

FREITAG, 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

AUSSTELLER & SPONSOREN

LOLë

foodloft

face reading
ACADEMY

JAMES
JAR &
CO.

VIVES

beyondyoga
go beyond

PHOTOBOOTHPRO

WISTUS

dinnercatering

UDAYA

JADE|YOGA

HITTL

LADY'S FIRST
design hotel

SPORT. LES

CHRISTINA KRAMER
DUBLIN

HOTEL ST. JOSEF***

+ALPRAUSCH

KARMALOVE

F.I.T. Look Better. Feel Better.

sophroz

lululemon athletica

Lubex
anti-age

FOCUS
WATER

STENSCHNOCCE-WERKSTATT

SAMSTAG, 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

SONNTAG, 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

15:30 – 16:00
BIANCA SISSING
Finding Acceptance
and Freedom through
Self Love

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