

**WEDNESDAY 1/7**

Time	Upper Barn	Lower Barn	Tent	The Shala	Outdoors 1	Outdoors 2	Lysna	The Sauna
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						

**THURSDAY 2/7**

Time	Upper Barn	Lower Barn	Tent	The Shala	Outdoors 1	Outdoors 2	Lysna	The Sauna
Morning 7:30 - 9:00		GG Yoga: In the beginning there is Gratitude						
Breakfast 9:00 - 10:30					Breakfast			
Noon 11:00 - 13:00	Feed the Dancing Dragon Ida & Theis				Grand Gathering: Forest Journey - Living Gratitude & Grief			
Afternoon 13:15 - 15:15					Lunch + Circle check-in			Family Sauna Oliver & Katrine
Afternoon 15:30 - 17:30	Shake the Dust: Currents of the Heart Janni Popp		Contact Impro: Relational Body Anna Wallin	Sattva Yoga Journey Simon Glöde	Ecosomatics: Connecting Bodies Johan Nilsson			Ceremonial Sauna Line Bangsbo
Evening 18:30 - 20:00					Dinner			
Evening 20:30 - 22:30					Grand Gathering: CONCERT & FIREFLOOR Mirakel Band			

**FRIDAY 3/7**

Time	Upper Barn	Lower Barn	Tent	The Shala	Outdoors 1	Outdoors 2	Lysna	The Sauna
Morning 8:00 - 9:30	Spin your Spine into the Day Ida Frost		Anusara Yoga: Into the Flow Soham Johansen	Guided Buddhist Meditation Krishna Takis	Lake Workout: Swim, Run & Lift Peter Hunter			Sauna in Silence David Ramati
Breakfast 9:00 - 10:30					Breakfast + Circle check-in			
Noon 11:15 - 13:15	Wutao Floorwork Prune Poznic	Thai Yoga Massage: The Sacred Dance Krishnatakis	Family Acroyoga Cecilie	The Real Sacred Feminine Charlotte Holmes	Forest Parkour: Ancestral & Natural Movement		The Truth Mandala Jess Serrante	Sauna Ritual: The Heart of Man Oliver Strand
Lunch 13:30 - 14:45					Lunch			
Afternoon 15:30 - 17:30	Moving Alive David Poznic	Contact Impro: Soft Power Anna Wallin	Acroyoga: BASE-ICS Peter & Julie Hendel	Ayurveda & Bodywork Soham Johansen	Djembe Workshop Jack Strand	Family Adventure Katrine		Ceremonial Sauna Line Bangsbo
Evening 18:30 - 20:00					Dinner			
Evening 21:00 - 24:00		Grand Gathering: Kirtan with GopiAnand + Simon Glöde Concert						

**SATURDAY 4/7**

Time	Upper Barn	Lower Barn	Tent	The Shala	Outdoors 1	Outdoors 2	Lysna	The Sauna
Morning 8:00 - 9:30	Myofascial Yin: Web Release Janni Popp		Soft Morning Mantra & Bodywork Line Bangsbo &	Himalayan Kriya Yoga Charlotte Holmes	Therapeutic Qi Gong Krishnatakis			Open Sauna
Breakfast 9:00 - 10:30					Breakfast + Circle check-in			
Noon 11:15 - 13:15	Feed the Dancing Beast Ida Frost	Ecology of Handstand Peter Hunter	Ritual Play: Wordless Connection Line Bangsbo	Free Your Voice Simon Glöde	Ecosomatics: Life Journey Johan Nilsson	Sound Laboratory Mathias Loose		Social Sauna David Ramati
Afternoon 13:15 - 15:15					Lunch			
Afternoon 15:30 - 17:30	Restorative Yoga Soham Johansen	Fire Touch - Dynamic Thai yoga massage Krishnatakis	Kirtan Workshop: Exploring Mantra Magic GopiAnand	Art of Trans-Analysis: Let the masks fall Prune Poznic	Meditation: Be One Marcus Grandjean		Council of all Beings Jess Serrante	Saunagus: Immersive Music Experience
Evening 18:30 - 20:00					Dinner			
Evening 20:30 - 24:00		Grand Gathering: Barn Rave with David Ramati						

**SUNDAY 5/7**

Time	Upper Barn	Lower Barn	Tent	The Shala	Outdoors 1	Outdoors 2	Lysna	The Sauna
Morning 8:00 - 9:30		Grand Gathering: WakeUp in MiracleFlow						
Breakfast 9:00 - 10:30					Breakfast + Circle check-in			
Noon 10:30 - 12:00					Grand Gathering: Closing Circle			
12:00 - 13:45					Clean Up			
13:45 - 14:30					Goodbyes + Snack table			