## The Mossagardenfestival, 14-16<sup>th</sup> of June

The Mossagardenfestival is an annual organic festival at the old farm from the 1800s, located in the south of Sweden. The festival is aimed at families with children and grownups of all ages. There are two small stages where about 40 artists/groups (music) perform everything from opera and folk music to pop and hard rock, and everything in between. Then there are stand-up, talk shows, workshops, children theatre, eco-spa, animals, organic market place, a hemp maze, three different food places, acrobatics and games, qigong, the Mossa-Pub with eight different organic draft beer, fairytail forest, story teller in the Oak, Mossagarden organic store and organic vegetable growing, raw-food café, small stage over a stream (stage made of own wood), yoga, pony-rides and lots more. Our own produced Smoothie bikes are a great success. Peddling on it after having put some fruit in the blender mixes the fruit into healthy fruit-smoothie! The extra vitamins keep you dancing all night.

Or you can get your extra power boost enjoying the festival's Qigong, a martial art is at least 5000 years old. The experienced instructor Obi C Agor, one of two licensed instructors in (Taichi Shibashi style) in Sweden, brings you a refreshing approach to 21st century fitness. Each session looks at energy; how we feel, express and cultivate it to gain control over our health, emotions, our creativity and our ability to heal ourselves and others. Obi encourages laughter and fun, as he leads you on your journey of body mind and spirit in a harmonious way. This is one of the many health and environment inspired activities during the festival but it's also a very good example of what we want to achieve with the festival, an inspiration channel for a sustainable living for all people around us.

All food and drinks, including the alcohol that provides, are organic and the purpose with the festival is to encourage a climate friendly living and combined enjoying the very best of Swedish music. But the festival also attracts international audience and artists. We only allow artist to travel to the festival by train or car and the festival uses fossil free electricity. We also uses a lot of our own grown hemp at the farm and we show it up during our teaching activities, for example classes about the hemp seeds as a nutrition supplements and the hemp tribe used for isolation and constructions. The hemp consumes a lot of carbon dioxide growing. Our festival's named the Mossagarden festival but we also uses the homepage klimatfestivalen.se (climatfestival.se).

The farm is home to 60 hectares of land with forests, fields and meadows and it is within a part of this area that the festival is located. The farm scene is built in wood (to have an ecological scene) and our goal is also that all electricity used in the festival area should be produced in the area, all to work with environmental issues from various aspects. At the festival we want to highlight a couple of the most sustainable materials and energy solutions of the future. Those who are curious to

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## Mossagården Event AB 2019

learn more about the many positive uses of the hemp can visit the festival area's exhibiting company that sells and displays many different products, ranging from musical instruments to hammocks, where the hemp is material. The biogas theme can be seen on Mossagården's green biogas cars and on all new products and solutions presented by sponsors and exhibitors.

The festival has been acclaimed for its work with highlighting female artists and musicians. And many large acts have over the years appeared at the festival, both female and male, but we always aim for an equal gender range.

The festival's designed to be an experience for all senses and is very childrenfriendly. This whole event is a nice place to experience organic food and beverages and learn about nature and environmentally friendly solutions in the everyday life. The Mossagarden festival – a music- and experience festival in the middle of the nature and for the whole family!

Choose "Artister" and you will find all the artists and "Program" to find the festival program. Under "Biljetter" you will find the tickets.

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Very Welcome!

Ebba-Maria Olson Festival general

Lobo Mana L