

HEAL PLAY LOVE

NEW YEAR RETREAT FESTIVAL

30 December - 1 January 2023, Zürich

SUNDAY PROGRAM OVERVIEW & DETAILS

MAIN STAGE

09:00 - 10:00
10:15 - 11:15

Energising Morning Flow (2 time slots)
Geraldine Antoinette

11:30 - 12:30

Exploring Holistic Healing: A Glimpse into
the Wisdom of Chinese Medicine
Jamil Nour Odeh

12:30 - 12:35

Activation
Tara Sinniger

12:45 - 13:45

The Essence of Conscious Relationship
Nour Elise

13:45 -14:00

Activation
Tal Siano

14:15 - 16:15

From Conflict to Connection
Kiu Coates

16:30 - 18:00

PSYCHEDELIC BREATH
Eva Kaczor

18:30 - 20:00

MUSIC
Guacamolebois Live

20:00 - 21:30

MUSIC
Julie Lee

21:30 - 23:00

MUSIC
Lou Combo

23:00 - 00:30

MUSIC
Dani Posada

00:30-02:00

MUSIC
Amentia Live

02:00-04:00

MUSIC
Joep Mencke

HEAL FLOOR

9:00 - 10:00	Groove with it <i>Bianca Ledermann</i>
10:15 - 11:15	Sound Journey <i>Cheyenne</i>
11:30 - 12:30	Human Design for Business <i>Anne Bötticher</i>
12:45 - 13:45	Intuitive Percussion Workshop <i>Ritmo</i> <i>*Limited capacity - 40ppl</i>
14:00 - 15:00	Quantum Physics & Consciousness <i>Philipp Aeschlimann</i>
15:15 - 16:15	The Synergy of Yoga, Tantra & Ayurveda <i>Anja Burian</i>
16:30 - 17:30	Embrace the Dance of Leading & Receiving - A journey of Deep Intimacy & Bliss <i>Laura Gomez</i>
17:45 - 18:45	Manifesting through Eros <i>Alice Hong</i>
19:00 - 04:00	Relaxing Quiet Zone <i>Soothing Zen Music</i>

SPA

09:00 - 09:30	
09:30 - 10:00	Ice Bath (4 time slots)
10:00 - 10:30	<i>Dimitri Nabatov & Matthew Hua</i>
10:30 - 11:00	<i>*Requires pre-booking</i>
15:00 - 15:45	Sauna Ceremony (3 time slots)
16:00 - 16:45	<i>Olivia Tama & Mauro</i>
17:00 - 17:45	<i>*Requires pre-booking</i>

HIPPIE LOUNGE

11:00 - 12:30

Poetry Creative Writing: I am as I am
Pauline Marie-Antoinette
**Requires pre-booking*

15:00 - 17:00

MUSIC
Giulia Romer

17:00 - 19:00

MUSIC
Kreshna & Yasa

19:00 - 21:00

MUSIC
Dit:Eau

21:00 - 23:00

MUSIC
Dejan

23:00 - 01:00

MUSIC
Santoros & Blair

01:00 - 03:00

MUSIC
Sima & Sidu

WORKSHOP DESCRIPTIONS

Energising Morning Flow

Geraldine Antoinette

This energizing morning practice will work as a natural stimulant to set your mind up for a productive and positive day.

In this class we will open our hips, activate our core and stretch our spine to cultivate an energetic openness.

By bringing movement in our bodies, we will activate our nervous system and start our day wide awake and full of prana (life energy).

Exploring Holistic Healing: A Glimpse into the Wisdom of Chinese Medicine

Jamil Nour Odeh

Unlocking Your Inner Harmony: Discover the Key to Vibrant Health! Join us for an enlightening talk where we'll explore the art of balancing your yin and yang energy.

Learn how to release blockages and experience holistic well-being. Get ready to embark on a journey of self-healing with powerful DIY (Do It Yourself) techniques!

The Essence of Conscious Relationship

Nour Elise

Nour Elise believes that sacred union will accelerate the consciousness of this planet. She is deeply passionate about supporting people in healing relationship trauma while finding and keeping healthy and fulfilling love.

In this inspiring talk, Nour Elise will:

- Draw on personal experience on how she went from repeating the same relationship patterns to finding healthy love and building a conscious relationship
- Explore what she believes a conscious relationship is and what it looks like to do conscious relationship work
- Offer some of her favourite tools and practices for conscious relating

This talk is open to everyone regardless of relationship status.

From Conflict to Connection

Kiu Coates

In this workshop we will explore how understanding Communication and Attachment Styles can support you in bridging misunderstandings, transforming conflict and strengthening your relationships.

This exploration is rooted in the practice of Nonviolent Communication, Attachment Theory, Compassionate Inquiry and Internal Family Systems.

PSYCHEDELIC BREATH

Eva Kaczor

Let Eva Kaczor guide you through a special FROM PAIN TO PURPOSE edition of her PSYCHEDELIC BREATH®. We will explore how the challenges you face are bread crumbs for what you are here to share.

PSYCHEDELIC BREATH® is a dynamic breathwork ritual designed to let you explore who you are and how to live your purpose. It combines ancient breathing techniques backed up with the knowledge of contemporary science and the art of electronic music in collaboration with artists such as Acid Pauli. By powerfully using your breath, you release mental and emotional stress, tap into deeper states of meditation and explore your vision and purpose (more on www.psychedellicbreath.co / [@eva.kaczor](https://www.instagram.com/eva.kaczor)).

CONTRAINDICATIONS: pregnancy, epilepsy, high blood pressure, cardiovascular disease, high inner eye pressure, clinical anxiety, psychosis, a history of stroke, recent surgery.

Groove with it *Bianca Ledermann*

A signature 50-minute practice curated by Bianca, founder of Groove by B.

A feel-good workout, with a full body focus blending together cardio bursts, resistance training and free flow dancing.

Groove's concept combines mindful moves with profound music and leading with encouraging & uplifting words that guide you to become the most empowered version of you.

The practice will invite you to step into the uncomfortable. Allowing any feelings that wish to come up to be present. Inviting you to let go of any control. Creating a safe space for you to surrender to any judgments and comparisons in order for you to intuitively move and listen to your body.

Sound Journey *Cheyenne*

In a world filled with constant noise and chaos, the practice of sound healing emerges as a soothing balm for our stressed minds and bodies. The vibrational power of sound promotes relaxation, balance and overall well-being and supports you in cultivating inner peace.

Let Cheyenne take you on a sound journey where you can experience the fascinating frequencies of different instruments and let them touch every cell of your being.

Human Design for Business *Anne Bötticher*

A journey to understand the mechanics of the Human Design System in Life & Business.

Experience and learn about your own Business Design and Decision-Making process.

A basic overview of how to be you in Business. Anne explains how you best interact with others for healthier communication and acceptance through understanding. ***Get your free Career Design Chart on <https://bg5businessinstitute.com/get-your-chart> prior to this workshop - you will need your time of birth.

Intuitive Percussion Workshop *Ritmo*

Rhythm is universal. It connects us all. It is the first sound we hear: the heartbeat of our mother.

Drums can touch us deeply, they can vibrate through every cell. In this workshop we embark on an intuitive journey.

We clap, we drum, we experiment, we co-create. May the beats touch you deeply and may the rhythm carry your dreams into existence.

Quantum Physics and Consciousness *Philipp Aeschlimann*

How can you live up to your potential?

Since it is your true nature to do so, a better question would be: Why aren't you living to your fullest potential?

Because you have been conditioned to play along society's rules and forgot your own.

Some of society's rules have become your limiting beliefs.

The way to living up to your true potential lies in detecting and eliminating these beliefs.

How do you do so quickly and objectively?

Through Quantum technology.

This is the technology that helped Philipp move from his old corporate life to an impactful existence as a coach.

The Synergy of Yoga, Tantra & Ayurveda

Anja Burian

Yoga, Tantra, and Ayurveda are three distinct but interconnected disciplines that have their roots in ancient, thousands-of-years old and time-tested traditions. They share common philosophical and spiritual principles, and their practices often complement and enhance each other.

Discover how these ancient practices intertwine to foster physical vitality, mental clarity, and spiritual growth. We'll delve into:

- Yoga's physical and mental benefits
- The mysteries of Tantra for expanding consciousness
- Ayurveda's personalized approach to wellbeing

Join us for transformative insights towards a balanced, vibrant and impactful life.

Whether you are a beginner or an advanced practitioner, this session will inspire and empower you to dive deep into your own journey of self-mastery.

Embrace the Dance of Leading & Receiving - A Journey of Deep Intimacy & Bliss

Laura Gomez

Join this journey into trust, confidence, love, presence and receiving. Being in relation can be elevated into a majestic high frequency, if we are willing to be all in. The play between the masculine and feminine poles is a gateway for deep and authentic intimacy.

To surrender fully to someone and to lead through confidence and caretaking can be a beautiful enriching and nurturing experience.

In this workshop you will get a taste of how these polar states can guide you to a place of depth and bliss by exploring them in play, dance & encounters.

Manifesting through Eros

Alice Hong

Imagine stepping into a space where your *Erotic Energy* becomes the driving force for your deepest desires to unfold in 2024.

We will explore the magic of life force together, creating a non-sexual yet profoundly powerful experience.

This isn't about shedding clothes it's about shedding limitations.

The energy will be high, leaving you charged and ready to dive into life with a big powerful f... YES!

This is an initiation into the conscious creation of the life you crave. Ready to bring it on?

Ice Bath

Dimitri Nabatov & Matthew Hua

Ice baths are a part of the Wim Hof Method where we focus on the calming and restorative effects of cold exposure.

Expect a gradual and supportive introduction, allowing you to acclimatize at your own pace.

During the experience, you may notice a shift towards greater mental clarity and a sense of rejuvenation. Many find that regular practice leads to improved stress management and a heightened sense of well-being. You will be guided through this journey, ensuring a safe and comforting environment as you explore the benefits of this mindful practice.

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.

Poetry Creative Writing: I am as I am

Pauline Marie-Antoinette

Writing poetry is an intimate experience which connects us directly to our heart and emotions.

You will be guided to connect, feel and surrender to your imagination to let the words flow, play with metaphors and dancing rhythms and to discover the subtle pleasures of poetic self-expression.

No writing experience is required nor expectations of any kind but only the wish to surrender to your deepest dreams and fantasies from which you'll extract a few verses to create your own short poems or Haikus.