

# SATURDAY

August 7, 2021

BIG BARN	UPPER BARN	BIG ANNEX	HEART TENT	SATSANG TENT	GARDEN TENT	ADDITIONAL SPACES	OTHER
<b>7.00 - 8.00</b> <b>SOFT ECSTATIC AWAKENING</b> <b>TANTRIC YOGA</b> 0 CHILI - SELF PRACTICE Relax and allow your body to naturally open, your energy to flow. Integrate and feel deeper into yourself. Movement - Yoga - Breath - Sound Annica Dahlin	<b>7.30 - 8.15</b> <b>HEART QIGONG</b> - SELF HEALING AND LOVE 0 CHILI - SELF PRACTICE Qigong is slow movements and meditation. Qigong is self healing and landing in your body. Qigong is breathing, balance and love. Healing Isis Frideborgsdotter						
8.00 - 9.00 BREAKFAST							
			<b>9.30 - 10.15</b> <b>MORNING GATHERING</b> We all meet for singing, happenings and practicalities.			<b>THE CHAPEL</b> <b>07.00 - 02.00</b> <b>SANCTUARY</b> Relax or meditate alone. A wordless and quiet room that you can use and come and go as you please. 0 CHILI - SELF PRACTISE	<b>CREATIVE TENT</b> <b>10.45 - 02.00</b> <b>CUDDLE SPACE</b> Rest or cuddle together with a partner. A space that you can use and come and go as you please. 2 CHILIS - Underwear stays on!
<b>10.45 - 13.00</b> <b>GENDER FREE ENERGY ORGASM</b> 3 CHILIS - PAIR UP BEFORE - MAX 50 ppl An experience that helps us deepen our connection with self & liberate our sexual, creative, life force energy. Energy work - Pleasure Nathan Maruzzi	<b>10.45 - 13.00</b> <b>SHAMANIC SOUND CIRCLE</b> <b>BODY BREATH &amp; SOUND</b> 1 CHILI Connect with your inner voice through shamanic sounding, and journey through time and space in the center of the circle. Sing - Sound - Connect Mevanya	<b>10.45 - 13.15</b> <b>BODY &amp; BREATH JOURNEY</b> <b>NON-VERBAL EXPRESSION</b> 2 CHILIS - PAIR UP BEFORE - MAX 20 ppl Showing & expressing yourself - pleasure, eros & ecstasy welcome just as everything else. Focus on you & your own body. Breathwork - Sounds - Emotional MonaLisa	<b>10.45 - 12.45</b> <b>SENSUAL KAMA SUTRA</b> 2 CHILIS - PAIR UP BEFORE We will practice different types of touch and various fun positions, with presence and connection. Movement - Touch - Intimacy Ronyah	<b>10.45 - 13.00</b> <b>HEART TO HEART</b> <b>EMBODIED MEDITATION</b> 1 CHILI - PAIR UP BEFORE Integrate and resource with touch, breath and talk. Breath - Touch - Talk - Integrate Annica Dahlin		<b>THE ATTIC</b> <b>07.00 - 02.00</b> <b>LOUNCH</b> Hang out, talk and meet others during the day. A social space that you can use and come and go as you please. 1 CHILI	<b>SMALL ANNEX</b> <b>10.45 - 15.00 and 18.30 - 02.00</b> <b>TANTRIC TEMPLE</b> <b>SACRED PLAY SPACE</b> A space for your tantric lovemaking. A quiet room where you can come and go as you please. 3 CHILIS
13.00 - 14.00 LUNCH							
<b>14.00 - 14.45</b> <b>GONG BATH</b> 0 CHILI Rest in the shimmering sounds of Gong and Crystal Bowls Rest & Relaxation Ingela Askranis-Steele	<b>14.00 - 14.45</b> <b>SILENT SITTING</b> 0 CHILI - SELF PRACTICE Sit in silence in your own practice of meditation. Ground & come back to yourself. Walk in/out possible. Meditation Nora Mohamad	<b>14.00 - 14.45</b> <b>QUEER SHARING SPACE</b> 0 CHILI - QUEER Sharing Purna					
15.00 - 15.45 SHARING							
<b>16.15 - 18.30</b> <b>ART OF DEVOTION</b> <b>EXPAND YOUR LOVE RELATION</b> 3 CHILIS - FOR COUPLES Expand love and sexual flow between you and your partner for deeper intimacy. Breath, energy, movement and touch. Intimacy - Pleasure - Love - Flow Carl Johan Rehbinder	<b>16.15 - 18.45</b> <b>ANTI SHAME</b> <b>MANY MEETINGS!</b> 3 CHILIS Guiding exercises to let go of shame and honor your genitals, meeting different people. Bring towels!  Lisa Björling	<b>16.15 - 18.30</b> <b>SENSUAL MASSAGE</b> <b>QIGONG, BREATH, TOUCH</b> 1 CHILI - PAIR UP BEFORE - MAX 24 ppl Breathing, some qigong, and a lot of sensual, light touch with all your focus and presence. Touch - Massage - Boundaries Lars Maria Noren & Isis Frideborgsdotter	<b>16.15 - 18.30</b> <b>TOUCH, CONSENT &amp; PLAY</b> <b>THE 3 MINUTE GAME</b> 3 CHILIS You learn more about a person in 2 hours of play that in a year of conversation. Playful - Intimate Matthias Schwenbeck	<b>16.15-18.15</b> <b>TANTRA AND YOGIC SEX</b> <b>LECTURE, EXERCISES, Q&amp;A</b> 1 CHILI This is a lecture about Tantra from a Yogic nerd. Exercises, Q&A & Play. Talk - Q&A - Play Salila			
18.30 - 19.30 DINNER							
<b>21.00 Co-create the Sexsibility Field of Celebration!</b> The last evening, all of Ångsbacka will be available to us to spread our creativity together!! Let us widen our wildest fantasies and be expansive while still being safe! We invite you to follow your flow throughout the night and to tune into what you need. There might be a spanking corner and a space for tantric meetings, while you are welcome to contribute with what you believe is missing! Maybe you want to offer striptease, kinky poetry, a ritual, a listening ear, juggling, or give tarot readings? Maybe you want to bring your favorite sexy outfit or the most outstanding creation that you have never dared to wear. Which part of yourself do you want to celebrate? What shadow side do you want to bring into the light? Do you want to kink it up or go beyond stereotypical gender expressions? OPENING CEREMONY 21.00 [1]						<b>FIRE PLACE</b> <b>21.00 - 23.30</b> <b>EVENING FIRE HANGOUT</b> Every night the fire is lit. We gather around in silence, singing or sharing however we feel like. YOLI	<b>SALINA</b> <b>22.00 - 00.00</b> <b>SAUNA</b> MAX 15 ppl

[1] DOES NOT FIT THE SCREENS