

Awareness through movement – Gaga, Yoga & MB-training/Butoh

Alpujerras, Spain, 8-14 April 2018

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8.00-09.30		DANCEmandala	DANCEmandala	DANCEmandala	DANCEmandala	DANCEmandala	Closing circle
09.30		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
11.30-12.45		MB-training / Butoh	MB-training / Butoh	MB-training / Butoh	MB-training / Butoh	MB-training / Butoh	Au revoir
13.00		Lunch	Lunch	Lunch	Lunch	Lunch	
14.00-17.00	Welcome	Free time, swimming, nature, relaxing	15.00-16.30 Mindful Tapping	Free time, swimming, nature, relaxing	15.00-16.30 Mindful Tapping	Free time, swimming, nature, relaxing	
17.00-18.00	Opening circle	Gaga	Gaga	Gaga	Gaga	Gaga	
18.15-19.15	Gaga	Yoga & Meditation	Yoga & Meditation	Yoga & Meditation	Yoga & Meditation	Rest	
19.30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	

+ FRIDAY EVENING 21-23 DANCEFLOOR // DJ Grundstoff

Join as many or as few of the activities as you want...