

Saturday, 23 May 2026

	Studio 1	Studio 2	Studio 4	Studio 6	
8:30 - 9:45	Arrival & Check-In		Breakfast Buffet every Day 8:00 - 9:45		8:30 - 9:45
10:00 - 11:30 Lesson A	Welcome Session @Studio 1 For All				10:00 - 11:30 Lesson A
11:50 - 13:20 Lesson B	Get Started with Body Percussion Santi	From Body Percussion to Circle Song Charles	Rhythm Remix Hillary-Marie	No Music Without the Body Anita	11:50 - 13:20 Lesson B
13:20 - 15:00	Lunch Break				13:20 - 15:00
15:00 - 16:30 Lesson C	STOMP Technique Sarah	Get into the Groove Ben	TakeTiNa Exploring Odd Metres Esther	Beat Box - Boom! Philip	15:00 - 16:30 Lesson C
16:50 - 18:20 Lesson D	Body Rhythm Games Anita	The Shape of Us Kate	Learning Strategies Lu	Improve Your Improv Hillary-Marie	16:50 - 18:20 Lesson D
20:30	Open Stage Party: Unleash Your Funk @Studio 1				20:30

Sunday, 24 May 2026

	Studio 1	Studio 2	Studio 4	Studio 6	
8:30 - 9:45	Arrival & Check-In		Breakfast Buffet every Day 8:00 - 9:45		8:30 - 9:45
8:45 - 9:15 Pre-Lesson I		Warm-up: Tune Your Body Lu			8:45 - 9:15 Pre-Lesson I
9:20 - 9:50 Pre-Lesson II	Good Morning Circle Music @Studio 1 For All				9:20 - 9:50 Pre-Lesson II
10:00 - 11:30 Lesson A	Body Music & Gesture of Brazilian Dances Charles	Get Started with Body Percussion Ben	The Oracle Kate	Improve Your Improv Hillary-Marie	10:00 - 11:30 Lesson A
11:50 - 13:20 Lesson B	Choreos for Schools 1/2 Santi	Sing in Harmony Philip	No Music Without the Body Anita	STOMP Technique Sarah	11:50 - 13:20 Lesson B
13:20 - 15:00	Lunch Break				13:20 - 15:00
15:00 - 16:30 Lesson C	Choreos for Schools 2/2 Santi	Body Drum & Dance Sarah	Learning Strategies Lu	Barbatuques Technique João	15:00 - 16:30 Lesson C
16:50 - 18:20 Lesson D	Sound bath Kate	Deep Flow of Dance Meditation Will	TakeTiNa Rhythm Meditation Esther	From Mind to Body Lu	16:50 - 18:20 Lesson D
21:00	Performance Night: Where bodies meet sound @FABRIK				21:00

Monday, 25 May 2026

	Studio 1	Studio 2	Studio 4	Studio 6	
9:00 - 9:45	Arrival & Check-In		Breakfast Buffet every Day 8:00 - 9:45		9:00 - 9:45
9:20 - 9:50 Pre-Lesson		Warm-up: Tune Your Body Will			9:20 - 9:50 Pre-Lesson
10:00 - 11:30 Lesson A	Nana's Song 1/2 Charles	The Shape of Us Kate	Get Started with Body Percussion Anita	Barbatuques Technique João	10:00 - 11:30 Lesson A
11:50 - 13:20 Lesson B	Nana's Song 2/2 Ben & Charles	Music of the Moment 1/2 Phillip	Body Drum & Dance Sarah	From Mind to Body Lu	11:50 - 13:20 Lesson B
13:20 - 15:00	Lunch Break				13:20 - 15:00
15:00 - 16:30 Lesson C	Rhythm Pedagogy Santi	Music of the Moment 2/2 Phillip	TakeTiNa Move & Groove in Polyrythms Esther	Body, Voice, Feet: ONE Instrument Hillary-Marie	15:00 - 16:30 Lesson C
16:50 - 18:20 Lesson D	Closing Circle @Studio 1 For All				16:50 - 18:20 Lesson D
19:00	Festival Afterglow				19:00
	Dinner at a restaurant (private)				

- Open Level
- Intermediate/Advanced
- Event
- Slow Down Special

We indicate two levels to help you estimate how difficult each workshop is. But you can choose which workshop you would like to attend.