



Talks 1 Studio

Talks 2 Triangle

Yoga Atrium Studio

Children's Studio A

Sound/ Movement Healing. Studio B

Martial Arts Studio C

Meditation/ Bodywork Studio D

10:30

Julien Moreau
Chinese Medicine
A global view of human being
with simple tools to find balance.
Eng/Fr

Keith Duffy
The Bald Nutrition Guy.
Vida más larga, más saludable,
más feliz!
Sp

Sasha Marchenko
Vinyasa Yoga Flow.
Eng

Kerker Gym
Family Capoeira.
Sp

Vanesa Sandín Mendo
Embodiment - Movement & Voice.
Eng/ Sp

Lisa Life
Zenergize
A combination class to
bring you into Balance.
Eng/ Sp

Nolaska Urzay
Self Massage / Auto Masaje
Libera la tensión de tu cuello
y mandíbula.
Eng/ Sp

11:30

Dr Jennifer Beck
12 Stages of healing
Dr of Chiropractic.
Eng

Candelaria López Gómez
10 mitos sobre la gordura
La salud también es posible en
cuerpos grandes.
Sp

Alesha Cumpton
Remember your light Yoga flow.
Eng/Sp

Karen Holmes
Rainbow Yoga
A Fun assorted course, exploring
in pairs.
Eng/Sp

Sua Urana
bioneurosincronía.
Stop dislexia, TDAH, TELL,
discalculia.
Sp

Angel Cortes
Aikido
16 plazas solamente.
Sp/Catalan

Clodagh Meiklejohn
Activate Abundance
How to activate the flow of
abundance.
Eng

12:30

Sufu Argimiro Núñez
Salud Mente - Cuerpo
Medicina Holistica Integrativa.
Sp

Tania Benaiges Bolea
Gestión Emocional
La astrología como herramienta
para el autoconocimiento.
Sp

Julie Tucker
Yoga inspired by Vanda
Scaravelli
Awakening the Spine to
discover freedom.
Eng

**Rebecca Hemmings
& Karen Holmes**
Rainbow Yoga Meditation
Continuation of the Rainbow
Yoga session.
Eng/ Sp

Carolina Falcone
Sanación con Sonida
Healing Through the Voice.
Sp/ Eng

Kerker Gym
Capoeira.
Sp

Rasa Quilty
Thai Yoga Massage.
Eng/Sp

13:30

Sharlene Halbert
Menopause and Relationships
Improve connection, intimacy
and love during this time.
Eng

**Noemi Muñoz y Beth
Muñoz**
Aceites esenciales
Salud holística y vida libre de
tóxicos con aceites esenciales.
Sp

Karen Holmes
MOGA” - Movement & Yoga
Equalise the feminine &
Masculine.
Eng/Sp

Sua Urana
Bioneuroeducación
Emoción y Cuentos / Changing
Life Changing Education
Eng/ Sp

Carol Valmy-Merchant
Nia Dance
Mind-Body Cardio - The Joy of
Movement.
Eng

Giordano Napoli
Chi Kung Tao
Sp/It

Emma Reynolds
Mindfulness for Busy People
Too busy to meditate?.
Eng

14:30

Keith Duffy
Nutrition
Healthier, Happier, Longer Part 2.
Eng

Sonia Tarrida del Mármol
@animalresonance and HEALY device
Como Curarse con bioresonancia
demostración.
Sp/Eng

Claudia Faimberg
Hatha Vinyasa
Trabajo de fascias, tejido
conectivo.
Esp/ Eng

Dji Adogli
African Dance
Telling a story through dance.
Eng

Lesya Starr
Holistic Belly Dance.
Eng/ Sp

Sifu Argimiro Núñez
Kung fu Tibetano
Poderoso Sistema martial
externo e interno.
Sp

Julie Tucker
Deep Rest Meditation
A deep listening to Body Wisdom.
Eng

15:30

Colors Sitges Link
Equality
Diversidad y salud
Sp

Andrea Torres
Reconectando con la naturale-
za a traves de nuestros há de
consumo
Sp/Eng

Nathalie Rosenberg
Dynamic Yoga.
Eng/ Sp

Beatriz Chamussy
Yes we art
For 6-10 yr olds
Sp/ Eng

Aliaksandr Snitko
Dance Workshop
Reflection of ethnic sound.
Improv Body Release
Eng

Steven Blair
Zeroism - Qi Cultivation / How
to create something from
nothing.
Eng

Lisa Life
Self-Healing Guided Visualisation
Connect to your Inner Light.
Eng

16:30

Claudia Faimberg
Family Constellations
A working method that helps us
recognize "Systemic Loyalties."
Eng/Sp

Emma Reynolds
Befriending Stress
Mindfully embrace stress as an
opportunity for growth.
Eng

Dorota Rozko
Aerial Yoga - 9 places only
Flying Fun.
Eng/ Sp

Marie Beardmore
A Chidrens Play
Scriptreading.
Eng/ Esp

Alesha Cumpton
Crystal Singing bowls.
Eng/ Esp

Dji Adogli
Chi Kung
Remove Negative Emotions.
Eng

Benedicte Taillard
Group Hypnosis
15 places only.
Eng/ Sp

17:30

Luna Roca Martínez
Transforma heridas en
fortalezas.
Sp

**Vanesa Sandín
Mendo**
Somatic Body Mapping.
Eng/Sp

Dorota Rozko
Aerial Yoga - 9 places only
Flying Fun.
Eng/ Sp

Rodrigo Mattioli
Story Telling book reading.
Eng/ Esp

Yoky Yu
Guang Healing
Therapeutic Theatre &
Psychodrama Healing.
Eng/ Esp

Giordano Napoli
Tai Chi / AAMV.
Sp

Irma Varela Sáenz
Meditación amable
Compasión y amabilidad.
Sp

18:30

Cristina Lopes Sanz
Acompanar a una vida
con coherencia.
Sp

Fabiana Aromami
Tantra Tao Healing Love
4 llaves tantricas para habitar
una sexualidad consciente.
Sp

Alicia Beltrane
Yoga Tibetano LU JONG
Un yoga ancestral.
Sp

Ellen Weissbuch
Body/Coco Movement & Mindfulness
Cuerpo/Coco Movimiento y Plena
Conciencia.
Eng/Sp

Rasa Quilty
Chakra Ecstatic Dance
A Chakra Dance Journey.
Eng/Sp

Esteve Bagué
President de Federacio Int' de
Kung Fu Wushu / Asociacio
Cultural D Arts Marcials
Xineses.
Sp

Sasha Marchenko
Mindful Breathing for Wellbeing.
Eng

10€: Entrada al IAB • Acceso al bio-market • DJ'S shows • Música en vivo en el JARDIN • Charlas en la sala pequeña • Food market
• Outdoor Activities • Salón con actividades para niños

30€: Todo lo anterior + Acceso prioritario ilimitado a más de 60 clases y Workshops

Terapias 1 a 1, no están incluidas en los tkt

Niños GRATIS!
menores de 12 años