

feel the joy

11/11 PROGRAM



	SPACE 1	SPACE 2
8:30am	Registration and Welcome	
9 - 10 am	Movement Mash-Up	Meditation Mash-Up
10 – 10.15am	BREAK / DJ	
10.15 – 10:55 am	Welcomes & Icebreakers Spirituality of Abundance Conscious Kenya community	
10:55 - 11:15 am	11:11 Feel the Joy! Meditation & Laughter Yoga	
11:15 - 11:30am	BREAK / DJ	
11:30 - 12:30pm	Panel #1: Wellness at Work	Energy Mash-Up
12:30 - 2pm	Lunch break Instrumentalists / DJ	Explore Vendors
2 - 3pm	Panel #2: Demystifying Energy Work Moderator: Sister Speaks	Womb Wellness Men's Circle Elder's Circle
3 - 3:15pm	BREAK / DJ	
3:15 - 4:15pm	Mental Health/Addiction: Balancing Act Forgiveness Circle	Love Immersion
4:15 - 4:30pm	BREAK / DJ	
4:30 - 5:30pm	Transforming Fear into Power Women's Desire Circle	Sound Healing Mash-Up
5.30pm – 5:45pm	BREAK / DJ	
5:45-6:15pm	5 Love Languages	
6:15 - 7:15pm	Closing Conscious Dance	

CK Square - Two Rivers Mall
consciouskenya.com/festival

