

# HELLO WONDERS! HERE YOU FIND THE EMBODIMENT FESTIVAL PROGRAMME\*

\* SMALL CHANGES CAN STILL HAPPEN

## Wednesday - 24th

WHEN	WHERE	TITLE	TEACHER(S)	DESCRIPTION
15.00-17.30	Reception	Arrival		Check-in at the reception, find your room/tent place, land and hang out with the others!
17:30-18:30	Dinner			
19.00-21.30	Naturum	Festival opening ceremony and concert	Björn and Diana Bolo	Kick off the festival with a vibrant opening ceremony followed by a mesmerizing concert. Connect, celebrate, and immerse yourself in the energy of the gathering.
22.00-7.00	Time to Recharge: Beauty Sleep, Cuddles & Starwatching (silence)			



**THURSDAY - 25th**

WHEN	WHERE	TITLE	TEACHER(S)	DESCRIPTION
7.00-8.00	Kreativum	Foundational Qigong	Patrik	Discover the basics of Qigong in this grounding session. Enhance your energy flow, balance, and overall well-being.
	Naturum	Waking up and reaching for connection	Linn Löf	Embark on a journey of connection through contact improvisation. Explore the art of spontaneous movement and physical dialogue in a supportive and collaborative environment.
8.00-9.00	Breakfast			
9.30-10.30	Morning Circle			
Workshop 1 11.00-12.30	Kreativum	Free Movement Dance	Peter	Express yourself through spontaneous dance. Embrace freedom, joy, and creativity. The workshop is in Swedish, but English guidance is available.
	Naturum	Voicing	Diana	Unleash your authentic voice through guided exercises. Explore vocal expression and connect deeply with your inner sound.
	Hay Loft	Embodied relating - navigating boundaries and desires	Linn Löf	Engage in embodied practices to navigate personal boundaries and desires with clarity and sensitivity.
	Outside restaurant	Herbal walk	Ann-Louise Fransson	Explore the healing power of nature on a guided walk. The workshop is in Swedish
12.30-13.30	Lunch			
13.00-17.00	Café in old barn is open: come for fika any time!			
Workshop 2 14.00-16.00	Naturum	Embodied Yoga & Astrology: Joy, Beauty & Soul	Leika	Integrate yoga and astrology to enhance joy, beauty, and soul connection in this enlightening and transformative session.
	Hay Loft	Freemove Yoga	Angelica	Experience the freedom of movement in yoga. Flow intuitively and connect deeply with your body.
	Sun Hall	From head to body, EFT - Emotional Freedom Technique	Camilla Edinger	Release emotional blocks and restore balance using EFT. Transition from headspace to embodied presence.
Workshop 3 16.30-18.00	Kreativum	Tandava: The Cosmic Dance	Patrik	Immerse yourself in Tandava, the ancient cosmic dance of creation and destruction, embodying rhythm, energy, and divine expression.
	Naturum	Transformative dance "Making Room"	Juliette	Explore self-expression through dance, creating space for transformation and personal growth in a supportive environment.
	Hay Loft	Conscious Movement - Capoeira inspired	Janne Löfvenberg	Embrace mindful movement influenced by Capoeira, blending fluidity, rhythm, and mindfulness for a holistic body-mind experience.
	Sun Hall	Healing movement	Birgit Sonja	Explore the body's natural movement patterns and let go of tensions and limitations to feel free in your body.

	Outside restaurant	Herbal walk	Ann-Louise Fransson	Explore the healing power of nature on a guided walk. The workshop is in Swedish
18:30-19:30	Dinner			
20.00-22.30	Naturum	Ceremonial concert	Sven and Elisabeth	Experience primal rhythms from nature drums, gongs, and more, intertwined with Swedish songs and Nordic mythology
21.30	Sauna	Aufguss/Guided Sauna sessions	Oskar	Immerse yourself in the art of Aufguss with guided sauna sessions. Experience enhanced relaxation and well-being through thermotherapy and expert techniques.
23.00-7.00	Time to Recharge: Beauty Sleep, Cuddles & Starwatching (silence)			

### FRIDAY - 26th

WHEN	WHERE	TITLE	TEACHER(S)	DESCRIPTION
7.00-8.00	Kreativum	Qigong for self-healing	Patrik	Learn ancient Qigong techniques to promote self-healing, enhance vitality, and cultivate inner peace.
	Outside restaurant	Body Weather: Muscles, Bones, Mind Body	Carmen	Explore the ever-changing nature of the body akin to weather. This versatile dance/movement practice integrates dynamic physical exercises with sensitivity to surroundings.
8.00-9.00	Breakfast			
9.30-10.30	Morning Circle			
Workshop 1 11.00-12.30	Kreativum	Drums	Lennart	Starting from beginner level, explore the modern djembe tradition from basic strokes to complex polyrhythms. No prior experience needed - djembes provided for all participants.
	Naturum	Wim Hof method Breathing	Björn	Discover the transformative power of the Wim Hof Method through guided breathing techniques. Enhance your focus, energy, and well-being in this immersive workshop.
	Hay Loft	Body Learning "Stepping into Presence"	Juliette	Master body learning basics to quiet your mind and reconnect with your body, enhancing your presence.
	Outside restaurant	Forest Bathing with a Scientific Touch	Patrik	Experience the healing benefits of nature with guided forest bathing sessions enriched by scientific insights. Dive in the restorative power of the forest environment.
12.30-13.30	Lunch			
13.00-17.00	Café in old barn is open: come for fika any time!			

Workshop 2 14.00-16.00	Kreativum	Body weather dance workshop	Carmen	Dive into Body Weather, a dance and movement practice exploring the body's relationship with its environment. Engage in dynamic exercises and sensory awareness.
	Naturum	Freemove Yoga	Angelica	Experience the freedom of movement in yoga. Flow intuitively and connect deeply with your body.
	Hay Loft	Embodied Yoga: Red Juicy Liquidity	Leika	Experience the flow of embodied yoga with a focus on vibrant, fluid movements. Connect deeply with your body's innate vitality and energy.
	Sun Hall	Family constellation	Candra	Join in a unique family constellation workshop. Using group members as representatives, this method maps family dynamics to enable healing and growth. Address personal issues such as work, health, relationships, and life decisions with clarity and practical applications.
	Sauna	Aufguss/Guided Sauna sessions	Oskar	Immerse yourself in the art of Aufguss with guided sauna sessions. Experience enhanced relaxation and well-being through thermotherapy and expert techniques.
Workshop 3 16.30-18.00	Kreativum	Free Movement Dance	Peter	Express yourself through spontaneous dance in a supportive environment. Embrace joy, creativity, and freedom of movement.
	Naturum	Singing circle	Eva Dunder	Experience the joy and connection of communal singing. Share in the uplifting energy of collective vocal expression and let the music inspire and heal.
	Hay Loft	Reconnection workshop	Mark Reeves	Experience a safe space to be authentically you. Through sharing and inquiry, explore letting go of familiar patterns and embrace vulnerability and truth for deeper connection and healing.
	Sun Hall	Healing movement	Birgit Sonja	Explore the body's natural movement patterns and let go of tensions and limitations to feel free in your body.
18:30-19:30	Dinner			
20.00-22.30	Naturum	Concert	Eva Dunder	Immerse yourself in a lively concert filled with the vibrant rhythms of djembe drums and uplifting melodies. Let the music awaken your spirit and fill you with joy and energy.
	Outdoor stage next to Old House	Nightfall concert with Gong Bath & Drum Salute	Sven/Elisabeth	Experience a serene nightfall concert featuring a soothing gong bath and invigorating drum salute. Let the sounds guide you into deep relaxation and rejuvenation.
20.30-22.30	Sauna is hot!			
23.00-7.00	Time to Recharge: Beauty Sleep, Cuddles & Starwatching (silence)			

**SATURDAY - 27th**

WHEN	WHERE	TITLE	TEACHER(S)	DESCRIPTION
7.00-8.00	Naturum	Dynamic meditation	Candra	Engage in a transformative meditation practice combining movement, breathwork, and mindfulness to cultivate inner peace and vitality.
8.00-9.00	Breakfast			
9.30-10.30	Morning Circle			
Workshop 1 11.00-12.30	Naturum	African dance	Eva & Lennart	Explore the vibrant rhythms and movements of African dance. Experience the joy and energy of traditional African dance forms in a lively and supportive environment.
	Hay Loft	Reconnection workshop	Mark Reeves	Experience a safe space to be authentically you. Through sharing and inquiry, explore letting go of familiar patterns and embrace vulnerability and truth for deeper connection and healing.
	Outside restaurant	Embodied gardening & kinship	Elin	Connect deeply with nature through embodied gardening practices. Explore the symbiotic relationship between humans and plants, fostering kinship and harmony with the natural world.
12.30-13.30	Lunch			
11.00-17.00	Café in old barn is open: come for fika any time!			
Workshop 2 14.00-16.00	Kreativum	Body weather dance workshop	Carmen	Dive into Body Weather, a dance and movement practice exploring the body's relationship with its environment. Engage in dynamic exercises and sensory awareness.
	Naturum	Embodied relating - Embodiment & Communication	Linn Löf	Deepen interpersonal connections through embodied practices. Explore how physical presence and non-verbal communication enhance understanding and empathy in relationships.
	Hay Loft	Embodied Yin & Rest: Velvet Fluid	Leika	Immerse yourself in a soothing practice of Yin yoga and restorative techniques, promoting deep relaxation and fluidity in body and mind.
	Sun Hall	Family constellation	Candra	Join in a unique family constellation workshop. Using group members as representatives, this method maps family dynamics to enable healing and growth. Address personal issues such as work, health, relationships, and life decisions with clarity and practical applications.

Workshop 3 16.30-18.00	Kreativum	Acroyoga	Elisah	Explore the playful and dynamic fusion of acrobatics and yoga. Develop strength, balance, and trust through partner-based poses and sequences in a supportive environment.
	Naturum	Conscious stretching and breathwork á la Wim Hof method	Björn	Engage in mindful stretching combined with breathwork inspired by the Wim Hof Method. Enhance flexibility, mental clarity, and overall well-being through this integrated practice.
	Hay Loft	Conscious Movement - Capoeira inspired	Janne Löfvenberg	Explore mindful movement influenced by Capoeira's dynamic and rhythmic style. Enhance agility, balance, and cultural appreciation through this engaging practice.
	Sauna	Aufguss/Guided Sauna sessions	Oskar	Immerse yourself in the art of Aufguss with guided sauna sessions. Experience enhanced relaxation and well-being through thermotherapy and expert techniques.
18:30-19:30	Dinner			
20.00-22.30	Naturum	Open stage	Björn	Experience an engaging open stage concert. Enjoy a variety of musical performances in a lively and inclusive atmosphere.
20.00-22.30	Naturum	Dancefloor	Niklas & Lennart	Join us on the dance floor for a night of music, rhythm, and energy. Dance to your heart's content and connect with others in a vibrant and welcoming environment.
20.30-22.30	Sauna is hot!			
23.00-7.00	Time to Recharge: Beauty Sleep, Cuddles & Starwatching (silence)			

### SUNDAY - 28th

WHEN	WHERE	TITLE	TEACHER(S)	DESCRIPTION
7.00-8.00	Naturum	Vipassana Meditation	Patrik	Experience deep insight meditation rooted in mindfulness and self-awareness. Explore inner tranquility and clarity through this ancient practice.
	Outside restaurant	Embodied gardening & kinship	Elin	Connect deeply with nature through embodied gardening practices. Explore the symbiotic relationship between humans and plants, fostering kinship and harmony with the natural world.
8.00-9.00	Breakfast			
9.30-10.30	Morning Circle			

Workshop 1 11.00-12.30	Kreativum	Guided Thai Yoga massage workshop	Elisah	Discover the art of Thai Yoga Massage through expert guidance. Learn therapeutic techniques to enhance relaxation, flexibility, and well-being.
	Naturum	Embodied Yoga: Wholehearted Living	Leika	Immerse yourself in embodied yoga, integrating movement with mindfulness to cultivate a life lived authentically and fully.
	Hay Loft	From head to body, EFT - Emotional Freedom Technique	Camilla Edinger	Release emotional blocks and restore balance using EFT. Transition from headspace to embodied presence.
12.30-13.45	Lunch			
13.00-17.00	Café in old barn is open: come for fika any time!			
14.00-16.00	Closing Circle			

DURING FIVE DAYS OF THE FESTIVAL SOME OF TEACHERS WILL OFFER PRIVATE 1:1 SESSIONS

TEACHER(S)	DESCRIPTION
Diana Bolo	Tarot Cards Reading
Diana Bolo	Private Voice opening
Elisabeth Regina Norberg & Sven	Astrology Consultation - Coaching moment together with the planets in your birth chart
Eva Dunder	Heart Opening Thai Inspired Massage
Juliette Viger	1:1 Grinberg Method (bodywork) sessions, lasting about 1h30, using a mix of touch, verbal guidance, and movement. For anybody struggling with chronic pain, stress, or specific situations in their life, these sessions are an incredible means to learn how to transform limitation into energy and attention, the most valuable tools for self-healing and self-development.
Linn Löf	Somatic Coaching Session
Mark Reeves	Therapeutic Coaching - A safe space to be you, to be heard and seen; allowing your body's inner wisdom to guide you; releasing limiting patterns and restoring wholeness.
Patrik Hansson	Zen Coaching sessions

You will have the opportunity to sign for these sessions during the festival