

Schedule Saturday

BODY · MIND · SOUL **Festival**

Time	TOWNCENTER (Main Tent)	House of Wisdom	Kala Mandala (Art Tent)	Astrology Hut	Ayurveda House	Journalling Tent	Sacred Cinema Tower	Healing Garden (Outside Corner – Kirtan)	Yoga Terrace
11:30 AM – 12:00 AM	Doors open								
12:00 PM – 12:15 AM	Opening								
12:15 PM – 12:45 PM	Kirtan - Sacinandana Swami								
12:45 PM – 01:00 PM									
01:00 PM – 01:30 PM	The Art of Acceptance: Making Peace With What Is - Mangala	Curiosity-based Mantra Meditation - Tushta	Heart Space – Coming Home to Yourself - Vrinda	Karma, Free Will and Vedic Astrology - Govinda	AYURDEDA - Wisdom of Live -Introduccion - Kathi	Your Road to Wisdom Journalling – Workshop Balaram	The Mantra, the Movement and the Swami Who Started It All	Kirtan - Ramanaji & Gour Krishna	Yoga with Marie
01:30 PM – 01:45 PM									
01:45 PM – 02:00 PM							“The History of Jenzai” - A look at the first two generations of the digital era		
02:00 PM – 03:00 PM	Free Your Mind - Free your Life - Sacinandana Swami								
03:00 PM – 03:15 PM									
03:15 PM – 04:00 PM	Root & Rise Flow Yoga - Adriel	Transforming the Mind in a beautiful place to live - Kancani	Heart Chakra – Opening to Love - Vrinda	The Journey from Pain to Purpose - Live Astrology Readings! Govinda	Marmapoints & Thai Yoga Massage workshop Kathi	Bhanu Nandini – Phsychology & Spirituality	“The History of Jenzai” - with movie – Workshop Balaram	Kirtan - Ramanaji & Gour Krishna	KUNDALINI - Kartik & Sophie
04:00 PM – 04:15 PM									
04:15 PM – 04:30 PM									
04:30 PM – 05:15 PM	PODCAST / Q&A - Sacinandana Swami & Radhika								
05:15 PM – 05:30 PM									
05:30 PM – 06:00 PM	Kirtan		Stepping Stones – The Path That Shapes Us - Vrinda	Your Soul’s Path Through Karma and Desire - Govinda	Ayurveda for everyday life - Adriel	Your Road to Wisdom Journalling – Workshop Balaram	The Mantra, the Movement and the Swami Who Started It All		Gentle vinyasa - Kathi
06:00 PM – 06:15 PM									
06:15 PM – 08:00 PM									

All day open: Sprachcafé Sprech dich aus! & Groupchat - In Real Life (No Phones, Meaningful conversations)

Schedule Sunday

BODY · MIND · SOUL **Festival**

Time	TOWNCENTER (Main Tent)	House of Wisdom	Kala Mandala (Art Tent)	Astrology Hut	Ayurveda House	Journalling Tent	Sacred Cinema Tower	Healing Garden (Outside Corner – Kirtan)	Yoga Terrace
11:30 AM – 12:00 AM	Doors open								
12:00 PM – 12:15 PM	Opening								
12:15 PM – 12:45 PM	Kirtan								
12:45 PM – 01:00 PM									
01:00 PM – 01:30 PM	Phsychology & Spirituality - Bhanu Nandini	Beyond the False Ego - Who are you really? - Kancani	Circles of Life – Embracing the Journey - Vrinda	Are leaders born or made? Find your leadership archetype! - Govinda	Introduction to The Ayurvedic Yogic lifestyle - Adriel	Your Road to Wisdom Journalling – Workshop Balaram	The Mantra, the Movement and the Swami Who Started It All	Kirtan - Ramanaji & Gour Krishna	Hatha Flow - Marie
01:30 PM – 01:45 PM									
01:45 PM – 02:00 PM							“The History of Jenzai” - A look at the first two generations of the digital era		
02:00 PM – 03:00 PM	The Mantra Experience - Sacinandana Swami								
03:00 PM – 03:15 PM									
03:15 PM – 03:30 PM	The Power of Chant - Radhika Das	Come Home to Yourself - Mangala	Lotus – Growing Towards the Light - Vrinda	Your soul’s path through Vedic Astrology - Govinda	Kathi workshop Marmapoints & Thai Yoga Massage	Self-inspiration Meditation - Tushta	“The History of Jenzai” - WITH MOVIE – Workshop Balaram	Kirtan - Ramanaji & Gour Krishna	Rise & Root Flow YOGA - Adriel
03:30 PM – 03:45 PM									
04:15 PM – 04:30 PM									
04:30 PM – 05:15 PM	PODCAST / Q&A - Sacinandana Swami & Radhika								
05:15 PM – 05:30 PM									
05:30 PM – 06:00 PM	Kirtan		Changing Seasons — The Art of Letting Go - Vrinda	The Journey from Pain to Purpose - Live Astrology Readings!	Ayurveda for everyday life - Adriel	Your Road to Wisdom Journalling – Workshop Balaram	The Mantra, the Movement and the Swami Who Started It All		Kathi - gentle vinyasa
06:00 PM – 06:15 PM									
06:15 PM – 08:00 PM									

All day open: Sprachcafé Sprech dich aus! & Groupchat - In Real Life (No Phones, Meaningful conversations)