

# Thursday 2022

Together We Are Magic

## Festival area opens 13.33

	Magical mainstage	Red Temple	Mystic Connection	White Light Room	Heart Space	Art Cave	Share & Play	Blue Clarity Lecture	KETOKAMU Stage	Bliss Space	Tropical Vibes	Flower Power	Tiipii	Crystal Healing	Family Wellness & Kids Corner	Healing Circle	Natural High HerStory	
14	14.30-16.00 POHJOLAN VOIMA-MANDALA-SEREMONIA Paula Wihuri & Katja Frange	14.30-16.20 MATKA SEKSUAALI-VOIMASI JUURILLE Elina Jaatinen FIN	14.00-15.50 EXPERIENCE RADICAL HONESTY Tuula Syvänen & Pete Jordan FIN/ENG	14.30-16.00 OCEAN OF SOUND Mikko Heikinpoika FIN	14.00-15.30 SACRED FEMININE TEMPLE Jonna Monola FIN/ENG	14.00-15.50 AITO MINÄ WORKSHOP VALOTYÖN-TEKIJÖILLE Anja Kadziolka FIN	15.00-16.00 COUPLE BACHATA OPEN LEVEL Maria Härmä FIN/ENG	14.30-16.00 VAPAAUDU&VOIMAANNU JA FLOW MENETELMÄ Pete Moilanen FIN/ENG						SILENCE OPEN SPACE FOR MEDITATORS All day long	15.00-16.30 YHTEIS-LEIKKEJÄ & LEIKKIVARJO			MEETING POINT
16	16.30-17.30 HYPNOOSILLA KOHTI PARANTAVAA RAKKAUTTA Sami Minkkinen FIN	17.00-18.15 KUNDALINI BREATHWORK ACTIVATION Shaft Uddin ENG	16.30-17.30 MY MAGICAL MOMENTS Opaskortti & Muistikirja julkait INVITATION ONLY (Kutsutuille)	17.00-18.00 HEALTH COACH ACADEMY SANO KYLLÄ SYDÄMEN TOIVEELLE Sanna Spohr	16.45-18.15 KUTSU SUN VOIMAA Riikka Pajunen ja Miri Rantio FIN	16.30-18.20 THE ART OF DEATH Philip Flow ENG	17.00-18.00 TWERK - HIPS AND PELVIC OPENING Monse Villarroel FIN/ENG	16.45-17.45 ORAVAN-PYÖRÄSTÄ OMAVARAISUUTEEN Kirsi Salo FIN	16.00-16.30 KETOKAMU Puhdas ketoruokavalio hyvinvoinnin maksimoinnissa Elviira Krebber			16.45-18.15 YRITIT, TUOKSUT JA KUKAT NAISEN TUKENA Virpi Raipala-Cormier FIN				SHARING CIRCLE OPEN SPACE		
18									17.00-18.30 INNER WARRIOR AWAKENING David Lopez ENG									

## OPENING CEREMONY 18.30-19.30 At the Main stage

20	20.00-20.45 JUKKA POIKA			20.30-22.00 SOUND HEALING CONCERT Jani Toivonen FIN/ENG	19.30-00.30 Extension of Welcome Cafe OPEN SPACE FOR RAW CAKES & Friends				19.30-20.15 KETOKAMU Eilu Mocktail Workshop Elviira Krebber					20.00-21.00 HEART & GROUNDING HEALING MEDITATION Dani Sher & Kimmo Nurminen FIN/ENG			20.00-21.00 PLANET HEALING CEREMONY James Cormier / Gopala and Virpi Raipala Cormier / Sarvanii	
22	21.00-22.15 PARTY FOR SINGLES SINKKUBILEET Pragita ja Sudeva	21.00-22.15 SAA MITÄ HALUAT BILEET Ilkka Koppelomäki	21.30-22.30 OPEN POETRY STAGE / RUNOLAVA Marju Pakkanen FIN/ENG				20.45-22.00 OLET IHANA! Sohvi Nyman FIN			21.30-22.30 FEED YOUR SOUL MEDITATION James Cormier / Gopala ENG			21.00-22.00 OPEN DRUMMING SPACE					
00	22.30-00.30 Ecstatic Dance Adrian Atma	22.45-00.45 SOUND MEDICINE - DEEP JOURNEY Hale											22.15-23.15 CIRCLE SONGS MAISA TIKKA					

## 10 Year Anniversary Explore the MAGIC of the festival

Natural High HerStory  
My Magical Moments Corner  
Welcome Cafe  
Boho Cafe  
High Vibes -Wrap & Salad  
Sun Terrace  
Natural High Healing Shop

Wonder Garden  
Silence Zone & Meditation hut  
Poetry path  
Lemmenkalliot  
Info Keidas  
First Aid Angels

Secret Beach  
Festival sauna  
Boutique Avenue  
Food Fiesta  
Healers Pond for individual treatments



NATURAL HIGH  
HEALING FESTIVAL  
FINLAND

Find more information  
[www.naturalhighfestival.fi](http://www.naturalhighfestival.fi)

# Friday 2022

# Together We Are Magic

	Magical mainstage	Red Temple	Mystic Connection	White Light Room	Heart Space	Art Cave	Share & Play	Blue Clarity Lecture	KETOKAMU Stage	Bliss Space	Tropical Vibes	Flower Power	Tiipii	Crystal Healing	Family Wellness & Kids Corner	Healing Circle	Natural High HerStory
08	8.30-10.00 SUFI BREATH-WORK - JOURNEY TO THE HEART Leigh Ewin ENG	9.00-10.30 KUNDALINI YOGA Sanja Shant Ajeet & Aradhana Seva	8.30-10.00 HOITAVA SYDÄN-MEDITAATIO Samuli Perälä FIN	5.30-8.00 <b>MORNING SADHANA</b> Sanja Shant Ajeet & Aradhana Seva	8.00-9.30 PARTNER YOGA James Cormier / Gopala and Virpi Raipala-Cormier / Sarvanii	8.00-9.50 HUMAN DESIGN ENERGIA- JA AURATYYPIT Tiina Minalainen FIN	8.45-10.15 ALCHEMY OF THE GODDESS Eeva Maria Leino FIN/ENG			8.30-9.45 ACCESSIBLE ASHTANGA FLOW Wambui Njuguna ENG		9.00-10.30 LUONNOL-LISIN VERSIO SINUSTA Teemu Syrjälä		9.00-10.50 KUNDALINI ACTIVATION & CRYSTAL HEALING Dani Sher - Siddha Kundalini ENG		9.00-10.50 HAAYOIT-TUNUT ÄITI Kaisa Kuurne FIN	9.30-11.00 DISCOVER THE POWER OF NATURE WITHIN YOU Eeva Ojalehto
10	11.15-12.45 PLAY & PRAY Kylli Kukku FIN	11.00-13.00 FULL BODY ORGASM Diana Nazerova FIN	11.00-12.30 ANCIENT VOICES Vaskilintu FIN/ENG	9.00-10.30 MORNING INTIMACY Rachel Rickards - Embodied Intimacy ENG	10.30-12.00 SACRED FEMINE TEMPLE Jonna Monola FIN/ENG	10.30-12.20 HEALING INTIMACY1: FINDING CONNECTION Mia Renwall	11.00-12.30 LAUGHTER TRANSFORMA-TION Henna Lämsipää	11.00-12.30 YRITIT, TUOKSUT JA KUKAT NAISEN TUKENA Virpi Raipala-Cormier FIN	10.00-11.00 Fat Bomb välipalat Elviira Krebber	11.15-12.45 ÄITI MINUSSA Hanna-Mari Kuikka FIN	11.30-12.45 BODY PERCUSSION Pascal de Lacaze ENG	11.00-12.50 EVOLUTION-ARY RELATING Rouven Evolutionary Integrity	11.00-12.15 EMBODYING CRYSTALLINE CONSCIOUS-NESS Crystalline Mama ENG		11.00-11.45 PERHE/PARI-AKROBATIA Sonia		
12	13.00-14.00 HARP SOUNDSCAPE MEDITATION Perolas		<b>FOOD FIESTA ALL THE TIME!</b>														
14	14.30-16.00 THE SHAFT SHOW Shaft Uddin ENG	14.00-16.30 THE PLAYGROUND LAB Samuli Lehesaari	14.30-15.45 DANCE WITH YOUR SHADOWS Meri Mort FIN/ENG	13.30-15.00 OPI MANI-FESTOINNIN SALAT 2.0 Harri Virolainen FIN	13.30-15.20 YIN JOURNEY: DEEP REST Amira Zaghoudi ENG	14.00-15.30 SISÄINEN TIETÄJÄ - MIESTEN TYÖPAJA Tero Suhonen FIN	13.30-15.00 PARTNER YOGA James Cormier / Gopala and Virpi Raipala-Cormier / Sarvanii	14.00-15.30 VAPAUDU & VOIMAANNU JA FLOW MENETELMÄ Pete Moilanen FIN/ENG	14.15-15.15 KYLMÄN JA KUUMAN TERVEYS-VAIKUTUKSET Jaakko Halmetoja FIN	15.00-16.15 SHAKE YOUR SOUL - AFRICAN DANCE CIRCLE Kira Kaipainen FIN/ENG	14.30-15.30 AWAKE YOUR INNER POWER (THE HEART) David Lopez ENG	14.30-15.15 CEREMONY OF THE WHITE BEAR Helena Korhu FIN/ENG		SILENCE OPEN SPACE FOR MEDITATORS All day long	12.30-13.30 KASVO-MAALAUSTA Ilkka Koppelomäki	12.30-13.30 SHARING CIRCLE with Ilkka Koppelomäki	13.30-15.00 MUD WRESTLING Samuli Perälä
16	16.30-18.20 TANTRINEN KOHTAAMINEN Marika Madini & Timo Devatman FIN	17.00-18.30 SISÄISEN FEMINIININ & MASKULIININ TANSSI Katja Frange FIN	16.30-18.00 SHIBARI-SIDONTAA PAREILLE Saara Kantanen, Beauty of Shibari FIN	16.00-17.50 AITO MINÄ WORKSHOP VALOTYÖN-TEKJÖILLE Anja Kadziolkav FIN	16.00-17.30 NAISEN TIE JUMALAT-TAREKSI Eeva Ojalehto FIN	16.00-17.50 EXPERIENCE RADICAL HONESTY Tuulia Syvänen & Pete Jordan FIN/ENG	16.15-17.30 BUTI YOGA Anna Jussila FIN/ENG	16.30-17.45 VIHKIMYSTIE SUUREN HERÄÄMISEEN Astrologi Seppo Tanhua FIN	15.30-17.00 OPTIMIZE YOUR NUTRIENT INTAKE Q&A Olli Sovjärvi FIN/ENG	17.00-18.30 MIESTEN TYÖPAJA Teemu Syrjälä FIN	16.15-17.45 SAA MITÄ HALUAT Ilkka Koppelomäki FIN	16.30-18.20 SOUND HEALING TOOLBOX Mateusz Krawiec (Art of Union)			15.30-16.30 LASTEN DISCO	16.15-17.45 WISDOM OF THE INNER ORPHAN Kaisa Kuurne FIN/ENG	16.00-18.00 AUSSIE ICE BATH EXPERIENCE Leigh Ewin AT SECRET BEACH!!* ENG
18	19.00-21.00 HIGHWAY TO BLISS MUSIC	19.00-20.50 HONEST DATING Tuulia Syvänen & Pete Jordan / Honesty Europe FIN/ENG	18.30-20.00 INTUITIVE FLOW - AMAZING JOURNEY TO SELF Matti Pääaho FIN/ENG	18.30-20.20 SOUND & RITUAL LOVI Ritual FIN/ENG	18.30-20.00 UNITY BREATH MEDITATION Pete Moilanen FIN/ENG		18.00-20.00 JOURNEYING TOGETHER Rachel Rickards - Embodied Intimacy ENG	18.00-19.30 PSYCHIC PROTECTION Michelle Karén ENG	17.30-18.30 TWERK&SWEAT IMPROVISATION Manse Villarroel /Twercademy FIN/ENG	18.00-18.30 MIESTEN TYÖPAJA Teemu Syrjälä FIN				18.30-19.30 HEART & GROUNDING HEALING MEDITATION Dani Sher & Kimmo Nurminen FIN/ENG	18.30-19.00 PERHEIDEN ILTA-RENTOUTUS	18.00-19.00 SHARING CIRCLE with Wambui Njuguna	*Walk to Secret Beach 1,3km away
20				21.00-22.00 TÄS SÄ MUSIC Nina Rintala FIN/ENG	20.30-21.30 OPEN POETRY STAGE / RUNOLAVA Nina Rintala FIN/ENG	20.30-22.20 YIN MATKA: SYVÄ LEPO Amira Zaghoudi FIN			18.30-19.00 MIESTEN KULKUEEN JATKO bileet				20.00-22.00 OPEN DRUMMING SPACE		19.00-20.00 TEEN LOUNGE 12-18-vuotiaille nuorille VALOVERSUM SPACE		
22	21.30-23.30 Ecstatic Dance Helsinki	21.45-22.45 HYPNOOSILLA KOHTI PARANTAVAA RAKKAUTTA Sami Minkkinen	21.00-22.50 BEAUTY OF SHIBARI						19.30-20.15 KETOKAMU Eilu Mocktail Workshop Elviira Krebber				22.00-23.00 CIRCLE SONGS MAISA TIKKA				
00	00.00-02.00 Ecstatic Dance Pascal de Lacaze	23.00-00:15 GODDESSES & WARRIORS PARTY David Lopez & Friends	23.15-01.15 SOUND MEDICINE - DEEP JOURNEY Hale	23.15-00.45 LULLABIES FOR NIGHT & DREAMS Over night experience Eero Peltonen	21.30-00.30 Extension of Welcome Cafe OPEN SPACE FOR RAW CAKES & Friends												

Join us at  
**Welcome Café & BOHO Café**  
 High Vibes - Wrap & Salad  
 Lovely places to meet and treat

- MUSIC
- DJ & PARTY
- SOUND & VOICE
- CEREMONY & PERFORMANCE
- DANCE & BODY
- TANTRA
- YOGA
- OPEN SPACE
- LECTURE
- OTHER
- ECSTATIC DANCE
- MEDITATION
- COACHING
- FOR KIDS

# Saturday 2022

Together We Are Magic

	Magical mainstage	Red Temple	Mystic Connection	White Light Room	Heart Space	Art Cave	Share & Play	Blue Clarity Lecture	KETOKAMU Stage	Bliss Space	Tropical Vibes	Flower Power	Tiipii	Crystal Healing	Family Wellness & Kids Corner	Healing Circle	Natural High HerStory
08	8.30-10.00 ZENSUELLI JOOGA Kylli Kukkk FIN	8.30-10.00 SISÄISEN FEMINIININ & MASKULIINIIN TANSSEI Katja Frange FIN	5.30-8.00 MORNIG SADHANA Sanja Shant Ajeet & Aradhana Seva 9.00-10.30 KUTSU SUN VOIMAA Riikka Pajunen ja Miri Rantio FIN	07.00-8.30 Over night experience UNDERSTANDING THE DREAMS OF THE NIGHT Eero Peltonen 9.00-10.50 YOGA PRANALA Anu Karoliina FIN/ENG	8.30-10.20 EVOLUTIONARY RELATING Rouven Schneider	8.30-10.20 FEEL YOUR VOICE - VOICE YOUR FEELINGS Mia Renwall	8.00-9.15 ACCESSIBLE ASHTANGA FLOW Wambui Njuguna ENG	9.00-10.30 OPI MANIFESTOINNIN SALAT 2.0 Harri Virolainen FIN	9.15-10.00 KETOKAMU Fat Bomb väilpalat Elviira Krebber	9.00-10.00 SUNNY MORNING YOGA FOR STIFF BACKS Matti Pääaho FIN/ENG	9.00-10.00 FREEDOM THROUGH SELF-SUFFICIENCY Kirsi Salo ENG						MEETING POINT
10	10.30-12.30 BREATH JOURNEY Pragita ja Sudeva FIN/ENG	10.45-12.15 BELLY2BELLY Rachel Rickards - Embodied Intimacy	11.00-12.15 Epic Meditative Journey Henna Lämsipää	11.15-12.45 HOITAVA MATKA RAKKAUTEEN JA VALOON Anja Kadziolka FIN	11.15-12.30 POINT OF RETURN Meri Mort & Hanna-Mari Kuikka ENG	11.15-12.45 SHIBARI-SIDONTAA NAISILLE Saara Kantanen, Beauty of Shibari FIN	11.00-12.15 BUTI YOGA - SWEAT WITH INTENTION Anna Jussila FIN/ENG	11.00-12.50 USKALLA ASETTAA RAJAT Sivi Bowellan FIN	10.30-11.30 KYLMÄN JA KUUMAN TERVEYSVAIKUTUKSET Jaakko Halmeto FIN	10.30-12.00 ALCHEMY OF THE GODDESS Eeva Maria Leino FIN/ENG	09.30-11.20 ASMR DEEPENING OF SENSES Leona Frantzych (Art of union)			10.00-11.50 KUNDALINI ACTIVATION & CRYSTAL HEALING Dani Sher & Kimmo Nurminen FIN/ENG	09.30-11.00 KOKO PERHEEN METSÄRÄSTI-SEIKKAILU Tanja Ali-Yrkkö FIN	10.00-11.00 SHARING CIRCLE with Wambui Njuguna	09.00-10.30 NATURAL PEACE WALK Helena Karhu FIN/ENG
12	13.00-14.00 PEROLAS MUSIC	13.00-15.30 THE PLAYGROUND LAB Samuli Lehesaari	FOOD FIESTA ALL THE TIME!														
14	14.15 - 16.05 TANTRINEN KOHTAAMINEN ME&WE Flow Marika Madini & Timo Devatman FIN	14.00-15.00 EMBODIED LOVING KINDNESS FLOW Wambui Njuguna ENG	13.30-15.00 VAPAAUDU SUKUSI KAHLEISTA Elna Jaatinen FIN	14.15-15.45 SISÄINEN TIETÄJÄ - MIESTEN TYÖPAJA Tero Suhonen	13.30 - 15.30 JOURNEYING TOGETHER Rachel Rickards - Embodied Intimacy	14.00-15.50 HUMAN DESIGN - TUNNISTA ELÄMÄSI TEEMAT Tiina Miinalainen FIN	12.30-13.00 THE GOOD GUYS Miksi Kombucha? Krister Hall	14.00-15.00 BACHATA SENSUAL SOLO Maria Härmä FIN/ENG	12.30-13.00 THE GOOD GUYS Miksi Kombucha? Krister Hall	14.00-15.00 BACHATA SENSUAL SOLO Maria Härmä FIN/ENG	12.15-14.00 Ecstatic Beach Party by Ganesha Bliss	13.30-14.45 VIHKIMYSTIE SUUREEN HERÄÄMISEEN Astrologi Seppo Tanhua FIN	14.00-15.50 SOUND HEALING TOOLBOX Mateusz Krawiec (Art of Union)	14.30-15.10 PERHE/ PARIKROBATIA Sonia	14.30-16.00 NAISEN TIE JUMALAT-TAREKSI Eeva Ojalehto FIN	14.30-16.00 MUD WRESTLING Samuli Perälä & Juho Lyytikäinen	
16	16.30-18.00 ECSTATIC BREATHWORK EXPERIENCE Leigh Ewm, Mikko Heikinpoika, Vaskilintu ENG	16.00-17.30 GLOWING GODDESS - RITUAALI Kirsti Kuosmanen FIN/ENG	15.30-17.30 FULL BODY ORGASM Diana Nazerova FIN	15.30-17.20 HEALING INTIMACY 2: DEEPENING THE CONNECTION Mia Renwall	15.30-17.00 GODDESS FLOW Anu Karoliina FIN/ENG	16.00-17.50 RELATIONAL LABORATORY Rouven Schneider	16.15-17.45 7 ASKELTA UNELMATYÖHÖN Riikka Pajunen FIN	15.00-16.30 AWAKENING THE POWER OF YOUR HEART David Lopez ENG	16.15-17.50 VARJOMINÄ - TUNNISTA VARJOSI Harri Virolainen FIN	16.15-17.45 UNDERSTANDING OUR DREAMS Michelle Karén ENG	15.00-16.15 MEDITATIVES MANDALAT Paula Wihuri	15.30-17.00 ILOA JA IHMETYSTÄ -TYÖPAJA LAPSIILLE Tanja Ali-Yrkkö FIN					
18	18.00-19.50 TANTRA FOR COUPLES Pragita ja Sudeva FIN/ENG	18.15-19.30 DANCE WITH YOUR SHADOWS Meri Mort FIN/ENG	18.00-19.50 YIN JOURNEY: DRAGONFLOW Amira Zaghdoudi ENG	18.00-19.30 SHAMANIC JOURNEY Jonna Monola FIN/ENG	18.15-19.45 SHIBARI-SIDONTAA PAREILLE Saara Kantanen, Beauty of Shibari FIN	18.15-19.15 HIPS AND PELVIC OPENING/TWERK Manse Villaroel / Twercademy FIN/ENG	18.15-19.45 THE POWER OF YONI MASSAGE (Talk) Shaft Uddin ENG	17.45-19.15 SAA MITÄ HALUAT Ilkka Koppelomäki ENG	18.30-19.30 AUTHENTIC INNER POWER RITUAALI Elna Jaatinen FIN/ENG	18.00-19.30 OCEAN OF SOUND Mikko Heikinpoika FIN	18.30-19.00 PERHEIDEN ILTA-RENTOUTUS						
20	19.30-20.30 ADRIAN ATMA MUSIC	20.30-21.15 NATURAL HIGH 10-YEAR BIRTHDAY PARTYYYYY	21.00-22.30 KUNDALINI ACTIVATION & CRYSTAL HEALING Dani Sher & Kimmo Nurminen FIN/ENG	21.00-22.30 SOUND HEALING CONCERT Jani Toivonen FIN/ENG	21.30-22.30 OPEN POETRY STAGE / RUNOLAVA Nina Rintala FIN/ENG	21.30-23.00 MINDFULNESS MEDITATION Petri Berndtson FIN/ENG	19.30-20.00 KETOKAMU Eilu Mocktail Workshop Elviira Krebber	20.00-21.15 SIELUN RUNOJA -SEREMONIA Tero Suhonen FIN									
22	21.30-23.00 NILS KERCHER TRIO - ECSTATIC PILGRIMS MUSIC	21.30-23.30 SEXTATIC DANCE Pascal de Lacaze	23.00-00.30 MEDICINE MOVEMENT Ecstatic Dance DJ Soma StarShine	23.15-00.30 MUSIIKIN PARANTAVA VOIMA Miri Rantio	22.00-01.00 Extension of Welcome Cafe OPEN SPACE FOR RAW CAKES & Friends												
00	23.20-01.20 EPIC TRANCE PARTY DJ Ollis	23.45-01.00 SOUND BATH (GONGS, CRYSTALS AND ASMR) Leona Frantzych (Art of union)															
<p>Find your way to Natural High Healing Shop &amp; Boutique Avenue And enjoy individual treatments at Healers Pond</p>																	

# Sunday 2022

*Together We Are Magic*

	Magical mainstage	Red Temple	Mystic Connection	White Light Room	Heart Space	Art Cave	Share & Play	Blue Clarity Lecture	KETOKAMU Stage	Bliss Space	Tropical Vibes	Flower Power	Tiipii	Crystal Healing	Family Wellness & Kids Corner	Healing Circle	Natural High HerStory		
8	9.00-10.00 EMBODIED LOVING KINDNESS FLOW Wambui Njuguna ENG	9.00-10.30 ANCIENT VOICES Vaskilintu FIN/ENG	8.30-10.30 KUNDALINI ACTIVATION & CRYSTAL HEALING Dani Sher & Kimmo Nurminen FIN/ENG	5.30-8.00 <b>MORNING SADHANA</b> Sanja Shant Ajeet & Aradhana Seva 8.30-09.45 ENERGISOIVA AAMULINTU Pasi Mikko FIN	8.00-9.50 YOGA PRANALA Anu Karoliina FIN/ENG		8.30-9.45 BUTI YOGA - SWEAT WITH INTENTION Anna Jussila FIN/ENG					8.30-9.30 DYNAMIC MOBILITY EXERCISE Harri Virolainen FIN/ENG					8.30-9.45 MANDALAS FOR MEDITATION Paula Wihuri	MEETING POINT	
10									10.00-10.45 KETOKAMU Fat Bomb välipalat Elviira Kребber								10.00-11.00 SHARING CIRCLE with Mika Vainio		
12	11.30-13.20 GONG YOGA Jani Toivonen FIN/ENG	11.00-12.30 GLOWING GODDESS - RITUAL Kirsti Kuosmanen FIN/ENG	11.00-12.50 AYNÍ DESPACHO CEREMONY Michelle Karén ENG	11.30 - 13.00 KUNDALINI YOGA Sanja Shant Ajeet & Aradhana Seva	11.15-12.45 HOITAVA MATKA RAKKAUTEEN JA VALOON Anja Kadziolka FIN	11.15-12.45 ALCHEMY OF THE GODDESS Eeva Maria Leino FIN/ENG	12.00-13.00 TWERK & SWEAT IMPROVISATION Monse Villarroel FIN/ENG	11.00-12.50 7 ASKELTA ONNELLISEM-PAAN OLOON Suvi Bowellan FIN	11.45-12.30 KETOKAMU Elu Mocktail Workshop Elviira Kребber	10.30-12.00 MINDFULNESS MEDITATION Petri Berndtson FIN/ENG		11.15-12.15 BACHATA SENSUAL SOLO Maria Härmä FIN/ENG	10.30-12.00 OPEN MUSIC SPACE	SILENCE OPEN SPACE FOR MEDITATORS Until the closing ceremony	11.00-12.00 YHTEIS-LEIKKEJÄ & LEIKKIVARJO		12.30-13.30 KASVO-MAALAUSTA		
<b>FOOD FIESTA ALL THE TIME!</b>																			
14	14.00-15.50 SPIRIT OF TANTRA Pragita ja Sudeva FIN/ENG	14.00-15.50 FULL BODY ORGASM Diana Nazerova FIN	14.15-15.45 RESPIRATORY REVOLUTION Leigh Ewin & Petri Berndtson ENG	14.30-15.45 SHAMANIC SOUNDTRIP Pasi Mikko FIN/ENG	13.45-15.35 HEROIC HEART Philip Flow ENG	14.00-15.50 FEEL YOUR VOICE - VOICE YOUR FEELINGS Mia Renwall	14.30-15.45 OLET IHANA! Sohvi Nyman FIN	13.30-15.00 SAA MITÄ HALUAT Ilkka Koppelomäki FIN	14.15-16.00 CHAKRA GROOVE Kylli Kukk FIN			14.15-15.45 CIRCLE OF BROTHERS Pascal de Lacaze ENG	12.30-13.30 SHARED DRUMMING SPACE Helena Karhu FIN/ENG				13.00-14.00 OPEN DRUMMING/ MUSIC SPACE	14.00-16.00 LUOVUUTTA JA LÄMPÖÄ -PERHETYÖ-PAJA Tanja Äli-Yrkkö FIN	
16	<b>CLOSING CEREMONY 16.00-17.00 At the Main stage Everyone joining!</b>																		

LAST OFFERS at Natural High Welcome Café & Boho Café!

*Love notes to me*



**NATURAL HIGH HEALING FESTIVAL**  
FINLAND

*Let the Magic Happen!*

See you at Mega Retreat & Natural High Healing Festival 2023

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