

SAMSTAG

25.11.2023

Action Hall

08:40 -
09:00

Welcome

09:00 -
10:00

Robert Steinbacher & Alexa Lê
BODYART | New Exercises

10:15 -
11:15

Jannie Lindeque & Remo Stefanic
DEEPWORK | New Ideas

11:30 -
12:30

Robert Steinbacher, Andrei Chirila & Daniela Mantzaris
PRANA | New Concept of BODYART and inZENTive

13:15 -
14:15

Andrei Chirila & Lea Grancicova
365 | Athletic Training

14:30 -
15:30

Alexa Lê & Andrea Heinemann
BODYART | Flow

15:45 -
16:45

Robert Steinbacher
WARRIOR V

Interactive Room

Lea Grancicova
DEEPWORK | How to break down Ideas

Janni Giannikakis
BODYART | Physiotherapy-based training

Andrea Heinemann
TCM | The Roots of the BODYART Workout

BREAK 12:30 - 13:15

Nicole Gibbard
BODYART | The Magic of the Core & The Art of Effortlessness

Daniela Mantzaris
BODYART | From Yang to Yin

Jannie Lindeque & Lea Grancicova
DEEPWORK | Yin & Yang sequences

Lecture & Education

Nicole Gibbard
Master your Teaching Skills

09:00 - 11:00

Alexa Lê
BODYART Spirals | Update Modul of the BODYART Health Academy 2023

11:20 - 12:40

Janni Giannikakis
Shoulder and Hip Mobility

SONNTAG

26.11.2023

Action Hall

Interactive Room

Lecture & Education

09:00 -
10:00

Lea Grancicova & Daniela
Mantziaris

**BODYART | Dynamic
Update**

Alexa Lê

**BODYART | Energy
Update**

Jannie Lindeque

**DEEPWORK |
News 2023**

09:00 - 11:00

10:15 -
11:15

Robert Steinbacher & Remo
Stefanic

**365 & DEEPWORK | Goa
House Party**

Daniela Mantziaris

**BODYART | Stretch
Combinations**

11:30 -
12:30

Janni Giannikakis

**BODYART | Myofascial
Strength**

Andrei Chirila

WARRIOR V

Andrea Heinemann

**TCM | The Roots of
BODYART training**

11:20 - 12:40

BREAK 12:30 - 13:15

13:15 -
14:15

Lea Grancicova & Jannie Lindeque

**DEEPWORK | Cardio &
Core Combinations**

Daniela Mantziaris

**BODYART | Stretch &
Combinations**

Janni Giannikakis & Robert
Steinbacher

Breath & the Brain

13:15 - 15:15

14:30 -
15:30

Alexa Lê

BODYART | Spirals

Nicole Gibbard

**BODYART Alignment &
Adjustment | The logistics
of Balance & Stability**

15:45 -
16:45

Robert Steinbacher & Alexa Lê &
Janni Giannikakis

**PRANA & Spirit | The big
Closing**