

@THESHAMANICTRIBE



 The
Shamanic
Tribe

Mindful Ecstatic Rave

28TH SEPTEMBER 2024
GRÜNE SPIELSTADT
AN D. SCHWARZEN BRÜCKE, 53121 BONN

WWW.THESHAMANICTRIBE.COM



@theshamanictribe

www.theshamanictribe.com



Introduction

The Ecstatic Rave, organized by the Shamanic Tribe, is a dynamic celebration blending free-form dance, uplifting music, and holistic wellness practices. Participants immerse in a vibrant atmosphere, fostering deep connections, self-expression, and joy, while experiencing the transformative power of movement, mindfulness, and community in an inclusive, energetic environment.

Table of Contents



01

Event Highlights

Transformative dance and wellness experiences.

02

Audience

Wellness enthusiasts seeking transformative experiences.

03

Performers / Workshops

DJs, musicians, and practitioners.

04

Partners

Support the cause



05

Media Collabs

Promote the cause

06

Next steps

















Corporation

01



Event Highlights

Main Highlights

<p>• PERFORMANCE</p> <p>Ecstatic Dance</p>  	<p>• SESSION</p> <p>Yoga</p>  	<p>• WORKSHOP</p> <p>Mindfulness</p>  	<p>• WORKSHOP</p> <p>Breathwork</p>  
<p>• SESSION</p> <p>Sound Therapy</p>  	<p>• WORKSHOP</p> <p>Herbalism</p>  	<p>• SESSION</p> <p>Cacao Ceremony</p>  	<p>• SESSION</p> <p>Energy Work</p>  



Program

- 13-30 - Starting & Welcome
- 14-00 - Workshops & Yoga 1
- 15-30 - Workshops & Yoga 2
- 17-0 - PSYCHEDELIC BREATH®
/ Sound Meditation
- 18-00 - Cacao Ceremony
- 19-00 - Ecstatic Dance 1
- 20-30 - Ecstatic Dance 2
- 22-00 - Closing Circle & Bonfire



Ecstatic dance is like no other experience. It frees the soul, awakens the mind, and nourishes the body.

Gabrielle Roñh

5Rhythms movement practice



Location

Grüne Spielstadt - Wissenschaftsladen Bonn e. V.

Nestled within a sprawling 4,500 square meters of verdant beauty in Bonn lies the Grüner Spielstadt, a captivating location that seamlessly blends nature with art. This summer, the Shamanic Tribe will host the Ecstatic Rave, transforming this unique space into a hub of rhythm, dance, and connection.

Since 1999, over 30 intricate willow sculptures have taken root and flourished in Grüner Spielstadt, transforming the landscape into a living, breathing gallery. Among these organic masterpieces, the towering 'Rock'n Roll House' and the expansive 'Fast Breeder' stand as testaments to the harmony of natural growth and artistic vision.

A photographic tour offers a rich overview of the site, capturing its evolution and the enchanting interplay between art and nature. Visitors, both young and old, can immerse themselves in the serene environment, exploring the sculptures and the lush surroundings. Children and young people will find endless opportunities for discovery and adventure, while adults can unwind with a leisurely picnic amidst the greenery.



Audience

Please note that we are expecting aprox. 150 participants for this event

The Ecstatic Rave in Bonn by The Shamanic Tribe attracts a diverse audience of wellness enthusiasts, music lovers, and free spirits of any age. Our attendees are passionate about holistic health, conscious living, and personal transformation. They seek unique, immersive experiences that combine ecstatic dance, uplifting music, and mindfulness practices.

This vibrant community is composed of open-minded individuals who value self-expression, emotional and spiritual healing, and deep connections. They are eager to explore new forms of movement, engage in holistic workshops, and experience the profound joy and freedom that our conscious raves provide. Whether seasoned practitioners or curious newcomers, all participants share a common goal of fostering community, enhancing well-being, and celebrating life through dance and holistic wellness.

Performers

ASTRALINTH (Fernando Kaha)



Seamlessly integrating the mystical elements of Organic House, Tribal House, Afro House & Melodic House. Astralinth has carved a unique niche for himself, birthing an unparalleled genre known as Shamanic House. His compositions, deeply rooted in the ethereal whispers of nature and the pulsating rhythm of the cosmos, call listeners onto a mesmerising sound journey.

AbaYomi & Malina (Handpan)



Experience the mesmerizing rhythms of Malina & Yomi at the Ecstatic Rave in Grüner Spielstadt. Known for their captivating HandPan performances, Malina's ethereal touch and Yomi's rhythmic mastery create a magical soundscape that will transport you to a realm of tranquility and wonder. Join us and let their enchanting melodies elevate your experience at this extraordinary event.

Workshops

Helena Siröbel (Herbalism)



Discover the soothing wisdom of Helena at the Ecstatic Rave. Helena will lead immersive herbalism workshops, sharing her expertise on the healing properties of plants and natural remedies. Complementing her workshops, she will also offer invigorating yoga sessions designed to harmonize body and mind. Join Helena for a journey into wellness and serenity, and enrich your festival experience with her holistic practices.

Ricarda Schäfer (PSYCHEDELIC BREATH®)



Join Ricarda, a seasoned Yoga and Breathwork teacher from Bonn, for an enlightening PSYCHEDELIC BREATH® workshop that merges physical movement with deep, transformative breathwork. This unique session guides you through innovative breathing techniques designed to elevate your consciousness, enhance emotional well-being, and foster self-discovery.

Workshops



Anke Sauer-Fresen (Mindfulness)

Join Anke for a rejuvenating Mindfulness Workshop designed to help you cultivate inner peace and clarity. Anke, a skilled practitioner with a passion for mindfulness, leads this workshop to guide you through practical techniques for reducing stress and enhancing your daily life.



Miriam Vida (Flow Painting)

Dive into a world of artistic expression with Miriam's Flow Painting Workshop, where intuitive art meets the rhythm of music. This unique experience invites you to explore your creative instincts in a vibrant, immersive environment. As you enter the workshop, you'll be enveloped in soothing melodic sounds that set the stage for your creative journey. The music will guide and inspire your movements, allowing you to connect deeply with your inner self. This harmonious blend of art and sound helps you to relax and immerse yourself fully in the creative process.

Workshops

Manolya Yüsek (Cacao Ceremony)



Join Manolya for a deeply transformative Cacao Ceremony that offers a sacred space for connection, healing, and introspection. This ancient ritual uses ceremonial-grade cacao as a catalyst for spiritual awakening and emotional release, guiding you on a profound journey of self-discovery.

Kim La Haye (Yoga - Vinyasa)



Join Kim for an invigorating Vinyasa Yoga class that harmoniously blends movement, breath, and mindfulness. Kim, an experienced and passionate instructor, guides you through a dynamic sequence of postures designed to enhance flexibility, strength, and mental clarity.

Workshops

Ana (Yoga - Yin)



Experience profound stillness and deep relaxation with Anas' Yin Yoga class, where slow, intentional movements meet meditative calm. Anas, a skilled and empathetic instructor, leads you through a practice focused on gentle, sustained stretches that target the deep connective tissues of the body.

More Workshops to be
announced soon...

Partners

Join The Cause

We look forward to collaborating with you to make the Ecstatic Rave an unforgettable experience. Here are the benefits of becoming the event partners..



How to Join?

We are currently looking for Food Trucks, Stalls to be placed in the Festival.

Cuisine : Vegan/Vegetarian only.

Setup : You must bring all necessary equipment and supplies. No on-site power; if you require a generator, please inform us in advance.

Waste Management :

Proper garbage disposal facilities must be used. Plastic containers are not allowed. Please use eco-friendly alternatives.

*Thank you for considering partnership opportunities!
Please get in touch via hello@theshamanictribe.com to discuss further*



Media Collabs

Dear Media Partners, We are excited to invite you to be a part of the Ecstatic Rave, an extraordinary celebration of art, music, and wellness.

Why Join Us?

- Exclusive Access* - Get free access to our unique performances and workshops.
- Engage with Your Audience* - Share your experiences, interact with performers, and create engaging content that resonates with your followers.
- Capture the Magic* - Document the stunning performances, vibrant workshops, and the overall ambiance of the Ecstatic Rave.

How to Get Involved?

- Pre-Event Promo* - Share event previews, performer spotlights, and your expectations.
- On-Site Presence* - Post real-time updates, engage with attendees, and capture the vibrant atmosphere.
- Post-Event Reflections* - Share your highlights and memorable moments to extend the event's impact.

*Thank you for considering partnership opportunities!
Please get in touch via hello@theshamanictribe.com to discuss further*



Keep In Touch

We invite you to be a part of this unforgettable experience at the Ecstatic Rave by The Shamanic Tribe in Bonn. For further details and updates, please visit our website.

[Get Involved](#)

@THESHAMANICTRIBE