

**HARVEST**  
KAPLANKAYA

## **HARVEST WELLBEING**

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11-13 October 2019  
Kaplankaya, Turkey



# HARVEST WELLBEING 2019 – EVENT SCHEDULE

## Thurs October 10th

-  Blisspoint breathwork
-  Pre-event reception

## Fri October 11th

-  Breakfast
-  Morning activities
-  Opening ceremony
-  **Ping Fu**
-  **David Whyte**
-  Lunch
-  **Dr. James Doty**
-  Afternoon wellness
-  Blisspoint breathwork
-  Cocktail reception
-  Dinner
-  Fireside ceremony
-  Equal

### Key



Morning activities for the mind, body and spirit (HIIT, yoga, sound healing, breathwork)



Talks



Workshops



Afternoon wellness (water sound healing, sound healing, movement, meditation, breathwork)



Performances (Bands, poetry readings, DJ sets)



Cocktails & receptions



Meals



Ceremonies



Check out

\*Programme timings are not fixed and are subject to change

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# Sat October 12th

-  Breakfast
-  Morning activities
-  **Tania Boler**
-  **Alberto Villoldo**
-  Lunch
-  **Andrew Huberman**
-  Afternoon wellness
-  Sunset cocktails
-  Dinner & reception
-  Islandman & Pablo Saveedra de Decker

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# Sun October 13th

-  Breakfast
-  Morning activities
-  **Bibi Brzozka**
-  **Alexandra Asseily**
-  Lunch
-  Shakti
-  Sunset ceremony
-  Closing dinner & reception
-  Full moon ceremony

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# Mon October 14th

-  Freediving breathing
-  Blisspoint breathwork
-  Check out

# HARVEST WELLBEING 2019 – SESSIONS

## TALKS

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### **David Whyte**

#### The Courage In Poetry

*Understanding the Relationship Between Vitality and Vulnerability*

Much is said in today's world about 'just being', but human beings have never had the luxury of choosing between an untouched and interior foundational self and the necessities, practicalities and often overwhelming revelations of the outer world, where we have to work, pay bills, and look after others, often before our own selves. Join David Whyte through the revelations of poetry and the poetic tradition looking into some of the bold, courageous, robustly vulnerable and sometimes painful steps in bringing our interior possibilities out into the real world: to do, to achieve, and above all to give.

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### **Dr. James Doty**

#### The Power of Compassion to Change Lives

Can simply being kind to someone make us better people both mentally and physically? Having conducted his own research for years at Stanford University, Dr. James Doty will discuss the neuroscience behind the act of human compassion. He will discuss how compassion is critical to our survival of our species and how practicing compassion with intention can and does have a positively profound effect on our physiology.

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### **Ping Fu**

#### Living Well – Creating a Joyful and Spectacular Last Five Years

Recounting the complex path of her life from imprisonment to freedom, Ping tells of her birth during China's cultural revolution, how she was separated from her parents aged eight and how she grew to success after arriving in America aged 25 with only \$80 in travelers cheques. Now she is asking the question beyond success: how can we create and live a joyful and spectacular last five years? What do we need to co-write a fascinating ending of our stories?

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### **Dr. Andrew Huberman**

#### Your World from the Inside Out: A Neuroscience Perspective

Using neuroscience as the backdrop, Dr. Andrew Huberman will explain the five things that make up our entire life experience – how our perceptions of the world around us combine with our perceptions of the world inside us to determine how we feel, think and act. He will provide an in-depth understanding of new, real-time tools to control our internal states in ways that make us feel more connected to and more aware of the world around us.



### **Tania Boler & Alexander Asseily**

#### Wellness and Technology: A Journey into Elvie, Women's Bodies and Technology

Discovering the story behind Elvie, the global wellness tech brand for women, Alexander will interview Tania, focusing on her crusade to improve health and wellness through technology, how it can help us understand our bodies at a deeper level. Challenging taboo issues in womanhood and highlighting the importance of changing our attitudes, they will discuss the issues they face, the highs in fundraising and what's next for Elvie.

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### **Alberto Villoldo**

#### The Mind of God, the Brain of Man, the Heart of the Shaman

Why is DMT, the Spirit Molecule, found in every living being from trees to whales? What part does it play in creating exceptional health and in human evolution? Shamans have long known the brain is wired for bliss, spirit and infinity. Cartographers of the invisible world, they mapped the journey beyond death into eternity. You will learn of the brain states that facilitate this journey, of the wisdom these mythic realms offer, including how to alter your body to age and die differently.

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### **Alexandra Asseily**

#### Learning to Become Good Ancestors

What is my responsibility for Peace? Here we take steps towards Healing the Wounds of History, to experience an inner understanding of how individual and collective memories of the past influence our present identities and how we live and tell our lives. We explore how historically compounded grievances and deeply buried wounds may continue to hold us and how they can be transformed so that we can break the cycle and become 'good ancestors'.

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### **Bibi Brzozka**

#### Introduction to Energetic Lovemaking

Bibi focuses on a brand of sex education that is not taught in schools. Combining theory and simple, short practice, she shifts people's perception of sexuality and allows them to understand the potential of sex to access peak experiences of love, increased bliss, oneness and healing. By combining meditation with loving and erotic energies a transcendent experience occurs that is often both profoundly healing and reality-shifting.

# HARVEST WELLBEING 2019 – SESSIONS

## WORKSHOPS

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### **Lisa De Narvaez**

#### Blisspoint Breathwork – A Journey through Breath and Sound

Blisspoint Breathwork is an active meditation that combines a simple two part breath sequence, based on tradition yogic theory, with exquisitely curated music and customised sound frequencies. Through her signature style, Lisa will skillfully guide you into an “Above Mind” state of being that gives you access to a transcendent dimension within yourself, through profound relaxation, emotional clarity, insights, wisdom and so much more.

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### **Hanli Prinsloo**

#### Exploring Our Personal Ocean Connection Through Freediving Breathwork

Starting with deep stretches to increase lung volume, then moving through the body’s extraordinary adaptation to being underwater, learning conscious oxygenation and finally relaxing through breath-holds, this workshop combines theoretical learning with practical exercises. Participants will go on an intense journey that will challenge and develop the mind-body-ocean connection in a way that’s both physically and mentally rejuvenating.

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### **Katarina Kristic**

#### Sound Healing: Harmonizing Meditation Journey

Through the vehicle of pure sound, our intention is to create a contained space of harmony, relaxation and wellbeing. We believe that with such deep immersion in the frequencies aligned with those of nature’s vibration, natural harmony is encouraged for both physical body and mind, which in turn augments health, expands awareness and comforts our being.

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### **Banu Alagoz & Muayad Najemeddin**

#### Water & Sound Healing

Immerse yourself in pure sounds and vibrations while floating weightless in the water. Muayad will create a high frequency of sounds to balance and cleanse each of your chakras while Banu activates your energy flow within the water. This is a truly unique experience of shamanic rituals that connects you to your inner self and leads to a state of blissful being.



## **Hernando Villa & Kathi von Koerber**

### Lighting of the Fire

During this session, we will be honoring the earth's natural elements as well as the stunning land and history of Kaplankaya itself. In a relaxed and casual setting, we will be seeking visions and join together to lift the spirit of the gathering through talk, song, music and dance.



## **Becky Hicks**

### Sunflow Movement Meditation and Yoga

This combination of yoga and dance, encourages an unwinding of the patterns of contraction we develop in everyday life, exploring the balance between dynamic and non-resistant ways of moving, with visualisation and breath. Using various techniques and combining body and imagination, the body becomes attuned to sensations and can note, react or release, which encourages an activation of the parasympathetic nervous system, readying us for a catharsis.



# HARVEST KAPLANKAYA

We return to Kaplankaya's beautiful shores for the second edition of Harvest's original event. This time we're delving deeper into the topics at the heart of this life-critical area and the fundamental issues that are challenging us, both as individuals and collectively as mankind.

We will embark on a learning safari with a lineup of lectures on a handful of curated topics from some inspiring, world-renowned speakers and leaders in their field. In addition to elevating our understanding of wellbeing, we have handpicked a few presenters whose hands-on workshops will help us tune into the mind, the body, the earth and much more. Join this extraordinary group and forge new friendships and connections within this future-defining area.



[harvestkaplankaya.com](http://harvestkaplankaya.com)