

Friday 15th September

Time	Where	TITLE	DESCRIPTION
09:00 11:00	Centro Cívico	Breathwork & Multidimensional Healing, Exodus breathwork Ailish	Taking you into non ordinary states of consciousness to release stuck emotions & trauma and clearing what's holding you back from stepping into your sovereignty. Bring yoga mat, blanket, pillow and eyemask. Spaces limited, English, Pre-registration +353830260180
11:00 12:00	Centro Cívico	Massage for wellness everyday! English (Ania)	I will explain the amazing benefits of massage and show you simple practices that you can do everyday to release tension and de-stress. I will also offer few sample sessions of seated neck, shoulder and/or head massage (about 10 mins each) and demonstrate how you can offer it to others. No need to register, just show up.
12:30 13:30	Centro Cívico	Panchkarma, Ayurvedic detox process. Online talk (Elizabeth Puja y Dr. Pooja Ganwar)	From the "Centro Cívico" of La Herradura, Elizabeth Puja will guide a live talk with Dr. Pooja Ganwar from Rishikesh (India) to find out who benefits from Ayurvedic detox and how. Dra. Pooja will also give us a recipe for Ayurvedic infusion. You can participate in person at the C.C. of la Herradura or online through this link link No need to register, just show up.
17:00 18:00	La Cochera	Everyday Awakening – Integrate Your Retreat or Plant Medicine Work – With Glenn Bracey – EN	(Stop Awareness Fading Post Retreat) Glen shares insights and awakening practices. For those interested in living in expanded awareness as they go about their challenging lives and for those who have attended retreats but noticed a fading of awareness once returning home, to work and back in the Matrix. He has worked as a teacher/facilitator for the last 30 years, leading workshops for around 12,000 people across global cultures. He has a psychology background and started attending various spiritual retreats 20 years ago. He founded Everyday Awakening which shares simple practices that invite and maintain awakened awareness as we go about our busy and challenging lives. We don't have to wait for the next perfect meditation, guru or plant medicine before we embody a depth of awareness that takes us past our challenging thoughts, emotions and conditioning. https://stopawarenessfadingpostretreat.com
18:30 19:30	Playa	Autoreflexología energética podal para el estrés y los dolores de espalda – Elizabeth Puja	Foot Reflexology is very effective to enhance the self-regulation of our body at all levels of our being, mainly physical, energetic and emotional. In this workshop, you will learn a few simple touches to calm the mind and emotions, and relieve back pain. You may be surprised at how much your feet tell you about you!
19:30 20:30	Playa	Astral travel Workshop	This is a practical workshop with Q&A session with Anna from Finca Putumayo who regularly does Astral Travel/Projection. She will give practical tips on how to achieve out of body experience, what to be aware of and how to

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		Anna from Finca Putumayo.	find your own best technique. This workshop is for anyone looking to explore the universe and discover multidimensional realms beyond our physical reality. With patience and focus, you can learn to navigate them. Registration + 34 722 46 34 65 Languages EN/ES/PL
20:00 21:45	Playa	Fire Dance Workshop (Maka)	Feel the transformation of the fire dancing with it. All you need is to dare! I will teach you simple choreographies that we will practice with different juggles. Your safety is my priority, yours is having fun. It doesn't make experience. Let me wrap you in my magic and enjoy a sunset that you will remember forever. Small group, maximum 8 people. Take advantage of this opportunity and reserve your place now! Call me or write to me (WhatsApp and Telegram): +34 617 575 035 Facilitator: Maka, Gaze of Fire. I learned to dance with fire on the very islands of Hawai'i. For me it is an honor to bring this art to my home country and build a community based on the art of flow. Languages: ES/EN
21:45 22:00	Playa	Fire dance show (Maka)	Feel the magic of the fire dance show that Maka brings to us with so much passion. Open to all people. A gift for the soul. Artist: Maka, Gaze of Fire. I discovered my passion for fire dancing on the islands of Hawai'i. It is an honor for me to bring and share this art in my country of origin. Languages: Universal No need to register, just show up.
22:00 22:30	Playa	Meditacion de Thetahealing (Claudia Mata)	Unconditional Love Sending Meditation with Thetahealing: 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! Try it and learn how to send it to you and the planet! No need to register, just show up.

Saturday 16th September

10:00 11:00	Centro Cívico Sala baile 1° planta puerta 13	Sound of Trust (Michaela and Roberto)	Sound of Trust is a therapeutic and meditative experience in which you "bathe" in the sounds and frequencies offered by Michaela and Roberto. During this session we will work with different instruments such as the harmonium, the flute, Michaela's angelic voice, the didgeridoo and the crystal bowl among others. REGISTRATIONS info@trustmeditation.com or WhatsApp at +34637153597 (Roberto) LIMITED PLACES! WHAT TO BRING a yoga mat if you have one and comfortable clothing, LANGUAGES Spanish and English
11:00 12:00	Centro Cívico Sala baile 1° planta puerta 13	Trust Meditation (Michaela and Roberto)	Trust Meditation a powerful energy healing technique. Helps you release dense energy and unresolved emotions, through the channeling of a higher frequency using hands on healing, instruments and voice. A full body energy activation. Register info@trustmeditation.com or WhatsApp at +34637153597 (Roberto) LIMITED PLACES! BRING a yoga mat if you have one and comfortable clothing. Come with an open mind that you can heal LANGUAGES Spanish and English

12:30 14:00	Centro Cívico	EMF Balancing Technique (Ankara)	It is a technique that harmonizes and balances the human energy field, which is made up of fibres of light and energy. Through this powerful technique, everything that is out of balance in our Being is calibrated in a new dynamic of energy. Releasing everything that blocks us from moving forward, from everything that is unconsciously withheld, fears, resolutions that are not taken, unnecessary emotional burdens, guilt, stress, addictions, depression, hereditary patterns, etc. Also being able to access sleeping potentials. In this talk I will explain what the energy field that surrounds us all is made up of and how to work with it. English / Spanish 618 568 464
16:00 17:00	Centro Cívico	Ancestral Healing through Family / Systemic Constellations. English (Ania)	I'm delighted to be able to share with you this amazing healing and therapeutic method, originally developed by Bert Hellinger, a German psychotherapist, one of the most renown of our time. This tool is based on ancestral healing methods of the Zulu tribes of Africa, enriched by modern knowledge of psychology and trauma therapy. This specific event will be a light 1hr demo session, where I will first explain what it is and how it works, and then we will practice a constellation, that will not be personal to anyone (so don't worry, you won't have to share anything of your life), yet, it will benefit everybody who will participate. Even if you're familiar with constellations, you're in for a surprise here! If you perhaps saw this form of ancestral healing on television (in Netflix series "Another self" for example), you will also learn here about a much wider range of possibilities that the constellations can work with and what the method can be applied to. No need to register, just show up.
17:00 18:30	Centro Cívico	Conscious Connected Breathwork Journey – Respiración conectada consciente (Emily)	The Breathwork Journeys are a much deeper process than you may expect if you haven't yet experienced it... Using a conscious connected breath we are invited out of the mind and into our body, our hearts and into presence. We may feel a deep sense of peace, an altered state of consciousness, release of emotions. You may well notice shifts in your daily life, freedom from repressed traumas, sharper intuition and creativity. And a new sense of openness within and to those around you. Bring yoga mat, blanket and eyemask. Maximum 15 people, English Pre-registration +447931238789
18:00 19:00	Playa	"The Healing Voice: Therapeutic Singing and Indian chanting" Amaya Oliver	The vibration of our own voice connects us with our body and with our inner being. It heals us moving us back to wholeness. In this workshop we will unblock different parts of the physical, mental and emotional body with the help of our own voice. We will travel towards our inner source singing mantras and sacred chants from India. Register +34 676806418 Bring yoga mat and pillow.
18:30 19:30	Plaza nueva	Lu Jong Tibetan yoga on chairs (Marjolein Meulblok)	Yoga for all! Lu Jong, an ancestral practice from Tibet is the most effective chair yoga, that promotes our wellbeing by creating a healthy body and a happy mind. Come and learn a 10-minute daily routine that will change your life! Lu Jong helps with high blood pressure, depression, anxiety, liquid retention and many more conditions. Take charge of your own health and join us in this free workshop.

19:00 20:00	Playa	Yoga BioTantric (Bea Alcántara)	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. Registration: +351913554257, language: English/ES
19:00 20:30	Centro Civico	Unlock Your Vision – Manifest Clarity, Purpose, and Empowerment Visionary Pathways (Daniela), The Coaching game from Points of You)	<p>Have you ever felt like you're wandering in a labyrinth of uncertainty, carrying the weight of life's challenges on your shoulders? Are you yearning to transcend the ordinary and step into a world of extraordinary possibilities? "Visionary Pathways" workshop—an enchanting journey that will awaken your inner magician. Here, you'll ignite your imagination, unleash your creativity, and connect the dots of your personal and professional journey with a touch of magic.</p> <p>Why Attend?</p> <p>Have you ever dreamt of a life where your desires and visions effortlessly come to fruition? "Visionary Pathways" understands the pain points you may be experiencing – feeling lost, burdened by life, and unsure of the future. This workshop will show you the magical key to unlock your true potential.</p> <p>During this extraordinary event, you will:</p> <ul style="list-style-type: none"> ✦ Unleash your inner magician and manifest clarity, purpose, and empowerment. ✦ Explore mystical tools that defy the ordinary, igniting your intuition and sparking authentic dialogues. ✦ Set intentions with a sprinkle of enchantment, gaining insights that will propel you forward into a world of infinite possibilities. Reserve: https://sunrisedelight.net/ola/services/visionary-pathways-reserve-your-spot-now
20:00 21:00	Playa	Skin the biggest organ natural health and cosmetic Vs synthetic ones. Kate Sanders Natural	I will be talking about organs their functions, skin particularly, I'll discuss natural cosmetics vs synthetic ones ... what's the difference for the skin and other organs and health in general. English
21:00 22:30	El faro, punta de la Mona.	Shamanic Journey for Beginners – Get Spiritual Guidance, Moran, EN/ ES	<p>Are you seeking answers to burning questions in your life? Dive into the world of shamanic journeying and unveil the power of your inner spiritual guidance.</p> <p>Discover the Magic:</p> <p>Connect and Clarify: Explore your deepest questions with the aid of shamanic journeying. Gain insights and clarity on pressing issues in your life. Guided Journeys: Immerse yourself in two profound shamanic journeys, enhanced by rhythmic drumming that guides your mind into a receptive state.</p> <p>Share and Grow: Engage in a sharing circle where experiences are embraced, fostering growth and community connection.</p>

			<p>What's in Store: Intuitive Insights: Unveil answers beyond the ordinary. Let the fast drumming elevate your consciousness, providing profound insights into your life's dilemmas.</p> <p>Embrace Change: Harness this unique opportunity to align with your intuition and spiritual guidance, paving the way for transformation and personal growth. No Experience Required, LIMITED spaces, Reserve +34 642221870</p>
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Sunday 17th September

8:30 9:30	PLAYA	Almunecar and La Herradura walk united in sound healing with El Coyotee	<p>People will start the coastal walk both from La Herradura beach and Cotobro beach in Almuñecar. They will meet at a central point symbolizing the union of the people. El faro, Punta de la Mona. El Coyote Medicina will run a sound healing journey with ancestral instruments and icaros.</p>
9:30 10:30	Centro Civico	Menstrual cycle phases – Fatima	<p>Welcome to a fascinating journey through the various phases of the menstrual cycle, an intricate process that women experience throughout their lives. From menstruation, which marks the beginning of the cycle, to ovulation and beyond, we will explore how the female body goes through these changes under the influence of hormones, psyche, and culture. During the talk, we will unravel the details of each phase and analyze the possible physical and emotional symptoms that may accompany them. We will also delve into how these phases can influence our energy, mood, and daily life. Furthermore, we will debunk common myths by providing information supported by the latest science. By the end, attendees will have gained a solid understanding of the different stages of the menstrual cycle and will be able to better comprehend the changes occurring in their bodies.</p>
9:30 10:30	PLAYA	Calistenia (Howard Wong)	<p>Calisthenics also called streetworkout in English-speaking countries. It is a sport that is practiced with your body weight although there are variations. Anyone of any age can practice. register Register 644503069</p>
11:00 12:00	PLAYA	Conscious Kids of the New Earth. English (Ania)	<p>This 1 hour discussion is for those who are or would like to be parents and desire to bring up their children in more conscious and harmonious ways. But also for anyone who works with children! If you feel like you could do a better job than your parents did, you should definitely come. As parents and caregivers, I believe we have a huge responsibility, but also an incredible opportunity, to influence the future generations of young people, who will one day lead in this world. They will learn from us how to behave, how to treat each other, the planet, nature, and ultimately – how to take care of the future. They will be here after we go and the more conscious we are as their parents, the more they will be. If we bring more love and understanding into their upbringing, they will grow to be kinder, more compassionate and intelligent people (scientifically proven).</p>
11:00 12:30	Centro Civico	Yoga Nidra (Ankara)	<p>Yoga Nidra (sleep yoga) It is an important meditation and relaxation technique. You enter a state of mind between wakefulness and sleep. During Yoga Nidra consciousness is periodically suspended for a few</p>

			<p>moments, which means that it alternates between the subconscious and the unconscious, and through this method the mind can be influenced. In the perceptive state of Yoga Nidra we are able to correct negative patterns and pre-existing conditioning. At the beginning of the workshop there will be a small yoga session suitable for everyone. Its purpose is to activate the nervous system so as not to fall asleep in relaxation since it is long. It is necessary to bring a mat and comfortable clothes. Book 618 568 464</p>
12:30 13:30	Centro Cívico	Reiki Healing Meditation – Cora Kingeree	<p>Descend, relax, and experience pure bliss in this 1 hour Reiki experience. Includes chat about what is Reiki, 1-1 hands on & group Reiki healing, aftercare, integration and grounding tips. Reiki focuses on balancing the chakra system, the seven main chakras (energy centres in the body) and the energetic field around the body.</p>
13:00 14:00	PLAYA	Sanación chamánica, plantas medicinales, Rapé (Ania),	<p>Shamanic practices and working with sacred Plant Medicines has been an integral part of our culture since the beginning of time. Humans always used healing herbs to alter their consciousness, expand their minds, find answers to the problems of their tribes or communicate with the invisible world of spirits and divine energies. Many anthropologists today believe that it is largely through the use of these Plant Medicines, that humanity was able to evolve so quickly. Modern scientists began to explore with great excitement the potential benefits of using psychedelic medicine in therapy and to expand consciousness.</p> <p>During this event, we will discuss mainly Ayahuasca, which is an indigenous brew of 2 Sacred Plants used in the Amazon tribes for healing and connecting with the divine. I chose this specific entheogen, as it became very popular in the last few years; you will hear about it in the media, online, in various podcasts, tv programmes and many celebrities giving their testimony having experienced its incredible benefits. At this 1-hour event, you will learn about what it is, how it works, why people take it, safety measures, preparation, how to find a decent Shaman or facilitator and contraindications – as it's certainly not for everyone.</p>
18:00 19:30	Playa	Cacao ceremony with Pranayama breathwork and live music – Finca Putumayo and Lunaversa, Trust Meditation, Ania	<p>Join us for this magic cacao circle with Pranayama breathwork, live music and medicine of sacred cacao. We will raise our vibrations and connect with the elements.</p> <p>Breathwork guided by Anna from Finca Putumayo., followed by ceremonial cacao from the Peruvian jungle provided by Lunaversa. Live music by Trust Meditation and medicine woman Ania, please bring your own instruments and join in! – How to prepare: no food 2h before, no coffee LIMITED spaces, book +34 653 533997</p>
19:30 21:00	La Cochera	Happy Dancing, Anahi	<p>Throughout history, music and dance have served as a means of connection with the spiritual world, in addition to being a powerful tool to overcome different types of health problems and improve our cognitive capacity. The proposal is to create a space in which we can move freely, exploring with our body to the rhythm of an ecstatic dance session with music selected by Anahí. It is a moment of enjoyment in which we are asked not to communicate verbally. Book: + 34 611 47 63 66 English / Spanish</p>
21:00 22:00	La Cochera	Salsa live music, closing party	<p>With the participation of the Latin music group Trío Granada Son, we will have the closing party for the World Wellness Weekend, with rhythms such as salsa or bachata to dance freely while we have a cocktail and enjoy together. FREE entry, just show up!</p>