

THURSDAY 21.09

FRIDAY 22.09

SATURDAY 23.09

SUNDAY 24.09

8:30
-
9:30



8:30 – 9:30

 **Vinyasa Yoga**
Maya
Yoga del Mar Space

8:30 – 9:30

 **Ashtanga Yoga**
Yasmin
Yoga del Mar Space

8:30 – 9:30

 **Yin Yang Yoga**
Mara
Yoga del Mar Space

9:45
-
11:00


Arrival & Check in

9:45 – 11:00

 **Vinyasa Yoga**
Stuart
Yoga del Mar Space

9:45 – 11:00

 **Hatha Yoga**
Suzanne Faith
Yoga del Mar Space

9:45 – 11:00

 **Qi Gong**
Krishnatakis
Yoga del Mar Space

9:45 – 11:00

 **The Alchemy of Crystalline Breath**
Dora Luz
Spirit Space

9:45 – 11:00

 **The Medicine of Conscious Breath**
Amy & Tristan Rushworth
Spirit Space

9:45 – 11:00

 **Elemental Flow Yoga**
Nariyah
Spirit Space

9:45 – 11:00

 **Intro to Meditation**
Wisdom Talk
Belinda & Nina-Gyana
Mother Earth Space

9:45 – 11:00

 **Equinox Astrology**
Wisdom Talk
Belinda Matwali
Mother Earth Space

9:45 – 11:00

 **Medicine Music**
Circle with Freya Colibri
Mother Earth Space

11:00
-
11:15

Small break

11:00 – 11:15

Small break

11:00 – 11:15

Small break

11:00 – 11:15

Small break

11:15
-
12:45



11:15 – 12:45

Welcome Circle & Opening Ceremony
Music by David Lurey



Yoga del Mar Space

11:15 – 12:45

 **Experiential Movement**
David Lurey
Yoga del Mar Space

11:15 – 12:45

 **Martial Arts Workshop**
Alex
Spirit Space

11:15 – 12:45

 **Cacao Ceremony & Kirtan**
Yasmin, Gerard, Patricia & Gabriel
Mother Earth Space

11:15 – 12:45

 **Alliyana Movement**
Daniel Sonic Rojas
Yoga del Mar Space

11:15 – 12:45

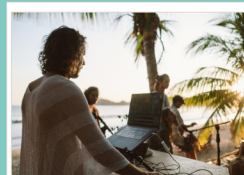
 **Meditation & Music**
Krishnatakis
Spirit Space

11:15 – 12:45

 **Yin for Life**
Wisdom Talk
Mirjam Wagner
Mother Earth Space

11:15 – 13:45

 **Ecstatic Dance**
Mose



Yoga del Mar Space

12:45
-
14:30

Lunch break

12:45-14:30

Lunch break

12:45 – 14:30

Lunch break

13:45-15:15

Lunch break



13:15-14:15

Introduction to Oils Workshop



13:15-14:15

Introduction to Oils Workshop



13:15-14:15

Introduction to Oils Workshop



14:00-15:00

Introduction to Oils Workshop



13:15-14:15

The air we breathe
Wisdom Talk
Cesar
Yoga del Mar Space

14:30
-
16:00



14:30 – 16:00

Vinyasa Yoga
Yasmin & Nina-Gyana
Yoga del Mar Space



14:30 – 16:00

Qi Gong
Tensuhi
Spirit Space



14:30 – 16:00

Wisdom Talk (Union)
Nadine
Mother Earth Space



16:30 – 18:00

Somatic Yoga
Susanna
Yoga del Mar Space



16:30 – 18:00

Kundalini & Sound Healing Journey
Javier
Spirit Space



16:30 – 18:00

Herbal Workshop
by Wunder Workshop
Mother Earth Space



14:30 – 16:00

Active Meditation
Nina-Gyana
Yoga del Mar Space



14:30 – 16:00

Shamanic Medicine
Circle with Pia
Spirit Space



14:30 – 16:00

Wisdom Talk (Unapologetic Womanhood)
Amy Rushworth
Mother Earth Space



16:30 – 18:30

Mantra Music Circle
Kevin James Carroll



16:30 – 18:30

Bracelet Workshop*
By Monmente
(20€*)
Mother Earth Space



14:30 – 16:00

Womens Circle
Nadine
Yoga del Mar Space



14:30 – 16:00

Mens Circle
David Lurey
Spirit Space



14:30 – 16:00

Wisdom Talk
Alchemy: the art of rewiring
Rodo Escalante/ Yess
Mother Earth Space



16:30 – 18:00

Electronic Music Meditation & Dance
Belinda Matwali
Yoga del Mar Space



16:30 – 18:00

Jivamukti Yoga
Gabriela Bozic
Spirit Space



16:30 – 18:00

Thai Yoga Massage Workshop
Krishnatakis
Mother Earth Space



15:15-16:30

Yin Yoga
Mirjam Wagner
Yoga del Mar Space



15:15-16:30

Shamanic Sound Healing
Gerard Ros
Spirit Space



15:15-16:30

Divine Sweets Workshop*
Anita
(20€*)
Mother Earth Space



16:30 – 18:30

Closing Circle
All Artists



Yoga del Mar Space

18:00
-
19:00

Dinner Gathering

18:00 – 19:00

Dinner Gathering

18:00 – 19:00

Dinner Gathering

19:00
-
21:00



18:30 – 19:30

Live Music
Goodoo
Yoga del Mar Space



19:45 – 22:00

Live Music
Awaré (collab by Yess)
Yoga del Mar Space



19:00 – 21:00

Ecstatic Dance
DJ Arunji
Yoga del Mar Space



19:00 – 21:00

Live Music
Sam Garrett
Yoga del Mar Space

* These Workshops have an extra cost to cover the materials of your creation