## Dharma Talks

Our talks program embodies the spirit of exploration and discovery. In a crossroad of ancient traditions and cutting-edge science, they cover a wide spectrum. Topics ranging from mental health to spirituality, psychedelics, world medicine, self-care, psychology, ancestral wisdom, and much more.

### Day 2 – Tuesday 18

09:00 - 10:30 The Inner Child Journey Filipa Veiga

BREATHWORK

11:00-12:30 The Promise and Potential Perils of Psychedelic Ressurgence Andrea Jungaberle

13:00 - 14:30 Harnessing the Power of the Heart Geeta Stilwell

15:00 - 16:30 Mastermind-Sharing your Wisdom Jose Soutelinho

17:00 - 18:30 The Language of Plants Teresa Feijó

19:00 - 20:00 Art Expression Facilitation Vera Balsemão

## Day 3 – Wednesday 19

09:00 - 10:30 Active Consciousness Punnu Wasu BREATHWORK

11:00 - 12:30 **The Way of Water** Laura Korculanin

Peppi Gauci 15:00 - 16:30 Houses of the Heart

13:00 - 14:30 Regenerative Living

17:00 - 18:30 The Alchemy of Grief Edyta Kotowicz

Amos Clifford

## Day 4 – Thursday 20

09:00-10:30 Soul Awakening, **Activation Movement** Christine May & Sabine soullam BREATHWORK

11:00 - 12:30 **How Can We Be If** We Don't Know Who We Are? Maria Gorjão Henriques

13:00 - 14:30 **Becoming Sovereign** Fer Pal TALK

15:00 - 16:30 **Daily Habits to Decrease Anxiety** Anna Elisa de Castro

17:00 - 18:30 Dream Journey Fábio Novo

19:00 - 20:00 **Art Expression Facilitation** Vera Balsemão TALK

### Day 5 - Friday 21

09:00 - 10:30 Cosmic Breath Ritual Filipa Veiga BREATHWORK

11:00-12:30 Generosity and Integral Health Anna Elisa de Castro

13:00 - 14:30 Geometric Medicine Rui Abrantes TALK

15:00 - 16:30 **Boomland Sustainability Program Boom Team** 

17:00 - 18:30 Ecstatic, Conscious Death Hannah Graceful Dawn and Eartha love universal Satya

## Day 6 – Saturday 22

09:00 - 10:30 Asana Breath Healing Adrian Atma

**BREATHWORK** 11:00-12:30 Self Knowledge and **Awakening Planetary Eco-Social Consciousness** Fernanda Alves

13:00 - 14:30 **Psychedelic** (psycho)therapy for Mental Health

Pedro Castro Rodrigues 15:00 - 16:30 Psychedelics Beyond

The Rave and the Clinic Pedro Teixeira TALK

17:00 - 18:30 Secrets of Fascia João Soares

19:00 - 20:00 Art Expression Facilitation Vera Balsemão

## Day 7 - Sunday 23

09:00 - 10:30 Dissolve into Oneness Wai Guen BREATHWORK

11:00-12:30 Reparenting Your Inner Child Amanda Wonderland

13:00 - 14:30 Rainbow Bites, **Cultivating Health** from an Early Age One of Us Kitchen

15:00-16:30 Mental Health, New Challanges, **New Perspectives** Sylwia Latacz

17:00 - 18:30 Reciprocity in Action Constanca Belchior & Ana Fernandes

## Mud Experience

You'll never know the feeling until you try it, but you can see the happiness on the faces of those who have already immersed their body in this experience.

## Day 4 – Thursday 20

12:00 - 15:00 Catarina Pinto

### & Terrapalha Crew MUD EXPERIENCE

## Day 5 - Friday 21

12:00 - 15:00 Catarina Pinto & Terrapalha Crew MUD EXPERIENCE

## Day 6 – Saturday 22

12:00 - 15:00 Catarina Pinto & Terrapalha Crew MUD EXPERIENCE

## Day 7 – Sunday 23

12:00 - 15:00 Catarina Pinto & Terrapalha Crew **MUD EXPERIENCE** 

## Dojo

Join the temple of movement. A body in motion frees itself and becomes aligned with the deeper meaning of life. Nurture your body with multiple activities, like fitness, martial arts and ecstatic dance. Cultivate inner strength and enhance self-awareness.

### Day 2 – Tuesday 18

09:00 - 10:30 Nourish Body & Soul Paula Sousa **FITNESS** 

11:00 - 12:30 Yoga in the Trauma Landscape Katrin Heuser

13:00 - 14:30 Kung Fu Prayer, Giving is Receiving Guilherme Luz MARTIAL ARTS

15:00 - 16:30 **Gipsy Duende** Carolina Fonseca

TANTRA

17:00 - 18:30 Turning Towards the Heart Miriam Peretz DANCE

19:00 - 20:30 The Sacred Dance of Shiva & Shakti Pete Bampton

21:00 - 23:00 Heart Opening Dance Circle ECSTATIC DANCE

### Day 3 – Wednesday 19

09:00 - 10:30 Warrior Workout Silvia Leilani Love

11:00 - 12:30 **Body and Soul,** the Energy of Capoeira Joãozinho da Figueira MARTIAL ARTS

13:00 - 14:30 **Human Mosaic** Kenzi & à la Mike

15:00 - 16:30 A Journey to Your Untamed Self Kaylani & Megara

ECSTATIC DANCE 17:00 - 18:30 Unconscious Loyalties to the Family Clan Maria Gorião Henriques INNER WORK

19:00 - 20:30 Connected Marco Menezes

21:00 - 23:00 Wild Awakening Mushina ECSTATIC DANCE

### Day 4 – Thursday 20

09:00 - 10:30 **Dynamic Flow** Paula Sousa

FITNESS 11:00 - 12:30 Kung Fu Prayer, Receiving is Giving Guilherme Luz

MARTIAL ARTS 13:00 - 14:30 The Art of Gesture and Generosity Miriam Peretz

15:00 - 16:30 Sensory Movement Kana Ote MOVEMENT

19:00 - 20:30 **The Love Affair**,

17:00 - 18:30 Awakening the Dancer Esta Polyestas ECSTATIC DANCE

With Your Essence Satya **INNER WORK** 21:00 - 23:00 Conscious Dance Journey

### Mathami ECSTATIC DANCE

Day 5 – Friday 21 09:00 - 10:30 Flow Inner Art Nuno Carvalho

MARTIAL ARTS 11:00-12:30 With High Energy Didgeridoo & Jaw Harps Marius Beyer ECSTATIC DANCE

13:00 - 14:30 Ancient Greek Dance Sara Toscano

DANCE

15:00 - 16:30 Anahata Dance Journey Binder ECSTATIC DANCE

17:00 - 18:30 Indian Fusion Bellydance Chantelle DANCE

19:00 - 20:30 Soma Groove

### Vanda Sousa MOVEMENT

Day 6 – Saturday 22 09:00 - 10:30 Mental Walking to a Spirit Walking

**FITNESS** 11:00-12:30 Unearth Your Rhythm Kaylani & Megara

Rui Abrantes

ECSTATIC DANCE 13:00 - 14:30 Joya Unconditional! Carolina Fonseca

DANCE

15:00 - 16:30 The Alchemy of Love Satya & Nuno Carvalho

**INNER WORK** 17:00 - 18:30 Slow Medicine Flow

with Guidance Esta Polyestas ECSTATIC DANCE

19:00 - 20:30 The Ancestors Lineage Gate Virgilio Beatriz INNER WORK

## $\overline{\text{Day 7}}$ Sunday 23

09:00 - 10:30 Wonder Wo(Men) Workout Silvia Leilani Love

11:00 - 12:30 Primal Surrender

Mushina ECSTATIC DANCE 13:00 - 14:30 Sunheart Shamanism & the Golden Age Hannah Graceful Dawn

and Eartha love universal RITUAL 15:00 - 16:30 Dance What You Are Pablo Rozas

ECSTATIC DANCE 17:00 - 18:30 Healing Through the Breath Kundalini Yoga School & The Daleeps BREATHWORK

### Therapies and massages are donation-based reverting to the therapists.

Kiosk

## **Soul Song**

18,20, 22 & 23 June 10:00 to 13:00 19 June from 16:00 to 19:00 21 June from 15:00 to 19:00

## Lex Empress & Gilian Baracs

The Soulsong Kiosk is the place where mesmerizing journeys of impromptu, improvised, and channeled songs come to life. Accompanied by the music of pianist Gilian Baracs, Lex Empress channels your soul's profound request for a divine message into each note, crafting unique and transcendent musical creations that flow through her. With over 7000 SoulSongs sung in 7 languages, Lex Empress's 4.5-octave vocal range takes you on an extraordinary voyage through the human experience into divine spaces.

Bookings and payment are made on the spot, directly with the therapists. Location on the map.

## Prana Shala

A rich program of yoga disciplines and its different traditions. Don't miss the opportunity to get to know new styles. Facilitators also guide you through yoga related practices, like Pranayama, Kirten and Kriyas, among rituals and tantra experiences.

### Day 3 – Wednesday 19

09:00 - 10:30 Cultivating Seeds of Compassion Maria Jiva

11:00 - 12:30 Yoga Vinyasa Krama Ana Maria Magalhães

13:00 - 14:30 Vedanta & the World of Rituals

Sãradã Devi

15:00 - 16:30 **Dynamic Spiral** Filipa Veiga

19:00 - 20:30 Bhakti Nidra Isa Guitana

17:00 - 18:30 AcroYoga

### Day 4 – Thursday 20

Angélique Poulain

and Louie Golds

09:00 - 10:30 Hatha Yoga Class Punnu Wasu YOGA

11:00 - 12:30 **Yoga for Building** Resilience & Supporting Community Katrin Heuser

13:00 - 14:30 Sutras, Pranayama and Mantras Ana Maria Magalhães

YOGA

YOGA 15:00 - 16:30 Kirtan Concert Petros SOUND JOURNEY

17:00 - 18:30 Solstice Ceremony,

& The Daleeps 19:00 - 20:30 What's Sex got to do with Tantra?

TANTRA

Pete Bampton

## Day 5 – Friday 21

Receive the Light

Kundalini Yoga School

09:00 - 10:30 **Opening to That** Tenderness of the Heart Maria Jiva

11:00 - 12:30 The Ancient Dance of Breath & Body YOGA

13:00 - 14:30 Psychedelic Breath® Carla Kuhlmann BREATHWORK 15:00 - 16:30 Sex Magic Reclaiming

our Power

Sãradã Devi TANTRA 17:00-18:30 All Dimensions Shamanic Prayer

Satya RITUAL 19:00 - 20:30 **Nada Journey** 

Sara Luz & Kokeshi

Day 6 – Saturday 22 09:00 - 10:30 **Sutras, Pranayama** and Mantras Ana Maria Magalhães

11:00 - 12:30 **Body Prayer** Christine May & Sabine soulJam

13:00 - 14:30 The Dao of Yoga Rafael Chaman YOGA

YOGA

15:00 - 16:30 **Qigong**Rafael Chaman MARTIAL ARTS 17:00 - 18:30 Full Moon Ceremony

& The Daleeps RITUAL 19:00 - 20:30 **Transformation** Through Intimacy

### Pete Bampton TANTRA

- Root in your Being

Day 7 – Sunday 23 09:00 - 10:30 Yoga Shiva Shakti

Isa Guitana

11:00 - 12:30 Embody

YOGA 13:00 - 14:30 Sounds & Rituals of the Nadam-Yoga

Petros YOGA 15:00 - 16:30 Breath of Life Sound Ceremony Binder

BREATHWORK 17:00 - 18:30 Yin Fascia Yoga Filipa Veiga

YOGA

### Care for Yourself & Others. Rest. Eat well. Stay hydrated. Know & respect your limits. Learn new things, expand your knowledge. Get to know people. Take care of one another. Play.

# Nature

Slow down and awaken the senses. The meeting point is at the Beach Bar, except for Water Therapy, for which

the meeting point is at the Lake

(check locations on the map).

Day 2 - Tuesday 18

15:00 - 16:30 Water Therapy Aurelie Chauleur WATER PRACTICE

## Day 3 – Wednesday 19

09:00 - 10:30 Immersion Experience

Day 4 – Thursday 20

09:00 - 10:30 **Pilgrimage** Amos Clifford

## Day 5 - Friday 21

Day 7 - Sunday 2309:00 - 10:30 Immersion Experience

NATURE

09:00 - 10:30 Immersion Experience



## Sacred Fire Stage

The heart of music program and sound journeys. Experience the transcendent power of music that unites souls and elevates

### Day 3 – Wednesday 19

us to cosmic heights.

11:00 - 12:30 Flow

Baltazar Molina

SOUND JOURNEY 13:00 - 14:30 **Does it Resonate?** Lex Empress and Gilian Baracs

SOUND JOURNEY

Wai Guen

RITUAL

15:00 - 16:30 **Mystic Loop** Adrian Atma SOUND JOURNEY 17:00 - 18:30 Songs of the Earth,

Water & Spirit Lua Maria SOUND JOURNEY 19:00 - 20:30 Awaken your Inner Dragon

## Day 4 – Thursday 20

11:00 - 12:30 Dance Medicine Music Pablo Rozas

**SOUND JOURNEY** 13:00 - 14:30 Children Of the Sun Ceremony Hannah Graceful Dawn and Eartha love universal

RITUAL 15:00 - 16:30 **Ocean of Oneness** Carlos Romero

SOUND JOURNEY 17:00 - 18:30 Raising Awareness of Life in the Amazon Rainforest Txana RITUAL

19:00 - 21:00 African Rhythm Alchemy

DRUM SESSION 21:30 - 23:00 A Journey with Magupi

## Day 5 - Friday 21

SOUND JOURNEY

11:00 - 12:30 We Celebrate Us Lex Empress and Gilian Baracs SOUND JOURNEY 13:00 - 14:30 Flowing With The River

Barbara Eugenia

SOUND JOURNEY 15:00 - 16:30 **Breathwork** & Voice Activation Wai Guen

SOUND JOURNEY

Of Life

17:00 - 18:30 Mystic Ecstatica Adrian Atma **SOUND JOURNEY** 

21:00 - 22:30 Adrian Freedman CONCERT

19:00 - 20:30 Kabeção and João M Nunes

## Day 6 – Saturday 22

22:30 - 00:30 Liquid Bloom (Dance Set)

11:00 - 12:30 A Thousand Petals Adrian Freedman

SOUND JOURNEY 13:00 - 14:30 The Psychedelic Journey Switchdance

SOUND JOURNEY

15:00 - 16:30 Ambient Sonic Liquid Bloom SOUND JOURNEY

17:00 - 18:30 Hoho Ika

Txana RITUAL 19:00 - 21:00 **Zen Baboon** 

LIVE ACT

21:00 - 23:00 Fernanda Pistelli DJ SET

### 23:00 - 01:00 **Atmos** DI SET

Day 7 - Sunday 2311:00 - 12:30 The Embodied Voice, the Song of the Present

Kate Smith

SOUND JOURNEY 13:00 - 14:30 Breathing Life into Stories SOUND JOURNEY

15:00 - 16:30 **Xtatic Kirtan** - The Medicine of Mantra Punnu Wasu

**SOUND JOURNEY** 17:00 - 19:00 Kokeshi

19:00 - 21:00 Tempura the Purple Boy

21:00 - 23:00 Oceanvus Orientalis

## lipis

Open from 10:00 to 20:00

One-to-One

From 18 to 23 June Bookings close at 19:00

> Catarina Palma AURA READING

Fay TAROT Inês Veiga de Macedo AURA READING, ENERGETIC HEALING

Luciano Stella

PLANT ALCHEMY, MAHE'O REIKI

Diana Venusiana

AKASHIC RECORDS, ASTROLOGY,

TAROT, ORACLES

Madalena Banha BRAINSPOTTING, SEKHEM Rui Abrantes

GEOMETRIC MEDICINE

Savita Carina

REBIRTHING BREATHWORK Sofia Pérez ENERGETIC MEDICINE, INTUITIVE READING TRANSPERSONAL HYPNOTHERAPY

Truth

EMOTIONAL ALCHEMY WITH THE SUI DECK, PERCEPTIVE & PSYCHOSOMATIC PSYCHOPEDAGOGY Yumi **ENERGY HEALING** (REIKI HEALING, LEMURIAN HEALING™)

Bookings and payment are made

on the spot, directly with the therapists.

Location on the map.

The Being Gathering 2024 theme is **GENEROSITY** 

## Water Temple

Let yourself go into the flow of rituals and sessions in this beautiful place.

### Day 1 – Monday 17

19:00 - 20:30 **Sunset Opening** Ceremony Lex Empress & Musicians

Pete Bampton

Day 2 – Tuesday 18 09:00 - 10:30 Fire of the Heart Meditation

19:00 - 20:30 Encounter with the Heart of the Earth Lua Maria

RITUAL

MEDITATION

## Day 3 – Wednesday 19

09:00 - 10:30 **Meditation is not** what you think Pete Bampton MEDITATION

17:00 - 18:30 Vibrant Livin' Carlos Romero BREATHWORK

### Deva Shamim RITUAL

19:00 - 20:30 Sunset Ritual of Gratitude

Day 4 – Thursday 20 09:00 - 10:30 Radical Simplicity

MEDITATION 11:00 - 12:30 Heart Chakra Deva Shamim **MEDITATION** 

Pete Bampton

17:00 - 18:30 **Solstice Divine Chanting** Isa Guitana SOUND JOURNEY 19:00 - 20:30 Iam Life (finding light

### Bárbara Eugênia RITUAL

in the dark)

Day 5 - Friday 21 09:00 - 10:30 Meditation is a Metaphor for Enlightenment

Joãozinho da Figueira

The Space Between

Pete Bampton **MEDITATION** 11:00 - 12:30 Body and Soul, The Energy of Capoeira

MARTIAL ARTS

Rafael Chaman MEDITATION 19:00 - 20:30 The Voice of Gratitude

17:00 - 18:30 Kumbaka,

Day 6 - Saturday 22

Virgilio Beatriz

09:00 - 10:30 The Secret of Freedom Pete Bampton MEDITATION

Deva Shamim RITUAL 17:00 - 18:30 **Chakra Dhyana** Punnu Wasu

MEDITATION

19:00 - 20:30 **Ceremony for Mayu** 

11:00 - 12:30 Water is Life

### Hannah Graceful Dawn and Eartha love universal

09:00-10:30 Always Already Free

Pete Bampton

and Mama Moon

MEDITATION

Use the

Compost Toilets

It's the ultimate technology

for nature, with no need for water.

At the end of the festival your

Day 7 – Sunday 23

## contribution will be used for compost.

# Fractal

Bodywork

Open from 09:00 to 21:00

From 18 to 23 June

Alexandre Poças OSTEOPATHY Antti laine

Armando Faria OSTEOPATHY, THERAPEUTIC MASSAGE,

CRANIOSACRAL THERAPY

Azahara García

ABHYANGA MASSAGE, AYURVEDA MASSAGE

**Body Mandala** 

OSTEOPATHY, ENERGETIC MASSAGE, ACUPUNCTURE

BODY FLOWING MASSAGE, REIKI, THAI YOGA MASSAGE Chan ACUPUNCTURE, TUI NA MASSAGE

Claire Kao THAI YOGA MASSAGE, TRIGGER POINT MASSAGE Fernando Martins OSTEOPATHY, DEEP TISSUE MASSAGE

Helena Avocado HOLISTIC MASSAGE, DEEP TISSUE MASSAGE, PREGNANCY MASSAGE, THAI YOGA MASSAGE INTUITIVE REMEDIAL MASSAGE, TRAGER APPROACH,

STRUCTURAL INTEGRATION

Ingrida Zen

MYOFASCIAL RELEASE THERAPY

OSTEOPATHY, DEEP TISSUE MASSAGE,

Gonçalo Freire

ABHYANGA MASSAGE, AYURVEDA MASSAGE,

MYOFASCIAL RELEASE THERAPY,

DORN BREUSS METHOD

Klaudia IntoBeing DEEP TISSUE MASSAGE, MYOFASCIAL RELEASE THERAPY, CHI NEI TSANG ABDOMINAL MASSAGE María Saldaña

ABHYANGA MASSAGE, AYURVEDA MASSAGE,

ENERGY HEALING (REIKI & BUDDHIST HEALING)

Maurizio Stentella

ORTHO-BIONOMY, DYNAMIC THAI MASSAGE

Micaco AROMATHERAPY, TOUCHING ESSENCE Octavio Valente ABHYANGA MASSAGE, AYURVEDA MASSAGE, REIKI

Rita Serrano

ACUPUNCTURE, TUI NA MASSAGE, CUPPING THERAPY

DEEP TISSUE MASSAGE, LYMPHATIC DRAINAGE MASSAGE

THERAPY APPROACH

Sean Yuen

ACUPUNCTURE, CUPPING THERAPY, DEEP TISSUE MASSAGE

Silvia Dias

TUI NA MASSAGE, DEEP TISSUE MASSAGE,

LYMPHATIC DRAINAGE MASSAGE, ACUPUNCTURE.

**CUPPING THERAPY** 

on the spot, directly with the therapists.

Location on the map.

Rodrigo Teixeira ABHYANGA MASSAGE, AYURVEDA MASSAGE, SHIRO ABHYANGA MASSAGE, KERALA MASSAGE Sara Costa PHYSIOTHERAPY, INTEGRATED MANUAL

ACUPUNCTURE, ENERGETIC HEALING. CHAKRA BALANCING, ENERGETIC MASSAGE Bookings and payment are made

## Recycle You can contribute to waste separation. Look around and find the recycling bins.

Dragons

## Day 2 – Tuesday 18

**BODY PAINTING** 

16:30 - 18:00 Rewilding Family Craft

Lizzy Charles

FOREST SCHOOL

Rita Pereira

YOGA & FUN

12:00 - 13:30 Improvis-A-Fun

13:30 - 14:30 Family Circles

CIRCLE

GAME

18:00 - 19:00 Yoga for Kids and Families

Day 3 – Wednesday 19

10:00 - 12:00 Claytho's Clay Adventure:

Painting Mediterranean

Esther Comino Alvarez

Natalia Fresan Barquet

**Between Generations** 

MOVEMENT & GAMES

Luiza Cascon

15:00 - 16:30 Rewilding Family Craft

Lizzy Charles

FOREST SCHOOL

17:00 - 18:30 The Ask Game: Bridges

Joana Principe

Day 4 – Thursday 20

09:30 - 10:30 Yoga for Kids and Families

Between Folds

José Soutelinho

15:00 - 16:30 Ecstatic Dance for Kids

Rute Novais

ECSTATIC DANCE

17:00 - 18:30 Rewilding Family Craft

Lizzy Charles

FOREST SCHOOL

Day 5 – Friday 21

10:00 - 11:30 Rewilding Family Craft

Natalia Fresan Barquet

Adventure: The Mistery

Claytho's Clay Adventure: Alebrijes Magical

Esther Comino Alvarez

**Between Generations** 

& Grown Up Children

of the Old Dragon

- The Big Gymkana

Esther Comino Alvarez

MOVEMENT & GAMES

Luiza Cascon

**BODY PAINTING** 

Rita Pereira

Day 6 - Saturday 22

09:30 - 10:30 Yoga for Kids and Families

Rita Pereira

Creatures

12:30 - 13:30 The Ask Game: Bridges

Joana Principe

José Soutelinho

15:00 - 16:30 Ecstatic Dance for Kids

Rute Novais

ECSTATIC DANCE

17:00 - 18:30 Rewilding Family Craft

Lizzy Charles

Day 7 – Sunday 23

Between Folds

We Creative Do Solutions

Natalia Fresan Barquet

**Between Generations** 

We are all the same species in the same universe. We are more than national identities. National flags

vide us into ingroup vs outgroup don't bring them to the Being.

Gaia

Bodywork

Open from 09:00 to 21:00

From 18 to 23 June

**Alice Mould** 

HOLISTIC MASSAGE, DEEP TISSUE MASSAGE

Ana Carvalho

ZEN SHIATSU, INTEGRATIVE THERAPY

Claire Kao

THAI YOGA MASSAGE, TRIGGER POINT MASSAGE

Filippo Fabbri

THAI YOGA MASSAGE, REFLEXOLOGY, REIKI

Giada Morri

THAI YOGA MASSAGE, REFLEXOLOGY, REIKI

Inês Sena

ENERGY FLOW MASSAGE, SHIATSU, THAI YOGA MASSAGE

Laura Reuber

RELAXING MASSAGE, MUSCULAR RECOVERY MASSAGE

Luiza Cascon

ABHYANGA MASSAGE, AYURVEDA MASSAGE

Mirte Simons

SHIATSU, DEEP TISSUE MASSAGE,

INDIAN HEAD MASSAGE, MYOFASCIAL RELEASE THERAPY,

**RELAXING MASSAGE** 

Nara de Carvalho QUIROMASSAGE, LOMI LOMI, CUPPING THERAPY,

TRIGGER POINT MASSAGE

Shana CosmicHand

TRADITIONAL CHINESE MEDICINE (TCM),

ACUPUNCTURE, HEALING MASSAGE

Vanessa Santos Terapias

SHIATSU, TUI NA MASSAGE, SPORTS MASSAGE,

DEEP TISSUE MASSAGE

Bookings and payment are made

on the spot, directly with the therapists.

Location on the map.

MOVEMENT & GAMES

16:00 - 17:30 The Ask Game: Bridges

Joana Principe

17:30 - 19:00 Rewilding Family Craft

Lizzy Charles

FOREST SCHOOL

FOREST SCHOOL

09:30 - 11:30 A Hands on Journey

**ORI GAMI** 

12:00 - 13:30 Natural Painting

13:30 - 14:30 Family Circles

CIRCLE

14:30 - 16:00 Improvis-A-Fun

Uni Art

**BODY PAINTING** 

Luiza Cascon

GAME

CIRCLE

13:30 - 14:30 **Teens Council** 

YOGA & FUN

YOGA & FUN

Lizzy Charles

FOREST SCHOOL

11:30 - 13:00 Improvis-A-Fun

13:30 - 14:30 Family Circles

CIRCLE

14:30 - 16:00 Natural Painting

16:00 - 18:00 Claytho's Clay

18:00 - 19:00 **Yoga for Teens** 

We Creative Do Solutions

& Grown Up Children

Rita Pereira

YOGA & FUN

10:30 - 12:30 A Hands on Journey

**ORI GAMI** 

13:30 - 14:30 Teens Council

CIRCLE

A space for new generations

and their families.

Young

11:00 - 12:00 Welcome Kids & Families

Young Dragons Team 12:00 - 13:30 Natural Painting Uni Art

14:00 - 16:00 A Hands on Journey Between Folds We Creative Do Solutions ORI GAMI

### José Soutelinho BEING COUNCIL

Day 4 – Thursday 20

### José Soutelinho

**BEING COUNCIL** 

18:30 - 20:30 Chances on Intention

### Iosé Soutelinho BEING COUNCIL

Day 6 - Saturday 22

## 18:30 - 20:30 Navigating Scarcity

José Soutelinho BEING COUNCIL

and Abundance

Lake Practice

Amaia Luco Aurelie Chauleur Avi Srebro **Emanuel Fernandes** Katherine Greaves

AQUATIC THERAPY GENTLY GUIDES YOU INTO THE LIMITLESS POSSIBILITIES OF MOVEMENT AND STILLNESS IN WATER BENEFITS INCLUDE DEEP RELAXATION, DECREASED HEART AND BREATH RATES, SOMATIC RELEASES, PHYSICAL REHABILITATION.

OF YOUR BODY, SPIRIT AND MIND.

Terapias Com.Paixão THERAPEUTIC & FASCIAL MASSAGE HOLISTIC INTEGRATIVE MASSAGE.

THAI YOGA MASSAGE, MARMA MASSAGE

ACUPUNCTURE, RELAXING MASSAGE, SHIATSU Nelly

Rita Aleixo INTUITIVE MASSAGE, CHI NEI TSANG ABDOMINAL MASSAGE,

SOBADA MAYA, THAI YOGA MASSAGE

Tito Alho INTEGRATED MANUAL THERAPY APPROACH,

NEUROKINETIC THERAPY, DEEP TISSUE MASSAGE

RELAXING MASSAGE, FASCIAL TECHNIQUES

# Sound

## Sound Healing

SOUND HEALING

Carlos Romero CRYSTAL QUARTZ SOMATIC SOUND HEALING Nereida & Robin SOUND BATH MEDITATION EXPERIENCE

& CRISTAL BOWLS Bookings and payment are made

on the spot, directly with the therapists

Location on the map.



# Council

mentor of transformative processes.

Day 7 - Sunday 23

Open from 10:00 to 19:00

Bookings close at 18:00

Kfir Kol Molly-Ann Basterfield Rita Maldonado Tamara Bischof Tiago Paraiso

WHERE THE THERAPIST TAKES CARE

IMPROVED SLEEP,

AND ENHANCED BODY AWARENESS,

AMONG MANY OTHERS.

IT'S A MOMENT TO LOSE YOUR GRAVITY

AND ENJOY A HOLDING SPACE

Open from 09:00 to 21:00 From 18 to 23 June

### Ana Rita Navalho ABHYANGA MASSAGE, AYURVEDA MASSAGE,

Krisztina THAI YOGA MASSAGE.

CHI NEI TSANG ABDOMINAL MASSAGE,

CRANIOSACRAL THERAPY

**Lurdes Mendes** 

## THAI YOGA MASSAGE

Rober SHIATSU, KI ASAI

# Healing Tipi

Open from 10:00 to 20:00 From 18 to 23 June Bookings close at 19:00

Carlos Mendonça & Savita Carina ANCESTRAL SOUND HEALING

CRAFTS FROM THE AMAZONIAN LANDS Vénus Sound Healing SOUND HEALING WITH TUNING FORKS

Bookings and payment are made on the spot, directly with the therapists. Location on the map.

## Bodywork

AURICULOTHERAPY, TUI NA MASSAGE

MYOFASCIAL RELEASE THERAPY,

# **Hugo Paulino**

Pedro Neves ZEN SHIATSU

### Bookings and payment are made on the spot, directly with the therapists. Location on the map.

NATIVE RESONANCE-ICAROS,

A conversation ritual that brings different topics every day, guided by José Soutelinho, a

Being

Day 2 – Tuesday 18

## Day 3 – Wednesday 19

18:30 - 20:30 The Difficulties in Being Generous

### 18:30 - 20:30 **How about asking** for Gen Help?

### 18:30 - 20:30 Pay Fwd-Extending Generosity José Soutelinho

BEING COUNCIL

## Lake

From 18 to 23 June

Seed of Life

Ana Duarte

### Eli Ella ABHYANGA MASSAGE, AYURVEDA MASSAGE BALANCING MASSAGE, VIBRATIONAL ALIGNMENT

# **Alma Filipa**

Txana

### From 15 to 28 July we are hosting a holistic camping in Boomland

### 18:30 - 20:30 **The Art of Giving** and Receiving

José Soutelinho **BEING COUNCIL** 

Day 5 – Friday 21

# & Impact

# Being Camp

Stay updated about this immersion in Boomland nature.