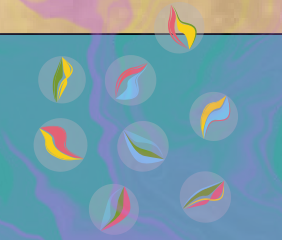


KISIMA FESTIVAL SCHEDULE: THURSDAY 9TH OCTOBER 2025



FOR FULL
SESSION DESCRIPTIONS
SCAN THIS QR CODE



	 MAIN STAGE	 BARAZA HUB	 VALLEY STAGE	 BAOBAB DECK & BAOBAB STUDIO	 TAMARIND TREE	 KIDS	 TREE OF LIFE HORSE FOREST
	VENUE OPENS 10AM			VENUE OPENS 10AM		ACTIVITIES ALL DAY!	
12:00	OPENING CEREMONY LUNCH AND MUSIC BY ZILLER			OPENING CEREMONY LUNCH AND MUSIC BY ZILLER			TRADITIONAL MIJIKENDA CLEANSING AT THE TREE OF LIFE ALL DAY
12:30							
1:00							
1:30							
2:00	STORYTELLING THROUGH MOVEMENT- YTK	AFRIKAN YOGA -ZAKA-	PENDULUM DOWSING -DR. SHIBANI-	DRUM CIRCLE -HENRY-	TRUTH OR TREND? GUT HEALTH EDITION -APRIL-	CREATIVE ART & CRAFT -ELVIS-	
2:30							
3:00						FLOW MOVEMENT -VICTOR-	HEALING WITH HORSES -KERSTIN- ***HORSE FOREST
3:30	AERIAL YOGA -MUGISHA-	ANIMAL MOVEMENT -FELA-	ART AND THE SELF -BAIBUI-	THE RITE OF REWEAVING -KAYA & NICOLE-	THE SHADOW SIDE (SHADRIPU) -REBEKAH-	KIDS PARTNER YOGA -SISI-	
4:00							
4:30	DANCES OF UNIVERSAL PEACE - SHAYUR, FELA, ZAKA, FURAHA, LACHY&NARI	VINYASA FLOW -TAMARA-	KUNDALINI ENERGY TRASMISSION -ERICA-	ABUNDANCE FOR CREATIVES -NEHA-	CONSCIOUS BUSINESS & CLIMATE ADAPTATION -TOMMASO-	KALIMBA CIRCLE -BRETHREN & NJERI-	TRADITIONAL CLEANSING -MIJIKENDA- ***THE TREE OF LIFE ALL DAY
5:00	6-8PM LIVE MUSIC AT BAOBAB DECK WITH CHRIS BARR			6-8PM LIVE MUSIC AT BAOBAB DECK WITH CHRIS BARR			
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							

FRIDAY 10TH OCTOBER 2025



FOR FULL
SESSION DESCRIPTIONS
SCAN THIS QR CODE



	MAIN STAGE	BARAZA HUB	VALLEY STAGE	BAOBAB DECK & BAOBAB STUDIO	TAMARIND TREE	KIDS	TREE OF LIFE HORSE FOREST
6:00							
6:30				KRIYA MEDITATIONS -DANNY-		ACTIVITIES ALL DAY!	
7:00							
7:30	AERIAL YOGA -MUGISHA-	WIM HOF BREATH WORK + ICE BATH -HEATHER-					
8:00				AWAKE AWARENESS HATHA YOGA - REBEKAH -			
8:30							
9:00							
9:30	AERIAL SILK -SADDY & NICK-	ARM BALANCES -TAMARA-	ROSE CREATIVE RITUAL -CHANDVI-	PARTNER YOGA + HEARTSYNC WITH LIVE HANDPAN -MELINA-	HEALTH COACHING FOR LIFE -ORIANE-	CREATIVE ART & CRAFT -ELVIS-	SELF CONNECT WITH HORSES -LINDA-
10:00							
10:30		AYURVEDA YOGA MASSAGE WORKSHOP -KATE-	UTERINE MEMORIES HEALING -PAU-		SOMATIC BREATHWORK JOURNEY -MELISSA-	MOVEMENT FIRE DANCE -MUKENDI-	
11:00							
11:30							
12:00	GAMES NDIO TUBONGE (PLAY THERAPY) -G4MH			LUTSAGA MIJIKENDA MUSIC & HEALING		THEATRE AND PLAY - YTK-	
12:30		SOUND HEALING -NARISSA-	SER ENERGY TRANSMISSION -AGUSTIN-		UNITING YOUR PRESENT & PAST -LIEKE-	CHEZA NGOMA ZA KENYA -FURAHA & FELA-	MAKING COMPOST -GRASSROOTS-
1:00	LUNCH BREAK 1 - 3 PM LIVE MUSIC AT BAOBAB DECK WITH NDIBO & ANARIKO			INTEGRATION SESSION -G4MH-		MINDFUL EATING -JAINI-	
1:30							
2:00							
2:30							
3:00	KATUUYO TRADITIONAL AFRICAN DANCE -WALAKIRA-	LEAD THE WAY: A PRACTICAL FRAMEWORK FOR UNITY -IDA-	IPSALU TANTRA KRIYA YOGA "JOY OF TRUST" -SIS TIBEBWA-	LOVE STORIES -ZAITUNI-	PROPHECY -NEHA-	GOURD PAINTING -GRASSROOTS-	TEA CIRCLE -SISI-
3:30							
4:00							
4:30	MOVEMENT AND STORY -YTK	DANCEHALL -VICTOR-	EMBODYING CONSENT -ZOË & NELSON-	CACAO CEREMONY -CHANDVI-	COMMITMENT POOLING -GRASSROOTS-	ZEN PLAYTIME FOR WATOTO -VANESSA-	KALIMBA CIRCLE -BRETHREN & NJERI-
5:00							
5:30						CAPOEIRA -SALIM-	
6:00							
6:30		LIBERATION BODY WORK -MUGISHA-	THE UNIVERSE OF ESSENTIAL OILS -MARIA-	ECSTATIC DANCE -SHAYUR-			
7:00	7 - 9 PM LIVE MUSIC AT BAOBAB DECK WITH KEYNOTEY ODERA JR			7 - 9 PM LIVE MUSIC AT BAOBAB DECK WITH KEYNOTEY ODERA JR			
7:30							
8:00							
8:30							
9:00							



	MAIN STAGE	BARAZA HUB	VALLEY STAGE	BAOBAB DECK & BAOBAB STUDIO	TAMARIND TREE	KIDS	TREE OF LIFE
6:00							HORSE FOREST
6:30				RESTORATIVE YOGA -TAMARA-		ACTIVITIES ALL DAY!	
7:00		WIM HOF BREATH WORK + ICE BATH -HEATHER-					
7:30	AERIAL YOGA -SADDY & NICK-			KRIYA YOGA & SOUND MEDITATION -VANESSA & DANNY-			
8:00							
8:30							
9:00	AERIAL TRAPEZE -MUKENDI-	ANIMAL MOVEMENT -FELA-	MINDFUL EATING -JAINI-		MICROBES & YOU: YOUR HEALTH & INVISIBLE ALLIES -APRIL-		TRADITIONAL MIJIKENDA SAUNA
9:30						MINDFULNESS -ELVIS-	ALL DAY AT THE TREE OF LIFE
10:00				SHAMANIC SOUND JOURNEY -NARISSA-			
10:30	KATUUYO TRADITIONAL AFRICAN DANCE -WALAKIRA-	COLLABORATIVE POETRY: EXPRESSIVE ARTS -JORDAN-	IPSALU TANTRA KRIYA YOGA "CONSENT AND AGREEMENT" -SIS TIBEBWA-		HEALING FROM ADDICTION -FAREED-	GAMES NDIO TUBONGE (PLAY THERAPY) -G4MH	DEEP CONNECTION WITH SELF, HORSES & COMMUNITY -KERSTIN- ***HORSE FOREST
11:00							
11:30							
12:00	PERCUSSION MUSIC OF CAPOEIRA ANGOLA -SALIM-	FLOW MOVEMENT -VICTOR-	ALCHEMICAL BREATHING -PAU-	THE RITE OF REWEAVING -KAYA & NICOLE-	INSPIRING TRUE COMMITMENT IN TEAMS - IDA-	AFRIKAN YOGA -ZAKA-	
12:30							
1:00	LUNCH BREAK 1 - 3 PM						TRADITIONAL MIJIKENDA SAUNA
1:30	LIVE MUSIC AT BAOBAB DECK WITH MATT AND JUNE						ALL DAY AT THE TREE OF LIFE
2:00				INTEGRATION SESSION G4MH		PLAYGROUND FOR THEATRE - YTK	BY DONATION
2:30	CHEZA NGOMA ZA KENYA -FURAHA & FELA-	SACRED TOUCH: THAI YOGA MASSAGE EXPERIENCE -MELINA -	UNITY CONSCIOUSNESS -NEHA-	INNERSPACE TRANCE MISSIONS -BRETHREN & NJERI-	THE STORY OF THE MIJIKENDA -FATUMA-	INSTRUMENTAL HATHA YOGA -MUGISHA-	HORSE PLAY FOR CHILDREN -KERSTIN- *** HORSE FOREST***
3:00							
3:30							
4:00							
4:30			PLANT AND SENSE -BAIBUI-	IN HARMONY WITH NATURE -LAWRENCE KAHINDI	MAPPING WORKSHOP ON EARTH SPIRIT & SELF ENERGY -ORIANE-	DRUM CIRCLE -HENRY.-	
5:00	AERIAL SILK -SADDY & NICK-	NAVIGATING DISCRIMINATION: THEATRE OF THE OPPRESSED -ZOË & NELSON-				EXPRESSIVE ARTS -JORDAN-	TRADITIONAL MIJIKENDA SAUNA ALL DAY AT THE TREE OF LIFE BY DONATION
5:30			SELF CONNECT WITH BELLY DANCE -LINDA-	MUSIC AND SPIRITUALITY -DILLIE-	SOUL ORGASMS -DR. SHIBANI-		
6:00							
6:30							
7:00	7 - 9 PM			7 - 9 PM			
7:30	LIVE MUSIC AT BAOBAB DECK WITH ZAITUNI			LIVE MUSIC AT BAOBAB DECK WITH ZAITUNI			
8:00							
8:30							
9:00							

SUNDAY 12TH OCTOBER 2025



FOR FULL
SESSION DESCRIPTIONS
SCAN THIS QR CODE



	MAIN STAGE	BARAZA HUB	VALLEY STAGE	BAOBAB DECK & BAOBAB STUDIO	TAMARIND TREE	KIDS	TREE OF LIFE HORSE FOREST
6:00							
6:30				LIBERATION BODY WORK (QI GONG) - MUGISHA-		ACTIVITIES ALL DAY!	
7:00							
7:30							
8:00	AERIAL YOGA -SADDY & NICK-	INVERSIONS ASANAS EXPLORATIONS . ORIANE		AFRIKAN YOGA -ZAKA-			
8:30							
9:00							
9:30		CAPOEIRA ANGOLA -SALIM-	DRUM CIRCLE -HENRY.-		THE SCIENCE OF BREATHING -REBEKAH-	STORY MOVES -YTK-	ANIMAL COMMUNICATION -KERSTIN & PAU- **HORSE FOREST
10:00	FIRE DANCE WORKSHOP -MUKENDI-			SPIRITUAL COMMUNITY CIRCLE "TAKE ME TO CHURCH"		KATUUYO AFRICAN DANCE -WALAKIRA-	
10:30		CONTACT IMPROVISATION -SHAYUR-	FAMILY CONSTELLATIONS -CHANDVI-	-FURAHA & SAHAR-	HERBS ARE THE SPICE OF LIFE -PLANT MILF-	TINY FRIENDS INSIDE US -APRIL-	SOIL BUILDING ***THE TREE OF LIFE
11:00				MUSIC & INTER-CULTURAL MEMORY -MEKATILILI-			
11:30							
12:00	MOVEMENT AND STORY -YTK-	HATHA KRIYA YOGA -DANNY-	TANTRA -PAU-		EMOTIONAL EATING -JAINI-	NAVIGATING CHALLENGES AT SCHOOL - ZOË & NELSON-	TEA CIRCLE -SISI- ***THE TREE OF LIFE
12:30							
1:00	UNITY PANEL: TWO PLAYS BY ALEYA KASSAM			ALL DAY HEALING DANCE FLOOR			
1:30							
2:00							
2:30					INTEGRATION SESSION -G4MH-	MUSIC AND BREATH -NARISSA-	
3:00	GAMES NDIO TUBONGE (PLAY THERAPY) -G4MH	ALCHEMY OF SOUND: EXPRESSIVE ARTS -JORDAN-	COGNITIVE BEHAVIOURAL HYPNOTHERAPY -VANESSA-		KISIMA POOL DEEP DIVE -GRASSROOTS-	EMOTIONAL INTELLIGENCE -SIS TIBEBWA-	KALIMBA CIRCLE -BRETHREN & NJERI- ***THE TREE OF LIFE
3:30							
4:00	AERIAL SILKS -SADDY & NICK-	YIN YOGA & HANDPAN SOUND JOURNEY -MELINA-	JOURNEY THE SRI YANTRA -DR, SHIBANI-		LEADING WITH HEART -IDA-	PLANT AND SENSE -BAIBUI-	
4:30							
5:00						BASKET WEAVING - GRASSROOTS	
5:30							
6:00	CLOSING CEREMONY +MUSIC TIL LATE			CLOSING CEREMONY +MUSIC TIL LATE			
6:30							
7:00							
7:30	BOYWALEY // LAVOSTI			DJS // TEEKAY // FLOW A LION			
8:00							
8:30							
9:00							