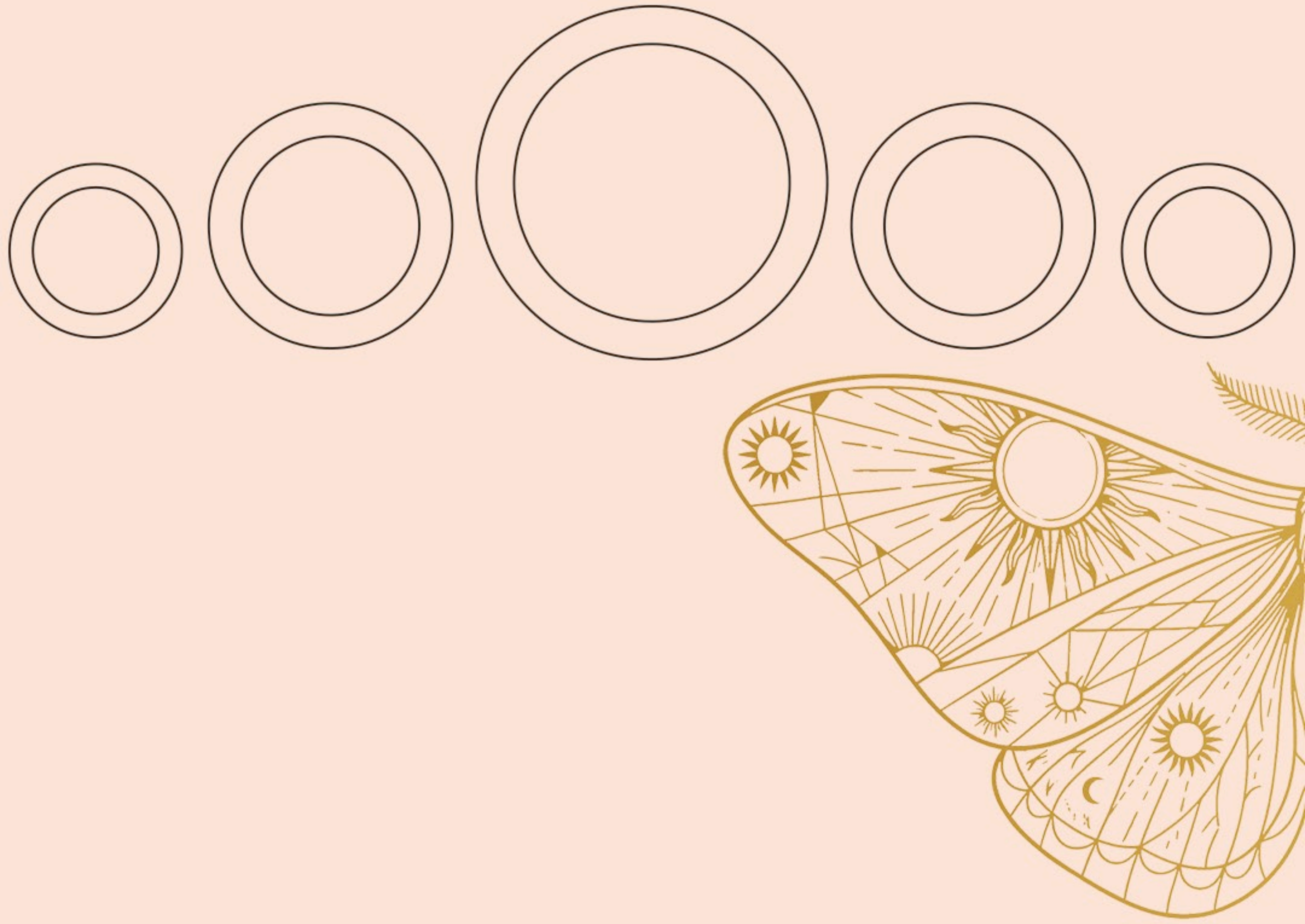


GONGMATIC

Opening Event



April 17 - 19 2026

Akera Retreat Center

2299 Ulster Heights Rd, Woodbourne, NY 12788



AKERA

GONGMATIC

April 17

5:00 PM — Check-in @ Grand Chalet Arrival, welcome, and time to settle

6:00 PM — Tea & Dinner Slow introduction to the space and community

7:30 PM — Akera Presentation
Vision of the retreat + Gongmatic context

9:00 PM — Evening Gong Bath
Deep relaxation session

10:00 PM — Sauna + Wind
Down



GONGMATIC

April 18

9:00 AM — Morning Walk /
Meditation / Movement

11:00 AM — Light Brunch

12:00–3:00 PM — Free Time

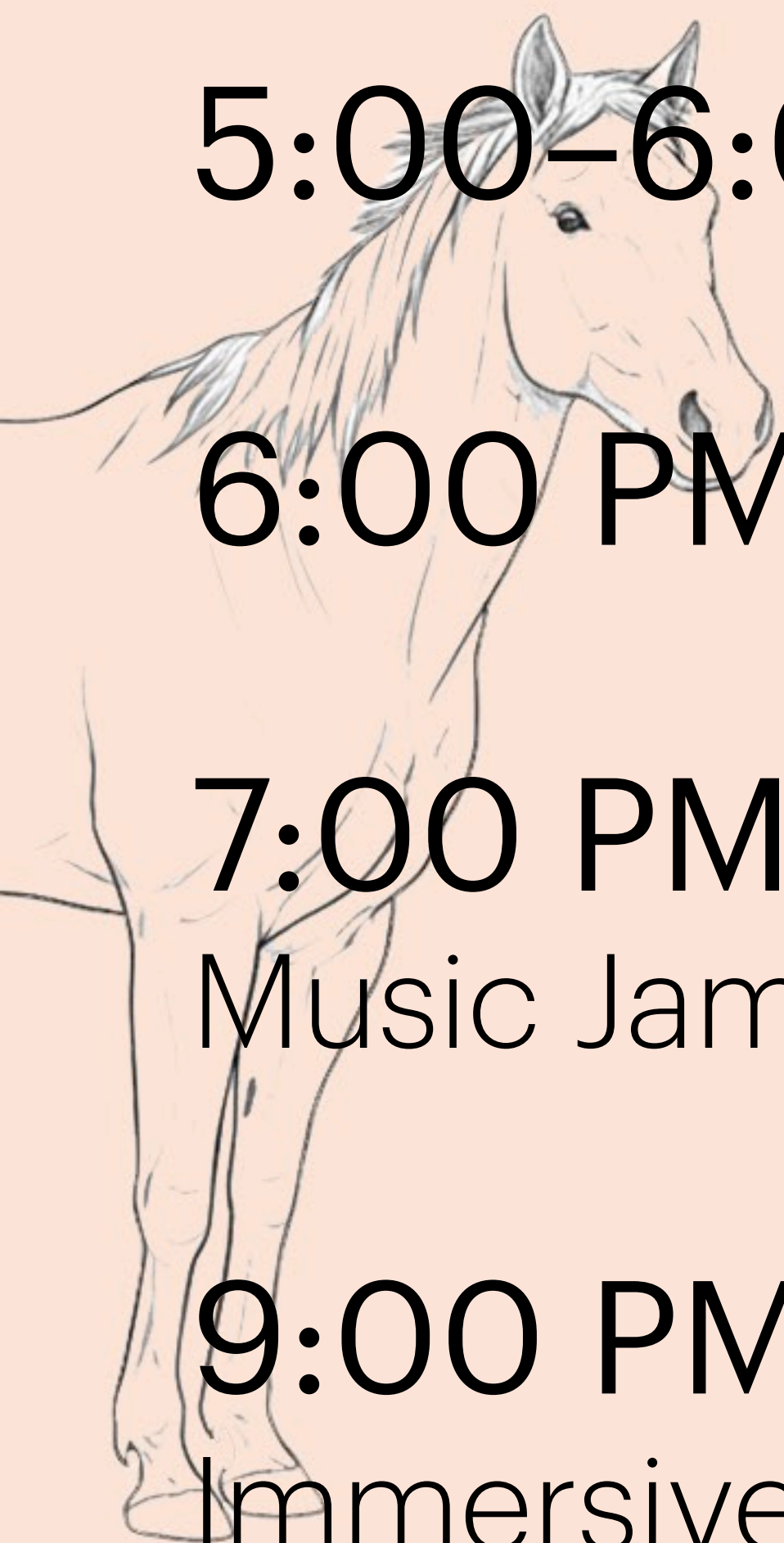
3:00 PM —5:00 PM Live
Performance with Grotta Sonora
Talk & discussion

5:00–6:00 PM — Rest

6:00 PM — Dinner

7:00 PM - 8:00 PM Live
Music Jam / Dance

9:00 PM — Gongmatic Session
Immersive nighttime experience



GONGMATIC

April 19

Integration & Departure

8:30 AM — Breakfast

9:30 AM Morning Reset
Gongmatic (light movement /
breathwork)

11:00 AM — Checkout



AKERA