin Gabriella	16.00 - 18.30 EXPLORATION OF EMBODIED FLOW 1 CHILI - MILD Let's explore the flow of life together in a heart centered space through touch, movement, intimate meetings & breathing. Anna Maria Magdalena Birgersdotter	16.00 - 18.30 ORGASMIC YOGA MEDITATION BRING YOUR AWARENESS HOME 3 CHILIS - HOT A guided masturbation that opens up your universe of pleasure and helps you to let go of tension. Bring a towel and lube. Max 15 people. Birgitta Liljebloom	15.00 - 15.45 SHARING PLAYROOM / CAFÉ ATTIC 16.00 - 17.30 FOUR ZONES 3 CHILIS - HOT The playroom will be divided into four different zones where you can explore your different expressions. Alice	16.45 - 02.00 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	18.30 - 19.30 DINNER
20.00 - 22.00 ABCD - ANY BODY CAN DANCE THREE-MINUTE LOVE STORIES 1 CHILI - MILD Using Blues and African rhythms you are invited to find your own dance and make every dance in to a three-minute love story. Lisa Josefsson with Friends	20.00 - 22.00 CUDDLE & PLAY PARTY CONSCIOUS SMORGASBORD 2 CHILIS - MEDIUM Practice communicating and acting on desires. This space is about being sensual and sexual without sex. No goal, no destination - just pure pleasure. Matt Schwent & Robyn Dalzen				SAUNA 16.00 - 00.00	
22.00 - 23.30 DANCE TO THE DJ 1 CHILI - MILD Dance, move and express yourself. Open for drop in. Linnea		22.00 - 23.30 OPEN EXPLORATIVE PLAY SPACE 2 CHILIS - MEDIUM A softer option to the Play room. A space for sensual and sexual energy without sex. Open for drop in. Milou Ananda & Benjamin				21.00 - 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. Zelda & Peter

SUNDAY

July 1, 2018

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

BIG BARN		UPPER BARN		BIG ANNEX		BLUE-WHITE TENT		STRAWBALE HOUSE		OTHER		CAFÉ	
		<p>7.00 - 8.00</p> <p>NUDE YOGA</p> <p>0 CHILI</p> <p>Yoga naked and have the opportunity to increase your body awareness. Bring a towel & something to have over you during the relaxation.</p> <p>Sesslin</p>		<p>7.00 - 8.00</p> <p>OUR SACRED EARTH MEDITATION</p> <p>1 CHILI - MILD</p> <p>Wake up with Dancing, Shaking, Stillness och Hugging. A social, active meditation by Veeresh.</p> <p>Sarasai Susanne Johansson</p>									
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	
9.00 - 9.45 SHARING		9.00 - 9.45 SHARING		9.00 - 9.45 SHARING		9.00 - 9.45 SHARING		9.00 - 9.45 SHARING		9.00 - 9.45 SHARING		9.00 - 9.45 SHARING	
<p>10.00 - 12.15</p> <p>PLAYFUL FIGHTING</p> <p>JOYFULNESS AND LAUGHTER</p> <p>2 CHILIS - MEDIUM</p> <p>In this clearly structured workshop you will tumble around, play and wrestle in the way of puppies or laughing children.</p> <p>Lisa & David Björklind</p>		<p>10.00 - 12.15</p> <p>DEEP HOLDING</p> <p>A RITUAL OF HEALING</p> <p>2 CHILIS - MEDIUM COUPLES ONLY</p> <p>Through deep holding we heal our primal relationships & depths.</p> <p>Blake Steele</p>		<p>10.00 - 12.15</p> <p>SPACE FOR BLOSSOMING</p> <p>LET YOURSELF UNFOLD</p> <p>1 CHILI - MILD</p> <p>Space for blossoming: Let yourself unfold in a safe healing circle, together with your brothers & sisters.</p> <p>Lamhita Jacobson</p>		<p>10.00 - 12.15</p> <p>TANTRIC MAGICAL MEETINGS</p> <p>OPEN YOUR HEART AND SOUL</p> <p>2 CHILIS - MEDIUM</p> <p>Open your heart and eyes and dive into longer tantric meetings. Breathing, touching and deep connection.</p> <p>Paula Nygren & Henrik Bengtsson</p>						<p>10.30 - 12.30</p> <p>CAFÉ IS OPEN</p>	
12.30 - 14.00 CLOSING CEREMONY													
14.00 - 15.00 LUNCH		14.00 - 15.00 LUNCH		14.00 - 15.00 LUNCH		14.00 - 15.00 LUNCH		14.00 - 15.00 LUNCH		14.00 - 15.00 LUNCH		14.00 - 15.00 LUNCH	
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