

SPRING VIBES

**KAIFU
LODGE**

WellSpirit® Day

20. APRIL 2024

INFOS & ANMELDUNG



MITGLIEDER: 15 EUR

Gäste: 25 EUR

9:00	60'	SPRING VIBES <small>Opening Session für alle</small>	<i>WellSpirit® Team Teaching</i>	②
10:15	75'	SPRING LOADED <small>Yoga meets Barre</small>	<i>Kathrin & Ruth</i>	①
10:15	75'	BREATHE MOVE AND ENJOY <small>Essential Moves</small>	<i>Santiago</i>	②
11:30 -16:00	25' Slots	Kosmetik: JUVENISA und DERMADROP Behandlung	<i>Isa</i>	COURT 6
11:45	60'	LET THE SUNSHINE IN <small>108 Sonnengrüße</small>	<i>Oliver T.</i>	①
11:45	75'	THE SECRET OF GUA SHA <small>Inner Beauty Workshop</small>	<i>Rania</i>	②
13:00	75'	FLOW WITH THE BEAT <small>Nia</small>	<i>Janina & Mäddi</i>	①
13:15	75'	APRILFRISCH - WAKE UP AND RENEW <small>Asanas, Pranayama, Mantra & Live-Musik für ein vitales Reset</small>	<i>Kim, Bettina mit Sat Dharm (Tablas) & Julia (Gesang & Harmonium)</i>	②
13:30	45'	SMOOTHIELICIOUS <small>Smoothie-Workshop</small>	<i>Karo & Rania</i>	SR*
14:30	60'	HAPPINESS AND MOTION <small>BODYART®</small>	<i>Heidi</i>	①
14:45	90'	SPRING RENEWAL <small>Yin Yoga & Sound Bath</small>	<i>Karo & Christina</i>	②
15:45	60'	BLOSSOMING TOGETHER <small>ChiYoga DANCE</small>	<i>Danny</i>	①
16:30	60'	RELEASE AND RENEW <small>Embodied Yoga Movements</small>	<i>Mai</i>	②
17:00	90'	EMBODY THE ELEMENTS <small>Cacao & Movement Flow & Gong</small>	<i>Akku & Tamara</i>	①
17:15	45'	AYURVEDA – HAPPINESS GARANTIERT? WAS IST AYURVEDA EIGENTLICH? <small>Vortrag</small>	<i>Danny</i>	SR*
17:45	90'	FREE YOUR MIND <small>Innerdance / Kundalini Activation</small>	<i>Jessi</i>	②
18:30	60'	GESCHICHTE UND PHILOSOPHIE DES YOGA <small>Vortrag</small>	<i>Matthias Ga.</i>	SR*
18:45	30'	MANTRA IN MOTION FOR SPRING ENERGY <small>Celestial-Communication-Meditation für Vitalität und Lebensfreude</small>	<i>Bettina</i>	①
19:30	60'	SPRING VIBES <small>Closing Session für alle</small>	<i>WellSpirit® Team Teaching</i>	②

*SR: Seminarraum

