



Schedule

Check In | 09:30 - 10:00

Connect to Self | Embodiment Series | 10:00 - 13:30

10:00-10:50 | Hatha Yoga Class with Katerina Molin Mota in the Sanctuary

10:00-10:50 | Yin Yoga Class with Lynn Castilla in the Garden Temple

11:00-12:00 | Somatic Dance with Gabriela Gonçalves in the Sanctuary & Garden Temple

12:00-12:30 | Melon & Coffee on the Patio with SnackBar Club and Von and Vonnie

12:45-13:30 | Self-Massage Workshop with Maria Nicolau in the Shala

12:30-13:30 | Guided Meditation with Alessandra Dorante in the Sanctuary

Connect to Community | Unity Series | 13:30 - 17:00

13:30-15:00 | Lunch on the Patio with SnackBar Club, Mai Kombucha, and Von and Vonnie

14:00-15:30 | Herbal Medicine for Digestion with Kaela Pardo in the Kitchen

14:00-15:30 | Mandala Making in the Sanctuary

14:00-17:00 | Tea Tent with Sarah Duryea in the Grotto

15:45-16:30 | ContaKids Contact Dance with Mariana de Sousa in the Sanctuary

13:30-17:00 | Ayurvedic Massage with Maria Nicolau in the Shala

13:30-17:00 | Flash Tattoo with Flor Jerez in the Sala de Luz (upstairs)

13:30-17:00 | Music with seb says in the Garden

13:30-17:00 | Local Artisan Market in the Garden Temple

Connect to Spirit | Transcendence Series | 17:00 - 22:00

17:00-18:00 | Pesticos on the Patio with Odete Bakery, and Mai Kombucha

17:30-18:00 | Poetry Reading with Maureen Medina in the Sanctuary

17:30-18:00 | Improv Performance with seb says in the Garden Temple

18:15-19:00 | Singing Performance by Mariana de Sousa in the Garden Temple

19:00-20:00 | Cacao Ceremony with Andreia Guimarães in the Sanctuary

20:00-22:00 | Ecstatic Dance with Joana Cavalheiro in the Garden Temple

17:00-22:00 | Body Painting with Flor Jerez on the Patio

17:00-22:00 | Tea Tent with Sarah Duryea in the Grotto