

LA HERRADURA - VIERNES 20			
08:30 10:30	Ermita La Herradura (Punto de Encuentro)	Senderismo litoral – Samuel Berral Almeda – ES Reserva previa 635 88 76 4	Senderismo litoral entre ambas comunidades, punto de partida desde la Ermita de La Herradura y caminata hacia la población vecina, interpretación medioambiental, descripción del entorno, respiraciones conscientes durante el trayecto y paradas de conexión con Pachamama a través de música instrumental, cantos... (Agradecimiento , meditación, ofrendas y lo que os nazca del interior...) Abierto a todo el público Se precisa: calzado cómodo, agua, protección solar y ropa de senderismo. Hay tramos expuestos al sol y tramos expuestos a zonas menos soleadas pero expuestas al viento + aconsejable sudadera fácil de acoplar, agua y atuendo dependiendo previsión meteorológica.
10:30 11:30	Playa	How to manage your emotions – Marjolein – ES/EN	In this workshop we will explain how we can find emotional balance using the practice of Lu Jong. One part will be explanation and after that a practice.
10:30 12:30	Centro Civico – Sala de Baile	Reiki through Feminine Path Movement – Aleksandra Wilczynska – EN Please register +34673036746	Deep Female Channels Opening Movement preparing for group Reiki healing.
13:00 14:00	Centro Civico – Sala de Baile	Introducción al Yoga Lyengar – Amaya Kaveri – ES/EN/DE	Introduction to Yoga Lyengar
13:00 14:00	Centro Civico – Sala de Música	Reiki Healing Meditation – Cora Kingerlee – EN	Deep healing meditation with full Reiki cleanse


<p>16:00 18:00</p>	<p>Centro Cívico – Sala de Baile</p>	<p>Quieres vivir en amor y armonía – Anna Purplelina y Lars Blue – ES/EN</p>	<p>La experiencia humana que vivimos puede ser mucho más alegre, abundante y tranquila conectando con la esencia que somos y viviendo desde ahí. Cuando nos liberamos de heridas, traumas, pensamientos y emociones negativas que se interponen en un flujo armonioso y amoroso, dejamos más espacio para el amor, la sabiduría, las soluciones, el disfrute, la abundancia, la paz, la creatividad, etc. Crecemos como personas y espiritualmente cuando 1) elegimos cambiar, 2) entendemos que lo que nos pasa, pasa por algo y 3) aprendemos de lo vivido. En la clase daremos una breve introducción a los beneficios de dedicarse conscientemente al crecimiento personal y luego pondremos en práctica algunas herramientas de limpieza, protección y sanación energéticas. 💜 The human experience we live can be much more joyful, abundant and peaceful by connecting with the essence that we are and living from there. When we free ourselves from wounds, traumas, negative thoughts and emotions that get in the way of a harmonious and loving flow, we leave more space for love, wisdom, solutions, enjoyment, abundance, peace, creativity, etc. We grow as individuals and spiritually when 1) we choose to change, 2) we understand that what happens to us, happens for a reason and 3) we learn from what we have experienced. In the class we will give a brief introduction to the benefits of consciously engaging in personal growth and then put into practice some energetic tools of cleanse, protection and healing.</p>
<p>19:45 20:45</p>	<p>Centro Cívico – Sala de Baile</p>	<p>Making Love to Your Nervous System – Anna Lepelaars – EN SIGN UP REQUIRED 31643909332</p>	<p>Where do you live in your body? When do you catapult out of your “window of tolerance”? Are you a freezer or more of a runner? How do you deal with your sensitivity to other people's energies? I'll share how making love to our own</p>

			nervous systems can bring the biggest change to your life and your ability to move with what life gives you (both pain and pleasure!).
19:45 20:45	Centro Civico – Sala de Música	Meditación con cuencos tibetanos – Encarna Garciolo de Haro – ES	NA
19:45 20:45	The Healing Center c/España 4 bajo	Healing movements and meditation – Marjolein – ES/EN Limited space, please register on whatsapp 691061459	When we are stressed or feel pressured, we contract and tense our bodies, making everything small and tight. How can we enter into space and flow within ourselves in order to heal and enjoy life more fully?
LA HERRADURA - SÁBADO 21			
9:00 10:30	Centro Civico – Sala de Baile	Exodus Breathwork Journey – Ailish Murphy – EN Registration on whatsapp +353830260180	Breathwork journey taking you into non ordinary states of consciousness to release trauma and unfinished cycles of emotion stuck within your body. Bringing in guides on many dimensions to help you release and heal you.
9:15 10:15	Centro Civico – Sala de Música	Seamm Jasani – Lilam – ES/EN Practique con el estómago vacío, se recomienda traer esterilla/toalla de yoga. https://www.boabom.eu Registro WhatsApp +34697680918	Seamm-Jasani class – {Gentle Boabom} Art of Eternal youth, active relaxation, stretching, Meditation in movement by slow & fluid movements, where you improve coordination, develop focus & imagination, balance, strength, flexibility and overall well-being. This Extraordinary practice increases health, mental vitality & longevity, evolve the Physical, Mental & Astral Bodies therefore build an equilibrium between body and mind. No prior experience is required, suitable for any age.
10:30 11:30	Centro Civico – Sala de Música	Boabom – Lilam – ES/EN Practique con el estómago vacío, se recomienda traer esterilla/toalla de yoga. https://www.boabom.eu Registro WhatsApp +34697680918	Boabom class – Art of Defense and Energy: dynamic & deep breathing with faster movements that can function as a defense against physical threads as well psychological and stressful ones. This Extraordinary practice evolve the Physical, Mental & Astral Bodies. It develop fast reactions, agility, self-control, balance, speed, precise reflexes, spontaneity, breathing (as a method to control your body and mind),

			concentration, balance, strength, flexibility, confidence and the projection of internal energies. There is no contact, competition or aggression. No prior experience is required, suitable for anyone
11:45 13:45	Centro Civico – Sala de Música	Life Force Activation – Lina Boström – EN Session: 2 hours. Maximum 15 participants. Register before on WhatsApp +46 70 295 65 14	Life Force Activation is the activation of your raw life force energy, a transmission to awaken your energetic, emotional and spiritual field. It is an inner dance where your mind, body and soul are one. It connects you to your essence and can bring you bliss, peace, inner freedom, clarity and presence. It helps you release blockages and fears that keep you from evolving. Session: 2 hours.
13:00 14:00	Centro Civico – Sala de Baile	Pranayama – Ankara Lakshmi – ES	Mente y respiración están siempre unidos. El pranayama es el método para disolver el pensamiento y conectar con el verdadero Ser.
16:00 17:00	Centro Civico – Sala de Baile	Neurographics – Karol Weisbach – ES/EN	NA
16:00 17:00	Centro Civico – Sala de Música	Constelaciones familiares – Encarna Garcíolo de Haro – ES	Charla para conocer las constelaciones familiares
17:15 18:15	Centro Civico – Sala de Baile	A Compass to Determine the Course of Your Life – David Veenhuys, Coach & Author – EN	Being able to live and work largely according to our values motivates us, develops our resilience and inner strength, and helps us protect ourselves against life's uncertainties and tensions. However, this requires that we are well acquainted with the 12 to 18 values that drive us, as well as the importance we place on each of them. How should we go about understanding these values? David Veenhuys, coach and author, will explain this during a 40-minute workshop.

<p>17:15 18:15</p>	<p>Playa</p>	<p>Plant Medecine Talk – Elliott Potts – EN</p>	<p>Join us for an enlightening talk on the therapeutic uses of plant medicines with a special focus on Ayahuasca, Huachuma (San Pedro), and Rapé. These sacred plants have been used for centuries in traditional healing ceremonies, offering profound psychological, emotional, and spiritual benefits. We will explore the healing potential of these plants, looking at how they can help treat issues such as trauma, depression, anxiety, and addiction. The talk will feature a live performance of traditional medicine music, which plays a vital role in facilitating healing journeys. The music will immerse you in the cultural essence of these sacred plant rituals, creating a more authentic shamanic experience. We will conclude with a unique opportunity to experience plant medicine directly through a small Rapé ceremony. Rapé is a sacred Amazonian snuff used to clear the mind, ground energy, and connect with spiritual wisdom. This ceremony is optional and will be conducted in a respectful and safe environment. Come with an open heart, ready to explore the power of plant medicines and their ability to heal on multiple levels.</p>
<p>17:15 18:15</p>	<p>Centro Civico – Sala de Música</p>	<p>Canto Térapeutico y Mantras – Amaya Kaveri – ES/EN/DE</p>	<p>We will travel with our voice through our body and connect with our soul</p>
<p>18:30 19:30</p>	<p>Centro Civico – Sala de Música</p>	<p>Reflexología y masaje facial – Elizabeth Puja – ES/EN</p>	<p>En una sesión veras un nuevo brillo en tu rostro que reflejará los efectos estimulantes y a la vez calmantes del protocolo de automasaje antiarrugas que realizaremos con un rodillo de jade. Antes, veremos cómo se reflejan nuestros órganos en distintas zonas y puntos energéticos en el rostro, y cómo actuar sobre ellos. In one session you will see a new glow on your face that will reflect the stimulating and at the same time soothing effects of the anti-wrinkle self-massage protocol that we will</p>

			perform with a jade roller. First, we will see how our organs are reflected in different areas and energy points on the face, and how to act on them.
18:30 19:30	Playa	Cacao Ceremony with medicine music – Finca Putumayo, ES/EN Registration required, max 30 https://fincaputumayo.es/cacao/ If you do not register just come with your own cacao and listen to the music.	Connect with your heart, inner joy and celebrate life with us with sacred medicine of cacao and music. Medicine music by Ania, Elliott and Michaela Haesch. Cacao by Lunaversa.
18:30 19:30	Centro Civico – Sala de Baile	Akashic Records – lecture and conversation – Aleksandra Wilczynska – EN Please register +34 673037646	Exploration of the concept and practical application of reading the records. What and where is this mysterious place? How do we access it and how learning about our Spirit Guides and Soul’s origination can help us to expand? Practical tips on learning how to enter your records.
19:45 20:45	Centro Civico – Sala de Música	Une boussole pour déterminer le cap de sa vie – David Veenhuys, Coach & Auteur- FR	Pouvoir vivre et travailler en grande partie selon nos valeurs nous motive, développe notre résilience et notre force intérieure, et nous aide à nous protéger contre les aléas et tensions de la vie. Cela exige cependant que nous connaissions bien les 12 à 18 valeurs qui nous animent, ainsi que l’importance que nous accordons à chacune d’elles. Comment s’y prendre ? David expliquera cela lors d’un atelier de 40 minutes.
19 :45 20 :45	Playa	Fire Dancing Workshop – Maka Mirada de Fuego – ES/EN – Max 6 pers. Registration (+34) 617 575 035	I will guide you through a fire dancing initiation ceremony and show you some basics of the flow art.
21:00	Playa	Fire Dancing Show / Espectáculo with life music by Miryam La Voz del Alma – Maka Mirada de Fuego – ES/EN	Feel the magic of the stories told by a fairy dancing with fire. No limits, everybody is welcome!

LA HERRADURA - DOMINGO 22			
10:00 11:00	Playa	Heart Opening Morning Flow – Barbara Stadler – ES/EN/DE	Harta bases, Heart -centered yoga 
11:45 12:45	Centro Cívico – Sala de Música	Movimiento vital – Elisa Risquez – ES/EN	Experience the transformative power of yoga for a deeper sense of self-love and self-acceptance.
13:00 14:00	Centro Cívico – Sala de Música	Meditación: recorrido espiral – Ankara Lakshmi – ES	Resumen explicativo sobre la técnica EMF y meditación El recorrido Espiral, que es una forma de llevar energía dorada y sanadora a todas las partes del cuerpo físico y energético
16:00 17:00	Centro Cívico – Sala de Baile	Conciencia corporal – Elisa Risquez – Centro Karissa – ES/EN	Experience the transformative power of yoga for a deeper sense of self-love and self-acceptance.
16:00 17:00	Centro Cívico – Sala de Música	Family Yoga – Julia Bair Romero – ES- Recomendado para niños de 4-10 años. Pre-inscripción necesario, máximo 10 familias. Contáctese con Julia +34663796631	¡Taller de yoga para toda la familia! Los niños pueden disfrutar del yoga junto a los padres en este taller repleto de cuentacuentos, canciones, juegos, y movimiento consciente. Un tiempo de ocio en familia, de mindfulness, y de conexión por los padres y los niños.
17:15 18:15	Centro Cívico – Sala de Música	Family Yoga – Julia Bair Romero – EN Recommended for children ages 4-10. Pre-registration required, maximum 10 families, please contact Julia at +34663796631.	A yoga workshop for the whole family! Children can enjoy yoga alongside their parents in this workshop filled with storytelling, songs, games, and mindful movement. A time of joyful & mindful connection for parents and children.
17:15 18:15	Centro Cívico – Sala de Baile	Ancestral Healing through Family Constellation – Ania Ostrowska – EN Registration WhatsApp 633486149	I'm delighted to invite you to a Family Constellation session, where in the first part I will explain the method and show some simple exercises of the way The Field works, and in second part I will offer a full constellation session to one of the participants (we will draw a name). www.anna-holistic-therapist.com/family-systemic-constellations

18:30 20:30	Centro Civico – Sala de Música	Taller de la Voz del Alma – Miryam Lucena – ES/EN	Circulo de Canto libre y de sanación con la voz. En este taller daremos presencia a nuestra voz. Entraremos en una serie de frecuencias en un viaje personal de canto compartido con el grupo. Cantaremos, vibraremos con nuestra voz, resonaremos, y sanaremos.....Free singing and voice healing circle. In this workshop we will give presence to our voice. We will get into healing frequencies on a personal singing journey shared with the group. We will sing, we will vibrate with our voice, we will resonate, and we will heal.
19:45 20:45	Centro Civico – Sala de Baile	Turn Up from Turn On – Finding Aliveness in your own Body – Anna Lepelaars – EN – NOTE : it’s strongly recommended to join workshop 1 (making love to your nervous system) to benefit from workshop 2. SIGN UP REQUIRED 31643909332	When you live most of your days “in your head” you’ll recognize how hard it can be to FEEL joy, pleasure, and ride your own energy. Ill share some theory and we will do some practices together that help us tap into our own life energy.
19:00 20:30	La Cochera	HAPPY DANCING – Anahi Vásquez – Centre Karissa – Body Language	La sesión está orientada a crear un espacio en el que puedas expresarte a través del baile y la música, dando libertad de acción y movimiento al cuerpo. / The session is aimed at creating a space in which you can express yourself through dance and music, giving freedom of action and movement to the body
21:00	La Cochera	Closing party La Cochera Latin band	