



The Laughing Forest, Elysium

KwazuluSpirit Festival

Programme

Day 1 – Friday, 9 August 2024 (National Womens' Day)

07:15	Giant Crystal Grid Channelling	Elysium Beach
09:00	FESTIVAL OPENS	-
09:30	Bliss Booths Open	Open-air Chapel
09:30	Talk: The Heart of a Woman	Marquee
09:30	Traditional Hatha Yoga	Yoga Shala
10:00	Workshop: Gratitude Journaling	Open Workroom
10:00	Event: Womanity Sacred Dance	Bedouin Studio
11:00	Yin Yoga	Yoga Shala
11:00	Event: Self Defence for Women	Bedouin Studio
11:00	Special Event: Gentle Music with Ricky	Restaurant Area
11:30	Talk: Boundaries	Marquee
11:30	Workshop: Fun Ways to Womens' Health	Open Workroom
12:00	Event: Shamanic Embodied Immersion	Bedouin Studio
13:00	Event: Reconnective Healing	Open Workroom
13:30	Workshop: Intimacy Truths & Taboos	Marquee
14:00	Workshop: A Woman's Way	Open Workroom
14:00	Event: Sound Journey	Bedouin Studio
14:00	Womb Yoga and Red Tent	Yoga Shala
15:30	Talk: Enneagram Pearls	Marquee
15:30	Laughing Yoga	Yoga Shala
16:00	Workshop: Protecting your Energy Body	Open Workroom
16:00	Why you should Meditate	Yoga Shala
16:00	Bliss Booths Close	-
17:00	Festival Day 1 Closes	-
18:30	Special Event: Astrogazing (weather dependant)	-

Day 2 – Saturday, 10 August 2024

09:00	FESTIVAL OPENS	-
09:30	Bliss Booths Open	Open-air Chapel
09:30	Talk: Live Channelling Kuthumi	Marquee
09:30	Traditional Hatha Yoga	Yoga Shala
10:00	Workshop: Optimal Heart Health	Open Workroom
10:30	Event: Tai Chi	Bedouin Studio
11:00	Talk: Build Your Inner Wisdom Well	Marquee
11:00	Event: Somatic Movement	Yoga Shala
12:00	Workshop: Ancient Wisdom Modern Times	Open Workroom
12:30	Workshop: Family & Systems Constellations	Marquee
13:30	Event: Sacred Dance Nia	Bedouin Studio
14:00	Talk: Supernatural	Marquee
14:30	Talk: Grow a New Body	Open Workroom
15:00	Event: Connect to Your Higher Self	Bedouin Studio
15:30	Workshop: Awakening the Healer Within	Open Workroom
16:00	Yoga Nidra	Yoga Shala
16:00	Special Event: Tai Chi	Beach
16:00	Workshop: Breakthrough to Bliss	Marquee
16:00	Bliss Booths Close	-
17:30	Festival Day 2 Closes	-
17:45	Special Event: SENSORIUM Sound Immersion	Open-air Chapel

Fab Food

Bliss Booths

Watsu®

Day 3 – Sunday, 11 August 2024

09:00	FESTIVAL OPENS	-
09:30	Bliss Booths Open	Open-air Chapel
09:30	Workshop: Family & Systems Constellations	Marquee
09:30	Meditation	Yoga Shala
09:30	Workshop: Eating for Transformation	Bedouin Studio
10:30	Talk: The Apple Tree Business Builder	Open Workroom
11:00	Talk: Crossing Over	Marquee
11:00	Iyengar Yoga	Yoga Shala
11:30	Talk: Demystifying the Calling (Thwasa/Ubizo)	Bedouin Studio
12:30	Event: Sacred Sound Journey	Marquee
12:30	Workshop: Ignite the Divine Spark	Open Workroom
12:30	Event: Kirtan Mantra Meditation	Yoga Shala
14:00	Bliss Booths Close	-
14:30	Closing Address and Metta Meditation	Open-air Chapel
15:00	KwazuluSpirit Festival Concludes	-

Light Music

Programme subject to change without notice

African Village

Mindful Market