

Donnerstag, 01.06.2023

Sun (Aula)

15:00 Open Kirtan Session
16:00 - 18:00 Welcome Circle
18:00 - 20:00 BfY AllStars - Impro Yoga
20:00 - 21:00 Chiara - Konzert

Wind (Musikraum)

18:00 - 20:00 Simon (Courtier) - Bildungsgang Film "Junge Menschen in der Bildungskrise"

Freitag, 02.06.2023

Sahara (outdoor)

05:00 - 06:00 Shakti - Agni Hotra zum Sonnenaufgang
16:00 - 17:00 Nalini & Shakti - Human Circle

Sun (Aula)

09:00 - 10:00 Aylin - Chair Yoga
11:00 - 12:00 Sumitra - Tribal Flow
13:00 - 14:00 Simone Raich - Functional strength Flow
15:00 - 16:00 Lisa Siddhi - Mantra Yoga
17:30 - 18:30 Courtier - Konzert
19:00 - 20:00 Morgaine - Konzert
20:30 - 22:00 Laeela - Kakao Kirtan
22:00 - 23:00 Ahureia - Ecstatic Dance

Wind (Musikraum)

11:00 - 12:00 Anna - Vortrag: Freiheit, Feminismus und Verantwortung
12:30 - 13:30 Binela - CurvYoga
14:00 - 15:00 Melanie - Klanggabel
15:30 - 16:30 Milli - Power Yoga
17:00 - 18:00 Doc Lisa Schuster - Soundbliss
18:30 - 20:00 Steps - Transformatives Tönen in der Tantramassage

Regenbogen (Kidsgym)

11:00 - 12:00 Sina - Tanzen
14:00 - 15:00 Simon (Courtier) - Märchenstunde
16:00 - 17:00 Gigi Kaur - Lachyoga

Wasserfall (Gym)

- 09:00 - 10:30 Angelina - Kiss Your Mind Yoga
- 11:00 - 12:30 Veronika Rössl - Yoga und die Magie der Berührung
- 12:30 - 14:00 Kitana - Colour up Yoga
- 14:30 - 16:00 Shakti & Nalini - Womencircle / Mencircle
- 16:30 - 18:00 Michelle - Jump Yoga
- 18:00 - 19:00 Danilo - Playfight

Samstag, 03.06.2023

Sahara (outdoor)

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

Sun (Aula)

- 07:00 - 08:30 Om Boys - 108 Sonnengrüße
- 09:00 - 10:30 Shakti - Yoga unlimited
- 11:00 - 12:30 Laeela - Kundalini Sound Yoga
- 14:30 - 16:00 Martin & Lydia Lange - Yoga Nidra mit Soundhealing
- 16:30 - 17:30 Äon - Konzert
- 18:00 - 19:30 Om Boys - Konzert
- 20:00 - 21:30 Heart Lotus - Kirtan
- 22:00 - 23:00 Danilo Dumonte - Ecstatic Dance

Wind (Musikraum)

- 08:30 - 09:30 Yogi Karl – Art of Savasana
- 10:00 - 11:30 Philipp - Atemwelt
- 12:00 - 13:00 Maxi - Die Welt der GötterInnen
- 13:30 - 15:00 Aylin & Sandy - Königliches Yoga mit Psychoakustik
- 15:30 - 17:00 Sina - Inner Child Yoga
- 17:30 - 18:30 Maxi - Yoga Therapie
- 19:00 - 20:30 Tanja Seehofer & Yann Kuhlmann - Yin Yoga & Sound
- 21:00 - 22:00 Michael K. – Gongbad
- 22:30 - 23:00 Angelwalk

Play (Kidsgym)

- 10:30 - 11:30 Simon - Tuchtanz
- 14:30 - 15:30 Kitana - Großes Malen
- 17:00 - 17:30 Gigi Kaur - Lachyoga

Waterfall (Gym)

08:00 - 09:00 Alena - Yoga Dance

09:30 - 11:00 Alex Fischer - Animal Move

11:30 - 13:00 Dr. Ronald Steiner - Into the wild Ashtanga Yoga

13:30 - 15:00 Simone Raich - Beyond the Balance Handstand Class

15:30 - 17:00 Birgit Pörtl - Tantra

Sonntag, 04.06.2023

Sahara (Outdoor)

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

Sun (Aula)

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

09:00 - 10:30 Dr. Ronald Steiner - Traditional Ashtanga Yoga

11:00 - 12:30 Eddy Gonzales - Augen zu und durch

13:00 - 14:30 Johannes Vogt - Kirtan

14:30 Closing Ceremony

Wind (Musikraum)

09:00 - 10:30 Nalini & Shakti - orgasmic Yoga

11:00 - 12:30 Terry - Popup Yoga

13:00 - 14:30 Yogi Ganesh - Thai Yoga Massage

Play (Kidsgym)

10:30 - 11:30 Aylin - Kinderyoga

Waterfall (Gym)

09:00 - 10:30 Tanja Seehofer & Yann Kuhlmann - Yin Yoga & Sound

11:00 - 12:30 Ina Hoffrogge - 4 Elements Yoga

13:00 - 14:30 Sophia Thora - Kale & Cake its all about Balance

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

Programm-Änderungen sind vorbehalten.