

Friday, 19 May

- 15:00

Vivi Letsou

Welcome to THRIVE
- 15:00

Michael Sapiro, PsyD

Personal Awakening for the Sake of Collective and Planetary Transformation
- 16:00

Brother Phap Dung

Nurturing Nature Within - Peace & Harmony Within, Expressed as Skillful Action & Sustainability in the World

17:00

Marcela Lobos

Blessing - Opening the Four Directions

17:30

Esther Chang

Embodied Practice - Breathing & Moving in Unison

18:00

Rupert Spira, Kristoffer Haug

Through the Prism of Unity - Unfragmented & Unharmmed

19:00

Athena Despoina Potari, PhD

Opening Ritual - 3000 BC to NOW: Entering the unbroken flow of Hellenic Spirituality

20:30

Sat Dharam Kaur

Spirituality, Activism, and Sustainability as a Lived Experience

21:30

Verena Ledig

Mindfulness Meditation: Connecting our Global Network

Saturday, 20 May

9:00

Verena Ledig

Mindfulness Meditation: Rest your Mind Wide Open

9:30

Ronald A. Alexander, PhD, Shiva Rea, Vivi Letsou

In Community - Tending the Fire & Bringing Wisdom to Action

10:30

Shakti Caterina Maggi

Meditation Experience - Embodying the Shift

11:30

Vasco Gaspar

Step into the Future

12:30Break

13:30

Gaiea Sanskrit & Yogeswari

At the Tipping Point with Ease - Experiencing Critical Times through the Power of Practice & Sangha

14:30

Sue Elkind

Yoga Class with Sue - Regenerative Living on the Yoga Mat and on the Earth

15:30

Christopher Titmuss

Dharma Talk & Meditation - The Personal Meets the Global

17:00

Larry Ward, PhD

Dharma Talk - Flourishing in the Garden of Deep Transformation

18:00

Cory Muscara

How to Avoid Spiritual Bypassing - Embodying Spirituality From a Place of Heart

19:00

Krishna Das in conversation with Jo Confino & Vivi Letsou

KD's Netti-Netti (Not this, Not that) - The Intimate Ground of Spiritual Practice

20:00

Staci Haines

Somatic Practice Session: Embodied Hope and Grounded Action

21:00

Esther Chang

Mindfulness Meditation - Connecting our Global Network

Sunday, 21 May

9:00

Verena Ledig

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9:30	<p>Mindfulness Meditation: Be an Architect of Peace</p> <p><b>Stephen Jenkinson</b></p> <p>Die Wise - A Manifesto for Sanity &amp; Soul</p>
10:15	<p><b>John Henry Smihula, PhD, Andrés Contreris in conversation with Vivi Letsou</b></p> <p>Present Day Activism - Honoring the Process, Freeing Ourselves from Attachment to Goals</p>
11:15	<p><b>Esther Chang</b></p> <p>Jivamukti Yoga</p>
12:15	<p><b>Emilia Roig</b></p> <p>Hopeful Towards a World Free of Systemic Oppression</p>
13:00	<p><b>Yoga Class with Vivi Letsou</b></p>
14:00	<p><b>Gabor Maté in conversation with Andrés Conteris</b></p> <p>Wounded Warriors on the Path to Wholeness: Gabor Maté and Andrés Conteris touch the depths of healing in a world of trauma</p>
15:00	<p><b>Bex Tyrer</b></p> <p>Root to Rise: An Ancient Practice for a Modern World</p>
16:00	<p><b>Bayo Akomolafe in Conversation with Andrés Conteris</b></p> <p>Post Activism--The Subtle, Secret Work through which Prometheus gets Unbound</p>
17:00	<p><b>Arun Deva</b></p> <p>How Yoga and Ayurveda Work Together to Help Us Deal with This Difficult Time</p>
19:00	<p><b>Larry Ward, PhD</b></p> <p>HIGHLIGHT DAY 2: Dharma Talk - Flourishing in the Garden of Deep Transformation</p>
20:00	Break
20:30	<p><b>Roxie Manning in conversation with Cat McCarthy</b></p> <p>From Conflict to Collaboration - Nurturing Social Movements with Nonviolent Communication</p>
21:30	<p><b>Vivi Letsou</b></p> <p>Mindfulness Meditation--Connecting our Global Network</p>
Monday, 22 May	
9:00	<p><b>Verena Ledig</b></p> <p>Morning Meditation: Sitting with the Earth</p>
9:30	<p><b>Mindahi Bastida</b></p> <p>Re-Membering Our Connection to Mother Earth</p>
10:30	<p><b>Tara Judelle</b></p> <p>Embodied Flow - A Practice for Sustaining &amp; Re-Connecting</p>
11:30	<p><b>Brooke Medicine Eagle</b></p> <p>Sacred Feminine and Ecological Balance--Honoring Women's Wisdom for a Sustainable Future</p>
12:15	Break
13:00	<p><b>Sat Dharam Kaur</b></p> <p>Highlight from Day 1 - Spirituality, Activism, and Sustainability as a Lived Experience</p>
14:00	<p><b>Paz Perlman, Nina Rao in conversation with Jo Confino</b></p> <p>Artist Panel - Art as an Expression of Spirituality, Activism, Sustainability</p>
15:00	<p><b>Morgan Goodlander</b></p> <p>The Secret to Creating a Sustainable World</p>
16:00	<p><b>Helge Lovskar</b></p> <p>From the Depths: Exploring the Relationship between Humans and the Ocean</p>
17:00	<p><b>Vivi Letsou</b></p> <p>Deep Relaxation--Beautiful Planet Yoga Nidra</p>
18:00	<p><b>Christiana Figueres, Elise Buckle, Charlotte Dufour, Claire Warmenbol, Thais Corral</b></p> <p>New Paradigms for Climate Action--Earth as Divine Feminine, &amp; Inviting Masculine to the Shift</p>
19:00	<p><b>Marcela Lobos</b></p> <p>Munay-Ki: levels of awareness. Activism and sustainability in one's own life while becoming an Earth Keeper</p>
20:00	<p><b>Esther Chang, Vivi Letsou, Verena Ledig</b></p>

