

Greenfest

Programa | 02 junho

- 10h00 - Aula de Chi Kung, treino interior**
GreenFeeling | powered by Lourenço de Azevedo
- 10h30 - Workshop Lixo Marinho**
GreenStage | Nave Principal | powered by ZOURI e CIIMAR
- 11h00 - Aula Yoga Adultos os | Aula Yoga Crianças (simultâneo)**
GreenShui | powered by Áshrama de Braga - Centro do Yoga
- 11h00 - Atelier "Juntos pelo Planeta"**
GreenKids | Nave Principal | powered by Duarte Maria - Ilustrador
- 11h00 - Uma Aula sobre Chá**
GreenFod | powered by BioTeaFood
- 11h30 - Workshop Hortas Urbanas**
Greenfest Outdoor | powered by Quinta Pedagógica
- 12h00 - Atuação Musical ao Vivo**
Nave Principal | powered by Gatuna
- 12h30 - Showcooking "Make a Break - Snacks Saudáveis" Chef Isabel Silva**
GreenFood | powered by Healthy Snack Time *homemade*
- 14h00 - Experiência "Prova Consciente de Chás"**
GreenStage | Nave Principal | powered by BioTeaFood
- 14h30 - Palestra "Eco-Freguesias, comunidades com futuro"**
GreenStage | Nave Principal | powered by A.B.A.E.
- 15h30 - Palestra "Estilos de Vida Saudáveis e Anti-Aging"**
GreenStage | Nave Principal | powered by Jaime Milheiro
- 15h30 - Palestra "Água Alcalina Antioxidante, fonte de Juventude"**
Nave principal | powered by Chanson
- 16h00 - Showcooking "Cozinhar com Amor" Chef Daniela Ricardo**
GreenFood | powered by aBioFamily
- 16h30 - Palestra "Uma casa mais saudável, uma família mais feliz"**
GreenStage | Nave Principal | powered by Habitat Saudável
- 16h30 - Workshop "Hortas Urbanas, dicas para semear"**
Nave principal | powered by Sementes Vivas
- 17h00 - Showcooking "Consciência Alimentar" Chef Duarte Alves**
GreenFood | powered by Duarte Alves
- 17h30 - "Indústria 4.0 para leigos entusiastas"**
GreenStage | Nave Principal | powered by IB-S
- 17h30 - Workshop "Master your Work"**
Auditório | powered by Rita Sambado, Life Coach Eus School
- 18h00 - Aula Yoga Adultos | Aula Yoga Crianças (em simultâneo)**
GreenShui | powered by Áshrama de Braga - Centro do Yoga
- 18h30 - Concerto Meditativo**
Auditório | powered by Rodrigo Maia de Loureiro, Sound Healing Meditation Music
- 18h30 - Workshop Agricultura Biológica**
GreenStage | Nave Principal | powered by Miguel Martinez
- 21h30 - Sessão de Cinema "What the Health" com Conversa-Debate**
Auditório | powered by Greenfest e Cor de Tangerina