

Dear Dancer,

here is the schedule for Lifiedancing Embodiment Retreat 2017.
It might change!

Sunday

10.00-13.00 Lifiedancing - Arriving, introduction
17.00-18.30 Follow The Flow
FREE EVENING

Monday

6.30 Powerwalk
7.00 Morning workout
7.45-8.15 Meditation
10.00-13.00 Lifiedancing - Earth
17.00-18.30 Follow The Flow
20.30-21.00 Meditation

Tuesday

6.30 Powerwalk
7.00 Morning workout
7.45-8.15 Meditation
10.00-13.00 Lifiedancing - Fire
FREE AFTERNOON
20.30-21.00 Meditation

Wednesday

6.30 Powerwalk
7.00 Morning workout
7.45-8.15 Meditation
10.00-13.00 Lifiedancing - Water
17.00-18.30 Follow The Flow
20.30-22.30 Shake Your Everything: Open Lifiedancing evening

Thursday

6.30 Powerwalk
7.00 Morning workout
7.45-8.15 Meditation
10.00-13.00 Lifiedancing - Air
FREE AFTERNOON
20.30-23.30 Lifiedancing Marathon

Friday

10.00-13.00 Lifiedancing - Completion
17.00-18.30 Integration, completion, farewell

Red=optional