

PROGRAMME

The Portuguese Event, Orada, Costa Vicentina | 11th - 17th August 2018

Welcome to One World 2018!

We have many workshops for you to choose from this year. Feel free to go to as many as you can and then enjoy the beaches, campfire and dancing. Or just relax by the pool, its up to you!

All workshops are FREE once in the festival. Enjoy...

Saturday 11th August

11:00 - 17:30	Arrival and Check In	All	
18:00 - 18:45	Opening Ceremony	Maria, Amanda and Richard	Sala
19:00 - 20:00	Dinner	Marco and his Team	Dinning Room
20:30 - 22:30	Opening party and dancing	All	Sala
23:00 - 24:00	Camp Fire	All	Campfire



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Sunday 12th August

07.30 - 08.30	Meditation	Ines Franco	Sala
07.30 - 08.30	Morning Yoga	Melanie Hubbard	Yoga Hall
8:00 - 9:00	Breakfast	Marco and his Team	Dining Room
09.30 - 10.45	Shiatsu	Philippe Kusnik	Yoga Hall
09.30 - 10.45	I-Ching	KB Lim	Dining Room
09.30 - 10.45	Qi Gong	Lou Saucell	Adult Marquee
09.30 - 10.45	Nature Walks, Fun & Games. Age: 4-9	Mary Oliver and Kids Volunteers	Kids Marquee
09.30 - 10.45	Natural Movement & Games Age:10-16	Usman, Sam and Harry	Outside
11.30 - 12.45	Social Yoga	Richard Brook	Yoga Hall
11.30 - 12.45	Kitchen Witch	Amanda Renske Mann	Dining Room
11.30 - 12.45	Rebirthing - Transform Your life now	Ana Margarida Forte	Adult Marquee
11.30 - 12.45	Nature Walks, Fun & Games. Age: 4-9	Mary Oliver and Kids Volunteers	Kids Marquee
11.30 - 12.45	Natural Movement & Games Age:10-16	Usman, Sam and Harry	Outside
12:30 - 13:30	Lunch	Marco and his Team	Dining Room
14:00-17:00	Feng Shui & Macrobiotics (students)	Joao Borges	Beach & Various
17:00- 18:15	Rebirthing: Recreate Your Personal Story	Ana Margarida Forte	Yoga Hall
17:00- 18:15	Macrobiotics: Healthy Food to Meditation	Flora Ouattara	Dining Room
17:00- 18:15	Find Your Work-Life Balance	Harini Iyengar	Adult Marquee
17:00- 18:15	Arts and Crafts	Staff & Volunteers	Kids Marquee
18.30 - 19:45	DANCEmandala Movement Meditation	Peryal Tugen	Yoga Hall
18.00 - 19:15	Emotional House Reading	Solange Gomes	Dining Room
18.00 - 19:15	In The Now (Acting)	Jonny Whiting	Adult Marquee
18.00 - 19:15	Arts and Crafts	Staff and Volunteers	Kids Marquee
18:00 - 19:15	Board Games	Clive Mills	Kids Marquee
19:00 - 20:00	Dinner	Marco and his Team	Dining Room
20:45 - 21:30	Sound Bath	Laura Marrero	Yoga Hall
20:45 - 21:30	Shamanic Meditation	Tiago Bastos	Adult Marquee
21:30 - 22:30	Latin Dancing	Anita Sampaio	Sala
23:00 - 24:00	Campfire	Campfire	Campfire



Monday 13th August

07.30 - 08.30	Meditation	Ines Franco	Sala
07.30 - 08.30	Morning Yoga	Melanie Hubbard	Yoga Hall
8:00 - 9:00	Breakfast	Marco and his Team	Dining Room
09.30 - 10.45	Deeksha & Meditation	Sol Mendes	Yoga Hall
09.30 - 10.45	Shiatsu	Philippe Kusnik	Dining Room
09.30 - 10.45	Qi Gong	Lou Saucell	Adult Marquee
09.30 - 10.45	Nature Walks, Fun & Games. Age: 4-9	Mary Oliver and Kids Volunteers	Kids Marquee
09:30 - 10:45	Natural Movement & Games Age:10-16	Usman, Sam and Harry	Outside
11.30 - 12.45	Mindfulness, Meditation & Relaxation	Richard Brook	Yoga Hall
11.30 - 12.45	Sexy Feng Shui	Vanda Boavida	Dining Room
11.30 - 12.45	Astro Rebirthing Activation	Ana Margarida Forte	Adult Marquee
11.30 - 12.45	Nature Walks, Fun & Games. Age: 4-9	Mary Oliver and Kids Volunteers	Kids Marquee
11:30 - 12:45	Natural Movement & Games Age:10-16	Usman, Sam and Harry	Outside
12:30 - 13:30	Lunch	Marco and his Team	Dining Room
14:00-17:00	Feng Shui & Macrobiotics (students)	Joao Borges	Beach & Various
17:00- 18:15	Astro Rebirthing - Panick Attacks	Ana Margarida Forte	Yoga Hall
17:00- 18:15	Macrobiotics: Healthy Food to Meditation	Flora Ouattara	Dining Room
17:00- 18:15	Inter-Personal Relationship Management	KB Lim	Adult Marquee
17:00- 18:15	Arts and Crafts	Staff and Volunteers	Kids Marquee
18.30 - 19:45	DANCEmandala Movement Meditation	Peryal Tugen	Yoga Hall
18.00 - 19:15	Spiritual Bathing	Amanda Renske Mann	Dining Room
18.00 - 19:15	Balancing Tattwas & The Chakras (Yoga)	Sat Kartar	Adult Marquee
18.00 - 19:15	Arts and Crafts	Staff and Volunteers	Kids Marquee
18:00 - 19:15	Board Games	Clive Mills	Kids Marquee
19:00 - 20:00	Dinner	Marco and his Team	Dining Room
20:45 - 21:30	Sound Bath	Laura Marrero	Yoga Hall
21:30 - 22:30	Latin Dancing	Anita Sampaio	Sala
23:00 - 24:00	Campfire		Campfire



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Tuesday 14th August

07.30 - 08.30	Meditation	Ines Franco	Sala
07.30 - 08.30	Morning Yoga	Melanie Hubbard	Yoga Hall
8:00 - 9:00	Breakfast	Marco and his Team	Dining Room
09.30 - 10.45	Manifesting Your Dreams	Sue Holmes	Yoga Hall
09.30 - 10.45	Find Your Work-Life Balance	Harini Iyengar	Dining Room
09.30 - 10.45	Shamanic Meditation	Tiago Bastos	Adult Marquee
09.30 - 10.45	Nature Walks, Fun & Games. Age: 4-9	Mary Oliver and Kids Volunteers	Kids Marquee
09:30 - 10:45	Natural Movement & Games Age:10-16	Usman, Sam and Harry	Outside
11.30 - 12.45	Meditation & Body Mind Connection	Richard Brook	Yoga Hall
11.30 - 12.45	The Deep Dynamics of Falling in Love	Juliana Estevez	Dining Room
11.30 - 12.45	Qi Gong	Lou Saucell	Adult Marquee
11.30 - 12.45	Nature Walks, Fun & Games. Age: 4-9	Mary Oliver and Kids Volunteers	Kids Marquee
11:30 - 12:45	Natural Movement & Games Age:10-16	Usman, Sam and Harry	Outside
12:30 - 13:30	Lunch	Marco and his Team	Dining Room
14:00-17:00	Feng Shui & Macrobiotics (students)	Joao Borges	Beach & Various
17:00- 18:15	Pantomime - The Jungle Book	Maria & Michael	Yoga Hall
17:00- 18:15	Macrobiotics: Healthy Food to Meditation	Flora Ouattara	Dining Room
17:00- 18:15	Multidimensional Consciousness	Esmeralda Pereira	Adult Marquee
17:00- 18:15	Arts and Crafts	Alice Howard & Volunteers	Kids Marquee
18.30 - 19:45	DANCE 4 HEARTS	Ana Teresa Silver	Yoga Hall
18.00 - 19:15	Deeksha & Meditation	Sol Mendes	Dining Room
18.00 - 19:15	Principles of Compassion (Yoga)	Sat Kartar	Adult Marquee
18.00 - 19:15	Arts and Crafts	Alice Howard & Volunteers	Kids Marquee
18:00 - 19:15	Board Games	Clive Mills	Kids Marquee
19:00 - 20:00	Dinner	Marco and his Team	Dining Room
20:45 - 21:30	Sound Bath	Laura Marrero	Yoga Hall
21:30 - 22:30	Latin Dancing	Anita Sampaio	Sala
23:00 - 24:00	Campfire		Campfire



Wednesday 15th August

07.30 - 08.30	Meditation	Ines Franco	Sala
07.30 - 08.30	Morning Yoga	Melanie Hubbard	Yoga Hall
8:00 - 9:00	Breakfast	Marco and his Team	Dining Room
09.30 - 10.45	Amplify Your Joy: Sound & Laughter	Sue Holmes	Yoga Hall
09.30 - 10.45	9 Star Ki	Joao Borges	Dining Room
09.30 - 10.45	Life Stream	Michael Tanner	Adult Marquee
09.30 - 10.45	Nature Walks, Fun & Games. Age: 4-9	Mary Oliver and Kids Volunteers	Kids Marquee
09:30 - 10:45	Natural Movement & Games Age:10-16	Usman, Sam and Harry	Outside
11.30 - 12.45	Spiral Walk Meditation	Richard Brook	Yoga Hall
11.30 - 12.45	Secrets of your Inner Witch	Fiona Philips	Dining Room
11.30 - 12.45	Qi Gong	Lou Saucell	Adult Marquee
11.30 - 12.45	Nature Walks, Fun & Games. Age: 4-9	Mary Oliver and Kids Volunteers	Kids Marquee
11:30 - 12:45	Natural Movement & Games Age:10-16	Usman, Sam and Harry	Outside
12:30 - 13:30	Lunch	Marco and his Team	Dining Room
14:00-17:00	Feng Shui & Macrobiotics (students)	Joao Borges	Beach & Various
17:00- 18:15	Shiatsu	Philippe Kusnik	Yoga Hall
17:00- 18:15	Deeksha & Meditation	Sol Mendes	Dining Room
17:00- 18:15	Exploring Your Creativity	Maud Cornet	Adult Marquee
17:00- 18:15	Arts and Crafts	Alice Howard & Volunteers	Kids Marquee
18.30 - 19:45	Despacho (All Ages)	Amanda Renske Mann	Yoga Hall
18.00 - 19:15	Macrobiotic Cooking	Yuka Noguchi	Dining Room
18.00 - 19:15	Assisting Not Resisting Life (Yoga)	Sat Kartar	Adult Marquee
18.00 - 19:15	Arts and Crafts	Alice Howard & Volunteers	Kids Marquee
18:00 - 19:15	Board Games	Clive Mills	Kids Marquee
19:00 - 20:00	Dinner	Marco and his Team	Dining Room
20:45 - 21:30	Sound Bath	Laura Marrero	Yoga Hall
21:30 - 22:30	Latin Dancing	Anita Sampaio	Sala
23:00 - 24:00	Campfire		Campfire



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Thursday 16th August

07.30 - 08.30	Meditation	Ines Franco	Sala
07.30 - 08.30	Morning Yoga	Melanie Hubbard	Yoga Hall
8:00 - 9:00	Breakfast	Marco and his Team	Dining Room
09.30 - 10.45	Shamanic Journey: Spirit Guides	Sue Holmes	Yoga Hall
09.30 - 10.45	Find Your Work-Life Balance	Harini Iyengar	Dining Room
09.30 - 10.45	Pantomime - The Jungle Book	Maria & Michael	Adult Marquee
09.30 - 10.45	Nature Walks, Fun & Games. Age: 4-9	Mary Oliver and Kids Volunteers	Kids Marquee
09.30 - 10.45	Natural Movement & Games Age:10-16	Usman, Sam and Harry	Outside
11.30 - 12.45	Essential Oils - Do Terra	Jose Quinteiro	Yoga Hall
11.30 - 12.45	False Flags & Faked Events	Fiona Philips	Dining Room
11.30 - 12.45	Qi Gong	Lou Saucell	Adult Marquee
11.30 - 12.45	Nature Walks, Fun & Games. Age: 4-9	Mary Oliver and Kids Volunteers	Kids Marquee
11.30 - 12.45	Natural Movement & Games Age:10-16	Usman, Sam and Harry	Outside
12.30 - 13:30	Lunch	Marco and his Team	Dining Room
14:00-17:00	Feng Shui & Macrobiotics (students)	Joao Borges	Beach & Various
15:00- 16:15	Shiatsu	Philippe Kusnik	Yoga Hall
15:00- 16:15	Deeksha & Meditation	Sol Mendes	Dining Room
15:00- 16:15	Your Crystal Energetic Matrix	Teresa Pereira	Adult Marquee
15:00- 16:15	Arts and Crafts	Alice Howard & Volunteers	Kids Marquee
16.30 - 17:45	Fire Ceremony (All Ages)	Amanda Renske Mann	Yoga Hall
16.30 - 17:45	Macrobiotic Cooking	Yuka Noguchi	Dining Room
16.30 - 17:45	Protection of Values (Yoga)	Sat Kartar	Adult Marquee
16.30 - 17:45	Arts and Crafts	Alice Howard & Volunteers	Kids Marquee
16.30 - 17:45	Board Games	Clive Mills	Kids Marquee
18:00 - 19:00	Dinner	Marco and his Team	Dining Room
19:45 - 20:30	Sound Bath	Laura Marrero	Yoga Hall
19:45 - 20:30	Shamanic Meditation	Tiago Bastos	
21:30 - 23:30	PARTY!	Sala	
23:00 - 24:00	Campfire		Campfire



Friday 17th August

07.30 - 08.30	Meditation	Ines Franco	Sala
07.30 - 08.30	Morning Yoga	Melanie Hubbard	Yoga Hall
8:30 - 9:30	Brunch	Marco and his Team	Dinning Room
10:00 - 10:30	Closing Ceremony	Maria and Sue	Sala
11:00 - 11:30	Check Out	All	All

Home time. Thanks for coming, We hope you had an amazing time!
See you next year!



