

19. MAI 2017

ATHAYOGA Zollikon

11:00 – 13:30
MATT GIORDANO
 Finding Your Peace Up-
 side Down

14:30 – 17:00
BARBRA NOH
 Nacken- und Schulter-
 therapie

ATHAYOGA Altstadt

14:30 – 17:00
KARINA WAGNER
 Kundalini Yoga –
 Harmonie für Körper und
 Seele

Aula

18:30 – 20:00
**CAROLINA FISCHER +
 YOUNG-HO KIM**
 Opening Yoga Groove

20. MAI 2017

Aula

8:00 – 9:30
KARINA WAGNER
 Kundalini Yoga –
 Transformation und
 Erneuerung

10:00 – 11:30
CAT ALIP DOUGLAS
 Taking Refuge in
 The Three Jewels

12:00 – 13:30
BARBRA NOH
 Backbends –
 Inner Freedom

14:00 – 15:30
**PETROS
 HAFFENRICHTER**
 Das Leben auf
 den Kopf gestellt

15:45 – 16:45
**PETROS
 HAFFENRICHTER**
 Bhakti Yoga – Kirtan

17:00 – 18:30
TANJA SEEHOFER
 Yin Yoga Session

19:00 – 20:30
YOUNG-HO KIM
 Inside Yoga Flow

Halle

8:00 – 9:30
MATT GIORDANO
 Depth of Breath and the
 Spine

10:00 – 11:30
YOUNG-HO KIM
 Yoga-Therapie
 für die Schultern

12:00 – 13:30
**MICHAEL JAMES
 WONG**
 Dogs & Frogs –
 Power Vinyasa Class

14:00 – 15:30
STEPHEN THOMAS
 The Breath in Asana

15:45 – 16:45
GREVILLE HENWOOD
 GroovyKids –
 Family Yoga Class

17:00 – 18:30
KARL STRAUB
 Yoga is a gentle art –
 asana & beyond

Podium

9:00 – 9:30
**KATHRIN
 SCHÜNEMANN**
 Moment of Excellence –
 Mindfulness

10:30 – 11:30
TANJA SEEHOFER
 Yoga gegen Burnout

12:30 – 13:15
BETHANY HILL
 Freeing yourself from
 your Mat

13:30 – 14:30
AVA TAYLOR
 Real Talk:
 The future of yoga

15:00 – 15:45
PATRIK BINAGHI
 Face Reading: Dein
 Gesicht spricht Bände!

16:00 – 16:45
CHRISTINA HOTTINGER
 Yoga und Neurologie

17:30 – 18:30
BARBRA NOH
 Living a Meaningful life

21. MAI 2017

Aula

8:00 – 9:30
CAROLINA FISCHER
 Yoga Booster – Feel your
 inner power, clearness
 and energy

10:00 – 11:30
STEPHEN THOMAS
 Asana, Pranayama,
 Mudra, Bandha

12:00 – 13:30
KARINA WAGNER
 Kundalini Yoga –
 Der Liebe und des
 inneren Lichtes

14:00 – 15:30
TANJA SEEHOFER
 Yin & Yang Yoga Session

16:00 – 17:30
**PETROS
 HAFFENRICHTER**
 Union of opposites:
 Be the eye in the
 hurricane of life

17:45 – 18:30
ALL // CLOSING SPECIAL
 „We Are All Teachers,
 We Are All Students“
 Let's create some Magic
 together!

Halle

8:00 – 9:30
KARL STRAUB
 Earth & Sky –
 Jivamukti Yoga

10:00 – 11:45
YOUNG-HO KIM
 Workshop – Yoga
 Personal Training

12:00 – 13:30
MATT GIORDANO
 Therapeutically Advan-
 cing Your Practice

14:00 – 15:30
**MICHAEL JAMES
 WONG**
 Sky Walker – Arm balan-
 ces & Inversions

16:00 – 17:30
MATT GIORDANO
 Paving The Runways:
 AcroYoga Foundations

Podium

9:00 – 9:30
**KATHRIN
 SCHÜNEMANN**
 Blow your Mind and
 Reset – Pranayama

10:00 – 10:45
PATRIK BINAGHI
 Gesichtlesen zur Ruhe
 und Gelassenheit

11:00 – 11:45
MICHAEL SCHULZ
 Detox for Body and Soul

12:30 – 13:30
BARBRA NOH
 ThaiVedicYoga
 Einführung

14:00 – 15:00
GREVILLE HENWOOD
 Groovy Kids Yoga Flow

16:30 – 17:30
AVA TAYLOR
 Yoga & Business –
 The Catalyst