

M T W T F S S

Yoga Flow for a Creative Week
Sarah Elfvin
10:00-11:30

Hatha Vinyasa Yoga
Karin Schutz
10:00-11:30

Stay With Your Pace. Morning Yoga Flow
Sarah Elfvin
10:00-11:30

Effort and Surrender Yoga Flow
Jil Moore
10:00-11:30

Hatha Vinyasa Yoga
Karin Schutz
10:00-11:30

Reiki Yoga
Camilla Martinez
Mares
10:00-11:30

Conscious Hikes
Sarah Elfvin,
Patric Elfvin
Soderblom
09:15-15:30

Watercolour Painting
Lorena del Moral Castillo
10:00-11:30

Ceramics with Focus on the Wheel
María Roca Parés
11:30-13:00

Ceramics - Modelling and Sculpture
María Roca Parés
14:00-15:30

Unwind Seal the Week Yoga Flow
Sarah Elfvin
14:00-15:15

HARD endings, MESSY middles & NEW beginnings
Annica Fredriksson & Sarah Elfvin
18:00-20:00

Watercolour Painting
Lorena del Moral Castillo
12:00-13:30

Breathwork - a Super Power
Camila Martinez
Mares
12:00-13:00

Find your Art Style - Creative Painting
Anja Kleener
14:00-16:00

The Joy of Painting
Victor Abad
16:30-18:00

Yin Yoga
Arantza
14:00 -15:00

Creative and Meditative Yoga Flow
Sarah Elfvin
18:00-19:30

Ceramics with Focus on the Wheel
María Roca Parés
13:30-15:00

Ceramics - Modelling and Sculpture
María Roca Parés
17:00-18:30

Ceramics with Focus on the Wheel
María Roca Parés
16:30-18:00

Teen Yoga (Ages 13 -19)
Jil Moore
17:00-18:15

Find your Art Style - Creative Painting
Anja Kleener
17:00-19:00

Meisner Technique for Actors - An Introduction
Andrea Helene
18:00-20:00

Unveil For Sweet Dreams. Gentle Yoga Flow
Sarah Elfvin
18:00-19:30

Ceramics - Playful Expressions
María Roca Parés
19:00-20:30

Inspiration Talks
19:00-20:30

Kleistinguely - Exploratory Theatre (Adults)
Jonas Verner-Carlsson
19:15-21:15

YOGA & CONVERSATIONS

ACTIVITIES

TALKS & EVENTS

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<p>Yoga Flow for a Creative Week Sarah Elfvín 10:00-11:30</p>	<p>Hatha Vinyasa Yoga Karin Schutz 10:00-11:30</p>	<p>Stay With Your Pace. Morning Yoga Flow Sarah Elfvín 10:00-11:30</p>	<p>Effort and Surrender Yoga Flow Jil Moore 10:00-11:30</p>	<p>Hatha Vinyasa Yoga Karin Schutz 10:00-11:30</p>	<p>Reiki Yoga Camilla Martínez Mares 10:00-11:30</p>	<p>Heart Over Head - an Inversion Exploration Lottie Joy 18:00-20:00</p>
	<p>Watercolour Painting Lorena del Moral Castillo 10:00-11:30</p>	<p>Ceramics with Focus on the Wheel María Roca Parés 11:30-13:00</p>	<p>Ceramics - Modelling and Sculpture María Roca Parés 14:00-15:30</p>	<p>Unwind Seal the Week Yoga Flow Sarah Elfvín 14:00-15:15</p>		
<p>Yin Yoga Arantza 14:00 -15:00</p>	<p>Watercolour Painting Lorena del Moral Castillo 12:00-13:30</p>	<p>Breathwork - a Super Power Camila Martínez Mares 12:00-13:00</p>	<p>Find your Art Style - Creative Painting Anja Kleener 14:00-16:00</p>	<p>The Joy of Painting Victor Abad 16:30-18:00</p>		
	<p>Creative and Meditative Yoga Flow Sarah Elfvín 18:00-19:30</p>	<p>Ceramics with Focus on the Wheel María Roca Parés 13:30-15:00</p>	<p>Ceramics - Modelling and Sculpture María Roca Parés 17:00-18:30</p>	<p>Ceramics with Focus on the Wheel María Roca Parés 16:30-18:00</p>		
<p>Meisner Technique for Actors - An Introduction Andrea Helene 18:00-20:00</p>		<p>Unveil For Sweet Dreams. Gentle Yoga Flow Sarah Elfvín 18:00-19:30</p>	<p>Teen Yoga (Ages 13 -19) Jil Moore 17:00-18:15</p>		<p>Inspiration Talks - A Designer's Journey in Fostering Creativity Victor Abad 19:00-20:30</p>	
			<p>Find your Art Style - Creative Painting Anja Kleener 17:00-19:00</p>			
			<p>Ceramics - Playful Expressions María Roca Parés 19:00-20:30</p>			
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<p>Yin Yoga Arantza 14:00 -15:00</p>	<p>Watercolour Painting Lorena del Moral Castillo 10:00-11:30</p>	<p>Ceramics with Focus on the Wheel María Roca Parés 11:30-13:00</p>	<p>Ceramics - Modelling and Sculpture Maria Roca Parés 14:00-15:30</p>	<p>Unwind Seal the Week Yoga Flow Sarah Elfvin 14:00-15:15</p>	<p>The Joy of Painting Victor Abad 16:30-18:00</p>	<p>HARD endings, MESSY middles & NEW beginnings Annica Fredriksson & Sarah Elfvin 18:00-20:00</p>
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