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



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

11:15 - 12:15h BODYART Core & more "are you ready for that?"

Alexa Lê

10:00 - 11:00h
Mobility Training &
Dynamic Exercises
Janni Giannikakis

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 Room 2

10:00 - 11:00h

Isabel Büchler

11:15 - 12:15h

don't resist persist!

15:30 - 16:30h

Alex Hahn

Functional Training

with your own bodyweight -

DEEPWORK meets

Janni Giannikakis

Functional Training

BODYART

Martial Arts meets

全部 BODYART



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 Sunday, 11 June 2023

10:00 - 11:00h

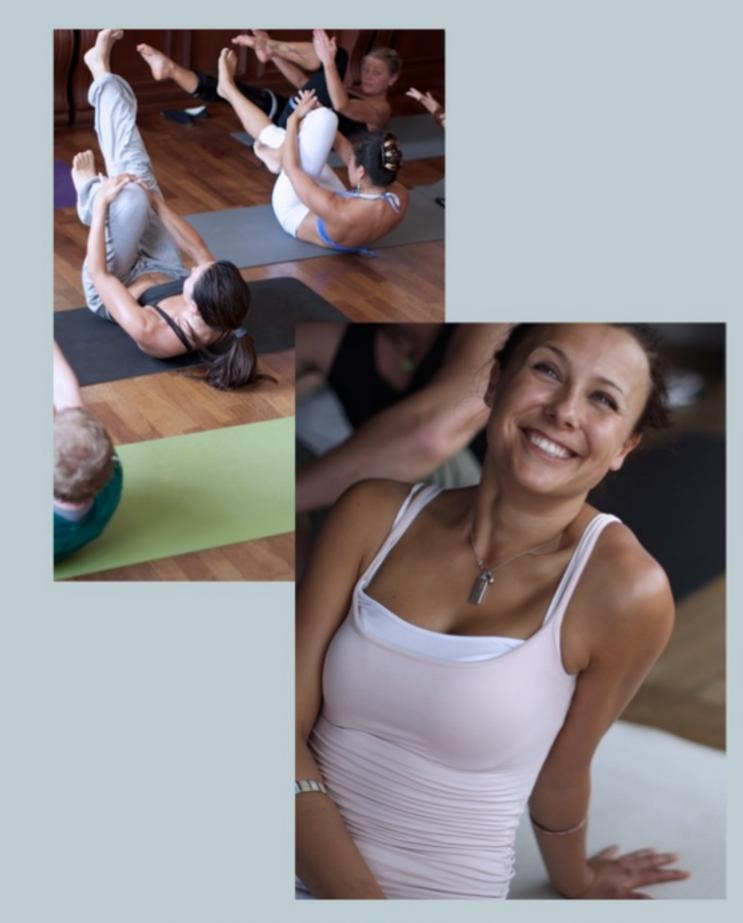
Room 1

PRANA
a new revolutionary concept of Robert
Steinbacher and the inZENtiv team
Robert Steinbacher

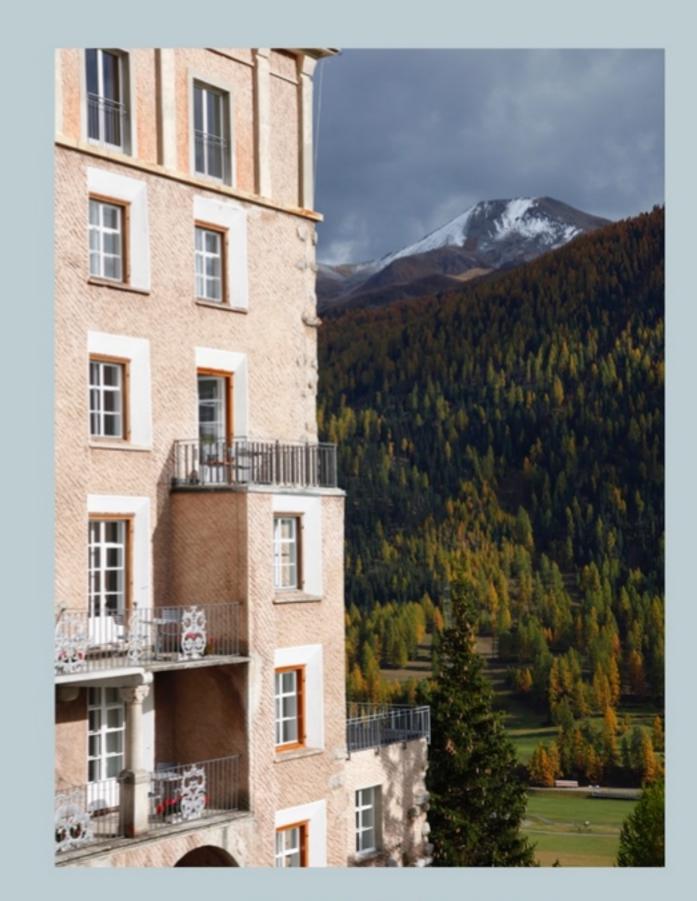
10:00 - 11:00h BODYART Pure alignment Alexa Lê + Janni G.

Room 2

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



4 HEALTHY DAYS
WITH THE
COMMUNITY



BREATHE IN FRESH SWISS MOUNTAIN AIR