# Acro-Sense Festival October 2022 Schedule

| | starting | finishing | | what | who | what | who | what | who | what | who | what | who |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Friday** | 13:00 | 13:30 | | Welcomecircle | Alle | | | | | | | | |
| | 13:30 | 14:00 | | Warm up | Aleš | | | | | | | | |
| | 14:00 | 14:10 | Workshop Demos | | | | | | | | | | |
| | 14:10 | 15:45 | **Slot 1** | Movement Flow<br>Open Level | Iris | Intro to Standing Acro<br>Beginner | Matthias | Intro to Whips<br>Beginner/ Intermediate | Olli & Frieda | Different Entries into H2H (L-Basing)<br>Intermediate | Aleš | Whicarian Flow<br>Advanced | Fra & Luigi |
| | 16:00 | 16:10 | Workshop Demos | | | | | | | | | | |
| | 16:10 | 17.45 | **Slot 2** | Handstand<br>Open Level | Slava | Flow/ Waschingmachine<br>Beginner | Olli & Frieda | Popping Flow<br>Intermediate | Dasha & Mar | Different entries into standing H2H<br>Intermediate/ Advanced | Aleš | Icarian (half twist) Cascade<br>Advanced | Marco & Jess |
| | 18.00 | 19.30 | Dinner | | | | | | | | | | |
| | 20:00 | open end | Good Evening | Jam as long as you want | | | | | | | | | |
| | 20:00 | 20:55 | | Cacaoceremony | Laura | | | | | | | | |
| | 21:00 | 23:00 | | Ecstatic Trance Dance | Manuel | | | | | | | | |
| **Saturday** | 07:00 | 08:00 | Good Morning | Body & Soul | Laura | | | | | | | | |
| | 08:00 | 09:30 | Breakfast | | | | | | | | | | |
| | 09:30 | 10:00 | Warm up | Warm up | Olli | Warm up | DIY | | | | | | |
| | 10:00 | 10:10 | Workshop Demos | | | | | | | | | | |
| | 10:10 | 11:45 | **Slot 1** | Press up Handstand<br>Open Level | Sabine | Upside down balance: Needle, Mono limb calibrations<br>Beginner + Intermediate | Dasha & Barbora | My first Pops<br>Beginner/ Intermediate | Matthias | Crazy Washingmachines<br>Intermediate | Aleš | Drill Press<br>Advanced | Marco & Jess |
| | 12:00 | 13:30 | Lunch | | | | | | | | | | |
| | | | | Warm up | DIY | | | | | | | | |
| | 14:00 | 14:10 | Workshop Demos | | | | | | | | | | |
| | 14:10 | 15:45 | **Slot 2** | Movement Flow<br>Open Level | Iris | Flow/ Washingmachine<br>Beginner | Olli & Frieda | F2H, L-Base to Standing<br>Beginner/ Intermediate | Aleš | Mortalito moooore Mortalito<br>Intermediate | Fra & Luigi | L-Basing Flow<br>Advanced | Slava & Kati |
| | 16:00 | 16:10 | Workshop Demos | | | | | | | | | | |
| | 16:10 | 17:45 | **Slot 3** | Flow/ Washingmachine<br>Beginner | Esther & Jonathan | Pop is hot - first Icarians<br>Beginner/ Intermediate | Fra & Luigi | Standing<br>Intermediate | Barbora + Kati | Slackro Flow<br>Intermediate | Dasha & Mar | Martini<br>Advanced | Marco & Jess |
| | 18:00 | 19:30 | Dinner | | | | | | | | | | |
| | 20:00 | open end | Good Evening | Jam as long as you want | | | | | | | | | |
| | 19:45 | 20:55 | | Therapeutic Flying | Sabine & Matthias | | | | | | | | |
| | 20:00 | 20:55 | | Womencircle | Laura | | | | | | | | |
| | 21:00 | 22:00 | | Sound Healing | Manuel | | | | | | | | |
| **Sunday** | 07:00 | 08:00 | Good Morning | Cacaoceremony | Laura | Yoga | Tina | | | | | | |
| | 08:00 | 09:30 | Breakfast | | | | | | | | | | |
| | 09:30 | 10:00 | Warm up | Warm up | Frieda | Warm up | DIY | | | | | | |
| | 10:00 | 10:10 | Workshop Demos | | | | | | | | | | |
| | 10:10 | 11:45 | **Slot 1** | Handstand<br>Open Level | Slava | Reverse Star Universe<br>Beginner/ Intermediate | Matthias | Dark Side Flow<br>Intermediate | Marco & Jess | H2H Pops, normal & reverse<br>Intermediate/ Advanced | Aleš | Via Ferrata Flow<br>Advanced | Dasha & Mar |
| | 12:00 | 13:30 | Lunch | | | | | | | | | | |
| | | | | Warm up | DIY | | | | | | | | |
| | 14:00 | 14:10 | Workshop Demos | | | | | | | | | | |
| | 14:10 | 15:45 | **Slot 2** | Flow/ Washingmachine<br>Beginner | Dasha & Barbora | Washingmachines<br>Intermediate | Olli & Frieda | Crock around the clock<br>Intermediate | Aleš | Acro Love Flow<br>Intermediate/ Advanced | Fra & Luigi | Standing<br>Advanced | Slava & Kati |
| | 16:00 | 16:10 | Workshop Demos | | | | | | | | | | |
| | 16:10 | 17:45 | **Slot 3** | Movement Flow<br>Open Level | Iris & Slava | Standing Flow<br>Beginner/ Intermediate | Sabine & Matthias | Twist & Shout: Whippop & Twist<br>Intermediate | Fra & Luigi | Castaway<br>Intermediate/ Advanced | Dasha & Mar | Front/ back tuck from log<br>Advanced Icarian | Marco & Jess |
| | 18:00 | 19:30 | Dinner | | | | | | | | | | |
| | 20:00 | open end | Good Evening | Jam as long as you want | | | | | | | | | |
| | 19:45 | 20:55 | | Thaimassage | Sabine & Tina | | | | | | | | |
| | 21:00 | 23:00 | | Ecstatic Dance Night | Manuel | | | | | | | | |
| **Monday** | 07:00 | 08:00 | Good Morning | Body & Soul (Yoga) | Laura | | | | | | | | |
| | 08:00 | 09:30 | Breakfast | | | | | | | | | | |
| | 09:30 | 10:00 | Warm up | Warm up | Matthias | | | | | | | | |
| | 10:00 | 10:10 | Workshop Demos | | | | | | | | | | |
| | 10:10 | 11:45 | **Slot 1** | Movement Flow with Handstands<br>Open Level | Iris | Ruby picks the pocket cube<br>Beginner | Jann & Keiko | L-Base to Standing<br>Intermediate | Slava & Kati | Sicilian Surprise Flow<br>Intermediate/ Advanced | Fra & Luigi | Tarzan/ Forbidden 360<br>Advanced | Marco & Jess |
| | 12:00 | 13:30 | Lunch | | | | | | | | | | |
| | 13:45 | 14:00 | Good bye circle | Looking forward to the next Acro-Sense-Festival 10.-12. March 2023 | | | | | | | | | |