



body
mind
& soul
mallorca

**THURSDAY
17 OCT**

14:00 Reception on the blue carpet

15:00 Opening *with Martina Hirschmeier and Renè Knopf*

15:15 Speed introduction of our speakers

16:00 Who do we want to be tomorrow? *with Martina Hirschmeier*

16:20 Break

16:40 Find your talent *with Martina Hirschmeier and Peter Olsson*

17:10 Seeing without eyes: Intuition training next level *with Kimberley Steeb*

17:25 Live your full potential *with Matthias Vette*

17:50 Thanks to our supporters

18:00 Dinner

19:00 Workshops

21:00 *Optionally **yoga** with Mays Al-Ali (Ashtanga Yoga)*

*or **meditation** with Dana Götze*

*or straight to **speed dating & karaoke***

*or **Full Moon Session (21:00 till 24:00)***

max. 40 participants

(please register via workshops - only suitable for physically fit participants, as a very long and relatively steep natural stone staircase leads down to the sea platform)



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FRIDAY
18 OCT

6:30 *Optionally **yoga** with Estela Garcia (Vinyasa Yoga), **meditation** with Heiko Scheider (soul journey) or **fitness** mit Jens Bierman*

7:30 **Get Ready - Time to shower**

8:00 **Breakfast**

9:00 **Workshops**

11:00 **Welcome back** *with Martina Hirschmeier*

11:05 **Biohacking: smart home training** *with Jens Biermann*

11:25 **Biohacking** *with Dr. Sarah Girstmair*

11:45 **Biohacking** *with Spermidine CEO Herbert Bock & René Knopf*

12:05 **Lasting inner calm** *with Steffen Lohrer*

13:00 **Lunch**

14:00 **Learning from goddesses** *with Xanadine*

14:25 **The simplicity of here and now** *with Udo Grube*

14:50 **The self-deception of the power woman** *with Dr. Marion Romes*

15:05 **Identify unconscious saboteurs that block your success**
with Christiane Brand

15:30 **Break**

15:50 **Mental and physical transformation** *with Andreas Stollreiter*

16:10 **Life as a masterpiece** *with Emilia Plock*

16:30 **Transformation through soul magic** *with Heiko Scheider*

16:50 **What is peace?** *with Amandine Roche*

17:20 **Wellbeing with Cannabinoide** *with Paul Klein*

18:00 **Dinner**

19:00 **Workshops**

21:00 *Optionally **yoga** with David (Vinyasa Yoga) or **meditation** with Lisa de Pasqualin or **book reading on the lawn** with Xanadine or **straight to the pool party** with DJ Grube*



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SATURDAY
19 OCT

6:30 *Optionally **yoga** with Dana Götze or **meditation** with Stefan Zander (Meditative movement „Awaken your Qi“ or **fitness** mit René, Jens und Mira-*

7:30 **Get Ready - Time to shower**

8:00 **Breakfast**

9:00 **Workshops**

11:00 **Welcome back** *with Martina Hirschmeier*

11:05 **Healing method Matrix Point 2** *with Martina and Frank Klimpel*

11:30 **Asian medicine** *with Stefan Zander*

12:00 **Holistic healing on all levels** *with Steffen Lohrer and Matthias Vette*

13:00 **Lunch**

14:00 **The blocked all-rounder: the pineal gland** *with Peer Zebergs*

14:20 **Akasha Chronik: Reading from the soul** *with Dana Götze*

14:40 **Emotional eating with** *Silke Kayadeelen*

15:00 **Anger management** *with Nathalie Ries*

15:30 **Break**

16:00 **Traditional & modern healing method** *with Dr. Sifu Ama Li Wyi Ching Lee*

16:20 **Alkaline Eat & Great** *with Claudelle Deckert, Nathalie Ries, Martina Hirschmeier*

16:40 **A surgeons tale... Is it possible for a hardcore physician to work holistically?** *with Dr. Stephan Becker*

17:00 **Breath Work** *with Dora Luz and music by Hernan Livolsi*

18:00 **Dinner**

19:00 **Workshops**

21:00 *Optionally **yoga** with David (Vinyasa Yoga), **meditation** with Luz Lucero or **book reading on the lawn** with Xanadine*



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SUNDAY
20 OCT

6:30 *Optionally **yoga** with Mira Hudalla (Vinyasa Yoga), **meditation** with Heiko Scheider oder **fitness** mit Facu*

7:30 **Get Ready - Time to shower**

8:00 **Breakfast**

9:00 **Workshops**

11:00 **Welcome back** *with Martina Hirschmeier*

11:05 **Holistic Living** *with Carde Reimerdes*

11:20 **What can astrology offer us today?** *with Gloria Margit Richter*

11:40 **Unleash your potential with futurology** *with Sarah Livesey*

12:00 **Final Speech & Departure**