

DAY 1

WEDNESDAY
2 JULY

	Upper Barn	Lower Barn	Tent	Shala	Grassfield & Outdoors	Lake & Forest	Sauna
Afternoon 16:15 - 17:15					Tour of Möllan		
Afternoon 17:00 - 18:30					Grand Gathering: Circles & Stones		
Evening 18:30 - 20:00					Dinner		
Evening 20:30 - 22:00	Grand Gathering: Landing in Community & Soundbath						

GATHERING

OPEN FOR KIDS

WORKSHOP

DAY 2

THURSDAY
3 JULY

	Upper Barn	Lower Barn	Tent	Shala	Grassfield & Outdoors	Lake & Forest	Sauna
Morning 7:30 - 9:00		Grand Gathering: Get Into Your Feet					
Breakfast 9:00 - 10:30	Breakfast						
Noon 11:00 - 13:00					Grand Gathering Leaning & Listening		
Afternoon 13:15 - 15:15					Lunch + Circle check in		Kids Sauna Oliver & Katrine
Afternoon 15:30 - 17:30	Shake the dust: Ripples from One to All Janni		Contact Impro: Creativity & Flow Johan	Himalayan Kriya Yoga Simon	Qi Gong: Soroosh & Dea		Deep Sweat Ramati
Evening 18:30 - 20:00	Dinner						
Evening 20:30 - 22:30					Grand Gathering: Spirals at the Fire		

GATHERING

OPEN FOR KIDS

WORKSHOP

DAY 3

FRIDAY
4 JULY

	Upper Barn	Lower Barn	Tent	Shala	Grassfield & Outdoors	Lake & Forest	Sauna
Morning 8:00 - 9:30	Soft Morning Grooves Ida		Yoga: Loving & Dying Jeppe	Rise & Regulate with Somatic Breathwork Filippa		Ecosomatics: Widening your Ecological Self Johan	The Satisfaction Cycle & its 5 Movements Mads
Breakfast 9:00 - 10:30	Breakfast + Circle check-in						
Noon 11:15 - 13:15	Moving Alive David	Contact Impro: Fly Fearlessly Johan	The Work that reconnects Margrethe	Creative Writing: Plotting your Memories Mads		Meditate & rest in the Forest Åsa	Embodied Masculine Sauna Practice Oliver
Afternoon 13:15 - 15:15	Lunch Fællessang Oliver						
Afternoon 15:30 - 17:30	Free your Voice Simon		Consent: Yes/No maybe? Line	Song of the Breath Prune		Ecosomatics: The Life Journey Johan	Sauna Karaoke Sasa
Evening 18:30 - 20:00	Dinner						
Evening 21:00 - 24:00						Grand Gathering: Forest Journey	

GATHERING

OPEN FOR KIDS

WORKSHOP

DAY 4

SATURDAY
5 JULY

	Upper Barn	Lower Barn	Tent	Shala	Grassfield & Outdoors	Lake & Forest	Sauna
Morning 8:00 - 9:30	Yoga & Asana Soham		Living Yolates: Regenerative Elemental Flow Mikkala	Myofascial Yin: Liquid Web of Potential Janni		Tea Ceremony Disa	A Journey Through the Secret Life of Plants Mads
Breakfast 9:00 - 10:30	Breakfast + Circle check-in						
Noon 11:15 - 13:15	Feed the Dancing Beast Ida		Acroyoga: Finding Flight Together Tobias	Ayurveda & Bodywork Soham	Wutao Prune & David	Stonefulness: Allowing for Impossibility Oliver	Touched by Birch (Women only) Disa
Afternoon 13:15 - 15:15	Lunch					Lake Concert: Driftwood Experience Mathias	
Afternoon 15:30 - 17:30	Kirtan Workshop: Myths & Metaphors GopiAnand		Creative Writing: Expanding your Memories Mads	Coming home with Somatic Breathwork Filippa	Gender Expression in Yogic Myths Soham	Forest Parkour Jeppe	Ceremonial Sauna Line
Evening 18:30 - 20:00	Dinner						
Evening 20:30 - 24:00		Grand Gathering: Barn Rave & Sound Journey					

GATHERING

OPEN FOR KIDS

WORKSHOP

DAY 5

SUNDAY
6 JULY

	Upper Barn	Lower Barn	Tent	Shala	Grassfield & Outdoors	Lake & Forest	Sauna
Morning 8:00 - 9:30	Restorative Retreat Soham	Slow Sunday Morning Bodywork Line + GopiAnand		Morning Glory Yoga Åsa			Touched by birch (All gender) Disa
Breakfast 9.00 - 10:30	Breakfast + Circle check-in						
Noon 11:00 - 12:00					Grand Gathering: Stone Ritual Closing Circle		
Afternoon 12:00 - 13:45					Clean Up		
Afternoon 13:45 - 14:30					Goodbyes + Snack table		

GATHERING

OPEN FOR KIDS

WORKSHOP