SATURDAY

July 18, 2015

ARRIVAL

DINNER

BIG BARN

UPPER BARN

BIG ANNEX

HEART TENT

STRAWBALE HOUSE

OTHER

KID's CAMP

DINNER

COLOR CODES

LECTURES & PHILOSOPHY

MUSIC & CONCERT

MEDITATE, BREATH & RELAX

SOFT LEVEL

GENERAL LEVEL

INTERMEDIATE INTENSIVE

PHYSICAL & POWERFULL



DINNER

WORK IN PROGRESS	Preliminary program - times and v	vorkshops can be changed.				
PÅGÅENDE ARBETE	Preliminärt program - tiderna och					
CHECK IN	CHECK IN	CHECK IN	CHECK IN	CHECK IN	CHECK IN	CHECK IN
16.30 - 18.00	16.30 - 18.00	16.30 - 18.00		16.30 - 18.00	17.00 - 18.00	16.30 - 18.00
YIN FACIAL YOGA	YOGA NIDRA	CREATIVE FLOW		SATSANG	"···	WELCOME MEETING
JOURNEYING TROUGH THE CHAKRAS	DEEP CONCIOUS SLEEP	BIODANZA HEART IN MOTION		MEDITATION	ÄNGSBACKA TOUR	CHILDREN FESTIVAL
With live music	Yoga Nidra means yogic sieep. This is a state where we are aware of the space between the concious and unconsious 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.	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.		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.	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.	FOR PARENTS AND CHILDREN. Get to know each other and meet the children festival crew. We play games together and have tin in the kids camp. Information for parents 17.30-18.00.
Beta Lisboa & Vasudev	Lin	Alva Alvita		Markus Atmananda	with: Anna Geiden / Ove Björklund	The Children Crew

18.30 - 19.30

FROM 15.00

20.00 - 21.30 OPENING CEREMONY

DINNER

22,00 - 23,00

DRUMMING DANCE

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						
		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	07.00 - 08.20	07.00 - 08.20			07.00 - 24.00		
	SAMA YOGA MORNING FLOW	SATSANG MEDITATION	MORNING YOGA BODY, BREATH AND MIND			FLOATING	KID'S CAMP INFO	
	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.	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.	A soft yogaclass for waking up.			Enjoy a relaxing floating session in Angsbackas new floating tank in the Annex. Book and pay in the info ten	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.	
	Sky	Markus Atmananda	Elin Sandberg			Gustav Gårdlund	Open daily 11:00 - 19:00	
8.30 - 9.30	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	10.00 - 11.00						11.00 - 12.00	
	MORNING GATHERING					CAFE	MORNING GATHERING	12.00 - 13.00
	11.15 - 13.00	11.15 - 13.00	11.15 - 13.00	11.15 - 13.00	11.15 - 13.00	11.15 - 13.00	MUSIC MOVEMENT SINGING	TATUERINGAR & ANSIKTSMÅLN.
	JIVAMUKTI YOGA	KUNDALINI YOGA	VEDIC ART	ACRO YOGA	PATANJALI YOGASUTRAS	ÅTERSKAPA IN KRAFT	Ida & Anna-Sara	
	SHOULDER OPEN FLOW	CLEAN OUT THE OLD A powerful Kundalini yoga practice to set	CREATIVE EXPRESSION	PLAYGROUND FOR GROWNUPS			12.00 - 13.00	Towe Gustavsson 12.00 - 13.00
	Arrive, strengthen, stretch, relieve upper	a good foundation for your festival. Clean out tension from your system and start	Creative expression through painting. Here you get a chance to try painting,	Acrobatics, Yoga & Thai Massage in a			DJUNGELYOGA	
	back and neck pains, align the body in this balancing and shoulder opening flow	fresh. Let go of grief and sadness and invite happiness and success. Movement,	using various simpler principles. Each workshop has little its own character.	playful & healing way.	Unravelling the hidden meaning of the original, Raja or Royal Yoga	Genom kost och avsiktmeditation.		CUP CAKE DECORATION För alla kreativa vuxna och barn biuder vi
	this balancing and shoulder opening now	breath, meditation and singing to live	Sometimes we start with a less active meditation.	Beginners welcome, No partner necessary			Med ansiktsmålning	in till en smaskig workshop där vi dekore-
	Karina Gusalova	Annki & Klas	Annica Dalin	Boris & Nina	Paul Terrell	Dan Uhrbom	Ida Tholfsson	rar Cup Cakes. Sen blir det jättegod fika. Lin & Mynta
13.00 - 14.00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
13.00 - 14.00	14.15 - 15.00	LUNCH	LUNCH	LUNCH	14.00 - 14.30	LUNCH	LUNCH	LUNCH
	GONG BATH RELAXATION				SILENT SITTING			
					Gustav Gårdlund			
15.00 - 16.00	SHARING					GARDEN		
	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	15.00 - 17.00
	ASHTANGA YOGA	YIN FACIAL YOGA	HIP N HEART	HOLISTISC HORMON YOGA	KIRTAN TIME	WILD GREENS WALK	VARA MED HÄSTEN KAKAN	PILBÅGESKYTT
		UNDERSTANDING & EXPLORING	DANCE AND YOGA	FOR WOMAN		vve ii waik tiirougn the garden, learn	Klappa, rida, mata - lär dig vara med hästar. Ta gärna med din förälder (4-7 år)	Tälj och dekorera pilar. Skjut på ballonger med pilbåge i skogen.
	Melanie will teach Ashtanga in a flowing		Get grounded, release your hips and		We share simple mantras and songs	about nutritious supergreens, & discuss the positive impact that consuming wild	Anna Franzén	Childrens team
	dynamic way, making it accessible & safe for everyone. Connect with yourself, learn	Exploring and understanding the	connect with your heart. Meet others in	A tender, sensual yoga class with focus on sensuality and lust.	together in a circle. Traditional mantras in	weeds has on our health & the environment. Let's pick some greens &	15.00 - 18.30	17.00-18.00
	about your patterns & burn your samskaras	fascinating fascial system	the joy of dance. Ends with a soft yoga sequence specially for the hips.		Sanskrit but also other elements from different traditions, modern and old.	make a smoothie together. Bring camera. Max. 10 ppl - (English & Swedish tours)	PLAY TIME	RIDA & KOMMUNICERA MED HÄST Lär dig hästens signaler. Prova på att
				CLASS IN SWEDISH		Sign up in Info tent	Play time - come and join and have fun! Organized plays. Get to know each other.	rida, borsta, fläta och umgås med hästen kakan. (8-12 år)
	Melanie Cooper & Emil	Beta Lisboa	Ulrika Jacobsson	Ullis Karlsson	Boris & Nina	Johan Erle	Childrens team	Anna Franzén
18.30 - 19.30	DINNER	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		
		In the yogi's heart there is always a song. An unstruck sound that goes on and on. A	BIODANZA HEART IN MOTION			OPEN STAGE		
	Relax to the soung of the gongs all night. Bring your maddress and sleepingbag to this giant sleepover party!	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, heartful 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			Dive into the unknown at the open stage!		
		March and the LO On	poetry in ourselves, others and life itself.			Anu + You		
	The Gongmasters	Klas Landdhal & Co	Alva Alvita					

	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	07.00 - 08.20	07.00 - 08.20			07.00 - 24.00		
	KUNDALINI YOGA COURAGE, CALMNESS & KEEP UP SPIRIT	FASCIA RELEASE DANCE INNER FREEDOM	MORNING YOGA BODY, BREATH AND MIND			FLOATING	KID'S CAMP INFO Kid's Camp is like a daycare service so	
	A powerful class to strengthen the Radiant Body Movement, breath and singing.	Leting go of deep tensions to enable the free flow of energy troughout the whole being. Body, mind and spirit.	A soft yogaclass for waking up.			Enjoy a relaxing floating session in Ängsbackas new floating tank in the Annex. Book and pay in the info ten	that you as a parent can feel free to go to workshops alone. If your child doesn 1 want to be alone in the camp you are also welcome to join. Song, music, dance, excursions in the forest, yoga and much more.	
	Annki & Klas	Lin Holmquist	Elin Sandberg			Gustav Gårdlund	Open daily 11:00 - 19:00	
8.30 - 9.30	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	10.00 - 11.00						11.00 - 12.00	
	MORNING GATHERING						MORNING GATHERING	12.00 - 13.00
	MOTULATO CATTERING					GARDEN	MUSIC MOVEMENT SINGING	FOTBOLL
	11.15 - 13.00	11.15 - 13.00	11,15 - 13,00	11.15 - 13.00	11,15 - 13,00	11,15 - 13,00	Ida & Anna-Sara	Alla välkomna. Ängsbackas årliga
	JIVAMUKTI YOGA	YIN FACIAL YOGA	SATSANG	ACRO YOGA INVERSIONS	HOLISTISC HORMON YOGA	= =======		fotbollsturnering.
	HIP OPENAING FLOW	WALKING & BREATHING	MEDITATION	HANDSTANDS AND ARMBALANCES	FOR WOMAN	WILD GREENS WALK	12.00 - 13.00	Nedal Jumenius
			Everybody wants peace of mind. But the	With accessible techniques we approach	A tender, sensual yoga class where you	about nutritious supergreens, & discuss the positive impact that consuming wild	SHOW DANCE	12.00 - 13.00
	Going within through this strong fluidly	Opening up the two very important muscles where emotions are stored	mind is so often directed outward and not towards what "is". During this workshop	our inverted world. We play with the fear of falling. We support and get supported	start the inner connections and	weeds has on our health & the environment Let's pick some greens &	Dans koregrafi med häftiga rörelser.	UPPLEV TRÄDGÅRDEN
	paced class made of diverse asanas linked together to create heat and	psoas and diaphragm.	you will learn how to direct your attention towards your natural self.	by the group. Handstands for everyone!		make a smoothie together. Bring camera.		Vad växer i ängsbackas fantastiska trädgår. Gå på rundtur och smaka.
	elasticity in the hip joints Karina Gusalova	Beta Lishoa	Markus Atmananda	Beginners welcome, No partner necessary Boris & Nina	CLASS IN SWEDISH Ullis Karlsson	Sign up in Info tent	Anna Sara Eriksson	Anna Towa
	Italiila Gusalova							
13 00 - 14 00	LUNCH	LUNCH	LUNCH				LINCH	1
13.00 - 14.00	L U N C H	LUNCH	L U N C H	LUNCH	LUNCH	L U N C H	L U N C H	L U N C H
13.00 - 14.00	14.15 - 14.45	LUNCH	LUNCH		L U N C H 14.00 - 14.30		LUNCH	1
13.00 - 14.00		LUNCH	LUNCH		LUNCH		LUNCH	1
13.00 - 14.00 15.00 - 16.00	14.15 - 14.45	L U N C H S H A R I N G	LUNCH SHARING		L U N C H 14.00 - 14.30 SILENT SITTING		L U N C H S H A R I N G	1
	14.15 - 14.45 GONG BATH RELAXATION			LUNCH	L U N C H 14.00 - 14.30 SILENT SITTING Ida Freyschuss	LUNCH		LUNCH
	14.15 - 14.45 GONG BATH RELAXATION S H A R I N G 16.15 - 18.30	SHARING	SHARING	L U N C H S H A R I N G	L U N C H 14.00 - 14.30 SILENT SITTING Ida Freyschuss S H A R I N G	LUNCH	SHARING	L U N C H S H A R I N G
	14.15 - 14.45 GONG BATH RELAXATION S H A R I N G	S H A R I N G 16.15 - 18.30 SAMA YOGA SKY SURPRISE	S H A R I N G 16.15 - 18.30	L U N C H S H A R I N G 16.15-18.30	L U N C H 14.00 - 14.30 SILENT SITTING Ida Freyschuss S H A R I N G 16.15 - 18.30	LUNCH	S H A R I N G 16.00 - 17.00 FOREST FANTASY JOURNEY En fantasifild & magisk promenad i	S H A R I N G 15.00 - 16.00 MINIDISCO Silap loss, dansa och lek med dina nya
	14.15 - 14.45 GONG BATH RELAXATION S. H. A. R. I. N. G. 16.15 - 18.30 ASHTANGA YOGA	S H A R I N G 16.15 - 18.30 SAMA YOGA SKY SURPRISE FUITUSH THE TOGS NEW TO HOW AND deliver what S needed for all different	S H A R I N G 16.15 - 18.30 HIP N HEART DANCE AND YOGA	S H A R I N G 16.15 - 18.30 YOGA ANAHATA FLOW Explore the endless nature of love and	L U N C H 14.00 - 14.30 SILENT SITTING Ida Freyschus S H A R I N G 16.15 - 18.30 DEVOTIONAL CHANTING	LUNCH	S H A R I N G 16.00 - 17.00 FOREST FANTASY JOURNEY	S H A R I N G 15.00 - 16.00 MINIDISCO
	14.15 - 14.45 GONG BATH RELAXATION S H A R I N G 16.15 - 18.30 ASHTANGA YOGA Melanie will teach Ashtanga in a flowing dynamic way, making it accessible & safe	S H A R I N G 16.15 - 18.30 SAMA YOGA SKY SURPRISE TOWNED deliver what's needed for all different bootymind conditions. Martizas, movements, magic all possible.	S H A R I N G 16.15 - 18.30 HIP N HEART DANCE AND YOGA Get grounded, release your hips and connect with your heart. Meet others in	S H A R I N G 16.15 - 18.30 YOGA ANAHATA FLOW Explore the endless nature of love and compassion with this invigorating and heart opening saana flow class. This	L U N C H 14.00 - 14.30 SILENT SITTING Ida Freyschuss S H A R I N G 16.15 - 18.30 DEVOTIONAL CHANTING CIRCLE	LUNCH	S H A R I N G 16,00 - 17.00 FOREST FANTASY JOURNEY En fantastiylid & magisk promenad i skogen med skattjakt.	S H A R I N G 15,00 - 16,00 MINIDISCO Slapp loss, dansa och lek med dina nya vanner.
	14,15 - 14,45 GONG BATH RELAXATION S. H. A. R. I. N. G. 16,15 - 18,30 ASHTANGA YOGA Melanie will teach Ashtanga in a flowing dynamic way, making it accessible & aste for everyone. Connect with yourself, learn about your patterns & burn your.	S H A R I N G 16.15 - 18.30 SAMA YOGA SKY SURPRISE Full trust in the Toga rever to thow and deliver what's needed for all different movements, magic all possible. Samayoga always honours the students, reminding us that we are acceptable just	S H A R I N G 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	S H A R I N G 16.15 - 18.30 YOGA ANAHATATE-LOW Explore the endless nature of love and compassion with this invigorating and heart opening again allow class. This class will open your heart, open your mind, and encourage your ability to	L U N C H 14.00 - 14.30 SILENT SITTING Ida Freyschus S H A R I N G 16.15 - 18.30 DEVOTIONAL CHANTING	LUNCH	S H A R I N G 16.00 - 17.00 FOREST FANTASY JOURNEY En fantastifyld & magisk promenad i skogen med skattjakt. Emma Fredriksson	S H A R I N G 15.00 - 16.00 MINIDISCO Slapp loss, dansa och lek med dina nya vanner. Anna Sara Eriksson
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15.00 - 16.00	14,15 - 14,45 GONG BATH RELAXATION S. H. A. R. I. N. G. 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	S H A R I N G 16.15 - 18.30 SAMA YOGA SKY SUPPRISE THITTEN IT HE ROGATIONE THE WART AND ADDITION OF THE MORE THE WART AND ADDITION OF THE WART A	S H A R I N G 16.15 - 18.30 HIP N HEART DANCE AND YOGA Get grounded, release your hips and connect with your heart. Meet others in the loy of dance. Ends with a soft yoga sequence specially for the hips. Ulrika Jacobsson	S H A R I N G 16.15 - 18.30 YOGA ANAHATAFLOW 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 encurage your ability to navigate life fluidly. Molly Cofman	L U N C H 14.00 - 14.30 SILENT SITTING Ida Freyschuss S H A R I N G 16.15 - 18.30 DEVOTIONAL CHANTING CIRCLE A space for coming together in music, devotional singing and meditation. Andrea Wahl & Michael Steinbach	LUNCH SHARING	S H A R I N G 16.00 - 17.00 FOREST FANTASY JOURNEY En fantasifylid & magisk promenad i skogen med skattjakt. Emma Fredriksson 17.30 - 18.30 BARNYOGA Barnef fary oga oti lara sig dilka yogapositlorar som hunden och tradet mm. Emma Fredriksson	S H A R I N G 15.00 - 16.00 MINIDISCO Släpp loss, dansa och lek med dina nya vanner. Anna Sara Eriksson 16.00 - 18.15 INSTRUMENTBYGGE Gör ditt eget instrument och rocka loss. Towe Gustavsson
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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	07.00 - 08.30	07.00 - 08.20			07.00 - 24.00			
	JIVAMUKTI YOGA	HOLISTIC YOGA	MORNING YOGA			FLOATING	KID'S CAMP INFO		
	INVERSIONS	CHAKRA SYSTEM	BODY, BREATH AND MIND			TEOATINO	Kid's Camp is like a daycare service so		
	Inverted asanas help us open our minds	This is a soft and tender, yet powerful					that you as a parent can feel free to go to workshops alone. If your child doesn't		
	to new perspective and discover our true potential	yoga class to balance your chakrasystem. The class is for both men and women .	A soft yogaclass for waking up.			Enjoy a relaxing floating session in Āngsbackas new floating tank in the	want to be alone in the camp you are also welcome to join. Song, music, dance,		
	potential	CLASS IN SWEDISH				Annex. Book and pay in the info ten	excursions in the forest, yoga and much more.		
	Karina Gusalova	Ullis Karlsson	Elin Sandberg			Gustav Gårdlund	Open daily 11:00 - 19:00		
8.30 - 9.30	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	
	10.00 - 11.00								
	MORNING GATHERING					GARDEN	11.00 - 11.30	11.30 - 13.00	
	11.15 - 13.00	11.15 - 13.00	11.15 - 13.00	11.15 - 13.00	11.15 - 13.00	11.15 - 13.00	MORNING GATHERING	TATUERINGAR & ANSIKTSMÄLNING	
	HIP N HEART FREE FLOW/ SACRED RYTHM	ASHTANGA YOGA	YOGA CHAKRA FLOW	SAMA YOGA MID MORNING MAGIC	KUNDALINI YOGA SHINE YOUR CHAKRAS	SECRETS OF PRANAYAMA THE BREATH OF LIBERATION	MUSIC MOVEMENT SINGING Ida & Anna-Sara	Anna Sara Eriksson	
		Melanie will teach Ashtanga in a flowing	Go deeper in your practice and build more	Giving special attention to the sidelines of	A journey through the eight chakras. With a	Pranayama of "no technique" breathing	11.30 - 13.00	11.30 - 13.00, 15.00 - 16.00	
	A guided journey through your own embodied temple, releasing your head, your hips and your heart. There will be a	dynamic way, making it accessible & safe for everyone. Connect with yourself, learn	awareness of the chakras with this fun integration of chakra meditation and yoga asana flow. In this light-hearted exploration,	body, including liver, spleen and Gall bladder (our inner friends). Making room	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	as a foundation for all techniques. Slow down and stop mental tensions with	SKOGSYOGA	KREATIVITETS TÄLTET	
	little bit of whirling, a little bit of Zaar and a lot of your own sacred dance.	about your patterns & burn your samskaras	participants will use the asana practice to guide discovery and heightened sensation of the	in the whole belly and torso for deeper breath and more all around comfort in the	centre and the subtle realms. With the channels open we will do a long mantra meditation to live	breath work, visualisation and focus for liberation of the soul.	Vi går på äventyr i skogen och möter skogens fantastiska värld.	Skapa sagotrăd	
	Ulrika Jacobsson		chakras.	body.	music. Annki & Klas	Paul Terrell	Ida Tholfsson	Towe Gustavsson	
13.00 - 14.00		Melanie Cooper & Emil	Molly Cofman	Sky					
13.00 - 14.00	L U N C H	LUNCH	LUNCH	LUNCH	L U N C H	LUNCH	LUNCH	LUNCH	
13.00 - 14.00	14.15 - 14.45 GONG BATH RELAXATION	LUNCH	LUNCH	LUNCH	14.00 - 14.30 SILENT SITTING	LUNCH	LUNCH	LUNCH	
13,00 - 14,00	14.15 - 14.45	LUNCH	LUNCH	LUNCH	14.00 - 14.30	LUNCH	LUNCH	LUNCH	
15.00 - 16.00	14.15 - 14.45 GONG BATH RELAXATION S H A R I N G	SHARING	SHARING	SHARING	14.00 - 14.30 SILENT SITTING Gustav Gårdlund S H A R I N G	GARDEN	SHARING	SHARING	
	14.15 - 14.45 GONG BATH RELAXATION S H A R I N G 16.15 - 18.30	S H A R I N G 16.15 - 18.30	S H A R I N G 16.15 - 18.30	S H A R I N G 16.15 - 18.30	14.00 - 14.30 SILENT SITTING Gustav Gårdlund S H A R I N G 16.15 - 18.30	GARDEN 16.15 - 18.30	S H A R I N G 15.00 - 16.00	S H A R I N G 15.00 - 16.00	
	14.15 - 14.45 GONG BATH RELAXATION S H A R I N G	SHARING	SHARING	SHARING	14.00 - 14.30 SILENT SITTING Gustav Gårdlund S H A R I N G	GARDEN	S H A R I N G 15.00 - 16.00 VARA MED HÄSTEN KAKAN Klappa, rida, mata - lär dig vara med	S H A R I N G 15,00 - 16,00 MINIDISCO Släpp loss, dansa och lek med dina nya	
	14.15 - 14.45 GONG BATH RELAXATION S. H. A. R. I. N. G. 16.15 - 18.30 ANUKALANA YOGA THE FLOW OF INTEGRATION	S H A R I N G 16.15 - 18.30 YIN FACIALYOGA	S H A R I N G 16.15 - 18.30 HEART CORE BIODANZA HEART IN MOTION	S H A R I N G 16.15 - 18.30 SATSANG MEDITATION	14.00 - 14.30 SILENT SITTING Gustav Gärdfund S. H. A. R. I. N. G. 16.15 - 18.30 WHAT IS KUNDALINI? EXPERIENCE AND LECTURE	GARDEN 16.15 - 18.30 WILD GREENS WALK We'll walk through the garden, learn	S H A R I N G 15.00 - 16.00 VARA MED HÄSTEN KAKAN Klappa, rida, mata - lär dig vara med nästar. Ta gäran med din förälder (4-7 är)	S H A R I N G 15.00 - 16.00 MINIDISCO Silapp loss, dansa och lek med dina nya värner.	
	14,15 - 14,45 GONG BATH RELAXATION S. H. A. R. I. N. G. 16,15 - 18,30 ANUKALANA YOGA THE FLOW OF INTEGRATION Aflut, and deep approach to Yoga based on integration which leads to a natural opening of	S H A R I N G 16.15 - 18.30 YIN FACIALYOGA CONNECTING TO OUR ANCESTOR IMPRINTS	S H A R I N G 16.15 - 18.30 HEART CORE BIODANZA HEART IN MOTION Dancing our hearts open. We will spiral into the deep landscape of ourselves,	S H A R I N G 16.15 - 18.30 SATSANG MEDITATION Everybody wants peace of mind. But the mind is so often directed outward and not	14.00 - 14.30 SILENT SITTING Gustav Gårdlund S H A R I N G 16.15 - 18.30 WHAT IS KUNDALINI? EXPERIENCE AND LECTURE Honouring the essence of life. The drop of supercondiousness within u. 8. pages for	GARDEN 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	S H A R I N G 15.00 - 16.00 VARA MED HÄSTEN KAKAN Klappa, rida, mata - lär dig vara med	S H A R I N G 15,00 - 16,00 MINIDISCO Släpp loss, dansa och lek med dina nya	
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Paul Terrell

	WEDNESDAY	July 22, 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.						
	07.00.00.00	Andrea, Michael & Steffi 07.00 - 08.20	07.00.00.45			27.00.04.00		
	07,00 - 08,20 SAMA YOGA	KUNDALINI YOGA	07.00 - 08.45		07.00 - 08.20 MORNING YOGA	07.00 - 24.00	KID'S CAMP INFO	
	MORNING FLOW	OPEN AND STRONG HEART	ASHTANGA YOGA		BODY, BREATH AND MIND	FLOATING		
	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!	As yogis 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	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		A soft yogaclass for waking up.	Enjoy a relaxing floating session in Ängsbackas new floating tank in the Annex. Book and pay in the info ten	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.	
	Sky	Annki & Klas	Melanie Cooper & Emil		Elin Sandberg	Gustav Gårdlund	Open daily 11:00 - 19:00	
0 - 9.30	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	10.00 - 11.00							
	MORNING GATHERING					GARDEN	11.00 - 11.30	
	11.15 - 13.00	11,15 - 13,00	11.15 - 13.00	11.15 - 13.00	11,15 - 13,00	11.15 - 13.00	MORNING GATHERING	
	YIN FACIAL YOGA	SOUND, SILENCE & MEDITATION	HIP N HEART	INVERSION ASANAS	HOLISTIC HORMON YOGA	YOGA PHILOSOFY	MUSIC MOVEMENT SINGING	
	MOVING INTO STILLNESS	DISCOVER BALANCE & HARMONY WITHIN	PURE BELLY DANCE CLASS	AND COUPLES BALANCE	FOR WOMAN	HOW WE LET GO OF SUFFERING	Ida och Anna-Sara	11.30 - 13.00
	Slowing down our life's pace	Pranayama, Mantras, Relaxation and Meditation with the sound of sarod and voice, using the system of Indian classical	Sway, roll, shimmy, shake. Ulrika will teach you some basic steps and movements which are then put together into an easy choreography.	Inverted postures for health and happiness, both alone and with partners.	A tender, sensual yoga class where you start the inner connections and communications between the ovaries, adrenals and thyroid.	A philosofy class with practical meditations and enquiery about the kleshas, the five reasons of suffering.	11.30 - 13.00	FLOWERS IN MY HAIR We pick flowers and make hair creations.
		music which will encompass us in an ambient of tenderness and meditation.	together into an easy choreography.	nappiness, both alone and with partners.		How do we create a life free from attachment and suffering?	VI SKRIVER LÅTAR	Towe Gustavsson
	Data Linkan O Markinan	Manish Shrestha	Ulsian Jaliahanan	David Tarrell	CLASS IN SWEDISH Ullis Karlsson	Lin Halmanist	Om vår upplevelse på Ängsbacka. Ida och Anna-Sara	
	Beta Lisboa & Mahima		Ulrica Jakobsson	Paul Terrell		Lin Holmquist		
0 - 14.00	LUNCH	kkkkkkkkkkkk	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	14.15 - 14.45 GONG BATH RELAXATION				14.00 - 14.30 SILENT SITTING			
00 16 00					Premin	SHARING	SHARING	SHARING
0 - 16,00	SHARING							
	14.45 47.00	SHARING	SHARING	SHARING	SHARING	SHARING		
	16.15 - 17.00 SILENCE CEREMONY	SHARING	SHARING	SHARING	SHAKING	GARDEN	16.00 - 17.00 BARNYOGA MED DJUR	15.00 - 18.00 ÄTLIGA VÄXTER I SKOGEN
		S H A R I N G	S H A R I N G	17.00 - 18.45	17.00 - 18.45		16.00 - 17.00	15.00 - 18.00 ÄTLIGA VÄXTER I SKOGEN Vi strövar i naturen och plockar ätliga växter som vi sen tillagar över öppen eld.
	SILENCE CEREMONY 17.00 - 18.45 ANUKALANA YOGA	17.00 - 18.45 JIVA MUKTI YOGA	17.00 - 18.45 VEDIC ART	17.00 - 18.45 YOGA	17.00 - 18.45 YIN YOGA	GARDEN 15.00 - 18.00 EDIBLE WILD PLANTS	16.00 - 17.00 BARNYOGA MED DJUR Hur gör diuren yoga? Varför har yoga-	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.
	SILENCE CEREMONY 17.00 - 18.45	17.00 - 18.45	17.00 - 18.45	17.00 - 18.45	17.00 - 18.45	GARDEN 15.00 - 18.00 EDIBLE WILD PLANTS ÄTLIGA VÄXTER I SKOGEN	16.00 - 17.00 BARNYOGA MED DJUR Hur gör djuren yoga? Varför har yoga- ställningarna djurnarm. 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 Stäl & Johan Erle
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	THURSDAY	July 23, 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	07.00 - 08.20	07.00 - 08.20		07.00 - 08.20	07.00 - 24.00		
	HIP N HEART FREE MORNING FLOW	ASHTANGA YOGA	MORNING YOGA BODY, BREATH AND MIND		MUSIC MEDITATION	FLOATING	KID'S CAMP INFO Kid's Camp is like a daycare service so that you as a parent can feel free to go to	
	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.	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	A soft yogaclass for waking up.		Mellow mantras and heartsongs to start the ay with a warm heart.	Enjoy a relaxing floating session in Ängsbackas new floating tank in the Annex. Book and pay in the info ten	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.	
	Ulrika Jacobsson	Melanie Cooper & Emil	Elin Sandberg		Boris & Nina	Gustav Gårdlund	Open daily 11:00 - 19:00	
8.30 - 9.30	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	10.00 - 11.00							
	MORNING GATHERING					GARDEN	11.00 - 11.30	
	11.15 - 13.00	11.15 - 13.00	11.15 - 13.00	11.15 - 13.00	11.15 - 13.00	11.15 - 13.00	MORNING GATHERING	
	KUNDALINI YOGA	JIVAMUKTI YOGA	YIN FACIAL YOGA	ACRO YOGA	GODDESS YOGA	WILD GREENS WALK	MUSIC MOVEMENT SINGING	11.30 - 13.00
	FOR HEALING PRESENCE	SPIRITUAL WARRIOR	TRAVELING TROUGH THE CHAKRAS	FLYING MASSAGE	THE PLEASURE PATH	We'll walk through the garden, learn	Ida och Anna-Sara	BREAK DANCE
	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	Brisk, guided, led vinyasa well-rounded practice with minimal instruction as to	Exploration with balls and props with mindfulness awareness on the chakra	We explore the therapeutic side of AcroYoga. Combining massage with	GoddessYoga opens the body for more freedom, flow and power while we are	about nutritious supergreens, & discuss the positive impact that consuming wild weeds has on our health & the	11.30 - 13.00	Lär dig coola moves. Nedal Jumenius
	of yourself is your main way to bring peace to the world. Movement, breath and singing to live music.	how to do the various asanas linked with breath and high intention.	system. Limited amount of participants. Please sign up in the info tent.	acrobatics we get the power of being aligned with gravity and the strong feeling of "letting go of control".	letting our sensuality guide the movement.	environment. Let's pick some greens & make a smoothie together. Bring camera. Max. 10 ppl - (English & Swedish tours)	QI GONG I SKOGEN	
				Beginners welcome, No partner necessary		Sign up in Info tent		
	Annki & Klas	Alejandro Ribo	Beta Lisboa	Boris & Nina	Mahima Lindroth	Johan Erle	Blake Steele	
13.00 - 14.00	LUNCH	Alejandro Ribo	Beta Lisboa		LUNCH		Blake Steele L U N C H	LUNCH
13.00 - 14.00				Boris & Nina	L U N C H 14.00 - 14.30 SILENT SITTING	Johan Erle		LUNCH_
	L U N C H 14.15 - 14.45 GONG BATH RELAXATION	LUNCH	LUNCH	Boris & Nina L U N C H	L U N C H 14.00 - 14.30 SILENT SITTING Gustav Gårdlund	Johan Erle L U N C H	LUNCH	
13.00 - 14.00 15.00 - 16.00	L U N C H 14.15 - 14.45 GONG BATH RELAXATION S H A R I N G	L U N C H S H A R I N G	L U N C H S H A R I N G	Boris & Nina LUNCH SHARING	L U N C H 14,00 - 14,30 SILENT SITTING Gustav Gårdlund S H A R I N G	Johan Erle	L U N C H S H A R I N G	SHARING
	L U N C H 14.15 - 14.45 GONG BATH RELAXATION S H A R I N G 16.15 - 18.30	L U N C H S H A R I N G 16.15 - 18.30	L U N C H S H A R I N G 16.15 - 18.30	Boris & Nina L U N C H S H A R I N G 16,15 - 18,30	L U N C H 14.00 - 14.30 SILENT SITTING Gustav Gårdlund S H A R I N G 16.15 - 18.30	Johan Erle L U N C H	L U N C H S H A R I N G 15.00 - 16.00	S H A R I N G 15.00 - 16.00
	L U N C H 14.15 - 14.45 GONG BATH RELAXATION S H A R I N G 16.15 - 18.30 ANUKALANA YOGA	S H A R I N G 16.15 - 18.30 YOGA	LUNCH SHARING 16.15 - 18.30 VEDIC ART	Boris & Nina L U N C H S H A R I N G 16.15 - 18.30 HOLISTIC YOGA	L U N C H 14.00 - 14.30 SILENT SITTING Gustav Gårdund S H A R I N G 16.15 - 18.30 DEVOTIONAL CHANTING	Johan Erle L U N C H	L U N C H S H A R I N G 15.00 - 16.00 RIDA I SKOGEN & LEKAR	S H A R I N G 15.00 - 16.00 KORTSPEL
	L U N C H 14.15 - 14.45 GONG BATH RELAXATION S H A R I N G 16.15 - 18.30	L U N C H S H A R I N G 16.15 - 18.30	S H A R I N G 16.15 - 18.30 VEDIC ART CREATIVE EXPRESSION	Boris & Nina L U N C H S H A R I N G 16,15 - 18,30	L U N C H 14.00 - 14.30 SILENT SITTING Gustav Gårdlund S H A R I N G 16.15 - 18.30	Johan Erle L U N C H	L U N C H S H A R I N G 15,00 - 16,00 RIDA I SKOGEN & LEKAR Upplev naturen från hästryggen. (4-7 år)	S H A R I N G 15,00 - 16,00 KORTSPEL Lär dig spela grönsakslandet och andra roliga kortspel.
	L U N C H 14,15 - 14,45 GONG BATH RELAXATION S H A R I N G 16,15 - 18,30 ANUKALANA YOGA THE SHIVA DIVE Diving in to the deepth of poses focusing on details that can make the difference.	S H A R I N G 16.15 - 18.30 YOGA ADVANCED ASANA Set your fears aside and get ready to	S H A R I N G 16.15 - 18.30 VEDIC ART CREATIVE EXPRESSION Creative expression through painting, Here you get a chance to fry painting,	Boris & Nina L U N C H S H A R I N G 16.15 - 18.30 HOLISTIC YOGA CHAKRA SYSTEM This is a soft and tender, yet powerful	L U N C H 14.00 - 14.30 SILENT SITTING Gustav Gärdlund S H A R I N G 16.15 - 18.30 DEVOTIONAL CHANTING CIRCLE	Johan Erle L U N C H	S H A R I N G 15.00 - 16.00 RIDA I SKOGEN & LEKAR Upplev naturen från hästryggen. (4-7 år) Anna Franzén	S H A R I N G 15.00 - 16.00 KORTSPEL Lar dig spela grönsakslandet och andra rollga kortspel. Childrens team
	L U N C H 14,15 - 14,45 GONG BATH RELAXATION S H A R I N G 16,15 - 18,30 ANUKALANA YOGA THE SHIVA DIVE Diving in to the deepth of poses focusing on details that can make the difference. This Workshop is based on the Shva side danukalana Yoga where awareness is	SHARING 16.15 - 18.30 YOGA ADVANCED ASANA Set your fears aside and get ready to remember what the practice of yoga is all about So deeper, explore, find joy and about	S H A R I N G 16.15 - 18.30 VEDIC ART CREATIVE EXPRESSION Creative expression through painting, there you get a chance to try painting, using various simpler principles. Each workshop has little its own character.	Boris & Nina L U N C H S H A R I N G 16.15 - 18.30 HOLISTIC YOGA CHAKRA SYSTEM	L U N C H 14.00 - 14.30 SILENT SITTING Gustav Gårdund S H A R I N G 16.15 - 18.30 DEVOTIONAL CHANTING	Johan Erle L U N C H	L U N C H S H A R I N G 15,00 - 16,00 RIDA I SKOGEN & LEKAR Upplev naturen från hästryggen. (4-7 år)	S H A R I N G 15,00 - 16,00 KORTSPEL Lär dig spela grönsakslandet och andra roliga kortspel.
	L U N C H 14.15 - 14.45 GONG BATH RELAXATION S H A R I N G 16.15 - 18.30 ANUKAL ANA YOGA THE SHIVA DIVE Diving in to the deepth of poses focusing on details that can make the difference. This Workshop is based on the Shiva side	S H A R I N G 16.15 - 18.30 YOGA ADVANCED ASANA Set your fears aside and get ready to remember what the practice of yoga is all	S H A R I N G 16.15 - 18.30 VEDIC ART CREATIVE EXPRESSION Creative expression through painting, there you get a chance to try painting, using various simpler principles. Each	Boris & Nina L U N C H S H A R I N G 16.15 - 18.30 HOLISTIC YOGA CHAKRA SYSTEM This is a soft and tender, yet powerful yoga class to balance your robakrasystem.	L U N C H 14.00 - 14.30 SILENT SITTING Gustav Gärdfund S H A R I N G 16.15 - 18.30 DEVOTIONAL CHANTING CIRCLE A space for coming together in music,	Johan Erle L U N C H	S H A R I N G 15.00 - 16.00 RIDA I SKOGEN & LEKAR Upplev naturen från hästryggen. (4-7 år) Anna Franzén 16.30 - 18.30	S H A R I N G 15.00 - 16.00 KORTSPEL Lär dig spela grönsakslandet och andra roliga kortspel: Childrens team 17.00-18.00
15.00 - 16.00	L U N C H 14.15 - 14.45 GONG BATH RELAXATION S H A R I N G 16.15 - 18.30 ANUKALANA YOGA THE SHIVA DIVE Diving in to the deepth of poses focusing or details that can make the difference. This Workshop is based on the Shiva side of Anukalana Yong where awareness is developed trough the art of mantaining posses for long periods in order to gain	SHARING 16.15 - 18.30 YOGA ADVANCED ASANA Set your fears aside and get ready to remember what the practice of yoga is all about So deeper, explore, find joy and about	S H A R I N G 16.15 - 18.30 VEDIC ART CREATIVE EXPRESSION Creative expression through painting, there 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	Boris & Nina L U N C H S H A R I N G 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 .	L U N C H 14.00 - 14.30 SILENT SITTING Gustav Gärdfund S H A R I N G 16.15 - 18.30 DEVOTIONAL CHANTING CIRCLE A space for coming together in music,	Johan Erle L U N C H	S H A R I N G 15,00 - 16,00 RIDA I SKOGEN & LEKAR Upplev naturen från hästryggen. (4-7 år) Anna Franzén 16,30 - 18,30 SAGOYOGA Lär dig solhälsningar och lysna på en	S H A R I N G 15.00 - 16.00 KORTSPEL Lär dig spela grönsakslandet och andra roliga kortspel. Childrens team 17.00-18.00 RIDA I SKOGEN
	L U N C H 14.15 - 14.45 GONG BATH RELAXATION S H A R I N G 16.15 - 18.30 ANUKALANA YOGA THE SHIVA DIVE Diving in to the deepth of poses focusing or 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 mantaining posses for long periods in order to gain maximum benefits.	S H A R I N G 16.15 - 18.30 YOGA ADVANCED ASANA Set your fears aside and get ready to remember what the practice of yoga is all aboutGo deeper, explore, find joy and steadiness	S H A R I N G 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.	Boris & Nina L U N C H S H A R I N G 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	L U N C H 14.00 - 14.30 SILENT SITTING Gustav Gärdlund S H A R I N G 16.15 - 18.30 DEVOTIONAL CHANTING CIRCLE A space for coming together in music, devotional singing and meditation.	Johan Erle L U N C H	S H A R I N G 15.00 - 16.00 RIDA I SKOGEN & LEKAR Upplev naturen från hästryggen. (4-7 år) Anna Franzén 16.30 - 18.30 SAGOYOGA Lar dig solhälsningar och lyssna på en säga.	S H A R I N G 15.00 - 16.00 KORTSPEL Lar dig spela gronsakslandet och andra roliga kortspel. Childrens team 17.00-18.00 RIDA I SKOGEN Upplev naturen från hästryggen. (8-12 år)
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Element 9

	Friday	July 24, 2015					
	BIG BARN	UPPER BARN	BIG ANNEX	HEART TENT	STRAWBALE HOUSE	OTHER	
		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					
	07.30 - 09.20	08.00 - 9.20	07.00 - 08.20				
	KUNDALINI YOGA	ARUNAKALA YOGA	MORNING YOGA				
	MEDITATION FOR TRANSFORMATION	OPENING THE WINGS	BODY, BREATH AND MIND				
	We will ofter 4 different meditations from the treasure box of Kundalini yoga. Your mission is to choose one and do it daily for 40 days. In this way you will bring home the positive feeling of the festival, continue your expansion and take time every day to honor yourself.	What If we had wings? Where would they be attached? How could they use it? Based on Shoulders and Chest opening This Workshop is based on some principles of Anukalana Yoga in order to help awareness of this important area of the Body	A soft yogaclass for waking up.				
	Annki & Klas	Jacoppo Ceccarelli	Elin Sandberg				
9.30 - 10.30	BRUNCH	BRUNCH	BRUNCH	BRUNCH	BRUNCH	BRUNCH	BRUNCH
	11.00 - 13.00						
	CLOSING CEREMONY						
12.30 - 14.30	CAFÉ is OPEN	CAFÉ IS OPEN	CAFÉ is OPEN	CAFÉ is OPEN	CAFÉ IS OPEN	CAFÉ IS OPEN	CAFÉ IS OPEN