



# **SOULFULL**

## **FESTIVAL**

**CELEBRATING HEALTH WITH SOUL.**

**JUNE 23<sup>RD</sup> – 25<sup>TH</sup>**

# MEET OUR FOUNDERS



MADONNA GAYED

*FOUNDER*



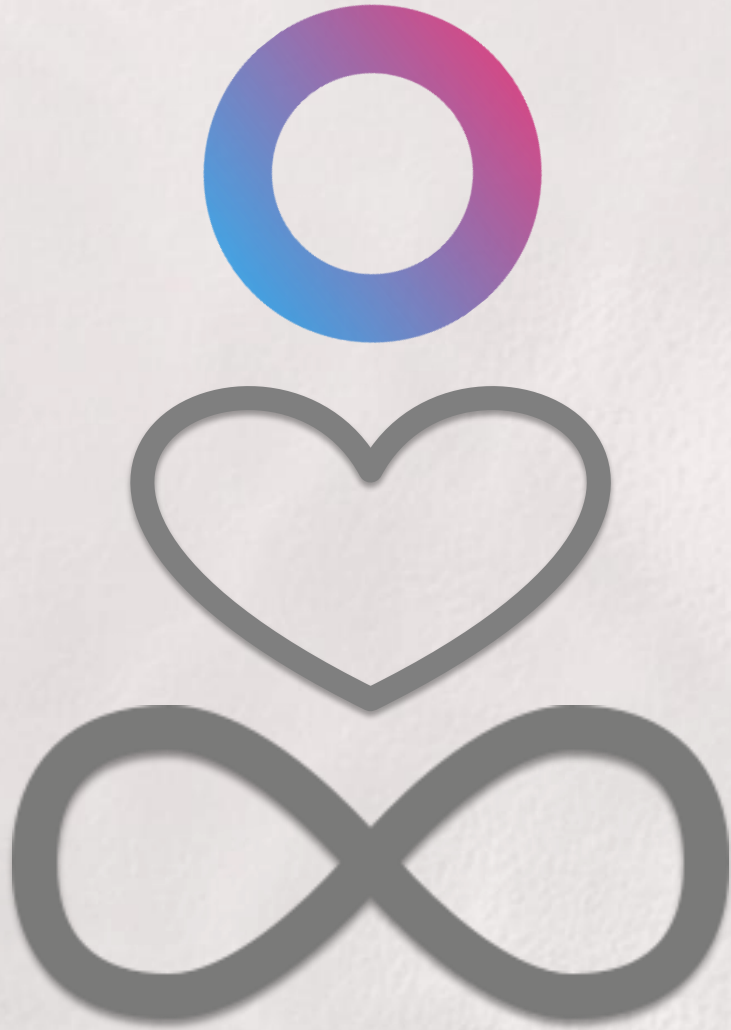
DINA EL MOFTY

*CO- FOUNDER*



# FESTIVAL PROGRAMME

Soulfull takes this concept and connects the three elements (mind, body, and soul) through an exciting range of workshops, classes, talks, and holistic treatments suitable for all abilities and talents, whether you are just about to start your journey or an expert of the disciplines.



# **SOULFULL**

## **FESTIVAL**

The concept of mind, body, and soul is based on a system of energy. We link the three elements to keep energy flowing within us. Our health and wellness refers to how balanced we feel on all levels. The ultimate goal is to achieve an alignment between all three.

# **MIND.BODY.SOUL**





The three day festival will be packed with a variety of inspirational talks, panel discussions that will expose individuals to a heightened level of understanding on how to achieve their goal to ultimately live a happier and healthier life. The essential goal is to guide you by presenting wise advice by leading professionals in the field, in order to increase emotional intelligence. It's all about improving our physical, mental, and emotional wellbeing.

Soulfull Festival is packed with an incredible schedule of fitness classes with some of the most renowned specialists in the country. Whether it's a high intensity workout to get that heart rate up or a guided meditation, Soulfull festival has it covered. Leading instructors will be coming together to provide the latest, cutting edge workouts.



The SoulFull festival's farmers market focuses on highlighting brands and products that are sustainable, and promote a better lifestyle. It will not only focus on food, but also a variety of beauty and household products all made from natural ingredients.

Farm to table no longer only relates to food, but all the products we consume. The goal is to allow attendees have easy access to brands to help ease them into the path of overall wellness.

# WALID ABOUL NAGA

NAFAS Journeys Founder  
Certified Shamanic Breathwork Facilitator, Ordained Shamanic Minister

After witnessing and experiencing first-hand the destructive effects of stress, he sensed a need for a deeper connection with our true potential and awareness of our Mind, Body & Spirit. As a result, NAFAS Journeys was launched in 2018, a Transformational Travel Experience helping those embarking on their lifelong journey and quest for self-discovery by bridging Adventure with Spirituality.

## SOULFULL EXPERIENCE:

### Shamanic Breathwork

Shamanic traditions have used ceremony and ritual for thousands of years as a way of bringing healing to all aspects of the Self; Mind, Body, heart & **Spirit**. The Breathwork allows the breathers to experience **Deep Healing** and **Transformation** on a Spiritual, Mental, Emotional & Physical level.

Using connected circular breaths along with chakra attuned music, this process supports you in releasing outdated programming, unhealthy patterns & behaviours, and limiting beliefs. Through this transformative process, you can journey and experience different realms of consciousness, accessing **Greater Love, Wisdom, Healing & Transformation**.

### Ice Bath Therapy

The Ice Bath Therapy is an experience where we discuss the **power of the mind**, benefits of the Ice Therapy, conduct Dynamic Stretching, and practice a powerful 20 min breathwork followed by the Ice Bath.





# AMINA NAGUIB

Alchemist / Founder of B-URN, aka CEO of #thehappy

Physical therapist, founder of B-URN, fascial stretch therapist, breath work practitioner, yogi, life coach, reiki practitioner, and mom of two beautiful humans.

Aminas work hard play hard take on life is what brought around The B-URN. Amina will push you beyond your limits, talk you into holding that plank for that extra second, and basically get you laughing, crying, cursing and shaking all at once. “Your life is not about you, it’s about every life you touch” has become something we hear from Amina at the beginning of every team meet huddle. Nerd at heart, she is currently studying the neuroscience behind exercise and happiness, using us all as guinea pigs!

## SOULFULL EXPERIENCE:

An intense yet user friendly full body workout open for all levels. Head to toe in 45 minutes, strengthen the body, release the mind, come home to you.



# Wael Suliman - BLKSTR

Calisthenics & Bodyweight Master Trainer

Wael aka Blkstr is an ex Breaking & HipHop dancer, And BODYWEIGHT master trainer. I believe in strength & coordination training that we need to involve our brain cells into exercising so we're into the movement itself physically & mentally so I decided to incorporate the dancing and exercising together to enjoy the movement and never get bored of it.. I do " Breakletics & Calisthenics " the good thing of this kind of exercises it has a level system that anyone can do it whatever your fitness level is.

## SOULFULL EXPERIENCE:

### Breakletics® HIIT THE BEAT

It's worlds most diverse workout that combines between functional training and breakdancing comes with a motivational HipHop music that will pump up your energy! best thing of BREAKLETICS that anybody can do it, Participants doesn't have to learn a complicated choreography and the exercises has different variations for EVERY fitness level from beginners to pro athletes.

### Calisthenics

It's a form of strength training using only your BODYWEIGHT as it's own resistance? Each movement or exercise can be broken down to a very beginner level or you can level it up if you're really good with " Pull-ups, Push-ups, L-Sit & Pistol Squats "

In this class we gonna focus on how to involve our core muscles in all exercises to take it the next level.





# NAJLA MOUSSA

Gottman-trained Relationship Coach

My career started as a writer with features in international magazines such as; Vogue, Elle, Grazia, Women's Health, as well as Popsugar and Goodness – a holistic health and wellness digital platform based in the UAE. I am also a Gottman-trained Relationship Coach and a certified Level 1 NLP practitioner.

## SOULFULL EXPERIENCE:

### Making Relationships Work

As humans, we all seek the same thing: connection. We start our relationships with a deep sense of interest and a deep desire to connect with the other person. Then time passes, life gets crazy, and we fall into the rut of talking about who's picking up the kids or what we're having for dinner tonight. Our daily conversations go from loving talk to logistical talk. Too many couples become emotionally disconnected and they never see it coming.

In this workshop, we will explore how to regain that sense of curiosity and deep intimacy in your relationship. Through interactive discussions, tools and tips, we will learn the importance of vulnerable conversations, the impact of knowing your partner and being truly known by them, and how to be more present and grateful in your interactions so that you can take the steps necessary to transform your relationship into one that your heart truly desires.

### Internal Boundaries: How to Build Better Boundaries With Yourself

Boundaries are necessary for all relationships – most of all, the one you have with yourself. Building and honoring boundaries with ourselves allows us to understand our needs and protect our time and energy. In this educational workshop, we will learn the different types of boundaries, explore how to create and maintain boundaries that are rooted in our values, learn to say YES to what's important and NO to things and commitments that don't feel safe, supportive or nourishing, and distract us from our goals. We will also hold interactive discussions on how to live a more meaningful life that feels true to who we are and what we want.





The first authorized Ashtanga yoga teacher in Egypt, Africa and the Middle East, Iman aka Amy has been practicing yoga for almost 20 years and teaching for 12 years. As a founder of Ashtanga Yoga Egypt and A Divine Path Retreat, she has contributed to the spread of Ashtanga Yoga in Egypt holding 2 Mysore programs. Iman has also been studying the art of shamanic healing for the past 7 years and working with plant medicine. She full heartedly believes in the healing and transformative powers of Ashtanga yoga, combined with the slow fascia movement of restorative practices & healing modalities to help guide you on the awakening, healing and spiritual journey.



# IMAN EL SHERBINY

Founder of Ashtanga Yoga Egypt and A Divine Path Retreat

## SOULFULL EXPERIENCE:

### Cacao Ceremony

A type of shamanic healing rooted in helping to rebalance the energies within us, open our hearts and restore good health. Done in a ceremonial style, involves a communal gathering within a sacred circle and includes intention setting, Shamanic drumming, heart opening meditation, free dance and sound healing.

### Ashtanga Yoga Guided Session and Yoga Talk.

More than an excellent workout, a highly transformative practice combining a special breathing technique with a systematic set of healing yoga postures for improved wellbeing, increased strength and flexibility and a calmer mind. This session also includes a 40 min talk on why ashtanga yoga is unique, it's core fundamentals and how to approach it in a healing and therapeutic way as well as an invigorating fitness practice.

### Yin Yoga, Meditation & Pranayama

A soothing, healing and relaxing session combining different yoga and meditation practices to lead you to a calm state, alignment of body and mind while connecting positively with your true self.



# DEANA SHAABAN

Happiness Director at IGNITE

Deana Shaaban is a former professional swimmer and a specialist in the science of Human Performance. Her main focus is improving the quality of our movement through our training to help improve the overall quality of our lives. She is fascinated by the mind's ability to allow us to create our own reality, and she has discovered that through different ways of movement and training we can delve deeper into that mental and emotional space that allows us to manifest our dreams into reality. What then emerges from our training is a new and profound understanding of our bodies, an improvement of the emotional quality of the mind and tools that we carry with us as we move through the world, allowing us to truly become everything we want to be.

## SOULFULL EXPERIENCE:

This session will be a gradual build up of pillar prep work, which will then flow into a sequence of movements that I like to call a slow burning of the muscles in our bodies and finally we will end up with movements to increase our heart rates taking us through the whole cycle of physical and mental evolution and walking away on a high. All the movements will have progressions and alternatives offered to allow everyone to work at their own ability.





# ASMA EL HUSSEINI

Yoga Instructor at The Studio

Asma found herself driven to yoga at a time she craved feeling zen. Slowly yoga became her main practice impacting her both mentally and physically. After two years of daily consistent practice she traveled to Thailand and got her 200RYT in Vinyasa Yoga from Bryce Yoga School. With a love for inversions she added on 50HR of inversions with Awakening Yoga Academy in London. And to further her scope she took STOTT Pilates Intensive Mat Course with The Studio in Cairo. With the addition of 50HR of Rocket Yoga at Indaba London. And currently a Neuropilates Diploma from BodyHack. Her yoga is a balance of vinyasa flows, pilates and inversions building up to a moving meditation. She focuses on alignment and body awareness encouraging a mind-body state of flow while syncing breathwork and music creating mindfully creative power yoga sequence. She currently teaches at The Studio.

## SOULFULL EXPERIENCE:

### Flow into Handstand

Move through this fun power yoga flow that'll activate & warm up the wrists, arms, core & hamstrings. Following with foundations, technique & strength drills to help you start or advance your path to handstand. You'll get to understand the shape & feeling of this awakening posture, on the floor, with a partner ultimately leading on to your hands.



# MOVE

*Move* was founded in 2015 by founder and CEO Ali Ismail in Barcelona, Spain where he used to study. In 2016, Ali returned to Egypt and joined leadership with Mohamed Abbas and Alhassan Mourad to create *Move Egypt*. Since it's establishment, *Move* now has 7 different locations around Cairo, each featuring a wide diversity of specialized coaches who will guide you, support you, and be by your side while you reach your fitness goals no matter what. *Move* brings personalized focus and dedication to delivering quality functional fitness to meet your lifetime health needs. We combine many different elements of training to get your body moving in ways that will physically and mentally stay with you and support you for the rest of your life. *Move* caters to athletes of all stages and levels, whether they are beginners, world champions, in rehabilitation from injuries, trying to pick up a new fitness activity, or transforming their lifestyle.

At *Move*, everyone is an athlete... while the coaches are #ReinventingFitness

## SOULFULL EXPERIENCE:

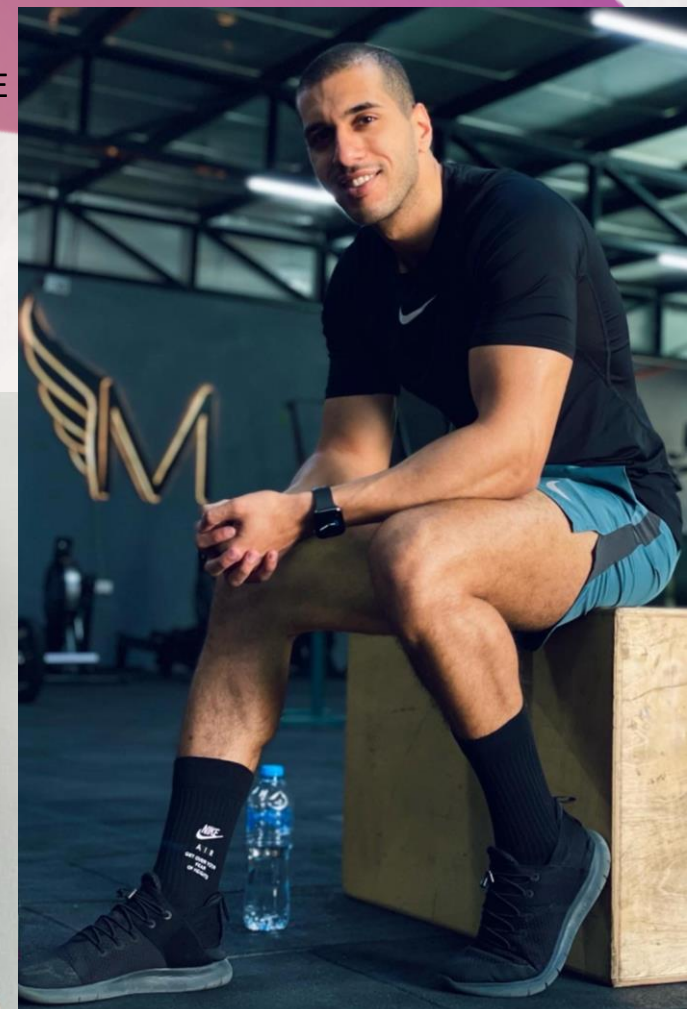
Our class is a functional fitness class that combines weight lifting endurance and cardio, Using body weight or simple weights

**MOHAMED ABBAS**

COO & Partner at MOVE

**SHEHAB MOATAZ**

Coach at MOVE





# MARCUS BLACKER

Life and Breath Coach

Marcus is an integrative coach and breathwork therapist with a passion for supporting clients in letting go of the layers of restriction and resistance that bind their breath and freedom of being. His embodied practice and presence combines the art and science of breathwork, coaching and therapy to create a powerful pathway to integration, with the breath acting as a bridge between the body, mind, emotions, relationships and spirit.

## SOULFULL EXPERIENCE:

### Breathing: the Swiss Army knife of self-care

In this two hour experiential workshop, Marcus will outline how becoming more aware of and modulating our breathing brings a number of benefits to our health and wellbeing and helps us to regulate our autonomic, emotional and energetic state. Learning to optimise how we breathe produces a number of physical benefits as well as regulating and processing difficult or intense emotions and increasing our capacity for clarity, creativity and connection. Marcus will guide you through a selection of practical tools and techniques that will help you to relax, rebalance or reenergise, depending on what is most needed in the moment. The answer that you have been searching for is right under your nose....

### Sensational Breathwork

The powerful intention of this two hour experiential session is to learn how to undo negative conditioning, let go of limiting beliefs and heal all types of trauma by using the breath to integrate unprocessed emotions and mental conditioning at the level of sensations in the body. In this deep dive together, Marcus will create a safe and contained space for you to go deep into an embodied experience of your energy and emotions, using a form of breathwork called conscious connected breathing. The experience will be set to specially-selected music and guided and facilitated by Marcus throughout.







# LENA WEIßENBORN

## Psychological Medicine & Clinical Hypnotherapist

Lena has an extensive counselling background in the corporate world. She has chiefly worked as a manager/councillor for international multi-disciplinary teams at some of the world's most renowned sporting events. FIFA Football World Cups, International Red Bull Athlete projects, Sailing teams etc. In 2019, Lena steered her career and efforts towards the helping individuals with mental and physical health concerns. She uses tired and tested methods of Hypnotherapy, Cell Command Therapy, and traditional counselling sessions to implement positive behavioural change.

## SOULFULL EXPERIENCE:

### “Rules of the Mind - changing patterns”

The subject of the speech is the understanding of the development of human behavioural patterns. Understanding the Rules of the mind and how we can implement them successfully for our benefit. We all have patterns, they can help us and they can harm us. When the balance shifts from: ‘the like. vs ‘the need’

I will be giving various examples and also give room for participants to ask in a Q & A session.

### One on One Counselling

The client will receive an overview of their specific personal profile and work towards understanding their own patterns of behaviour and possible ways of tackling the specific issue that they would like to address.

### RTT Sessions (Hypnotherapy)

Hypnotherapy sessions are available to clients only on special request and are subject to prior approval.



# ANIMAL FLOW

## Wael Sherif

Regional Leader in Cairo

Wael started Animalflow in October 2019; he earned his certificate for L1 and L2 and has been recognized in 2021 as one of animalflow regional leaders. Wael practiced water polo for 17 years then he started to practice on regular basis outdoor workouts, calisthenics, gymnastics and ground based movements. Wael was very excited to try this new functional workout called Animalflow as it helped him to develop new skills such as handstand besides other ground based movements.

## Ahmed Fahmy

Animal Flow Specialist

Since January 2020, Fahmy has been flowing, and working towards his specialist certification. Today he's a certified Animal Flow specialist who brings a holistic approach to his practice. From a Vipassana 10 day silent meditation course to an introduction to biogeometry, and a solid athletic practice, his experiences and interests span wide and allow him to better navigate his fast-paced corporate life as Zooba's (Egyptian Street eats) Country Manager and Cairo's bustle. Driven by a belief that nature is the ultimate source of inspiration, Fahmy can't think of a better workout than one that is truly nature-inspired: Animal Flow.

## Soulfull Experience:

Animal flow is a functional workout through ground based movements that develops full body strength, balance, mobility and flexibility. These movements consist of switches, transitions and stretching forms that are designed together to create flow.

ANIMAL  
FLOW





# HASSAN KHALIFA

Managing Director of Stamina Sports & Fitness

Stamina Sports and Fitness was created by a group of friends, passionate about sports and wanted to improve the quality fitness level for all age groups. Stamina provides a variety of training programs from functional fitness to triathlon training in several locations across Egypt. Stamina also organizes a variety of sports events from the world famous Ironman 70.3 to FITX400, Let's TRI and Rowit.

## SOULFULL EXPERIENCE:

### RUN AND SWIM

Stamina is no stranger to IRONMAN, their sessions will help you train and learn the correct techniques to building your strength & endurance in order to prep right for marathons





# AHDAB BADR

## MASSAGE THERAPIST

Ahdab has studied several disciplines of Massage Therapy and Yoga in Thailand, Bali, India, and Egypt. Through these various disciplines of therapy, I created more tailored and personalized massage therapy approach, that utilizes different tools and techniques to help guide in an in-depth therapy. Deploying yoga teachings in assisting in breathing techniques, postures stretch, and modifications to help clients and students in faster recovery and alignment.

## SOULFULL EXPERIENCE:

### Integrated Massage 1 on 1 sessions

This massage approach works on generating a more balanced blood flow/ circulation, releasing muscle tension and knots as well as detoxing the body. It helps in the mobility of the body, oxygenation of the system. It aids in releasing emotional and bodily toxins as well as assist in neutralizing the mind and rewiring our system to function healthier. It helps activate the parasympathetic nervous system that allows the body to rest and restore, aiding in the boost of our immunity system and decrease inflammations. It allows the conservation of energy as it balancing the heart rate, intestinal, and gland activity, allowing your body to begin its healing process.

### Conscious Movement

In this class we will explore the different senses that will allow the notion of lightness in our body. It brings the essence of finding our weight, our breath and our center. By bringing in teachings from yoga, massage therapy and Mentastics, this class is set to bring you closer to your body and allow a more harmonious interaction between your body, mind and this moment! We are not meant to be the same person everyday, we are consistently fluctuating, changing, evolving and so with the same fluidity that is within us we tap into finding this fluidity in our everyday movement and to allow our selves to tune in with what our body wants in this moment! So join me in some lightness, curiosity and movement!





# NOUR KADER

Certified Clinical Nutritional Therapist & Medical Astrologer

I am a certified clinical nutritional therapist from the UK. My areas of speciality are in gut health, fat loss, acne and overall wellness. I had numerous health problems in my 20's and felt extremely unwell. Although conventional medicine deemed me as 'normal', I was having a very hard time with my health and personal life. After years of self experimentation and having completed my studies of Nutritional Therapy at the prestigious London Institute for Optimum Nutrition as well rigorous studies in medical astrology, I can safely say my mid 30s feel and look better than I ever did in my 20s - and it's so easy now, because I've figured out what the root cause of my disease was, and I've been working on my mind, body and soul.

## SOULFULL EXPERIENCE:

### Why 'IBS' is a 'BS' diagnosis

"All disease begins in the gut" - Hippocrates.

Whether it's a hormonal imbalance causing all sorts of painful symptoms, a sensitivity to foods and environmental factors, skin problems like acne, or even something else like poor concentration and low moods; there is a very high likelihood that an unhappy gut is at the root of it. But why and how did this happen? And more importantly, how can we heal our gut? I'll give you some hard and fast gut health facts and how you can turn things around in my 25 min talk and Q&A.



# SOLINNE EL AASSER

The SPANXER

Solonne, AKA the Queen of Pilates, certified in anything STOTT related, she's got you covered when it comes to the mat, reformer, Cadillac, barrel, and so much more in every level imaginable. Her classes definitely push you to your limits.

## SOULFULL EXPERIENCE:

### SPANX

Solonne's signature SPANX – tone, define, lift, and sculpt those tough to get to areas in your bootyful body. Prepare to shake in this Pilates flow like no other, she'll definitely have you second guessing what you signed up for.





# NADDER MONTASSIR

Founder of Redeem Health

Redeem Health was founded by Nadder Montassir in 2013 with the intention of establishing and organizing water-based fasting retreats for individuals suffering from chronic illnesses or merely for those wanting to make effective changes to their diet & lifestyle. He himself experienced significant positive health results when he took this journey himself.

Certified by Cornell University in Plant-Based Nutrition, and by The Wellness Forum in “Diet and Lifestyle Intervention”, Nadder has also put together a comprehensive “Diet & Lifestyle” education program that takes place during the retreats, and aims to empower participants with the knowledge they need in order for them to make sustainable positive lifestyle changes that improve their overall health and wellbeing.

## SOULFULL EXPERIENCE:

Diet & Lifestyle Education  
Healing Through Fasting



# ZORANA BERBATOVIC

## SOUND HEALER

"Sanctify them by the truth; your word is truth." John 17:17

Zorana works as spiritual advisor, guide and healer, with specialty of removing energy blocks through prayers, revelations, blessings, breathing practice, sound and guided meditation through the word of God. She coaches individuals to go through life journey towards their authentic mission & purpose supported by God, our Father, who promised to protect, heal and provide abundantly all those who believe in Him. The most precious gift of these healing sessions is developing personal connection to God through the power of Holy Spirit, so people can live life rich in love, joy, gratitude, kindness, gentleness, clarity and self control, free from traumas, unforgiveness, bitterness, fear or any other unclean spirits inherited from family, society or through deceptive teachings.

"We know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them." 1 John 4:16

## SOULFULL EXPERIENCE:

Sound Healing  
Blessings and Gratitude  
Healing Through Prayers





# **FESTIVAL SCHEDULE**

THURSDAY 23RD JUNE

	BEACH	MAIN STAGE	SMALL STAGE	SMALL TENT	BREATHING TENT	1:1 TENT A	1:1 TENT B	1:1 TENT C
01:00	WELCOME & REGISTRATION							
01:30								
02:00								
02:30								
03:00								
03:30				BREAKLETICS - HIIT THE BEAT WITH BLKSTR 02:30 - 3:30	WOMEN'S CIRCLE: BEING TRUE TO YOURSELF BY NAJA MOUSSA 02:00 - 04:00	ENERGY HEALING WITH DR. HEND WANAS	MASSAGE THERAPY WITH AHDAB BADR	ACUPUNCTURE TREATMENTS WITH DR. WASEEM YOUNIS
04:00			ANIMAL FLOW WITH Wael SHERIF & AHMED FAHMY 04:00 - 05:00		HEALING THROUGH PRAYERS WITH ZORANA BERBATOVIC 04:30 - 05:30			
04:30								
05:00								
05:30								
06:00								
06:30								
07:00		CACAO CEREMONY + SOUND HEALING WITH IMAN EL SHERBINY & ZORANA BERBATOVIC 07:00 - 08:30						
07:30								
08:00								
08:30								
09:00		WELCOME SPEECH & SETTING INTENTIONS						
09:30								
10:00		BONFIRE & ENTERTAINMENT						
10:30								
11:00								
11:30								
12:00								



FRIDAY 24TH JUNE

	BEACH	MAIN STAGE	SMALL STAGE	SMALL TENT	BREATHING TENT	1 : 1 TENT A	1 : 1 TENT B	1 : 1 TENT C
07:00								
07:30								
08:00	RUN WITH STAMINA 07:00 - 08:00							
08:30								
09:00	SWIM WITH STAMINA 09:00 - 10:00	IGNITE DEANA SHAABAN 09:00 - 09:45			GUIDED ASHTANGA & YOGA TALK WITH IMAN EL SHERBINY 08:00 - 10:00			
09:30								
10:00		MOVE MOHAMED ABBAS & SHEHAB MOATAZ 10:00 - 10:45	SPANX BY SOLINNE EL AASSER 10:00 - 10:45	CALISTHENICS WITH BLKSTR 10:00 - 10:45				
10:30								
11:00								
11:30					BREATHING: THE SWISS ARMY KNIFE OF SELF CARE WITH MARCUS BLACKER 11:00 - 01:00			
12:00								
12:30	ICE BATH THERAPY WITH NAFAS JOURNEYS 12:30 - 2:30					ENERGY HEALING WITH DR. HEND WANAS	MASSAGE THERAPY WITH AHDAB BADR	ACUPUNCTURE TREATMENTS WITH DR. WASSIM YOUNIS
01:00								
01:30								
02:00			DIET & LIFESTYLE EDUCATION BY NADDER MONTASSIR 1:30 - 2:30		MAKING RELATIONSHIPS WORK NAJLA MOUSSA 02:00 - 03:00			
02:30								
03:00		"RULES OF THE MIND - CHANGING PATTERNS" WITH LENA WEISSENBOERN 03:00 - 04:00						
03:30								
04:00								



FRIDAY 24TH JUNE

	BEACH	MAIN STAGE	SMALL STAGE	SMALL TENT	BREATHING TENT	1 : 1 TENT A	1 : 1 TENT B	1 : 1 TENT C
04:00					SOUND HEALING WITH ZORANA BERBATOVIC 04:00 - 5:00	ENERGY HEALING WITH DR. HEND WANAS	MASSAGE THERAPY WITH AHDAB BADR	ACUPUNCTURE TREATMENTS WITH DR. WASSIM YOUNIS
04:30		A DISCUSSION ABOUT THE MIND, BODY, & SOUL WITH WALID ABOULNAGA, NOUR KADER, & LENA WEISSENBORN 04:30 - 05:30						
05:00								
05:30								
06:00								
06:30				YIN/YOGA MEDITATION & PRANAYAMA WITH IMAN SHERBINY 06:00 - 07:30	SHAMANIC BREATHWORK WITH NAFAS JOURNEYS 06:00 - 08:00			
07:00								
07:30								
08:00								
08:30								
09:00								
09:30								
10:00		DJ MIMI & ENTERTAINMENT						
10:30								
11:00								
12:00								



SATURDAY 25TH JUNE

	BEACH	MAIN STAGE	SMALL STAGE	SMALL TENT	BREATHING TENT	1:1 TENT A	1:1 TENT B	1:1 TENT C
07:00								
07:30								
08:00		GUIDED ASHTANGA & YOGA TALK WITH IMAN EL SHERBINY 07:30 - 09:30		FLOW INTO HANDSTAND WITH ASMA EL HUSSEINI 08:00 - 09:00	CONSCIOUS MOVEMENT WITH AHDAB BADR 08:00 - 09:30			
08:30								
09:00								
09:30								
10:00		B-URN AMINA NAGUIB 10:00 - 10:45	ANIMAL FLOW WITH Wael SHERIF & AHMED FAHMY 10:00 - 10:45		INTERNAL BOUNDARIES: HOW TO BUILD BETTER BOUNDARIES WITH YOURSELF WITH NAJLA MOUSSA 10:00 - 11:00			
10:30								
11:00								
11:30			SPANX BY SOLINNE EL AASSER 11:30 - 12:00					
12:00								
12:30		"WHY IBS IS A BS DIAGNOSIS" TALK BY NOUR KADER 12:30 - 1:30			SENSATIONAL BREATHING WITH MARCUS BLACKER 11:30 - 1:30			
01:00								
01:30						ENERGY HEALING WITH DR. HEND WANAS	MASSAGE THERAPY WITH AHDAB BADR	ACUPUNCTURE TREATMENTS WITH DR. WASSIM YOUNIS
02:00								
02:30								
03:00								
03:30								
04:00		BLESSINGS & GRATITUDE WITH ZORANA BERBATOVIC 04:00 - 5:00						
04:30								
05:00								
05:30								
06:00								

# MEET OUR SPONSORS

HOSTED  
BY

ALMAZA BAY

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DIAMOND  
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محمد الخميسي  
**KHAMISSY**

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**THANK YOU.**

