

# THURSDAY

May 16, 2019

UPPER BARN	STRAWBALE HOUSE	BIG ANNEX	CAFÉ	OTHER
<p><b>7.00 - 8.15</b>  <b>SHAKTI YOGA</b>                      EMBRACE YOUR SENSUALITY</p> <p>Shakti Yoga is a sensual feminine practice. Breathe, sound and move to anchor into your yoni &amp; womb.</p> <p>Mira Dakini</p>	<p><b>7.00 - 8.30</b>  <b>WHAT COLOUR ARE YOU NOW?</b>                      DISCOVER YOUR INNER COLOUR</p> <p>Connecting with your womb and inner colours to weave a protection symbol in a mandala form.</p> <p>Ximena</p>	<p><b>7.00 - 8.15</b>  <b>DANCE MEDITATION</b>                      GUIDED DANCE</p> <p>Finding and expressing your authentic unique movement, your heart and joy through dance</p> <p>Eva Carter</p>		
8.15 - 9.15 BREAKFAST		8.15 - 9.15 BREAKFAST		
<p><b>9.30 - 10.45</b>                      MORNING CEREMONY FOR ALL</p>				<p>RECEPTION IS OPEN                      11.00 - 17.00</p>
<p><b>11.00 - 13.00</b>  <b>YOUR RADICAL WISDOM</b>                      THE WORK - DEMO &amp; PRACTICE</p> <p>The Work (by Byron Katie) is a simple yet powerful inquiry. Find love, clarity and freedom within the right now!</p> <p>Candra Karholm</p>	<p><b>11.00 - 13.00</b>  <b>BODY LOVE</b>                      SACRED HOMECOMING</p> <p>Safe space to relax our stressed nervous system, helping us to connect &amp; heal ourselves &amp; our bodies.</p> <p>Lamhita</p>	<p><b>11.00 - 13.30</b>  <b>HELLO MUSE</b>                      INTENTIONAL CREATIVITY</p> <p>Inner journey to meet our inner muse. draw, paint and write her message.</p> <p>Tekla</p>		
13.00 - 14.00 LUNCH		13.00 - 14.00 LUNCH		
<p><b>14.15 - 14.45</b>  <b>LUNCH GONG RELAXATION</b></p> <p>Let the gong take you beyond the thinking state into transforming oneness.</p> <p>Pernilla Tyksson</p>		<p><b>14.15 - 14.45</b>  <b>LUNCH BEAT</b></p> <p>In-between things move and shake to the beat</p> <p>Hajni</p>	<p><b>13.30 - 15.00</b>                      CAFÉ IS OPEN</p>	
15.00 - 16.00 SHARING				
<p><b>16.15 - 18.15</b>  <b>RE-CREATING YOURSELF</b>                      THE SCIENCE OF INTENTION</p> <p>Understand the biochemistry of your brain and body to create a new reality and life experience.</p> <p>Cristina Stardreamer</p>	<p><b>16.15 - 18.15</b>  <b>SACRED MENSTRUAL BLOOD</b>                      MENSTRUAL BLOOD MYSTERIES</p> <p>Connecting with the wisdom of our blood, awakening the inner wise woman, grounding and healing.</p> <p>Brenda</p>	<p><b>16.15 - 18.15</b>  <b>DEATH MEDITATION</b>                      LIFE BEYOND FEAR</p> <p>A guided meditation into and beyond the fear of life and death.</p> <p>Ingela Steele</p>		
18.30 - 19.30 DINNER		18.30 - 19.30 DINNER		
<p><b>20.00 - 22.00</b>  <b>ACROSS THE WORLD</b>                      BRIDGING WORLDS CONCERT CEREMONY</p> <p>A musical journey that unites the North and the South of the world.</p> <p>Astrid Brinck, Elin Telius &amp; Musicians</p>		<p><b>19.40 - 23.00</b>                      CAFÉ IS OPEN</p>	<p>SAUNA                      21.30 - 23.00                      SAUNA IS ON</p>	

VERSION  
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