

PROGRAM SCHEDULE

Indonesia's Biggest Urban
Wellness & Meditation Festival

HEALTH ROOM		RELATIONSHIP ROOM		WEALTH & WORK ROOM		PRESENTED BY  Melayani Negeri, Kebanggaan Bangsa		EARTH ROOM	
09:30				STRESS FREE AND SLAY with Bagia Arif Saputra					
10:15	UNWIND YOGA with Anita Boentarman from Rumah Yoga MV	10:15	SELF LOVE ZUMBA with Liza Natalia MV	10:15	YOGA AT YOUR DESK with Renandia Tegar Asririzky from Active Barn MV	10:15	SAVING THE WORLD FROM HOME with M. Bijaksana Junerosano from Waste4Change A		
11:00	RAHASIA OTOT DALAM KEHIDUPAN SEHARI-HARI with Yodhananta Soewandi & Ferry from Fit4Go MV-T	11:00	RELATIONSHIP Q&A: SEMUA TENTANG CINTA with Silvia Basuki & Robby Soedargo Q&A	11:00	NO EXCUSE! MENJADI PENGUSAHA PANDEMI Moderator : Sigit Kurniawan Speaker : Irene Umar, Katia Shiffana, Pandu Truhandito P	11:00	TEMPE MAKING with Riska Dwi Noviyanti from WeGrow A		
12:00	HEALTHY & FIT ON A PLANT-BASED DIET Moderator : Akriti Pandey Speaker : Annabella, Dr. Susianto, Willy Yonas E P	12:00	BEYOND GRIEF: NEVER GONE, NEVER LOSS with Joyce Wonsono E T-M	12:00	THE MINDFUL & SUCCESSFUL COMPANIES: WHY WORKPLACE WELLBEING MAKES BUSINESS SENSE Moderator : Cindy Gozali Speaker : Cally Lo Hoi Yi, Handi Kurniawan, Donny Salaki E P	12:00	JAPANESE HEALTHY VEGAN COOKING with Sayuri Tanaka E A		
13:00	Q&A: ALL YOU NEED TO KNOW ABOUT LIVING WITH CRYSTALS with Nia Beyerlein Q&A	13:00	#METOO: SPEAK UP TENTANG KEKERASAN SEKSUAL Moderator : Tenik Hartono Speaker : Maria Immaculata, Suzy Hutomo, Yodhananta Soewandi P	13:00	CLAIM YOUR SUCCESSFUL LIFE with Pascal Dricot E T-M	13:00	VEGAN COOKING CLASS with Max Mandias from Burgreens and Green Rebel Foods A		
14:00	MENTAL HEALTH: DISSOLVING TOXIC MASCULINITY Moderator : Indrasto Budisantoso Speaker : Howard Chandra, Simon Jongenotter, Anastasia Satriyo E P	14:00	FINDING LOVE IN ISOLATION Moderator : Ayu Tresna Speaker : Violet Lim, Wita Juwita, Siobhan Coulter E P	14:00	EXPRESS TO DESTRESS & SLAY AT WORK with Cindy Gozali E T-M	14:00	INTERFAITH TALK: THE M WORD Moderator: Yodhananta Soewandi Speaker: Ulil Abshar Abdalla P		
15:00	LONG COVID TREATMENT WITH INTEGRATIVE MEDICINE Moderator : Meilinda Sutanto Speaker : dr. Meta Melvina, dr. Kiki Sulistyo, dr. Priscilla Viktoria W Ismail, S. Psi P	15:00	STRESS FREE FAMILY DYNAMICS with Meilinda Sutanto T-M	15:00	TEMUKAN TUJUAN HIDUPMU with Bagia Arif Saputra T-M				
16:00	MENGHARGAI HIDUP with Yasmin Baidha Afifah T-M	16:00	BANGKIT DARI TRAUMA RELATIONSHIP DENGAN SELF LOVE with Ayu Tresna Ekadewi T-M	16:00	SOCIAL STARTUP SUCCESS: HOW TO LAUNCH, SCALE & MAKE A DIFFERENCE Moderator : Rommy Cahyadi Speaker : Jane von Rabenau, Vikra Ijas, Azalea Ayuningtyas E P				
17:00	LET'S TALK ABOUT: BODY POSITIVITY Moderator : Sailormoney Speaker : Andien Aisyah, Nicole Jizhar P	17:00	LOVERS GUIDE TO EVERLASTING LOVE with Siobhan Coulter and Nick Coulter E T-M	17:00	STRESS FREE WEALTH & SLAY with Stephanie Hermawan E T-M				
18:00		MUSIC FOR INNER PEACE by Sacred Earth							
18:30		ENTERTAINMENT by Robert H. Coxon							
19:00		LIFE OF LOVE & JOY with Master Umesh H. Nandwani							
19:30		STRESS FREE & SLAY AFTER PARTY with DJ TIARA & Kiki Juliar							

THE 4TH ANNUAL

ALIVE Fest

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