

SUMMER FESTIVAL EXAMPLE

NELE NEUHÄUSER + KAROLINA SKOMRA

Where wellness  
meets joy and  
balance



Awaken your body  
& elevate your mind

FESTIVAL

# WELCOME



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.

# NOTE



# VISION

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!

# FESTIVAL PLAN

**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**

Arrive & Settle In + Welcome-Drink

**17:00 - 19:00**

Pre-Festival Workshop

Intention-Setting Circle & Meditation "Letting Go & Arriving"

**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 Release

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 Set

Camp Fire by the Beach & Live 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, Body,  
and Emotion

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 Nature

Mindful Spa Experience with Self-Care Rituals

**12:30 - 14:00**

Contact Improvisation

Woman Circle

PAUSE

**15:00 - 16:30**

Restorative Yoga & Sound Journey

Deep Sound Journey

**17:00 - 19:00**

Closing Ceremony