

PROGR AM

Yog·Amiga
San Vigilio
39030 Marebbe

31. AUGUST - 03. SEPTEMBER

THURSDAY
DONNERSTAG
GIOVEDÌ

31.08.2023

14:30 - 15:00

Welcome ceremony

15:00 - 16:00pm

Hatha Yoga - Gabriel Prada

16:30 - 18:30

Cacao & Kirtan - Laura & Manohar

19:00 - 20:00

Time for dinner

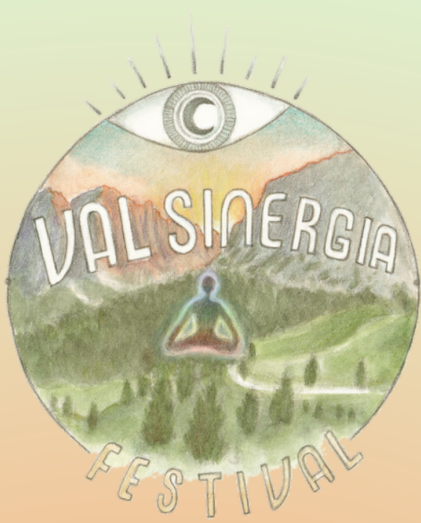
20:00 - 22:00

Bonfire, relax, music and jam session

22:00 - 23:00 - PEDERÜ

Star Talk - Julian Rigo

TICKETS WWW.YOG-AMIGA.COM/VAL-SINERGIA-FESTIVAL



PROGR

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FRIDAY

FREITAG VENERDI

Yog·Amiga
San Vigilio
39030 Marebbe

31. AUGUST - 03. SEPTEMBER

01.09.2023

7:00 - 8:00

Morning meditation

8:15 - 9:30

Morning circle & Hatha Yoga Flow - Simone Picca

9:45 - 11:00

Brunch time

11:11 - 12:12

choose between

Hike to the magical water source - Nicol dal Bagn

Option to start a guided hike 11:00 - 16:00 - Anuk Torre

12:30 - 13:30

Breath work introduction & session - Angelika Kirchler

14:00 - 15:00

Pottery workshop - Irina Tavella

16:00 - 17:00

Yin Yoga - Petra Oberhofner

17:00 - 18:15

Early Dinner

18:15 - 19:00

A herbal walk to SPIAGGETTA CIAMAOR - Giulia Moling

19:00 - 20:00 - SPIAGGETTA CIAMAOR

Drum circle - Max Castlunger

20:30 - 22:00 - SPIAGGETTA CIAMAOR

Ecstatic Dance - Max Castlunger & Artistic Marylou

22:00 - SPIAGGETTA CIAMAOR

Bonfire, music and relax

TICKETS WWW.YOG-AMIGA.COM/VAL-SINERGIA-FESTIVAL





PROGR AM

SATURDAY

SAMSTAG SABATO

Yog·Amiga
San Vigilio
39030 Marebbe

31. AUGUST - 03. SEPTEMBER



02.09.2023

7:00 - 8:00

Morning meditation - Silvia Padoan

8:15 - 9:30

Morning circle & Vinyasa Yoga - Miriam Kirchler

9:45 - 11:00

Time for breakfast

11:00 - 12:15

choose between

The formation of the Dolomites - NATURE PARK CENTER
Calisthenics workshop - Max Huber & Fabian Pallestro
Option to start a guided hike 11:00 - 16:00 - Anuk Torre

12:30 - 13:30

Qi Gong - Karin Taibon

13:30 - 14:45

Time for lunch

14:45 - 16:45

Acro Yoga Workshop - Sam e Luna Acro

17:15 - 19:15 - SPIAGGETTA CIAMAOR

"A Schnaufa" (Breath work) and Ice Bathing
David Kammerer

19:30 - 21:15

Dinner

20:30 - 21:30 - LIVE MUSIC & MARKET

Live Act remains SECRET for now

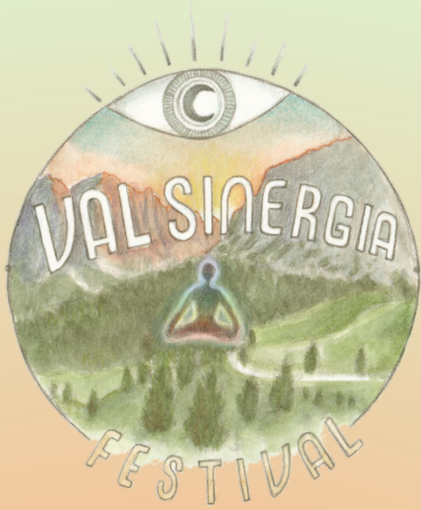
22:00 - 23:30 - LIVE MUSIC & MARKET

Live Act remains SECRET for now

23:30

Fire show - Adam

TICKETS WWW.YOG-AMIGA.COM/VAL-SINERGIA-FESTIVAL



SUNDAY
DOMENICA
SONNTAG

03.09.2023

PROGR
AM

Yog·Amiga
San Vigilio
39030 Marebbe

31. AUGUST - 03. SEPTEMBER

8:00 - 9:00

Morning meditation - Robert Sama

9:15 - 10:30

Ashtanga Yoga - Eleonora Giglio

10:30 - 11:30

Time for breakfast

13:00 - 14:30

Owl park tour - OWL PARK SAN VIGILIO

15:00 - 18:00 - HOTEL AL SONNENHOF

Sauna

18:00 - 19:00

**Manifestation Meditation & closing
ceremony - HOTEL AL SONNENHOF**



TICKETS WWW.YOG-AMIGA.COM/VAL-SINERGIA-FESTIVAL

VAL KIDS SINERGIA FESTIVAL

31.08 - 03.09.2023

SA. 14.00. -17.00



14:00 - 17:00 Uhr

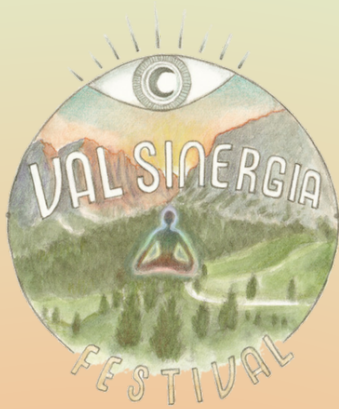
**Kids Facepainting
with Lisa and Lena**



15:00 - 16:00 Uhr

**Kids Yoga
with Cristina**

THE ACTIVITIES FOR KIDS ARE DONATION BASED.
IL PROGRAMMA PER I BAMBINI È A DONAZIONE.
DIE KINDERANGEBOTE BASIEREN AUF FREIWILLIGE SPENDE.



QUESTIONS & ANSWERS

Do I have to bring my personal yoga mat?

Yes, if available please bring your own yoga mat and a yoga block to the festival. Rent is possible.

What does the festival ticket include?

The festival ticket includes all the activities and experiences of the program and the day/s purchased.

What is not included?

The festival ticket does not include food and accommodation as well as any other purchases for example at the market.

Where do I find the accommodation?

We have a few accommodation partners that support the festival and the philosophy. You find them on our website and you can easily request accommodation on their website.

Where do I get breakfast, lunch and dinner?

You get breakfast, lunch and dinner options at the festival site or in one of the local restaurants. We will inform you about our favorites a few days before the start of the festival. On site we offer vegetarian and vegan options.

Do I have to join all the activities?

No, you can register for any activity you like and take your free time whenever you want.

Where do I get my ticket and what ticket options exist?

You can get your ticket on www.yog-amiga.com under the tab **Val Sinergia Festival**. These are the ticket options:

1 day ticket (Friday **or** Saturday), 2 day ticket (Thursday + Friday **or** Saturday + Sunday), 4 day ticket (includes the whole festival from Thursday to Sunday).

Do you have more questions?

Please contact us via e-mail on yogamiga.info@gmail.com