

Donnerstag, 01.06.2023

Sun (Aula)

- 15:00 Open Kirtan Session
- 16:00 - 17:00 Welcome Circle
- 17:00 - 18:30 BfY AllStars - Impro Yoga
- 18:00 - 19:30 Abendessen
- 19:30 - 20:30 Chiara - Singing Circle

Wind (Musikraum)

- 19:00 - 21:00 Simon (Courtier) - Bildungsgang Film "Junge Menschen in der Bildungskrise"

Freitag, 02.06.2023

Sahara (outdoor)

- 14:30 - 15:30 Michelle - Jump Yoga
- 14:00 - 16:00 Nalini & Shakti - WoMen Circle
- 16:00 - 17:30 Nalini & Shakti - Human Circle

Sun (Aula)

- 09:00 - 10:30 Alena – Yoga Dance
- 11:00 - 12:30 Veronika Rössl - Yoga und die Magie der Berührung
- 14:00 - 15:30 Lisa Siddhi - Mantra Yoga
- 16:00 - 17:30 Dr. Ronald Steiner - Traditional Ashtanga Yoga
- 17:30 - 19:00 Alex Fischer - Animal Mooves
- 19:00 - 20:00 Courtier - Konzert
- 20:30 - 22:00 Laeela - Kakao Kirtan
- 22:00 - 23:00 Ahureia - Ecstatic Dance

Wind (Musikraum)

- 09:00 - 10:00 Binela - CurvYoga
- 10:30 - 11:30 Anna - Philosophie
- 12:00 - 13:30 Philipp - Atemwelt
- 14:00 - 15:00 Melanie - Klanggabel Workshop
- 15:30 - 17:00 Milli - Power Yoga
- 17:30 - 18:30 Doc Lisa Schuster - Soundbliss

Play (Kids)

- 11:00 - 12:00 Sina - Tanzen
- 13:00 - 14:00 Simon (Courtier) - Märchenstunde
- 16:00 - 17:00 Gigi Kaur - Lachyoga

Samstag, 03.06.2023

Sahara (outdoor)

05:00 - 06:00 Maxi - Agni Hotra zum Sonnenaufgang

Sun (Aula)

07:30 - 08:30 OmBoys - 108 Sonnengrüße

09:00 - 10:30 Shakti - Yoga unlimited

11:00 - 12:30 Laeela - Kundalini Sound Yoga

14:00 - 15:30 Simone Raich - Beyond the Balance Handstand Class

16:00 - 17:30 Dr. Ronald Steiner - Into the wild Ashtanga Yoga

18:00 - 19:30 Tanja Seehofer & Yann Kuhlmann - Yin Yoga & Sound

20:00 - 21:00 Chiara - Konzert

21:30 - 22:30 OmBoys - Konzert

Wind (Musikraum)

08:30 - 09:30 Yogi Karl – Art of Savasana

10:00 - 11:00 Maxi - Die Welt der GötterInnen

11:30 - 13:00 Eddy Gonzales - Augen zu und durch

13:30 - 15:00 Birgit Pörtl - Tantra Yoga

15:30 - 17:00 Martin & Lydia Lange - Yoga Nidra mit Soundhealing

17:30 - 18:30 Sina - Inner Child Yoga

19:00 - 20:00 Michael K. – Gongbad

Play (Kids)

14:30 - 15:30 Kitana - Großes Malen

17:00 - 18:00 Gigi Kaur - Lachyoga

Sonntag, 04.06.2023

Sun (Aula)

07:00 - 08:30 Claudia Neumann - Early Morning Flow

09:00 - 10:30 Ina Hoffrogge - 4 Elements Yoga

11:00 - 12:30 Sophia Thora - Kale & Cake its all about Balance

13:00 - 14:30 Johannes Vogt - Kirtan

14:30 Closing Ceremony

Wind (Musikraum)

09:00 - 10:30 Yogi Ganesh - Thai Yoga Massage

11:00 - 12:30 Terry - Popup Yoga

Nix is fix, Life is changing...bleibt flexibel und entspannt.

Programm-Änderungen sind vorbehalten.