



Acro-Sense Festival October 2025 Schedule

	starting finishing			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	Same Size Standing	Monika & Erica	World of Ballerina	Paulo & Ammanda	Intro to Whips	Mati & Coni	Variations to side sit	Kat & Kiljan	Kartoffelsack Standing	Nicole & Julio
	15:45	16:15	Coffee Break										
	16:15	16:30	Demo										
	16:30	18:00	Slot 2	Straight Handstand, Alignment & Control	Erica	F2Whatever	Matthias & Isi	Castaway	Paulo & Ammanda	Full Mortalito	Nicole & Julio	Front Tuck	Kat & Kiljan
	18:00	19:30	Dinner										
	20:00	open end	Good Evening	Jam till Sunrise									
	20:00	21:00		Cacaoceremony (Aula)									Mira
	20:00	21:30		Hula Hoop with Monika (Gym)									Monika
	21:30	23:00		Contact Improvisation Dance (Aula)									Majo & Seba

	starting	finishing		what	who	what	who	what	who	what	who		
Saturday	07:00	08:00	Good Morning	Yoga (Yogaraum)	Majo								
	07:00	08:00		Cacaoceremony (Aula)	Mira								
	08:00	09:30	Breakfast										
	09:30	10:00	Warm up	Warm up	Monika & Erica								
	10:00	10:10	Workshop Demos										
	10:10	11:45	Slot 1	Old School Flows	Monika & Erica	Triple Trouble	Matthias, Isi & Sabine	Dance Acro	Kat & Kiljan	Whicarian Flow	Mati & Coni	Full Castaway	Nicole & Julio
	12:00	13:30	Lunch										
				Warm up									DIY
	14:00	14:10	Workshop Demos										
	14:10	15:45	Slot 2	Partner Inversions	Monika & Erica	Falling Leaf Spiral	Majo & Seba	Funky Pops	Ammanda + Paulo	Jäger Entries	Kat & Kiljan	Pitch-Cascade	Nicole & Julio
	15:45	16:15	Coffee Break										
	16:15	16:30	Demo										
	16:30	18:00	Slot 3	Handstand drills	Seba	Flying Flows	Monika & Erica	Intro to H2H Standing	Matthias & Isi	Courbettes incl. side twist	Ammanda + Paulo	Whippop Linking: Spinning Whale	Mati & Coni
	18:00	19:30	Dinner										
	19:30	open end	Good Evening	Jam till sunrise									
	20:00	21:30		Guided Whippop Jam									Mati & Coni
20:00	22:00		Thaimassage (Aula)	Majo & Seba									

	starting	finishing		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	Seba									
	10:00	10:10	Workshop Demos											
	10:10	11:45	Slot 1	Mais Flow - Mice Flow	Matthias & Isi	How to no Hands	Ammanda + Paulo	Standing + L-Base: Time	Coaching	Kat & Kiljan	Reverse Fish	Mati & Coni	Linking Icarian	Nicole & Julio
	12:00	12:15		Closing circle										
	12:15	13:30	Lunch	Goodbye & Looking forward to the next Acro-Sense-Festival 06. - 08. March 2026										