

8:30a – 9:30a	Registration
9:30a – 10:30a	Suki Eleuterio will open our day with a Soul Searching Meditation to activate and bring awareness to our chakras.
10:30a – 10:45a	Break
10:45a – 11:45a	Ella Vate introduces Tantric Energy – self-awareness of the oneness within, with the other & with the universe. Through reawakening an awareness of the sacredness in all relations, she takes us on a dance of the masculine and feminine energies recreating a new ecstatic intimacy that is empowering, uplifting, authentic, divine, transformative and truly heart opening.
11:45a – 12:00p	Break
12:00p – 1:30p	Ira Ohm (Zen Den Yoga) will guide us in a Shamonic Breathing/Yoga Session to open up our Core Energy.
1:30p – 2:30p	Lunch Break with Lisa Lumiere, dancers & other entertainment
2:30p – 3:30p	Nitya Devi takes us deeper into the realm of Tantra to deepen our awareness of connecting to others; she will demonstrate activating all our chakras at once.
3:30p – 3:45p	Break
3:45p – 5:15p	Harry Samuels and Rich Gausman Harry shares methods of focusing & activating our energy. By learning to focus and move our energy with the intention of visualizing and manifesting, we can each take control of our own destiny, empowering ourselves to create our desired future. Rich brings our day to an amazing close with the influence of the crystal bowls and gong, in synergy with his guided meditation of peacefulness and love.
5:15p – 5:45p	Kathrine & Serge will share a Tantric Energy Connection Dance
5:45p – 6:30p	Closing Puja

Bring a mat or towel and a water bottle