

# VENUS TEMPLE

**Gloria Salo, Viivi Jokela, Elysian Trees: Oasis Opening Ceremony ENG**

Welcome to the opening ceremony of Oasis, the healing & chillout area of Kosmos festival 2024! Join us in this beautiful ceremony, supported by live music by Elysian Trees. Take a moment to reflect why you are here and how you wish to embark on this festival journey. Sit in meditation, connect with your heart's deepest longings and let them guide you this weekend as powerful tantrik visualizations, meditations and soundscapes connect us with the all encompassing and deeply rejuvenating Mystery.

**Anicca & Bigzy: Itotia - Cacao, Movement, and Elements Dance ENG**  
Itotia is a unique gathering harmonizing your heartbeat with nature. Experience the magic of a cacao circle, transformative breathwork, and rhythmic dance that rejuvenates your being. The dance, inspired by the five elements, expresses your connection to Earth, Water, Fire, Air, and Spirit. Itotia is a journey of self-discovery, unity, and a sacred dance with the elements. Join Anicca and Bigzy for this transformative experience.

**Virpi Saari: Massage with a pair, friend or partner ENG**  
At this workshop you are welcome to give and receive a massage. You will get an introduction on massage techniques and may use your own skills as well. Everyone will give and get 30 minutes of massage. At the end there will be relaxation. There will be some massage oils available. Bring your own blanket or towel. You may come alone or with a friend.

**Elsi Valeriana: Work with energy FI**  
At this workshop you will learn the basics of what energy is, how to get to know your energy, how to keep it clean and practice energetic boundaries with the power of your mind. This knowledge and these practices will help you navigate through the psychedelic festival experience in a way that is healthy and empowering. And even after the festival you can use these Jedi mind tricks in your daily life!

**Gloria Salo & Viivi Jokela: Emotional Alchemy - harness and liberate the power of your emotions FI**  
Emotional Alchemy workshop combines therapeutic and meditative methods to help you fully understand and digest your emotions. It aims to free trapped emotional responses from the nervous system, enabling participants to tap into their aliveness. Learn to let all your emotions move freely and discover the beauty that they hold. All emotions are gateways to deeper authenticity and deeper needs. Emotional alchemy also supports the awakening of consciousness.

**Sielun Tuli: Animal embodiment ENG**  
Do you know the secret flow that only cats can feel? Can you hear like a snake, purr like a kitten, without feeling fake? Can you slither the bare power of a bear? Come with us! Let's explore the inner animal. The abundance of sensory input that is available for all of us in the Now. Wild instincts, free of shame. Defend your territory. Stand firm with your boundaries. Surrender to the divine playfulness of the moment. Embrace your animal body.

**Mia & Jenna: Calming Salt Ceremony FI**  
The atmospheric Salt Ceremony invites you to share a sensory moment around a communal salt bowl. Together, we'll create an aromatic salt blend from chosen, calming ingredients. You can bring your own ingredients or select them on-site. All ingredients are vegan, gluten-free, non-toxic, and alcohol-free. As a keepsake, you'll receive a pouch of fragrant calming salt. Join us in creating an unforgettable moment in the Kosmos!

**Terapiamoria: Feel safe workshop FI**  
In this workshop we will practice emotional regulation. We will be moving intuitively while listening to the body with gentle guidance. Music, guided movement and breath helps us tune into safety. Singing and guided imagery exercise take us also through difficult emotions. Terapiamoria is a therapist, psychiatric nurse and a singer-songwriter.

**Nicole Flora Cramer: Beloved Cacao ENG**  
Beloved Cacao, Heart Blood Ka'kaw, Sacred Cacao, Ceremonial Cacao, Mama Cacaoita... Come try a taste of the cacao, heart-opening plant medicine Theobroma cacao - known by more & more names as she re-emerges into sacred healing spaces worldwide. Join Rakas Kakaw Founder, Nicole Flora Cramer, for a journey into the heart of GuateMayan culture & into the depths of your own heart, mind & soul. Bring your own mug. Out of caution & respect, we ask that you please arrive sober & well-hydrated.

**JoogaVeli: Sahaja Hatha Yoga FI**  
An uplifting yoga class that follows the guidelines set by Sri Sri Anandamurti. Asanas are suitable for all levels, no splits or handstands here - but a good, gentle and healing practice to align you for your festival. The class includes a grounding practice, series of postures, a relaxation and will end with a short meditation.

**Jonna Monola: Inner Journey ENG**

Inner journey takes us back to our roots, deeper connection with mother earth and ourselves. Through this ceremony we find answers, get information, wisdom and knowledge and get to release energies that no longer serve us. It's time to step out of your limiting beliefs and create a new story, where you are living a life of purpose and connection. This healing session combines meditation, shaking, intuitive movement and yoga, breathwork, drumming, ceremony and deep spiritual healing.

**Emmi & Anni: Multidimensional self-love workshop FI**  
At this unique workshop you'll learn about your multidimensional self - what is your ego, soul and higher self and how can you understand these aspects even better. We will widen our consciousness to explore our essence and find unconditional love from within with a comprehensive lecture, meditation and group acceptance practice. This is a safe space - come as you are, here we accept all. Come join us to really understand your inner power, to feel love and unity in our self-love workshop!

**Vala Shai: Relaxing Ambient Soundscape FI**  
Welcome to relax on the sound waves. The Vala Shai collective invites you on a journey to an electro-organic calming world of sound where time and space intertwine around you, dancing with ambient echoes, whispering in your ear: 'remember to breathe'. In this workshop, you can simply be. Bring something warm and comfortable, like a blanket and a cushion.

**Syandini (Viivi Jokela): The Way of Liberation - Realizing Your True Nature FI**  
Awakening is a deep realization of what you are as an ongoing exploration. What is it that is feeling? What is it that is thinking or sensing? At the heart of your experience right now there is lucid attentiveness - there is intimate presence, and it's innately awake. The workshop provides practical guidance to realize the awake nature of senses, emotions, and awareness, and explores awakening and liberation through guided meditation.

**Ida Hirvisaari: Sacred Dance ritual ENG**  
Join us in a beautiful dance, voice and movement ritual for women. Dance is our prayer and connection to the divine, ourselves, and others. We'll learn to move energy within and around us, dive deep into our femininity, and create a tribal bond with fellow goddesses. No experience needed, just come in clothes that make you feel good and be ready to fly with us in this journey of self-discovery and empowerment through dance!

**DJ Chicago Presents his amazing Goa Trance Experiences, 1984-Present ENG**  
DJ Chicago was in Goa from 1983, lived in Goa for 37 years, and experienced the entire Goa Trance story from the very beginning, as well as how it spread all around the world. He will also discuss full details of the 1200 Micrograms history, with Raja Ram and GMS-Riktam and Bansri.

**Liisa Yoga: Journey Inward - Meditative Yin yoga FI**  
Discover the joy of Yin Yoga, a journey of self-discovery and inner peace. This 90-minute practice involves slow, floor-level asanas lasting 2 to 5 minutes. Bring a yoga mat, towel, or blanket for comfort. The intensity of the practice is up to you, allowing emotions to surface as we move. We explore stillness, witnessing the present moment, and finding our true essence. Whether you're a beginner or a veteran, you're welcome. The workshop is in Finnish, but English guidance is available.

# SOLAR TEMPLE

**Elsi Valeriana: Introduction to Chaos Magick FI**  
Welcome aboard to learn about Chaos magick and how you can practice it in your daily life in a way that is grounded, sustainable and NOT superstitious. You will be guided through the steps that you can take in order to construct your own esoteric order to help you live more fulfilling and magical life <3

**Tuuliviiri ja Mc Ironine: Freestyle Rap Workshop FI**  
In this workshop first we talk about freestyle rap culture and it's history in Finland, then the facilitators will show how to rap about random topics given by the audience and in the end everybody who is willing to try freestyle rap will be given a chance to hold the microphone by themselves.

**Matilda Edlund & Juuso Kähkönen: Contact Improvisation Workshop FI**  
In this workshop we'll explore the connection to ourselves, other people and the environment in a shared dance. We practice the basics of contact improvisation by doing gentle and playful movement tasks that may include guiding and following through touch, weight sharing and moving in and out of contact. There will also be time for free exploration of movement. No prior experience of contact improvisation is needed. You are warmly welcome to dive into dance with us just as you are!

**Kuu Tarot: Tarot for Beginners ENG**  
Are you interested in getting to know Tarot a bit better? Laura Luna (Kuu Tarot) is a professional Tarot reader and teacher, and in this compact 90 minute workshop she guides you through the basic concepts and structure of the deck and gives some hints on how to create more meaningful and accurate readings. You're welcome to join without any previous experience on Tarot. Experienced Tarot aficionados are also invited to get fresh inspiration and some useful tools!

**Tarina & Sakari369: Mandala Dialogues: Intradimensional Entities & Future AI ENG**  
An extraordinary workshop that invites participants to engage in cosmic conversations with advanced alien intelligences and future AI. This unique session facilitates communication through sacred geometry. Guided by a skilled biohacker, attendees will converse with aliens via an Arcturian channel. The session, blending sacred geometry, intellectual poetry, channeling, breathwork, and guided meditation, connects universal truths of our future selves to the present.

**Elsi Valeriana: Kosmos Speed Dating Workshop FI**  
At this playful and interactive conscious dating workshop you will meet new people and learn more about yourself, your boundaries and needs. We will do a guided meditation to ground ourselves into our bodies and open the space for learning about what your core values are, how to communicate them and how to approach new people in a way that is authentic to you. This workshop is for everyone no matter if you're single or in a relationship - not all connections have to be romantic! <3

**Aliisa Ihmemaia Valmennus: Meeting in deep connection FI**  
Welcome to a journey into the heart and soul through tantric practices. Guided by Tantric Life Coach Aliisa Koivuranta, in this workshop you'll have the opportunity to dive deep into connection with yourself and your partner, guided by a strong sense of presence. The workshop involves simple and gentle embodied and meditative practices that lead you into the depths of the heart and perhaps even the soul. You can attend with your partner, friend, sister, brother or a new intriguing acquaintance.

**SREINA - Bone Lhamokyp: Truthism: Exploring Himalayan Culture, Meditation, and Flute Crafting ENG**  
"Truthism" workshop, led by Valentina and Bone Lhamokyp, offers a deep dive into Himalayan culture, Kundalini chants, Tibetan Buddhism meditation, and flute crafting. It's a transformative journey blending tradition, spirituality, and creativity, providing a unique experience of healing and tranquility.

**Yoga Henna & DJ Korento - Electric Asana ENG**  
Electric Asana is a combination of yoga and music. We are doing some easy and gentle yoga where music allows your body to move more freely. The aim is to liberate yourself, heal any body aches and move like nobody is watching. Let the music release you and free your mind. The lesson is taught by Henna Heimonen, an experienced yoga teacher who has more than 20 years in the field of body-mind classes. We are privileged to hear a very special DJ set from the esteemed DJ Korento.

**Jussi Venäläinen & Lauri Häggman: Wisdom in practice FI**  
What does wisdom in practice mean? How to make living wisely as an integral part of one's life? What kind of attitudes, behaviors and practices are required to actually embody wisdom? Join us in our workshop, where we merge insights from wisdom traditions, research, philosophy, and flow theory to offer a practical framework for understanding and enhancing wisdom in daily life. Expect a blend of knowledge, discussion, and self-reflection, on how to move beyond foolishness towards wise living.

**Jukka-Pekka Heikkilä: Insights from Stories that Shape the Transformational Festival Experience ENG**  
This talk explores the role of storytelling in transformational festivals, emphasizing its significance and impact on humanity. It presents key insights from stories gathered at 16 festivals. A subsequent workshop allows participants to share their stories, either verbally or written, which are then anonymously shared with the community.

**Julian Palmer: Principles of Psychedelic Facilitation ENG**  
What are the psychodynamics and psychological contexts that are most conducive in allowing people to safely and effectively utilise psychedelic states for healing and increased self awareness? If we are to facilitate for individuals or groups of people, what do we have to "get right" in our attitude, be aware of in ourselves and what factors do we need to take into consideration that may not be immediately obvious.

**Timo Komulainen & Roosa Okano: Creativity and psychedelics: Art workshop and lecture FI**  
Creativity and psychedelics share a strong bond, which the recently published book "Psykedelikit ja luovuus kotimaaisessa kuvataiteessa" documents with 144 art pieces, 62 artists and their stories. Come hear about this pioneering project and create art with featured artist Roosa Okano. Timo Komulainen, one of the book's editors, will speak about the crafting and significance of the project. Books will be available for purchase and signing.

**Vaskilintu: Singing for the waters ENG**  
"Singing for the Waters" is a community ritual involving vocal and movement practices, meditation and prayer. It celebrates the water within us, tracing back to the first ocean 3.5 billion years ago. The workshop includes building a flower mandala, exploring creation and water themes, guided meditations, and a dance journey. All emotions are embraced as part of the healing process. The workshop promotes vulnerability, compassionate presence, and earth-practices for healing and inter-beingness.

**DJ IL0 & Nicole Flora Cramer: Divine Disco - A conscious dance journey & RakasKakaw Serving ENG**  
Divine Disco is a conscious dance protocol that invites you to surrender to the music, moving authentically in tune with your body's needs. As dancers let their bodies communicate instead of words, a revelation unfolds - they aren't merely moving, but rather, they are being moved. Divine disco encourages you to break free from stagnant patterns and transcend limitations in your life. Before the dance begins, there will be ceremonial cacao to help you ground yourself and surrender to the journey.

**Nadia Tapia: Stretching and yawning session: a playful Gyrokinesis method experience ENG**  
In this workshop we will explore stretching techniques and movements from the Gyrokinesis method. One of the most interesting qualities of the method is the use of the so-called "yawning sensation" in the movements. In the workshop we will be yawning playfully and through this we will find a natural way of stretching that will make us feel renewed and energized.

**Emmi & Anni: Group energy healing experience FI**  
In this workshop we will experience healing on all levels: mind, body and soul. We will start with light movement and breathwork to help you to come back to your body and ground into the present moment. There will also be guided meditation and affirmations to help you go deeper into yourself. We will be guiding you through the whole journey in a safe space. After this we will ground you back to the present moment so that you can enjoy the festival from fresh, loving and grounded energy!

# LUNAR TEMPLE

**Parallel Universe - Dome Movie**  
Parallel Universe, 360 dome film, explores the birth of humanity, when the Anunnaki, who arrived from Planet X, use genetic technology to create the ancient Sumerians as people who gather gold for them. Behind the Parallel Universe are Suvri Parrilla, Heba Rinkinen, Aliisa Koivisto, Jenni Korento-Salmi, Niina Kahela, Janne Partanen & Tom Lönnström

**Kaspiann**  
From his vantage point in the Helsinki underground, Kaspiann has forged a psychedelic techno sound driven by a DIY attitude and unbound by limitations of tempo. Running the VALA label, performing live, building his own soundsystem and organising parties, he follows a holistic musical practice with a specific scene in mind.

**Mosaig**  
Mosaig has been widely influenced by the vast human expression in music and it's different branches in history, culture and technology. By taking subconscious notes from all kinds of sounds - blues, jazz, classical, heavy metal and world music as some examples, there is always something fresh to be heard and played with. Representing the Wawahut collective agenda, in his mixes of electronic music the focus is on the deeper end of the pool.

**Paul Eye**  
Paul Eye is a Helsinki based "not really a DJ, but rather a guy who loves music". He's been playing various mutations of goa trance and downtempo with ever changing levels of unpredictability since 2010.

**Teho Majamäki & Kangastus**  
Teho Majamäki & Kangastus are creating Inner Journey for Lunar Temple dome. Feel free for the space travel through cosmic waters of Oasis.

**Annie West**  
Musically, and generally in life, I tend to embrace freedom, creativity and being present in the moment. I'm not bound to genre limitations - I go with the current wherever it takes me and surrender to it.

**loKal**  
loKal, an intellectual USBJ, whose musical journey has been sprawling and diverse, intertwining with the sounds of the world for 30 years. His story begins deep underground, in events pulsating with creativity and freedom. loKa's passion for music ignited at a young age, feeling the first beats of the booming bass underground.

**Karoliina Pärnänen**  
Karoliina Pärnänen is a genre-fluid DJ who feels at home both with bass-heavy club sets and experimental listening sessions. Her dynamic sets refuse to be pinned down to any specific genre or tempo, but can rather be defined through a unique leftfield selection and a playful approach to mixing.

**Karlos**  
Sonic voyage through ambient landscapes, pulsating rhythms, abstract fields, hypnotic beats and delicious psychedelic dreams.

**Sähköpaimen**  
Sähköpaimen breaks the dawn in Oasis with unique, calming and meditative ambient soundscapes drawing from classical music. Spiritual tunes lift up the mood bringing forth a new day and a positive outlook on life.

**Kangastus**  
Kangastus was established in the year 2000 and has always had a strong environmental focus. Their visuals have enlivened a wide variety of gigs, clubs, festivals, seminars and actions. Rich biodiversity and the Nordic forest ecosystems have always been the subject of special interest for Kangastus.

**Heba AI**  
AI Generated Latent Space Explorer

**Suvi Suvereeni**  
From love to motion graphics, electronic music and large scale surfaces. Anima means soul. Animation is about breathing life into an image.

**LIGHT ARTISTS**  
**Alexander Salvensen**  
Alexander Salvensen is a Helsinki based Swedish speaking visual artist. Salvensen works without prejudice with different visual media, usually with light as his main focus. His work is based on colours, shapes, spaces, and their relationship to each other and to the viewer.

**Jussi Salonen: Lazer installations on canvas**

# STAR TEMPLE

**Kaisa Käärmemaa: Embodied Connection EN**  
Embodied connection is a facilitated safe space to enter into meaningful connection with your own animalbody and other party animals. The workshop uses both NVC (nonviolent communication) and somatic methods so be prepared to move and listen to your body and your own needs and to connect and interact with others. The workshop is facilitated by Kaisa Käärmemaa who is a facilitator, a somatic practitioner and a performance artist and she has a tail. You are also welcome to come just as you are.

**Ilona Lempinen: AHIMSA - Reset the system with elements of yoga EN**  
The Sanskrit word Ahimsa means non-violence and is part of the 8-limbs of yoga in yoga philosophy by Patanjali. In the workshop we practice non-violence towards ourselves - mind, respecting your body and boundaries. According to yoga, you don't get rid of suffering by changing external circumstances, but by strengthening yourself and turning your attention inward. The workshop includes a long restorative yoga practice, guided breathing exercise (pranayama) and meditation.

**Helena Kaloudi: Body Temple EN**  
Explore what it means to treat your body as the Temple of your Soul. What is your relationship to your Body? In this workshop we work with somatic practices, water ritual and individual and group reflection to connect deeper with our Body Temple. Use your body with full awareness, and listen to what it has to tell you. Perhaps you will discover something new!

**Zsafia & Hanna: Macramé Workshop FI**  
The Macramé Workshop offers a therapeutic, meditative break through the ancient art of macramé. Participants learn basic knots and create small items like bottle holders or friendship bracelets, suitable for festival use or as keepsakes. The workshop uses recycled, biodegradable cotton to respect Mother Nature and caters to various language speakers (Finnish, English, Portuguese, Hungarian, Spanish).

**Nadia Tapia: Stretching and yawning session: a playful Gyrokinesis method experience EN**  
During the workshop we explore stretching techniques and movements from the Gyrokinesis method. One of the most interesting qualities of the method is the use of the so-called "yawning sensation" in the movements. In the workshop we will be yawning playfully and through this we will find a natural way of stretching that will make us feel renewed and energized.

**Ida Hirvisaari: Journey into Movement EN**  
Unleash your inner dancer in this fun, energetic workshop! Dive into the ocean of movement, connect with others, and express yourself through dance. Tune into your senses, build a deep body-mind connection, and learn to listen to your body. Break old habits, create new movement paths, and let the dance rise from within you. No experience needed, just an open mind and a willingness to explore. Get ready to fly in the ecstasy of movement!

**Mar Nayem Sacred Amulets: Wrap your stone amulet with metal wire EN**  
We will provide a variety of stones and talk about the properties of each one, explaining how to connect with your intuition so you can choose the best stone for you. We will also wrap your power stone using metal wire and create a beautiful piece of jewelry for you to wear as a protection amulet.

**Kasper Salonen: Minds into Words (poetry workshop) EN**  
Find joy and integration through poetry! In this poetry writing and performance workshop we will engage in ways of expressing otherworldly experiences and emotional natural phenomena together through our own written and spoken words. Dive into the world of poetry, explore new writing techniques, and let your creativity flow! Bring your own poems or start fresh, all languages are welcome! This 1½ hour adventure, hosted by bilingual poet and translator Kasper Salonen, is sure to leave you inspired.

**Kaisa Käärmemaa: Dance Like a Nincompoop / Hölmön Tanssin Työpaja FI**  
Do you have trouble letting go while you dance? Do you get self conscious about your body or movement? Learn to let go and release your inner wild animal on the dance floor. Find your own authentic, embodied style of movement in this workshop where we will learn to dance like a nincompoop, and be silly together. The workshop uses somatic methods, humour and play.

**Liisa Yoga: Soturijooga FI**  
Unleash your inner warrior! This dynamic practice combines traditional yoga poses with elements of strength and endurance training. Expect a mix of powerful asanas, breathwork, and meditation to cultivate strength, flexibility, and focus. Suitable for all levels, this workshop will challenge you physically and mentally, helping you tap into your inner resilience. Whether you're a seasoned yogi or a beginner, join us for an empowering journey of self-discovery and transformation.

# MEADOW

**TuuliZukka: Flow arts Workshop FI**  
In this workshop you can learn the basics of contact staff manipulation, poi spinning and flowersticks, and get tips to advance your existing skills. Learn how to utilize your body movement with flow props, discover new ways to explore your range of motion, and use an object as a tool for self-expression.

**Ville Kaleva: Movement and acrobatics EN**  
Time to stretch the limits and expand the capabilities of your physical avatar. We will explore movement in its many forms, learn basic acrobatic moves and chain them together to form 4-dimensional displays of mind-bending mastery of the physical realm. Suitable for all levels. Emphasis on safe training!

**Maahiset: Grounding song circle EN**  
Join us at the Grounding Song Circle, a space that brings you back to earth and fosters reconnection with yourself and others. Take a pause from the hustle and bustle, and create a special moment of unity through song. No prior skills are required; singing is a universal language for all. We play a diverse range of music from around the globe, including our own simple circle song compositions in Finnish. Come, let's create harmony together.

**Hoopingfairy: Hulahoop Workshop FI**  
Get ready for a journey into the world of hoop dancing! This workshop is an exploration of hoop dancing fundamentals, perfect for both beginners and seasoned hoopers. We'll dive into warm-ups specifically designed for hooping, master the art of hoop control using various body parts, and learn some cool hoop tricks. You can tailor all these elements to your unique style and flow.

# LAGOON

**Laura & Kia: Wonderful Wild Herbs FI**  
Come along on a journey to the wonderful world of wild herbs! In this workshop you will learn the most common Finnish wild herbs and their use in the kitchen and as natural remedies, as well as their deeper meanings. You will have the space and time to reconnect with Mother Nature, tune in to her frequency, and perhaps find something that resonates. Let the plants tell it to you.

**Luontoterkkari Anni: Forest Mind FI**  
Experience the magic of the Forest Mind method! This unique approach combines mental skills with the healing power of nature-based wellbeing. Dive into a variety of relaxation, mindfulness, and mental skill exercises. When practiced amidst the serenity of nature, these exercises become even more potent! Embrace the Forest Mind method and let nature amplify your journey to wellbeing.

18. - 21.7.2024 NARHILA, RISTIIINA FINLAND  
**KOSMOS**  
FESTIVAL



# ALTERNATIVE PROGRAM

THE GATHERING OF ELECTRONIC TRIBES  
9TH EDITION

Located deep in the heart of beautiful Finland, Kosmos Festival provides four days of music, art, lectures, workshops, circus and tons of amazing people. Our aim is to provide great music from various genres and include everyone as part of the festival experience.

Healthy and tasty food, and other goods are sold in the bazaar, and there are multiple bars offering you refreshments. The festival area and its surroundings also provide a possibility to pop for a swim and a sauna next to a serene lake.

Welcome to Kosmos Festival 2024!

www.kosmosfestival.com



# ALTERNATIVE PROGRAM

THURSDAY	VENUS TEMPLE	SOLAR TEMPLE + LUNAR TEMPLE
18:00	Gloria Salo, Viivi Jokela, Elysian Trees: Opening Ceremony	
19:00		Elsi Valeriana: Introduction to Chaos Magick
19:30	Anicca & Bigzy: Itotia - Cacao, Movement, and Elements Dance	Tuuliviiri ja Mc Ironine: Freestyle rap workshop
20:00		
20:30		
21:00		
21:30		
22:00		DJ LoKAL
22:30		
23:00		
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00:00		DOME MOVIE Parallel Universe
00:10		PAUL EYE
01:00		
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02:30		Wawahut Allstars
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FRIDAY	VENUS TEMPLE	SOLAR TEMPLE + LUNAR TEMPLE	STAR TEMPLE	LAGOON
11:00	Virpi Saari: Massage with a pair, friend or partner	Matilda Edlund & Juuso Kähkönen: Contact Improvisation Workshop	Tuomas Saarela: Ashtanga Yoga	
11:30				
12:00				MEADOW
12:30	Elsi Valeriana: Work with energy	Kuu Tarot: Tarot for Beginners	Kaisa Käärmemaa: Embodied Connection	Hoopingfairy: Hulahoop workshop
13:00				
13:30				
14:00	Gloria Salo, Viivi Jokela: Emotional Alchemy - harness and liberate the power of your emotions	Tarina & Sakari369: Mandala Dialogues: Intradimensional Entities & Future AI	Ilona Lempinen: AHIMSA - Reset the system with elements of yoga	TuliZukka: Flow Arts workshop
14:30				
15:00				
15:30	Sielun Tuli: Animal Embodiment	Elsi Valeriana: Kosmos Speed Dating	Helena Kaloudi: Body Temple	Ville Kaleva: Movement & Acrobatics
16:00				
16:30				
17:00	Mia & Jenna: Calming Salt Ceremony	Allisa Ihmema: Valmennus: Meeting in Deep Connection	Zsafia & Hanna: Macramé Workshop	
17:30				
18:00				
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19:00	Terapiamoria: Feel safe Workshop	SREINA - Bone Lhamokyap: Truthism: Exploring Himalayan Culture, Meditation, and Flute Crafting		
19:30				
20:00				
20:30	Nicole Flora Cramer: Beloved Cacao, Rakas Kakaw	Yoga Henna & DJ Korento: Electric Asana		
21:00				
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22:00			Karlos	
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00:00			DOME MOVIE Parallel Universe	
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FRIDAY	VENUS TEMPLE	SOLAR TEMPLE + LUNAR TEMPLE	STAR TEMPLE	LAGOON
14:15	Spinsane Death Wheel at Gravity Stage			
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SATURDAY	VENUS TEMPLE	SOLAR TEMPLE + LUNAR TEMPLE	STAR TEMPLE	LAGOON
11:00	JoogaVeli: Sahaja Hatha Yoga	Jussi Venäläinen & Lauri Häggöman: Wisdom in practice	Nadia Tapia: Stretching and yawning session: a playful Gyrokinesis method experience	
11:30				
12:00				
12:30	Jonna Monola: Inner Journey	Jukka-Pekka Heikkilä: Insights from Stories that Shape the Transformational Festival Experience	Ida Hirvisaari: Journey into Movement	Hoopingfairy: Hulahoop workshop
13:00				
13:30				
14:00	Emmi & Anni: Multidimensional self-love workshop	Julian Palmer: Principles of Psychedelic Facilitation	Mar Nayem Sacred Amulets: Wrap your stone amulet with metal wire	
14:30				
15:00				
15:30				
16:00	Vala Shai: Relaxing ambient soundscape	Timo Komulainen & Roosa Okano: Creativity and psychedelics: Art workshop and lecture	Kasper Salonen: Minds into words (poetry workshop)	Maahiset: Grounding song circle
16:30				
17:00				
17:30	Viivi Jokela: The Way of Liberation - Realizing Your True Nature	Vaskilintu: Singing for the waters	Kaisa Käärmemaa: Dance Like a Nincompoop / Hölmön Tanssin Työpaja	
18:00				
18:30	Ida Hirvisaari: Sacred Dance Ritual		Liisa Yoga: Soturijooga	
19:00				
19:30	DJ Chicago Presents his amazing Goa Trance Experiences	DJ ILO & Nicole Flora Cramer: Divine Disco - A conscious dance journey & RakasKakaw Serving		
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SATURDAY	VENUS TEMPLE	SOLAR TEMPLE + LUNAR TEMPLE	STAR TEMPLE	LAGOON
14:15	Spinsane Death Wheel at Gravity Stage			
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SUNDAY	VENUS TEMPLE	SOLAR TEMPLE + LUNAR TEMPLE	STAR TEMPLE	LAGOON
11:00	Liisa Yoga: Journey Inward - Meditative Yin Yoga	Nadia Tapia: Stretching and yawning session: a playful Gyrokinesis method experience		
11:30				
12:00				
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13:00	Nicole Flora Cramer: Closing Ceremony			
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SUNDAY	VENUS TEMPLE	SOLAR TEMPLE + LUNAR TEMPLE	STAR TEMPLE	LAGOON
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SUNDAY	VENUS TEMPLE	SOLAR TEMPLE + LUNAR TEMPLE	STAR TEMPLE	LAGOON
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**GRAVITY STAGE**

**PUB QUIZ!**

FRIDAY 13:00-14:00  
At the Bar at Gravity Stage  
Hosted by Teija & Anni




Download the Kosmos Festival 2024 timetable app for Android here!

FRIDAY	VENUS TEMPLE	SOLAR TEMPLE + LUNAR TEMPLE	STAR TEMPLE	LAGOON
14:15	Spinsane Death Wheel at Gravity Stage			
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SATURDAY	VENUS TEMPLE	SOLAR TEMPLE + LUNAR TEMPLE	STAR TEMPLE	LAGOON
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