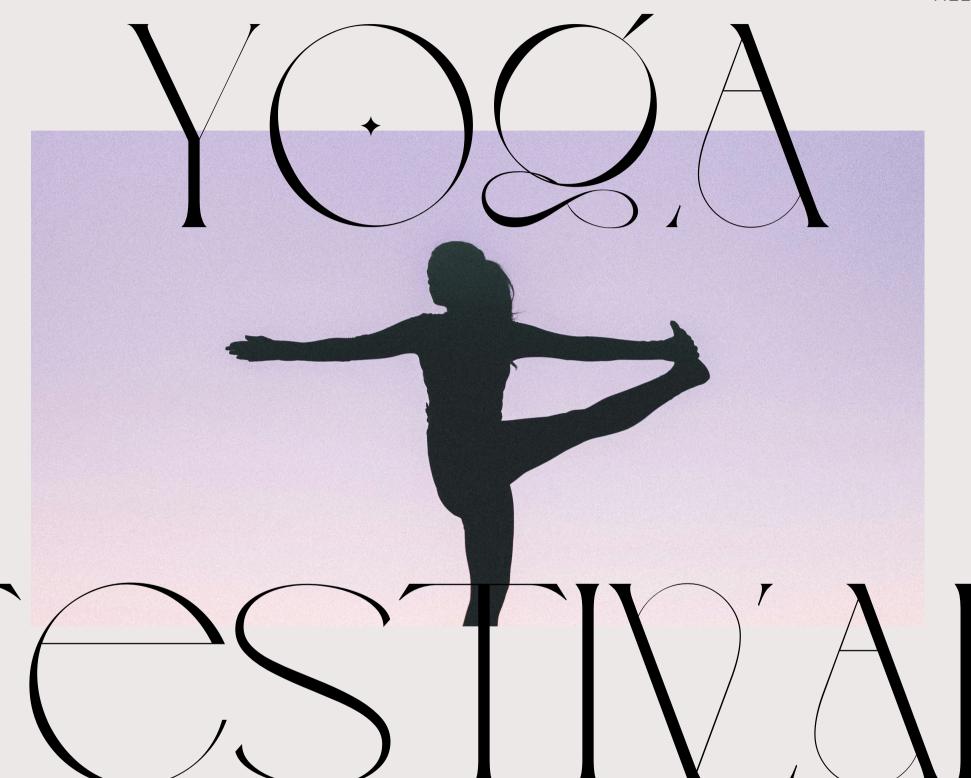
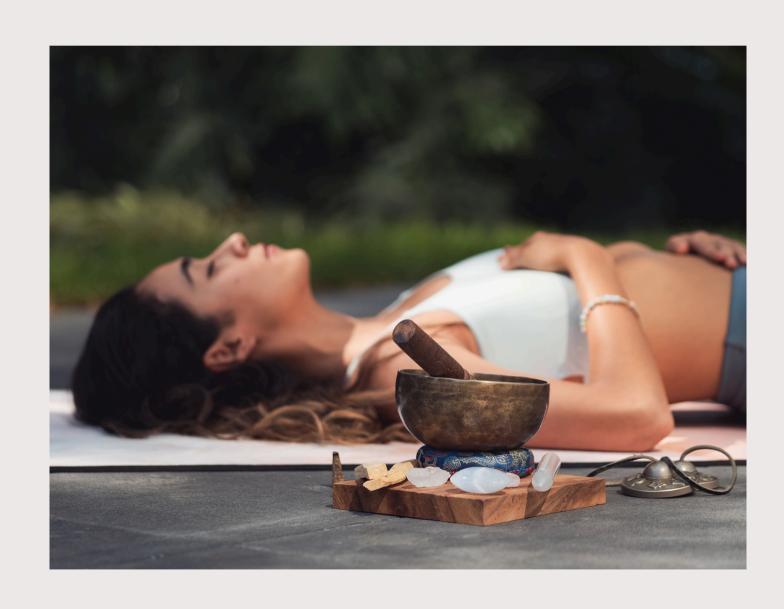
Where wellness meets joy and balance



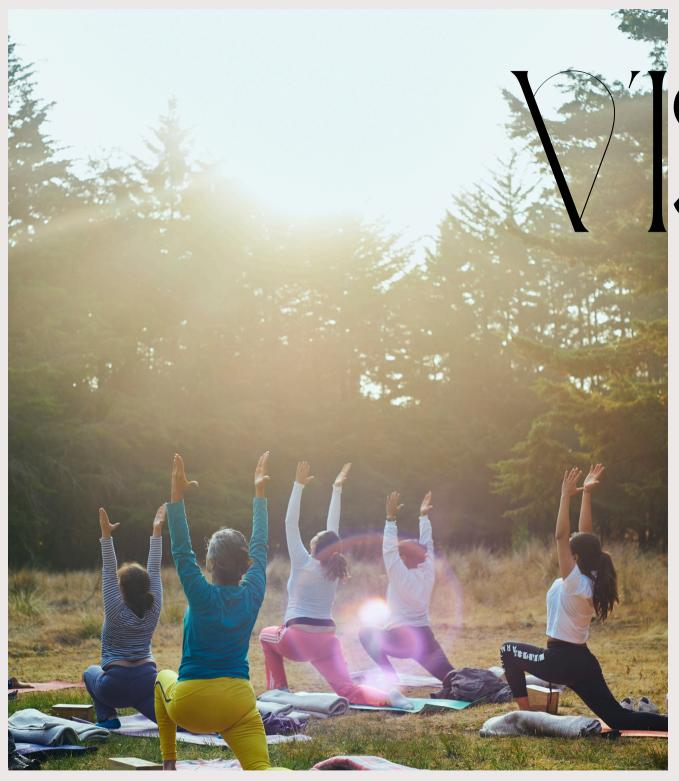
Awaken your body & elevate your mind



Welcome to our Yoga & Mindfulness Festival! Over the next few days, you'll be guided through a variety of dynamic yoga classes, mindful workshops, and wellness sessions designed to refresh your body, calm your mind, and uplift your spirit.

Whether you're here to unwind, learn something new, or just enjoy the good vibes, you're in the right place. Take a deep breath, let go of stress, and expect to leave feeling energized, empowered and more connected to your self.





Ready for a weekend of fun, healing, and good vibes? Join us at our 3-day Yoga & Mindfulness Festival and dive into dynamic yoga, mindful workshops, and wellness experiences designed to energize your body and calm your mind.

Reconnect with yourself, try new things, and leave feeling refreshed, empowered, and full of joy. Whether you're here to relax, learn, or just have fun, this festival is all about self-love, healing, and living your best life.

Come for the good times, stay for the transformation – and take home tools for lasting well-being. Let's make some magic together!

Thursday - Day 0 (optional Arrival Day)				
	The Flow Stage The Zen Garden The Nature Spot (Beach) The Serenity Stage (Wellness Area)			
15:00 - 16:30	Arrivve & Settle In + Welcome-Drink			

Intention-Setting Circle &

Meditation "Letting Go & Arriving"

17:00 - 19:00

Pre-Festival Workshop

Friday - Day 1				
	The Flow Stage	The Zen Garden	The Nature Spot (Beach)	The Serenity Stage (Wellness Area)
08:30 - 10:00		Journaling & Self-Reflection Circle	Heart Opening Meditation by the Lake	Cold Plunge & Breathwork for Vitality
10:30 - 12:00	Ashtanga for beginners	Sacred Breathwork & Emotional Release	Tea & Mindfulness Ceremony	Deep Tissue Massage & Reflexology
12:30 - 14:00	Somatic Movement for Emotional Rele	ase The Art of Happiness		
		PAUSE		
15:00 - 16:30	Vinyasa Flow Yoga	The Art of Mindful Communication	Forest Bathing & Walking Meditation	
17:00 - 19:00	Yin Yoga & Stress Relief	Candlelit Sound Healing & Gong Therapy	Sunset Meditation	Sacred Sauna Ceremony
19:30 - 21:00	Yoga with Ambient Electronic DJ Se	t	Camp Fire by the Beach & Life Music / Mantras & Raw Cacao	

Saturday - Day 2				
	The Flow Stage	The Zen Garden	The Nature Spot (Beach)	The Serenity Stage (Wellness Area)
08:30 - 10:00		Heart opening Meditation	Happy Morning Meditation	Ice Bath & Fire Breathwork
10:30 - 12:00	Partner Yoga & Acro Yoga	Men's Circle: Brotherhood & Vulnerability	Mindful Walking & Nature Meditation	Floating Meditation in the Pool
12:30 - 14:00	Psychedelic Breath / with Ewa Kaczor	Workshop Stress Management for a Happy Life		Thai Massage Workshop
		PAUSE		
15:00 - 16:30	Handstand & Arm Balance Workshop	Workshop Accepting & Letting Go		Aromatherapy & Essential Oils for Mindfulness
17:00 - 19:00	Somatic Movement for Emotional Release	Yoga Nidra	Sacred Cacao Ceremony	
19:30 - 21:00	Yoga meets Dance Hall		Estatic Dance	

		Sunday - Day 3		
	The Flow Stage	The Zen Garden	The Nature Spot (Beach)	The Serenity Stage (Wellness Area)
08:30 - 10:00	Ashtanga Vinyasa	The Art of Listening Within: Connecting Mind and Emotion	, Body, Sunrise Meditation	Ayurvedic Breakfast (silent) - The Art of Conscious Eating
10:30 - 12:00	Yoga on Beat	Somatic Trauma Release	Forest Bathing: Sensory Immersion in Natu	Mindful Spa Experience with Self-Care Rituals
12:30 - 14:00	Contact Improvisation	Woman Circle		
		PAUSE		
15:00 - 16:30	Restorative Yoga & Sound Journe	ey Deep Sound Journey		
17:00 - 19:00	Closing Ceremony			