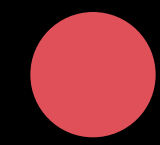


SATURDAY

ZEN REVOLUTION

03
MAY
2025



	Action Hall	Hall 1	Hall 2	Lecture Hall
09:00 - 09:45	Welcome 🙌			
10:00 - 11:00	Alexa, Daniela & Team BODYART: Spirals & Flow	Lea DEEPWORK Yin-Yan: Built it up - cool & simple	Petra, Janni & Tom BODYART: Myofascial & Breathwork	
11:15 - 12:15	Robert & Ryan BODYART: PTBT & Signature Moves	Israel Natural Animal Moves	Jana & Ivam Cardio Dance Class: Latin & Jounge	
12:30 - 13:30	Remo & Team DEPWORK Goa: House Party	Andrei, Carina & Katharina BODYART Medical & Touch: A tribute to ulla	Nicole, Janni & Robert BREATHWORK: The future of healing and longevity	Tom CoreCell Memory Lecture
BREAK 13:30 - 14:15				
14:15 - 15:15	Israel Flow Body	Kelcey Professional Handstand Class	Alexa & Andrea Spiral & Conscious Movements	
15:30 - 16:30	Robert, Ryan & Jana To New York City: WARRIOR V	Monika & Timur BODYART: Spine Health & Back Training	Ivam & Isabel 365 Combat & Capoeira	Chris, Manfred & Alexa Smart Nutrition Meets Intelligent Movement: Braingood & BODYART
16:45 - 17:30	Alexa & Andrei BODYART & PRANA	Janni Functional Triangle: Neuroplasticity Embodiment	Daniela, Katharina & Carina BODYART: Contact & Alignment	

SUNDAY

ZEN REVOLUTION

04
MAY
2025



Action Hall

Hall 1

Hall 2

Lecture Hall

09:00 -
10:00

Alexa & Robert

BODYART Yin Yang:
The History of
BODYART

Ryan

New York City Dance:
WARRIOR V - Surprise
Dance Training

Israel

Animal Moves

10:15 -
11:15

Andrei, Daniela & Ivam

The new BODYART
DYNAMIC Concept

Lea & Janni

BODYART Yin Yang:
Strength, Core & more

Regina, Jacky & Remo

DEEPWORK:
Combinations,
Variations & new Ideas

11:30 -
12:30

Eric, Robert, Isabel & Team

DEPWORK Combat:
Are you ready?

Ryan

BODYART NYC
PTBT Neuroscience

Nicole & Andrei

Breathwork &
Bodydynamic Breathing

Andrea

What is the traditional
Chinese medicine: the
heart beat of BODYART

BREAK 12:30 - 13:15

13:15 -
14:15

Israel

Flow Body

Timur & Alexa

Core & Spirals

Daniela, Isabel & Alex

PRANA & Breath

14:30 -
15:30

Remo & Katharina

BODYART:
Structure meets
Strength

Eric

DEEPWORK Combat

Ryan, Andrea & Carina

BODYART:
Fusion of Exercises

Chris, Manfred & Alexa

Smart Nutrition Meets
Intelligent Movement:
Braingood & BODYART

15:45 -
16:35

Robert & Andrei

PRANA & Dynamic
Stretch

Janni & Tom

BODYART:
Corecell Memory and
Mobility

Nicole

BODYART & Yin Yoga

16:45 -
17:15

Team Robert und team

Breathwork &
Hearthmath
Meditation