

## TRANSFORMATIONAL TALKS

### Sat 22 July

- 09:00 The Vegan Society of SA
- 10:00 Turn your Calling into a Career
- 11:11 Enter the Interdimensional Door
- 13:00 Spirit Medium Crossing Over
- 14:30 Channelling Kuthumi
- 15:30 Intimacy and Dis-ease

### Sun 23 July

- 09:00 Radical Cellular Regeneration
- 10:00 Navigating the Emptiness
- 11:11 Near Death Experience Panel
- 13:30 The Role of a Traditional Healer
- 15:00 Sacred Sound Journey

## Vegan Village

### BLISS BOOTHS

#### Sat 22 July - Energy Healing Modalities

- Crystal Healing
- Western USUI Reiki
- Japanese Fusion Reiki
- Kinesiology
- Seichim Reiki
- Karuna Reiki ®
- Foot Zone Therapy
- Therapeutic Touch
- Intuitive Healing
- Kinesiology
- Auricular Acupuncture

#### Sun 23 July

Therapists open for personal bookings

## SPIRIT SPEAKS EVENTS

### Sat 22 July

- 09:00 Event Opens
- 10:00 Sacred Dance Circle
- 11:30 Tai Chi
- 13:00 Your Vegan Kitchen Rules
- 14:30 Yogic Breathwork
- 15:30 Nia Body Movement
- 16:30 Metta Meditation
- 17:00 Drumming
- 18:00 Fire Dancing
- 18:30 Magnificent Music
- 20:30 Evening Ends

### Sun 23 July

- 10:00 Somatic Movement
- 11:30 Nia Body Movement
- 13:00 Your Vegan Kitchen Rules
- 14:30 Sangoma Circle
- 15:30 Drumming
- 16:30 Event Closes

## Conscious Market

42 Stands

## Psychic Circle

## Fabulous Food

## Literary Showcase



## Program

The Estuary Port Edward KZN  
Hotel & Spa 22 & 23 July 2023

Program may be subject to change without notice

### YOGA MEANDER

- 09:00 Sanctuary of Love Melville
  - 10:00 Hohm Yoga Umzumbe
  - 11:00 I Am Yoga
  - 12:00 Sanctuary of Love Melville
  - 13:00 Sunshine Yoga Umtentweni
  - 14:00 Bo-Yoga Ramsgate
  - 15:00 Almarie Lotz Yoga Banners Rest
  - 16:00 Sunset Yoga - Estuary on the Beach
- Route map will be available online May 2023

### Sat 22 July

- Self-Healing Meditation
  - Chakra Energy Yoga
  - Chakra Based Hatha
  - Dundell Yoga
  - Vinyasa Yoga
  - Yin Yoga
  - Restorative Yoga
  - Iyengar Yoga
- Sessions will be on a 'dana' basis

[www.kwazuluspirit.com](http://www.kwazuluspirit.com)

Tickets: [www.quicket.co.za](http://www.quicket.co.za)

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