

# Schedule PaascroYoga 2019

Colors/Levels	Yoga & Warm up	All Levels	Beginners	Intermediate	Advanced	Family & Kids	Evening Program	Jam Area	
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## Friday

TIME	Conference hall 1	Conference hall 2	Conference hall 3	Sports hall 1	Sports hall 2	Sports hall 3	Lunar Hoeve	KIDS AREA	Various room
18:15 - 19:30	Arrival & soup								
19:30 - 20:30	Opening Circle								
20:30 - 21:30	Beginner Spotting <i>Esther, Lara &amp; Marieke</i>		Intermediate Spotting <i>Alina, Arjan &amp; Ellen</i>	Advanced Spotting <i>Judith, Karel &amp; Roald</i>					
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	Various room
7:30 - 8:30	Yoga Vinyasa <i>Ayala</i>	Acro Vinyasa (intermediate level) <i>Iris en Roelie</i>	Ashtanga <i>Melanie</i>	Soft landing & Safe falling <i>Mathieu</i>					
8:15 - 9:30	Breakfast								
9:30 - 9:40	Workshop presentations								
09:40 - 11:10	The basics in a nice flow <i>Lennert &amp; Yvonne</i>	Role switching <i>Lara &amp; Mathieu</i>	Chinese Roll <i>Jarno &amp; Judith</i>	Game of Thrones <i>Roald &amp; Marijke</i>	Flowy and Bendy <i>Alina &amp; Leander</i>	Jam area, Free training	A Lunar Flight <i>Bart &amp; Iris</i>	Power of the elements - ouders & kids <i>Wiebe &amp; Dochters</i>	
11:20 - 11:30	Workshop presentations								
11:30 - 13:00	Flamingo Flow <i>Elisah &amp; Karimu</i>	Up your...Vinyasa <i>Alina &amp; Arjan</i>	L-basing exploration sequence part 1 <i>Ayala &amp; Oded</i>	Getting Corkscrewed <i>Bart &amp; Eline</i>	Icarian <i>Jarno &amp; Melanie</i>	Jam area, Free training	Thai beginners <i>Selle</i>		
13:00 - 14:30	Lunch								
14:30 - 14:40	Workshop presentations								
14:40 - 16:10	3 is a magic number <i>Roelie, Lennert &amp; Yvonne</i>	int/adv: Intriguing Balances <i>Ruslan &amp; Saar</i>	You Mother Earth's Flow <i>Lara &amp; Mathieu</i>	Intro to pops <i>Jarno &amp; Melanie</i>	Spinning Side Stars <i>Jos &amp; Marijke</i>	Jam area, Free training	Therapeutic Flying basics <i>Oded</i>	De wijze bloem Tipitoe; kids 4-12 jaar oud <i>Tjebbe &amp; Sander</i>	
16:20 - 16:30	Workshop presentations								
16:30 - 18:00	How to be a star - Inversions for beginners <i>Esther &amp; Marieke</i>	Size does not matter <i>Katharina &amp; Sebastian</i>	Flying Crocs! <i>Roald &amp; Inez</i>	Handstand Fundamentals <i>Sjef</i>	Intro to Hand to hand <i>Jarno &amp; Melanie</i>	Jam area, Free training	YogaCello & Latifa meditation <i>Evelien</i>		Dining hall: Zero waste talk <i>Elisah</i>
18:00 - 19:30									
20:00 - 23:00	Kirtan and Bodywork 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	Various room
7:30 - 8:30	Partner Yoga <i>Ayala</i>	Pralaya Vinyasa Yoga <i>Karimu</i>	"Find your roots" - Vinyasa Yoga Class <i>Andreas</i>			Yin Yoga <i>Suus</i>			
8:15 - 9:30	Breakfast								
9:30 - 9:40	Workshop presentations								
09:40 - 11:10	Inversions for beginners <i>Elisah &amp; Karimu</i>	A koala walks like a queen through the park <i>Lennert &amp; Yvonne</i>	Monolimb Shoulderstands <i>Ruslan &amp; Saar</i>	int/adv: Stellar Travel <i>Arjan &amp; Eline</i>	Zwiepen en zwaaien: staande acro - ouders & kids <i>Wiebe, dochters, Esther</i>	Jam area, Free training	Touch and play <i>Bart &amp; Iris</i>		
11:20 - 11:30	Workshop presentations								
11:30 - 13:00	Full Acrobhakti power <i>Andreas &amp; Katharina</i>	Intro to Whips <i>Lennert &amp; Yvonne</i>	Aim for the sun and catch <i>Judith &amp; Kare</i>	int/adv: Getting high easily <i>Det &amp; Jim</i>	Photo Quest! <i>Iris &amp; Nicola</i>	Jam area, Free training	Therapeutic Flying Delight <i>Oded</i>	12:00 Paaseieren zoektocht: voor alle kids tot 18 jaar <i>Wiebe &amp; Dochters</i>	
13:00 - 14:30	Lunch								
14:30 - 14:40	Workshop presentations								
14:40 - 16:10	Contact Improvisation <i>Maxime &amp; Nienke</i>	Threading stars <i>Alina &amp; Aylish</i>	Whips <i>Inez &amp; Karel</i>	Making a cathedral <i>Jarno &amp; Melanie</i>	int/adv: Infinte Walkover <i>Judith &amp; Leander</i>	Jam area, Free training	Massage: Magic feet <i>Howdy &amp; Selle</i>	voorbereidingen voor open podium show - ouders en kids! <i>Nicola &amp; Esther</i>	Room upstairs: Thaise Massage by Thai Dee Students <i>Mabelle</i>
16:20 - 16:30	Workshop presentations								
16:30 - 18:00	All Inclusive Flow <i>Andreas &amp; Bart</i>	int/adv: Long flow up-down-up-down <i>Det &amp; Jim</i>	int/adv: The Patchwork <i>Inez &amp; Eric</i>	Reverse 4-step <i>Elisah &amp; Karimu</i>	Two is Company, Three is a crowd <i>Alina, Katharina &amp; Sebastian</i>	Standing hand to hand <i>Jarno &amp; Melanie</i>	Massage: Sit 'n chill <i>Howdy &amp; Selle</i>		Room upstairs: Thaise Massage by Thai Dee Students <i>Mabelle</i>
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	Various room
7:30 - 8:30	Easy Morning Yoga Flow <i>Lara</i>			Rise 'n Shine Power Vinyasa flow <i>Bart</i>			YogaCello & Latifa meditation <i>Evelien</i>		
8:15 - 9:30	Breakfast								
9:30 - 9:40	Workshop presentations								
09:40 - 11:10	Practice makes permanent - Handstand Beginner <i>Andreas</i>	int/adv: Nataraj <i>Lennert &amp; Yvonne</i>	Improve your high upside downs <i>Det &amp; Jim</i>	Grease The Groove <i>Arjan &amp; Eline</i>	L-basing exploration sequence part 2 <i>Ayala &amp; Oded</i>	Jam area, Free training	Relax & Restore with live handpan music <i>Nicola</i>	Circus - ouders & kids <i>Iris</i>	
11:20 - 11:30	Workshop presentations								
11:30 - 13:00	Standing on your own two feet <i>Sjef</i>	Mediation in Movement <i>Alina &amp; Katharina</i>	Intro to reverse h2h (L-base) <i>Judith &amp; Leander</i>	Dance acro <i>Karel &amp; Maxime</i>	Base more, Play more <i>Lara &amp; Mathieu</i>	Jam area, Free training	The Art of giving & receiving: A Massage Adventure <i>Roald</i>	Spring is in the air - ouders & kids <i>Wiebe &amp; Dochters</i>	
13:00 - 14:30	Lunch & Packing								
14:30 - 15:30	Closing Circle								
15:30 - 16:30	Mats & Cleaning								

Colors/Levels	Yoga & Warm Up	All Levels	Beginners	Intermediate	Advanced	Family & Kids	Evening Program	Jam Area	
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