



Thursday 25th August

Lovamrita

Yoniversity

Wildananda

Coziness

Poolabandha

14.00

15.00

16.00

Arriving and settling

17.00

18.00

19.00

Dinner

20.00

21.00

Opening ceremony 20.00-22.00

Friday 26th August

Lovamrita

Yoniversity

Wildananda

Coziness

Poolabandha

07.30

08.30

Sensual Contact
Improvisation
Matilda

9.00

Pods 8.30

9.30

Breakfast 9.00

11.00

12.00

Conscious Touch -
The Wheel of Consent
Radhika

What if I say yes
Adria

13.00

Lunch

14.00

Music & Introductions 14.45

15.00

16.00

Acro Yoga
Tinna & Jacob

Rapid
Transformation
Linda Maasara

Eyegazing &
Breathplay
Mathias

17.00

18.00

Kap (Kundalini
Activation Process)
Thora Kolbrún

Senses Wide Open
with Mindfulness
Asdís

Shamanic
Breathwork
Yra

19.00

Dinner

20.00

Music & Introductions 20.45

21.00

22.00

Wild Love Puja
Lisa

The Hedgehog
Forrest
Adria

Saturday 27th August

Lovamrita

Yoniversity

Wildananda

Coziness

Poolabandha

07.30

08.30

Yoga for better
sex
Pórhildur

9.00

Pods 8.30

9.30

Breakfast

11.00

12.00

Embodiment
Michael

Introduction into
Shibari
Katarina&Karól

Exploring the Senses
Through Taste & Touch
Natascha & Szymon

Water Dance
Nadine Goldau

13.00

Lunch

14.00

Music & Introductions 14.45

15.00

16.00

Bigger and Bolder
Orgasms: Male Sexual
Energy Mastery
Lisa

Female Pleasure &
Power
Linda Näslund

Clitoral Deep Dive
Yana & Cali

17.00

18.00

Trancertica Touch
with words & bodies
Aviad & Lilia

My Lingam and Me:
Vulnerability and
Healing
Alexander

Tantric Breathing
Radhika

19.00

Dinner

20.00

Music & Introductions 20.45

21.00

22.00

Liquid Love
Temple
Lilia Zaks Sokol

Temple of Slowing
Down
Michael

Sunday 28th August

Lovamrita

Yoniversity

Wildananda

Coziness

Poolabandha

07.30

08.30

Women Ectatic
Dance
Elsa

Pranasanna
Neurotransformative
Breathwork
Tiina

09.00

Pods 8.30

09.30

Breakfast

11.00

12.00

Demystifying
non-nogamy
Pórhildur

Penetration
Kundalini Exploratio
Lilia

Yoni Egg
Lisa

13.00

Lunch

14.00

Closing ceremony

14.00

15.00

16.00

Departure for Reykjavik

- switching partners
- optional touch
- optional nudity
- come with a partner

