

WEDNESDAY

Time	Upper Barn	Lower Barn	Long Tent	The Shala	Outdoors 1	Outdoors 2	The Sauna
Afternoon 17:30 - 18:30	Grand Gathering & Community Circles						
Evening 18:30 - 20:00					Dinner		
Evening 20:00 - 21:00	Grand Gathering: Landing in Community						

THURSDAY

Time	Upper Barn	Lower Barn	Long Tent	The Shala	Outdoors 1	Outdoors 2	The Sauna
Morning 7:30 - 8:30		Grand Gathering: Morning Yoga with Jeppe					
Morning 8:30 - 10:00					Breakfast		
Noon 10:00 - 13:00					Grand Gathering: You & The Forest		
Afternoon 13:15 - 15:15					Lunch + small circles		
Afternoon 15:30 - 17:30	The Big Blowout Josephin & Viktor		Ecology of Acroyoga Peter	Choir of Fighting Yogis Tobias	Ecosomatics: Blind, Wild and Trustful Johan		Deep Sweat Experience David Ramati
Evening 18:30 - 20:00					Dinner		
Evening 20:00 - 21:00					Grand Gathering: Music & Bonfire Circle		

FRIDAY

Time	Upper Barn	Lower Barn	Long Tent	The Shala	Outdoors 1	Outdoors 2	The Sauna
Morning 8:00 - 9:30	Groove, Rythm & Flow Ida			Morning Glory Yoga Åsa		Morning Qi Gong Soroosh	Touched by Birch (women only) Disa
Morning 9:30 - 11:00					Breakfast + small circles		
Noon 11:15 - 13:15	Contact Impro: Rising & Falling Dorte	Ecology of Handstands Peter	Family Acoyoga Cecilie	Song of the breath Prune	Meditate and Rest in the Forest Åsa		The sound of Heat Sasa
Afternoon 13:15 - 15:15					Lunch & Fællessang		
Afternoon 15:30 - 17:30	Between Gravity David poznic	Ayurveda & Bodywork Soham	Kirtan Workshop GopiAnand	Listening through Singing Nini	Stonefulness Oliver Nani		Family Sauna Oliver Strand
Evening 18:30 - 20:00					Dinner by the Lake: Billys Burgers & Beats		
Evening 21:00 - 24:00		Grand Gathering: Barn Rave with Sasa & Ramati					

SATURDAY

Time	Upper Barn	Lower Barn	Long Tent	The Shala	Outdoors 1	Outdoors 2	The Sauna
Morning 8:00 - 9:30	Yoga & Asana Soham			Embodied Yin: Inner Sky Janni	Ecosomatics: Being Tree Johan		Open Gus
Morning 9:30 - 11:00					Breakfast + small circles		
Noon 11:15 - 13:15	Feed the Dancing Beast Ida		Contact Impro: Sphericity Johan	Songs from Far Away Nini	Ambient Concert: Soundscaping Water Mathias Loose	Stories from the Yoga Tradition Soham	Mens Sauna Practice Oliver Strand
Afternoon 13:15 - 15:15					Lunch		
Afternoon 15:30 - 17:30	Dancing Yolates Mikkala		Yoga Nidra: Resting is a radical Act Josephin	Concert: Children's Music for Adults Oliver Nani	Wutao Prune & David		Sauna Karaoke Sasa
Evening 18:30 - 20:00					Long Table Dinner		
Evening 20:30 - 24:00		Grand Gathering: Kirtan & Soundscapes with GopiAnand & Sasa					

SUNDAY

Time	Upper Barn	Lower Barn	Long Tent	The Shala	Outdoors 1	Outdoors 2	The Sauna
Morning 8:00 - 9:30	Living yolates Mikkala		Yoga: Goddess Tara - The Sound of Om Josephin	Myofascial Release Ocean Body Janni	LakeStatic Morning Moves David Ramati		Touched by Birch (all gender) Disa
Morning 9:30 - 11:00					Breakfast + small circles		
Noon 11:00 - 12:00					Grand Gathering: Closing Circle		