

HEAL PLAY LOVE

NEW YEAR RETREAT FESTIVAL

30 December - 1 January 2023, Zürich

SATURDAY PROGRAM OVERVIEW & DETAILS

MAIN STAGE

13:30 - 15:00	Opening Ceremony <i>Nour Elise, Valentin, Alice Hong, Tara Sinniger & Cheyenne</i>
15:15 - 16:45	Use Your Intuition To Build Your Future Vision <i>Eva Kaczor</i>
17:00 - 17:30	Freeze, Breathe, Build: Breaking Free from Entrepreneurial Stress with the Wim Hof Method <i>Dimitri Nabatov</i>
18:00 - 20:00	Cacao Ceremony & Ecstatic Dance <i>Zelal Yildiz & Drum and Dance Zürich</i> <i>*Cacao Ceremony requires pre-booking</i>
20:00 - 22:00	LIVE CONCERT <i>Syost & Mataora & MaryNova</i>
22:00 - 00:00	MUSIC <i>Martha van Straaten</i>
00:00 - 02:00	MUSIC <i>Crussen</i>

HEAL FLOOR

15:15 -16:15	A Beginner's Guide To Energy Work <i>Melinda Cange</i>
16:30 -17:30	Rewiring your Nervous System with the NeuroBalancing Method <i>Johannes Eisenburger</i>
17:45 - 18:45	Embodied Touch - The Cuddle Cultivation Workshop <i>Tal Siano</i>
19:00 - 20:00	Touching the Verses: A Sensual Poetry Experience <i>Pauline Marie-Antoinette</i>
20:00 - 02:00	Relaxing Quiet Zone <i>Soothing Zen Music</i>

SPA

18:00-18:45

Sauna Ceremony
Olivia Tama & Mauro Inti
**Requires pre-booking*

HIPPIE LOUNGE

16:00 - 18:00

MUSIC
Kiu

18:00 - 20:00

MUSIC
Leonson

20:00 - 02:00

Hangout Zone
Chillout Music

WORKSHOP DESCRIPTIONS

Opening Ceremony

Nour Elise, Valentin, Alice Hong, Tara Sinniger & Cheyenne

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, evening and weekend. In this special New Year's opening ceremony edition, nature's elements - earth, water, fire and air - will be our guides along with five wonderful musicians and practitioners.

We will breathe, move, connect and set our intentions for the weekend and the year to come.

Use Your Intuition To Build Your Future Vision

Eva Kaczor

How can we not only create a vision for our future but also manifest it? And how can we use our intuition to actually understand what we want to create?

Together with Eva Kaczor, Purpose Coach and founder of PSYCHEDELIC BREATH, you will explore:

- + how to connect with your intuitive guidance
- + what intuition is and how you can strengthen that inner voice
- + the different forms of manifestation
- + how to manifest from your soul
- + how to tap into a vision for your future

OUR INSTRUMENTS: We will work with guided meditations, breathwork, intuitive writing, purpose coaching.

Freeze, Breathe, Build: Breaking Free from Entrepreneurial Stress with the Wim Hof Method

Dimitri Nabatov

Relaxed session exploring the Wim Hof Method, aimed at those seeking to master stressful times (like during entrepreneurship) with clearness, tranquility and balance.

In this talk, we'll discuss how controlled breathing and gentle exposure to the cold can help manage stress in a busy world. It's a chance to connect with others who value a peaceful approach to life's challenges, focusing on simple everyday practices to maintain inner calm.

Cacao Ceremony & Ecstatic Dance

Zelal Yildiz & Drum and Dance Zürich

Join a beautiful cacao ceremony led by Zelal. Sip the sacred elixir and let its warmth take you deep within. Experience epiphanies to understand your true needs and set the course to become your best self in the coming year.

Join us for this transformative ritual of self-discovery, renewal, and the harmonious connection of heal, play, and love.

The ceremony will be followed by an ecstatic dance session with Drum and Dance Zürich. In the midst of the pandemic, a handful of passionate drummers took their drums from their basement out into the streets of Zurich. What was so healing for them, had to be shared with others. The collective Drum and Dance Zurich was born.

Their mission has remained the same: to unite, to heal, to drum and to dance. It's simple. It's powerful. It's what generations have done for thousands of years. Drumming and dancing is pure medicine.

A Beginner's Guide To Energy Work

Melinda Cange

This practical Talk is initiating you into the manifestation basics every deliberate creator should know about:

- 1) What are Chakras
- 2) What are the 5 subtle Energy Bodies you consist of
- 3) How to consciously tune into your electro-magnetic field
- 4) How to clean your aura
- 5) How to jump time-lines and manifest deliberately

You'll learn about the importance of your self-concept, how to shift thinking patterns, release heavy emotions, alchemize low vibrations and change your behaviors for a powerful identity shift. All of this so that you can access new realms of reality with more aligned circumstances and beautiful opportunities to create a vibrant life you truly enjoy.

Rewiring your Nervous System with the NeuroBalancing Method

Johannes Eisenburger

The NeuroBalancing method goes beyond just thinking. It's about how our body and mind are connected. In his workshop, you'll get to learn and feel this connection.

It's a mix of learning about the nervous system and experiencing it in real-time. Johannes will guide you through exercises that help you feel more connected and present.

You'll also share experiences with others and learn together. The outcome: a change in how you see and feel about yourself. Johannes believes that this approach is a game-changer for entrepreneurs and high-achievers. By understanding our inner self better, we can be calmer, clearer, and more successful in our work.

Embodied Touch - The Cuddle Cultivation Workshop

Tal Siano

A group bodywork session, guiding people to share touch in a mindful way: developing awareness of their own bodies, and the bodies around them. Safely exploring our relationship with intimacy and pleasure.

Experience the power of touch when you are truly present. Learn how to cultivate a deeper sense of connection through awareness exercises inspired by somatic bodywork.

When we are grounded in ourselves, we can create a safe space where touch becomes more than just physical – it becomes meaningful.

Touching the Verses: A Sensual Poetry Experience

Pauline Marie-Antoinette

Blurring the lines between a one-woman show, a connection workshop and a poetic meditation, 'Touching the Verses' is an invitation to open a space of vulnerability and to travel into a poetic world of dreams and fantasies. Blending educational content on sexuality with poetry and playfulness, Pauline explores a variety of themes including self-love, consent, open love, kinky fantasies, BDSM or the challenges of aging gracefully.

During the experience, participants are invited to connect with themselves and each other with some subtle touches and interactions & to write about their hidden fantasies. All interactions are optional and participants are highly encouraged to only do what feels right in the moment.

Sauna Ceremony
Olivia Tama & Mauro Inti

This Sauna Ceremony is a healing ritual, where Olivia Tama and Mauro Inti combine elements of Temazcal traditions. Temazcal is a powerful Native American sweat lodge, where we can experience a profound purification and rebirth.

We gather together in the sauna, which gives us a unique opportunity to sweat out toxins and to release physical and emotional tensions. They will guide you through shamanic chants, prayers, songs and use medicine herbs for cleansing. This experience symbolizes the shedding of the old to make way for the new.

Set your intentions for the New Year and let's nurture our well-being and find the power within.