Acro-Sense Festival March 2025 Schedule

	starting	finishing		what	who	what	who	what	who	what	who	what	who
Friday	13:00	13:30		Welcomecircle	Everybody								
	13:30	14:00		Warm up	Matthias								
	14:00	14:10	Workshop Demos										
	14:10	15:45	**Slot 1**	Flexy Flow	Mar	Standing for Newbies	Tanja + Aleş	Whip it	Karel + Inez	Pirouette Flow	Elena + Mattia	Varial Flip	Ammanda + Paulo
	15:45	16:15	Coffee Break										
	16:15	16:30	Demo										
	16:30	18:00	**Slot 2**	Movement: get inverted gracefully	Pacôme	Washing machines	Matthias + Lisa	H2H L-Base, Reverse & Pops	Tanja + Aleş	H2H Icarien Flow	Karel + Inez	Martini Tuck / Backtuck	Elena + Mattia
	18.00	19.30	Dinner										
	20:00	open end	Good Evening	Jam till sunrise									
	20:00	21:00		Cacaoceremony (Aula)	Mira								
	21:30	23:00		Contact Dance Session	Mar								

	starting	finishing		what	who	what	who	what	who	what	who	what	who
Saturday	07:00	08:00	Good Morning	Yoga/Partneryoga (Yogaraum)	Mar								
	07:00	08:00		Cacaoceremony (Aula)	Mira								
	08:00	09:30	Breakfast										
	09:30	10:00	Warm up	Warm up	Tanja + Aleş								
	10:00	10:10	Workshop Demos										
	10:10	11:45	**Slot 1**	Handstand Conditioning	Pacôme	Nürnberg Flow	Matthias + Lisa	Rising Backwhip	Karel + Inez	Standing H2H Variations	Tanja + Aleş	Reverse Cascade	Ammanda + Paulo
	12:00	13:30	Lunch										
				Warm up	DIY								
	14:00	14:10	Workshop Demos										
	14:10	15:45	**Slot 2**	F2H	Tanja + Aleş	Pops with hands	Matthias + Lisa	Cartwheel Icarians	Ammanda + Paulo	Colibri	Elena + Mattia	Standing (Inlocate)	Pacôme
	15:45	16:15	Coffee Break										
	16:15	16:30	Demo										
	16:30	18:00	**Slot 3**	Open level Acro Fun	Pacôme	Twisterina	Ammanda + Paulo	Dance Acro monkey	Karel + Inez	H2H L-Base	Tanja + Aleş	Icarian Flow	Elena + Mattia
	18:00	19:30	Dinner										
	19:30	open end	Good Evening	Jam till sunrise									
	20:00	21:00		Castaway Jam: Fix your trick with Karel									
	20:00	22:00		Thaimassage (Aula)	Sabine								
	22:00	23:00		Good night Yin & Meditation (Yogaraum)	Bianca								

	starting	finishing		what	who	what	who	what	who	what	who	what	who
Sunday	07:00	08:00	Good Morning	Yoga (Yogaraum)	Lucia								
	08:00	09:30	Breakfast										
	09:30	10:00	Warm up	Warm up	Mar								
	10:00	10:10	Workshop Demos										
	10:10	11:45	**Slot 1**	F2F	Matthias / Mar	How to no hands	Ammanda + Paulo	Coaching time: Fix your standing trick (all levels)	Pacôme	Whippop Flow	Karel + Inez	Front tuck variations	Elena + Mattia
	12:00	12:15		Closing circle									
	12:15	13:30	Lunch	Goodbye & Looking forward to the next Acro-Sense-Festival 31. October - 2. November 2025									