



Acro-Sense Festival October 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	Veronica + Karel									
	14:00	14:10	Workshop Demos										
	14:10	15:45	Slot 1		Strike a pose	Veronica + Karel	Intro Icarian	Alfonso + Julia	H2H L-Base Variations	Kat + Kiljan	Castaway Variations/ Shushunova	August + Gonza	
	16:00	16:10	Workshop Demos										
	16:10	17:45	Slot 2	Movement	Kati	Intro to Standing	Monika + Dani	Norwegian Summer Flow	Manas + Elena	Double rising a dive	August + Gonza	Log things/ varial	Alfonso + Julia
	18:00	19:30	Dinner										
	20:00	open end	Good Evening	Jam till sunrise									
	20:00	21:00		Movement (Halle)	Kati								
	20:00	21:00		Cacaoceremony (Aula)	Luna								
	21:15	22:45		Dance Session: Playing with space/ playing with a partner (Aula)	Veronica + Karel								
	21:30	22:30		Yin Yoga & Meditation (Yogaraum)	Bianca								

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Saturday	07:00	08:00	Good Morning	Yoga (Yogaraum)	Verena								
	07:00	08:00		Cacaoceremony (Aula)	Luna								
	08:00	09:30	Breakfast										
	09:30	10:00	Warm up	Warm up	Monika								
	10:00	10:10	Workshop Demos										
	10:10	11:45	Slot 1	Handstand	Kati	Roly-poly Flow	Veronica + Karel	Intro to H2H Standing	Isi + Matthias	Whippop Flow	August + Gonza	H2F Corbette	Kat + Kiljan
	12:00	13:30	Lunch										
	14:00	14:10	Workshop Demos	Warm up	DIY								
	14:10	15:45	Slot 2	Handstands on bodyparts (all level)	Monika + Dani	Technics for F2H	Isi + Matthias	Confused base - dizzy flyer	Veronica + Karel	Standing H2H Variations	Alfonso + Julia	Back-Tuck	Agus + Gonza
	16:00	16:10	Workshop Demos										
	16:10	17:45	Slot 3	Get upside down	Monika + Dani	Beginner Flow (blind folded)	Manas + Elena	Swing it	Isi + Matthias	World F2F or Foot juggling	August + Gonza	Linking Icarian	Alfonso + Julia
	18:00	19:30	Dinner										
	19:30	open end	Good Evening	Jam till sunrise									
	20:00	21:00		Hula Hoop (Halle)	Monika								
21:00	22:30		Thaimassage (Aula)	Sabine									

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Sunday	07:00	08:00	Good Morning	Yoga (Yogaraum)	Luna								
	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	Handstand	Kati	Coffee with milk Flow	Manas + Elena	Acro dance	Veronica + Karel	Fix your Trick	Kat + Kiljan	Cascade Variations	Alfonso + Julia
	12:00	13:30	Lunch										
13:45	14:00		Goodbye circle	Looking forward to the next Acro-Sense-Festival 21. - 23. March 2025									