











Welcome to the

Mauritius Wellness Festival 2019

THE BIGGEST WELLNESS FESTIVAL IN SOUTHERN AFRICA.

Join us on the 3^{rd,} 4th and 5th of May 2019

in the dream tropical setting of Mauritius to reconnect with nature, revive your senses and discover new wellness experiences with our prestigious line-up of experts.

An inspiring journey for the body, the soul and the spirit, and many other surprises await you...



More Info | #MauritiusWellFest



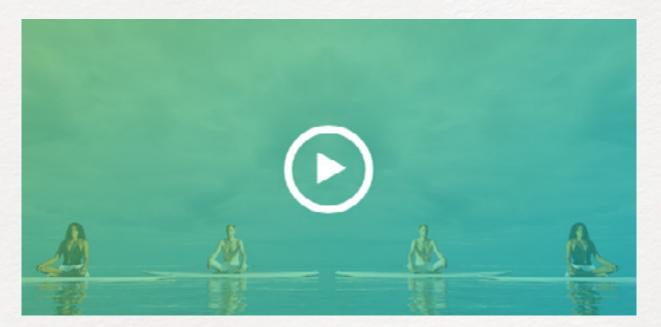












LEARN AND PRACTICE

You will be invited to take part in several classes, workshops and seminars with both Mauritian experts and international icons. This will be the opportunity for you to improve your personal practice, get exposed to new techniques and reach new heights on your life path.

SENSE AWAKENING

We invite you to revive your senses - all five of them! - and realise their transformative power through music, dancing, cooking, art and other media. Everything has been set up for you to enjoy the most of this experience and to leave totally refreshed, enthused and ready to embrace a more prosperous life.

NATURE EXPERIENCES

As you explore some of the island's most spectacular sites with our team of professionals, you will be able to refocus and reconnect with your inner self through a selection of Nature Experiences. These may include seaside breathing sessions, yoga classes by a waterfall, mindfulness exercises amid the forest and more.

THE VILLAGE

Set by the beach, the Village is the beating heart of the festival. It is a place of discovery and exchange, combining recreational areas, musical experiences, healthy cooking stations and craft shops... During the day, you can relax by the pool or on the beach; in the evening, you will let yourself go with the rhythm of our concerts.



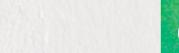














HANNAH BARRETT



Leading London-based Yoga Instructor

annah is a leading London-based yoga instructor with a passion for helping people to transform their lives through yoga. Hannah enables her clients to find their strength and develop their own self practice, while breaking down complex poses to make them fun and accessible to all. Hannah has most recently released her first eBook 'Strength Through Yoga' with co-author and top physiotherapist Finola Burrell. The eBook is evidence based, recommended by medical experts and takes new mothers through a safe and effective journey to restore their strength through yoga, while supporting them in both their body and mind.

DAY 1 —

Awaken your Senses Yoga Flow

(1 H 15 MINS)

Le Morne Brabant Unesco Heritage Walk to Mindfulness

(4 H 30 MINS)

- DAY 3 -

Strength through Yoga Flow

(1 H 15 MINS)



DOMINIQUE LONCHANT



International Breathing Specialist, Healer and Author

fter he graduated from the South-Indian Vedanta University, **Dominique** specialised in Pranayama Yoga (the art of breathing), which he has been teaching for 30 years. He was specially trained by Dr Swami Gitananda at the Ananda Ashram in Pondicherry, India. In his book, L'art de respirer, he explains the importance of breathing for the physical, emotional, mental and spiritual well-being. When he is not travelling around the world, he spends his time hosting personal development workshops and seminars across Europe. His simple and efficient teaching is accessible to all.

The Art of Breathing for a Better Life

(1 H 15 MINS)

— DAY 2 ——

The Art of Breathing for a Better Life

(1 H 15 MINS)

The Art of Breathing for a Better Life

(1 H 15 MINS)

Oneness With Nature at the Unesco Biosphere Heritage Nature Reserve

(4 H 30 MINS)





JEANETTE FUCHS

Vinyasa Flow Yoga, Yin & Yang Philosophy Expert and Mindfulness Teacher

eanette loves alternating between creative, dynamic sessions and meditative, restorative ones. She has trained with big names such as Paul Grilley and Sarah Powers, constantly improving her style and expanding her knowledge. Jeanette takes pleasure in sharing her experience through regular courses and workshops in Salzburg (Austria) and occasional retreats across the world. She also runs a popular blog about her two passions: yoga and traveling.

——————————————————————————————————————	— DAY 2 —	— DAY 3 —
The Secret Path in "The Black River Gorges"	Yin Yoga	Yang Yoga
(4 H 30 MINS)	(1 H 15 MINS)	(1 H 15 MINS)



MARIE SOPHIE L.



Nathuropath, NatuRawChef, Author and Actress

arie Sophie developed a particular interest in the vegetable world after a fast, following which she decided to study vegan and raw cuisine in California to become a "Naturawchef". She likes to share her secrets for a delectable plant-based and raw diet on her website, linstantcru.com. Marie-Sophie promotes a healthy diet, which brings both vitality and pleasure. She is the author of "L'instant Cru" and "L'alimentation Crue", "Naturellement Healthy", as well as a Consulting Chef at the restaurant L'Alcazar in Paris.

—— DAY 1 ——	—— DAY 2 ——	—— DAY 3 ——
Raw Cuisine: A gourmet revelation, a new way of life	Raw Cuisine: A gourmet revelation, a new way of life	Raw Cuisine: A gourmet revelation, a new way of life
- "CRUPOTE"	"RAW HOT SOUP"	"SMOOTHIES"
(1 H 15 MINS)	(1 H 15 MINS)	(1 H 15 MINS)



SANDRA **GRANGE**



Yoga Teacher and Psychotherapist

andra discovered yoga 18 years ago during a session with Claude Maréchal, one of T.K.V Desikachar's students. After spending seven years studying the Patanjali Yoga Sutras, powerful breathing techniques and the art of meeting individual needs through yoga, she trained in Vinyasa with Gérard Arnaud. Under the guidance of Shiva Rea, she explored the tantric version of Yoga, which has greatly influenced her style: Prana Flow Yoga, as she calls it, must be lived as the ecstatic deployment of the body and the soul.

DALL
Elemental Flow Yoga:
Earth Element

(1 H 15 MINS)

DAV 1

DAY 2 ----

(1 H 15 MINS)

- DAY 3 ·

Elemental Flow Yoga: Water & Fire Element Elemental Flow Yoga: Space & Air Element

(1 H 15 MINS)



ALMARIE VENTER



Kinesiologist, Brain Gym® Practitioner and Holistic Wellness Consultant

Imarie is an internationally certified Kinesiologist, Brain Gym® Practitioner and Holistic Wellness Consultant for Spas. With over 13 years of experience in health, wellness and spa industry, Almarie effortlessly integrates holistic modalities creating bespoke treatment plans, workshops and retreats using kinesiology, crystal therapy, energy healing, acupressure, vibrational sound, meditation, mindfulness as well as neuro-integration techniques and Nia technique.

The Les Nouvelle Spa Visionary Award for 2018 was awarded to Almarie Venter - This Visionary Award is awarded to a pioneer within the Spa and Wellness Industry. A person whose ideas over the past year have led to a change in the spa and wellness industry or spa and wellness industry thinking. It is Almarie's true passion and life purpose is to bring people closer to their authentic self through her extensive knowledge of holistic health and wellness, the gift of a creative mind, healing hands, teaching and compassionate focus on personal development and awareness.

	DAY 1 ———	— DAY 2 —	——— DA	Y3 ———
Vibrational Sound Healing Meditation	Self-Healing Integrative Movement & Mantra	Vibrational Sound Healing Meditation	Vibrational Sound Healing Meditation	Intuitive Living
(1 H 15 MINS)	(1 H 30 MINS)	(1 H 15 MINS)	(1 H 15 MINS)	(1 H 30 MINS)



AUDREY BRACEY DEEGAN



Life Coach and Adviser

udrey is a retired business executive who has held senior positions in the public, private and social sectors, in the US and abroad, with organizations like McKinsey, Deloitte, Textron, and the Overseas Private Investment Corporation. A recovering self-help addict, she has worked with women professionals from a range of industries as a mentor, coach and cheerleader for over 30 years.

During that time, she has conducted seminars that have covered subjects as diverse as career pathing, lifescaping, team roles and dynamics, work/life balance, and crisis management in addition to engaging business and community leaders around strategic direction, operational efficiency and organizational alignment. With the founding of Guilted Sisters, an umbrella that shelters many of her own life passions-coaching, writing, cooking, jewelry-making in 2017, she began sharing her insights about integrating business strategy concepts and life journeys with a broader audience through seminars, webinars and books.

Audrey graduated Princeton University, with honors, and finished Georgetown University with a law degree and Masters of Science in Foreign Service. She serves as lecturer and adjunct professor in international development and international business strategy at Georgetown. In addition, Audrey has served as a guest speaker at the Aspen Institute, the United Nations, and numerous venues worldwide. The mother of two fantastic millennial daughters, she spends her time between Mauritius, the US and the UK, watching the surf and spreading the joy of life.

—— DAY 1 ——	- DAY 1 ——— DAY 2 ———	
Soul Mapping	Personal Leadership Development	Big Girl Pants
(1 H 15 MINS)	(1 H 30 MINS)	(1 H 30 MINS)





ANNA BRINDAL RN



Certified Neuro Change Solutions Consultant and Trainer

nna is a Registered Nurse with extensive experience as an Occupational Health & Safety professional. She has gained a broad knowledge base and insight into business management whilst working in the education, manufacturing, and resource Industries. Anna is known for her strong professional focus on engagement and effectiveness within the workplace and her ability to relate to people at all levels.

She delivers training with warmth and humor to inspire participants to connect with the course material and integrate it into their work processes.

(1 H 15 MINS)	(1 H 15 MINS)	(1 H 15 MINS)
(Part 1&2)	(Part 1&2)	(Part 1&2)
in the Mind	in the Mind	in the Mind
Change is All	Change is All	Change is All
— DAY 1 —	— DAY 2 —	— DAY 3 —



Dr. SANDRA **STALLAERT**



Medical Doctor, Homeopath, Holistic Nutritionist and Holistic Health Facilitator

andra is a Belgian medical doctor, homeopath and holistic nutritionist, trained in Belgium and Switzerland. She is passionate about helping people take care of their health from a body mind and spirit perspectives. Her global approach inspires people individual responsibility and encourages them to achieve a sustainable and balanced well-being.

One of her main area of interest is the brain functioning and how our thoughts and feelings affect our life. She is dedicated to teach emotional self-regulation and energy management with specific science based techniques. When we control our mind, we control our life.

— DAY 1 ——	—— DAY 2 ——	—— DAY 3 —
Change is All	Change is All	Change is All
in the Mind	in the Mind	in the Mind
(Part 1&2)	(Part 1&2)	(Part 1&2)
(1 H 15 MINS)	(1 H 15 MINS)	(1 H 15 MINS)



ASEEMA OM TARA



Yogini, Yoga Meditation facilitator, Reiki Master

wo decades of Meditation have transformed my vision of Yoga that I practice since the age of 14, then brought by my mother Solange to Sivananda Ashram of native city Rose-Hill in Mauritius. Along the years, that discipline of Asanas (physical postures), Pranayama (breathing exercices) and Mantras chanting has taken such a deep dimension in my life that it has become an Art of Living, a blessing and a celebration. My numerous journeys in India and the Yoga-Sutras of Patanjali, "father of Yoga", are precious milestones towards Chitta Vritti Nirodha, the cessation of mind so important on the path of liberation. I'm very happy to share to others that universal heritage of millenary India, accompanying them towards the resulting wellness, peace and joy. - Aseema

DAY 1 -

DAY 3 ——

Wellness Dancing: SEGA Dance The Heartbeat of Mauritius

(1 H 15 MINS)

"Chamarel Seven Coloured Earth" All Senses Awakening (4 H 30 MINS)

Wellness Dancing: SHAKTI Rise Awakening from Sleep to Bliss (1 H 15 MINS)

Wellness Dancing: SUFI Whirling Finding the **Unmoving Centre** (1 H 15 MINS)



DANYAL **LEFEVRE**



Master Yogi in Sivananda lineage, Hatha Yoga /Yoga Nidra teacher, Nature lover

anyal, spent time seeking himself, having journeyed across India, lived in the company of a renouncing Yogi, followed intensive training through the Sivananda lineage, becoming Master Yogi. He now teaches Yoga and shares his passion, establishing peace and love within and throughout. Yoga for him is neither a sport nor a religious practice, but a personal discipline aimed at making the individual aware of his entire being through different practices, such as Mantras, Asanas, Pranayama and meditation. Through this holistic harmony, with regular practice and self-observation, the individual experiences a state of union with himself, YOGA. Grounded and centered, he consequently faces internal and external situations with discernment, equanimity and detachment, thus doing so optimally, all components of his self-being put to use to the best of their ability. One flows through Life.

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"La Roche Oui Pleure"

Encountering

the five

Elements

(4 H 30 MINS)

— DAY 2 ——

"Chamarel Seven Coloured Earth" All Senses Awakening

(4 H 30 MINS)

Yoga Nidra A Journey through the Star and Key of the Indian Ocean

(1 H 15 MINS)

SUFI Whirling Finding the

DAY 3

Wellness Dancing:

Unmoving Centre

(1 H 15 MINS)

Soulful Creative Journey Yoga & Painting

(1 H 15 MINS)



KIM SIEW



Kim Sew: Local Artist, Meditative Painter and Founder of Lacaz d'Art

t the age of 14, I fell in love with the arts. Fast forward 12 years later, I have made of art an essential part of my life. It is now what keeps me alive. I have started my own company which works with local artists and aims at strengthening the creative community. I've been meditating and painting for 5 years now and it is incredible how the two connect. Meditation will make you more aware of your doings and let you comprehend the holistic nature of the universe. Painting will set you free and let your soul speaks its truth. Together, they put you in a creative flow. A serene state where the whole world around you stops just in time for you to have a conversation with your soul and with the universe. - Kim

- DAY 3 —

Soulful Creative Journey - Yoga & Painting (1 H 15 MINS)



NATHALIE **STEMPER**



Body and Mind Yoga and Fitness Instructor

athalie is a Body and Mind Yoga and Fitness instructor. Originally a Martial Artist, Nathalie understands that not only power and strength, but control, balance and focus are essential to perform in any type of physical activity. Nathalie is an ACE (American Council of Exercise) Certified Personal Trainer, YTTC-200hr Yoga Teacher in Ashtanga and Vinyasa Flow trained in India, certified in Pre- and Post Natal Yoga, black belt in Tae Kwon Do, her first official race was the New York Marathon, and she is passionate about Wakeboard. Today, she exercises as a personal trainer and Yoga instructor while praising a holistic approach to health and life."

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Blindfolded Yoga

Yoga and Creative Painting Workshop

(1 H 30 MINS)

(1 H 15 MINS)

DAY 2

Yoga and Creative Painting Workshop Sunset Vinyasa Flow with Live Music

(1 H 15 MINS) (1 H 15 MINS)





NATHALIE **STEMPER** & DAVID **LAGESSE**



Artist, Creative Mind and Entrepreneur

avid is born in Abidjan, Ivory Coast. He traveled extensively as a child, which likely forged his aesthetic sense and curiosity. Drawing and painting became the means for him to depict his experiences and emotions. His interest in art led him to earning a B.A. in Fine Arts from Curtin University and an Advanced Diploma of Graphic Design. The experimentation continued while working in creative industries for the next fifteen years in cities like Sydney, Perth, and Mauritius.

His work encompasses textile, brand communications, signage, advertising and consulting. David asserts himself as an artist, creative mind and entrepreneur.

He co-founded Cube Design Ltd, an outdoor media company. David credits his father's encouragements for inspiring him to pursue art. He founded Artlab in 2017, an art studio with a strong education component. David is determined to share his love for the arts and to push people to think in freeing, creative ways by sharing his artistic journey. David works with local schools, businesses, health professionals, athletes and individuals.

DAY 1 ----

Yoga and Creative Painting Workshop

(1 H 15 MINS)

- DAY 2 -

Yoga and Creative Painting Workshop

(1 H 15 MINS)



NATHALIE **STEMPER** & PATRICE **LAROSE**



Musical Artist, Composor and Producer

atrice, musical artist, composor and producer, accompanied various international artists and sideman for many labels (Sony BMG, Universal etc.). In 2005, after 7 years of work on Brazilian music for Verve / Universal Jazz, the label "No Format" and "Universal" offer him to record a personal project and thus released the album "Set Luna" with as guests singer Youssou N'dour and percussionist ex Miles Davis and Sting, Mino Cinélu. This project will be touring until the end of 2009 and will even give a performance at New York's famous Carneggie Hall. The same year he also composes the eponymous title of Mayra Andrade's debut album, Navega.

——— DAY 2 ————

Sunset Vinyasa Flow with Live Music

(1 H 15 MINS)





Master. DANIEL LAI FANG



Tai Chi, Qi Gong and Reiki Master

orn in 1957 in Mauritius from parents of Chinese origin, **Daniel** quickly immersed himself in Asian culture and philosophy. After his studies he started in the martial arts, especially in Karate and obtained his black belt 1st Dan Karate Shotokan. He later explored other martial arts techniques in particular Kung Fu, Aikido, and Tai Chi Chuan, and was awarded in 2002 the Certificate of Merit of Shobukan International Word Martial Arts Research Associates of Switzerland. . He practiced and then taught mainly Tai Chi Chuan, with a therapeutic objective, in various companies such as the 'Mauritius Gymkhana Golf Club' and the group 'Legends Hotels'. Certified Taï Chi Instructor in 2009 by the 'Tai Chi Healthways' of San Diego, California, he is now a popular Taï Chi Chuan teacher at the '5 Tridents Albion Club Med Plantation' in Mauritius .

He practices in particular the rare Yang Style Traditional Qi Qong Yang Shen Tai Chi Chuan from the lineage of the great Master Chung Ta Chun, and inherited from Master Kwan Ying Hua. Always in the perspective of continuous development, he also obtained his diploma on Qi Gong techniques in 2012 by the Chinese Qi Qong Health Association and has therefore added this technique to his panoply of many disciplines of predilection. Also recognized as an energy practitioner and Reiki Master Level 3 since 2004, he combines and use today these different techniques in his practice.

DAY 1

Wellbeing through Tai Chi Chuan: The Paradox of the Duality and the Complementary

(1 H 30 MINS)

DAY 2

Wellbeing through Tai Chi Chuan The Trigology

(1 H 30 MINS)





SARAH BIBI **NAMDARKHAN**



Certified Yoga Practitioner BWY (British Wheel of Yoga Dipl)

oga has been part of Sarah's life for over 15 years. Inspired after having her first child at home, Sarah followed her yoga teachers advice and trained with the British Wheel of Yoga - she finally found her calling. The 14 month course allowed Sarah to explore on a deeper level yoga's benefits. Sarah furthered her expertise in Pregnancy Yoga with Janet Balakas at London's Active Birth Centre. Where other forms of exercise work out the body, Yoga is far beyond the physical. Yoga draws us into the body. Sarah aspires to bring her students into this deeper sense of themselves. Teaching from the heart, Sarah's Hatha yoga classes offer, breathing, postures, relaxation, reflection and space to listen to the body. Students leave class feeling stretched, energised, calm, relaxed, positive, peaceful, mindful, aware and content. Sarah is an intuitive teacher seeking to make the practice meaningful as well as enjoyable. Sarah offers modifications and alternatives in mixed ability classes.

—— DAY 1 ——	— DAY 2 —	—— DAY 3 ——
Yogi	Hatha Yoga	Hatha Yoga -
in the Workplace	for Partners	Balance and Unity
(1 H 30 MINS)	(1 H 30 MINS)	(1 H 15 MINS)



NEO JHAREE



Yoga Instructor, Artist, Karate Teacher

eo used to practice sports and especially martial arts, since his teenage age. He likes drawing, painting, dancing, playing music. He grows up in France where he became an administrator, engineer, project manager, project director and finally, he created his own IT company. He worked 20 years in the standard jobs but never find his salvation in it. At 33 years old, travelling in India he discovered yoga and meditation. Neo immediately finds a new way of life into this path and little by little gone deeply on the practice. Yoga became a passion and transformed him from inside. He took a four-year teacher training course into the french school of yoga and continued to travel in India to follow several trainings in Ashtanga, Vinyasa, Kundalini meditation, Vinyasa flow, acroyoga/yoga partner and healing techniques as energetic massages and Reiki. He provides classes and workshops with his own style inspired by all his influences and named it NeoYoga. He discovered and learned about Acroyoga since 2013 with Ola jas and Medhi Zidane at Goa. After several trainings he started to provide some classes and workshops."

— DAY 1 —	— DAY 2 —	— DAY 3 —
AcroYoga	AcroYoga	AcroYoga
(1 H 35 MINS)	(1 H 35 MINS)	(1 H 35 MINS)





JOANNA **LA GESSE**



Yoga Wellness Teacher, Feel-Good Lifestyle Coach, Moon Cycles Wisdom Facilitator



oanna: The Feel-Good Messenger

Joanna guides busy people in creating a well-balanced life with the Moon Cycles and Yoga.

She offers Feel-Good Yoga and Moon Yoga classes which focus on developing peace of mind and an uplifted spirit, while increasing the body's mobility, building strength & flexibility, and cultivating a grateful heart.

Her yoga classes are a complete mind/body/soul wellness experience where you move & breathe consciously, where you release tension & stress, where you recharge and renew, where you transform the energy of being overwhelmed, exhausted and scattered into feeling very grounded, relaxed and peaceful.

Joanna also teaches a simple & practical method of working and living with the Moon cycles in her signature workshops: "Work/Life Balance with the Natural Rhythms", & "Dream, Plan, Manifest with the Moon Cycles". She's the creator of "My Feel-Good Calendar with the Moon Cycles", a digital Moon calendar that helps busy women to create work/life balance.

Joanna La Gesse is a Radiantly Alive Yoga Teacher with 13 years of extensive yoga teaching in Mauritius. She's a Lifestyle Coach who wants to help you create your Feel-Good Lifestyle while following your dreams and expressing yourself fully.

Joanna's looking forward to sharing the art of yoga wellness & the wisdom of the Moon phases with you during the Mauritius Wellness Festival."

DAY 1 ———

— DAY 2 —

Life Balance with the Moon Cycles

New Moon Yoga

(1 H 15 MINS)

(1 H 15 MINS)





SARASVATI MALLAC & NORBERT PLANEL



Local Passionate Musicians and Artists

arasvati is a complete Mauritian artist, both musician, composer and performer. Ravannière in a collaboration with Daniella Bastien, she is currently part of the Patyatann quartet, and perform during the performances of Karuna, groups in which we can see her playing her favorite instruments: the erhu, the mridanga and the ravanne. Humble and generous, Sarasvati transports the audience with her unique voice, charisma and melodious songs.

Mauritian percussionist, Norbert is a passionate artist, curious and hands-on. He has participated in many musical projects in groups such as La Foule, Tritonik or Lespri Ravann and has accompanied Mauritian artists of reference on the local scenes and abroad: Richard Beaugendre, Menwar, Damien Elisa or Eric Triton, His passion for sound effects has also led to enriching collaborations in the world of theater and in the world of cinema.

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Letting Go Through Sounds and Rythms

(1 H 30 MINS)

—— DAY 2 ——

Letting Go Through Sounds and Rythms

(1 H 30 MINS)

— DAY 3 —

Letting Go Through Sounds and Rythms

(1 H 30 MINS)



SANDRA DE FOUCAULT



Health and Nutrition Coach, Chinese Medicine Practitioner, Korean Acupuncturist and Yoga and Qigong instructor

andra is a Health and Nutrition Coach, Chinese Medicine Practitioner, Korean Acupuncturist and Yoga and Qigong instructor. She has been travelling around the world for the past 22 years where she learned different therapies from each countries. Sandra realised that many people have the same dilemma; not being able to live a balanced life, between work, family and all other responsibilities, control the related stress and still find time for oneself! Eating well, sleeping enough, exercising and disconnecting from work are essential to achieve this balance."

DAY 1 ——

Initiation to Qi Gong

(1 H 15 MINS)

— DAY 2 —

Ditch the Sugar

(1 H 15 MINS)

—— DAY 3 ——

Breath & Meditation (1 H 15 MINS)



KAY DAHALL



Alchimiste

ay has over 18 years experience in the world of spa. Co-founder and owner of Om spa (2005) and the institute of therapy and inner studies (2007), she is an international trainer and consultant (2008). Having trained spa therapists in the finest hotels of the island, she is a degree holder in science of religion from the University of Cape Town, has done extensive research in philosophy, theology and theosophy. Reiki master, pranic healer, arhatic yogi and shiv yogi, she is passionate about energy medicine and the art of healing. Kay has made it her way of life to be present and guide people on their own chosen spiritual paths. She is presently preparing a philosophical doctorate in metaphysical science.

DAY '

— DAY 3 —

The Universe: An Anthropomorphic God

Aura Scanning

(1 H 15 MINS)

(1 H 15 MINS)



VERONIQUE **DE GUARDIA**



Reiki Usui Master, Reiki Karuna[®] Master, Theta Healer Advanced DNA, Lithotherapist and Radiestesist

eronique is Reiki Usui Master, Reiki Karuna[®] Master, Theta Healer Advanced DNA, Lithotherapist and Radiestesist. Veronique has more than 25 years of experience and research in the field of metaphysics and personal development. She has organized in Mauritius several workshops with international leaders in wellbeing, energy, personal development and reconnection.

DAY 1

DAY 2 ·

Healing with Crystals to Connect to Your Higher Self and Your Chakras

Healing with Crystals to Connect to Your Higher Self and Your Chakras

(1 H 15 MINS)

(1 H 15 MINS)





STEPHANIE **PERRIER**



Certified Vikasa Yoga Teacher, specialised in Yang and Yin Practice and SUP Yoga

tephanie is a certified Vikasa Yoga teacher, regularly travelling to Bali, Byron Bay, India and Thailand to deepen her techniques in Yoga and Meditation. She has specialised in Yang and Yin practice. Stephanie put emphasise in her classes on physical and emotional mindfulness. Connecting to your body to maintain it healthy, flexible and strong and to keep the organs functioning properly and to your feelings and emotions, releasing whatever does not belong. Any stress, tension and also any limited beliefs and any emotions that is making the mind unpeaceful. Stephanie is also a nature lover, practicing water sports. She will make you connect with water element, guiding you through an exceptional Stand Up Paddleboard Yoga.

DAY 1

Stand Up Paddleboard (SUP) Yoga

(1 H 30 MINS)

– DAY 2 ———

Stand Up Paddleboard (SUP) Yoga

(1 H 30 MINS)

DAY 3

Stand Up Paddleboard (SUP) Yoga

(1 H 30 MINS)



SOPHIE **SEW**



Multi Therapist, Corporate Consultant and Trainer, Life Coach, Speaker, Energy Healer

ophie is a 42-year-old, dedicated Multi Therapist, Corporate Trainer, Company Director, Energy and Communicative Healer and Holistic Life Coach. She has years of experience in accompanying patients and clients from all walks of life with much compassion and love, helping them bring their life back into balance. She has lived many years in Europe, speaks German, French and English and has experienced an intensive Self Discovery Journey throughout her life. Strongly connected to Mother Nature, she is an intuitive mom of 5 children.

DAY3 -

"Black River Gorges" - Journey Towards your Inner-Self
(4 H 30 MINS)





AURORE ROUZZI



Founder of SensiBio and Co-Founder of Vert Deux Mains and of BioLokal.

urore is the founder of SensiBio and co-founder of Vert Deux Mains and the BioLokal. French expatriate for three years in Mauritius, she studied in France and started with a BTS in management and protection of nature, management of natural areas. She finally reoriented herself in organic farming, which, moreover, responded more to her values. In 2011, she followed a course in organic farming production, marketing and processing. Since then, her hands have worked the soil of France, Reunion, Benin and Mauritius.

RAVI **RAMBUJOO**



Founder of Farmbasket and Co-Founder of Vert Deux Mains

avi is 43 years old. He holds a BSc in Building Construction Management and MSc in International Construction Project Management. After 14 years of practice in the construction Industry, he took a drastic career change and started to practice sustainable agriculture. In 2017, he started cultivating vegetables on his farm using solely organic protocol. In the same year, He started an online ordering system, FARMBASKET, for Fruits and vegetables ranging from Smart, Hydroponics, Natural and Organic. He is the cofounder of the company Vert Deux Mains which main Objectives is to promote a local organic Certification, Blolokal, under the PGS protocol.

DAY 2 ----

Organic farming, from the kitchen garden to the farm

(1 H 15 MINS)



SUREKA **DEVI GUREWAN**



Healing Practitioner

ureka is a healing practitioner as foremost, who also passionately pursues her drive to create and write whilst working as a healer. Born and raised in the UK she has a plethora of academic and professional achievements including training with the School of Quantum Metta as a Thai Massage Therapist and Joylina Goodings as a Reiki Healer.

In 2014 Sureka made the decision to move to Mauritius to raise her family and plant the seed of her dream to create and heal in the lap of her own heartfelt destiny. Sureka now works to present a series of workshops, classes and personal healing sessions focused on bringing all her wisdom and teachings together. Her aim is to showcase how we can truly move forward on Mother Earth in a manner that is unifying, balancing and purposeful for us all as one whole.

DAY 1 -

Shamanic Experience - Meet Shamanic Experience - Meet Shamanic Experience - Meet your Spirit Animal Companion

(1 H)

your Spirit Animal Companion

(1 H)

DAY 3 -

your Spirit Animal Companion

(1 H)





MEGHNA **RAGHOOBAR**

CEO and Co-Founder of SYAH, Director of HolistiZen, Eco-Conscious Lifestyle Vlogger

eghna is the CEO and co-founder of the SIDS Youth AIMS Hub (www.syah.org). SYAH as they call it is the only regional organisation in the AIMS region that connects young people from Small Island Developing States (SIDS) so that they can collaboratively advance sustainable development across these islands. Since the past 5 years, under her leadership as the President of SYAH for 4-years, and now as the CEO of SYAH for the next 3-years, she works on Climate Change, Plastic Pollution and issues related with Oceans among SIDS with is very much in line with her nurturing nature for Mother Earth. However, as she started getting to know herself better over the years, she founded a start-up namely HolistiZen which organises eco-conscious retreats and bootcamps on the threats of consumerism lifestyle, while providing alternative to an eco-conscious lifestyle. She is also working towards SDG 3 (Good Health and Wellbeing) and SDG 12 (Sustainable Consumption and Production). On her birthday this year, she will be launching her 1-minute vlog on eco-conscious lifestyle to create more impact and awareness globally on this matter using both the expertise I got through SYAH combining it with her lifestyle as a yoga practitioner, a certified healer, a diver and a certified martial artist.

DAY 3

HolistiZen - For your Eco-conscious Lifestyle (1 H 15 MINS)



NISHAL **SEWRAJ**



Fusion B.K.S Iyengar and Hatha Yoga & Massage Therapist



ishal met the gifted Gurus Christian Apolon and Jagdish Narain, Prem Assema, who taught him yoga at the young age. Now with an experience of over 18 years and intensive yoga training he became expert in teaching yoga and a talented Massage therapist.

His latest teacher was Lada Orlova and Delilah King from Amsterdam and Russia. He has find in B.K.S lyengar Yoga an effective way to relieve mind and body traumas nourishing his healing soul and is now specialised in this practice.

DAY 1

lyengar Yoga & Sound Healing - Body Consciousness and Connection leads you to Self-healing

(1 H 15 MINS)





SARAH PICCIOLI



Health & Wellness Practioner



arah is a Health & Wellness Practionner graduated from the Mauritius Wellness School such as the International Wellness School of Toulouse. She has been practicing for over 8 years in healthy food, massages and global well being. Since 4 years she organises DIY (Do It Yourself) workshops on ecologic maintenance and healthy food.

DAY 3 -

Change your Lifestyle - Create your Own Organic and Natural Cosmetics and Cleaning Products
(1 H 15 MINS)



LES INKONUS



Artist

well-made combo, a family with a sharp musicality. A group of friends with contagious human warmth and a radiant good mood. Impelled by unexpected encounters, unacknowledged scenarios, LES INKONUS has been blowing its melody into the shadows of the spotlight since 2011. From unknown facts to known effects, the nine joyful lurons have given wings to their passion without restraint.

DAY 2 -

Animation

(1 H 15 MINS)



EMLYN



Artist

fter ten years of contemporary dance with Jean-Renat Anamah, including participation at the dance festival Kaay-Fec at the age of 12, Emmelyne starts touring in bars and hotels with a band, at the age of 17, mostly doing cover songs. In 2015 she released "Synthetik" with the band Orchestra of Souls, a song talking about drugs that are plaguing the new generation. Very much into "conscious" art, her texts, mostly in creole, arise on a Sega rhythm with several melodic influences. Traditional instruments like the Ravann, Triang or Kayamb, mixed with the more occidental touch of the guitar, gives the music a certain authenticity.

DAY 3 -

Animation

(1 H 15 MINS)





BABANI SOUND SYSTEM



A Artist

n unespected seduction. An instinctive call where it's impossible to resist percussive and bewitching melodies. Babani is the state of trance reached during a ceremony invoking incestor's spirits leading to a multigenerational gathering with common denominator. The rythm of Indian Ocean helped by the ravane, this percussion instrument made of goat skin and which has its roots on the island of Mauritius.

_____ DAY 1

Animation (1 H 15 MINS)



AVNEESH



Artist



vneesh is an artist that has endeavoured in making his music heard, through his deck-spinning manoeuvres and leading the Mauritian based label Babani Records whether in his homeland, or to far-reaching horizons by pulling the curtains on geographical boundaries.

Animation Animation Animation Animation



DÉVID



Artist

was born and raised in Mauritius. I spent a few years in France to obtain a bachelor's degree in art and multimedia. And it was when I returned to Mauritius after working as a grahist in a communication and branding agency that I decided to start freelancing. This naturally allowed me to focus more on art than on advertising and branding... in real life it's not important. I'm just like you. "This is real" is the outcome (I would rather say a checkpoint, I don't think there will be an outcome. That would be a pity.) 3 years of discovery and evolution of my person as an artist but also as a human being in a certain reality that is constantly challenged. The themes covered wander between my spiritual path, my awareness, my reflections and shouts about our beautiful society, and a reality that is not really one. Vaco once told me, (well, I was basically there when he said it) "The role of an artist is to show people what they don't see or no longer see. I hope to honor these words, in my own way."

- dévid

- DAY 1 -----

Night Ritual and Live Painting

—— DAY 2 -

Night Ritual and Live Painting





NATURE CONNECTION EXPERIENCE

4:30 | Check in for Morning Outdoor Activities

"La Roche Qui Pleure" Encountering the 5 Elements

> By Danyal Lefevre 05:00 - 09:30

"The Black River Gorges"

By Jeanette Fuchs 14:30 - 19:00

ZEN TENT

INSPIRATIONAL TALK TENT



SEA **EXPERIENCE**

05:00 - 05:30 | Check in for Village Activities

Vibrational Sound Healing Meditation

By Almarie Venter 05:45 - 07:00

Awake Your Senses Yoga Flow

By Hannah Barrett 07:45 - 09:00

Initiation to Oi Gong

By Sandra de Foucault 09:45 - 11:00

Healing with Crystals to Connect to your Higher Self & Chakras

Blindfolded Yoga - Regular Yoga Practice Needed -

> By Nathalie Stemper 15:15 - 16:45

Elemental Flow Yoga: Earth Element - In French -

> By Sandra Grange 17:15 - 18:30

Shamanic Experience - Meet your Spirit Animal Companion

By Sureka Devi Gurewan 05:45 - 06:45

Yogi in the Workplace

By Sarah Bibi Namdarkhan 07:45 - 09:15

Raw Cuisine: A Gourmet Revelation, A New Way of Life - ""CRUPOTE"

> By Marie Sophie L. 09:45 - 11:00

Change is All in the Mind (Part 1)

By Audrey Bracey Deegan 15:15 - 16:45

Wellbeing through Tai Chi Chuan: The Paradox of the Duality and the Complementary

> By Daniel Lai Fang 17:15 - 18:45

Iyengar Yoga & Sound Healing -Body Consciousness leads you to Self-healing

> By Nishal Sewrai 05:45 - 07:00

Self-healing Integrative Movement & Mantra

By Almarie Venter 07:45 - 09:15

AcroYoga

By Neo Jharee 09:45 - 11:20

Yoga and Creative Painting Workshop - Limited to 30 Participants -

By Nathalie Stemper & David Lagesse

Letting Go Through Sounds and Rythms

By Sarasvati Mallac and Norbert Planel

Life Balance with the Moon Cycles

By Joanna La Gesse 15:30 - 16:45

Wellness Dancing: SEGA dance The Heartbeat of Mauritius - Long large skirts are most welcome -

> By Aseema Om Tara 17:15 - 18:30

Stand Up Paddleboard (SUP) Yoga - Limited to 16 Participants -

> By Stephanie Perrier 17:00 - 18:30

By Dr. Sandra Stallaert - In French & English -& Anna Brindal By Veronique de Guardia 11:45 - 13:00 11:45 - 13:00 11:45 - 13:00 Change is All in the Mind (Part 2) The Art of Breathing for a Better Life - Limited to 20 Seats -- In French & English -By Anna Brindal & Dr. Sandra Stallaert **By Dominique Lonchant** 14:00 13:30 - 14:45 13:30 - 15:00 13:30 - 14:45 The Secret Path in Soul Mapping

Program subject to change. The final program will be posted on the day of the event.

NATURE CONNECTION EXPERIENCE

4:30 | Check in for Morning Outdoor Activities

"Chamarel Seven Coloured Earth" All Senses Awakening

> By Aseema & Danyal 05:00 - 09:30

By Hannah Barrett 14:30 - 19:00

ZEN **TENT**

INSPIRATIONAL TALK TENT

ACTIVE **TENT** \blacksquare

SEA **EXPERIENCE**

05:00 - 05:30 | Check in for Village Activities

Vibrational Sound Healing Meditation

By Almarie Venter 05:45 - 07:00

Elemental Flow Yoga: Water & Fire Element - In French -

> By Sandra Grange 07:45 - 09:00

Healing with Crystals to Connect to your Higher Self & Chakras - In French & English -

> By Veronique de Guardia 09:45 - 11:00

> > New Moon Yoga

By Joanna La Gesse 11:45 - 13:00

The Art of Breathing for a Better Life - In French & English -

> By Dominique Lonchant 13:30 - 14:45

> > Yin Yang Yoga

By leanette Fuchs 15:15 - 16:30

Sunset Vinyasa Flow with Live Music

Nathalie Stemper & Patrice Larose 17:15 - 18:30

Change is All in the Mind (Part 1)

By Dr. Sandra Stallaert & Anna Brindal 05:45 - 07:00

Change is All in the Mind (Part 2)

By Anna Brindal & Dr. Sandra Stallaert 07:45 - 09:00

Raw Cuisine: A Gourmet Revelation, A New Way of Life - "RAW HOT SOUP"

> By Marie Sophie L. 09:45 - 11:00

Wellbeing through Tai Chi Chuan: The Trigology

By Daniel Lai Fang 11:30 - 13:15

Ditch the Sugar

By Sandra de Foucault 13:30 - 14:45

Personal Leadership Development

By Audrey Bracey Deegan 15:15 - 16:45

The Universe: An Anthropomorphic God

By Kay Dahall 17:15 - 18:30 Shamanic Experience - Meet your Spirit Animal Companion

By Sureka Devi Gurewan 05:45 - 07:00

Yoga and Creative Painting Workshop Limited to 30 Participants -

By Nathalie Stemper & David Lagesse 07:45 - 09:00

AcroYoga

By Neo Iharee 09:45 - 11:20

Hatha Yoga for Partners

By Sarah Bibi Namdarkhan 11:45 - 13:15

Letting Go Through Sounds and Rythms - Limited to 20 Seats -

By Sarasvati Mallac and Norbert Planel 13:30 - 15:00

Organic Farming from the Kitchen Garden to the Farm

By Aurore Rouzzi & Ravi Rambujoo 15:30 - 16:45

Wellness Dancing: SHAKTI Rise Awakening from Sleep to Bliss Long large skirts are most welcome -

> By Aseema Om Tara 17:15 - 18:30

17:00 - 18:30

Stand Up Paddleboard (SUP) Yoga - Limited to 16 Participants -By Stephanie Perrier

14:00

"Le Morne Brabant UNESCO Heritage" - Walk to Mindfulness

Music & Bonfire

18h45 | Musical Ambiance by DJ Avneesh • 19:45 | Night Ritual and Live Painting by dévid • 20:00 | Les Inkonus • 21:15 | Dancefloor with DJ Avneesh

Program subject to change. The final program will be posted on the day of the event.

NATURE CONNECTION EXPERIENCE

Check in for Morning Outdoor Activities | 4:30

"Black River Gorges" Journey Towards your Inner-Self - Limited to 25 Participants -

> By Sophie Sew 05:00 - 09:30

14:00

"UNESCO Biosphere Heritage Nature Reserve" - Oneness with Nature - In French & English -

> By Dominique Lonchant 14:30 - 19:00

INSPIRATIONAL TALK TENT



SEA **EXPERIENCE**

05:00 - 05:30 | Check in for Village Activities

Breath & Meditation

ZEN

TENT

By Sandra de Foucault 05:45 - 07:00

Vibrational Sound Healing Meditation

By Almarie Venter 07:45 - 09:00

Yang Yoga

By leanette Fuchs 09:45 - 11:00

Hatha Yoga - Balance & Unity

By Sarah Bibi Namdarkhan 11:45 - 13:00

Elemental Flow Yoga: Air & Space Element - In French -

> By Sandra Grange 13:30 - 14:45

Holisti7en -For your Eco-conscious Lifestyle

By Meghna Raghoobar 15:30 - 16:45

Yoga Nidra - A Journey through the Star and Key of the Indian Ocean

> By Danyal Lefevre 17:15 - 18:30

Change is All in the Mind (Part 1)

By Dr. Sandra Stallaert & Anna Brindal 05:45 - 07:00

Change is All in the Mind (Part 2)

By Anna Brindal & Dr. Sandra Stallaert 07:45 - 09:00

Raw Cuisine: A Gourmet Revelation, A New Way of Life - "SMOOTHIES"

> By Marie Sophie L. 09:45 - 11:00

> > Big Girl Pants

By Audrey Bracey Deegan 11:45 - 13:15

Intuitive Living

By Almarie Venter 13:30 - 15:00

Change your Lifestyle - Create your Own Organic and Natural Cosmetics and Cleaning Products

- In French -

By Sarah Piccioli 15:15 - 16:30

Aura Scanning

By Kay Dahall 17:15 - 18:30 Strength Through Yoga Flow

By Hannah Barrett 05:45 - 07:00

AcroYoga

By Neo Jharee 07:45 - 09:20

The Art of Breathing for a Better Life - In French & English -

By Breathing Master Dominique Lonchant 09:45 - 11:00

Wellness Dancing: SUFI Whirling Finding the unmoving centre - Long large skirts are most welcome -

By Aseema Om Tara & Danyal Lefevre 11:45 - 13:00

> Shamanic Experience - Meet your Spirit Animal Companion

By Sureka Devi Gurewan 13:30 - 14:30

Soulful Creative Journey - Yoga & Painting - Limited to 35 Seats -

By Danyal Lefevre & Kim Siew 15:30 - 16:45

Letting Go Through Sounds and Rythms - Limited to 20 Seats -

By Sarasvati Mallac and Norbert Planel 17:15 - 18:45

Stand Up Paddleboard (SUP) Yoga - Limited to 16 Participants -

> By Stephanie Perrier 17:00 - 18:30

Music & Bonfire

18h45 | Musical Ambiance by DJ Avneesh • 19:45 | Night Ritual • 20:00 | EMLYN • 21:15 | Dancefloor with DJ Avneesh





NATURE CONNECTION EXPERIENCE — DAY 1

"La Roche Qui Pleure" - Encountering The 5 Elements 4 H 30 MINS | By Danyal Lefevre

A guided journey through the 5 Elements experienced through Awareness, various cultivation techniques (Yoga Asanas, Pranayama, Qi Gong) and connecting to the wonders of Mother Nature.

Starting off the wind battered cliffs of La Roche Qui Pleure, taking a couple of deep breaths and attuning the body with the environment, you will be lead through a forest bath across small filaos down to Cascade Mamzelle, following the river and hopping from rock to rock, working on your inner & outer balance. Your path will lead you to the sea where Qi Gong will connect you to the infinity within and throughout, ending with a dive in an infinite pool.

The Secret Path in "The Black River Gorges"

4 H 30 MINS | By Jeanette Fuchs

Jeannette Fuchs, international Yin & Yang Philosophy Expert and mindfulness teacher will make you connect with the 5 elements (water / wood / fire / earth / metal) through mindful practice at one of the most beautiful places in Mauritius, and one of the best places for nature and animals lovers, where one can find many exotic plants and birds. The magnificent location of The Black River Gorges hosts breathtaking views, a sight not to be missed. Sometimes the walk will be in the forest, sometimes in an open area on the basalt rock nearby the water. One should feel free enjoy the natural setting.

ZEN TENT

DAY 1

Vibrational Sound Healing Meditation

1 H 15 MINS | By Almarie Venter

A deeply immersive and meditative sound experience. Participants lie down with a blanket, pillow, and eye pillow to relax while listening to the soothing sounds of crystal and Himalayan singing bowls, and various other instruments. May include mindful breathing and energy exercises.

The sound waves from the instruments entrain the brain to move into the deeper Alpha, Theta and Delta brain wave frequencies, inducing a deep meditative and peaceful state. As human beings, we are comprised mainly of liquid, these vibrations deeply penetrate our bodies, moving through our tissues and organs. The sound resonates directly into our cellular memory releasing blockages and creating a profound sense of peace and relaxation.

This is not just an auditory experience - it's like receiving a full body sound massage!

1

Awaken Your Senses Yoga Flow

1 H 15 MINS | By Hannah Barrett

Hannah will teach a soft yet playful vinyasa flow linking your senses, your breath, and mindful movement. Flowing with a sensory focus in an area of such beauty will bring you to a lighter, more focused and calmer state of being.

You will use your five senses in different and fun ways to become even more in touch with your mind and body. Get ready to feel connected to yourself, at peace and completely alive. Surrounded by beautiful nature and fresh air you will go away feeling refreshed and lifted and leave all worries at the door.



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Initiation to Qi Gong

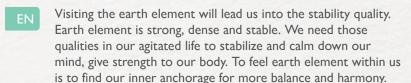
1 H 15 MINS | By Sandra de Foucault

In this course, we explore the benefits of Qi Gong by using the mind, breath and postures of the body. We practice the 12 Qi Gong Health exercises which focus on the 12 organ meridians in Chinese Medicine and we discuss in detail some of them to understand how the practice affects our body and health.



Elemental Flow Yoga: EARTH Element

1 H 15 MINS | By Sandra Grange



Visiter l'élément terre nous mènera à la qualité de la stabilité. L'élément terre est fort, dense et stable. Nous avons besoin de ces qualités dans notre vie agitée pour stabiliser et calmer notre esprit, donner de la force à notre corps. Ressentir l'élément de la terre en nous, c'est trouver notre ancrage intérieur pour plus d'équilibre et d'harmonie.



The Art of Breathing for A Better Life

1 H 15 MINS | By Breathing Master Dominique Lonchant

Did you know that most of the diseases are due to faulty breathing? Getting control of the whole breathing system allows a perfect physical and emotional health.

Breathing is so natural that you might think why should I learn breathing techniques? Actually, very few of us are breathing properly, most of the time we breathe superficially and insufficiently. Dominique will guide you through conscious breathing and teach a lifetime technique to expand your breath; relieving stress, improving sleep and overall health.

With regular practice, this "Art of Breathing" can also relieve chronic ailments such as diabetes, thyroid disorders, unusual blood pressure levels, asthma, bronchitis, insomnia and much more.

Saviez-vous que la plupart des maladies sont dues à une mauvaise respiration ? La maîtrise de l'ensemble du système respiratoire permet une parfaite santé physique et émotionnelle.

La respiration est si naturelle que vous vous demandez peut-être pourquoi je devrais apprendre les techniques de respiration? En fait, très peu d'entre nous respirent correctement, la plupart du temps nous respirons superficiellement et insuffisamment. Dominique vous guidera à travers la respiration consciente et vous enseignera une technique de toute une vie pour augmenter votre respiration, soulager le stress, améliorer votre sommeil et votre santé générale.

Avec une pratique régulière, cet "Art de respirer" peut aussi soulager les maladies chroniques telles que le diabète, les troubles thyroïdiens, les niveaux inhabituels de tension artérielle, l'asthme, la bronchite, l'insomnie et beaucoup plus.





Blindfolded Yoga | Regular Yoga Practice Needed

1 H 30 MINS | By Nathalie Stemper

How much are you relying on your vision during your yoga practice? Try to feel instead!

During our Blindfolded yoga practice, Nathalie will invite you to some of your favorite Asanas using a totally new perspective. Eyesight removed, this practice will invite you to turn inwards and connect with all other senses. Explore by sensing, feeling, and moving from a deeper place and discover how extremely capable you are, and how easily you adapt to new surroundings. Recommended for all curious and adventurous minds that are willing to try something new.

Level: A basic practice and knowledge of Asanas is recommended for this Workshop. What to bring: An eye mask or a light scarf to cover your eyes



Healing with Crystals to Connect to Your Higher Self and Your Chakras

1 H 15 MINS | By Veronique de Guardia

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The workshop offered use the subtle energy of the crystals, to awaken vibratory fields, leading to self-knowledge. Through the chakras, vital energy centers, the meditation exercises, accompanied by crystals, will reveal and relieve our deep self.

By balancing the chakras, which are accumulators of energy, capable of redistributing to our physical body, to the level of the organs that depend on it, we manage to find a balance on the emotional, biological and spiritual levels.

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L'atelier proposé utilise l'énergie subtile des cristaux, pour éveiller les champs vibratoires, conduisant à la connaissance de soi.

A travers les chakras, centres d'énergie vitale, les exercices de méditation, accompagnés de cristaux, vont révéler et soulager notre moi profond.

En équilibrant les chakras, qui sont des accumulateurs d'énergie, capables de redistribuer à notre corps physique, au niveau des organes qui en dépendent, nous parvenons à trouver un équilibre sur les plans émotionnel, biologique et spirituel.



INSPIRATIONAL TALK TEN DAY 1



Shamanic Experience - Meet your Spirit Animal Companion

1 H | By Sureka Devi Gurewan

Many of us seek a utopian world unrealised spirit is always here for us. This journey to meet your spirit animal with Sureka Devi is a way in, and you are openly invited to unravel incredible You!

"Healing is a process which recovers our power of spirit, and our spirit animals are core to this practice. Why? Because they are raw, wild and dripping in unconditional love in tune with our unique destiny; they drive us there with incredible ease by means of their untamed tenacity, and so through them we recover something precious."

Please join this enriching experience of seeing you through your dreaming eye with your animal guide, and most sincere loyal friend.



Yogi in the Workplace

1 H 30 MINS | By Sarah Bibi Namdarkhan

"Log out, shut down and release stress and tensions. How to practice yoga and mindfulness in a 21st century work space?"

Do you sit at a desk all day? Is your posture poor? Do you experience lower back pain? Do you suffer from neck shoulder pain? Do you lack energy, feel sluggish or generally tired? These are some of the effects of working full time in an office environment.

This brief presentation and workshop aims to introduce you to Yoga and Mindfullness for your everyday Office Life.



Change is All in the Mind (Part 1)

1 H 15 MINS | By Dr. Sandra Stallaert & Anna Brindal

Do you want to understand the relationship between stress, emotional regulation and energy management? Do you want to be empowered to learn and master self-regulation of psychological and physiological functions while building resilience?

Research consistently shows that self-regulation skills are necessary for health and well-being. Self-regulation is the ability to act in your long-term best interest, consistent with your deepest values. Emotional self-regulation is the ability to calm yourself down when you are upset and cheer yourself up when you are down.

It is NOT the event or situation that creates the stress - it is how we EMOTIONALLY RESPOND to a stressful event that then has the powerful impact on mind, body and spirit. You will learn easy to use, engaging stress management and emotional regulation tools that make daily practice easy and effective in real life situations.



Raw Cuisine: A Gourmet Revelation, A New Way of Life - "CRUPOTE"

1h15 MINS | By Marie Sophie L.

Raw food and vegetarian cooking without cooking raise an unprecedented craze in the United States. Americans attribute health merits to exercise recovery, emotional vitality, sexual energy, longevity, and illness in clinics with herbal juices and sprouted seeds, etc. What is it exactly? What are the benefits on vitality and above all, how to cook raw? With which ingredients? What material?

Change is All in the Mind (Part 2)

1 H 15 MINS | By Anna Brindal & Dr. Sandra Stallaert

To grow and thrive in our personal and professional lives, we need to adapt to change.

Unfortunately, change can often give us a sense of discomfort and uncertainty making us reluctant to embrace new possibilities.

In an engaging and light hearted presentation, Anna and Holly will unravel one of the brains' best kept secrets on change resistance. A change model based on the work of Dr. Joe Dispenza.

With this new awareness together with the brain's extraordinary ability to rewire itself, anything is possible!

Wellbeing Through Tai Chi Chuan

1 H 30 MINS | By Master Daniel Lai Fang

Today there is a growth in the world seeking the wellbeing through Tai Chi Chuan. What is Tai Chi Chuan? What is Qi Qong? And what are their relation with Traditional Chinese Medicine? Manage your Qi to raise your consciousness and keep your body and mind healthy. Learn how to process the Qi and see the impact in your daily life.

Day 1: The Paradox of the Duality and the Complementary Practice: Earth Chi & Heaven Chi, Breath in & Breath out, Posture Zhang & Zhuang, the Full & Empty, the force from Earth & intent from mind (Heaven).

Is it complicated? How do you make pie without flour, without butter and without cooking? How to make Risotto without rice, lasagna without wheat pasta? How to make puddings, creams without milk, butter or cream?

To all these questions, Marie-Sophie L., naturawchef will answer in a practical and simple way. "It's not a matter of eating everything raw overnight, really not! But to put more vegetables, fruits, seeds of nuts, vegetal on your plate and above all, to discover new gastronomic emotions and to renew your culinary landscape by cooking in a simple, fast and fun way."

Soul Mapping

1 H 30 MINS | By Audrey Bracey Deegan

For too long, we have been looking for short-term answers to long-term life challenges, developing "action" plans that are going to get us to the next level of happiness, the next rung of "success". This workshop is a step back, a big exhale for all those trying to chart their life. Looking at life through a spyglass instead of microscope with a timeline of decades instead of years, the workshop allows you to take the threads of your career, family, community and soul into account and weave them into a rich tapestry that sustains your life. Perfect for recent graduates or those in transition at any stage in life.

- + Who are you? (tools for discovering your natural preferences and strengths)
- + Who do you want to be? (Core questions around what you want out of life, your aspirations - achievement, recognition, safety, nurturing, etc.)
- + SoulMapping your legacy (developing a roadmap to guide you toward a more fulfilled life).



ACTIVE TENT — DAY 1



Iyengar Yoga & Sound Healing - Body Consciousness leads you to Self-healing 1 H 15 MINS | By Nishal Sewraj

B.K.S lyengar is a very unknown practice to tune yourself with your own energy and to develop the awareness and intelligence on all articulations. The practice puts an emphasis on detail, precision and alignment in the performance of posture and breath control. It will give you the means to understand how to liberate the genetic trauma of life which had been carried unconsciously by ancestors in your body and mind. AcroYoga creates a tangible sense of tribe and celebration which is hard to find anywhere else.



SELF HEALING INTEGRATIVE MOVEMENT & MANTRA 1 H 30 MINS | By Almarie Venter

This is a meridian energy movment workshop for self awareness and healing.

Integrative movement and mantras facilitate proundshifts in well being. Integrate the healing vibrations of affirmations with organic movements. Everything in life begins from a place of emptiness and fluidity. Tap into the vibration of intelligence of your cellular body which may support healing and wellbeing.



AcroYoga 1 H 35 MINS | By Neo |haree

AcroYoga combines yoga, healing arts and acrobatics. It is for every body. You don't need to be a master gymnast, circus acrobat or seasoned yogi to enjoy. As you learn to support others, you end up allowing yourself to be supported. This is a fundamental of trust: take control by letting go. In addition to honing the skill of sharing a physical practice, AcroYoga helps to develop open, direct, and compassionate verbal communication with whomever we're paired with.

A typical workshop of acryoga is composed by:

- + a Warm up to start to connect to our inner self
- + a Solar session (acrobatics) using postures inspired by Yoga
- + a Lunar session using postures inspired by Thai massage

AcroYoga creates a tangible sense of tribe and celebration which is hard to find anywhere else.



Yoga and Creative Painting Workshop 1 H 15 MINS | Yoga flow by Nathalie Stemper & Creative painting by David Lagesse

Limited to 30 Participants

You will start your workshop with a gentle yoga practice during which you will foster your creativity through the unification of your body, mind and spirit. During this slow flow, Nathalie will guide you through a series of Asanas to make you feel completely present, awake and alive, and get in touch with your true self and inner nature.

Following this introspective yoga session, David will help you to translate your Yoga experience visually through painting. This will be your opportunity to explore your inner self through the creative process in a safe, judgment free environment, while using the act of spontaneous artistic expression.

What to bring: A towel and any creative material you would like to use in the 2nd part of the workshop, if any.



Life Balance With The Moon Cycles 1 H 15 MINS | By Joanna La Gesse

Learn to harness the energy of the moon phases to create a wellbalanced life. A practical and simple introduction to working with the moon cycles for better health and optimum wellness.



Wellness Dancing: SEGA Dance, The Heartbeat of Mauritius (Long large skirts are the most welcome)

1 H 15 MINS | By Aseema Om Tara

Feeling at times overwhelmed in our modern life, we look for means to regain freedom and balance. So liberating for enslaved men and women in hard times of Mauritius, the heritage of SEGA helps release physical, mental and emotional tensions, bringing a sense of expansion, culminating in an explosion of joy.

Live music session with traditional instruments of the island. Participants are invited to wear relaxed clothes, women with long skirts, men with large shirts, all reflecting the different colours of the rainbow.



Letting Go Through Sounds and Rythms | Limited to 20 Seats 1 H 30 MINS | By Sarasvati Mallac and Norbert Planel

Music is above all good for the body and the mind. Where words end, music can communicate and express itself. By its universal language, it allows to develop interactions and offers support for communication.

Sarasvati and Norbert invite you to let go and to promote the feeling of music. Their creations are based on improvisation and the discovery of new sounds.

Built around the erhu (Chinese traditional violin), Sanskrit, Persian, Celtic, Creole songs and various African percussions such as Tama, Balafon and Ravanne, the musicians will share their passion for atypical instruments and make you travel between Asia and Africa.

Their goal is to bring cultural openness and to use music as a means to develop personal expression and creativity.

SEA EXPERIENCE

DAY 1



Stand Up Paddleboard (SUP) Yoga | Limited to 16 Participants 1 H 30 MINS | By Stephanie Perrier

Limited to 10 participants!

SUP Yoga is a great practice for developing mindfulness, focus, balance and breath skills, as it takes all of these skills to be present - though the consequence of losing focus or balance is only ending up with a refreshing splash in the water.

"Be calmly active and actively calm. Be intensely aware of everything you are doing." These words of Yogananda pretty much sums up the efforts of this practice.

Equipment: Only swimsuit needed. No particular experience in yoga is needed.



Groups 1 & 2: "CHAMAREL" (1) - When the Seven Colours Vibrate...

4 H 30 MINS | By Aseema & Danyal

Aseema, Danyal & Almarie propose a Sunrise Journey in a unique geological site of Mauritius. A travel across the atmosphere, colours and sounds of Mother Nature, the beautiful gestures of Sun Salutation and other Yogic Asanas, the vibrations of local musical instruments and crystal bowls, and closing our morning session in stillness and silence.

Group 1: "CHAMAREL" (2) - Waterfall View Point - And the Vibration Continues Across the Seven Chakras...

Aseema

Aseema offers a healing humming session along the seven main energy centers of the Being. The effects of such practice are very deep, cleansing and energizing the physical, mental and emotional bodies. In the natural decor of wild south-west Mauritius, the session ends with Mantras music, Sacred Chants from India and Tibet.

Group 2: "CHAMAREL" (2) - Down Deep Trail Up to the Foot of Chamarel Waterfall

Danyal

Journeying from the meditation at 7 Colours Earth, eacth participant will be guided by Danyal down Chamarel waterfall, awakening their outer and inner senses in the process. Leading to a YogaMeditation session at the foot of the falls, with the aim of establishing oneself in one's inner balance, from which results oneness with the Nature within and throughout.

"Le Morne Brabant UNESCO Heritage" - Walk to Mindfulness

4 H 30 MINS | By Hannah Barrett

A late afternoon nature hike leads to a grassy platform with extraordinary views over a lagoon, many hues of blue, coral gardens and enticing islands. You'll discover the unique UNESCO World Heritage of Le Morne Brabant, an imposing basalt monolith on a peninsula fringed by white sand beaches. Sacred to the islands' Creole community, its caves were once a refuge for runaway African slaves (maroons). As the golden orb of the sun sinks in the sky, it's time for a nourishing nature meditation experience with the international wellness expert Hannah Barrett. You will draw your full attention on what is around you - the earth, trees, flowers, animals, the sea, the breeze. An all sense awakening experience leaving you feeling balanced and helping you to set your life into a more natural rhythm.



ZEN TENT — DAY



Yin Yoga

1 H 15 MINS | By Jeanette Fuchs

In our speed-driven world, Yin Yoga offers an opportunity to slow down and come back into balance. While staying muscularly passive, Yin-Asanas are held for longer periods of time up to 5 minutes, accessing deeper layers of fascia. Awareness is brought to the sensations in the body.

Prepare yourself for a gentle & relaxing practice based on the YIN-aspects of yoga (mindfulness, calmness & balance). While exploring several Yin-Asanas, mostly seated, supine, or prone poses, we are paying attention to the breath and observing our thoughts.

Yin Yoga is improving flexibility and Qi flow in the Body. Equally important are the mental and emotional benefits that make Yin a powerful practice.

Vibrational Sound Healing Meditation

1 H 15 MINS | By Almarie Venter

A deeply immersive and meditative sound experience. Participants lie down with a blanket, pillow, and eye pillow to relax while listening to the soothing sounds of crystal and Himalayan singing bowls, and various other instruments. May include mindful breathing and energy exercises.

The sound waves from the instruments entrain the brain to move into the deeper Alpha, Theta and Delta brain wave frequencies, inducing a deep meditative and peaceful state. As human beings, we are comprised mainly of liquid, these vibrations deeply penetrate our bodies, moving through our tissues and organs. The sound resonates directly into our cellular memory releasing blockages and creating a profound sense of peace and relaxation.

This is not just an auditory experience - it's like receiving a full body sound massage!



New Moon Yoga

1 H 15 MINS | By Joanna La Gesse

Tap into the New Moon energy for a restorative yoga practice based on rejuvenation and healing. Gentle movements and yoga postures plus soft conscious breath will help release stress and tensions. A full body blissful relaxation will complete the session.



Healing with Crystals to Connect to Your Higher Self and Your Chakras

1 H 15 MINS | By Veronique de Guardia



The workshop offered use the subtle energy of the crystals, to awaken vibratory fields, leading to self-knowledge. Through the chakras, vital energy centers, the meditation exercises, accompanied by crystals, will reveal and relieve our deep self.

By balancing the chakras, which are accumulators of energy, capable of redistributing to our physical body, to the level of the organs that depend on it, we manage to find a balance on the emotional, biological and spiritual levels.



L'atelier proposé utilise l'énergie subtile des cristaux, pour éveiller les champs vibratoires, conduisant à la connaissance de soi.

A travers les chakras, centres d'énergie vitale, les exercices de méditation, accompagnés de cristaux, vont révéler et soulager notre moi profond.

En équilibrant les chakras, qui sont des accumulateurs d'énergie, capables de redistribuer à notre corps physique, au niveau des organes qui en dépendent, nous parvenons à trouver un équilibre sur les plans émotionnel, biologique et spirituel.



The Art of Breathing for A Better Life

1 H 15 MINS | By Breathing Master Dominique Lonchant

Did you know that most of the diseases are due to faulty breathing? Getting control of the whole breathing system allows a perfect physical and emotional health.

Breathing is so natural that you might think why should I learn breathing techniques? Actually, very few of us are breathing properly, most of the time we breathe superficially and insufficiently. Dominique will guide you through conscious breathing and teach a lifetime technique to expand your breath; relieving stress, improving sleep and overall health.

With regular practice, this "Art of Breathing" can also relieve chronic ailments such as diabetes, thyroid disorders, unusual blood pressure levels, asthma, bronchitis, insomnia and much more.

Saviez-vous que la plupart des maladies sont dues à une mauvaise respiration ? La maîtrise de l'ensemble du système respiratoire permet une parfaite santé physique et émotionnelle.

La respiration est si naturelle que vous vous demandez peut-être pourquoi je devrais apprendre les techniques de respiration? En fait, très peu d'entre nous respirent correctement, la plupart du temps nous respirons superficiellement et insuffisamment. Dominique vous guidera à travers la respiration consciente et vous enseignera une technique de toute une vie pour augmenter votre respiration, soulager le stress, améliorer votre sommeil et votre santé générale.

Avec une pratique régulière, cet "Art de respirer" peut aussi soulager les maladies chroniques telles que le diabète, les troubles thyroïdiens, les niveaux inhabituels de tension artérielle, l'asthme, la bronchite, l'insomnie et beaucoup plus.

Elemental Flow Yoga: WATER & FIRE Element

1 H 15 MINS | By Sandra Grange

The quality of water element is fluidity, ease and the fire quality is radiance, power, vitality. In this session, the postures (Asanas) linked with the breath will carry us into a fluid flow to connect and reveal our inner power so that our inner radiance can enlighten the world.

La qualité de l'élément eau est la fluidité, la facilité et la qualité du feu est l'éclat, la puissance, la vitalité. Dans cette session, les postures (Asanas) liées à la respiration nous transporteront dans un flux fluide pour connecter et révéler notre puissance intérieure afin que notre rayonnement intérieur puisse éclairer le monde.

Sunset Vinyasa Flow with Live Music

1 H 15 MINS | By Nathalie Stemper (Flow) & Patrice Larose (Music & Live Guitar)

Join us for a very special evening you won't soon forget. Prepare to move and be moved in this inspiring all levels class as the sun is setting. The soothing practice is lead by yoga instructor Nathalie Stemper, accompanied by special guest Patrice Larose playing his guitar to an already jamming play list.

Get down on your mat and let this unique experience guide you to end your day on a special note!



INSPIRATIONAL TALK TENT

Change is All in the Mind (Part 1)

1 H 15 MINS | By Dr. Sandra Stallaert & Anna Brindal

Do you want to understand the relationship between stress, emotional regulation and energy management? Do you want to be empowered to learn and master self-regulation of psychological and physiological functions while building resilience?

Research consistently shows that self-regulation skills are necessary for health and well-being. Self-regulation is the ability to act in your long-term best interest, consistent with your deepest values. Emotional self-regulation is the ability to calm yourself down when you are upset and cheer yourself up when you are down.

It is NOT the event or situation that creates the stress - it is how we EMOTIONALLY RESPOND to a stressful event that then has the powerful impact on mind, body and spirit. You will learn easy to use, engaging stress management and emotional regulation tools that make daily practice easy and effective in real life situations.

Change is All in the Mind (Part 2)

1 H 15 MINS | By Anna Brindal & Dr. Sandra Stallaert

To grow and thrive in our personal and professional lives, we need to adapt to change. Unfortunately, change can often give us a sense of discomfort and uncertainty making us reluctant to embrace new possibilities.

In an engaging and light hearted presentation, Anna and Holly will unravel one of the brains' best kept secrets on change resistance. A change model based on the work of Dr. Joe Dispenza.

With this new awareness together with the brain's extraordinary ability to rewire itself, anything is possible!

Raw Cuisine: A Gourmet Revelation, A New Way of Life - "RAW HOT SOUP"

1h15 MINS | By Marie Sophie L.

Raw food and vegetarian cooking without cooking raise an unprecedented craze in the United States. Americans attribute health merits to exercise recovery, emotional vitality, sexual energy, longevity, and illness in clinics with herbal juices and sprouted seeds, etc. What is it exactly? What are the benefits on vitality and above all, how to cook raw? With which ingredients? What material? Is it complicated? How do you make pie without flour, without butter and without cooking? How to make Risotto without rice, lasagna without wheat pasta? How to make puddings, creams without milk, butter or cream?

To all these questions, Marie-Sophie L., naturawchef will answer in a practical and simple way. "It's not a matter of eating everything raw overnight, really not! But to put more vegetables, fruits, seeds of nuts, vegetal on your plate and above all, to discover new gastronomic emotions and to renew your culinary landscape by cooking in a simple, fast and fun way.



Wellbeing Through Tai Chi Chuan

1 H 30 MINS | By Master Daniel Lai Fang

Today there is a growth in the world seeking the wellbeing through Tai Chi Chuan. What is Tai Chi Chuan? What is Qi Qong? And what are their relation with Traditional Chinese Medicine? Manage your Qi to raise your consciousness and keep your body and mind healthy. Learn how to process the Qi and see the impact in your daily life.

Day 2: The Trigology

Practice: Movements, breath and intent is the method of Tai Chi Chuan to attain the being state of Tai Chi.



Personal Leadership Development

1 H 30 MINS | By Audrey Bracey Deegan

Stepping into the role of leader, whether at work or in community projects, can be daunting. The challenges of making sound decisions, of properly stewarding resources, of developing those reporting to you can make the role a lonely one. This workshop takes a different perspective on the leadership role, offering insights into the ways it can be used to manage a range of challenges as well as tools for becoming a more purpose-driven leader.

- + What is your leadership style?
- + What are the challenges you face in moving to the next stage of purposeful leadership?
- + What are the tools you can use to optimize your leadership success?



Ditch the Sugar

1 H 15 MINS | By Sandra de Foucault

Dangers of Sugar!

Learn the dangers of sugar, how addictive it is and what it can do to your health, now and in the future. Are you poisoning yourself and your family?

Where is the Sugar?

It is everywhere. Learn where it is hidden and how to find alternatives to products containing it. You can start eating a sugar-free diet today.

5 Tips to Eliminate Sugar in Your Diet.

Easy ideas to start implementing now and see long lasting results: more energy, less cravings and more weight control without being hungry and without diet. You are in charge of your own health!



The Universe: An Anthropomorphic God

1 H 15 MINS | By Kay Dahall

Explore controversial theological themes in a totally new dimension. Quantum Physics, the essence of spirituality, explained and experienced, will be offered as a present to clarify any doubt about the parallel between our human condition and the universal consciousness. Using elements of the sacred texts from various religious backgrounds, Kay demonstrates how amazingly hidden symbols are lurking in the shadows of our individual belief systems.

Take the time to open up, listen and choose to embrace a new perspective.



ACTIVE TENT



Shamanic Experience - Meet your Spirit Animal Companion

1 H 15 MINS | By Sureka Devi Gurewan

Many of us seek a utopian world unrealised spirit is always here for us. This journey to meet your spirit animal with Sureka Devi is a way in, and you are openly invited to unravel incredible You!

"Healing is a process which recovers our power of spirit, and our spirit animals are core to this practice. Why? Because they are raw, wild and dripping in unconditional love in tune with our unique destiny; they drive us there with incredible ease by means of their untamed tenacity, and so through them we recover something precious."

Please join this enriching experience of seeing you through your dreaming eye with your animal guide, and most sincere loyal friend.



Yoga and Creative Painting Workshop 1 H 15 MINS | Yoga flow by Nathalie Stemper & Creative painting by **David Lagesse**

Limited to 30 Participants

You will start your workshop with a gentle yoga practice during which you will foster your creativity through the unification of your body, mind and spirit. During this slow flow, Nathalie will guide you through a series of Asanas to make you feel completely present, awake and alive,



AcroYoga

1 H 35 MINS | By Neo | haree

AcroYoga combines yoga, healing arts and acrobatics. It is for every body. You don't need to be a master gymnast, circus acrobat or seasoned yogi to enjoy. As you learn to support others, you end up allowing yourself to be supported. This is a fundamental of trust: take control by letting go. In addition to honing the skill of sharing a physical practice, AcroYoga helps to develop open, direct, and compassionate verbal communication with whomever we're paired with.

A typical workshop of acryoga is composed by:

- + a Warm up to start to connect to our inner self
- + a Solar session (acrobatics) using postures inspired by Yoga
- + a Lunar session using postures inspired by Thai massage

AcroYoga creates a tangible sense of tribe and celebration which is hard to find anywhere else.

and get in touch with your true self and inner nature.

Following this introspective yoga session, David will help you to translate your Yoga experience visually through painting. This will be your opportunity to explore your inner self through the creative process in a safe, judgment free environment, while using the act of spontaneous artistic expression.

What to bring: A towel and any creative material you would like to use in the 2nd part of the workshop, if any.



Organic Farming, from the Kitchen Garden to the Farm 1 H 15 MINS | By Aurore Rouzzi

Between 1 m² and one hectare of market gardening, there must be very little difference to grow vegetables. The only change is that one is a pleasure garden and the other a professional vegetable one. In both cases, the amateur and the professional must reconnect with the land to produce healthy food and realize that they are dependent on each other.



Letting Go Through Sounds and Rythms | Limited to 20 Seats 1 H 30 MINS | By Sarasvati Mallac and Norbert Planel

Music is above all good for the body and the mind. Where words end, music can communicate and express itself. By its universal language, it allows to develop interactions and offers support for communication. Sarasvati and Norbert invite you to let go and to promote the feeling of music. Their creations are based on improvisation and the discovery of new sounds.

Built around the erhu (Chinese traditional violin), Sanskrit, Persian, Celtic, Creole songs and various African percussions such as Tama, Balafon and Ravanne, the musicians will share their passion for atypical instruments and make you travel between Asia and Africa.

Their goal is to bring cultural openness and to use music as a means to develop personal expression and creativity.



Wellness Dancing: SHAKTI Rise - Awakening from Sleep to Bliss (Long large skirts are the most welcome)

1 H 15 MINS | By Aseema Om Tara

The Yoga Upanishads describe a coiled energy at the base of the spine, represented as either a goddess or sleeping serpent waiting to be awakened. Our session will be about shaking, dancing and watching that stirring up, then relaxing still in silence.

SEA EXPERIENCE



Stand Up Paddleboard (SUP) Yoga | Limited to 16 Participants 1 H 30 MINS | By Stephanie Perrier

Limited to 10 participants!

SUP Yoga is a great practice for developing mindfulness, focus, balance and breath skills, as it takes all of these skills to be present - though the consequence of losing focus or balance is only ending up with a refreshing splash in the water.

"Be calmly active and actively calm. Be intensely aware of everything you are doing." These words of Yogananda pretty much sums up the efforts of this practice.

Equipment: Only swimsuit needed. No particular experience in yoga is needed.



Hatha Yoga for Partners 1 H 30 MINS | By Sarah Bibi Namdarkhan

Build Trust Intimacy and Connection. Have you ever practised yoga with a partner? A new experience perhaps, then this workshop will be for you!

This practice of partner yoga will build strength, flexibility and balance, while also strengthening the interpersonal qualities of trust, communication, balance, surrender and connection. We will practice using belts and each other to go deeper into postures and connect deeper with the breathe.



"Black River Gorges" - Journey Towrads you Inner-Self | Limited to 25 Participants

4 H 30 MINS | By Sophie Sew

We will enjoy a meditative walk through our Black River Gorges barefeet (for those who want) and Re Connect to our body's essential needs. It's a journey with our-Selves where our senses will fully awaken. We will walk through "The Nurturing Forest"; a place where we will Re-Energize our body, mind and spirit while communicating with trees and their roots. A walk along the river will take us to a sacred space where we'll follow through with a Ritual; cleanse our body, let go of all our mental programs and Re-Set our intentions for a better life.

Bring water, your swimsuit, a towel, sunscreen, paper and pen.



"UNESCO Biosphere Heritage Nature Reserve" - Oneness With Nature

4 H 30 MINS | By Breathing Master Dominique Lonchant

ENI

There is something glorious about wandering deep into the forest; like magic, it transports you from the stress of daily life into a strange, pleasant calm. Towering woods welcome you into their solemn space. The atmosphere changes. You're breathing new, clean air; freshly dabbed with the fragrant musk of the earth. You notice the little things; the quaint mushroom formation by the roots, the leaves that fell on the ground, the sound of birds fluttering from above. The rays of the sun slowly peek from the high-topped canopies. It's refreshing, heartwarming and whimsical; like you have been cleansed anew.

Dominique Lonchant will guide your breath to connect it with the vibration and energy of untouched nature and make you feel the rejuvenating oneness.

ED

Il y a quelque chose de glorieux à errer dans la forêt ; comme par magie, il vous transporte du stress de la vie quotidienne dans un calme étrange et agréable. Des bois majestueux vous accueillent dans leur espace solennel. L'atmosphère change. Vous respirez un air nouveau et pur, fraîchement imprégné du musc parfumé de la terre. Vous remarquez les petites choses ; la formation pittoresque de champignons par les racines, les feuilles qui tombent sur le sol, le bruit des oiseaux qui voltigent d'en haut. Les rayons du soleil regardent lentement depuis les auvents hauts. C'est rafraîchissant, réconfortant et capricieux ; comme si vous aviez été nettoyé à nouveau.

Dominique Lonchant guidera votre respiration pour la relier à la vibration et à l'énergie d'une nature intacte et vous faire ressentir l'unité rajeunissante.



ZEN TENT — DAY 3

Vibrational Sound Healing Meditation

1 H 15 MINS | By Almarie Venter

A deeply immersive and meditative sound experience. Participants lie down with a blanket, pillow, and eye pillow to relax while listening to the soothing sounds of crystal and Himalayan singing bowls, and various other instruments. May include mindful breathing and energy exercises.

Breath & Meditation

1 H 15 MINS | By Sandra de Foucault

We start with breathing exercises followed by a 45 minutes Yoga Nidra, a complete relaxation technique that can help you address your physiological, neurological and subconscious needs. It will help you reduce stress, explore what you need in the moment, release emotions and increase creativity.

Hatha Yoga - Balance and Unity

1 H 15 MINS | By Sarah Bibi Namdarkhan

This class will highlight cleansing with deep breath awareness and the central theme will be around opposites.

Ha-Sun | Tha-Moon

Hatha refers to the balance of the masculine and feminine aspects within each of us. The masculine part of us is the sun - hot and active.

The feminine is the moon - cool and receptive. Hatha yoga asanas (traditional yoga exercise) are designed to create balance within the body, and unite the opposites.

The sound waves from the instruments entrain the brain to move into the deeper Alpha, Theta and Delta brain wave frequencies, inducing a deep meditative and peaceful state. As human beings, we are comprised mainly of liquid, these vibrations deeply penetrate our bodies, moving through our tissues and organs. The sound resonates directly into our cellular memory releasing blockages and creating a profound sense of peace and relaxation.

This is not just an auditory experience - it's like receiving a full body sound massage!

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Yang Yoga

1 H 15 MINS | By Jeanette Fuchs

Yang Yoga refers to a more active practice working on the muscles, building heat and strength in the body.

Prepare yourself for a powerful practice based on the YANG-aspects of yoga (strength, alignment & dynamic movement). With the rhythm and repetition of Vinyasa Flow Yoga we'll create a joyous flow practice. While moving our body and exploring our limits, it's important to find ease and peace within our practice. We'll use our breath as an anchor in order to balance Yin & Yang and harmonize the Qi flow in the body.

We're going to integrate the Chinese Five Elements (water, wood, fire, earth & metal) as well as the Meridians and corresponding organs into our practice.



Yoga Nidra - A Journey Through the Star and Key of the Indian Ocean

1 H 15 MINS | By Danyal Lefevre

All that is can be perceived and experienced within. A true journey deep within. So, buckle up your seatbelts, as the mind and body have been settled before take off, dive within and experience Mauritius and its marvels from the comfort of your yoga mat.



HolistiZen - For your Eco-conscious Lifestyle

1 H 15 MINS | By Meghna Raghoobar

- Ice-Breaker session (Surprise!)
- HolistiZen Approach on eco-conscious lifestyle
- Envisioning exercise on YOUR lifestyle
- Quiz and Gift time
- Workshop on planning on eco-conscious lifestyle using the HolistiZen Approach
- Presentation on your eco-conscious lifestyle that you will now adopt
- Gratitude and Words of Kindness time
- Ending with paving the way until we meet again time

Elemental Flow Yoga: AIR & SPACE Element

1 H 15 MINS | By Sandra Grange



Air and Space are the most subtle elements. They enable us to become light and spacious, which bring us closer to the nature of our soul.

L'air et l'espace sont les éléments les plus subtils. Ils nous permettent de devenir légers et spacieux, ce qui nous rapproche de la nature de notre âme.

INSPIRATIONAL TALK TENT





Change is All in the Mind (Part 2)

1 H 15 MINS | By Anna Brindal & Dr. Sandra Stallaert

To grow and thrive in our personal and professional lives, we need to adapt to change.

Unfortunately, change can often give us a sense of discomfort and uncertainty making us reluctant to embrace new possibilities.

In an engaging and light hearted presentation, Anna and Holly will unravel one of the brains' best kept secrets on change resistance. A change model based on the work of Dr. Joe Dispenza.

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Raw Cuisine: A Gourmet Revelation, A New Way of Life - "SMOOTHIES"

1h15 MINS | By Marie Sophie L.

Raw food and vegetarian cooking without cooking raise an unprecedented craze in the United States. Americans attribute health merits to exercise recovery, emotional vitality, sexual energy, longevity, and illness in clinics with herbal juices and sprouted seeds, etc. What is it exactly? What are the benefits on vitality and above all, how to cook raw? With which ingredients? What material? Is it complicated? How do you make pie without flour, without butter and without cooking? How to make Risotto without rice, lasagna without wheat pasta? How to make puddings, creams without milk, butter or cream?

To all these questions, Marie-Sophie L., naturawchef will answer in a practical and simple way. "It's not a matter of eating everything raw overnight, really not! But to put more vegetables, fruits, seeds of nuts, vegetal on your plate and above all, to discover new gastronomic emotions and to renew your culinary landscape by cooking in a simple, fast and fun way.

INTUITIVE LIVING

1 H 30 MINS | By Almarie Venter

In this workshop, various ways of the muscle response technique for self testing will be demonstrated. Learn how to use this tool in your life to get guidance in nutrition, health remedies and more.

Learn how to listen to the messages of your body. Learn how to eat intuitively and mindfully.

Aura Scanning

1 H 15 MINS | By Kay Dahall

Based on attuning the self to connect, feel and intuitively interprete the energy blockages of someone else's aura, chakras and energy pathways. Kay introduces you to feel the different types of energies, make the difference between positive and negative vibrations/ thought forms and become receptive to the various vibrations in your immediate environment.

Big Girl Pants

1 H 30 MINS | By Audrey Bracey Deegan

Stop B.tching and Start Doing: Women are frequently their own worst enemies. Blessed with both IQ and EQ, they can still undermine their best efforts with self-doubt, over-compensation or self-limiting decisions. Whether you are a professional woman looking to advance your career, a woman looking to start her own business or a stay at home mom planning for an empty nest, this workshop can help you get out of your own way and start achieving the professional results you want and the personal satisfaction that thrills your soul.

- + Silencing the little voices
- + Gaining focus and traction
- + Addressing the stumbling blocks
- + Defining your success



Change your Lifestyle - Create your Own Organic and **Natural Cosmetics and Cleaning Products**

1 H 15 MINS | By Sarah Piccioli

- During a DIY workshop you, our goal is yo provide you the skills and materials needed to create your own organic, ecoresponsible and natual cosmetic and detergent for your home and beyond. We use a variety of materials and techniques to ensure that you will create a customized work of art that you will be proud of for years to come.
- Au cours d'un atelier de bricolage, notre objectif est de vous fournir les compétences et les matériaux nécessaires pour créer vos propres cosmétiques et détergents biologiques, écoresponsables et naturels pour votre maison et au-delà. Nous utilisons une variété de matériaux et de techniques pour nous assurer que vous créerez une œuvre d'art personnalisée dont vous serez fier pour les années à venir.



ACTIVE TENT — DAY 3



Strength Through Yoga Flow 1 H 15 MINS | By Hannah Barrett

Hannah will teach a dynamic, fun and creative yoga class that will activate both strength of body and mind. Yoga is not only about increasing flexibility, it's an incredible way to build functional strength and stability.

You will develop a greater understanding of the body by using a combination of dynamic yoga flows and static postures and you will apply this strength and awareness into fun transitions on the mat. The flow will focus on building strength to advance and enhance your yoga practice.

All levels are welcome to this energising class where you will leave feeling balanced, strong and lifted high for the rest of your day.



AcroYoga 1 H 35 MINS | By Neo |haree

AcroYoga combines yoga, healing arts and acrobatics. It is for every body. You don't need to be a master gymnast, circus acrobat or seasoned yogi to enjoy. As you learn to support others, you end up allowing yourself to be supported. This is a fundamental of trust: take control by letting go. In addition to honing the skill of sharing a physical practice, AcroYoga helps to develop open, direct, and compassionate verbal communication with whomever we're paired with.

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Shamanic Experience - Meet your Spirit Animal Companion

1 H | By Sureka Devi Gurewan

Many of us seek a utopian world unrealised spirit is always here for us. This journey to meet your spirit animal with Sureka Devi is a way in, and you are openly invited to unravel incredible You!

"Healing is a process which recovers our power of spirit, and our spirit animals are core to this practice. Why? Because they are raw, wild and dripping in unconditional love in tune with our unique destiny; they drive us there with incredible ease by means of their untamed tenacity, and so through them we recover something precious."

Please join this enriching experience of seeing you through your dreaming eye with your animal guide, and most sincere loyal friend.



Wellness Dancing: SUFI Whirling - Finding the Unmoving centre (Long large skirts are most welcome)

1 H 15 MINS | By Aseema Om Tara and Danyal Lefevre

Sema or whirling, Mevlana-Dervish meditation, is the human reflection of the Cosmos, melting in harmony with Existence and with a world that can't be understood with the mind but only felt with the heart. It is a powerful and ecstatic introduction to the world of Sufism, which is an atmosphere where love and wildness flower into the experience of no-mind.



The Art of Breathing for A Better Life

1 H 15 MINS | By Breathing Master Dominique Lonchant

Did you know that most of the diseases are due to faulty breathing? Getting control of the whole breathing system allows a perfect physical and emotional health.

Breathing is so natural that you might think why should I learn breathing techniques? Actually, very few of us are breathing properly, most of the time we breathe superficially and insufficiently. Dominique will guide you through conscious breathing and teach a lifetime technique to expand your breath; relieving stress, improving sleep and overall health.

With regular practice, this "Art of Breathing" can also relieve chronic ailments such as diabetes, thyroid disorders, unusual blood pressure levels, asthma, bronchitis, insomnia and much more.

Saviez-vous que la plupart des maladies sont dues à une mauvaise respiration ? La maîtrise de l'ensemble du système respiratoire permet une parfaite santé physique et émotionnelle.

La respiration est si naturelle que vous vous demandez peut-être pourquoi je devrais apprendre les techniques de respiration? En fait, très peu d'entre nous respirent correctement, la plupart du temps nous respirons superficiellement et insuffisamment. Dominique vous guidera à travers la respiration consciente et vous enseignera une technique de toute une vie pour augmenter votre respiration, soulager le stress, améliorer votre sommeil et votre santé générale.

Avec une pratique régulière, cet "Art de respirer" peut aussi soulager les maladies chroniques telles que le diabète, les troubles thyroïdiens, les niveaux inhabituels de tension artérielle, l'asthme, la bronchite, l'insomnie et beaucoup plus.



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Soulful Creative Journey - Yoga & Painting | Limited to 35 Seats 1 H 15 MINS | By Danyal Lefevre & Kim Siew

After getting your mind and body grounded centered and flowing, get ready to let yourself be caried away to the tune of a voyage deep within, embarking on a spiritual journey to unleash your creative soul and potential.

Having connected to your deeper core, allow it to express itself and materialize in its very own way, leaving judgement and restraint behind, letting your soul simply be.





Letting Go Through Sounds and Rythms | Limited to 20 Seats 1 H 30 MINS | By Sarasvati Mallac and Norbert Planel

Music is above all good for the body and the mind. Where words end, music can communicate and express itself. By its universal language, it allows to develop interactions and offers support for communication. Sarasvati and Norbert invite you to let go and to promote the feeling of music. Their creations are based on improvisation and the discovery of new sounds.

Built around the erhu (Chinese traditional violin), Sanskrit, Persian, Celtic, Creole songs and various African percussions such as Tama, Balafon and Ravanne, the musicians will share their passion for atypical instruments and make you travel between Asia and Africa.

Their goal is to bring cultural openness and to use music as a means to develop personal expression and creativity.

DAY 3 **SEA EXPERIENCE**



Stand Up Paddleboard (SUP) Yoga | Limited to 16 Participants

1 H 30 MINS | By Stephanie Perrier

Limited to 10 participants!

SUP Yoga is a great practice for developing mindfulness, focus, balance and breath skills, as it takes all of these skills to be present - though the consequence of losing focus or balance is only ending up with a refreshing splash in the water.

"Be calmly active and actively calm. Be intensely aware of everything you are doing." These words of Yogananda pretty much sums up the efforts of this practice.

Equipment: Only swimsuit needed. No particular experience in yoga is needed.









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