

RECHARGE FOR LIFE

PROGRAM 2022 • June 09th - 12th
HOTEL CASTELL • ZUOZ Switzerland



Donnerstag / Thursday

Room I	Room II
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RECHARGE FOR LIFE

Welcome + Opening Class
Alexa Lê + Team

15:00 -
16:30

BODYART Expanding Flow (Wood + Earth) Ulli Mangold	HEALTH ACADEMY Hip Mobility Janni Giannikakis
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16:45 -
17:45

BODYART Evening Class
Soft + Easy
Christian Gasch

21:00 -
22:00

Freitag / Friday

Room I	Room II
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BODYART
Balance vs. Imbalance
Ulli Mangold

08:00 -
09:00

DEEPWORK
Power of Polarity
Christian Gasch

10:00 -
11:00

BODYART Strength + Flow (Fire + Earth) Alexa Lê	HEALTH ACADEMY Shoulder Mobility Janni Giannikakis
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11:15 -
12:15

BODYART
Power of Polarity
Robert Steinbacher

15:30 -
16:30

Meridian Stretch End the day with a Smile Alexa Lê	BODYART Breathing is the Key Ulli Mangold
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16:45 -
17:45

Samstag / Saturday

Room I	Room II
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BODYART
Juicy Spine + Neck Release
Alexa Lê

08:00 -
09:00

BODYART Fascia Moves Janni Giannikakis	HEALTH ACADEMY Pilates New Age Christian Gasch
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10:00 -
11:00

WARRIOR V
Workout + Dance
Robert Steinbacher

11:15 -
12:15

BODYART
Medical + Recovery
Ulli Mangold

15:30 -
16:30

BODYART Xross (BAX) Janni Giannikakis	BODYART Strong Back + Core Christian Gasch
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16:45 -
17:45

Sonntag / Sunday

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BODYART Stretch
From Stability to Flexibility
Christian Gasch

08:00 -
09:00

BODYART Touch Ulli Mangold	HEALTH ACADEMY BURN- OUT Prevention Janni Giannikakis
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10:00 -
11:00

RECHARGE FOR LIFE
Final Class
Robert Steinbacher + Team

11:15 -
12:15

*Without guarantee - subject to change