

RECHARGE FOR LIFE

**08 - 11 June 2023 -
Zuoz/ Swiss Mountains**

Thursday, 08 June 2023

Room 1

Room 2

15:00 - 16:15h
Recharge for LIFE
Opening class with the founders
Alexa Lê, Robert Steinbacher + Janni Giannikiakis

16:30 - 17:30h
BODYART Workout
Swing + Myofascial Exercises
Robert St. + Janni G.

16:30 - 17:30h
BODYART Flow
with mountain spirit
Alexa Lê

17:40 - 18:20h
Connect your energy with the Swiss alps
Yin Meridian Stretch + Meditation
Alexa Lê + Robert St.

全部
BODYART

DEEPWORK

Friday, 09 June 2023

Room 1

Room 2

08:00 - 09:00h
BODYART Flow
Morning in the Swiss alps
Alexa Lê

10:00 - 11:00h
BODYART Back to the roots
Work on your alignment with the founder
Robert Steinbacher

11:15 - 12:15h
BODYART Core & more
„are you ready for that?“
Alexa Lê

15:30 - 16:30h
365 Athletic Training
DEEPWORK, Martial Arts, Functional
Training, Primal Moves, Breathwork
and more...
New Programm of Robert

16:45 - 17:45h
Yin Yoga &
BODYART Recovery
Alexa Lê

10:00 - 11:00h
Mobility Training &
Dynamic Exercises
Janni Giannikakis

11:15 - 12:15h
Myofascial Training -
The human body
Integrate MYFT in your daily life
Alex Hahn

15:30 - 16:30h
HEALTH ACADEMY
CoreCellMemory
New Workshop
Janni Giannikakis

Saturday, 10 June 2023

Room 1		Room 2	
08:00 - 09:00h Yin & Yang Morning Realign your body Janni Giannikakis			
10:00 - 11:00h DEEPWORK & BODYART		10:00 - 11:00h Martial Arts meets BODYART	
Robert Steinbacher		Isabel Büchler	
11:15 - 12:15h BODYART Workout Balance & Strength Alexa Lê		11:15 - 12:15h Functional Training with your own bodyweight - don't resist persist! Alex Hahn	
15:30 - 16:30h 365 Dance & Chill Out Party WARRIOR V Based		15:30 - 16:30h DEEPWORK meets Functional Training	
Robert Steinbacher		Janni Giannikakis	
16:45 - 17:45h BODYART Spirals New Workshop Alexa Lê			

21:00h
KAKAO Zeremonie & Chill Out Evening
Isabel Büchler



Sunday, 11 June 2023

Room 1		Room 2	
10:00 - 11:00h PRANA a new revolutionary concept of Robert Steinbacher and the inZENTiv team Robert Steinbacher		10:00 - 11:00h BODYART Pure alignment Alexa Lê + Janni G.	

11:15 - 12:15h
Recharge for LIFE
Closing class - The heart of BODYART
Alexa Lê, Robert Steinbacher + Janni Giannikakis



4 HEALTHY DAYS
WITH THE
COMMUNITY



BREATHE IN
FRESH SWISS
MOUNTAIN AIR