

# PROGRAMM

## FESTSAAL

### FREITAG

- 12:00-13:30** Anna Herz  
Inside Flow
- 14:00-15:30** Celest Pereira  
The Science of Stability & Balance
- 16:00-17:30** Jazz Sanchez & Viktor  
Afro Yoga
- 18:00-19:30** Hie Kim  
Inside Flow

### SAMSTAG

- 08:00-09:30** Matt Giordano  
Move • Breathe • Release
- 10:00-11:30** Hie Kim  
Inside Flow
- 12:00-13:30** Mathieu Boldron  
Pincha & Handstands for Confidence
- 14:00-15:30** Anna Herz  
Inside Flow
- 16:00-17:30** Matt Giordano  
Hips: Align • Refine • Release
- 18:00-19:30** Mathieu Boldron  
Kirtan

### SONNTAG

- 08:00-09:30** Mathieu Boldron  
Morning Practice, Bonjour Bonjour
- 10:00-11:30** Celest Pereira  
Brainy Backbends
- 12:00-13:30** Matt Giordano  
Arm Balances: Flying Hip Openers
- 14:00-15:30** Celest Pereira  
The Wild Weird World of Neurology
- 16:00-17:30** Matt Giordano  
Handstand: The 3 Secrets
- 18:00-19:30** Mathieu Boldron  
Goodbye practice & Kirtan

## SOFIES SALON

### FREITAG

- 12:00-13:30** Maeva Boldron  
Shoulder Intelligence
- 14:00-15:30** Lenka Minarik  
Backbends and Pain Theory
- 16:00-17:30** Celest Pereira  
Injuries - What You Need to Know
- 18:00-19:30** Maeva Boldron  
Spinal Intelligence Flow

### SAMSTAG

- 08:00-09:30** Celest Pereira  
Science of Dristi
- 10:00-11:30** Kate Chapman  
True Strength & Fun Transitions
- 12:00-13:30** Matt Giordano: Teachers Workshop  
Working With Injuries
- 14:00-15:30** Celest Pereira  
Neural Flossing for Splits
- 16:00-17:30** Maeva Boldron  
Spinal Intelligence "Bigbend Theory"
- 18:00-19:30** Hie Kim: Teacher Workshop  
The Art of Teaching

### SONNTAG

- 08:00-09:30** Joa Gomez  
Hip Mobility Flow
- 10:00-11:30** Matt Giordano  
Shoulder Revelation
- 12:00-13:30** Kate Chapman  
Meditation in Movement
- 14:00-15:30** Joa Gomez  
Inverted Flow
- 16:00-17:30** Manuel Neumann  
Tale as old as time - Yin Yoga

# PROGRAMM

## FREITAG / FESTSAAL

12:00-13:30

**Anna Herz**  
**Inside Flow**



Yoga Level   
Sweat Level

Inside Flow ist eine Vinyasa Flow Choreography, die on Beat unterrichtet wird und genau auf ein Musikstück zugeschnitten ist. Viele Yogastunden legen ihren Fokus auf den Körper oder den Geist. Diese Yogastunde liegt den Fokus auf Emotionen und fließende Bewegungen. Sei dabei und überzeuge dich selbst davon, warum Inside Flow zu einem globalen Yogastil wächst.

14:00-15:30

**Celest Pereira**  
**The Science of Stability & Balance**



Yoga Level   
Sweat Level

As yoga teachers and practitioners, balance is a central part of our practice. Often the practice of yoga transforms our ability to balance and helps us achieve things far beyond what we dreamed possible. However almost everyone has one or two poses that they just can't seem to find the balance no matter how much work is put in. In this workshop we uncover brain regions helping us to nail our balance challenges once and for all.

16:00-17:30

**Jazz Sanchez & Viktor**  
**Afro Yoga**



Yoga Level   
Sweat Level

Yogi and dance to rhythmic live beats, letting yourself be truly infected by the pure joy of life! Jazz guides you with her familiar zest for life through 90 minutes of Afro-Latin Yoga, while Viktor heats things up with live music. Look forward to a yoga class of a special kind!

18:00-19:30

**Hie Kim**  
**Inside Flow**



Yoga Level   
Sweat Level

Inside Flow ist eine Vinyasa Flow Choreography, die on Beat unterrichtet wird und genau auf ein Musikstück zugeschnitten ist. Viele Yogastunden legen ihren Fokus auf den Körper oder den Geist. Diese Yogastunde liegt den Fokus auf Emotionen und fließende Bewegungen. Sei dabei und überzeuge dich selbst davon, warum Inside Flow zu einem globalen Yogastil wächst.

# PROGRAMM

## FREITAG / SOFIES SALON

12:00-13:30

### Maeva Boldron Shoulder Intelligence



Yoga Level   
Sweat Level 

In this session, we will workshop ways to create space and stability in the articulation of the shoulder using functional mobility exercises. This work will guide us to experience more freedom in the spine and deeper ranges of motion in backbends.

14:00-15:30

### Lenka Minarik Backbends and Pain Theory



Yoga Level   
Sweat Level 

Pain is something we can't avoid in life and at the same time pain is essential for our survival. Contrary to our common sense, pain doesn't have to reflect a real damage to our tissues. In this workshop we will delve into how pain really works on the neuroscientific level and we will practice back-bending asanas, to understand the most common chronic pain in humans: the low back pain. Understanding pain is the first step to recovery, and yoga is a path to heal as well.

16:00-17:30

### Celest Pereira Injuries - What You Need to Know



Yoga Level   
Sweat Level 

Injuries are frustrating but ultimately amazing teachers. In this workshop we will look at many of the myths around how to solve injuries perpetuated in the yoga world and what actually does work. The thing about injuries are they are unique to each person and how their body responds to support will depend on many factors. Get ready to have your mind blown and your body supported.

18:00-19:30

### Maeva Boldron Spinal Intelligence Flow



Yoga Level   
Sweat Level 

In this session, we will combine all the essentials of backbending into an evolutive sequence which will give infinite opportunities to explore backbending postures from all category (in contraction, lever and traction), giving us the chance to taste the savor of freedom residing into our hearts.

# PROGRAMM

## SAMSTAG / FESTSAAL

08:00-09:30

**Matt Giordano**  
**Move • Breathe • Release**



Yoga Level   
Sweat Level

The "Feel Good" class you were waiting for! Unlock unwanted physical, mental and emotional tension with the 3 most effective yoga practices amplified by the power of the community. Together we will move our bodies, practice pranayama (breath work), and step into a group guided meditation. If you have never meditated, or done pranayama, do not worry, this will be a guided heartfelt experience.

10:00-11:30

**Hie Kim**  
**Inside Flow**



Yoga Level   
Sweat Level

Inside Flow ist eine Vinyasa Flow Choreography, die on Beat unterrichtet wird und genau auf ein Musikstück zugeschnitten ist. Viele Yogastunden legen ihren Fokus auf den Körper oder den Geist. Diese Yogastunde liegt den Fokus auf Emotionen und fließende Bewegungen. Sei dabei und überzeuge dich selbst davon, warum Inside Flow zu einem globalen Yogastil wächst.

12:00-13:30

**Mathieu Boldron**  
**Pincha & Handstands 4 Confidence**



Yoga Level   
Sweat Level

In this practice we will use several partner exercises to build up and refine your inversions. You will also explore tips to work on your own towards these challenging postures and learn the necessary foundation to condition your body and mind to explore your potential in the middle of the room. Inversions are fun and accessible if well explained.

14:00-15:30

**Anna Herz**  
**Inside Flow**



Yoga Level   
Sweat Level

Inside Flow ist eine Vinyasa Flow Choreography, die on Beat unterrichtet wird und genau auf ein Musikstück zugeschnitten ist. Viele Yogastunden legen ihren Fokus auf den Körper oder den Geist. Diese Yogastunde liegt den Fokus auf Emotionen und fließende Bewegungen. Sei dabei und überzeuge dich selbst davon, warum Inside Flow zu einem globalen Yogastil wächst.

16:00-17:30

**Matt Giordano**  
**Hips: Align • Refine • Release**



Yoga Level   
Sweat Level

This highly informative and rigorous practice will help you expand your body awareness, increase your strength and maximize your flexibility. Through targeted muscle engagements and joint alignments you will learn how to change the way you sit, stand, move, and practice yoga. This class will empower and inform you on the necessary techniques that create long lasting changes in your body.

18:00-19:30

**Mathieu Boldron**  
**Kirtan**



Yoga Level   
Sweat Level

Singing is a performance, chanting is about answering the call of our collective voice. In this unique acoustic moment together we will share joy, pain, happiness and the all spectrum of emotions that makes us Human. Come and share your voice out loud with no judgment or expectation about the outcome. We are all humans trying to be heard. Let's support one another.

# PROGRAMM

## SAMSTAG / SOFIES SALON

08:00-09:30

**Celest Pereira**  
**Science of Dristi**



Yoga Level     
Sweat Level   

Where do you look when moving? Did you know where you move your eyes can have an impact on how your body feels and how well it performs. Come along to move and explore what YOUR unique nervous system needs to go beyond what you thought possible. This is a geeky session so bring your notebook and pen.

10:00-11:30

**Kate Chapman**  
**True Strength & Fun Transitions**



Yoga Level     
Sweat Level   

Welcome to "True Strength and Fun Transitions," where yoga meets exhilarating movement! Join us for a dynamic class that blends strength-building poses with playful transitions, creating a joyful flow that'll leave you feeling empowered and smiling. Discover the true strength within you while embracing the joy of seamless movement. Let's flow, laugh, and find your balance together!

12:00-13:30

**Matt Giordano**  
**Working With Injuries (4 Teachers)**



Yoga Level     
Sweat Level   

As a yoga teacher you have likely come to realize that most people are dealing with some kind of ache, pain, discomfort or injury. The pressure to create a safe and healing space can be overwhelming. This workshop will provide you with the knowledge and skills to feel more confident in creating guiding students and anatomically informed sequences for all levels yoga classes and private clients.

14:00-15:30

**Celest Pereira**  
**Neural Flossing for Splits**



Yoga Level     
Sweat Level   

Nerves are the link from the body to the brain, but their function can be impacted for a variety of reasons. In this workshop we will explore how to use this tool to improve your ability to do the splits. It's a great strategy for pain and improved function too, so whatever your goals, this workshop might give you some support to get you there.

16:00-17:30

**Maeva Boldron**  
**Spinal Intelligence "Bigbend Theory"**



Yoga Level     
Sweat Level   

This highly informative and rigorous practice will help you expand your body awareness, increase your strength and maximize your flexibility. Through targeted muscle engagements and joint alignments you will learn how to change the way you sit, stand, move, and practice yoga. This class will empower and inform you on the necessary techniques that create long lasting changes in your body.

18:00-19:30

**Hie Kim - Teacher Workshop**  
**The Art of Teaching**



Yoga Level     
Sweat Level   

In diesem Workshop geht es um die Kunst des Yoga-Unterrichtens. Du kriegst eine Anleitung an die Hand wie du Peak-Pose orientiert unterrichten kannst. Nach unterschiedlichen Ableitungen und Schlussfolgerungen eroieren wir ein Stundenformat. Anschließend wird Hie beispielhaft die besprochene Yogastunde unterrichten. Übrigens: Weißt du eigentlich was "Yoga-Candy" ist? Die Antwort gibt es im Workshop. The Art of Teaching ist eine Fortbildung von Hie Kim die im Doktor Yoga vom 26.-28.4. und 3.-5.5.2024 stattfindet.

# PROGRAMM

## SONNTAG / FESTSAAL

08:00-09:30

**Mathieu Boldron**  
**Morning Practice, Bonjour Bonjour**



Yoga Level   
Sweat Level

Wake up your breath, Wake up your body, wake up your mind. Collect the functional ingredients to cook your awareness to the next level and sense the details that makes a sweet but powerful slow flow. In this practice we will unwind the joints slowly but surely through the movement of your breath. This practice will touch all area in your body and unlock it all for the rest of the day.

10:00-11:30

**Celest Pereira**  
**Brainy Backbends**



Yoga Level   
Sweat Level

Inside Flow ist eine Vinyasa Flow Choreography, die on Beat unterrichtet wird und genau auf ein Musikstück zugeschnitten ist. Viele Yogastunden legen ihren Fokus auf den Körper oder den Geist. Diese Yogastunde liegt den Fokus auf Emotionen und fließende Bewegungen. Sei dabei und überzeuge dich selbst davon, warum Inside Flow zu einem globalen Yogastil wächst.

12:00-13:30

**Matt Giordano**  
**Arm Balances: Flying Hip Openers**



Yoga Level   
Sweat Level

Arm balances are some of the most fun, exciting, and challenging poses of the yoga practice. Most also require flexible hips—a place many of us have tightness. With Matt, we explore techniques to find our fullest range of motion through optimal skeletal alignment and muscular engagement for deep, isometric hip strengtheners. Get ready to sweat, fly, and go deeper in your body!

14:00-15:30

**Celest Pereira**  
**The Wild Weird World of Neurology**



Yoga Level   
Sweat Level

This workshop explores some "high payoff" neuro hacks that can take your practice to the next level. We will also uncover how to work with your unique nervous system so that your progress is steadily increasing. Learn about how your hands, eyes and inner ears can be moved to bring incredible gains to your entire nervous system. Feel free to bring your notebook to this workshop.

16:00-17:30

**Matt Giordano**  
**Handstand: The 3 Secrets**



Yoga Level   
Sweat Level

Learning to handstand is a process, abundant with discovery and amazement. Whether this is your first inversion workshop or you are well versed in the art of handstands, brace yourself as we delve into alignment, work toward mastery of the shoulder girdle, and explore acrobatic principles so you can build confidence and manifest a greater sense of balance. Take your handstand practice to the next level!

18:00-19:30

**Mathieu Boldron**  
**Goodbye practice & Kirtan**



Yoga Level   
Sweat Level

Backbends & Kirtan: It is the best combo to drop all filters and let our inner voice shine. Let your authenticity speak the words of gratitude that you feel for yourself and the people around you. In this practice we will celebrate the magical Union we have created together through this event and send that energy into the world.

# PROGRAMM

## SONNTAG / SOFIES SALON

08:00-09:30

### Joa Gomez Hip Mobility Yoga Flow



Yoga Level   
Sweat Level

In this class, we will unlock our hip flexibility by focusing on both hip flexibility and activation. We will cover the 4 main actions of hip movement, which are: flexion & extension (front splits), abduction (middle splits) & external rotation (pigeon). This class is for all levels and aims to give you the tools to help you reach these positions with ease and control. Working on strength & flexibility simultaneously will help you master your hip opening.

10:00-11:30

### Matt Giordano Shoulder Revelation



Yoga Level   
Sweat Level

Regain strength, flexibility and mobility of your shoulders. This eye opening workshop is designed to bring clarity to the complex dance between the muscles, bones and joints of the shoulders in order to improve and advance your yoga practice.

12:00-13:30

### Kate Chapman Meditation in Movement



Yoga Level   
Sweat Level

Would you like to bring more focus & attention to your movements in your asana practice? In this mindfulness and meditation workshop we will begin to uncover different techniques to improve the connection to your breath, your body and the present moment. We will dive into the benefits of developing a meditation practice and bust some of the myths that surround meditating.

14:00-15:30

### Joa Gomez Inverted Flow



Yoga Level   
Sweat Level

In this masterclass, we experience the beauty and intensity of Power Vinyasa Yoga. This is a vigorous flow where we combine movement & breath while moving into different intermediate to advanced positions. This session is open to all levels but specifically designed for intermediate & advanced practitioners who enjoy strong and sweaty practices. We will implement arm balance & inversion transitions throughout the session to help you build a "floating" practice.

16:00-17:30

### Manuel Neumann Tale as old as time - Yin Yoga



Yoga Level   
Sweat Level

Schließe dein Festivalbesuch mit einer wohltuenden Yin-Einheit ab, bei der dein Körper in lang gehaltenen Stretch-Posen sanft entspannen kann. Begleitet von inspirierenden Geschichten, vorgelesen von Manuel, erhältst du neue Impulse, die in der Stille der Position nachhallen können. Eine Einheit, die nicht nur den Körper entspannt, sondern auch den Geist nährt und das Herz berührt.