

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

SUNDAY

24 NOV 2024

Performance Hall

Hall 1

Hall 2

08:45 -
09:45


Robert, Andrei & Team 

The spirit of BODYART and Prana

Lea 

DEEPWORK Momentum Workshop

From 0 - 100%
The secret of break down

Alexa 

Spiral Dynamics

08:45 - 10:00

10:00 -
10:50


Remo 

BODYART Yin / Yang Dynamic & Strength

Israel 

FLOW Body Workshop

10:15 - 11:45

Janni  

Functional Triangle BODYART 2.0

10:15 - 11:45


11:00 -
11:50

Jacky & Andrei 

365 New Exercises
DEEPWORK meets
BODYART

BREAK 11:50 - 12:45

12:45 -
14:00

Alexa & Janni 

BODYART 2.0 Workshop
Signature movements, PTBT
and conscious movements
variations

Eric  

Combat Workshop
Technique training with
the world champion

Daniela & Nicole  

New Contact & Alignment inspirations

14:15 -
15:15

Lea & Remo 

DEEPWORK Spirit
Deep dive into the world of
sweat

Jana & Ivam 

Warrior V "Feel"
Deep house party

Nicole & Robert  

**Transcendental
Breathwork**

15:30 -
16:20

Robert & Daniela 

30 years of Yin & Yang

Janni 

BODYART 2.0
Neuroactivity impulse and
myofascial update

Andrei 

Prana 2.0
A glimps into the upcoming
workshop 2025

16:30 -
17:00

Robert & Daniela 

BODYART Closing Heart math meditation
Welcome to 2025
The spirit of BODYART

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BODYART

DEEPWORK

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