

CIRCUSTUIN

MAANDAG

11:00 Check in & Welkom
12:00 Lunch
14:00 Openings Circle
15:00 Workshop HulaHoop | Mirjam
17:00 Welkomstborrel & Flow Jam
18:30 Diner
20:00 Workshop Flowersticks | René
20:00 Flow Props Market

DINSDAG

08:00 Yoga / Qi Gong / Pilates
09:00 Ontbijtbuffet
11:00 Workshop Poi (beg./inter.) | Lisa
13:00 Massage | optioneel
15:00 Workshop Off Body Hooping | Lisa
17:00 Open Flow Jam
17:00 Flow Props Market
18:30 Diner
20:00 Body Paint Sessions | Michelle
+ Ecstatic Dance met DJ René

PROGRAMMA

WOENSDAG

08:00 Hoop-Yinyoga
09:00 Ontbijtbuffet
11:00 Workshop Waaiers (beginner) | Eva
12:00 Workshop Waaiers (intermediate) | Eva
13:00 Massage | optioneel
13:00 Workshop Rope Dart (all levels) | Michelle
15:00 Workshop Staff (all levels) | Ian
17:00 Open Flow Jam
17:00 Flow Props Market
18:30 Diner
19:30 Fire Safety
20:00 Virgin Burn | Eva & Mirjam
20:30 Fire Jam (all levels)
20:00 Sauna sessies

DONDERDAG

08:00 Qi Gong
09:00 Ontbijtbuffet
10:00 Workshop Schaduwwerk met maskers
& Ecstatic Dance | Karin & DJ Audy
13:00 Massage | optioneel
14:00 Workshop Poi (advanced) | Vincent
16:00 Workshop HulaHoop (adv.) | Michelle
17:00 Open Flow Jam
17:00 Flow Props Market
18:30 Diner
19:30 Private Showcase & Fire Jam Night
21:00 Sauna sessies

VRIJDAG

08:00 Acroyoga
09:00 Ontbijtbuffet & Groepsfoto
10:00 Workshop Choreo All Props | Adrienne
12:00 Check Out
13:00 Goodbye Flowjam
& Flow Props Market

LIEVELINGE