



Acro-Sense Festival March 2024 Schedule

	starting	finishing	what	who	what	who	what	who	what	who			
Friday	13:00	13:30	Welcomecircle	Everybody									
	13:30	14:00	Warm up	Olli + Frida									
	14:00	14:10	Workshop Demos										
	14:10	15:45	Slot 1	Handstands for Beginners	Lucia	My first washing machines	Marek + Nikol	Sweet Pancake & more Pops with hands	Olli + Frieda	Cool ways to get into H2H L-Basing	Tanja + Aleš	Whicarian Flow	Mati & Coni
	16:00	16:10	Workshop Demos										
	16:10	17:45	Slot 2	From Contact to Acro	Marcus	Get started with F2H	Tanja + Aleš	Intermediate Flow	Matthias + Isi	Standing Flow	Marek + Nikol	Front tuck	Kiljan + Kat
	18:00	19:30	Dinner										
	20:00	open end	Good Evening	Jam till sunrise									
	20:00	21:00		Cacaoceremony (Aula)	Verena								
	21:15	23:00		Contact Dance, Roll & Lift (Aula)	Marcus								
22:00	23:00		Yin Yoga & Meditation (Aula)	Bianca									

	starting	finishing	what	who	what	who	what	who	what	who			
Saturday	07:00	08:00	Good Morning	Yoga (Yogaraum)	Jann								
	07:00	08:00		Cacaoceremony (Aula)	Verena								
	07:00	08:00		Handstands adv.: Mexican, press & co	Marek								
	08:00	09:30	Breakfast										
	09:30	10:00	Warm up	Warm up	Aleš								
	10:00	10:10	Workshop Demos										
	10:10	11:45	Slot 1	Handstands Fun	Olli + Frieda	Oldies but Goldies	Jann + Keiko	Intermediate Icarian Flow	Kiljan + Kat	Link your whips (Mortalito)	Mati & Coni	Inlocate and how to get there	Marek + Nikol
	12:00	13:30	Lunch										
				Warm up	DIY								
	14:00	14:10	Workshop Demos										
	14:10	15:45	Slot 2	Standing Acro for everybody	Matthias + Sabine	Washingmachine or Flow	Olli + Frieda	Reverse Mortalito	Mati & Coni	Stand upside down: Standing H2H	Tanja + Aleš	Linked Icarians	Kiljan + Kat
	16:00	16:10	Workshop Demos										
	16:10	17:45	Slot 3	Movement Flow	Marek	Star Wars	Matthias + Isi	H2H for Beginner	Tanja + Aleš	Just another Icarian Sequence	Kiljan + Kat	Martini	Mati & Coni
	18:00	19:30	Dinner										
	19:30	open end	Good Evening	Jam till sunrise									
20:00	21:00		Connect & Move (Yogaraum)	Lucia + Tommy									
21:00	22:00		Lets dance Kizomba (Yogaraum)	Lucia + Tommy									
20:30	22:30		Thaimassage (Aula)	Sabine									

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Sunday	07:00	08:00	Good Morning	Yoga (Yogaraum)	Jann								
	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	Acro-Fun for all	Tanja + Aleš	Tarzan & Jane: Begin to whip	Olli + Frieda	Lifts: Neck to Neck & more	Marek + Nikol	Whippop Flow	Mati & Coni	Fix your Icarian: Castaway, Martini, Cascade & Courbette	Kiljan + Kat
	12:00	13:30	Lunch										
13:45	14:00		Goodbye circle	Looking forward to the next Acro-Sense-Festival 11. - 13. October 2024									