

SATURDAY

23 NOV 2024

Performance Hall

Hall 1

Hall 2

09:00 -
09:50

30 years BODYART opening warm-up



10:00 -
10:50

Robert & Alexa



BODYART 2.0

The new concept of BODYART training

Israel



Animal Flow

Lea, Jacky & Remo



DEEPWORK Impact

New ideas and variations for successful classes

11:00 -
11:50

Andrei



Prana

Freedom souls within you

Nicole



Core without a crunch

Are you ready?

Janni



BODYART Mobility Update

You are as old & mobile as you are

12:00 -
12:50

Eric, Robert & Team



DEEPWORK Combat

Alexa



BODYART Energy

The world of Meridians

Daniela



BODYART Isometric

Training Holding positions, rotations and variations

BREAK 12:50 - 13:40

13:40 -
14:30

Israel



Flow Body

Functional bodyweight experience

Lea



BODYART Alignment

Teaching secrets

Andrei & Nicole



Biodynamic Breathing

How to create breathing exercises

14:40 -
15:30

Jana, Robert & Ivam



Warrior V

Goa House Tribal Party

Janni



BODYART 2.0

P.T.B.T

The heartbeat of BODYART

Daniela



BODYART Polarity

Myofascial and dynamic stretches

15:40 -
16:30

Lea & Remo



BODYART Dynamic 2.0

update version 2025

Muscles sequences

Andrei



DEEPWORK 365

Simple, smart and powerful... less is more

Andrei, Nicole & Robert



Breathwork

The future of healing | How to become a breath coach

16:40 -
17:30

Alexa



BODYART 2.0

Meridian flow & conscious movements

Janni



Momix

Transformational movements and breathing

Eric & Ivam



DEEPWORK Combat

Mix martial arts meets Capoeira

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BODYART

DEEPWORK

inZENtive

