



Acro-Sense Festival October 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	Everybody									
	13:30	14:00	Warm up	Medio Giro Mas									
	14:00	14:10	Workshop Demos										
	14:10	15:45	Slot 1	Movement Flow with optional Handstands All Levels	Susanne	Flow Beginner	Matthias N. & Lisa	Intro to H2H (L-Base) Intermediate	Dasha & Barbora	Backflip Intermediate/ Advanced	Medio Giro Mas	Flow with pops Advanced	Mati & Coni
	16:00	16:10	Workshop Demos										
	16:10	17:45	Slot 2	Soloacrobatics Sporty beginners	Matias B.	Flow with F2H Beginner	Matthias N. & Isi	Intro to H2H (S-Base) Intermediate	Pacome	Smooth Flow with reverse star and unusual transitions Intermediate/ Advanced	Dasha & Mar	Front tuck/ variations Advanced	Medio Giro Mas
	18:00	19:30	Dinner										
	20:00	open end	Good Evening	Jam till sunrise									
	20:00	21:00	Cacaoceremony	Luna									
	21:30	23:00	Guided Dance Jam	Mar									
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	Matthias B.								
	10:00	10:10	Workshop Demos										
	10:10	11:45	Slot 1	Handstands All Levels	Susanne	Your first pops Beginner	Medio Giro Mas	Flow Intermediate	Barbora & Mar	Flow with whips Intermediate/ Advanced	Mati & Coni	Pitching Advanced	Pacome
	12:00	13:30	Lunch										
				Warm up	DIY								
	14:00	14:10	Workshop Demos										
	14:10	15:45	Slot 2	Meet the floor All Levels	Pacome	Whip it on Beginner	Mati & Coni	Standing Flow Intermediate	Matthias N. & Isi	Unusual Icarian-Pop-Flow Intermediate/ Advanced	Dasha & Mar	Surprise Workshop Advanced	Medio Giro Mas
	16:00	16:10	Workshop Demos										
16:10	17:45	Slot 3	Soloacrobatics Sporty beginners	Matias B.	Washing machine with stars & srats Beginner	Dasha & Barbora	Base to base pops Intermediate	Mati & Coni	Pacman + Pizza or Pirouette + Bird Intermediate/ Advanced	Medio Giro Mas	(Weird) Podchezkas (including spelling it right) Advanced	Pacome	
18:00	19:30	Dinner											
19:30	open end	Good Evening	Jam till sunrise										
	20:00	21:30	Thaimassage	Susanne									
	22:00	23:00	YinYoga + Meditation	Bianca									
Sunday	07:00	08:00	Good Morning	Yoga	Jann								
	08:00	09:30	Breakfast										
	09:30	10:00	Warm up	Warm up	Pac								
	10:00	10:10	Workshop Demos										
	10:10	11:45	Slot 1	Movement Flow All Levels	Susanne	Dance Acro All Levels	Pacome	Tempo Flow with pops & beautiful exit Intermediate	Dasha & Mar	Whicarian flow Intermediate/ Advanced	Mati & Coni	F2F-Tricks Advanced	Medio Giro Mas
12:00	13:30	Lunch											
	13:45	14:00	Good bye circle	Looking forward to the next Acro-Sense-Festival 08. - 10. March 2024									