

Schedule PaascroYoga 2018!

Colors/Levels	Yoga & Warm up	All levels	Beginners	Intermediate	Advanced	Kids	Evening program	Jam area									
Friday																	
TIME	Conference hall 1	Conference hall 2	Conference hall 3	Sports Hall 1	Sports Hall 2	Sports hall 3	Lunar Hoeve	KIDS AREA									
18:15 - 19:30	Arrival & soup																
19:30 - 20:30	Opening Circle																
20:30 - 21:30	Beginner Spotting: Esther, Iris, Arjan		Advanced Spotting: Inez, Fedde, Eric	Intermediate Spotting: Sytske, Sadhu, Karel													
21:30 - 23:00	Jam area, Free training			Jam area, Free training			Massage paradise										
Saturday																	
TIME	Conference hall 1	Conference hall 2	Conference hall 3	Sports Hall 1	Sports Hall 2	Sports hall 3	Lunar Hoeve	KIDS AREA									
7:30 - 8:30	Flow & Pralaya alignment: Karimu	Acro Warm up: Iris, Systke		Partner-up: Inez, Eric			Relax with live music - Nicola										
8:15 - 9:30	Breakfast																
9:30 - 9:40	Workshop presentations																
09:40 - 11:10	Front Bird 2 Shoulderstand: Bart Bendie, Evelijn	Navigating Gravity: Fedde, Tatjana	Dance acro: Karel, Systke	Dynamic acro: Sander, Marieke	Awareness through acro: Maša, Kike	Jam area, Free training	Conscious relating: Sadhu	Circle of life: Wiebe & Daughter									
11:20 - 11:30	Workshop presentations																
11:30 - 13:00	Handstands beginner: Claire	Intro to H2H: Fons	Sacrifice Plus: Inez, Eric	Eco-clean machine: Sadhu, Arjan	Afroyoga: Colins, Marieke	Jam area, Free training	Dynamic Thai massage: Selle & Systke										
13:00 - 14:30	Lunch																
14:30 - 14:40	Workshop presentations																
14:40 - 16:10	Lifting: Fons	Original variations on classic acro tricks: Angela	Supported HS flow: Saar, Ruslan	Crooked: Leander, Arjan	Intimovements: Alina	Jam area, Free training	Therapeutic flying - transitions to back bends: Oded, Naomi	Hakuna Matata: Wiebe & Daughter									
16:20 - 16:30	Workshop presentations																
16:30 - 18:00	Chiling like a god!: Carry, Rob	Dynamic jumps & lifts: Saar, Ruslan	different entries into standing F2H: Fons	Thai massage, Nothing new!: Selle, Sytske	First Aid & Reanimation: Gertjan	Thai & Fly: Roald, Nicola	True intimacy: Dieke, Ralph										
18:00 - 19:30	Dinner																
20:00 - 23:00	Kirtana and Bodywork & Dessert party																
Sunday																	
TIME	Conference hall 1	Conference hall 2	Conference hall 3	Sports Hall 1	Sports Hall 2	Sports hall 3	Lunar Hoeve	KIDS AREA									
7:30 - 8:30	Vinyasa yoga with live music: Jeska	Intermediate yoga flow: Sadhu		Yogacello: Evelien			Inward looking (Hatha): Dieke										
8:15 - 9:30	Breakfast																
9:30 - 9:40	Workshop presentations																
09:40 - 11:10	Starting inversions: Elisah, Karimu	Flexi flair: Arjan, Alina	HS & standing acro: Roald, Inez	Acro Olympics: Esther, Iris	It takes you to tango: Koos	Jam area, Free training	Therapeutic Flying - Back bend variation: Oded, Naomi	Playtime: Nicola									
11:20 - 11:30	Workshop presentations																
11:30 - 13:00	Hardcore: Katharina, Sebastien	H2H for starters: Fedde, Jos	Standing H2H: Karel, Systke	Handstands "level up": Claire	Intro to pitching: Fons	Jam area, Free training	Thai yoga massage bliss: Roald										
13:00 - 14:30	Lunch																
14:30 - 14:40	Workshop presentations																
14:40 - 16:10	Beginner acro: Mirte	Bird catching: Leander, Aline	Diferent standing stuff: Fons	Playful acrobatics for 3 (or more): Angela	Standing & fly high family: Esther, Wiebe & Lotte	Jam area, Free training	My 1st Lunar flow: Bart Bendie, Evelijn										
16:20 - 16:30	Workshop presentations																
16:30 - 18:00	Belly basing treat: Inez & Eric	Keep rolling: Katharina, Maša	Anti-instinct part 1: Oded, Naomi	Lunar flight & massage basics: Erik, Bart Krol	Authentic relating: Roald	Flow & let go - Therapeutics: Dieke, Esther	Zero waste talk: Elisah										
18:00 - 19:30	Dinner																
20:00 - 23:00	Bonte avond!																
Monday																	
TIME	Conference hall 1	Conference hall 2	Conference hall 3	Sports Hall 1	Sports Hall 2	Sports hall 3	Lunar Hoeve	KIDS AREA									
7:30 - 8:30	Pranayama - an intro to breath work: Nicola			Sweet surrender: Sytske			Yin yoga with live music: Jeska										
8:15 - 9:30	Breakfast																
9:30 - 9:40	Workshop presentations																
09:40 - 11:10	Flamingo flow: Elisah, Karimu	Croc-pot flow: Inez, Eric	Anti-instinct part 2: Oded, Naomi	Bendy & Twisty: Leander, Aline	The art of failing: Andreas, Marieke	Look mummy, no hands!: Mirte, Arjan	Massage paradise										
11:20 - 11:30	Workshop presentations																
11:30 - 13:00	Beginner acro: Colins, Marieke	4-step: Elisah, Karimu	Pop it like it's hot: Karel, Sytske	Amazon: Fedde, Mabelle	Acro Improvisation: Arjan, Eline	Jam area, Free training	Latifa meditation: Evelien	Game of thrones - family: Iris									
13:00 - 14:30	Lunch & Packing																
14:30 - 15:30	Closing Circle																
15:30 - 16:30	Mats & Cleaning																
<table border="1"> <thead> <tr> <th>Colors/Levels</th> <th>Yoga & Warm up</th> <th>All levels</th> <th>Beginners</th> <th>Intermediate</th> <th>Advanced</th> <th>Kids</th> <th>Evening program</th> <th>Jam area</th> </tr> </thead> </table>									Colors/Levels	Yoga & Warm up	All levels	Beginners	Intermediate	Advanced	Kids	Evening program	Jam area
Colors/Levels	Yoga & Warm up	All levels	Beginners	Intermediate	Advanced	Kids	Evening program	Jam area									