

13 JUNE 2024 THURSDAY

Ballroom

Chalet

Lunch Break 🍇

15:00 -
 16:15

Robert & Janni
 Opening Class

16:30 -
 17:30

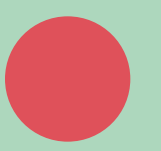
Carina & Robert
 365 BODYART Strength:
 Core & More

Daniela
 BODYART Fundamentals

17:40 -
 18:30

Nicole
 Yoga, PRANA &
 Breathwork

Janni
 Mobility



14 JUNE 2024 FRIDAY

Ballroom

Chalet

Nicole
 BODYART meets Yoga

08:00 -
 09:00

Robert & Daniela
 BODYART:
 A Journey of 30 Years

Janni
 Core Cell Memory

10:00 -
 11:00

Carina
 DEEPWORK:
 Deep House

Nicole
 Advanced Technique
 Training:
 Strength & Core

11:15 -
 12:15

Lunch Break 🍷

Janni
 Biodynamic & Myofascial
 Work

Isabel
 BODYART:
 Basic & Alignment

15:30 -
 16:30

Robert & Daniela
 PRANA & Breathwork

Janni
 Neuroplasticity &
 Alignment

16:45 -
 17:45



15 JUNE 2024 SATURDAY

16 JUNE 2024 SUNDAY

Ballroom

Chalet

08:00 -
09:00

Carina
 Yin Morning Class

10:00 -
11:00

Robert
 BODYART 365

Carina
 BODYART Energy

11:15 -
12:15

Janni
 BODYART:
 Strength meets
 Awareness

Daniela
 BNODYART Contact

Lunch Break 🍌

15:00 -
16:15

Robert & Isabel
 DEEPWORK REVOLUTION:
 DEEPWORK Combat - the
 new Concept

Carina
 BODYART Flow

16:45 -
18:00

Janni & Isabel
 BODYART Yin,
 Breathwork & Cacao
 Meditation

Ballroom

Chalet

Isabelle
 Morning Class

08:00 -
09:00

Carina & Daniela
 BODYART Yin & Yang

Isabelle & Janni
 DEEPWORK Basic

10:00 -
11:00

Janni & Team
 Closing Class

11:15 -
12:15

Lunch Break 🥑