

Mindful Ecstaic Rave

Ayurveda * **Ecstatic Dance** * Mindfulness * Yoga *



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

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Yoga Sessions

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Mindfulness

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Herbalism

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How to get involved?

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

Holistic Wellness

Community Connection

Creative Expression

Natural High



Immerse in Holistic Harmony

Experience a unique blend of music, dance, and holistic practices like yoga, breathwork, and meditation. This multi-sensory 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.

01



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.

02



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.

03

Main Highlights

• PERFORMANCE

Ecstatic Dance



• SESSION

Yoga



• WORKSHOP

Mindfulness



• WORKSHOP

Breathwork



• SESSION

Sound Therapy



• WORKSHOP

Herbalism



• SESSION

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.



* 20+

Tribers & Friends



Mindfulness

Mindfulness binds our tribe through shared presence and clarity



Music

Mindfulness is the heartbeat of the shamanic tribe.

JOIN THE TRIBE

Ayurveda * **Ecstatic Dance** * Mindfulness * Yoga *

MEET THE TEAM

Abayomi Akande / HANDBANIST

Anke Sauer-Fresen / YOGA THERAPIST

Fernando Kaha / DJ, PRODUCER

Helena Ströbel / YOGA TEACHER, HERBALIST

Henrike Schucknecht / EVENT MANAGER

Malina Von Hellfeld / HANDBANIST



Do You Want to Join Our Experience?

Please send a request to hello@theshamanictribe.com

Facilitators



01

Musicians



02

Yoga Teachers



03

Volunteers



04