

# AWARENESS through MOVEMENT-Festival 2019

@ Hidden Paradise, Alpujerras, Spain, 9-14 April 2019

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00-08.00 Space Ship	-		Structural Integration Yoga	Structural Integration Yoga	Structural Integration Yoga	
8.30 -09.30 Space Ship	-	Structural Integration Yoga	DANCE mandala	DANCE mandala	DANCE mandala	Tandava Meditation
9.30-11.00	-	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
11.00-12.30 Earth Temple /OUTDOOR	-	Natural Movement	Natural Movement	Natural Movement	Natural Movement	CLOSING CIRCLE
12.00-13.30 Space Ship		Butoh	Gaga	Butoh	Gaga	Departure 12.00-
13.30-15.30	Arriving 15.00	LUNCH	LUNCH	LUNCH	LUNCH	-
15.30-17.00 Space Ship	-	Contact Impro meets Rope Play	Touched	Contact Impro meets Rope Play	Touched	-
15.30-17.00 Earth Temple	16-17.30 OPENING CIRCLE	Gaga	Butoh	Gaga	Butoh / Skinner Releasing	-
17.30-17.55 Space Ship	Yoga Nidra	Yoga Nidra	17.15 ALL: CIRCLE	Yoga Nidra	Yoga Nidra	-
18.00-20.00	SUPPER & SHARING	SUPPER & SHARING	SUPPER & SHARING	SUPPER & SHARING	SUPPER & SHARING	-
20.00-21.30 Space Ship	DANCE mandala	Touched	Contact Impro meets Rope Play	Touched	Dancefloor Night DJ Grundstoff	-
20.00-21.30 Earth Temple		Skinner Releasing	Skinner Releasing	Skinner Releasing		-

Participate as much or as little as you want 😊

Schedule might be subject to changes.