

	8.00	9.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00
Symphony Room	Sunrise Yoga Delight Yoga 8.00-9.00	Yoga Session Delight Yoga 9.15-10.15			The positive effects of movement on the brain functioning Prof. Dr. Scherder 11.30-12.30		How to see your health issue as an opportunity Dr. Juriaan Galavazi 13.00-15.00		Supplements that will fit your personal needs Bianca Brangstrup 15.30-16.30		Lessons In Love Toña Wong Chung 17.00-18.00		Yoga Session Delight Yoga 19.30-20.30	Yoga Nidra Class Let's Get Zen Hanneke Peeters 21.00-22.00	
Harmony Room			VITAVIVA Mom-To-Be Bianca Brangstrup 10.00-11.00		Supplements that will fit your personal needs Bianca Brangstrup 11.30-12.30		Feng Shui Masterclass Nina Elshof 13.00-14.00	Feng Shui Masterclass Nina Elshof 14.00-15.00	The Meaning of Akasha Maarten van Huijstee - Delight Yoga 15.30-16.30	Human Design Dr. Juriaan Galavazi 16.45-17.45		Human Design Dr. Juriaan Galavazi 18.15-19.15	Lessons In Love Toña Wong Chung 19.30-20.30		
Yellow Room		Consultation VITAVIVA Charlotte Bresling 9.30-10.00 10.00-10.30 10.30-11.00 11.00-11.30 11.30-12.00 12.00-12.30					Consultation VITAVIVA Charlotte Bresling & Bianca Brangstrup 13.30-14.00 14.00-14.30 14.30-15.00 15.00-15.30 15.30-16.00				Consultation VITAVIVA Charlotte Bresling & Bianca Brangstrup 16.30-17.00 17.00-17.30 17.30-18.00 18.00-18.30 18.30-19.00				
Orange Room		Mom-To-Be 3D Echo FEMME Amsterdam 10.00-10.30 10.30-11.00 11.00-11.30 11.30-12.00 12.00-12.30 13.30-14.00 14.00-14.30 14.30-15.00 15.00-15.30 15.30-16.00 16.30-17.00 17.00-17.30 17.30-18.00 19.00-19.30 19.30-20.00													
Red Room		How to become a sustainable Beauty Karen van Ede 10.00-11.00		How to become a sustainable Beauty Karen van Ede 11.30-12.30		Rock Your World Workshop Hanneke Peeters 13.00-14.00	Nutrition Masterclass Sharon Asscher-Looyen 14.00-15.00		How to become a sustainable Beauty Karen van Ede 15.30-16.30		How to become a sustainable Beauty Karen van Ede 17.00-18.00	Mom-To-Be FEMME Consultation Hour 18.15-19.15	Mom-To-Be FEMME Consultation Hour 19.30-20.30		
Blue Room		Nutrition Masterclass Sharon Asscher-Looyen 10.00-11.00		Mom-To-Be Nutrition Masterclass Sharon Asscher-Looyen 11.30-12.30		Reflection Workshop Shame Marissa Klouwer 13.00-14.00	Reflection Workshop Guilt Marissa Klouwer 14.00-15.00		Rock Your World Workshop Hanneke Peeters 15.30-16.30		Rock Your World Workshop Hanneke Peeters 17.00-18.00	Feng Shui Masterclass Nina Elshof 18.15-19.15	Feng Shui Masterclass Nina Elshof 19.30-20.30		
Hotel Suite			Nina Star Ki Nina Elshof 11.00-11.30 11.30-12.00						Nina Star Ki Nina Elshof 16.00-16.30 16.30-17.00						
Akasha Yoga Studio	Yoga Session 8.00-9.30	Mom-To-Be Yoga Session 10.00-11.30			Yoga Session 12.00-13.30	Yoga Session 14.00-15.30			Yoga Session 16.00-17.30		Mom-To-Be Yoga Session 18.00-19.30		Yoga Session 20.00-21.30		
Taiko				Akasha Health Summit Lunch (45 Mins) 12.00-12.45 13.00-13.45 14.00-14.45											
Lounge	The Cold Pressed Juicery Pop-Up 9.00-16.30											Non-Alcoholic Seedlip Cocktails (45 Mins) 18.45-19.30 19.30-20.15 20.15-21.00 21.00-21.45 21.45-22.30			



AKASHA

HEALTH SUMMIT

Saturday 2 February 2019

Yoga Sessions

Enjoy authentic yoga sessions offered by Delight Yoga and Akasha Holistic Wellbeing teachers to reconnect with yourself and find peace within. The perfect way to calm the mind, let go of stress and connect to the breath.

Consultations (group)

Visit one of the group consultations that give you the opportunity to explore more about one of the topics you're interested in.

Consultations (one-on-one)

Visit one of the one-on-one consultations that give you the opportunity to explore more about one of the topics you're interested in.

Talks

Hear from a mix of doctors and rising thinkers on how to optimize your well-being, from better sleeping results to changing your relationships to learning about the positive effects of movement on the brain functioning.

Workshops & Masterclasses

Join one of the interactive workshops run by pros with focus on your spirit, body or beauty - where you'll get to experience and learn all the master tricks first hand.

Mom-To-Be

Dedicated sessions and consultations for the mom-to-be's to fully focus on you and your baby.

	8.00	9.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00		
Symphony Room		Ayurvedic Yoga Session Victoria Hyndman 9.00-10.30			Happy Sleeper Invest in your Rest Anouk Puister 11.30-12.30		Psychology for a better life Mischa Coster 13.00-14.30		How your family system is building your emotional behaviour Els van Steijn 15.00-16.30		Let's talk food, not nutrition Dr. Ludidi 17.00-18.00		Awareness: connect to yourself and Earth today Christa & Bas Verhart 19.00-20.00		Cinetree Movie Night 'HUMAN SCALE' Hanna Verboom - Cinetree 20.30-22.30		
Harmony Room			Reconnect with heart and body Dennis Buist 10.00-11.00		From thinking to feeling Dennis Buist 11.30-12.30		Introduction to Ayurveda Victoria Hyndman 13.00-14.00		The Social Media effect: preventing social comparison Mischa Coster 14.30-15.30		Nutrition Masterclass Sharon Asscher-Looyen 16.00-17.00		Nutrition Masterclass Sharon Asscher-Looyen 17.30-18.30		Lessons In Love Toña Wong Chung 19.00-20.00		Lessons In Love Toña Wong Chung 20.30-21.30
Yellow Room			Consultation Hour - Ask the doc Dr. Ludidi				Happiness Wellbeing Consultation - Reconnect with heart and body Dennis Buist										
Orange Room				Lessons In Love Toña Wong Chung 11.00-11.45		Consultation Hour - How to see your health issue as an opportunity Dr. Juriaan Galavazi											
Red Room			Personal Healing Experience Marissa Klouwer														
Blue Room			Feng Shui Masterclass Nina Elshof 10.00-11.00	Feng Shui Masterclass Nina Elshof 11.15-12.15		How to optimise your overall health and feel your best Nathalie Streng - The Cold Pressed Juicery			Babassu Skin Gym A workout for your face Mila van Rijn - Babassu				Nutrition Masterclass Sharon Asscher-Looyen 18.45-19.45				
Hotel Suite 1						Happy Sleeper Consultation - Anouk Puister - Happy Sleeper											
Hotel Suite 2						Nina Star Ki - Nina Elshof											
Akasha Yoga Studio	Yoga Session Delight Yoga 8.00-9.30	Yoga Session 10.00-11.30	Yoga Session 12.00-13.30	Yoga Session 14.00-15.30	Yoga Session 16.00-17.30	Yoga Session 18.00-19.30	Yoga Session 20.00-21.30										
Taiko			Akasha Health Summit Lunch (45 Mins)														
Lounge		The Cold Pressed Juicery Pop-Up 9.00-16.30										Non-Alcoholic Seedlip Cocktails (45 Mins)					



HEALTH SUMMIT

Sunday 3 February 2019

Yoga Sessions

Enjoy authentic yoga sessions offered by Delight Yoga and Akasha Holistic Wellbeing teachers to reconnect with yourself and find peace within. The perfect way to calm the mind, let go of stress and connect to the breath.

Consultations (group)

Visit one of the group consultations that give you the opportunity to explore more about one of the topics you're interested in.

Consultations (one-on-one)

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Talks

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Workshops & Masterclasses

Join one of the interactive workshops run by pros with focus on your spirit, body or beauty - where you'll get to experience and learn all the master tricks first hand.

Cinetree Movie Night

Join the final session of the summit with a movie night by Cinetree, showing the documentary *The Human Scale* that questions if the city makes you happy or just lonely.