



EXPLORE | EMBRACE | EVOLVE

14:00 - 14:15	Introduction	
14:20 - 15:00	Creative Silence Power of silence, listening and empathy	Mark Milton Clementine Raphael
15:05 - 15:45	Growth Mindset A safe space for self-reflection	Camila Hurtado
15:50 - 16:20	Breaking through Success blocks Identifying "Blind Spots"	Nigel Moya
16:25 - 16:45	Explore your feet Foot anatomy and importance	Benjamin Le Vesconte
16:50 - 17:30	The Heartfulness Way Q&A session with author of the widely acclaimed book on meditation	Joshua Pollock
17:35 - 18:15	When Life opens many doors Panel discussion on simultaneously navigating multiple career paths	Angus Nelson Paridhi Singh
18:20 - 18:35	Yoga Short physical yoga session	Annelies van't Westeinde
18:40 - 19:10	Young Artists - in the making Go deep into the inspiration and process behind artistry	Ruben Müller Wiebke Herrmann Katrina L. Pennington Nima Emami
19:15 - 19:45	Spiritual Humanism Discussion between quantum physicist and neuroscientist	Jay Lakhani

Join the sessions live on [Facebook](#) and [Youtube](#)!

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11:00 - 11:10	Introduction	
11:15 - 11:55	Finding opportunity in uncertainty Making choices from a host of opportunities and embracing uncertainties	Alain Desvigne Christian Dürr
12:00 - 12:30	Introduction to Nonviolent Communication (NVC)	Magdalena Malinowska
12:35 - 12:55	Feldenkrais: Awareness through movement Embrace your body through movement	Betzabel Falfan
13:00 - 13:40	New ways of working together Understand paradigm shifts in corporations and team building	Andrei Nickl Kim Polonius Sandy Brueckner
13:45 - 14:15	Street art, Beats and Spirituality Express your inner-self through music and art	Janne Hartikainen
14:20 - 14:50	Embracing Leadership Understanding team values and practical tools to build connected teams	Ana Munguia Alexandra Geric
14:55 - 15:25	Qi-Gong Coordinate body posture and movement through breathing	Arnaud Claveau
15:30 - 16:00	Living an Integrated Life Letting life live through you, by integrating all layers of existence	Vasco Gaspar
16:05 - 16:35	Kendama: Work and Play Story behind KROM	Thorkild May
16:40 - 17:00	Embrace your feet Biomechanics- right posture, standing, walking and more	Benjamin Le Vesconte
17:00 - 17:30	Surprise! Special Guest	
17:35 - 18:15	Self Compassion Restorative self-care and resilience	Armen Menechyan Hasmig Tatirossian

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11:30 - 11:40	Introduction	
11:40 - 12:10	Surprise! Special Guest	
12:15 - 12:55	Community & Sustainability Power of communities and their role in creating sustainable societies	Melinda Varfi
13:00 - 13:40	Positive beats Can fashion, music and meditation go together?	Kambiz (Pierre Ravan)
13:45 - 14:05	Flow movement and coordination Short and gentle exercises	Sylvain Wubs
14:10 - 14:40	Evolving in our careers How helping people can open up ways of shaping our career	Pipina Katsaris
14:45 - 15:25	Coffee talk: "Heartfulness Magazine" Young adults discuss a stimulating excerpt with our magazine editor over a hot brew	Elizabeth Denley Avani Patel Sharanya Iyer
15:30 - 16:10	Heartspace Short periods of silence and open space for deep inquiry and sharing	Amir Imani
16:15 - 16:35	Evolve your feet Foot, posture, balance and kissing the Earth	Benjamin Le Vesconte
16:40 - 17:25	Entrepreneur - a shift of consciousness Discussion on conscious management systems and the impact of meditation on the corporate world	Eva Vandest Davy Alexandre Gay Laurence Besançon
17:30 - 18:15	Heartful Leadership Leading through compassion	Katherine Randel Sunil Dovedy Halli Watson
18:20 - 19:00	Action Plan Joining the dots to forge an action plan for the future	Camila Hurtado

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