

BODYART TRAINING CAMP

Donnerstag, 12.Sep

15:00 - 16:30 h
BODYART Welcome Class
Janni & Astrid

17:00 - 18:00 h
Coaching braucht
Körperarbeit
BODYART "embodied"
Janni

18:15 - 18:45 h
Deep Stretch & Long
Breath Janni

Freitag 13. Sep

09:00 - 10:30 h
BODYART Morning Class
Myofacial RELEASE
Janni

11:00 - 12:30 h
Hands On
Janni

15:30 - 16:45
Neuroinput
Im BODYART TRAINING
Janni

17:00 - 18:30
Breath Work
Janni

Samstag, 14.September

09:00 - 10:30 h
BODYART Morning Class
PropioInteroExtero WORK
Astrid

11:00 - 12:30 h
Schmerz und
Trauma
How to deal
with? Astrid

15:30 - 16:45
PRANA
Astrid

17:00 - 18:30
PRANA & YAMA
Holistic Dimensions im
BODYART TRAINING
Astrid

Sonntag, 15. September

09:00 - 10:00 h
BODYART Morning Class
Energy Booster
Astrid

10:30 - 12:00 h
BODYART Contact & die
Integration craniosacraler
Techniken
Astrid

12:30 - 13:00 h
Training Camp 2024
BODYART Reflection