

19 GOATMILK // GORNA BELA RECHKA

TRANSFORMATION // OR SEEKING AND FINDING YOURSELF

ACQUIRING NEW EXPERIENCES, KNOWLEDGE AND VALUES.
CREATE A ZONE OF FREE-SPIRITED PEOPLE – HEALTHY, CALM,
HAPPY, CONNECTED WITH THEMSELVES AND WITH NATURE

20 – 23.06 // SETUP

Time for volunteer work – together we prepare the tent camp // stretch cables and power extensions // paint the signs // pick flowers and herbs, and decorate the space

23 – 25.06 // SCHEDULE

23.06 // FRIDAY

16:00 – 18:00 ○ Let's make DOLLS out of cardboard for our puppet theater – with actors Gordan Koev and Daniela Rangelova
white room

17:00 – 18:00 ● Let's discover the energy of the DOMES and the hand-picked green coffee beans from Columbia – with Dimitar Tsakov and The Flow specialty coffee
on the square

17:00 – 18:00 ● How to correctly preserve food and to replace single use packaging – Mira Dikova from Farm Charm presents Tupperware
green room store

18:00 – 19:00 ● How to prepare fruit sorbet – with Sheila Siadat from Iran
green room store

18:00 – 19:30 ● CIRCLE OF MUSIC or a workshop with sounds, tones and vibrations – with Ralitsa Kovacheva – Bejan
dome

19:00 – 20:00 ○ Let's make balloons and JUGGLE like real performers – with Zvezdomir Michalev
dome // in the open

20:30 – 22:30 ● Witness the personal memories of Pero Pekov in the documentary "STORIES". Meet the author of the family story, Vladimit Pekov. Have a conversation about the family thread in our lives with Elena Stoycheva
big hall

22:30 – 24:00 ● Voice and saxophone with Galatea Mutaphova – jamming under the awning
*bring your instruments
on the square

24.06 // SATURDAY

08:30 – 10:30 ● On Midsummer day – let's dirty our hands with ASHES and CLAY – herb tinctures – with Lora Nikolova
In the open // meeting spot in front of the community center

10:00 – 12:00 ○ Let's make DOLLS out of cardboard for our puppet theater – with actors Gordan Koev and Daniela Rangelova
white room

10:00 – 11:30 ● Where is our inner CHILD hiding – experiential workshop with Mihaela Grueva, art therapist, and Yulia Petrova, astrologist
dome

11:00 – 13:00 ● Education for AWAKEN people – discussion and perspectives: Nely Keremidchieva presents: Festival for (IM)Possible education and the upcoming European conference for democratic

education; Theo Naser present: Waldorf methodology today; Katina Tsoleva presents: Pros and cons of parent engagement in schools; parents and teachers.

big hall

11:00 – 13:00 ● Sweet TEMPTATIONS from the Iranian kitchen – demo and tasting with Sheila Siadat from Iran
green room store

12:30 – 13:30 ● Let's experiment with ... WATER – clean water heals – how to select drinking water – with Zornitsa Ruseva
dome // in the open

13:30 – 15:00 ● Welcome the BIBLIOBUS – library on wheels – with Desi Ivanova, director of the Vidin Library "Mihalaki Georgiev"
on the square

13:30 – 16:30 ○ Let's create the ideal living space for us HERE and NOW – creative atelier "Man and Nature" with architect Elena Pekova and Elena Stoycheva from Archi+E²
On the square

14:00 – 16:30 ● Dance ME – each movement of our body is a true celebration – workshop for enthusiasts with Mariana Kapustjanova, contemporary dancer, and Katerina Vulcheva, movement therapist. Project of #Izgrev2019 community center
big hall

15:00 – 16:00 ● Do we truly understand the WORLD of our children – education and upbringing as a therapy with Theo Naser
white hall

15:00 – 16:00 ○ Listen to the adventures of the sparrow NEZABRAVKO – reading by the author Margarita Blagoeva
bibliobus

15:00 – 16:30 ● "The schools of TRUST" – documentary from the festival (IM)Possible education – presented by Nely Keremidchieva
big hall

16:00 – 17:00 ○ Let's make balloons and JUGGLE like real performers – with Zvezdomir Michalev
dome // in the open

16:00 – 17:00 ● To live in a CLEAN nature garden – with Vjara Marinova presenting the irresistible Farm Venets
green room store

17:00 – 18:00 ● Domes, DOMES, domes – discover the potential of the environment as a teaching tool – with Katja Bojadgieva, architect Elena Pekova and Theo Naser
on the square

19:00 – 20:00 ● Wake up the body – energetic rock-and-roll – it is mission possible, with Elena Pekova and Ivajlo Kunev in the lead.
blue room

20:30 – 22:00 ● "DUENDE – Mother – Earth" – or the longing of our bodies and souls for beautiful music. Performance by Mariana Iotova, Ralitsa Kovacheva-Bejan, Iordan Borisov
big hall

22:30 – 24:00 ● Voice and saxophone

with Galatea Mutaphova – jamming under the awning
*bring your instruments
on the square

25.06 // SUNDAY

08:30 – 11:30 ● "Bathe" in the forest – what is it - with Lora Nikolova
in the open // meeting spot in front of the community center

11:00 – 12:00 ● MIRACLE_WORK – agricultural education in the present – or how to discover all sciences, crafts and arts in the nature – for us and our children – with Theo Naser
on the square

11:00 – 13:00 ● Homemade kadaif and unexpected tip how to eat it – with Sheila Saadat from Iran and Mira Dickova from Farm Charm
green room store

11:00 – 14:00 ● Projections of the FUTURE - creative atelier "Man and Nature" with architect Elena Pekova and Elena Stoycheva from Archi+E²
On the square

12:00 – 13:00 ● FAMILY involvement in education, are there risks and what are they – with Katina Tsoleva
white room

13:00 – 14:00 ● Contemporary dancing in SCHOOL – special appearance by the group "Dance Girls" from Vidin English Highschool – "Yordan Raditchkov" with creative director Elena Biserova
big hall

14:00 – 16:00 ● THE BRASS BAND of Varshets – trademark of the Bulgarian Northwest
on the square

*Green room store

Hours: **10:00 – 12:30 / 14:30 – 17:30**

Unique local homemade products, sweet and savory tastings

* BAR ROOT - FOOD & DRINKS

Hours:

23 – 24.06 13:00 – 15:00; 19:30 – 22:00

25.06 11:00 – 13:00

Fresh local homemade seasonal menu

Legend:

● NATURE

● FOOD and agriculture

● EDUCATION for AWAKEN PEOPLE

● ART and CULTURE

● SELF

○ FOR KIDS, ADULTS ARE WELCOME AS WELL

Organized by: New Culture Foundation // Partners: Community Center Izgrev 2019, County Varshets, Farm Charm, M Productions, Farm Venets

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