

Dharma Talks

Our talks program embodies the spirit of exploration and discovery. In a crossroad of ancient traditions and cutting-edge sciences, 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 Reemergence**
Andrea Jungaberle
TALK
- 13:00 - 14:30 **Harnessing the Power of the Heart**
Geeta Stillwell
TALK
- 15:00 - 16:30 **Mastermind-Sharing your Wisdom**
José Soutelinho
TALK
- 17:00 - 18:30 **The Language of Plants**
Teresa Feijó
TALK
- 19:00 - 20:00 **Art Expression Facilitation**
Vera Balsemão
TALK

Day 3 – Wednesday 19

- 09:00 - 10:30 **Active Consciousness**
Punnu Wasu
BREATHWORK
- 11:00 - 12:30 **The Way of Water**
Laura Korcollanin
TALK
- 13:00 - 14:30 **Regenerative Living**
Peppi Gauci
TALK
- 15:00 - 16:30 **Houses of the Heart**
Amos Clifford
TALK
- 17:00 - 18:30 **The Alchemy of Grief**
Edyta Kotowicz
TALK

Day 4 – Thursday 20

- 09:00 - 10:30 **Soul Awakening, Activation Movement**
Christine May & Sabine soulljam
BREATHWORK
- 11:00 - 12:30 **How Can We Be If We Don't Know Who We Are?**
Maria Gorjão Henriques
TALK
- 13:00 - 14:30 **Becoming Sovereign**
Fer Pal
TALK
- 15:00 - 16:30 **Daily Habits to Decrease Anxiety**
Anna Elisa de Castro
TALK
- 17:00 - 18:30 **Dream Journey**
Fábio Novo
TALK
- 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
TALK
- 13:00 - 14:30 **Geometric Medicine**
Rui Abrantes
TALK
- 15:00 - 16:30 **Boomland Sustainability Program**
Boom Team
TALK
- 17:00 - 18:30 **Ecstatic, Conscious Death**
Hannah Graceful Dawn and Eartha love universal
SATYA
TALK

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
TALK
- 13:00 - 14:30 **Psychedelic (psycho)therapy for Mental Health**
Pedro Castro Rodrigues
TALK
- 15:00 - 16:30 **Psychedelics Beyond The Rave and the Clinic**
Pedro Teixeira
TALK
- 17:00 - 18:30 **Secrets of Fascia**
João Soares
TALK
- 19:00 - 20:00 **Art Expression Facilitation**
Vera Balsemão
TALK

Day 7 – Sunday 23

- 09:00 - 10:30 **Dissolve into Oneness**
Wai Guen
BREATHWORK
- 11:00 - 12:30 **Reparenting Your Inner Child**
Amanda Wonderland
TALK
- 13:00 - 14:30 **Rainbow Bites, Cultivating Health from an Early Age**
One of Us Kitchen
TALK
- 15:00 - 16:30 **Mental Health, New Perspectives**
Sylvia Latacz
TALK
- 17:00 - 18:30 **Reciprocity in Action**
Constança Belchior & Ana Fernandes
TALK

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
YOGA
- 13:00 - 14:30 **Kung Fu Prayer, Giving is Receiving**
Guilherme Luz
MARTIAL ARTS
- 15:00 - 16:30 **Gypsy Duende**
Carolina Fonseca
DANCE
- 17:00 - 18:30 **Turning Towards the Heart**
Miriam Peretz
DANCE
- 19:00 - 20:30 **The Sacred Dance of Shiva & Shakti**
Pete Bampton
TANTRA
- 21:00 - 23:00 **Heart Opening Dance Circle**
Yumii
ECSTATIC DANCE

Day 3 – Wednesday 19

- 09:00 - 10:30 **Warrior Workout**
Silvia Leilani Love
FITNESS
- 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
DANCE
- 15:00 - 16:30 **A Journey to Your Unlabeled Self**
Kaylani & Megara
ECSTATIC DANCE
- 17:00 - 18:30 **Unconscious Loyalties to the Family Clan**
Maria Gorjão Henriques
INNER WORK
- 19:00 - 20:30 **Connected**
Março Menezes
DANCE
- 21:00 - 23:00 **Wild Awakening**
Mishina
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
DANCE
- 15:00 - 16:30 **Sensory Movement**
Kana Ote
MOVEMENT
- 17:00 - 18:30 **Awakening the Dancer**
Esta Polystas
ECSTATIC DANCE
- 19:00 - 20:30 **The Love Affair, 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**
Rui Abrantes
FITNESS
- 11:00 - 12:30 **Unearth Your Rhythm Ceremony**
Kaylani & Megara
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 Polystas
ECSTATIC DANCE
- 19:00 - 20:30 **The Ancestors Lineage Gate**
Virgilio Beatriz
INNER WORK

Day 7 – Sunday 23

- 09:00 - 10:30 **Wonder Wo(Men) Workout**
Silvia Leilani Love
FITNESS
- 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**
Paulo Rozas
ECSTATIC DANCE
- 17:00 - 18:30 **Healing Through the Breath**
Kundalini Yoga School & The Daleeps
BREATHWORK

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 Express & Gillan Baraacs

The Soulsong Kiosk is the place where memorizing journeys of improvisation, improvised, and channelled songs come to life. Accompanied by the music of pianist Gillan Baraacs, Lex Express channels your soul's profound request for a divine message into each note, crafting unique and transcendent musical vibrations that flow through her. With over 7000 soulsongs sung in 7 languages, Lex Express'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 to know yoga related practices, like Pranayama, Kirtan and Krishnas, among rituals and tantra experiences.

Day 3 – Wednesday 19

- 09:00 - 10:30 **Cultivating Seeds of Compassion**
Maria Jva
FITNESS
- 11:00 - 12:30 **Yoga Vinyasa Krama**
Ana Maria Magalhães
YOGA
- 13:00 - 14:30 **Vedanta & the World of Rituals**
Sáradá Devi
RITUAL
- 15:00 - 16:30 **Dynamic Spiral**
Filipa Veiga
YOGA
- 17:00 - 18:30 **AuroYoga**
Angélique Poulain and Louie Golds
YOGA
- 19:00 - 20:30 **Bhakti Nidra**
Isa Guitiana
YOGA

Day 4 – Thursday 20

- 09:00 - 10:30 **Hatha Yoga Class**
Punnu Wasu
YOGA
- 11:00 - 12:30 **Yoga for Building Resilience & Supporting Community**
Katrin Heuser
YOGA
- 13:00 - 14:30 **Sutras, Pranayama and Mantras**
Ana Maria Magalhães
YOGA
- 15:00 - 16:30 **Kirtan Concert**
Kula
DRUM SESSION
- 17:00 - 18:30 **Solstice Ceremony, Receive the Light**
Kundalini Yoga School & The Daleeps
RITUAL
- 19:00 - 20:30 **What's Sex got to do with Tantra?**
Pete Bampton
TANTRA

Day 5 – Friday 21

- 09:00 - 10:30 **Opening to That Tenderness of the Heart**
Maria Jva
YOGA
- 11:00 - 12:30 **The Ancient Dance of Breath & Body**
Petros
YOGA
- 13:00 - 14:30 **Psychedelic Breath®**
Carla Kuhlmann
BREATHWORK
- 15:00 - 16:30 **Sex Magic Reclaiming our Power**
Sáradá Devi
TANTRA
- 17:00 - 18:30 **All Dimensions Shamanic Prayer**
Satya
RITUAL
- 19:00 - 20:30 **Nada Journey**
Sara Luz & Kokeshi
YOGA

Day 6 – Saturday 22

- 09:00 - 10:30 **Sutras, Pranayama and Mantras**
Ana Maria Magalhães
YOGA
- 11:00 - 12:30 **Body Prayer**
Christine May & Sabine soulljam
YOGA
- 13:00 - 14:30 **The Dao of Yoga**
Rafael Chaman
YOGA
- 15:00 - 16:30 **Qigong**
Rafael Chaman
MARTIAL ARTS
- 17:00 - 18:30 **Full Moon Ceremony - Root in your Being**
Kundalini Yoga School & The Daleeps
RITUAL
- 19:00 - 20:30 **Transformation Through Intimacy**
Pete Bampton
TANTRA

Day 7 – Sunday 23

- 09:00 - 10:30 **Yoga Shiva Shakti**
Isa Guitiana
YOGA
- 11:00 - 12:30 **Embodiment**
Carlos Romero
YOGA
- 13:00 - 14:30 **Sounds & Rituals of the Nadam-Yoga**
Petros
FITNESS
- 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**
Aurélien Chantelour
WATER PRACTICE

Day 3 – Wednesday 19

09:00 - 10:30 **Immersion Experience**
Geeta
NATURE

Day 4 – Thursday 20

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

Day 5 – Friday 21

09:00 - 10:30 **Immersion Experience**
Geeta
NATURE

Day 7 Sunday 23

09:00 - 10:30 **Immersion Experience**
Geeta
NATURE

Respect Boomland

Don't litter. Cigarette butts go in portable ashtrays. Use a refillable bottle. You are part of nature. Take time to connect to the elements around you.

Sacred Fire Stage

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

Day 3 – Wednesday 19

- 11:00 - 12:30 **Flow**
Baltazar Molina
SOUND JOURNEY
- 13:00 - 14:30 **Does it Resonate?**
Lex Empress and Gillan Baraacs
SOUND JOURNEY
- 15:00 - 16:30 **Mystic Loop**
Adrian Atma
SOUND JOURNEY
- 17:00 - 18:30 **Songs of the Earth, Water & Spirit**
Luis Martin
SOUND JOURNEY
- 19:00 - 20:30 **Awaken your Inner Dragon**
Wai Guen
RITUAL

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**
Kula
DRUM SESSION
- 21:30 - 23:00 **A Journey with Magupi**
Magupi
SOUND JOURNEY

Day 5 – Friday 21

- 11:00 - 12:30 **We Celebrate Us**
Lex Empress and Gillan Baraacs
SOUND JOURNEY
- 13:00 - 14:30 **Flowing With The River Of Life**
Barbara Eugenia
SOUND JOURNEY
- 15:00 - 16:30 **Breathwork & Voice Activation**
Wai Guen
SOUND JOURNEY
- 17:00 - 18:30 **Mystic Esotérica**
Adrian Atma
SOUND JOURNEY
- 19:00 - 20:30 **Kabecão and João M Nunes**
CONCERT
- 21:30 - 22:30 **Adrian Freedman**
CONCERT
- 22:30 - 00:30 **Liquid Bloom (Dance Set)**
DJ SET

Day 6 – Saturday 22

- 11:00 - 12:30 **A Thousand Petals**
Adrian Freedman
SOUND JOURNEY
- 13:00 - 14:30 **The Psychedelic Journey**
Sáradá Devi
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
- 21:30 - 23:00 **Fernanda Pistelli**
DJ SET
- 23:00 - 01:00 **Atmos**
DJ SET

Day 7 – Sunday 23

- 11:00 - 12:30 **The Embodied Voice, the Song of the Present**
Kate Smith
SOUND JOURNEY
- 13:00 - 14:30 **Breathing Life into Stories**
Kabecão
SOUND JOURNEY
- 15:00 - 16:30 **Xtatic Kir-tan - The Medicine of Mantra**
Punnu Wasu
SOUND JOURNEY
- 17:00 - 19:00 **Kokeshi**
DJ SET
- 19:00 - 21:00 **Tempura the Purple Boy**
DJ SET
- 21:30 - 23:00 **Oceanus Orientalis**
LIVE

#SaveTheDrop

Water is a scarce resource in this area: respect shower times (running from 06:00 to 23:59) and save water. Don't pollute the water! Take care: use non-toxic sunscreens & bio soap.

Tipis

One-to-One

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

- Catarina Palma**
AURA READING
- Diana Ventisiana**
AKASHIC RECORDS, ASTROLOGY, TAROT, ORACLES
- Fay**
TAROT
- Inês Veiga de Macedo**
AURA READING, ENERGETIC HEALING
- Luciano Stella**
PLANT ALCHEMY, MAHEO REIKI
- Madalena Banha**
BRANSOTTING, SESHAM
- 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 PSYCHOLOGY
- Yumii**
ENERGY HEALING (REIKI HEALING, LEXMURIAN HEALING™)

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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
RITUAL

Day 2 – Tuesday 18

09:00 - 10:30 **Fire of the Heart Meditation**
Pete Bampton
MEDITATION

19:00 - 20:30 **Encounter with the Heart of the Earth**
Luis Maria
RITUAL

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

19:00 - 20:30 **Sunset Ritual of Gratitude**
Deva Shamim
RITUAL

Day 4 – Thursday 20

09:00 - 10:30 **Radical Simplicity**
Pete Bampton
MEDITATION

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

17:00 - 18:30 **Solstice Divine Chanting**
Isa Guitiana
SOUND JOURNEY

19:00 - 20:30 **Jam Life (finding light in the dark)**
Barbara Eugenia
RITUAL

Day 5 – Friday 21

09:00 - 10:30 **Meditation is a Metaphor for Enlightenment**
Pete Bampton
MEDITATION

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

17:00 - 18:30 **Kumbha, The Space Between**
Rafael Chaman
MEDITATION

19:00 - 20:30 **The Voice of Gratitude**
Virgilio Beatriz
RITUAL

Day 6 – Saturday 22

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

11:00 - 12:30 **Water-is Life**
Deva Shamim
RITUAL

17:00 - 18:30 **Chakra Dhiana**
Punnu Wasu
MEDITATION

19:00 - 20:30 **Ceremony for Mayu and Mama Moon**
Hannah Graceful Dawn and Eartha love universal
RITUAL

Day 7 – Sunday 23

09:00 - 10:30 **Always Already Free**
Pete Bampton
MEDITATION

Fractal

Bodywork

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

- Alexandre Poças**