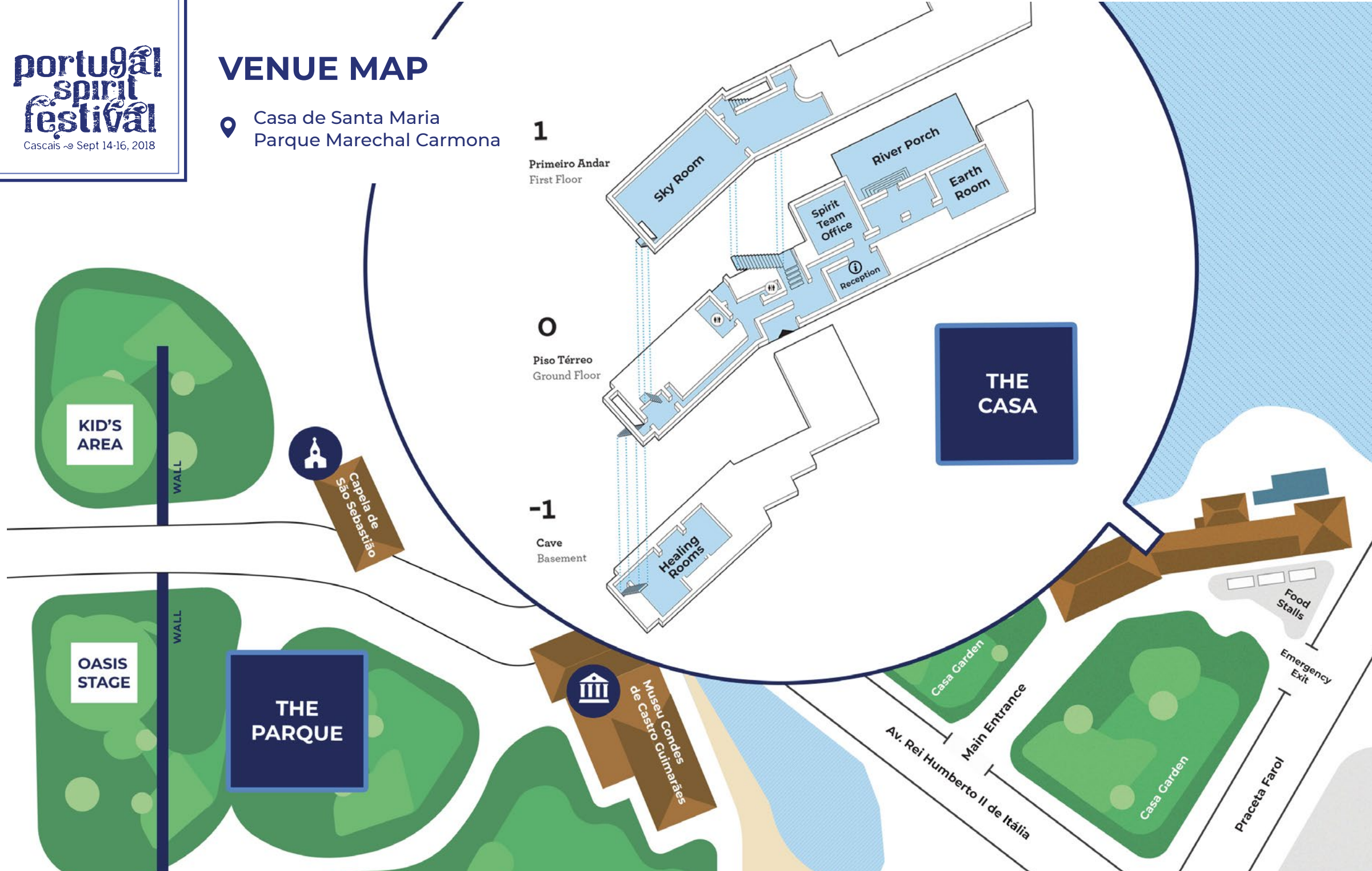








VENUE MAP

📍 Casa de Santa Maria
Parque Marechal Carmona



LEGEND

-  Yoga
-  Healing
-  Dance/Movement
/Martial Art
-  Food
-  Music
-  Meditation

Event entrance is free, however attendance for any of the workshops or performances are by donation. **We suggest a donation of €15 per person, per session.**

Spaces are limited in number.

Kindly reserve your spot in front of the room/space or at the Casa Reception 30 minutes before the class starts to confirm your spot.

Private one-on-one healing sessions are available in the Casa. Please go to the Casa Reception for the list of available healers and time slots.

Schedule is subject to change. Please visit:
portugalspiritfestival.com/schedule
for latest updates.

Day 1 Friday, 14th Sept - Healers all day

THE CASA

Morning Session:
Yoga and Shamanism

*Master Class
by Danny Paradise*
10:00 - 12:30

@Sky Room

LIVE MUSIC

Bernardo Redol Soares
12:30 - 14:30

@Casa Garden

Afternoon Session:
Healing, Aging, Transition

*Master Class
by Danny Paradise*
14:30 - 16:30

@Sky Room

Gaia Dance
Izzat Mr.Fusion
15:00 - 16:30

@Earth Room

CLASS DESCRIPTION

Master Class:

Go to **portugalspiritfestival.com/masterclass**
for detailed information

Gaia Dance:

Remembrance of the true self through awareness of bodies, minds and emotions as Energy



HEALING:

All day healing @The Casa
09:00 - 18:00



MUSIC:

Unplugged Performances
@Casa Garden
Concerts at night
@The Parque
Saturday & Sunday



FOOD:

Food vendors
@The Casa & @The Parque



DONATION-BASED EVENT:

Workshops
€15 per person per workshop







Healing
€35 or more per person

PAID EVENTS:

Master Class by Danny Paradise = **€70**
VIP Opening Event = **€50**

Reserve your spot at:
portugalspiritfestival.com/tickets

LEGEND

-  Yoga
-  Breathwork
-  Dance/Movement/Martial Art
-  Seminars
-  Music
-  Meditation

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Day 2 Saturday, 15th Sept - Healers all day & Concerts at night

Class times range from 75 to 90 mins

THE CASA

Sky Room

Morning Astanga Flow
Filipa Veiga with Pedro Collares
08:30 - 10:00



Kundalini Yoga
Hari Rai Singh
10:30 - 12:00



Gaia Dance
Izzat Mr. Fushion
12:30 - 14:00



Dynamic Spiral & Yin Fascial Yoga
Beta Lisboa
14:30 - 16:30



Yoga Nidra with Devotional Chanting
Isa Guitana
16:30 - 18:00



Earth Room

Breath and Shake Workshop
Ana Berenguer
08:30 - 10:00



Yoga and Integrative Therapy
Margaret Rosania
10:30 - 12:00



Gong Bath
Sofia Monteiro
12:30 - 13:30



Taketina Rhythm process
Kula
14:00 - 15:30



Yoga Philosophy
Jessica Winderl
16:00 - 17:00



Women's Self-Care
Emily Kuser
17:00 - 18:00



Casa Garden

Vinyasa
Mafalda Mourão
08:30 - 10:00



Breazy Breakfasts
Joana Alves
13:00 - 14:00



LIVE MUSIC
Sunil & Nuno Pereira
14:30 - 16:00



Ho'oponono Meditation
Ethan & Hakima
16:30 - 18:00



River Porch

Mandala Vinyasa Flow
Jessica Winderl
08:30 - 10:00



Power Yoga
Ni Made Murni
10:30 - 12:00



YogArt
Nadine Norman
12:30 - 14:00



Thai Vedic Yoga
Sebastian Bruno
14:30 - 16:00



Breath & Somantics Applied in Asana
Jana Toepfer
16:30 - 18:00



CLASS DESCRIPTION

Morning Astanga Flow
Kundalini Yoga
Gaia Dance
Dynamic Spiral & Yin Fascial Yoga
Yoga Nidra and Devotional Chanting
Breath and Shake
Yoga and Integrative Therapy
Gong Bath
Taketina Rhythm Process
Yoga Philosophy
Women's Self-Care
Breazy Breakfasts
Ho'oponono Meditation
Mandala Vinyasa Flow
Power Yoga
YogArt
Thai Vedic Yoga
Vinyasa
Breath & Somantics Applied in Asana

: Move all your eight limbs in unison with this morning Yoga routine
: Unleash your power with this yoga that combines mantras and breathing
: Remembrance of the true self through awareness of bodies, minds and emotions as Energy
: Exploring movement and stillness through the fascia
: A journey through the senses to evolve into a deep relaxation of the body and the soul
: A gentle and profound healing process
: Integrate our being to develop new channels of communication and consciousness
: Mediate in the vibrations of the gong
: Explore pure rhythm
: Understand the essence of the Yoga Sutras
: A fresh approach to women's sexuality, psychology and spirituality
: Learn about the impact you create on your being
: A Hawaiian meditation technique based on forgiveness and self-appreciation
: Explore fluid + dynamic movement and build up to a full mandala vinyasa
: Athletic yoga workout based on the Astanga yoga practice
: Artful expression via yoga postures
: Ayurvedic principles with Thai Buddhist medicine and yoga therapy
: Flow yoga that is dynamic and fun
: Feel how your breath guides and opens your movement

THE PARQUE

Oasis Stage

CLASS DESCRIPTION

Pirate Booty Yoga:
Move to the rhythm of your heart and soul's truth

Free-Style Dance:
Dance along as the music beats

Capoeira:
Dance, acrobatics and music in one

Pirate Booty Yoga
Gypsy
14:00 - 15:30



Free-Style Dance
Madeira and Izzat Mr. Fushion
15:30 - 17:00



Capoeira
Madeira
17:30 - 18:30



Danny Paradise and Nadia Deleye
19:00 - 20:00



Cacao Ceremony
Maria Terra
20:00 - 21:00



Kula & Yagum Project
21:00 - 22:00









Ecstatic Dance
Walker Barnard
22:00 - 00:00



LIVE MUSIC

LEGEND

-  Yoga
-  Breathwork
-  Dance/Movement/Martial Art
-  Seminars
-  Music
-  Meditation

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THE CASA

Sky Room

Shamanic Chakra
Raquel Matos
08:30 - 10:00



Breath to Breath
L. Farrah Furtado
with DJ Loose Lion
10:30 - 12:00



Yoga with Live Music
Maria Terra & Pedro Collares
12:30 - 14:00



Active Breathwork
Martin McNicholl
14:30 - 16:00



Love Explosion
(Hatha Yoga)
Silvia Stojanovic
16:30 - 18:00



Earth Room

Kundalini Yoga
Surpreet Adi Kaur
08:30 - 10:00



Your Daily Self-Care Ritual
Lauren Holmes
10:30 - 11:30



Self-Love Revolution
Aude Olivia
12:00 - 13:00



Radical Honesty
Michael Kreuzweiser
13:00 - 14:30



Understanding Sex
Emily Kuser
15:00 - 16:00



Power & Peace in Pranayama
Natasha Thompson
16:30 - 18:00



Casa Garden

Embodied Movement
Madeira
08:30 - 10:00



LIVE MUSIC

Bernardo Redol Soares
10:00 - 12:00



Flow Art
Nadine Norman
12:30 - 14:00



Movement Principles
for Martial Arts
Dean Rosenwald
14:30 - 16:00



Feldenkrais
Masha Kovacs
16:30 - 17:30



River Porch

Qi Gong
Simon Calder
08:30 - 10:00



Power Yoga
Ni Made Murni
10:30 - 12:00



Chakra Dance
Mela Mariposa
12:30 - 14:00



Guided Meditation
Margaret Rosania
14:30 - 15:30



Pilates
Gypsy
16:30 - 18:00



CLASS DESCRIPTION

Shamanic Chakra
Breath to Breath
Yoga with Live Music
Active Breathwork
Love Explosion
Kundalini Yoga
Your Daily Self-Care Ritual
Self-Love Revolution
Radical Honesty
Understanding Sex
Power & Peace in Pranayama
Embodied Movement
Flow Art
Movement Principles for Martial Arts
Feldenkrais
Qi Gong
Power Yoga
Chakra Dance
Guided Meditation
Pilates

: Ancient traditions mix to offer alignment of the corporal energy
: Trauma release through movement, sound and breath
: Sounds, Asanas and words synchronising with our intentions
: Energy activation through breath
: Creating space for inner reflection
: Unleash your power with this yoga that combines mantras and breathing
: Commit to a 40-day practice for a better you
: You are your one lifelong lover
: Connect and stay present with our experiences and physical sensations
: Understand cultural taboos around sexuality
: Breathing techniques to realign yourself
: Gain coordination, endurance, strength, flexibility, balance and control
: Movement and visual arts come together
: Basics of movements and energy flow based in Muay Thai
: Reorganise connections between the brain and the body
: Cultivate healing qi energy in the body
: Athletic yoga workout based on the Astanga yoga practice
: Healing dance practice to harvest energy points
: Explore the peace within you through a guided journey
: Heal your back with this balancing yoga technique

THE PARQUE

Oasis Stage

CLASS DESCRIPTION

African Dance:
Rituals come alive again in seek of community and prosperity

Thai Partner Yoga:
Come with a partner/friend or make a new friend doing yoga together

African Dance
Marisa
14:00 - 15:30



Thai Partner Yoga
Kimma Stark
15:30 - 16:30



Luis Gabriel & Edgar Valente
17:00 - 18:00



Meru
18:00 - 19:30



Spirit Talks with Meghan Pappenheim

Finale Kirtan
Pedro Collares
& The Spirit Team
20:00 - 21:30



LIVE MUSIC

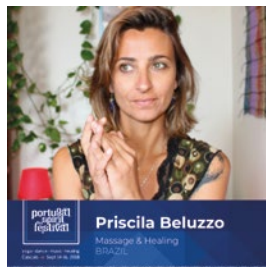
Healers

One-on-One Sessions

Healing sessions take place in The Casa in designated healing spaces either in the Casa basement or in the Casa Garden or available space.

These sessions varies in time and complexity and is on a donation-based form of payment payable directly to the healer.

Suggested donation: €35



Priscila Beluzzo
Massage & Healing
BRAZIL

Foot Massage

Relaxation

Duration: 30 or 60 minutes

Abhyanga Massage

Herbal Oil Treatments

Duration: 60 minutes



Annemarie Kapteyn
Massage & Reiki
THE NETHERLANDS

Reiki

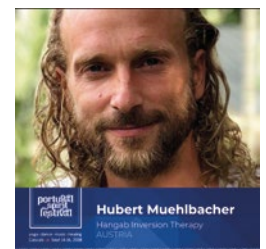
Energetic Healing

Duration: 30 or 60 minutes

Massages

Relaxation

Duration: 60 minutes



Hubert Muehlbacher
Hangab Inversion Therapy
AUSTRIA

Hangab

Inversion Therapy

Duration: 30 minutes



Brendan Ryan
Sports Physiotherapist
IRELAND

Anatomy in Motion

Stretching and Bodywork

Duration: 60 minutes

Joint Balancing

Stretching and Bodywork

Duration: 60 minutes

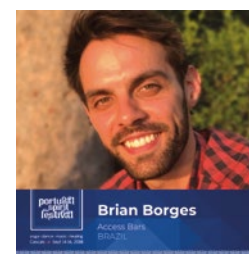


Andrada Andrei
Astrology
ROMANIA

Astrology

Horoscopes & Consultations

Duration: 30 or 60 minutes



Brian Borges
Access Bars
USA

Access Bars

Energetic Healing

Duration: 60 minutes



Fabiane Lisboa
Ayurvedic & Psycho-spiritual Therapist
BRAZIL

Ayurveda

Herbal Oil Treatments

Duration: 60 minutes



Leonor Veiga
Tarot & Karmic
PORTUGAL

Tarot and Palmistry

Horoscopes & Consultations

Duration: 30 or 60 minutes



Jenutza
Clairvoyant Counsel
USA

Clairvoyant Counsel

Horoscopes & Consultations

Duration: 30 or 60 minutes

Kids Activites

Dedicated workshops and activities for Kids under the supervision of Filipa Maria. Find her at The Parque's Kids Area and consult with her for children-safe activities at The Casa and The Parque.

Food

Food and beverages are sold at The Casa by our vendors and at The Parque.

Art Exhibits & Activities



Planet 108

The installation *Planet 108* (2018) celebrates the yogic number wholeness of existence as much as it honors the artists' individual journey toward a yogic path.

This installation also recalls the act of praying, meditating and repeating mantras that are paramount of all spiritual practices and present in various religions.



Nature Spirits

Her visionary paintings have as main theme nature and its divine spirit and result from intuition and sensorial perception. Her creative process is based in the inner vision and the listening and expression of what she currently manifests.

She believes that art is manifestation of the language of the soul and it contributes for the well-being and expansion of human consciousness.



Living Canvas

LIVING CANVAS by Loboanta is a therapy through Art. It consist in creating a new persona style in each person, making a tribal painting on the face (sometimes arms and neck) and finally taking images of the result. Safe for children.

@ Casa Garden



(Un)bound

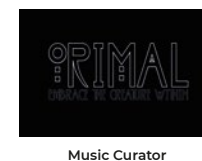
At unexpected moments, Nadine Norman appears with a string of elastic textile and she will wind and unwind herself amongst the crowd. Whether passive or active, she creates tensions between participants created by entangling and unentangling them. This experience offers participants a journey to yogic practices, in their way in and out of the crowd and, in so doing, creates various live sculptural forms in space and place that may be photographed and further displayed as a collection of images. Safe for children.

@ Casa Garden

2018 Partners



Partner Festivals



Organizers

