

Sekier's Meadows festival program 2015

3th -5th July 2015, Sekier at Zajezova

WARNING:

Changes may occur, we aim to limit them to minimum though. Times are scheduled rather symbolically, the exact beginning of activities will be announced.

FRIDAY	Concerts and dances	Workshops	Activities for children	Humno cinema & discussions
Afternoon (5 - 8 PM)	Tent of Sounds opening (5PM) Two music enthusiasts Tomas Hacek (known before as Tom Hubacek) and Tomas Brichta from Zajezova are opening their Tent of Sounds to perform and encourage you to jamming.	Edible wild plants (4 PM) Bartek Krzewinski takes you for a walk and introduces you to the less known edible wild plants. Tantra workshop (6 PM) Tantra welcoming, Tantra temples (encountering joy and love of touch). Tantra massages, waking up kundalini, energy work, partner's communication. (Josef Skuhrovec) Belly dance (7 PM) Workshop with Zuzana Pastuchova	Veronika's Creative Tent (5 PM) Veronika Koucka and other creative women invites children as well as adults to express their creativity. There are activities to be tried out during the whole festival, like macramé; products of sheep wool; organza broches; products of wire; napkin's techniques; face painting; jewelry from recycled materials; active imagination techniques. Horseback riding (5PM) The youngest festival visitors can try out horseback riding under the guidance of horse's owner David during the festival.	Summerhill (5 PM) British movie inspired by real story about alternative school Summerhill. The school founded in 1921 got in the way of British ministry of education in recent years. What are the results of their attempts on closing it? Find out by watching this entertaining family movie and stay for a discussion about the educational system in Slovakia and its possible alternatives. NGO Navrat's movie screening and presentation (7 PM) Introduction of project Childhood Needs Laugh by NGO Navrat that focuses on children's adoption. How to parent with ease, how to give children what they need and not to exhaust yourself? Help us to find out. Boy on the Bike movie about a boy who's father passed him to the institutionalized care "for a while".
Evening (8 – 10 PM)	Casa Nomada (8 PM) Durga and Jozef's (Tabanda band) acoustic ethno inspired by world streets, mostly Balkanian, Portuguese and Spanish, often by Gipsy or Slovakian folk songs, too.	Art exhibitions opening in Tea house (9 PM) Veronika Altoff, Igor Strinka, Filip and Bea from Zajezova, Atelier Dubina - Veronika Koucka		
Night (10 PM – 0.00)	Rainbow Music (10 PM) Straky and Evka's Road Songs - rainbow, reggae, gipsy and North American natives songs.			
SATURDAY				
forenoon (9 AM – 12.00)	Hrnciarovci (11 AM) folk music family from Smrečany introduces folklore of Liptov (accordion, violin, flute, bagpipes)	Morning yoga (8 AM) Vika Kurpiel from Zajezova Edible wild plants (9 AM) Bartek Krzewinski takes you for a walk and introduces you to the less known edible wild plants Intuitive dance (10 AM) Open and spontaneous dance impro for women guided by Ariadna Tent of Sounds (11 AM) Tent of Sounds is open to your exploration of its instruments and jamming.	Archery (10 AM) archery practice for children and adults Horseback riding (all day) The youngest festival visitors can try out horseback riding under the guidance of horse's owner David during the festival. Veronika's Creative Tent (all day) Veronika Koucka and other creative women invites children as well as adults to express their creativity. There are activities to be tried out during the whole festival like macramé; products of sheep wool; organza broches; products of wire;	Orange Summer (10 AM) Authentic comedy movie based on real story that happened 30 years ago. Osho's followers try to found a community in traditional Bavarian village. Delivering baby to mother's hands (10:30 AM) Denisa Urbanova invites women, men and children for sharing circle about beauty of keeping the birth in mother's hands – experience almost forgotten in our current culture but known in our civilization for thousands years and practiced for millions of years by Mother Nature. Knowledge that our body bares naturally and experience that our newborns naturally expect.

		<p>Crafts workshops opening (from 10 AM to lunch) Carving, carpentry, sheep wool crafting, spinning, pottery, blacksmith presentations and hands on activities</p> <p>Tantra workshop (11 AM) Tantra welcoming, Tantra temples (encountering joy and love of touch), Tantra massages, waking up of Kundalini, energy work, partner's communication (Josef Skuhrovec)</p>	napkin's techniques; face painting; jewelry from recycled materials; active imagination techniques.	
lunch (12.00 – 2 PM)	<p>Miso Smetanka (12 AM) Folk music instruments maker, interpret and folklore expert's program for children and adults introducing folk music – mainly flutes and similar Carpatian instruments.</p> <p>Silent Concert (1:30 PM) Acoustic intuitive and meditative concert by singing natural birth delivery assistant Denisa Urbanova and guitarist Juraj Kral.</p>	<p>Usage of baby carrying scarfs (12 AM) practical presentation and discussion</p> <p>Common creation of an art piece guided by Veronika Altoff (12 AM)</p>		<p>Relationships, mystery of attraction and conscious co-creation (12 AM) Lecture and sharing by Lery (Valerian Gregor Svec) that aims to demystify purpose of attraction and falling in love, and to support sustenance of relationships. We shall revise our social environment and recognize who could be entitled to our intimate partner or friend and who are those who don't fit to any of these categories.</p> <p>Non-traditional fruit trees growing (12 AM) How to grow and harvest less known and exotic sorts of fruit trees in Slovakia (hurmikaki, asimina, figs, kiwi etc.) http://asimina.webnode.sk/o-nas/</p>
afternoon (2 - 5 PM)	<p>Aero dance (2 PM) Ariadna and Stanka's hanging acrobacy performance www.ariadninanit.com</p> <p>Harp player and folk bard Betka Trojanova (4 PM) Czech, Moravian, Irish, Jewish and musician's author songs</p>	<p>Dance impro (2 PM) contact impro basics by Bara Immerova, NGO Skok</p> <p>Voice workshop by Ridina Ahmed (2:30 PM) Space for letting go of our beliefs that we can't sing so that we can relax, enjoy our natural expression and music. Simple exercises and easy compositions adjusted to the group's potential bring surprising results of natural group work process.</p>	<p>Clown (2 PM) Igor Strika</p> <p>Slackline (2 PM) for children and adults</p> <p>Mountaineering on trees (3 PM)</p> <p>Non-traditional sport games (4 PM)</p>	<p>Indigenous Resistance (2 PM) Short movies series about indigenous peoples of Canada fighting against oil companies destroying their traditional lands, followed by discussion. Wild and Free Kolektív</p> <p>Volunteering in Siberia (3:30 PM) Stories and pictures presentation by Lucia Pastorova about her volunteers program in Omsk.</p>

late afternoon (5 – 7 PM)	Sounds of Life (6 PM) Healing sound shower of solfeggio frekvencies	African dances (5 PM) by Lenka Kuzmova www.babyluzaru.sk	Little Indian passage of courage (5 PM) Passage through forest with tests of courage	Danubestory (5 PM) Screening of a movie dedicated to Danube and people living on its banks stretched from Black Forrest in Germany to Black Sea on the borders of Ukraine and Romania. Wealth and poverty form merry and sad stories that flows through life like a river. www.danubestory.eu
evening (7 – 10 PM)	Caromoro (7 PM) Adam Kerdo and friends – etno flow music and dance company of rainbow brothers Ridina Ahmed's voice workshop attendees demo (8 PM) Via (9 PM) Lilien, Pato Kocka, Riso Wagner - meditative chillout			
night (10 PM – 0.00)	Silent Water (10 PM) Zuzka Spanikova, Tomas Brichta, Miro Carsky – blues-rock from Zajezova Fire Show (10 PM)			
Sunday				
forenoon (9 AM – 2 PM)	Folk dance school (10:30 AM) Palo Holik (dancer from Lucnica) lecture of folk dances accompanied by life music	Volleyball and football (9 AM) Edible wild plants (9 AM) Bartek Krzewinski takes you for a walk and introduces you to the less known edible wild plants Mowing and care of scythe (10 AM) OM healing (10 AM) Denisa Urbanova www.om-healing.org/sk Juggling and juggling balls making (11 AM) by Zkufra von! Theatre	Veronika's Creative Tent (9 AM) Veronika Koucka and other creative women invites children as well as adults to express their creativity. There are activities to be tried out during the whole festival, like macramé; products of sheep wool; organza broches; products of wire; napkin's techniques; face painting; jewelry from recycled materials; active imagination techniques. Zkufra von! Theatre – children show (10 AM) Street puppet and circus performance about two wandering brothers. Show with circus elements, juggling and rope walking.	Nature Project (9:30 AM) British film maker David Bond can't reconcile with the fact that his kids prefer PC games to spending time outdoors. Thus he titles himself marketing director for nature and gets PR and advertisement experts to create a campaign to change stereotypes of children and parents regarding outdoors. How to travel with ease (11 AM) Paulina Bohmerova shares her experiences of travelling in exotic countries.