

Saturday 27.11.2021

Livestream

Master
Hall

Deutsch / English / Bi

Loft 1

Deutsch / English / Bi

Loft 2

09:00 – 09:20

Warm Welcome
**Introducing the
BODYART
ZEN_Team_2021**

09:30 – 10:30

BODYART_ZEN
New Exercises
Alexa Lê and Robert
Steinbacher

10:45 – 11:45

DEEPWORK
Best of Variations
Virginia Winsemann and
Remo Stefanic

BODYART
Yin Variations DE
Daniela P. Mantziaris

BODYART
Neuro-Activity Bi
Dr. Fabian Allmacher

12:00 – 13:00

BODYART Flow
Meridian Workout
Alexa Lê and
Christian Gasch

HEALTH ACADEMY
BURN-OUT DE
Thomas Berghoff
Janni Giannikakis

DEEPWORK
**Swing Variations
"to go" EN**
Jannie Lindeque

13:00 – 13:45
Lunch Break

13:45 – 14:45

DEEPWORK
Cardio Boost
Robert Steinbacher and
Jannie Lindeque

BODYART
**Stabi, Mobi, Flex
DE**
Christian Gasch

BODYART - HA
**Core
Cell Memory EN**
Thomas Berghoff

15:00 – 16:00

BODYART
5 Elements
Daniela P. Mantziaris
and Remo Stefanic

BODYART Xross
Myofascial Bi
Janni Giannikakis

BODYART
Teaching Tools DE
Virginia Winsemann

16:15 – 17:30

DEEPWORK ZEN_2021
**Final Master Class
& Stretch**
Robert Steinbacher and
Virginia Winsemann

Sunday 28.11.2021

Livestream

Master
Hall

Deutsch / English / Bi

Loft 1

Deutsch / English / Bi

Loft 2

09:00 – 09:20



09:30 – 10:30

BODYART
**Wake Up your
ZEN_Energy**
Daniela P. Mantziaris
and Thomas Berghoff



10:45 – 11:45

BODYART
Masters Series
Robert Steinbacher and
Christian Gasch

BODYART
**Power of
Breathing Bi**
Janni Giannikakis

DEEPWORK
N.A.I - Theory DE
Dr. Fabian Allmacher

12:00 – 13:00

BODYART
Core & Balance
Alexa Lê and Jannie
Lindeque

DEEPWORK
**DEEPWORK meets
Mobility EN**
Virginia Winsemann

BODYART
**Core
Cell Memory DE**
Thomas Berghoff

13:00 – 13:45
Lunch Break

13:45 – 14:45

DEEPWORK
N.A.I - Practice
Dr. Fabian Allmacher
and Jannie Lindeque

WARRIOR V
**Workout-Dance-
Emotions EN**
Robert Steinbacher

HEALTH ACADEMY
Qi Moves - HPT Bi
Alexa Lê

15:00 – 16:00

Health Academy
Mobility Flow
Janni Giannikakis

BODYART
Structure News DE
Christian Gasch

BODYART
**Sequences
"to go" EN**
Virginia Winsemann

16:15 – 17:30

BODYART ZEN_2021
**Final Master Class
& Stretch**
Robert Steinbacher, Alexa Lê and Team

**Thank you
OUR COMMUNITY**

ZEN_2021

ZEN_2021