



THE FIELD OF AWAKENING

Immerse.. Dissolve.. Evolve

# Get Awakened

13 -15 Dec 2016

## Day 1

**8:00 - 9:00** Registration & Breakfast

**9:00 - 10:30** The Process of Awakening, Abdul-Rahman Abdullah

**10:30 - 11:00** Break

**11:00 - 12:30** Science & Spirituality 1/3, Wyatt Woodsmall

**12:30 - 13:00** Break

**13:00 - 14:30** Parallel Sessions:

- Spiritual NLP, Karl Nilsen
- Evolution of Consciousness, Khaled ElSherbini
- EFT an Effective Tool to Awakening, Sami Al-Balhan
- Conscious Business - Profit in Oneness, Bashar Alsafafi
- Parenting: A Path to Awakening, Muhammad Wadeed

**14:30 - 16:00** Lunch + Activities

**16:00 - 17:30** Spiritual Coaching 1/3, Nandana Nilsen

**17:30 - 18:00** Break

**18:00 - 18:50** Kundalini Yoga, Sara Campbell

**19:00 - 19:30** Meditation

## Day 2

- 8:00 - 8:30** Breakfast
- 8:30 - 9:00** Meditation
- 9:00 - 10:30** Integral Model & Awakening Consciousness for Educators/Coaches 1/2,  
Abdul-Rahman Abdullah & Khaled ElSherbini
- 10:30 - 11:00** Break
- 11:00 - 12:30** Integral Model & Awakening Consciousness for Educators/Coaches 2/2,  
Abdul-Rahman Abdullah & Khaled ElSherbini
- 12:30 - 13:30** Break
- 13:00 - 14:30** Parallel Sessions:
- Coaching: A Journey of Love, Noha Abdullah
  - Dancing with the Trio: Shadow, Persona & Collective Ego, Eman Mandour
  - Awakening through Parents, Basant El-Menshawi
  - Awaken the Energy within, Samar Al-Gamal
- 14:30 - 16:00** Lunch + Activities
- 16:00 - 17:30** Science & Spirituality 2/3, Wyatt Woodsmall
- 17:30 - 18:00** Break
- 18:00 - 18:50** Kundalini Yoga, Sara Campbell
- 19:00 - 19:30** Meditation

## Day 3

- 8:00 - 8:30** Breakfast
- 8:30 - 9:00** Meditation
- 9:00 - 10:30** Science & Spirituality 3/3, Wyatt Woodsmall
- 10:30 - 11:00** Break
- 11:00 - 12:30** Spiritual Coaching 2/3, Nandana Nilsen
- 12:30 - 13:00** Break
- 13:00 - 14:30** Spiritual Coaching 3/3, Nandana Nilsen
- 14:30 - 16:00** Lunch + Activities
- 16:00 - 17:30** From Head to Heart in Action, Karl Nilsen
- 17:30 - 18:00** Break
- 18:00 - 19:30** Creating a Collective Intention,  
Abdul-Rahman Abdullah