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| Day One | Day Two | Day Three | Day Four | Day Five | Day Six | Day Seven |
| 8:30- 14:00Arrival and Registration | **8:30-9:30**Morning Qigong with Yariv: Introduction to the “Return to Spring Form" and Finding Your Midline  | **8:30-9:30**Morning Qigong with Yariv: “Return to Spring Form"  | **8:30-9:30**Morning Qigong with Yariv: “Return to Spring Form" and Introduction to “Heaven & Earth Form" | **8:30-9:30**Morning Qigong with Yariv: “Heaven & Earth Form” for Opening the Heart | **8:30- 9:30**Morning Qigong with Yariv: Combination of Forms  |  |
|  | **9:30-10:30** Breakfast | **9:30-10:30**Breakfast | **9:30-10:30**Breakfast | **9:30-10:30**Breakfast | **9:30-10:30**Breakfast | **9:00-10:00**Breakfast |
|  | **10:30-12:00**Foundation of Somatic Voice Work:Breathing Consciousness, Body Awareness and the Meaning of Registers  | **10:30- 12:00**Voice work with Moran: Body and Voice Impact Wellbeing- the work  | **10:30-12:00**Voice work with Moran:Listening, Sensing, Breathing, Vocalizing- The Best Path to Presence | **10:30-12:30**Voice work with Moran:Singing a Song with the Support of Sensational Awareness – The Key to a Spiritual Elevation | **10:30-12:00**Voice work with Moran:Activate and Balance Energy Centres Through Voice Production | **10:00-12:00**Final Session with Yariv and Moran, Sharing Circle |
|  | **12:00- 15:00** Break, Relaxation, Lunch, Beach Time | **12:00- 15:00**Break, Relaxation, Lunch, Beach Time | **12:00- The rest of the day:**Free Time, Group Time, Gokarna Time | **12:30-15:00**Break, Relaxation, Lunch, Beach Time | **12:00- 15:00**Break, Relaxation, Lunch, Beach Time |  |
| 15:00- 17:00Introduction with Moran, Yariv with snacks and refreshments | **15:00-17:00**Listening to the Body with Yariv. Gentle Bodywork and Alignment setting | **15:00-17:00**The Secret of Polarity in the Voice Work and in Life |  | **15:00-17:00**Balance the Fluids- Work with Skull and Spine Connection. Gentle Bodywork with Yariv | **15:00- 17:00**A Lecture with Moran:Your Voice as a Reflection of Your Being - How to Use Your Voice to Heal Yourself and Others |  |
|  | **17:00- 20:00**Evening Refreshing and Dinner | **17:00-22:00**Time Together, Free Time, Exchanging Experiences, Dinner  |  | **17:00-22:00**Time Together, Free Time, Exchanging Experiences, Dinner |  |  |
|  | **20:00- 22:00**Singing Circle with Moran Emphasizing Body Consciousness of Today`s Learning |  |  |  | **20:00- 21:30**A Concert and Singing Circle with Moran |  |