

FRIDAY, 5 JUNE

ACTIVITIES

LOCATION

FLAVOURS HUB (ALEEA BĂIȘOARA 2A)

15:00 - 16:00

16:00 - 17:00

WRISTBAND PICKUP

17:00 - 18:00

18:00 - 19:00

INNER PLAYGROUND

19:00 - 20:00

20:30 - 21:00

KIRTAN CONCERT

21:00 - 22:00

SATURDAY, 6 JUNE

CONFERENCES - CINEMA FLORIN PIERSIC

08:30 - 09:30	Check in
09:30 - 09:45	Morning meditation
09:45 - 10:15	Geshe Sherab - The courage to live with compassion
10:15 - 11:00	Olivier Clerc - The Courage to Forgive I Can Everything Be Forgiven?
11:00 - 11:30	Pause
11:30 - 11:45	Community voice
11:45 - 12:30	Carl Honoré - Living Longer, Living Bolder I Reframing Ageing
12:30 - 13:15	Eli Harwood – Securely Attached I Cultivating Emotionally Connected Relationships
13:15 - 13:45	Autograph sessions with speakers

WORKSHOPS

15:00 - 16:00			Olivier Clerc - Circle of Forgiveness I The Practice of Forgiving to Free Yourself (EN)	Eli Harwood - How to Deal With Your Emotional Baggage So Your Kids Don't Have to (as much) (EN)	Mircea Bucșă - The Courage to reAcknowledge Yourself I Phenomenological Constellations Workshop (RO)	Larisa Anghel - Release stress and tension from your body with TRE® (RO)
16:00 - 17:00	Punnu Wasu - Active Consciousness Meditation (EN)	TBA				
17:00 - 18:00						
18:00 - 19:00						
19:00 - 20:00		Valérie Cioleş-Villemin – How to Bring Mindfulness Into Your Daily Life I Introduction to MBSR (RO)	Prof. Asoc. Cristina Schmidt – 50 Shades of Fear I Hidden Layers of Family History (RO)	Eli Harwood - Reparenting yourself through visualizations and conversations with your younger self (EN)	Geshe Sherab - Training the Mind I Buddhist Tools for Clarity and Compassion (EN)	TBA
20:00 - 21:00	TBA					
21:00 - 22:00						

SUNDAY, 7 JUNE

CONFERENCES - CINEMA FLORIN PIERSIC

08:30 - 09:30	Check in
09:30 - 09:45	Morning meditation
09:45 - 10:15	Andra Pintican - ROST I The Meaning of Living an Authentic Life
10:15 - 11:00	TBA
11:00 - 11:30	Pause
11:30 - 11:45	TBA
11:45 - 12:30	Dr. Psih. Gabriela Dumitriu - The Inner Child and Building Life's Meaning
12:30 - 13:15	Master Zuan - Open Heart: The courage to be authentic
13:15 - 13:45	Autograph sessions with speakers

WORKSHOPS

15:00 - 16:00	Prof. Asoc. Cristina Schmidt – Afraid of Success I A Transgenerational Approach (RO)	Ema Barbă - Breathwork and Movement to Cultivate Courage (RO)	Andra Pintican - ROST I The Purpose of Living Authentically (RO)	Dr. Raluca Anton – Our Relationship with Money I Subconscious Ideas That Take Financial Decisions for You (RO)	TBA
16:00 - 17:00					
17:00 - 18:00					
18:00 - 19:00					
19:00 - 20:00	Dr. Psych. Gabriela Dumitriu – Understanding the Inner Child I A path to resilience and inner resources (RO)	Mădălina & Vlad Guluță - From reaction to connection (RO)	Daniel Stoia – Correct Posture for Your Body Health I What daily habits are not good for you (RO) #physicalexercises	Punnu Wasu - Active Consciousness Meditation (EN)	Master Zuan – Embodied Courage I Awakening the fire within (EN)
20:00 - 21:00					
21:00 - 22:00					

20:00

LUBIANA CONCERT