

# THURSDAY

June 21, 2018

UPPER BARN	BIG ANNEX	STRAWBALE HOUSE	OTHER/OUTSIDE	OTHER/OUTSIDE	CHILDREN'S PROGRAM	CAFÉ
------------	-----------	-----------------	---------------	---------------	--------------------	------

21-23 JUNE

# Midsummer

at

## Ängsbacka

### PROGRAM 2018

UPPER BARN	BIG ANNEX	STRAWBALE HOUSE	OTHER/OUTSIDE	OTHER/OUTSIDE	CHILDREN'S PROGRAM	CAFÉ
------------	-----------	-----------------	---------------	---------------	--------------------	------

14.00 - 17.00	CHECK - IN	14.00 - 17.00	CHECK - IN	14.00 - 17.00	CHECK - IN	
---------------	------------	---------------	------------	---------------	------------	--

<p><b>17.00 - 18.30</b> <b>YIN YOGA</b> LET'S GO YINSIDE</p> <p>A slow, deep and soulful practice. Create space in your body and mind to arrive here &amp; now.</p> <p>Anna Åkerlund</p>	<p><b>16.00 - 18.00</b> <b>TALKING BODIES</b> OPEN TO EVERYONE</p> <p>There is more than one way to say, "hello". You can shake someone's hand, give them a nod, or even a hug! How exactly do we talk with our bodies? Join for some exercises to see just how your body talks.</p> <p>Andy &amp; Saara</p>	<p><b>17.00 - 18.30</b> <b>ARRIVE</b> OPEN TO EVERYONE</p> <p>Focus on breath, rest and arriving to here and now.</p> <p>HBTQ Spirit</p>	<p><b>MEET OUTSIDE RECEPTION</b> <b>15.00 - 15.45</b> <b>ÄNGSBACKA TOUR</b> FOR ALL AGES</p> <p>First time at Ängsbacka? Then this tour is for you. Anna will show you around and give you a lot of great information. Welcome!</p> <p>Ove Björklund</p>		<p><b>MEET OUTSIDE CAFÉ - SMALL ANEX</b> <b>15.30 - 16.30</b> <b>OPENAIR FAMILY ACROYOGA</b> ADULTS &amp; CHILDREN</p> <p>Play together, lift each other, expand your playfulness and connect on new levels as a family.</p> <p>Nina &amp; Boris</p>	<p><b>13.30 - 19.45</b> <b>CAFÉ IS OPEN</b></p>
--	--	--	--	--	--	---

18.30 - 19.30	DINNER	18.30 - 19.30	DINNER	18.30 - 19.30	DINNER	
---------------	--------	---------------	--------	---------------	--------	--

<p><b>20.00 - 21.30</b> <b>WELCOME MEETING &amp; OPENING CEREMONY FOR ALL</b></p> <p>Music, dance, some information and lots of lovely people.</p> <p>Sascha Veerbek &amp; Kasia Leffler</p>	<p><b>21.45 - 23.15</b> <b>AWAKEN CLUB - THE FREEDOM OF BE YOU</b></p> <p>Open the heart and connect with the joy of life through the music and dance and free expression.</p> <p>Prem Macuxiva</p>	<p><b>21.45 - 23.15</b> <b>SACRED ART OF THAI MASSAGE &amp; ENERGY WORK</b></p> <p>We tap into our intuition and dance in the giving and receiving of thai yoga massage.</p> <p>Milou Ananda</p>	<p><b>SAUNA</b> <b>21.30 - 22.30</b> <b>ESSENTIAL SAUNA - ALIFGISS CEREMONY</b></p> <p>Welcome to a relaxing sauna with delicious scents of therapeutic essential oils.</p> <p>Gaja Beukers</p>	<p><b>22.30 - until it burns out!</b> <b>SAUNA IS HOT</b></p>	<p><b>FIRE PLACE</b> <b>22.25</b> <b>FIRE IS BURNING</b></p>	<p><b>21.00 - 01.00</b> <b>CAFÉ IS SERVING</b></p>	<p><b>23.00 - 01.00</b> <b>OPEN STAGE</b> <b>NERVOUS? GREAT, YOU'RE ON</b></p> <p>On stage: Do whatever you want. Or just stage: Give love!</p> <p>Jordan Steel</p>	<p><b>02.00 - CAFÉ CLOSES</b></p>
--	---	--	---	---	--	--	---	-----------------------------------

# FRIDAY

June 22, 2018

UPPER BARN	BIG ANNEX	STRAWBALE HOUSE	OTHER/OUTSIDE	OTHER/OUTSIDE	CHILDREN'S PROGRAM	CAFÉ
	<b>7.00 - 8.00</b> <b>MORNING YOGA FLOW</b> Let your breath guide you to wake up body & mind. Connect and energise in a balancing dynamic flow. Anna Åkerlund	<b>7.00 - 8.00</b> <b>KIRTAN</b> - LET'S SING TOGETHER Simple songs together in a circle. Children are welcome :) Boris & Nina				
<b>8.00 - 9.00 BREAKFAST</b>		<b>8.00 - 9.00 BREAKFAST</b>		<b>BREAKFAST</b>		<b>BREAKFAST</b>
<b>9.30 - 10.30 MORNING MEETING</b> We gather to start the midsummer ceremony full of beautiful surprises... Sascha Veerbek & Kasia Leffler						
<b>11.00 - 13.00 PLAYSHOP</b> OPEN SPACE FOR EVERYONE Collaborative, Creativity, Movement, Theatre, Dance, Improvisation, Touch, Meditation = PLAY Andy & Saara	<b>11.00 - 13.00 JOYFUL SINGING</b> EMBRACE YOUR VOICE Get to know your voice and its great potential! Playfulness, laughter and improvisation! Amanda Ragnarsdotter	<b>11.00 - 13.00 EARTHSHOP</b> PLANT WISDOM & MEDITATION Explore a few of the Swedish medicinal plants that grow around Ångsbacka and take part of their wisdom through information and meditation. Ulrika Nordström			<b>CHILDREN'S TENT</b> Open between <b>10.30 - 13.15</b> <b>FACE PAINTING, GAMES &amp; FUN</b> Improvisation of playing with the kids. Using dance, theater and music. Myrthe & Others	<b>11.00 - 01.00</b>
<b>13.00 - 14.00 MIDSUMMER LUNCH</b>		<b>13.00 - 14.00 MIDSUMMER LUNCH</b>				
	<b>14.00 - 15.00 GONG-RELAXATION</b> HEALING THROUGH THE GONG Let the Gong take you beyond the thinking state deeper into a feeling of union and oneness. Pernilla Tykesson	<b>14.00 - 16.00 COURAGE</b> THE POWER OF BEING BRAVE Experience and discover the loving force of courage as an empowering tool in life. Indre & Gwen		<b>FOREST - MEET BY INFO TENT</b> <b>14.00 - 16.00 WALKING BAREFOOT IN THE FOREST</b> Grounding, our feet on Mother Earth, we walk and (re)connect. Gaja Beukers	<b>CHILDREN'S TENT</b> Open between <b>14.00 - 16.15</b> <b>FACE PAINTING, MUSIC &amp; FUN</b>	
				<b>GATHER OUTSIDE CAFÉ</b> <b>16.00 - 18.30 MIDSUMMER CEREMONY</b> A Midsummer ceremony full of beautiful surprises... 16.00-17.15 Picking flowers and decorating the Midsummer Pole 17.15-18.30 Dancing and singing together with Magnus, Amanda & musicians		
<b>18.45 - 19.30 MIDSUMMER DINNER BUFFE</b>		<b>18.45 - 19.30 MIDSUMMER DINNER BUFFE</b>				
<b>21.30 - 23.30 ECSTATIC SPIRITUAL SCHLAGER</b> DANCE FOR ALL Come, Dance and Celebrate Yourself and Others! Magnus Wikström	<b>20.00 - 22.00 MASSAGE &amp; MANTRA SINGING</b> TRUST IN CONNECTION - FOR ADULTS ONLY We invite you to gentle massage, trust exercise and mantra singing. HBTQ Spirit	<b>21.30 - 22.45 CLOSING CIRCLES CEREMONY</b> FOR ADULTS ONLY We will bring light to the circles that are alive in us. Shamanic ceremony to to dive deep inside of ourselves and find those circles that are ready for closure. Steven Sonneveld	<b>SAUNA</b> Open from <b>20.00</b>	<b>BIG BARN</b> <b>20.00 - 21.15 RAGNARÖKEN THEATRE</b> It's midsummertime in the Forest of Creatures. Everyone prepares for the big celebration. But it will not be exactly as they expect. Ragnaröken Theatre		
			<b>SWEAT LOGE AREA</b> <b>23.00 - 02.00 SWEAT LODGE</b> Non traditional sweat lodge. A mix involving Lakota, Northern Shamanism, Tantra and Meditation. Jimmy Lundgren	<b>FIRE PLACE</b> <b>22.25 FIRE IS BURNING</b>		
						<b>CAFÉ IS SERVING</b>
						<b>02.00 CAFÉ CLOSÉS</b>

# SATURDAY

June 23, 2018

UPPER BARN	BIG ANNEX	STRAWBALE HOUSE	OTHER/OUTSIDE	OTHER/OUTSIDE	CHILDREN'S PROGRAM	CAFÉ
<p><b>08.30 - 09.00</b> <b>COURAGE - FOLLOW UP</b> THE POWER OF BEING BRAVE</p> <p>Possibility to share your experiences</p> <p>Indre &amp; Gwen</p>	<p><b>08.00 - 09.00</b> <b>BREATH WORK &amp; TOUCH</b> FOR ADULTS ONLY</p> <p>Allowing the voice a to flow freebee. Welcome in silence. Open your body and mind with soft breathwork and relax while receiving gentle touch.</p> <p>HBTQ Spirit</p>	<p><b>08.00 - 09.00</b> <b>MORNING YOGA FLOW</b></p> <p>Let your breath guide you to wake up body &amp; mind. Connect and energise in a balancing dynamic flow.</p> <p>Anna Åkerlund</p>				
09.00 - 10.00 BREAKFAST			09.00 - 10.00 BREAKFAST			
<p><b>10.00 - 11.30</b> <b>ALL AGES CONTACT IMPROVISATION</b> ADULTS &amp; CHILDREN</p> <p>Contact improvisation. Come and meet yourself and others in playful dance.</p> <p>Magnus Wikström</p>	<p><b>10.00 - 11.00</b> <b>GONG-RELAXATION</b> HEALING THROUGH THE GONG</p> <p>Let the Gong take you beyond the thinking state deeper into a feeling of union and oneness.</p> <p>Pernilla Tykesson</p>	<p><b>10.00 - 11.45</b> <b>ENERGETIC HEALING</b> POWERFUL ENERGY WORK</p> <p>Transcend into oneness with another and by giving and receiving this unique healing art.</p> <p>Milou Ananda</p>			<p><b>BIG BARN</b> <b>10.00 - 11.30</b> <b>JOYFUL SINGING - KIDS</b> LETS PLAY WITH OUR VOICES</p> <p>Can you sound like an elk? Or maybe like an opera singer? Let's play, sing and make sounds together!</p> <p>Amanda Ragnarsdotter</p>	
<p><b>12.00 - 13.30</b> <b>CLOSING CEREMONY</b></p> <p>Welcome to close the circle of our Midsummer ceremony through music, singing, dancing and sharing. Welcome</p> <p>Sascha Verbeek, Kasla Leffler &amp; the House Band</p>						<p><b>11.00 - 16.00</b></p> <p>CAFÉ IS SERVING</p>
13.30-14.30 LUNCH			13.30-14.30 LUNCH			
15.00 MIDSUMMER WONDERLAND 2018 IS CONCLUDED - SEE YOU IN A YEAR!						