



BEING CAMP

Kids

Location
THE GARDENS HUB

23 - 27 JULY

11:00 - 12:30

Music

Alma & Luciano
KIDS

15:30 - 17:00

Theater

Alma & Luciano
KIDS

28 JULY

09:00 - 10:30

Music

Alma & Luciano
KIDS

Prana Shala

22 JULY

17:30 - 19:00

Welcome Panel

19:30 - 20:30

Heart Awakening

Filipa Veiga
BREATHWORK

23 JULY

09:00 - 10:30

Ayur-Yoga & Meditation

Bruno Teixeira
YOGA & MEDITATION

11:00 - 12:30

Dance to Express, not to Impress

Chantelle
DANCE

15:30 - 17:00

Wood Sculpture I

Evaldo Borges
BOOMLAND ART

17:30 - 19:00

Inner Visions

Rute Novais
ECSTATIC DANCE

24 JULY

09:00 - 10:30

Ayur-Yoga & Meditation

Bruno Teixeira
YOGA & MEDITATION

11:00 - 12:30

BodyFlow Dance Journey - Catharsis and Recalibration

Becky Hicks
DANCE & MOVEMENT

15:30 - 17:00

Puja to the 5 Elements

Filipa Veiga
RITUAL

17:30 - 19:00

Wood Sculpture II

Evaldo Borges
BOOMLAND ART

25 JULY

09:00 - 10:30

Super Consciousness in Kung fu

Guilherme Luz
MARTIAL ARTS

11:00 - 12:30

Awakening Presence Somatic Movement Exploration

Becky Hicks
DANCE & MOVEMENT

15:30 - 17:00

Ignite Your Energy

Akshi
INNER WORK

17:30 - 19:00

Bruno Teixeira

SOUND JOURNEY

22:00 - 00:00

Magupi

DJ SET ORGANIC TECH

26 JULY

09:00 - 10:30

Ayur-Yoga & Meditation

Bruno Teixeira
YOGA & MEDITATION

11:00 - 12:30

Dance to Alchemise and Transmute

Becky Hicks
DANCE & MOVEMENT

15:30 - 17:00

Dance of Polarities

Akshi
INNER WORK

17:30 - 19:00

The Medicine of Joy

Rute Novais
ECSTATIC DANCE

22:00 - 00:00

Henriq (ZB)

DJ SET

27 JULY

09:00 - 10:30

Yoga Dance

Chantelle
YOGA DANCE

11:00 - 12:30

Super Consciousness in Kung fu

Guilherme Luz
MARTIAL ARTS

15:30 - 17:00

Inner Child - Love the Child Within

Filipa Veiga
MEDITATION

17:30 - 19:00

Heart Awakening

Akshi
INNER WORK

22:00 - 00:00

Buzo

DJ SET

28 JULY

09:00 - 10:30

Ayur-Yoga & Meditation

Bruno Teixeira
YOGA & MEDITATION

11:00 - 12:30

Closure

Lake

Location
LAKE PRACTICE

23 JULY

11:00 - 12:30

Lake Practice Therapy

15:30 - 17:00

Water Journey: Invite the Energy of Water into Your Being

Molly-Ann Basterfield
BODYWORK

17:30 - 19:00

Lake Practice Therapy

24 JULY

11:00 - 12:30

Lake Practice Therapy

15:30 - 17:00

Return to the Embryo: Water Dance

Molly-Ann Basterfield
BODYWORK

17:30 - 19:00

Lake Practice Therapy

25 - 27 JULY

11:00 - 12:30 / 15:30 - 17:00 / 17:30 - 19:00

Lake Practice Therapy

28 JULY

09:00 - 10:30 / 11:00 - 12:30

Lake Practice Therapy

Open Air

22 JULY

15:30 - 20:30

Fitness Circuit

23 JULY

09:00 - 19:00

Fitness Circuit

19:30 - 20:30

Embodying Surya

Filipa Veiga
SUNSET MEDITATION

24 JULY

09:00 - 19:00

Fitness Circuit

19:30 - 20:30

Shri Yantra Meditation

Chantelle
SUNSET MEDITATION

25 JULY

09:00 - 19:00

Fitness Circuit

19:30 - 20:30

The Sunset Codes

Filipa Veiga
SUNSET MEDITATION

26 JULY

09:00 - 19:00

Fitness Circuit

19:30 - 20:30

The Death and Rebirth Meditation

Filipa Veiga
SUNSET MEDITATION

27 JULY

09:00 - 19:00

Fitness Circuit

19:30 - 20:30

Embrace the Light

Filipa Veiga
SUNSET MEDITATION

27 JULY

09:00 - 12:30

Fitness Circuit

Hands On Therapies

Location
GAIA | SEED OF LIFE

22 JULY

17:00 - 21:00

23 - 27 JULY

09:00 - 21:00

28 JULY

09:00 - 12:00



Therapists

Armando Faria

OSTEOPATHY,
THERAPEUTIC MASSAGE,
CRANIOSACRAL THERAPY

João Pedro Soares

THAI & MIOFASCIA MASSAGES

Laura Reuber

RELAXING MASSAGE,
MUSCULAR RECOVERY MASSAGE

Rita Serrano

ACUPUNCTURE,
TUI NA MASSAGE,
CUPPING THERAPY,
DEEP TISSUE MASSAGE,
LYMPHATIC DRAINAGE MASSAGE

Shana CosmicHand

TRADITIONAL CHINESE MEDICINE (TCM),
ACUPUNCTURE,
HEALING MASSAGE

Vanessa Santos

HOLISTIC, SHIATSU,
DEEP TISSUE

One to One

Location
DREAMING TREE | WISHING TREE

23 - 27 JULY

09:00 - 19:00

28 JULY

09:00 - 13:00



Chantelle

GODDESS ORACLE

Guilherme Gonçalves

ORACULAR MUSIC HEALING

Sofia Perez

ENERGETIC MEDICINE,
INTUITIVE READING,
TRANSPERSONAL HYPNOTHERAPY

BOOK YOUR THERAPIES HERE!

A Fusion of Arts, Community Life, Music, Workshops, Therapies, Fitness and Yoga Practices.