

# HEAL PLAY LOVE

1 DAY FESTIVAL  
5 YEAR ANNIVERSARY

May 25, Viertel Dach Basel

## PROGRAM OVERVIEW & DETAILS

# ROOFTOP

13:00 - 14:00 (doors open at 12:00)

Opening Ceremony  
*The Kirtan Bliss*

14:00 - 15:30

Ecstatic Dance  
*JPool Live*

15:30 - 17:30

Music  
*Taala*

17:30 - 19:00

Music  
*Kreshna & Yasa*

19:00 - 21:00

Music  
*Zuma Dionys*

21:00 - 23:00

Music  
*Xinobi*

# CLUB

11:30 - 12:30 (doors open at 11:00)

Pre-Opening Cacao Ceremony  
*Zelal Yildiz (\*requires extra ticket)*

14:30 - 15:30

Shamanic Journey  
*Ximena Xaguar*

15:45 - 16:45

Breath Bliss  
*Nour Elise*

17:00 - 17:45

Healthy Cells, Vibrant Life  
*Katrin Buisman*

18:00 - 19:00

Powerful - The Rhythm of Emotions  
*Yannick Zionel*

14:30 - 17:30

Acroyoga (*outside club area*)  
*Salva & Jazx*

14:30 - 15:15

Massage, Intention and Me (*small room in club*)

15:30 - 16:15

*Sofiane Khouas (\*three slots available)*

16:30 - 17:15

# WORKSHOP DESCRIPTIONS

## Pre-Opening Cacao Ceremony (\*extra ticket required)

*Zelal Yildiz*

Join us for a special and intimate pre-opening cacao ceremony led by Zelal. Embark on a journey of deep connection and inner harmony, allowing the sacred elixir to strengthen the bond with yourself, others, and the world around you. Experience the heart-opening properties of ceremonial cacao as it fosters a profound sense of unity and oneness. Join us in this ancient ritual to cultivate a deeper connection to all beings and the beauty of our shared existence.

***Make sure to purchase the pre-opening ticket for this.***

## Opening Ceremony

*The Kirtan Bliss*

Our opening ceremony is an important part of our festivals. It's a beautiful opportunity to take a moment to connect to yourself and to one another. A moment to raise the frequency of your vibration and spread that into the space; setting the tone for the rest of the day and evening.

Let The Kirtan Bliss take you on a journey of heart, voice and spirit. Since 2021 they have been leading singing circles in Zürich and performing at festivals. Let them take you on a joyful journey of healing songs and connection. They'll start with vocal warm-ups and then invite you to sing together, feeling connected as a community. Join us for an uplifting experience that will leave you vibrating with happiness and bliss.

## Ecstatic Dance

*JPool Live*

In this workshop we will be bringing awareness to our bodies and connecting to the subtle energies that flow within us, aligning our minds, bodies, and spirits. Once connected with ourselves we will expand our awareness and consciousness to connect energetically as a group and raise our collective energy with the vibration of love & gratitude, all guided by a musical journey that will lead us to connect with our deepest inner state of natural ecstasy and release stuck energy.

## Shamanic Journey

*Ximena Xaguar*

Embark on a Shamanic Journey, delving into the ancient wisdom of the Andean-Amazonian worldview. This workshop reconnects you with ancestral principles, guiding you to access invisible realms and explore yourself as part of a greater whole, helping you access meaningful insights and messages. Through the magic of elemental forces and animal spirits, experience shamanic energy cleansing and find balance across all levels—physical, mental, emotional, and spiritual. Join us as we delve into the depths of self-discovery and holistic connection.

## Breath Bliss

*Nour Elise*

Unlock the depth of your being with “Breath Bliss”, a transformative workshop designed to journey into your inner realms and support you in accessing your inherent bliss.

Our light naturally wants to shine and express itself to the world in a way that makes us happy, uplifts the collective and raises the vibration of the planet. That light is our love, our true essence, our bliss. Breathwork is one of the most powerful processes that can support you in peeling back your layers of conditioning, trauma and limiting beliefs that are holding your light in. Through guided dynamic breathwork and a carefully curated playlist, experience profound shifts as you access heightened states of consciousness and reach blissful states.

## Healthy Cells, Vibrant Life

*Katrin Buisman*

Do you know about the importance of CELLULAR HEALTH?

How does it affect ANXIETY, BRAIN FOG, SLEEP, AGEING and your overall mental and physical health?

Find out FACTS about your internal health and learn about easy tools to implement into your daily life.

What is the number 1 step you need to do?

Join Katrin and find out more at this talk.

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## Powerful - The Rhythm of Emotions

*Yannick Zionel*

Yannick Zionel, founder and president of the non-profit organization "Give A Chance," embodies a profound sense of interconnectedness with others through his motto "Ubuntu - I am because we are." He devotes his time to the goal of helping people, achieving this by providing educational opportunities and career perspectives to underprivileged children. On the other hand, he inspires individuals through seminars and speeches to discover their inner strength and apply it in both their professional and personal lives.

"Powerful: The Rhythm of Emotion" teaches you how to harness your emotions deliberately to achieve your life goals. Immerse yourself in this inspiring work and learn how to overcome obstacles, boost your motivation, and fulfill your dreams by consciously guiding your emotions. Discover your emotional potential and utilize it to lead a fulfilling and successful life.

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## Acroyoga

*Salva & Jazz*

Salva was the first AcroYoga teacher in Zürich and he still practices and teaches it today. AcroYoga is a fusion of yoga and acrobatics. It's a partner activity where you share your practice with others. Come learn some AcroYoga with Salva & Jazz and prepare to play, fall and move together safely – creating trust and connection along the way. Alone or in company, complete beginner or more advanced, big or small, everyone is welcome.

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## Massage, Intention and Me

*Sofiane Khouas*

Intention is energy!

With this understanding, we embark on a journey through the realm of massage. We'll explore the significance of sensing energy flow and infusing intention into our practice. Together, we'll uncover the various colors energy can embody when paired with the appropriate intention. Come along on this voyage where you'll connect with your own power and the potential for healing.