



SCHEDULE



Time/ Tent	THURSDAY 20	Time/ Tent	FRIDAY 21	Time/ Tent	SATURDAY 22	Time/ Tent	SUNDAY 23	
	Opening the festival gate (from 12:00)	07:00-08:00	Morning exercise	06:00-08:00	Morning exercise	07:00-08:00	Rytinės mankštos, meditacijos	
			PortDeBras training. Rasida Matuzienė		MyHero! Rytėlis (Yoga&morning party)		Mai Ram Yoga Mai Ram Pranajama. Gabija Petronyte	
			MyHero! Workout				MyHero! Workout	
							Belly dance session for women Jurgita Alima Shakti (Mazurkevičiute)	
			08:30-09:30	Breakfast	08:30-09:30	Breakfast	08:30-09:30	Breakfast
			09:30-10:15	Daily intro: the power of questions	09:30-10:15	Daily intro: the power of words	09:30-10:15	Daily intro: the power of communication
			10:15-11:00	Tutor presentations	10:15-11:00	Tutor presentations	10:15-11:00	Tutor presentations
			11:00-13:30	Sessions	11:00-13:30	Sessions	11:00-13:30	Sessions
				Classical Feng Shui in a 21 century. Challenges and possibilities. Ieva Karevičienė		How easily to get your eye sight back. Sigitas Kriaučiūnienė		Be your body (acceptance and self healing). Yuliya Asovskaja
				Роль гйда в развитии каждой души The play of personality experience (The teacher's role in your spiritual development). Kseniya Davidenko (RU)		Reiki 1st initiation. Daiva Kazimeravičienė		Classical Feng Shui in a 21 century. Challenges and possibilities. Ieva Karevičienė *
			Female circle. Lina Lila		Waking up techniques of ancestors. Jonas Saulis *		Can there be too much of love? Nijole Gylė	
	Fire ceremony (from 14:00)		Releasing viable energy through earthing techniques. Edita Ešenku ir Vytautas Lu		Body, Mind, Soul. Balanced human (Silva method). Aleksandra Usevičienė *		Relax and Live - Learning to Be Calm in a Busy World. Andy Brady (EN)	
			The Master Keys for Breaking Habits/Addictions. Andy Brady (EN)		The play of personality experience. (8 gaming characters, which one is mine?). Gabi Linde (EN)		From stress to vitality. Alchemy of Dao. Ričardas Višockis ir Olga Vysockaja	
			Find your real desires. Embo		Sacral meaning of women's clothing. Natalija Balinskaja		Creative workshop of spiritual collage. Giedrė Vencloviene	
			Benefits of hypnotherapy and regression hypnosis in our daily lives. Artūras Pangonis		Workshop of radical honesty. Jūratė Glodienytė		To fight or to agree - how to live in peace with yourself and others. Rytis Lukoševičius *	
			Writing therapy, Dreamcather. Jovita Kleivinskienė		Wisdom of being in a present moment (Gestalt therapy). Jovita Kleivinskienė *		Vedic game "Lila". Vladimir Skobelev Omkar (RU)	
			Joy and pain: how to work in a team? Aurimas Ražanauskas				Sacral circle - dances of world nations. Aušra Augūtė	
			Shiva Shakti Ritual. Tantra. Karlijn Kabira (EN)				Free voice studio (seminar of breathing and singing). Milda Arčiauskaitė	
				WHATANSU** Conversation with one, who found the inner treasure		WHATANSU** essentials for not getting lost. Searching for a life path with blogger Valtininkas		WHATANSU** How to wake up a sleeping dragon of creativity? Alarm set up by blogger Valtininkas
			13:30-14:30	Lunch	13:30-14:30	Lunch	13:30-14:30	Lunch
		14:30-15:00	Tutor presentations	14:30-15:00	Tutor presentations	14:30-15:00	Tutor presentations	
15:30-18:00	Sessions	15:30-18:00	Sessions	15:30-18:00	Sessions	15:30-18:00	Sessions	
	Thinking, moving, healthy body (moving technique). Ieva Ginkevičiūtė		Mudras. Jonas Saulis		Joy and pain: how to be and work in a team. Aurimas Ražanauskas		Reiki practices (for those, who already have at least one initiation). Daiva Kazimeravičienė	
	How to become a happy woman? Rūta Pivorūnienė		Inner organs, functions and diagnosis. Česlav Jakovič		Classical Feng Shui in a 21 century. Challenges and possibilities. Ieva Karevičienė		Therapy session of singing crystal bowls and crystals. Diana Januškevičiūtė	
	Lithuanian mantras. Jonas Saulis		Chakras - life path of a woman. Natalija Balinskaja		From stress to viability. Alchemy of Dao. Ričardas Višockis ir Olga Vysockaja *		Psychological and energetic meanings of colours. Diana Bumblytė *	
	Mind control. The art of breathing. Lina Lila		Conscious breathing session. Lina Lila		Reiki 1st initiation. Daiva Kazimeravičienė		Handmade straw houses. Almantas Rožėnas *	
			Steps towards knowing yourself. Embo		Conscious touch - introductory seminar of Tantra. Jūratė Glodienytė		Four love languages. Vasanta Das (EN)	
			Letting go of frustration, failure and finding inner peace. Rytis Lukoševičius *		Theater therapy. Egidijus Bakas		Love alchemy of Dao. Maturing sexual energy. Ričardas Višockis ir Olga Vysockaja	
			Acro yoga. Karolis Valickas and his team		Creative workshop of spiritual collage. Giedrė Vencloviene		Writing therapy. Dreamcatchers. Jovita Kleivinskienė *	
			Sexual kung fu for women. Edita Ešenku		Eat, don't stop OR stop, don't eat. Gintarė Jonaitytė *		Thinking, moving, healthy body (moving technique). Ieva Ginkevičiūtė	
			Sexual kung fu for men. Vytautas Lu		To be your body (acceptance and self healing). Yuliya Asovskaja *		Making decisions, accomplishing goals through interaction with parents. Aistė Venckevičiūtė	
			Flower language: maintain or forget. Edita Urbsienė		Acro yoga. Karolis Valickas and his team			
			WHATANSU** Escape room. Open doors to Masters of calm		WHATANSU** How to find the thing you want to do in 30 hours? Olegas Koršunovas		WHATANSU užsienimiai** When was the last time you felt free in your own body? Gabriele Raudytė	
18:30-19:30	Dinner	18:30-19:30	Dinner	18:30-19:30	Dinner	18:30-19:30	Dinner	
21:00-22:30	Concert. Whalesounds	21:00-22:30	Concert. Kamanliq šilėlis	21:00-22:30	Concert. Ndjoba	21:00-22:30	Concert. Tomorrow Inshallah	

* - english translation

** - classes designed for participants of 15-18 years (but open to the elderly)

EN - english speaker

RU - russian speaker



SCHEDULE



Time/ Tent	MONDAY 24	Time/ Tent	TUESDAY 25	Time/ Tent	WEDNESDAY 26	Time/ Tent	THURSDAY 27
07:00-08:00	Morning exercise Mai Ram Yoga Mai Ram Pranajama. Gabija Petronytė PortDeBras training. Rasida Matuziene MyHero! Workout	07:00-08:00	Morning exercise Mai Ram Yoga Mai Ram Pranajama. Gabija Petronytė PortDeBras training. Rasida Matuziene MyHero! Workout	07:00-08:00	Morning exercise Mai Ram Yoga Mai Ram Pranajama. Gabija Petronytė PortDeBras training. Rasida Matuziene MyHero! Workout	07:00-08:00	Morning exercise Mai Ram Yoga Mai Ram Pranajama. Gabija Petronytė PortDeBras training. Rasida Matuziene MyHero! Workout
08:30-09:30	Breakfast	08:30-09:30	Breakfast	08:30-09:30	Breakfast	08:30-09:30	Breakfast
09:30-10:15	Daily intro: how to become happy?	09:30-10:15	Daily intro: practising gratitude	09:30-10:15	Daily intro: benefits of playing	09:30-10:15	Daily intro: the power of compliments
10:15-11:00	Tutor presentations	10:15-11:00	Tutor presentations	10:15-11:00	Tutor presentations	10:15-11:00	Tutor presentations
11:00-13:30	Sessions Reiki 2nd initiation. Daiva Kazimeravičienė Family karma. Jonas Saulis Art of dating (for women). Rūta Pivorūnienė Workshop of radical honesty. Jūratė Glodienytė Practice of releasing body and voice. Margarita Bareikytė SU DZOK therapy. Diagnosis and self healing of spine, joints, cardiovascular, hormonal and limfine systems. Arūnas Jonuškis How to be mindfully and emotionally peaceful. Rytis Lukoševičius * Aura-Soma® - magical doors to yourself through colour. Aušrinė Šadauskaitė Om meditation. Vladimir Skobelev Omark (RU) The experiential improv (theater) experience. Gabi Linde (EN) WHATANSU** Fligh without a parachute. Acro yoga with Tumas Navickas	11:00-13:30	Sessions What is my symbol ant its' meaning. Eglė Valentė Internal organs. Functions and diagnosis. Česlav Jakovič Purpose of life and ways of self-expression, analysis of family relationships and transformation of negative karmic programs. Diana Bumbytė * Healing Emotional Wounds with Self Hypnosis. Andy Brady (EN) Workshop of radical honesty. Jūratė Glodienytė Alternative and energy informational healings. Artūras Pangonis ir Artūras Dabkevičius Basics of techniques for emotional release. Rytis Lukoševičius Vedic game "Lila". Vladimir Skobelev Omark (RU) Free voice studio (seminar of breathing and singing). Milda Arčikauskaitė Shiva Shakti Ritual. Tantra. Karlijn Kabira (EN) African drums lesson. Gediminas Mačiulis WHATANSU** Learning to play life. Godopoco with Vytautas Gaidamavičius	11:00-13:30	Sessions Polarity of our consciousness. Svetlana Smetjeva * Rituals of fire and water. Eglė Valentė Spine problems. Česlav Jakovič Photographic postcard creation using cyanotype equipment. Creation of cyanotype and wet collodion portraits. Gintas Kavolūnas Self Image Mastery - Shaping Your Life Deliberately. Andy Brady (EN) Female energy - from negative to positive. Natalija Balinskaja Workshop of radical honesty. Jūratė Glodienytė Playfull cognition of yourself and your partner for a better relationship (Points of you). Povilas Petrauskas Joy and pain: how to work in a team. Aurimas Ražauskas Thai yoga (for couples). Dalia Vengrytė Paradoxical individual's self-destruction. Artūras Malinauskas * WHATANSU** There and back. Hike at Asveja coast (all day)	11:00-13:30	Sessions Calendar feasts. The essence and meaning. Eglė Valentė Backpack from a quantum field (practice). Džiuljeta Binkauskienė Paradoxical individual's self-destruction. Artūras Malinauskas * Natural beeswax candle making. Vilma lila The Art of Self-Hypnosis. Andy Brady (EN) Miraculous home of a female (vastu order). Natalija Balinskaja Health starts in your plate. Ingrida Kuprevičiūtė * Men and women love secrets. How to be happy together? Darius Ražauskas Vedic game "Lila". Vladimir Skobelev Omark (EN) Workshop of radical honesty. Jūratė Glodienytė WHATANSU** Impossible is not the limit. List of impossible goals with Debesyla.
13:30-14:30	Lunch	13:30-14:30	Lunch	13:30-14:30	Lunch	13:30-14:30	Lunch
14:30-15:00	Tutor presentations	14:30-15:00	Tutor presentations	14:30-15:00	Tutor presentations	14:30-15:00	Tutor presentations
15:30-18:00	Sessions Singing lecture. Story of a woman. Laurita Peleniūtė Conscious touch- introductinal seminar of Tantra. Jūratė Glodienytė Reiki 2nd initiation. Daiva Kazimeravičienė Conquer your fears. Artūras Pangonis * Как учиться наша душа в воплощении и между жизнями. (Journeys and learning of a soul). Kseniya Davidenko (RU) Handmade straw houses. Almantas Roženas Trusting Universe. Inner peace. Lina Lila * Energy. Wild nature of one. Devoting to the rhythm. (African dance lesson). Ieva Žigaitė WHATANSU** Two hand not enough? Learn to juggle with Kestas Matusevičius	15:30-18:00	Sessions Beauty of a female. Natalija Balinskaja Start with yourself. The straightest way to a life change! Ignas Bakėjus Conscious touch - introductinal seminar of Tantra. Jūratė Glodienytė * Polarism of our consciousness. Svetlana Smetjeva * How to make your heart speak. Vasanta Das (EN) SU DZOK therapy. Diagnosis and self healing of spine, joints, cardiovascular, hormonal and limfine systems. Arūnas Jonuškis Playfull cognition of yourself and your partner for a better relationship (Points of you). Povilas Petrauskas Life calling workshop. Raminta Lapinskaitė Thinking, moving, healthy body (moving technique). Ieva Ginkevičiūtė Meeting with yourself (Sound therapy. Kankles. Siberian drums). Vilma Lila, Einārs Lesiņš WHATANSU** Game making workshop. Invent a new monopoly.	15:30-18:00	Sessions Modern symbolism in Lithuanian folk songs. Singing tradition. Laurita Peleniūtė Anatomy of relationships (for couples). Rūta Pivorūnienė Как быстрее проходить обучение (How to understand spiritual lessons faster?) Kseniya Davidenko (RU) Human aura. Myth and reality. Artūras Dabkevičius * SU DZOK therapy. Healing headaches, migrene and diseases of nose, ears, eyes, teeth, neck, heart and lungs. Arūnas Jonuškis Money and release of its story. Rytis Lukoševičius Breathing, psychical and mental exercises - seperately or together? Valdas Velavicius Life calling workshop. Raminta Lapinskaitė Aura-Soma® - miraculous doors into yourself through colours. Aušrinė Šadauskaitė * Osho kundalini meditation. Lina Lila WHATANSU** There and back. Hike at Asveja coast (starts in the morning)	15:30-18:00	Sessions Magic of relationships - science about freedom. Martynas Driukas * Therapy session of singing crystal bowls and crystals. Diana Januškevičiūtė Godopoco. Communication through improvisation. Vytautas Gaidamavičius Money. How to attract and materialize it? Techniques of successful people. Darius Ražauskas * Unconditional joy and what we do to avoid it. Rytis Lukoševičius Sugar - get acquainted and become friends with the biggest enemy of your health. Ingrida Kuprevičiūtė Meditation, contemplation. What do you eat it with? Valdas Velavicius Life calling workshop. Raminta Lapinskaitė * Decision making, goal accomplishment through interaction with parents. Aistė Venckevičiūtė Paradoxical individual's self-destruction. Artūras Malinauskas WHATANSU** Bread is crying when lazy people eat it. Efficiency guide with Debesyla
18:30-19:30	Dinner	18:30-19:30	Dinner	18:30-19:30	Dinner	18:30-19:30	Dinner
21:00-22:30	Concert. African drums	21:00-22:30	Concert. Eglė Sirvydytė	21:00-22:30	Concert. Alicija "Sound Mystery"	21:00-22:30	Concert. Navadvipa

* - english translation
** - classes designed for participants of 13-18 years (but open to the elderly)

EN - english speaker
RU - russian speaker



SCHEDULE



Time/ Tent	FRIDAY 28	Time/ Tent	SATURDAY 29	Time/ Tent	SUNDAY 30
07:00-08:00	Morning exercise Mai Ram Yoga Mai Ram Pranajama. Gabija Petronytė PortDeBras training. Rasida Matuziene MyHero! Workout	07:00-08:00	Morning exercise Mai Ram Yoga Mai Ram Pranajama. Gabija Petronytė PortDeBras training. Rasida Matuziene MyHero! Workout	07:00-08:00	Morning exercise PortDeBras training. Rasida Matuziene MyHero! Workout
08:30-09:30	Breakfast	08:30-09:30	Breakfast	08:30-09:30	Breakfast
09:30-10:15	Daily intro: when do I feel safe?	09:30-10:15	Daily intro: benefits of playing	09:30-10:15	Daily intro: different morning prayer
10:15-11:00	Tutor presentations	10:15-11:00	Tutor presentations	10:15-11:00	Tutor presentations
11:00-13:30	Sessions Goals and strategies for accomplishing them (theory and practice). Martynas Driukas * Training your personal dragon. Loretta Stonkute Awakening Your Inner Healer. Andy Brady (EN) Mirades at the kitchen. Vastu, hygiene, products' effects, rituals. Natalija Balinskaja Motivation to act: emotional needs that control your feelings, thoughts and actions. Amas Markevicius * Dismissing your past asperities. Rytis Lukosevicius Training of pediatric massage for tension relief. Valdas Velavicius Life calling workshop. Raminta Lapinskaite * Divorce. How to avoid it and how to cope with it once it happens? Darius Ražauskas Thai yoga (for couples). Dalia Vengrytė WHATANSU** When there is luck, there is luck. Fairytale writing workshop with Vytautas V. Landsbergis	11:00-13:30	Sessions Meditation - Maha yoga (Kundalini breathing). Martynas Driukas Provocations of upbringing. Growing with children. Vaidas Arvasevicius Где мы воплощались до земли? (Who were we in the past lives?). Kseniya Davidenko (RU) Digital Detoxification - Reclaiming Your Life from the Digital World. Andy Brady (EN) Godopoco. Communication through improvisation. Vytautas Gaidamavicius Inner game - "Lila". Vladimir Skobelev Omkar (RU) Practical method to accept people the way they are. Rytis Lukosevicius * Thai yoga (for couples). Dalia Vengrytė Practice of releasing body and voice. Margarita Bareikytė Inner sabotage: where your inner conflicts come from and practices that help to solve them. Amas Markevicius Under the skin - only from the nature (making natural cosmetics). Edita Čalnarė WHATANSU** Using your superpowers and transformer's effect with Olegas Koršunovas	11:00-13:30	Sessions Destruction of restricting beliefs and modes (theory and practise). Martynas Driukas Inner organs. Functions and diagnosis. Ceslav Jakovič Developing Your Psychic Skills. Andy Brady (EN) Start with yourself. The fastest way to change your life! Ignas Bukejus Godopoco. Communication through improvisation. Vytautas Gaidamavicius Harmony in relationships through letting feelings out. Rytis Lukosevicius Thinking, moving, healthy body (moving practice). Ieva Ginkeviciute * Heart's meditation. Vladimir Skobelev Omkar (RU) The play of personality experience. (8 gaming characters, which one is mine?). Gabi Linde (EN) WHATANSU** LOL Laugh yoga with Kristina
13:30-14:30	Lunch	13:30-14:30	Lunch	13:30-14:30	Lunch
14:30-15:00	Tutor presentations	14:30-15:00	Tutor presentations		
15:30-18:00	Sessions Meditation - Maha yoga (Kundalini breathing). Martynas Driukas Circle of sutartines (contractuals). Agota Ir Dorota Provocations of upbringing. Growing with children. Vaidas Arvasevicius How to calm your mind. Vasanta Das (EN) My inner female and male. Džiuljeta Binkauskienė* Sugar - get acquainted and become friends with the biggest enemy of your health. Ingrida Kuprevičiūtė Fairytale seminar for adults. If you follow, luck with follow. Vytautas V. Landsbergis Om meditation. Vladimir Skobelev Omkar (RU) Conquering difficult karma of your family. Darius Ražauskas * Natural colouring with plants workshop. Vilma lila WHATANSU** My first chapter of a book with Whatansu camp leaders.	15:00-17:00	Sessions Meaning of spiritual path. Martynas Driukas Circle of sutartines (contractuals). Agota Ir Dorota Falling in love. Romantic love. Real love. Addiction. What is what? Similarities and differences. Nijole Gyle Self-esteem: how to boost it? Rūta Pivorūnienė * Dance meditation and gong bathing. Alicija Eilakas Goals - stop wishing for it, allow yourself to own it. Rytis Lukosevicius Journey of inner hero. Vasanta Das (EN) Harmonizing energy of home and surroundings. Darius Ražauskas * Joy and pain: how to be and work in a team. Aurimas Ražauskas * Hair worth of natural softness (making natural hair care products). Edita Čalnarė WHATANSU** How cool are you in a team? Real life test.		
18:30-19:30	Dinner	17:00-18:30 18:30-19:30	Holi feast! Dinner		
21:00-22:30	Concert. Parranda Polar	21:00-22:30	Concert. Mick Pedaja		

See you next year!

* - english translation

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EN - english speaker
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