

ALIVE. Ibiza



DAY ONE - SATURDAY 08/10

Please see the schedule for day one below - content and timings are subject to change. For descriptions please see the downloadable PDF event info.

- 7.45am - 8.30am (Sunrise Swim - Optional) (MM)
- 9.30am - 10.00am ARRIVAL & GROUNDING RITUAL (MM)
- 10.00am - 10.10am Intro from Lydia Kimmerling - The Happiness Explorer™, Founder.
- 10.10am - 10.50am Kim Pearson - Losing weight with psychedelics (KS)
- 10.50am - 11.10am Sally Wright - #SelfAcceptance (HE)
- 11.10am - 11.30am Katie Herridge - All that glitters is not gold (HE)
- 11.30am - 11.45am BREAK
- 11.45am - 12.35pm Lydia Kimmerling - Find out what your Happiness Block is (KS)
- 12.35pm - 12.55pm Haydan Firth - Become a life leader (HE)
- 13.00pm - 14.30pm LUNCH
- 14.30pm - 15.10pm Lydia Kimmerling - Money energetics (WS)
- 15.10pm - 16.25pm Angharad Owen - Next level breathwork session (WS)
- 16.25pm - 16.40pm BREAK
- 16.40pm - 17.15pm Clare Chambers - Find your style, find yourself (KS)
- 17.15pm CLOSE
- 17.30pm - 19.30pm (Music and drinks - Optional) (MM)

KS: Key Speaker | WS: Workshop | HE: Happiness Exploration | MM: Magical Moment

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DAY TWO - SUNDAY 09/10

Please see the schedule for day one below - content and timings are subject to change. For descriptions please see the downloadable PDF event info.

- 7.45am - 8.30am (Beach Yoga - Optional)
- 9.30am ARRIVAL & GROUNDING RITUAL
- 10.00am - 10.10am Intro from Lydia Kimmerling - The Happiness Explorer™, Founder.
- 10.10am - 10.50am Charlotte Lodey - The awe effect (KS)
- 10.50am - 11.10am Lisa Luxford - Pain to peace: Why the 12 steps aren't just for AA (HE)
- 11.10am - 11.30am Alice Matthews - Super charge your alchemist within (HE)
- 11.30am - 11.45am BREAK
- 11.45am - 12.35pm Victor de Guin - Healing with DMT - Working with Bufo (KS)
- 12.35pm - 13.15pm Lydia Kimmerling - A jar for your 'Ah Ha!' moments (WS)
- 13.15pm - 14.30pm LUNCH
- 14.30pm - 15.10pm Guided meditation for abundance (MM)
- 15.10pm - 15.45pm Charlotte Lodey - Make your own smudge stick (WS)
- 15.45pm - 16.00pm BREAK
- 16.00pm - 16.30pm Become A Coach graduate talks
- 16.30pm - 17.15pm Closing Ceremony with Cocoa (MM)

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