

FREITAG, 25.05.2018

ATHAYOGA ZOLLIKON

10:00 – 11:30  
**CHRIS CHAVEZ**  
Power Of One

12:15 – 13:45  
**MATT GIORDANO**  
Hips Rock'em and  
Unlock'em

14:30 – 16:00  
**DICE IIDA KLEIN**  
Pratyahara Flow

16:30 – 18:00  
**YOUNG-HO KIM**  
Yin Yoga with Inoroll

ATHAYOGA ZÜRICH

10:00 – 11:30  
**CAT DOUGLAS**  
Sangyé Awakened

12:15 – 13:45  
**MICHAEL JAMES WONG**  
Your Body is NOT a temple  
Opening Flow

14:30 – 16:00  
**BARBRA NOH**  
Expanding Into Freedom

16:30 – 18:00  
**RAE INDIGO**  
Awaken your Vital Force

AULA

Opening Ceremony  
**DAVE STRINGER**  
19:00 Türöffnung  
19:30 – 21:30 Concert

SAMSTAG, 26.05.2018

AULA

8:00 – 9:30  
**MICHAEL JAMES WONG**  
Just Breath

10:00 – 11:30  
**CHRIS CHAVEZ**  
Hug the Midline

12:00 – 13:30  
**DICE IIDA KLEIN**  
Front Body & Heart  
Opening Flow

14:00 – 15:30  
**CHRISTINE MAY**  
Body Prayer

16:00 – 17:30  
**SONIA BACH**  
Soundless like a Ninja

18:00 – 19:30  
**TANJA SEEHOFER &  
YANN DJAYA**  
Yin Yoga und Musik

HALLE

8:00 – 9:30  
**BARBARA NOH**  
Moving from the Core

10:00 – 11:30  
**MATT GIORDANO**  
Boundless Freedom

12:00 – 13:30  
**CAT DOUGLAS**  
The four Contemplations

14:00 – 15:30  
**YOUNG-HO KIM**  
Therapeutical Alignment

16:00 – 17:30  
**MICHAEL JAMES WONG**  
Asana Addict

18:00 – 19:30  
**KARL STRAUB**  
Thai Yoga Bodywork

PODIUM / TALK ROOM

9:00 – 9:45  
**PATRIK BINAGHI**  
Dein Gesicht spricht Bände!

10:00 – 11:00 (Talk Room)  
**NADIA BÄCHLI**  
Ernährung

11:15 – 11:45  
**SADA CATERINA ZORZI**  
Vegane Naturprodukte

12:30 – 13:15  
**GREVILLE HENWOOD**  
Kids Class

13:30 – 14:15  
**MATTHIAS MEND**  
Gesundheit und Vitalität

15:00 – 15:45 (Talk Room)  
**JANNA SCHARFENBERG**  
Yoga & Ayurveda

16:00 – 16:30  
**YOUNG-HO KIM**  
Inoroll, die Massagerolle

17:30 – 18:15  
**CAROLINA FISCHER &  
BETTINA KELLER**  
Essential Oils Intro

WORKSHOP-ROOM

8:00 – 9:30  
**CAROLINA FISCHER &  
BETTINA KELLER**  
Essential Yoga

10:00 – 11:30  
**CHRISTINE MAY**  
Ignite, Sweat & Shine

12:00 – 13:30  
**AVA TAYLOR**  
The Real Talk

14:00 – 15:30  
**DAVE STRINGER**  
Mantras & Molecules  
Kirtan Workshop

16:00 – 17:30  
**DR. RALPH SKUBAN**  
Emotionalen Druck lösen  
durch Atmen

18:00 – 19:30  
**SALVATORE DANIELE**  
AcroYoga Basics

SONNTAG, 27.05.2018

AULA

8:00 – 9:30  
**CAROLINA FISCHER**  
Wake Up Groove

10:00 – 11:30  
**YOUNG-HO KIM**  
Inside Flow

12:00 – 13:30  
**CHRIS CHAVEZ**  
Bliss Breath Body

14:00 – 15:30  
**CLIVE RADD &  
DAVID SUIVEZ**  
Vinyasa Flow with Live DJ

16:00 – 17:30  
**TANJA SEEHOFER &  
YANN DJAYA**  
Yin & Yang Yoga und Musik

17:45 – 18:45  
**DAVE STRINGER /  
ALL TOGETHER**  
Closing Ceremony

HALLE

8:00 – 9:30  
**KARL STRAUB**  
Asana to Zen

10:00 – 11:30  
**MATT GIORDANO**  
Discover the Joy of  
Backbending

12:00 – 13:30  
**DICE IIDA KLEIN**  
Digging Deep

14:00 – 15:00  
**GREVILLE GENWOOD**  
Family Yoga Class

16:00 – 17:30  
**MICHAEL JAMES  
WONG** Boys of Yoga

PODIUM / TALK ROOM

9:00 – 9:45  
**PATRIK BINAGHI**  
Gesichtlesen zur Ruhe  
und Gelassenheit

10:30 – 11:30  
**BETTINA KELLER**  
Better Health & Vitality

12:00 – 12:45 (Talk Room)  
**UMESH TEJASVI**  
Balancing Doshas'  
Through Pranayama

13:00 – 13:45 (Talk Room)  
**UMESH TEJASVI**  
Detox mit Ayurveda

14:00 – 15:00  
**MATT GIORDANO**  
Refining and Redefining  
Your Voice (Tutorial)

15:30 – 16:15  
**CAROLINA FISCHER &  
BETTINA KELLER**  
Essential Oils Intro

16:30 – 17:15  
**RAE INDIGO**  
What is a psychic emoti-  
onal state?

WORKSHOP-ROOM

8:00 – 9:30  
**SALVATORE DANIELE**  
AcroYoga Intermediate

10:00 – 11:30  
**DR. RALPH SKUBAN**  
Die Verbindung von  
Sonne und Mond

12:00 – 13:30  
**ANDREA HOFMANN**  
Faszien Yoga

14:00 – 15:30  
**MIRJAM HAYMANN**  
Create Your Kingdom

16:00 – 17:30  
**AVA TAYLOR**  
Fabric of Success