

Into the woods program 2020

	Thursday 6/8		Friday 7/8				Saturday 8/8				Sunday 9/8			
08:00	Breakfast 8-10				Breakfast 8-10					Breakfast 8-10				08:00
08:30														08:30
09:00					Morning yoga 8.30-9.30					Morning yoga 8.30-9.30				09:00
10:00	Create in clay 10-12 (drop in)	Eggtempera painting 10 - 13 (drop in)			Nature Art 10 - 13 (drop in)	Wild herb foraging 10 - 12	Eggtempera 10 - 13 (drop in)	Braiding with material from nature 10-13 drop-in		Nature art 10-13 drop-in		Forest Bathing 10-12 naturvandring	Art Van-ceramic sculpturing 10-13 drop-in	
10:30														10:30
11:00	Yoga med Ada 11-12													11:00
11:30										Acro Yoga med Lova 11- 12				11:30
12:00		Lunch 12-14				Lunch 12-14	Barbershop drop in 12- 15							12:00
12:30														12:30
13:00														13:00
13:30														13:30
14:00		Make your own plant-hanger 14-16 (drop in)	Wood carving 14-17 drop-in		Land art 13 - 16	Explore the world of plants 14 - 16 naturvandring		Rope/strings making 14-17 drop in		Bracelet weaving 14-17 drop-in	Explore the world of plants 14 - 16 naturvandring	Eggtempera painting 14-17 drop-in	Adventure hike in the magic forest (kids) 13.30 & 15.30	Skogsvandring om ekosystembaserat skogsbruk 14.00
14:30														14:30
15:00														15:00
15:30														15:30
16:00	Konsten att hugga träd - kogsvandring 16-	Explore the world of plants 16 - 18 naturvandring											Adventure hike in the magic forest (kids)	16:00
16:30														16:30
17:00	Yoga Beats 17.00 - 18.00 Per & Rachel				Yoga Beats 17.00 - 18.00 Per & Rachel					Yin Yoga 17 - 18 with Live music, Rachel & Wikedhvari				17:00
17:30														17:30
18:00		Dinner 18-20				Dinner 18-20								18:00
18:30														18:30
19:00	Make a summer hoop 16-17.30 (Live Stream)				Flower arrangement (Live Stream)					Braiding with materials from nature (Live Stream)				19:00
19:30														19:30
20:00	Jugalbandi Trio (live stream)		Forest Impro (music) Fia Forslund		Mikael Karlsson (live stream)				Forest Impro Susanna Lindeborg	Jugalbandi Trio (live stream)				20:00
20:30														20:30
21:00	Slowgold (live stream)				Swing Tarturo (live stream)					Emil Brandqvist trio (live stream)				21:00
21:30														21:30
22:00														22:00
22:30		Forest Disco							Forest Disco	Forest Impro Johan Lundberg		Forest Disco		22:30
23:00														23:00
23:30														23:30
00:00														00:00