

RECHARGE FOR LIFE

**08 - 11 June 2023 -
Zuoz/ Swiss Mountains**

Thursday, 08 June 2023

Room 1

Room 2

15:00 - 16:15h

Recharge for LIFE

Opening class with the founders

Alexa Lê, Robert Steinbacher + Janni Giannikiakis

16:30 - 17:30h

BODYART Workout

Swing + Myofascial Exercises

Robert St. + Janni G.

16:30 - 17:30h

BODYART Flow

with mountain spirit

Alexa Lê

17:40 - 18:20h

Connect your energy with the Swiss alps

Yin Meridian Stretch + Meditation

Alexa Lê + Robert St.

全部
BODYART

DEEPWORK

Friday, 09 June 2023

Room 1

Room 2

08:00 - 09:00h

BODYART Flow

Morning in the Swiss alps

Alexa Lê

10:00 - 11:00h

BODYART Back to the roots

Work on your alignment with the founder

Robert Steinbacher

10:00 - 11:00h

Mobility Training &
Dynamic Exercises

Janni Giannikakis

11:15 - 12:15h

BODYART Core & more

„are you ready for that?“

Alexa Lê

11:15 - 12:15h

Myofascial Training -
The human body

Integrate MYFT in your daily life

Alex Hahn

15:30 - 16:30h

365 Athletic Training

DEEPWORK, Martial Arts, Functional
Training, Primal Moves, Breathwork
and more...

New Programm of Robert

15:30 - 16:30h

HEALTH ACADEMY

CoreCellMemory

New Workshop

Janni Giannikakis

16:45 - 17:45h

Yin Yoga &

BODYART Recovery

Alexa Lê

Saturday, 10 June 2023

Room 1

08:00 - 09:00h
Yin & Yang Morning
Realign your body
Janni Giannikakis

10:00 - 11:00h
DEEPWORK & BODYART

Robert Steinbacher

11:15 - 12:15h
BODYART Workout
Balance & Strength
Alexa Lê

15:30 - 16:30h
365 Dance &
Chill Out Party WARRIOR V Based

Robert Steinbacher

16:45 - 17:45h
BODYART Spirals
New Workshop
Alexa Lê

21:00h
KAKAO Zeremonie & Chill Out Evening
Isabel Büchler

Room 2

10:00 - 11:00h
Martial Arts meets
BODYART

Isabel Büchler

11:15 - 12:15h
Functional Training
with your own bodyweight -
don't resist persist!
Alex Hahn

15:30 - 16:30h
DEEPWORK meets
Functional Training

Janni Giannikakis



Sunday, 11 June 2023

Room 1

10:00 - 11:00h
PRANA
a new revolutionary concept of Robert
Steinbacher and the inZENTiv team
Robert Steinbacher

11:15 - 12:15h
Recharge for LIFE
Closing class - The heart of BODYART
Alexa Lê, Robert Steinbacher + Janni Giannikakis

Room 2

10:00 - 11:00h
BODYART
Pure alignment
Alexa Lê + Janni G.



4 HEALTHY DAYS
WITH THE
COMMUNITY



BREATHE IN
FRESH SWISS
MOUNTAIN AIR