

# WORKOUT FOR LIFE Holidays

Alibey Resort Sorgun – 16<sup>th</sup>- 20<sup>th</sup> of May

## MONDAY, May 16<sup>th</sup> - Arrive to your body

- 10:30 - 12:00 h  
Welcome to WORKOUT FOR LIFE  
Team - Virginia Winsemann,  
Arta Zanuka, Christian Gasch
- 16:00 - 17:00 h  
BODYART - Yin & Yang, find  
your imbalance  
Virginia Winsemann
- 17:15 - 18:30 h  
BODYART - Flow with the breath  
Arta Zanuka

## THURSDAY, May 17<sup>th</sup> - Discover your spine and it's 3-dimensionality

- 08:00 - 09:00 h  
BODYART - morning class  
Mobilize your spine  
Christian Gasch
- 10:00 - 11:00 h  
DEEPWORK -  
3-dimensional training  
Virginia Winsemann
- 11:15 - 12:30 h  
BODYART - Spine stability  
Arta Zanuka
- 16:00 - 17:00 h  
PILATES -  
Spinal training  
Virginia Winsemann
- 17:15 - 18:30 h  
BODYART -  
Stretch and relax around your spine  
Christian Gasch

## WEDNESDAY, May 18<sup>th</sup> - Happy shoulders – open chest

- 08:00 - 09:00 h  
YOGA - morning class  
Open your heart  
Virginia Winsemann
- 10:00 - 11:00 h  
BODYART - Stability and mobility  
for strong shoulders  
Arta Zanuka
- 11:15 - 12:30 h  
WARRIOR V - Swing your shoulders,  
shimmy your chest  
Christian Gasch
- 16:00 - 17:00 h  
DEEPWORK -  
Easy Going  
Christian Gasch
- 17:15 - 18:30 h  
YOGA - Relax your shoulders and  
open your chest  
Arta Zanuka

## THURSDAY, May 19<sup>th</sup> - Free hips, strong core - foundation for life

- 08:00 - 09:00 h  
BODYART - morning class  
Hip mobility  
Arta Zanuka
- 10:00 - 11:00 h  
DEEPWORK Xpress -  
meets mobility training  
Virginia Winsemann
- 11:15 - 12:30 h  
BODYART - Find your center  
hip and core workout  
Arta Zanuka
- 16:00 - 17:30 h  
PILATES for your core -  
BODYART Stretch for your hips  
Christian Gasch
- at 19:30 h  
GALA DINNER - Celebrating Life

## FRIDAY, May 20<sup>th</sup> - Best of the week – feel reborn

- 08:00 - 09:00 h  
YOGA - morning class  
Spine, shoulder, hip mobility  
Virginia Winsemann
- 10:00 - 11:00 h  
BODYART -  
Energy for body and mind  
Arta Zanuka
- 11:15 - 12:30 h  
BODYART - Train with the brain,  
Neuro Activity  
Christian Gasch
- 16:00 - 17:00 h  
DEEPWORK - Final class  
Virginia Winsemann
- 17:15 - 18:30 h  
„Thank you for a wonderful time  
together“  
Virginia Winsemann, Arta Zanuka,  
Christian Gasch