

AT ONE FESTIVAL AGENDA

合一国际文化节 活动行程

FRIDAY, 15TH NOVEMBER

星期五，11月15日

TIME 时间	MARKET PLAZA 社区广场	THE LAWN 草坪	THE AUDITORIUM 演讲厅	CONNETION ROOM 5 谈天说地 5	CONNETION ROOM 7&9 谈天说地 7&9	CONNETION ROOM 10 谈天说地 10	INSPIRA- TION ROOM 1 创意轩 1	FAMILY LEARNING CENTER 家庭成长中心	THE SANCTUARY 典礼堂	THOUGHT FOR FOOD MARKET COOKING STUDIO 慧膳坊市集包间	THE GALLERY 水中天画廊	SANGHA VILLA 1 HOUSE OF COLORS 意舍 1 手绘欢乐屋	SANGHA VILLA 3 ENERGY CALLIGRAPHY 意舍 3 量子书法	SANGHA VILLA 4 MUSIC HUT 意舍 4 音乐与派对	STREET ACTIVITY 街头互动区	TOWN HALL 大会堂												
10:00	核心瑜伽 Corga (Core Yoga) Stephen Puiaa	Breathwork (Empty Stomach Advisable) Dr. Dhanraj G Shetty	女性心脏健康 Women's Heart Health 陈晨 Dr. Judy Chen	培养情感智慧， 建立有意义 爱的连结 王淑英博士 Dr. Carol Wang	Homeschool- ing and Natu- ral Learning the Coates Ramirez family	“以汝之名” 疗愈式剧场 徐明洁 Jaimie	气 能量之舞 Qi Dance Marceau Chenault	10:00-12:00 儿童生命 探索课程 Simple Wellness with STEAM 音昱家庭成长 学习中心 OCTAVE Family Learning Team	BodyTalk 体验工作坊 Introduction to BodyTalk Sufen Paphassa- rang	★榨汁课程 Parents & Kids Juicing (RMB 50 / pair) SANGHA TFFM Team	音昱互答： 于祥、赵雪屯 摄影展 Evolution of Suzhou Picture Yu Xiang & Zhao Xuetun	★种植培养 Planting & Painting For Kids (RMB 50 / pax) SANGHA TFFM Team	量子书法 Energy Calligraphy 量子墨客 魏士杰 Ricky Wei	音乐与派对 Music & Ceremony Eddie & Team	故事俱乐部 Story Reading DIY脸部彩绘 Face painting 音昱家庭成 长学习中心 OCTAVE Family Learning Team													
10:30																												
11:00																												
11:30																												
12:00	广场音乐 狂欢 Music Carnival	率真的心 舞动 Vibrance Dance Ellen Watson	实时养眠工 作坊 戴林媛 Linda Tai	一分钟对视， 洞察孩子 天赋潜能 One Minute People Reading, Find Children's Potential Anne Wang	音乐疗愈 The Power of Sound Francois Marie Dru	如何高质量 陪伴孩子？ 张妙一	卡波耶拉 巴西战舞 - 1 Capoeira Connection I Profesor Café & Sondra 'Ventania' Kim	14:00-16:00 儿童艺术工作坊 8岁以上 ART Workshop for 8+YO 音昱家庭成长 学习中心 OCTAVE Family Learning Team	21世纪领导力 讲座—撬动 成功的3把钥匙 3 Golden Keys for Building a Fearless Organization in 21st Century 穆卡拉·梅雷 迪思 Mukara Meredith	★饼干烘焙 Cookies Baking By Children (RMB 50 / pax) TFFM Bakery	来自天空 之城 赵雪屯																	
12:30																												
13:00		Family Sports Jamming/ Kids Boxing/ Kick Boxing/ Sports Rehabilitation 全家来运动 儿童拳击/ 亲子 瑜伽 / 泰拳/ 运动康复 Octave Movement experts 音昱运动专家	从脉轮看透 健康密码 Explore Yourself with Aura Chakra 李宁 Dr. Li Ning	Meet your be! - Women's Sustainable and Healthy Periods LUÜNA naturals	禅柔 Gyrokine- sis® Gary Joplin		父母玩耍力， 戏剧轻松 养育之道 徐明洁 Jaimie			10:00-17:00 树叶创意画 指尖公益 14:00-15:00 正念亲子关系 Mindful Parenting Dr. Grace Zhu							良食烹饪演示- 可持续饮食及生 物多样性食材 良食基金团队											
13:30																												
14:00	Closed for Rehearsal 闭幕式彩排	伊莎兰亲子按摩 8岁以上 Esalen Kids Massage 8+ YO 王静妮 Jingni Wang	End of day 今日活动结束	父母效能 训练 P.E.T. 张妙一	做孩子的 心灵导师 王淑英博士 Dr. Carol Wang	儿童整体健康 营养讲座 Kids Holistic Wellness Nutrition Talk Tella		瑜伽经典 讲座之 《瑜伽经》 课程 范嫫	10:00-17:00 创意轻粘土+ 多肉盆栽 指尖公益			良食工作坊- “食物彩虹的魔 法咒语” 良食基金团队	音昱互答： 于祥、赵雪屯 摄影展 Evolution of Suzhou Picture Yu Xiang & Zhao Xuetun															
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18:00	开幕式 OPENING CEREMONY Various																											
18:30																												
19:00		可可 篝火 晚会 Cacao & Fire Ceremony Angel & Namaste Fire & Glow															瑜伽唱诵 音乐会 Kirtan Singing Circle Kevin James Carroll											
19:30																												
20:00																												
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★ Separate charges applicable / 额外收费活动
Events presented in Chinese & English / 活动将以中、英文进行
Events presented in English / 活动将以英文进行
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人满而无法参加。

AT ONE FESTIVAL AGENDA
合一国际文化节 活动行程
SATURDAY, 16TH NOVEMBER
星期六, 11月16日

TIME 时间	MARKET PLAZA 社区广场	THE LAWN 草坪	THE AUDITORIUM 演讲厅	CONNETION ROOM 5 谈天说地 5	CONNETION ROOM 7&9 谈天说地 7&9	CONNETION ROOM 10 谈天说地 10	INSPIRATION ROOM 1 创意轩 1	INSPIRATION ROOM 2 创意轩 2	FAMILY LEARNING CENTER 家庭成长中心	THE SANCTUARY 典礼堂	THOUGHT FOR FOOD MARKET COOKING STUDIO 意膳坊烘焙教室	THOUGHT FOR FOOD MARKET VIP 意膳坊市集包廂	TENT ART & MUSIC 帐篷 艺术音乐	TENT CHILDREN 帐篷 童趣	THE GALLERY 水中天画廊	SANGHA VILLA 1 HOUSE OF COLORS 意舍 1 手绘欢乐屋	SANGHA VILLA 2 FIVE SENSES 意舍 2 五感之旅	SANGHA VILLA 3 ENERGY CALLIGRAPHY 意舍 3 量子书法	SANGHA VILLA 4 MUSIC HUT 意舍 4 音乐与派对	SANGHA VILLA 5 MINDFUL TOUCH 意舍 5 正念之手	STREET ACTIVITY 街头互动区	TOWN HALL 大会堂
10:00	男士瑜伽 Yoga for Men Stephen Puia	Intro to Fascia Flow Yoga and Therapy Rusty Davis		量子医学: 了解你的能 量体, 帮你变 得更健康 Dr. Grace Zhu	Emotional Release Breathwork Shreni Shukla	大综合冥想 基础练习课 范源	Empow- erment Through Film Acting Drago Lazetich	颈椎病的 手法防治 蔡奇文	10:00-12:00 儿童生命 探索课程 Simple Wellness with STEAM 音昱家庭成 长学习中心 OCTAVE Family Learning Team	水中天 花艺家 大师养成 Mindful Flower Arrange- ment Kiefer Wang	★榨汁课程 Parents & Kids Juicing (RMB 50 / pair) SANGHA TFFM Team	Raw Food Introduction Sayuri Tanaka							阴瑜伽与音乐疗 愈之旅 Yin Yoga Sound Journey Rosarmy Ramirez and Suntara - Daniel Coates			
10:30																						
11:00																						
11:30	广场音乐 狂欢 Music Carnival	Voice Liberation Workshop Suntara - Daniel Coates		▽ 爱的沟通 Compas- sionate Communi- cation Michael Hallock											音昱互答: 于祥、赵雪屯 摄影展 Evolution of Suzhou Picture Yu Xiang & Zhao Xuetun							
12:00																						
12:30					11:45-13:15 梦中之镜:探索 梦境与现实中的 自我联结 Viviana Ni	The History of Human Potential & Purpose Richard Ayling	卡波耶拉 巴西战舞 - 2 Capoeira Connection II Profesor Café & Sondra 'Ventania' Kim	阿育吠陀瑜 伽与生命 解读 Life from an Ayurvedic Yogic Per- spective Anne Lu	10:00-17:00 感统互动 游戏 易飞讯感 统馆	BodyTalk 体验工作坊 Introduction to BodyTalk Sufen Paphassa- rang	★饼干烘焙 Cookies Baking By Children (RMB 50 / pax) SANGHA TFFM Team											
13:00																						
13:30	舞动 Estatic Dance	五感工作坊 5 Senses Workshop FitHearts & YiShi		如何用量子 力学脱离金 钱游戏, 创 造财富自由 人生 Financial and Time Freedom with Quan- tum Physics Maggie Wu																		
14:00	Fractal Change			何为智慧 + 赠书及签书 (赠书数量有限) 邵曦玥	Pranayama, Power of Breath Fela Adebiyi		接触即兴 舞蹈 Contact Improvisa- tion Dance		10:00-17:00 番茄田美术 工坊 番茄田国际 艺术中心													
14:30		率真的心 舞动 Vibrance Dance Ellen Watson				脊椎会让你 变老吗? Is Your Spine Aging You? Dr. Paul Liang		重新安装爱 情 APP Reinstall Your Love APP 史提芬· 维克特 Stephen Victor	10:00-18:00 HABA 脑力 桌游风暴 辣豆 HABA儿童馆													
15:00																						
15:30	核心瑜伽 Corga (Core Yoga) Stephen Puia			(AQ) 逆境 商数 从容面对 挫折的智慧 陈慧琴 Liana Chen	维姆·霍夫冰 人训练法呼 吸法 Wim Hof Method Breathwork Richard Ayling		音钵冥想 Sound Healing & Meditation 胡隽佳 Jessie Hu		12:30-13:30 亲子瑜伽 Kids and Parents Yoga Amanda Xu													
16:00		道家回春功 Traditional Chinese M.A Hui Chun Gong 沈瑞东 Shen Xiaodong																				
16:30		身体舒展 The Body Stretch																				
17:00	Marisa Radha Weppner & East Forest	Tracy Xiao																				
17:30		越跳悦跳 Let's jump																				
18:00		Tiger																				
18:30																						
19:00		音乐盛宴 Jamz Vaganza		Healthy Peek into Ancient Quantum Science Dr. Dhanraj G Shetty	△★ 水中舞水中疗愈 Healing Dance Water Therapy(RMB 500 / pax) -Michael Hallock @ AT ONE HEALING SPA	△★ 维姆·霍夫 冰人 训练法冰浴 Wim Hof Method Ice Bath(RMB 500 / pax) Richard Ayling @ AT ONE HEALING SPA																瑜伽唱诵 音乐会 Kirtan Punnu Wasu
19:30																						
20:00																						

★ Separate charges applicable / 额外收费活动

▽△Related programs / 有关联的课程

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

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

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AT ONE FESTIVAL AGENDA

合一国际文化节 活动行程

SUNDAY, 17TH NOVEMBER

星期日, 11月17日

TIME 时间	MARKET PLAZA 社区广场	THE LAWN 草坪	THE AUDITORIUM 演讲厅	CONNETION ROOM 5 谈天说地 5	CONNETION ROOM 7&9 谈天说地 7&9	CONNETION ROOM 10 谈天说地 10	INSPIRATION ROOM 1 创意轩 1	INSPIRATION ROOM 2 创意轩 2	FAMILY LEARNING CENTER 家庭成长中心	THE SANCTUARY 典礼堂	THOUGHT FOR FOOD MARKET BAKERY 意膳坊烘焙教室	THOUGHT FOR FOOD MARKET VIP 意膳坊市集包厢	TENT ART & MUSIC 帐篷 艺术音乐	TENT CHILDREN 帐篷 童趣	THE GALLERY 水中天画廊	SANGHA VILLA 1 HOUSE OF COLORS 意舍 1 手绘欢乐屋	SANGHA VILLA 2 FIVE SENSES 意舍 2 五感之旅	SANGHA VILLA 3 ENERGY CALLIGRAPHY 意舍 3 量子书法	SANGHA VILLA 4 MUSIC HUT 意舍 4 音乐与派对	SANGHA VILLA 5 MINDFUL TOUCH 意舍 5 正念之手	STREET ACTIVITY 街头互动区	TOWN HALL A 大会堂 A	Town Hall B 大会堂 B																																																																																																																																					
10:00	泰拳 Mindful Boxing	道家回春功 Traditional Chinese M.A Hui Chun Gong		大综合冥想 基础练习课 范嫒	维姆·霍夫 冰人 训练法 Wim Hof Method Breathwork	压力是如何影响你的心脏? How Does Stress Affect Your Heart Health?	自由舞动当中的身体意识 Body Scheme & Awareness in Free Movement	真诚的关系 Authentic Relating	10:00-12:00 儿童生命探索课程 Simple Wellness + ART Workshop for 8+YO + Mindful Parenting 音昱家庭成长学习中心 OCTAVE Family Learning Team	Active Consciousness Meditation	★Ayurveda Cooking (RMB 70 / pax)	Raw Dessert Intro	10:00-11:30 金函艺术绘画体验 金函 Wisdom Box 张雪鸽		音昱互答: 于梓, 赵雪屯 摄影展 Evolution of Suzhou Picture Yu Xiang & Zhao Xuetun	★种植培养 Planting & Painting For Kids (RMB 50 / pax) SANGHA TFFM Team	音乐疗愈 The Power of Sound Francois Marie Dru	量子书法 Energy Calligraphy 量子墨客 魏士杰 Ricky Wei	音乐与派对 Music & Ceremony DJs	伊莎兰 按摩初体验: 找回触摸的感觉 Intro to Esalen Massage 王静妮 Jingni Wang	故事俱乐部 Story Reading DIY脸部彩绘 Face painting 音昱家庭成长学习中心 OCTAVE Family Learning Team	★连接过去 改变未来 TransLucent: Dancing Forward the Wisdom of the Past (RMB 500 / pax)	飞行瑜伽 Acro Yoga																																																																																																																																					
10:30	Johnson Hu	沈晓东 Shen Xiaodong	Family Relationship – from Conflict to Conflict Resolution Dr. Wai-Yung Lee		Richard Ayling	陈晨 Dr. Judy Chen	Jessica Lu	Marie Pierre Gay		Punnu Wasu	Dr. Dhanraj G Shetty	Sayuri Tanaka										10:00-11:30 金函艺术绘画体验	树叶创意画 指尖公益	香氛瑜伽与音钵疗愈 Aroma Yoga and Sound Healing Ananda Li	量子瑜伽与音钵疗愈 Aroma Yoga and Sound Healing Josephine Ong	量子瑜伽与音钵疗愈 Aroma Yoga and Sound Healing Ananda Li	量子瑜伽与音钵疗愈 Aroma Yoga and Sound Healing Ananda Li	量子瑜伽与音钵疗愈 Aroma Yoga and Sound Healing Ananda Li	量子瑜伽与音钵疗愈 Aroma Yoga and Sound Healing Ananda Li	量子瑜伽与音钵疗愈 Aroma Yoga and Sound Healing Ananda Li	量子瑜伽与音钵疗愈 Aroma Yoga and Sound Healing Ananda Li	量子瑜伽与音钵疗愈 Aroma Yoga and Sound Healing Ananda Li	量子瑜伽与音钵疗愈 Aroma Yoga and Sound Healing Ananda Li	量子瑜伽与音钵疗愈 Aroma Yoga and Sound Healing Ananda Li	量子瑜伽与音钵疗愈 Aroma Yoga and Sound Healing Ananda Li	量子瑜伽与音钵疗愈 Aroma Yoga and Sound Healing Ananda Li	量子瑜伽与音钵疗愈 Aroma Yoga and Sound Healing Ananda Li	量子瑜伽与音钵疗愈 Aroma Yoga and Sound Healing Ananda 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★ Separate charges applicable / 额外收费活动
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Events presented in English / 活动将以英文进行
Events presented in Chinese / 活动将以中文进行

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