

## Friday 15<sup>th</sup> September

Time	Where	Activity	Description
17:00 18:00	Hotel San Cristobal	Expo + video (Asociación Romi)	<p>THE EXHIBITION OF ROMA REFERENCES FROM GRANADA: "I AM A ROMA, I AM THE ONE I WANT TO BE" (Romi Association) Presented by gypsy referents.</p> <ul style="list-style-type: none"> <li>– Video projection of the ETHNOLOGICAL MUSEUM OF THE GYPSY WOMEN of Granada, appointments to visit it.</li> <li>– La Caletilla beach: Flamenco and Romani essence</li> <li>– Gratitude Meditation and principle of abundance</li> <li>– made by Josefa Maldonado Cortes</li> </ul> <p>Flamenco and Romani essence.</p>
18:00 19:00	Playa Caletilla	Meditación (Asociación Romi) (Josefa Maldonado)	Gratitude meditation, the principle of abundance. Thank you mantra
18:00 19:00	Hotel San Cristobal	Introducción a la geometría sagrada (Sabine Kruse)	<p>Sacred geometry experience:</p> <p>I will share with you information about sacred geometry, its purpose, benefits and utilisations as well as guide you into your own experience with the alchemical potential of sacred geometry through a short meditation. The event will take place in English and Spanish in the Hotel San Cristóbal in Almuñecar on Friday, 15 September at 6 pm.</p>
18:00 19:30	Parque de Majuelo	Flamencoterapia (Asociación Romi)	Therapeutic method to work on communication and release tension, stress, depression, etc. carried out by Andrés Jimenez) Romi Association
19:30 20:30	Centro Karissa	Clase de Astroyoga (Estefania Fernandez)	<p>Based on the available astrological energies of the moment, I carry out a practice to balance the elements Air, Fire, Earth and Water through conscious movement and our body.</p> <p>Spanish, Maximum 8 people, bring your mat, +34 652 23 97 97</p>
19:30 20:30	Hotel San Cristobal	Terapia Grupal de Thetahealing (Claudia Mata)	<p>Unconditional Love Sending Meditation with Thetahealing:</p> <p>Close your day with this energy of unconditional love and know the importance of sending unconditional love every day to you and the planet, love is the most powerful energy that changes your life!</p> <p>Try it and learn how to send it to you and the planet!</p>
20:00 21:00	Playa Caletilla	Sacred Geometry experience – Sabine Kruse	<p>Letting go of the old and stepping into the new:</p> <p>I will invite you into a sacred geometry experience in English and Spanish with the Merkaba and the infinity symbol to let go of the old and step into the new on the beach.</p>
20:30 21:30	Parque de Majuelo	Chi Nei Tsang Chi Kung (Gerardo)	Chi Nei Tsang Chi Kung (ability to harmonize the energy of the internal organs) is a treatment system to strengthen and recover our health, originating in the Ancient Chinese Tradition, which allows us to influence

our internal organs through breathing techniques, postures and movements that focus on stimulating each of the internal organs.  
 Activating the detoxification and natural healing process of the organs, stimulating their functions, restoring balance and homeostasis of the entire body. Importante no comer nada pesado al menos 2h antes de la clase

## Saturday 16<sup>th</sup> September

8:30 9:30	stadium	Sendero De Ayuntamiento	Just turn up, there will be a hike lead by Ayuntamiento
9:00 10:30	Centro Karissa	Hatha Yoga (Raquel)	During the Hatha Yoga class applying these three work points; Breathing, Relaxation and Concentration, we have the mind directed towards the body. By listening to and observing our body we can reconnect with our interior, which will help us live in harmony and be more aware of everything around us. English / Spanish, Maximum 8 people, Telephone 692548545
11:30 13:00	Centro Karissa	Ven a probar Omnia Reiki (Manuel)	Reiki is a modality of bioenergetic therapy from Japan, through which we help the body to harmonize and balance its energy system. Omnia Reiki collects the tools of traditional Reiki and implements new ones updated to the vibrational frequencies of the planet in these times of change that we are experiencing. During the workshop the difference between Omnia Reiki and other systems will be briefly explained and Reiki will be applied to the attendees. Maximum 9 people, English / Spanish, Telephone 639228876
13:00 14:00	Hotel San Cristobal	Como crear tu passivhaus (Victoria)	Passive houses or passivhaus are an example of sustainability. They are not only good economically, but also socially and environmentally. Numerous studies support the suitability for the health of the inhabitants of this type of houses, since its intelligent renewal of air, its incidence of sunlight and its construction with natural materials that are less polluting than conventional ones help prevent and reduce diseases and diseases. respiratory tract infections such as fibromyalgia or asthma, among others. Not only the construction materials are important, but also how we live in our house: how we clean it, how we design it, how we live together and who our life partners are.
17:30 18:30	Centro Karissa	Adapted movement workshop (Elisa Risquez)	Feeling well-being in your body has nothing to do with age, weight, or physical condition. I invite you to seek the joy of living in your body through music, movement and stillness. Come as you are and discover that you can always do something to feel better. You don't need experience, just having a body is enough! This class combines dance with physiotherapy and biomechanics, don't miss it. Maximum 8 participants. Spanish English. Telephone 623061213

18:00 19:00	Parque de Majuelo	Elements Astroyoga Class (Estefania)	Based on the available astrological energies of the moment, I carry out a practice to balance the elements Air, Fire, Earth and Water through conscious movement and our body. Bring your mat, Spanish, Maximum 10 people
18:30 19:30	La Caletilla	Chikung terapéutico para la salud visual (Elizabeth Puja)	You can improve your vision with simple exercises that regulate and optimize all visual functions: relax while toning the muscles of the eye area, improve blood circulation, balance the energy of the central nervous system and optic nerves. Chikung is a psycho-corporal discipline, as yoga is. Its immediate purpose is the energetic, physical, mental and emotional balance with unblocking and stimulation of all the vital functions of our body, from deep relaxation. Taller práctico/Workshop. Spanish, English.
19:00 21:00	Centro Karissa	Taller de expresión artística y emocional (Israel Guerrero)	Movement in art has been considered as the physical manifestation of a state of mind in action, as a movement of the affections, wills and spirit that are expressed through the plastic forms or action of the human body. From the first experience with the line in space, moments of great emotion and enjoyment are appreciated, the loss of control is evident, letting yourself be carried away by the line and the music. Maximum 8 people, Telephone 34 651 66 02 53, English / Spanish
19:30 20:30	Parque de Majuelo	Mov and Flow (Gerardo)	Practice of functional training and mobility, based on different sports disciplines (Flow, Martial Arts, Plyometrics, among others) that helps reconnect body, mind and breathing through natural movement and different self-knowledge tools; The practice is focused on improving the physical condition of the practitioner and generating balance between the Physical/Mental/Emotional bodies. It is important not to eat anything heavy at least 2 hours before class.
20:30 21:30	Parque de Majuelo	Zhineng Qi Gong (Isabel)	Presentation of the Zhineng es un método de Qi Gong que ofrece una teoría y práctica únicas para el desarrollo de la sabiduría y la conciencia humanas, así como para el fortalecimiento y sanación de las funciones del cuerpo y la mente. Se utilizó durante muchos años en el Centro Hua Xia en China, como única forma de sanación con resultados extraordinarios. En este taller practicaremos la forma "Laqi" y una parte del primer nivel. Se recomienda esterilla, Español e inglés. Isabel : 649 402 417

## Sunday 17<sup>th</sup> September

8:30 9:30	Playa Caletilla	Almuñécar and La Herradura united in a hike, start: Playa Cotobro)	People will start the walk both from La Herradura beach and Cotobro beach in Almuñécar. They will meet at a central point symbolizing the union of peoples... El faro, Punta de la Mona. <a href="https://maps.app.goo.gl/A29ncE4e1kqNsctM7">https://maps.app.goo.gl/A29ncE4e1kqNsctM7</a>
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10:00 11:00	Centro Karissa	Clase de NIA, movimiento vital (Elisa)	<p>NIA is a discipline that unites the body and mind, combining elements of martial arts, dance and relaxation techniques. The acronym NIA comes from Neuromuscular Integrated Activity, since it seeks to stimulate neuronal and muscular connections through movement and joy. You do not need to have any previous experience, all levels of physical condition benefit from this discipline where the guide is well-being and listening to your own body. Elisa Rísquez will guide you in this 60-minute class with simple choreography and elements of biomechanics so that you feel the full potential of living in a body full of vitality and variety.</p> <p>Maximum 8 people, Telephone 34623061213, English / Spanish</p>
11:30 13:30	Centro Karissa	Taller de limpieza y activación Quantum (Virginia)	<p>We have designed a QUANTUM QUEX-ED group session focused on cleaning and balancing our energy field: unblocking chakras, cleaning the aura, balancing emotions and connecting with our higher self. In this way, just as we prepare the land before sowing, we will balance our energy field to carry out the deeper work of starting or advancing our life purpose. QUANTUM QUEX-ED has been used for three decades by doctors and therapists around the world. It consists of an advanced bioenergetic therapy system designed to stimulate the body to heal itself.</p> <p>Maximum 10 people, Telephone 667718988, English / Spanish</p>
14:00 15:00	Centro Karissa	Yoga BioTantric (Bea Alcántara)	<p>Yoga Biotantric: breath, move, relax, repeat. It focuses on releasing tensions from the body through natural movements and brings awareness and integration to each point of it. It helps calm the nervous system and connect with creativity. Going deep into the body through breathing to embrace the pulse of life that dwells inside our sexual organs, uplifting it and bringing coherence and creativity into your life. Opening a space for your auto expression. Maximum 8 people. Registration: +351913554257 Language: English/ES</p>
12:30 13:30	Hotel San Cristobal	Taller liberate de toxicos, alternativas para dia a dia (Victoria)	<p><b>WORKSHOP: FREE YOURSELF FROM TOXICS, ALTERNATIVES FOR YOUR DAY TO DAY</b></p> <p>Since the industrial era, the industry has been gradually replacing natural and organic materials from nature to replace them with material that is easier to produce and extract, such as plastics. We have come so far that the plastic substances of all these objects that are part of our daily lives are interfering with the normal functioning of our natural body and degenerating into serious illness. This afternoon I am going to inform you on a scientific basis about the effects it has on our health and how to gradually free ourselves from these materials to have a healthier and more respectful life with the environment through actions and products free of toxins.</p>
17:00 18:30	Hotel San Cristobal	Discover the Radiance Within You! (Self-Love training) Daniela Visionary Pathways	<p>“The same light you see in others is shining within you, too!” – Morgan Harper Nichols</p> <p>Discover Your Radiance – Awaken Self-Love and Illuminate Your Life</p> <p>Have you ever felt like you’re wandering in the shadows, yearning for a glimmer of love, longing to be truly seen and</p>

valued? Are you ready to turn your life into a radiant masterpiece?

Join us on Sunday, September 17th, 2023, at 5:00 PM, Hotel San Cristobal, Almuñecar, for the “Discover the Radiance Within You” workshop—a magical journey that will make your heart and soul dance with delight

Why Attend?

Have you ever imagined a life where your inner radiance shines so brightly that it attracts the love and appreciation you deserve? “Discover the Radiance Within You” understands the pain points you may be experiencing – feelings of loneliness, lack of love, and being undervalued. This workshop will show you the magical path to unlock your self-love and illuminate your life.

During this enchanting event, you will:

Awaken your inner magician and ignite the flame of self-love, banishing loneliness.

Explore mystical practices that bypass cognitive filters, accessing your inner treasures.

Cultivate a sense of self-worth that will light up your path and draw the love you deserve.

Magical Goal:

Our magical goal is to empower you to become the radiant being you were meant to be, attracting love and appreciation effortlessly.

transform your life. Secure your spot now and step into a world where your radiance is your greatest treasure.

Book <https://sunrisedelight.net/ola/services/discover-the-radiance-within-you-rsvp-today>