

SATURDAY

ZEN

28
NOV
2026

	Musensaal - Experience Hall	Train Your Body & Mind Hall	Longevity & Embodiment Hall
09:45 - 10:30	Opening Welcome & Introduction		
10:45 - 11:45	Robert • Carina • Daniela Strengthen Your Body & Mind BODYART SPIRIT	Jannie L. • Lea Cardio Creates Energy DEEPWORK SPIRIT	Janni • Tom Open Your Fascia – Activate Your Body Neuro Activation, Fascia & Longevity
12:00 - 12:50	Lea • Jannie • Regina Sweat, Fun & Cardio Party DEEPWORK Underground Party	Andre • Petra Full-Body Workout BODYART Dynamic	Nicole It's More Than a Six- Pack Core Without a Crunch
	BREAK 12:50 - 13:45		
13:45 - 14:40	Alexa • Katherina • Timur • Lea A Deep Energetic Experience Inspired by TCM BODYART Meridian Flow	Jacky • Regina • Alex The Athletic Cardio Workout DEEPWORK Athletic Training	Robert Longevity Starts with Your Breath Breathwork – Let Your Breath Do the Work
15:10 - 16:00	Andre • Daniela Movement Meets Breath PRANA – The Future of Conscious Movement	Israel How to Move Your Body Movement Workshop	Jannie L. • Elisabeth • Jana The Future of Movement – Physiotherapy-Based Exercises BODYART PTBT – Signature Moves
16:15 - 17:00	Robert • Remo • Ivam Feel Your Body – Recover Your Brain GOA House Party – DEEPWORK 365	Timur • Monika Stabilize Your Spine BODYART, Pilates & Healthy Back	Alexa The Female Core Understanding the Female Pressure System

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08:15 - 09:00	Robert • Alexa • Team Breathwork & Meditation		
09:15 - 10:15	Janni • Robert • Alexa Mobilize Your Body & Your Brain BODYART Mobility & PRANA	Andre • Carina Cardio & Breath – The Perfect Mixture DEEPWORK & Breathwork	Janis • Lea The Full-Body Workout ENERGY LIVE
10:30 - 11:20	Israel The Inspiring Full-Body Workout BODY FLOW	Daniela • Tom • Moni Full-Body Workout BODYART Around the World	Remo • Nicole Get Strong BODYART Strength & Core
11:40 - 12:30	Eric • Janis • Ivam • Isa Martial Arts Meets Functional Cardio DEEPWORK COMBAT	Alexa • Timur Restore Your Body BODYART Balance & Rotations – Spiral Your Body	Daniela • Carina Feel the Perfect Correction in Your Body BODYART Contact
	BREAK 12:30 - 13:30		
13:30 - 14:20	Robert • Jana • Israel • Lea • Ivam The Dance Workout WARRIOR V	Eric Gold Train with the World Champion Combat – More Than a Fight	Timur Pilates Core
14:45 - 15:30	Andre • Nicole • Isa Recover Your System with Movement & Breath PRANA & Breath	Janni Longevity – Future Training H.E.A.L. Human Education for Alignment & Longevity	Elisabeth Women’s Health Restore Your System & Support Hormonal Balance
15:35 - 16:15	Robert • Team Closing Class		