

FREITAG, 25.05.2018

ATHAYOGA ZOLLIKON

ATHAYOGA ZÜRICH

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

10:00 – 11:30
CAT DOUGLAS
Sangyé Awakened

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

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

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

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

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

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

AULA

FOR FREE!

Opening Groove with live DJ
NATIONAL YOGA TEACHERS
18:30 Türöffnung
19:00 – 21:00 Special Yoga Class

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
BARBRA 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
LUTER MEZA
The Nature of Human
Sound

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 RAZDA &
DAVID SUIVEZ**
Vinyasa Flow with Live DJ

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

17:45 – 18:45
ALL TOGETHER
Closing Special „We are all
Teachers, We are all Students“

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 HENWOOD
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