

# SATURDAY

July 18, 2015

ARRIVAL

BIG BARN

UPPER BARN

BIG ANNEX

HEART TENT

STRAWBALE HOUSE

OTHER

KID's CAMP

## COLOR CODES

LECTURES & PHILOSOPHY

MUSIC & CONCERT

MEDITATE, BREATHE & RELAX

SOFT LEVEL

GENERAL LEVEL

INTERMEDIATE INTENSIVE

PHYSICAL & POWERFULL



## WORK IN PROGRESS

Preliminary program - times and workshops can be changed.

## PÅGÅENDE ARBETE

Preliminärt program - tiderna och workshoppen kan komma att ändras.

FROM 15.00

CHECK IN	CHECK IN	CHECK IN	CHECK IN	CHECK IN	CHECK IN	CHECK IN
<b>16.30 - 18.00</b> <b>YIN FACIAL YOGA</b> <b>JOURNEYING TROUGH THE CHAKRAS</b>  With live music  Beta Lisboa & Vasudev	<b>16.30 - 18.00</b> <b>YOGA NIDRA</b> <b>DEEP CONCIOUS SLEEP</b>  Yoga Nidra means yogic sleep. This is a state where we are aware of the space between the concious and unconscious mind. In this gap mind is open for Sankalpa or intention. Lets set our intentions for the festival or maybe for the rest of our lifes. Lin	<b>16.30 - 18.00</b> <b>CREATIVE FLOW</b> <b>BIODANZA HEART IN MOTION</b>  A dance journey into the innocence of the child. The playful & creative flow of life. Connecting to ourselves, others and life in the openness of hearts. Joyful expressions of creativity. Alva Alvita		<b>16.30 - 18.00</b> <b>SATSANG</b> <b>MEDITATION</b>  Everybody wants peace of mind. But the mind is so often directed outward and not towards what "is". During this workshop you will learn how to direct your attention towards your natural self. Markus Atmananda	<b>17.00 - 18.00</b> <b>ÄNGSBACKA TOUR</b>  A welcome for Ängsbacka first timers. Gathering by the Info Tent, to hear the story of Ängsbacka and join a guided tour around the site. with: Anna Geiden / Ove Björklund	<b>16.30 - 18.00</b> <b>WELCOME MEETING CHILDREN FESTIVAL</b>  FOR PARENTS AND CHILDREN. Get to know each other and meet the children festival crew. We play games together and have fun in the kids camp. Information for parents 17.30-18.00. The Children Crew

18.30 - 19.30

DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
<b>20.00 - 21.30</b> <b>OPENING CEREMONY</b>						
<b>22.00 - 23.00</b> <b>DRUMMING DANCE</b> Shake the dust off						

SUNDAY							
July 19, 2015							
BIG BARN	UPPER BARN	BIG ANNEX	HEART TENT	STRAWBALE HOUSE	OTHER	KID´s CAMP	KID´s CAMP
	4:30 - 7:00 <b>KUNDALINI YOGA</b> AQUARIAN SADHANA We meet in the ambrosial hours of the morning to clear the subconsciousness by meditating. A mental shower to have the best start into the day. Andrea, Michael & Steffi						
07.00 - 08.20	07.00 - 08.20	07.00 - 08.20			07.00 - 24.00	<b>KID'S CAMP INFO</b> Kid's Camp is like a daycare service so that you as a parent can feel free to go to workshops alone. If your child doesn't want to be alone in the camp you are also welcome to join. Song, music, dance, excursions in the forest, yoga and much more. Open daily 11:00 - 19:00	
<b>SAMA YOGA</b> MORNING FLOW Wake up the spine and open the breath. Chant, flow through a variety of Asanas with a relaxed pace giving you time to appreciate your heart and all that is given to you.	<b>SATSANG</b> MEDITATION Everybody wants peace of mind. But the mind is so often directed outward and not towards what "is". During this workshop you will learn how to direct your attention towards your natural self.	<b>MORNING YOGA</b> BODY, BREATH AND MIND A soft yoga class for waking up.			<b>FLOATING</b> Enjoy a relaxing floating session in Ångsbackas new floating tank in the Annex. Book and pay in the info tent		
Sky	Markus Atmananda	Elin Sandberg			Gustav Gårdlund		
8.30 - 9.30	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
10.00 - 11.00	<b>MORNING GATHERING</b> 11.15 - 13.00 <b>JIVAMUKTI YOGA</b> SHOULDER OPEN FLOW Arrive, strengthen, stretch, relieve upper back and neck pains, align the body in this balancing and shoulder opening flow Karina Gusalova	11.15 - 13.00	11.15 - 13.00	11.15 - 13.00	11.15 - 13.00	11.00 - 12.00	12.00 - 13.00
		<b>KUNDALINI YOGA</b> CLEAN OUT THE OLD A powerful Kundalini yoga practice to set a good foundation for your festival. Clean out tension from your system and start fresh. Let go of grief and sadness and invite happiness and success. Movement, breath, meditation and singing to live music.	<b>VEDIC ART</b> CREATIVE EXPRESSION Creative expression through painting. Here you get a chance to try painting, using various simpler principles. Each workshop has little its own character. Sometimes we start with a less active meditation.	<b>ACRO YOGA</b> PLAYGROUND FOR GROWNUPS Acrobatics, Yoga & Thai Massage in a playful & healing way. Beginners welcome. No partner necessary	<b>PATANJALI YOGASUTRAS</b> Unravelling the hidden meaning of the original, Raja or Royal Yoga..	<b>MORNING GATHERING</b> MUSIC MOVEMENT SINGING Ida & Anna-Sara	<b>TATUERINGAR &amp; ANSIKTSMALN.</b> Towe Gustavsson
		Annki & Klas	Annica Dalin	Boris & Nina	Paul Terrell	<b>ÅTERSKAPA IN KRAFT</b> Genom kost och avsiktmeditation.	<b>CUP CAKE DECORATION</b> För alla kreativa vuxna och barn bjuder vi in till en smaskig workshop där vi dekorerar Cup Cakes. Sen blir det jättegod fika.. Lin & Mynta
					Dan Uhrbom	Ida Thoffsson	
13.00 - 14.00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	14.15 - 15.00				14.00 - 14.30		
	GONG BATH RELAXATION				SILENT SITTING		
					Gustav Gårdlund		
15.00 - 16.00	SHARING	SHARING	SHARING	SHARING	SHARING	GARDEN	SHARING
16.15 - 18.30	16.15 - 18.30	16.15 - 18.30	16.15 - 18.30	16.15 - 18.30	16.15 - 18.30	16.15 - 18.30	15.00 - 16.00
<b>ASHTANGA YOGA</b> Melanie will teach Ashtanga in a flowing dynamic way, making it accessible & safe for everyone. Connect with yourself, learn about your patterns & burn your samskaras	<b>YIN FACIAL YOGA</b> UNDERSTANDING & EXPLORING Exploring and understanding the fascinating fascial system	<b>HIP N HEART</b> DANCE AND YOGA Get grounded, release your hips and connect with your heart. Meet others in the joy of dance. Ends with a soft yoga sequence specially for the hips.	<b>HOLISTISC HORMON YOGA</b> FOR WOMAN A tender, sensual yoga class with focus on sensuality and lust.	<b>KIRTAN TIME</b> We share simple mantras and songs together in a circle. Traditional mantras in Sanskrit but also other elements from different traditions, modern and old.	<b>WILD GREENS WALK</b> I've walked through the garden, learnt about nutritious supergreens, & discuss the positive impact that consuming wild weeds has on our health & the environment. Let's pick some greens & make a smoothie together. Bring camera. Max. 10 ppl - (English & Swedish tours)	<b>VARA MED HÅSTEN KAKAN</b> Klappa, rida, mata - lär dig vara med hästar. Ta gärna med din förälder (4-7 år) Anna Franzén	<b>PILBÅGESKYTT</b> Tälj och dekorera pilar. Skjut på ballonger med pilbåge i skogen. Childrens team
Melanie Cooper & Emil	Beta Lisboa	Ulrika Jacobsson	CLASS IN SWEDISH Ullis Karlsson	Boris & Nina	Sign up in info tent Johan Erle	<b>15.00 - 18.30</b> <b>PLAY TIME</b> Play time - come and join and have fun! Organized plays. Get to know each other.	<b>17.00-18.00</b> <b>RIDA &amp; KOMMUNICERA MED HÅST</b> Lär dig hästens signaler. Prova på att rida, borsta, fläta och umgås med hästen kakan. (8-12 år) Anna Franzén
18.30 - 19.30	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
22.00 - 05.30	19.30 - 21.00	20.00 - 22.00			CAFE		
GONG ALL NIGHT	A YOGIS HEART	LIVING POETRY			20.30 - 22.00		
Relax to the sound of the gongs all night. Bring your maddress and sleepingbag to this giant sleeper party!	In the yogi's heart there is always a song. An unstruck sound that goes on and on. A universal vibration, the sound of the whole creation. It's the heartbeat of you and me. It's the heartbeat of WE. Welcome to a sweet, heartfelt concert!	In this dance journey we are tuning into living our lives poetry. What colors to we use to paint our masterpiece - our own creation called our life? Embodying and bringing forth the beauty from our hearts. Connecting with the living poetry in ourselves, others and life itself.			OPEN STAGE		
The Gongmasters	Klas Landdhal & Co	Alva Alvita			Dive into the unknown at the open stage!		
					Anu + You		

# MONDAY

July 20, 2015

BIG BARN		UPPER BARN		BIG ANNEX		HEART TENT		STRAWBALE HOUSE		OTHER		KID'S CAMP		KID'S CAMP	
		4.30 - 7.00 KUNDALINI YOGA AQUARIAN SADHANA  We meet in the ambrosial hours of the morning to clear the subconsciousness by meditating. A mental shower to have the best start into the day. Andrea, Michael & Steffi													
07.00 - 08.20 KUNDALINI YOGA COURAGE, CALMNESS & KEEP UP SPIRIT  A powerful class to strengthen the Radiant Body Movement, breath and singing.  Annki & Klas		07.00 - 08.20 FASCIA RELEASE DANCE INNER FREEDOM  Leting go of deep tensions to enable the free flow of energy throughout the whole being. Body, mind and spirit.  Lin Holmquist		07.00 - 08.20 MORNING YOGA BODY, BREATH AND MIND  A soft yogaclass for waking up.  Elin Sandberg						07.00 - 24.00 FLOATING  Enjoy a relaxing floating session in Ångsbackas new floating tank in the Annex. Book and pay in the info ten  Gustav Gårdlund		KID'S CAMP INFO Kid's Camp is like a daycare service so that you as a parent can feel free to go to workshops alone. If your child doesn't want to be alone in the camp you are also welcome to join. Song, music, dance, excursions in the forest, yoga and much more.  Open daily 11:00 - 19:00			
BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST	
10.00 - 11.00 MORNING GATHERING												11.00 - 12.00 MORNING GATHERING MUSIC MOVEMENT SINGING Ida & Anna-Sara		12.00 - 13.00 FOTBOLL Alla välkomna. Ångsbackas årliga fotbollsturnering.	
11.15 - 13.00 JIVAMUKTI YOGA HIP OPENING FLOW  Going within through this strong fluidly paced class made of diverse asanas linked together to create heat and elasticity in the hip joints  Karina Gusalova		11.15 - 13.00 YIN FACIAL YOGA WALKING & BREATHING  Opening up the two very important muscles where emotions are stored psoas and diaphragm.  Beta Lisboa		11.15 - 13.00 SATSANG MEDITATION  Everybody wants peace of mind. But the mind is so often directed outward and not towards what "is". During this workshop you will learn how to direct your attention towards your natural self.  Markus Atmananda		11.15 - 13.00 ACRO YOGA INVERSIONS HANDSTANDS AND ARMBALANCES  With accessible techniques we approach our inverted world. We play with the fear of falling. We support and get supported by the group. Handstands for everyone !  Beginners welcome, No partner necessary Boris & Nina		11.15 - 13.00 HOLISTIC HORMON YOGA FOR WOMAN  A tender, sensual yoga class where you start the inner connections and communication with the adrenals.  CLASS IN SWEDISH Ullis Karlsson		GARDEN 11.15 - 13.00 WILD GREENS WALK  about nutritious supergreens, & discuss the positive impact that consuming wild weeds has on our health & the environment. Let's pick some greens & make a smoothie together. Bring camera. Sign up in Info tent Johan Erle		12.00 - 13.00 SHOW DANCE  Dans koreografi med häftiga rörelser.  Anna Sara Eriksson		12.00 - 13.00 Nedal Jumenius UPPLEV TRÄDGÅRDEN Vad växer i Ångsbackas fantastiska trädgård. Gå på rundtur och smaka.  Anna Towa	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
14.15 - 14.45 GONG BATH RELAXATION								14.00 - 14.30 SILENT SITTING Ida Freyschuss							
SHARING		SHARING		SHARING		SHARING		SHARING		SHARING		SHARING		SHARING	
16.15 - 18.30 ASHTANGA YOGA  Melanie will teach Ashtanga in a flowing dynamic way, making it accessible & safe for everyone. Connect with yourself, learn about your patterns & burn your samskaras.  Melanie Cooper & Emil		16.15 - 18.30 SAMA YOGA SKY SURPRISE  Full trust in the Yoga River to flow and deliver what's needed for all different body/mind conditions. Mantras, movements, magic all possible. Samayoga always honours the students, reminding us that we are acceptable just as we are.  Sky & Klas		16.15 - 18.30 HIP N HEART DANCE AND YOGA  Get grounded, release your hips and connect with your heart. Meet others in the joy of dance. Ends with a soft yoga sequence specially for the hips.  Ulrika Jacobsson		16.15 - 18.30 YOGA ANAHATA FLOW  Explore the endless nature of love and compassion with this invigorating and heart opening asana flow class. This class will open your heart, open your mind, and encourage your ability to navigate life fluidly.  Molly Cofman		16.15 - 18.30 DEVOTIONAL CHANTING CIRCLE  A space for coming together in music, devotional singing and meditation.  Andrea Wahl & Michael Steinbach				16.00 - 17.00 FOREST FANTASY JOURNEY  En fantasifylld & magisk promenad i skogen med skattjakt. Emma Fredriksson 17.30 - 18.30 BARNYOGA Barnen får yoga och lära sig olika yogapositioner som hunden och trädet mm. Emma Fredriksson		15.00 - 16.00 MINIDISCO  Släpp loss, dansa och lek med dina nya vänner. Anna Sara Eriksson 16.00 - 18.15 INSTRUMENTBYGGE Gör ditt eget instrument och rocka loss. Towe Gustavsson	
DINNER		DINNER		DINNER		DINNER		DINNER		DINNER		DINNER		DINNER	
		20.00 - 21.30 BHAJAN  Sacred music with Vasudev and co!  Vasudev & co		20.00 - 21.30 VEDIC ART CREATIVE EXPRESSION  Creative expression through painting. Here you get a chance to try painting, using various simpler principles. Each workshop has little its own character. Sometimes we start with a less active meditation.  Annica Dalin				20.00 - 21.30 BIO DYNAMIC BREATH Max 20 sign up in infotent  deep connected breathing with specially designed conscious movement, body awareness techniques, bodywork and meditation that can release long held emotional and physical trauma.  Beta Lisboa		SAUNA 20.00 - 23.00  The sauna is on!					
21.30 - 23.00 BARSANA  Groovy, trancey electro beats mixed with indian mantras, folk music, jolk and opera in a theatrical, cosmic show full of magic, love, playfulness and bliss.  Ellen Molnia & Thomas Falk															

TUESDAY		July 21, 2015						
BIG BARN		UPPER BARN	BIG ANNEX	HEART TENT	STRAWBALE HOUSE	OTHER	KID´s CAMP	KID´s CAMP
		4.30 - 7.00 KUNDALINI YOGA AQUARIAN SADHANA  We meet in the ambrosial hours of the morning to clear the subconsciousness by meditating. A mental shower to have the best start into the day. Andrea, Michael & Steffi						
07.00 - 08.45 JIVAMUKTI YOGA INVERSIONS  Inverted asanas help us open our minds to new perspective and discover our true potential  Karina Gusalova		07.00 - 08.30 HOLISTIC YOGA CHAKRA SYSTEM  This is a soft and tender, yet powerful yoga class to balance your chakrasystem. The class is for both men and women .  CLASS IN SWEDISH Ullis Karlsson	07.00 - 08.20 MORNING YOGA BODY, BREATH AND MIND  A soft yogaclass for waking up.  Elin Sandberg			07.00 - 24.00 FLOATING  Enjoy a relaxing floating session in Ångsbackas new floating tank in the Annex. Book and pay in the info ten  Gustav Gärdlund	KID´s CAMP INFO  Kid´s Camp is like a daycare service so that you as a parent can feel free to go to workshops alone. If your child doesn´t want to be alone in the camp you are also welcome to join. Song, music, dance, excursions in the forest, yoga and much more.  Open daily 11:00 - 19:00	
BREAKFAST		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
10.00 - 11.00 MORNING GATHERING 11.15 - 13.00 HIP N HEART FREE FLOW/ SACRED RYTHM  A guided journey through your own embodied theme, releasing your head, your hips and your heart. There will be a little bit of whirling, a little bit of Zaar and a lot of your own sacred dance.  Ulrika Jacobsson		11.15 - 13.00 ASHTANGA YOGA  Melanie will teach Ashtanga in a flowing dynamic way, making it accessible & safe for everyone. Connect with yourself, learn about your patterns & burn your samskaras  Melanie Cooper & Emil	11.15 - 13.00 YOGA CHAKRA FLOW  Go deeper in your practice and build more awareness of the chakras with this fun integration of chakra meditation and yoga asana flow. In this light-hearted exploration, participants will use the asana practice to guide discovery and heightened sensation of the chakras.  Molly Cofman	11.15 - 13.00 SAMA YOGA MID MORNING MAGIC  Giving special attention to the sidelines of body, including liver, spleen and Gall bladder (our inner friends). Making room in the whole belly and torso for deeper breath and more all around comfort in the body.  Sky	11.15 - 13.00 KUNDALINI YOGA SHINE YOUR CHAKRAS  A journey through the eight chakras. With a powerful kriya of eight postures we will chant our way through our energy system, opening up the flow of life. Connecting to earth, the heart centre and the subtle realms. With the channels open we will do a long mantra meditation to live music.  Annki & Klas	GARDEN 11.15 - 13.00 SECRETS OF PRANAYAMA THE BREATH OF LIBERATION  Pranayama of "no technique" breathing as a foundation for all techniques. Slow down and stop mental tensions with breath work, visualisation and focus for liberation of the soul.  Paul Terrell	11.00 - 11.30 MORNING GATHERING MUSIC MOVEMENT SINGING Ida & Anna-Sara 11.30 - 13.00 SKOGSYOGA  Vi går på äventyr i skogen och möter skogens fantastiska värld. Ida Tholfsson	11.30 - 13.00 TATUERINGAR & ANSIKTSMÅLNING Anna Sara Eriksson  11.30 - 13.00, 15.00 - 16.00 KREATIVITETS TÅLETET Skapa sagotråd Towe Gustavsson
LUNCH		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
14.15 - 14.45 GONG BATH RELAXATION					14.00 - 14.30 SILENT SITTING Gustav Gärdlund			
SHARING		SHARING	SHARING	SHARING	SHARING	GARDEN	SHARING	SHARING
16.15 - 18.30 ANUKALANA YOGA THE FLOW OF INTEGRATION  A fluid, and deep approach to Yoga based on integration which leads to a natural opening of body and mind. Focused on the research of the most natural way to practice Yoga respecting personal constitution this approach reveals many interesting principles.  Jacopo Ceccarelli		16.15 - 18.30 YIN FACIALYOGA CONNECTING TO OUR ANCESTOR IMPRINTS  Connecting and becoming aware of our past life imprints in the body.  Beta Lisboa	16.15 - 18.30 HEART CORE BIODANZA HEART IN MOTION  Dancing our hearts open. We will spiral into the deep landscape of ourselves, exploring the polarities with masculine & feminine energies. Connecting with ourselves, others & the group  Alva Alvita	16.15 - 18.30 SATSANG MEDITATION  Everybody wants peace of mind. But the mind is so often directed outward and not towards what "is". During this workshop you will learn how to direct your attention towards your natural self.  Markus Atmananda	16.15 - 18.30 WHAT IS KUNDALINI? EXPERIENCE AND LECTURE  Honouring the essence of life. The drop of superconsciousness within us. A space for meditation and experience the circulating energy in the body. If the weather is great we walk together to the forest temple from the strawbale house.  Lin Ananda Holmquist	16.15 - 18.30 WILD GREENS WALK  We'll walk through the garden, learn about nutritious supergreens, & discuss the positive impact that consuming wild weeds has on our health & the environment. Let's pick some greens & make a smoothie together. Bring camera. Max. 10 ppl - (English & Swedish tours) Sign up in Info tent Johan Erle	15.00 - 16.00 VARA MED HÅSTEN KAKAN Klappa, rida, mata - lär dig vara med hästar. Ta gärna med din förälder (4-7 år) Anna Franzén 17.30 - 18.30 DANSYOGA MED BALLONGER Dansa och yoga med ballonger. Emma Fredriksson	15.00 - 16.00 MINIDISCO Släpp loss, dansa och lek med dina nya vänner. Anna Sara Eriksson 17.00-18.00 RIDA & KOMMUNICERA MED HÅST Lär dig hästens signaler. Prova på att rida, borsta, flata och umgås med hästen kakan. (8-12 år) Anna Franzén
DINNER		DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
20.00 - 21.00 MEDITATIVE CONCERT  A meditative concert for relaxation and meditation through with Surod(Indian classical instrument), Voice and mantras. Together we will listen, harmonize and celebrate the existence through music.  Manish Shrestha		20.00 - 21.30 THAI MASSAGE RELAX THE WHOLE BODY  Easy sequence where we learn some basic movements. Prepare yourself to dance in a "metta" meditation. The massage is done with clothing & without oil. Beginners welcome, No partner necessary Boris Acro & Nina Bella	20.00 - 21.30 VEDIC ART CREATIVE EXPRESSION  Creative expression through painting. Here you get a chance to try painting, using various simpler principles. Each workshop has little its own character. Sometimes we start with a less active meditation.  Annica Dalin		SAUNA 20.00 - 23.00  The sauna is on!	The CAFE 21.00 - 23.00 ROCK n ROLL  With the houseband		
23.00 - 00.30 OVERTONE SONG HARMONIC MUSIC FOR MEDITATION  Overtone voice with tambura, harp, gongs, Tibetan bowls, overtone flutes and percussion to create soundscapes for inner journeying.  Paul Terrell								

## WEDNESDAY

July 22, 2015

	BIG BARN	UPPER BARN	BIG ANNEX	HEART TENT	STRAWBALE HOUSE	OTHER	KID´s CAMP	KID´s CAMP
8.30 - 9.30		4.30 - 7.00 KUNDALINI YOGA AQUARIAN SADHANA  We meet in the ambrosial hours of the morning to clear the subconsciousness by meditating. A mental shower to have the best start into the day.  Andrea, Michael & Steffi						
	07.00 - 08.20 SAMA YOGA MORNING FLOW  Welcome to your 7.00 body! Let's take care, using the many blessings Yoga offers. A nourishing class to strengthen, energize, loosen and unlock where we need to. Full body care. Loads of fun Asanas to explore!  Sky	07.00 - 08.20 KUNDALINI YOGA OPEN AND STRONG HEART  As yoga we aim at keeping the heart open at all times – when faced with kindness as well as animosity. In this dynamic yoga practice we will make our heart centre open and strong so we can meet ourselves and each other with a willingness to understand and connect at a deep level. With live music.  Annki & Klas	07.00 - 08.45 ASHTANGA YOGA  Melanie will teach Ashtanga in a flowing dynamic way, making it accessible & safe for everyone. Connect with yourself, learn about your patterns & burn your samskaras  Melanie Cooper & Emil		07.00 - 08.20 MORNING YOGA BODY, BREATH AND MIND  A soft yogaclass for waking up.  Elin Sandberg	07.00 - 24.00 FLOATING  Enjoy a relaxing floating session in Angsbackas new floating tank in the Annex. Book and pay in the info ten  Gustav Gårdlund	KID´s CAMP INFO  Kid's Camp is like a daycare service so that you as a parent can feel free to go to workshops alone. If your child doesn't want to be alone in the camp you are also welcome to join. Song, music, dance, excursions in the forest, yoga and much more.  Open daily 11:00 - 19:00	
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	10.00 - 11.00 MORNING GATHERING							
	11.15 - 13.00 YIN FACIAL YOGA MOVING INTO STILLNESS  Slowing down our life's pace  Beta Lisboa & Mahima	11.15 - 13.00 SOUND, SILENCE & MEDITATION DISCOVER BALANCE & HARMONY WITHIN  Pranayama, Mantras, Relaxation and Meditation with the sound of sarod and voice, using the system of Indian classical music which will encompass us in an ambient of tenderness and meditation.  Manish Shrestha	11.15 - 13.00 HIP N HEART PURE BELLY DANCE CLASS  Sway, roll, shimmy, shake, Ulrika will teach you some basic steps and movements which are then put together into an easy choreography.  Ulrica Jakobsson	11.15 - 13.00 INVERSION ASANAS AND COUPLES BALANCE  Inverted postures for health and happiness, both alone and with partners.  Paul Terrell	11.15 - 13.00 HOLISTIC HORMON YOGA FOR WOMAN  A tender, sensual yoga class where you start the inner connections and communications between the ovaries, adrenals and thyroid.  CLASS IN SWEDISH Ullis Karlsson	GARDEN 11.15 - 13.00 YOGA PHILOSOFY HOW WE LET GO OF SUFFERING  A philosophy class with practical meditations and enquiry about the kleshas, the five reasons of suffering. How do we create a life free from attachment and suffering?  Lin Holmquist	11.00 - 11.30 MORNING GATHERING MUSIC MOVEMENT SINGING Ida och Anna-Sara	11.30 - 13.00 FLOWERS IN MY HAIR  We pick flowers and make hair creations. Towe Gustavsson
	13.00 - 14.00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	14.15 - 14.45 GONG BATH RELAXATION				14.00 - 14.30 SILENT SITTING Premin			
	15.00 - 16.00	SHARING	SHARING	SHARING	SHARING	SHARING	SHARING	SHARING
	16.15 - 17.00 SILENCE CEREMONY					GARDEN	16.00 - 17.00 BARNYOGA MED DJUR  Hur gör djuren yoga? Varför har yoga-ställningarna djuramn. Vilket djur är du? Emma Fredriksson	15.00 - 18.00 ÄTLIGA VÄXTER I SKOGEN  Vi strövar i naturen och plockar ätliga växter som vi sen tillagar över öppen eld. Föräldrar välkomna. Martina Stål & Johan Erle
	17.00 - 18.45 ANUKALANA YOGA THE SHAKTI FLOW  Based on the integrative approach of Anukalana Yoga this workshop is based on the dynamic and deep vinyasas of the Shakti side of Yoga.  Jakopo Cecarelli	17.00 - 18.45 JIVA MUKTI YOGA BACKBENDING & TWISTING  Exploring twisting and back bending asanas to allow us to safely, fearlessly squeeze out selfishness and confidently move into the future.  Karina Gusalova	17.00 - 18.45 VEDIC ART CREATIVE EXPRESSION  Creative expression through painting. Here you get a chance to try painting, using various simpler principles. Each workshop has little its own character. Sometimes we start with a less active meditation.  Annica Dalin	17.00 - 18.45 YOGA ELEMENTAL AWAKENING  Explore the elements of Chinese Medicine while flowing through asana, inviting a new perspective on your practice through the eyes of Taoism. Part lecture, part yoga flow.  Molly Cofman	17.00 - 18.45 YIN YOGA GONG RELAXATION  A class for your hips and lower spine, where you stay longer in the postures to the soft sound of the gong. Håkan Lagesson & Björn Svensson	15.00 - 18.00 EDIBLE WILD PLANTS ÄTLIGA VÄXTER I SKOGEN  We walk in the forest and pick herbs that we can eat and later make food by the fire. - Vi strövar i naturen och plockar ätliga växter som vi sen tillagar över öppen eld. Adults & children. In Swedish. Sign up in Info tent Martina Stål & Johan Erle	17.30 - 18.30 LEKAR FÖR VÅRA SINNEN  Barnen får öva på att medvetet aktivera och fokusera på olika sinnen. Emma Fredriksson	16.30 - 18.30 WOLLYBOLL & LEKAR  Nedal Jumenius
19.00 - 20.00	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
	21.30 - 23.00 SACRED SOUND LODGE CEREMONY A heartopening meeting between heaven and Earth guided by Crystal Bowls & Shamanidrum together with Sacred Sound and Songs. A Ceremonial gathering for all our relations...  Mahima Lindroth	20.30 - 22.00 THAI MASSAGE LEGS, BACK & SHOULDER  Easy sequence where we learn some basic movements. Prepare yourself to dance in a "metta" meditation. The massage is done with clothing & without oil. Beginners welcome, No partner necessary Boris Acro & Nina Bella	20.30 - 22.00 HEALING CIRCLE  A relaxing and healing space with mantra chanting and a healing meditation.  Andrea, Steffie & Michael			SAUNA 20.00 - 23.00  The sauna is on!		
	23.00 - 05.30 GONG ALL NIGHT  Relax to the sound of the gongs all night. Bring your mattress and sleepingbag to this giant sleepover party! The Gongmasters							

# THURSDAY

July 23, 2015

	BIG BARN	UPPER BARN	BIG ANNEX	HEART TENT	STRAWBALE HOUSE	OTHER	KID´s CAMP	KID´s CAMP
8.30 - 9.30		4.30 - 7.00 KUNDALINI YOGA AQUARIAN SADHANA  We meet in the ambrosial hours of the morning to clear the subconsciousness by meditating. A mental shower to have the best start into the day.  Andrea, Michael & Steffi						
	07.00 - 08.20 HIP N HEART FREE MORNING FLOW  An opportunity to shake loose, release and breath into the movement . Let your hips guide your way in to your own unique dance and open your heart to the beauty of the day .  Ulrika Jacobsson	07.00 - 08.20 ASHTANGA YOGA  Melanie will teach Ashtanga in a flowing dynamic way, making it accessible & safe for everyone. Connect with yourself, learn about your patterns & burn your samskaras  Melanie Cooper & Emil	07.00 - 08.20 MORNING YOGA BODY, BREATH AND MIND  A soft yogaclass for waking up.  Elin Sandberg		07.00 - 08.20 MUSIC MEDITATION  Mellow mantras and heartsongs to start the ay with a warm heart.  Boris & Nina	07.00 - 24.00 FLOATING  Enjoy a relaxing floating session in Ångströms new floating tank in the Annex. Book and pay in the info ten  Gustav Gårdlund	KID'S CAMP INFO Kid's Camp is like a daycare service so that you as a parent can feel free to go to workshops alone. If your child doesn't want to be alone in the camp you are also welcome to join. Song, music, dance, excursions in the forest, yoga and much more.  Open daily 11:00 - 19:00	
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	10.00 - 11.00 MORNING GATHERING							
	11.15 - 13.00 KUNDALINI YOGA FOR HEALING PRESENCE  When we heal ourselves, our very presence becomes healing to others. When we rest in trust, our presence help others to relax and surrender to the intelligence of life. To take care of yourself is your main way to bring peace to the world. Movement, breath and singing to live music.  Ankki & Klas	11.15 - 13.00 JIVAMUKTI YOGA SPIRITUAL WARRIOR  Brisk, guided, led vinyasa well-rounded practice with minimal instruction as to how to do the various asanas linked with breath and high intention.  Alejandro Ribo	11.15 - 13.00 YIN FACIAL YOGA TRAVELING TROUGH THE CHAKRAS  Exploration with balls and props with mindfulness awareness on the chakra system. Limited amount of participants. Please sign up in the info tent.  Beta Lisboa	11.15 - 13.00 ACRO YOGA FLYING MASSAGE  We explore the therapeutic side of AcroYoga. Combining massage with acrobatics we get the power of being aligned with gravity and the strong feeling of "letting go of control".  Beginners welcome. No partner necessary  Boris & Nina	11.15 - 13.00 GODDESS YOGA THE PLEASURE PATH  GoddessYoga opens the body for more freedom, flow and power while we are letting our sensuality guide the movement.  Mahima Lindroth	GARDEN 11.15 - 13.00 WILD GREENS WALK  We'll walk through the garden, learn about nutritious supergreens, & discuss the positive impact that consuming wild weeds has on our health & the environment. Let's pick some greens & make a smoothie together. Bring camera. Max. 10 ppl - (English & Swedish tours) Sign up in info tent  Johan Erle	11.00 - 11.30 MORNING GATHERING MUSIC MOVEMENT SINGING Ida och Anna-Sara  11.30 - 13.00 QI GONG I SKOGEN  Blake Steele	11.30 - 13.00 BREAK DANCE  Lär dig coola moves.  Nedal Jumenius
13.00 - 14.00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	14.15 - 14.45 GONG BATH RELAXATION				14.00 - 14.30 SILENT SITTING Gustav Gårdlund			
15.00 - 16.00	SHARING	SHARING	SHARING	SHARING	SHARING	SHARING	SHARING	SHARING
	16.15 - 18.30 ANUKALANA YOGA THE SHIVA DIVE  Diving in to the depth of poses focusing on details that can make the difference. This Workshop is based on the Shiva side of Anukalana Yoga where awareness is developed trough the art of maintaining posses for long periods in order to gain maximum benefits.  Jacopo Ceccarelli	16.15 - 18.30 YOGA ADVANCED ASANA  Set your fears aside and get ready to remember what the practice of yoga is all about....Go deeper, explore, find joy and steadiness  Molly Cofman	16.15 - 18.30 VEDIC ART CREATIVE EXPRESSION  Creative expression through painting. Here you get a chance to try painting, using various simpler principles. Each workshop has little its own character. Sometimes we start with a less active meditation.  Annica Dalin	16.15 - 18.30 HOLISTIC YOGA CHAKRA SYSTEM  This is a soft and tender, yet powerful yoga class to balance your chakrasystem. The class is for both men and women .  CLASS IN SWEDISH Ullis Karlsson	16.15 - 18.30 DEVOTIONAL CHANTING CIRCLE  A space for coming together in music, devotional singing and meditation.  Andrea Wahl & Michael Steinbach	15.00 - 16.00 RIDA I SKOGEN & LEKAR Upplöv naturen från hästryggen. (4-7 år)  Anna Franzén  16.30 - 18.30 SAGOYOGA Lär dig solhålsningar och lyssna på en saga. Emma Fredriksson	15.00 - 16.00 KORTSPEL Lär dig spela grönsakslandet och andra roliga kortspel. Childrens team  17.00-18.00 RIDA I SKOGEN Upplöv naturen från hästryggen. (8-12 år) Anna Franzén	
	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
	21.00 - 22.30 BHAJAN    Vasudev & co  22.30 - 00.30 DANCE MEDITATION    Element 9					CAFE 20.00 - 21.30 OPEN STAGE  Dive into the unknown at the open stage!  Anu + you	SAUNA 20.00 - 23.00  The sauna is on!	

Friday

July 24, 2015

[illegible]