











Step into a world where rhythm and tranquility coexist at the Mindful Ecstatic Rave. This unique event blends vibrant music and holistic wellness practices to create an unforgettable experience. Enjoy ecstatic dance sessions, various musical performances, and immersive yoga and herbalism workshops. Designed to elevate your spirit and rejuvenate your mind, the Mindful Ecstatic Rave invites you to celebrate life in harmony with nature and music. Join us for a transformative journey!



#### **Ecstatic Dance Sessions**

Neque blandit consectetur viverra placerat ante are many variations of passages.



#### **Yoga Sessions**

Neque blandit consectetur viverra placerat ante are many variations of passages.



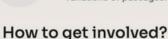
#### Mindfulness

Neque blandit consectetur viverra placerat ante are many variations of passages.



#### Herbalism

Neque blandit consectetur viverra placerat ante are many variations of passages.



Join us at the Mindful Ecstatic Rave! You can participate as a supporter and enjoy the festival, volunteer to help bring the event to life, or lead a workshop/session as a facilitator. Be a part of this transformative celebration of music, dance, and wellness in any way that suits you. Come and make memories with us

Yoga Teacher

Breathwork Coaches

Mindfulness Facilitators

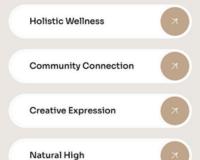
Sound Therapists

(+) Artist

Volunteers



# Let's Experience Something Great





### Immerse in Holistic Harmony

Experience a unique blend of music, dance, and holistic practices like yoga, breathwork, and meditation. This multisensory approach nurtures your body, mind, and spirit, promoting balance, healing, and a sense of inner peace.

- Enhanced Mind-Body Connection
- Personal Growth
- Healing Practices



#### Stunning Location

Set in the Grüner Spielstadt, a hidden gem in Bonn, Endenich, the Ecstatic Rave offers a perfect backdrop for relaxation and transformation. The natural surroundings enhance the immersive experience, making it a truly unforgettable event.



#### **Dynamic Team**

Organized by the Shamanic Tribe, a collective of seasoned practitioners and artists dedicated to holistic wellness and spiritual growth. Their expertise ensures a well-curated, safe, and enriching experience for all participants.

×



#### **Unique Experience**

The Ecstatic Rave uniquely combines ecstatic dance, uplifting music, and holistic practices like yoga, breathwork, and meditation. This integrative approach fosters deep connection, self-expression, and personal transformation.

# Main Highlights



· SESSION Yoga



WORKSHOP Mindfulness





Sound Therapy



WORKSHOP Herbalism



Cacao Ceremony



SESSION **Energy Work** 





### Who are we?

The Shamanic Tribe is a vibrant community united by our love for mindfulness and music. We come together to explore, connect, and grow through the rhythms and melodies that help us stay grounded and present. Our gatherings blend sound and self-discovery, creating a space where everyone can relax and connect deeply. Join us to experience the joy of music and mindfulness in a supportive, fun environment.



#### Mindfulness

Music

Mindfulness binds our tribe through shared presence and clarity

Mindfulness is the heartbeat of the shamanic tribe.

# Ayurveda \* Ecstatic Dance \* Mindfulness \* Yoga \*









# MEET THE TEAM

Abayomi Akande

Anke Sauer-Fresen

Fernando Kaha

Helena Ströbel , YOOA TEACHER, HERBALIST

Henrike Schucknecht

Malina Von Hellfeld



# Do You Want to Join Our Experience?

02

Please send a request to hello@theshamanictribe.com

**Facilitators** 



Musicians



01

Yoga Teachers



Volunteers



03

04