



# Acro-Sense Festival March 2023 Schedule

Open Level
Beginner
Beginner/ Intermediates
Intermediates
Intermediates/ Advanced
Advanced

	starting	finishing	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	Flow Beginner	Matthias	F2H Beginner / Intermediate	Trudi	How to fall Open Level	Sebastian + Sara	Standing H2H different entries Intermediate/ Advanced	Aleš + Tanja	Whicarian flow Intermediate/ Advanced	Amitai + Adi
	16:00	16:10	Workshop Demos										
	16:10	17:45	Slot 2	Contact Impro meets Acro Open Level	Marcus	Flow Beginner/ Intermediate	Jann + Keiko	Intro to Whips Intermediate	Amitai + Adi	Intro to Standing H2H/ Reverse H2H Intermediate	Trudi	Foot juggling Advanced	Sebastian + Sara
	18:00	19:30	Dinner										
	20:00	open end	Good Evening	Jam till sunrise									
	20:00	21:00		Cacaoceremony	Luna								
	20:00	21:00		Therapeutics	Aleš								
	20:00	20:45		Handstand	Sabine								
21:15	23:00		Contact Dance Jam	Marcus									
Saturday	07:00	08:00	Good Morning	Yoga	Jann								
	07:00	08:00		Cacaoceremony	Luna								
	08:00	09:30	Breakfast										
	09:30	10:00	Warm up	Warm up	Die Nürnberger								
	10:00	10:10	Workshop Demos										
	10:10	11:45	Slot 1	Flow Beginner/ Intermediate	Olli + Lucia	Crazy Washingmachines Intermediate	Aleš + Tanja	Castaway Intermediate	Matthias & Isi	F2H Intermediate/ Advanced	Trudi	Icarian (Martini or Cascades?) Advanced	Sebastian + Sara
	12:00	13:30	Lunch										
				Warm up	DIY								
	14:00	14:10	Workshop Demos										
	14:10	15:45	Slot 2	Washingmachine Beginner/ Intermediate	Marcus	Intro Pops Intermediate	Olli + Lucia	Intro L-Base H2H Intermediate	Aleš + Tanja	Dynamic flow Advanced	Amitai + Adi	Corbette; Standing/Longe Advanced with Longe	Trudi
	16:00	16:10	Workshop Demos										
	16:10	17:45	Slot 3	Flow Beginner/ Intermediate	Jann + Keiko	Same Size Beginner/ Intermediate	Sabine & Isi	Intro to Icarian Intermediate	Matthias & Lisa	Link your trick Intermediate/ Advanced	Sebastian + Sara	Whop flow Advanced	Amitai + Adi
	18:00	19:30	Dinner										
19:30	open end	Good Evening	Jam till sunrise										
19:45	21:15		Thaimassage	Sabine & Tina									
20:00	20:45		Handstand	Sebastian									
21:30	?		Open stage	Aleš									
Sunday	07:00	08:00	Good Morning	Yoga	Keiko								
	08:00	09:30	Breakfast										
	09:30	10:00	Warm up	Warm up	Olli								
	10:00	10:10	Workshop Demos										
	10:10	11:45	Slot 1	Creative flow Beginner	Tobi	Standing flow Intermediate	Matthias + Sabine	Trio washing machines Intermediate	Aleš + Tanja	Flying reverse bird Intermediate/ Advanced	Amitai + Adi	Whip-pop-icarian-H2H-flow Advanced	Sebastian + Sara
	12:00	13:30	Lunch										
13:45	14:00		Good bye circle	Looking forward to the next Acro-Sense-Festival 06.-08. October 2023									