

AT ONE FESTIVAL AGENDA

合一国际文化节 活动行程

FRIDAY, 9TH NOVEMBER
星期五, 11月9日

TIME 时间	MARKET PLAZA 社区广场	LAWN 草坪	THE SANCTUARY 典礼堂	THE AUDITORIUM 演讲厅	CONNECTION ROOM 5 谈天说地 5	CONNECTION ROOM 7&9 谈天说地 7&9	CONNECTION ROOM 10 谈天说地 10	INSPIRATION ROOM 1 创艺轩 1	INSPIRATION ROOM 2 创艺轩 2	FAMILY LEARNING CENTER 家庭成长中心	THOUGHT FOR FOOD MARKET 意膳坊市集	SANGHA VILLA 1 聆音观邸	COMMUNITY FARM 社区农场
10:00													
10:30													
11:00													
11:30													
12:00													
12:30													
13:00		哈达瑜伽 Hatha Yoga Richard & SARA			透过玩耍与 孩子连结 Connecting with your Child Through Play DR.SHARI D. ROSEN	Upcycle your jeans into Yoga Bag UseDem Jeans (KSUSHA)		运心运动地带 FitHearts Sportive Zone THIERRY & KIM			* 艺术三明治 Art of Sandwich 每人50元 RMB 50 per participant	* 种植培养 Plant&Grow Take Home Your Own Potted Plant 每人50元 RMB 50 per participant	私家菜园 Grow Your Own Food
13:30													
14:00													
14:30		同心同息 呼吸法 Belly to Belly Breath Work MICHAEL HALLOCK						何为信仰 邵曦玥		身音合一 Move your Voice VIOLA ZHANG		私家菜园 Grow Your Own Food	
15:00													
15:30					如何保护心 脏健康? DR. JUDY CHEN	维姆· 霍夫冰人训 练法 Wim Hof The Ice Man Breathwork RICHARD AYLING					* 种植培养 Plant&Grow Take Home Your Own Potted Plant 每人50元 RMB 50 per participant	私家菜园 Grow Your Own Food	
16:00													
16:30		亲子瑜伽 Kids Yoga AMANDA XU						芳香疗愈 Aroma Healing ANGELA LI		量子光呼 吸法 Quantum Light Breathwork RICHARD BOCK	* 榨汁课程 Vegetables & Fruits Juicing 每人50元 RMB 50 per participant	私家菜园 Grow Your Own Food	
17:00	合一开幕演出 - 古今 优人神鼓, 蒙古呼麦, 音钵唱诵, Anya & John												
17:30	AT ONE Opening Ceremony, Traditions in Modernity Presenting U The- atre from Taiwan, Music By Anya & John, Sound & Healing: Crystal Bowl Meditation from Tibet, Mongolian Khoomel												
18:00													
19:00													
20:00													
21:00													
22:00													

★ Separate charges applicable / 额外收费活动

Blue Events presented in Chinese & English / 活动将以中、英文进行

Green Events presented in English / 活动将以英文进行

Yellow Events presented in Chinese / 活动将以中文进行

Organizer reserves the right to change the agenda / 主办方保留权利更改活动行程

All events are subject to capacity limitation. Please arrive early for your choice events to avoid disappointment / 所有活动都有参加人数限制, 请提早抵达场地避免因入满而无法参加。

Outdoor programs (Programs in Market Plaza & Lawn) do not provide audience yoga mats, blocks and bolsters. Yoga mats are only available for indoor programs.

室外活动 (在社区广场和草坪进行的活动) 不提供瑜伽垫、瑜伽砖等。瑜伽垫只提供给室内的活动。

AT ONE FESTIVAL AGENDA

合一国际文化节 活动行程

SATURDAY, 10TH NOVEMBER
星期六, 11月10日

TIME 时间	MARKET PLAZA 社区广场	LAWN 草坪	THE SANCTUARY 典礼堂	THE AUDITORIUM 演讲厅	CONNECTION ROOM 5 谈天说地 5	CONNECTION ROOM 7&9 谈天说地 7&9	CONNECTION ROOM 10 谈天说地 10	INSPIRATION ROOM 1 创艺轩 1	INSPIRATION ROOM 2 创艺轩 2	FAMILY LEARNING CENTER 家庭成长中心	THOUGHT FOR FOOD MARKET 意膳坊市集	SANGHA VILLA 1 聆音观邸	COMMUNITY FARM 社区农场										
10:00									家长的正念与自我关怀 Mindfulness and Self-Care for Parents DAVY		* 饼干烘焙 Cookies Baking 每人50元 RMB 50 per participant		私家菜园 Grow Your Own Food										
10:30	流瑜伽 Vinyasa Flow RAPHAEL & NINA	1) 量子光呼吸法 Quantum Light Breathwork RICHARD BOCK 2) 禅·平衡 工作坊 1 Zen Balance workshop 1 SEBASTIAN SCHIMPF	孩子生病方程式 Decoding your Child's Mind 李维榕博士	Reflections on our Fathers NIGEL WYLIE	接触即兴舞蹈 工作坊 Contact Improvisation Dance ADEL ANDALIBI	芳香疗愈 Aroma Healing ANGELA LI	优生神鼓·身心觉醒 工作坊 U Theater 刘若瑀			重新设定! 我们的艺术感官 Reform your Senses with Art JENNY & VIVIAN	1) 家庭陶艺课 Ceramics Craft 2) 儿童阅读 Kids Reading (On the Hour) 3) 桌游Haba (Chinese) 4) 3D魔力舱 5) STEAM 乐高 (throughout the day)	* 种植培养 Plant&Grow Take Home Your Own Potted Plant 每人50元 RMB 50 per participant	私家菜园 Grow Your Own Food										
11:00																							
11:30																							
12:00																							
12:30	心·唱诵 Kirtan: Songs of the Heart NAAM KIRTAN	亲子瑜伽 Kids Yoga AMANDA XU	正念冥想之要义 The Essentials of Meditation DUSTIN DE PEMA	1) 活出丰盛的生命 Dr. Grace Zhu 2) 男女荷尔蒙管理, 达至最佳健康状态 Dr. Dante Lee	一分钟面对面 识人 One Minute People Reading ANNA WANG	Intimate Relationships Who Should I Date? MINA LEE & NIGEL WYLIE	靠近我 靠近你 Close to Me DR. CAROL WANG 王淑英 博士	远心运动地带 FitHearts Sportive Zone THIERRY & KIM															
13:00																							
13:30																							
14:00																							
14:30	宇宙之声 --- 铜锣圣音之旅 The Source of Universe	禅·平衡工作坊 Zen Balance Workshop 2 SEBASTIAN SCHIMPF	需另购门票, 每人 1200元 RMB 1,200 per participant	1) 活出丰盛的生命 Dr. Grace Zhu 2) 男女荷尔蒙管理, 达至最佳健康状态 Dr. Dante Lee	一分钟面对面 识人 One Minute People Reading ANNA WANG	Intimate Relationships Who Should I Date? MINA LEE & NIGEL WYLIE	靠近我 靠近你 Close to Me DR. CAROL WANG 王淑英 博士	远心运动地带 FitHearts Sportive Zone THIERRY & KIM															
15:00																							
15:30																							
16:00	蜿蜒河流 音乐节 Meandering River Music Concert TBIRD LUV	狂喜舞蹈, 律动冥想 Ecstatic Dance Moving Meditation PERE	需另购门票, 每人 1200元 RMB 1,200 per participant	1) 活出丰盛的生命 Dr. Grace Zhu 2) 男女荷尔蒙管理, 达至最佳健康状态 Dr. Dante Lee	一分钟面对面 识人 One Minute People Reading ANNA WANG	Intimate Relationships Who Should I Date? MINA LEE & NIGEL WYLIE	靠近我 靠近你 Close to Me DR. CAROL WANG 王淑英 博士	远心运动地带 FitHearts Sportive Zone THIERRY & KIM															
16:30																							
17:00																							
17:30																							
18:00	新世界 音乐会 New World Music Concert																						
19:00																							
20:00																							
21:00																							
22:00																							

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AT ONE FESTIVAL AGENDA

合一国际文化节 活动行程

SUNDAY, 11TH NOVEMBER
星期日, 11月11日

TIME 时间	MARKET PLAZA 社区广场	LAWN 草坪	THE SANCTUARY 典礼堂	THE AUDITORIUM 演讲厅	CONNECTION ROOM 5 谈天说地 5	CONNECTION ROOM 7&9 谈天说地 7&9	CONNECTION ROOM 10 谈天说地 10	INSPIRATION ROOM 1 创艺轩 1	INSPIRATION ROOM 2 创艺轩 2	FAMILY LEARNING CENTER 家庭成长中心	THOUGHT FOR FOOD MARKET 意膳坊市集	SANGHA VILLA 1 聆音观邸	COMMUNITY FARM 社区农场											
10:00	梵呗音钵 疗愈	即兴身体韵律 探索坊: 心灵 与土地和地球 的沟通 消雪&古月思琴 Connecting heart to earth - embracing sacred playground JUANZA.X & HU SIQIN	11:11:11 门户 —连接&赋予自 己力量之旅! 11:11:11 Gateway Connection and Empowerment with Self ANYA	何为智慧 邵曦玥	Intimate Relationships, Who Should I Date? MINA LEE & NIGEL WYLIE	如何用正念开始美 好的亲密关系 How to Use Mindfulness to Build a Loving Intimate Relationship OLIVIA XIAO	你知道自己属于 那种体质吗? TCM Constitution Identification DR. LI NING	接触即兴舞 蹈工作坊 Contact Improvisa- tion Dance ADEL ANDALIBI	功课: 情绪的智慧 The Work & The Gift of Emotions CHRISTINE LU 鲁秀	1) 家庭陶艺课 Ceramics Craft 2) 儿童阅读 Kids Reading (On the Hour)	* 艺术三明治 Art of Sandwich 每人50元 RMB 50 per participant	* 种植培养 Plant&Grow Take Home Your Own Potted Plant 每人50元 RMB 50 per participant	私家菜园 Grow Your Own Food											
10:30														无级、太极 Infinite Tai Chi 朱天才	瑜伽 Yoga BYMB	AT ONE Clinic the Future of Healthcare BARRY WAR- RINGTON	好眠助你成功: 睡眠对健康和成 功的重要性 Sleeping to Success:The Importance of Sleep for Health and Achievement DR. GUANGHAI WANG	芳香疗愈 Aroma Healing ANGELA LI	Parenting Styles DR. JEREMY MORETTI	身体移动:和我 们自身连接 Movement: Connection with your own Body MINA LEE & NIGEL WYLIE	(throughout the day)	* 饼干烘焙 Cookies Baking 每人50元 RMB 50 per participant	* 种植培养 Plant&Grow Take Home Your Own Potted Plant 每人50元 RMB 50 per participant	私家菜园 Grow Your Own Food
11:00																								
11:30	15:30	合一闭幕演出 - 中 外 华裔音乐家 《仙游云端》 舍卫国, East Forest	AT ONE Closing Ceremony, A Celebration of World Harmony	Presenting East Forest Live from USA, She Wei Guo from China and Aegean from Greece	16:00	16:30	17:00	17:30	18:00	19:00														

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