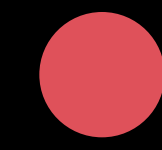


# SATURDAY

## ZEN REVOLUTION

09  
MARCH  
2024



### Timeline

30 years of BODYART

### Action Hall

History of BODYART

### Mind Body Room

Concepts

### Yin & Yang Room

Workshops

08:45 -  
09:30

Welcome 🙌

09:30 -  
10:30

Earth • 1994 - 2000  
The beginning of  
BODYART

Robert S. & Alexa L. & Daniela M.  
A journey into the  
beginning

Lea G. & Jannie L.  
BODYART Dynamic:  
The art of combining  
exercises

Andre C.  
Train by Elements:  
BODYART fundamentals  
biodynamic breathing

10:45 -  
11:45

Wood • 2000 - 2005  
The global journey of  
BODYART

Remo S. & Janni G.  
BODYART International  
System

Carina M.  
BODYART Flow:  
Qi movements

Daniela M.  
BODYART Contact:  
The art of touch

12:00 -  
13:00

Fire • 2005 - 2010  
The fitness cult was  
born

Jannie L. & Lea G.  
DEEPWORK:  
Athletic training

Christian G. & Monika K.  
BODYART Stretch:  
Asymmetric and  
dynamic work

Janni G.  
BODYART Function &  
PRT: Anatomy trains &  
biodynamic breathing

BREAK 13:00 - 14:00

14:00 -  
15:00

Metal • 2015 - 2015  
BODYART evolves

Andre C. & Robert S.  
A tribute to Ulli Mangold

Christian G. & Astrid E.  
BODYART Structure:  
Functional training and  
BODYART

Nicole G.  
BODYART Backbends &  
Rotations: Safety first

15:15 -  
16:15

Water • 2015 - 2020  
The years of  
transformation

Jana H. & Robert S. & Ivam D.  
Warrior V  
Back to the 90's:  
the dance revolution

Lea G. & Regina M. & Jacqueline S.  
DEEPWORK Reloaded:  
Internal focus, external  
power

Janni G.  
BODYART Myofascial:  
Physical equals emotional

16:30 -  
17:30

2021 - 2024  
The power of BODYART  
Health Academy and  
inZENTive

Jannie L. & Remo S. & Isabelle B.  
365 by inZENTive:  
You never stop

Daniela M. & Andre C. & Rita L.  
PRANA by inZENTive:  
Let the breath do the  
work

Timur M.  
BODYART Spirals:  
New concept of BODYART

17:40 -  
18:10

Team  
Closing Meditation &  
Stretch: Thank you for  
30 years



# SUNDAY

# ZEN REVOLUTION

10  
MARCH  
2024

## Action Hall

History of BODYART

## Mind Body Room

Concepts

## Yin & Yang Room

Workshops

09:00 -  
10:00

Janni G. & Daniela M.

**BODYART Opening:**  
Yin Yang New Exercises

Israel M.

**Animal Flow**

Nicole G. & Tom B.

**BODYART with Yoga**  
fundamentals

10:15 -  
11:15

Eric G. & Robert S. & Jannie L.

**DEEPWORK Combat:**  
The world premiere

Christian G. & Monika K. & Timur M.

**BODYART Core:**  
And more

Johanna P.

**Vinyasa Yoga Academy:**  
Let it flow

11:30 -  
12:30

Israel M.

**Human Movement Flow**

Jana H.

**Warrior V**

Christiane R.

**IFAA Pilates:**  
The body and mind  
connection

**BREAK 12:30 - 13:15**

13:15 -  
14:15

Robert S. & Andrei C. & Daniela M.

**World of Prana**

Christiane R.

**Restorative Pilates**

Anabelle N.

**GROOVE**

14:30 -  
15:30

Remo S. & Ivam D. & Carina M. &  
Astrid E.

**BODYART: Around the**  
world

Eric G. & Andre C.

**DEEPWORK Combat**

Robert S. & Nicole G.

**Breathwork: The future**  
Biodynamic breathing

15:45 -  
16:45

Jannie L. & Jacqueline S. &  
Regina M.

**DEEPWORK 365:**  
The new format

Janni G. & Alex H.

**BODYART Mobility**  
Training

Johanna P.

**Vinyasa Yoga Academy:**  
Yang to Yin Yoga

17:00 -  
17:30

Team

**Final Stretch and**  
Recovery