

MOVELAB 2021

28 & 29 AOÛT

PROGRAMME

28 et 29 août Présentiel & Online



Certains workshops se déroulent en même temps.
Faites attention en choisissant votre programme.

SAMEDI 28 août en présentiel



8h30 - 10h30 - WS1

Workshop Entraînement du fascia
Regula Calloni & Nicole Pfister



11h-13h - WS2

Workshop Fascia & Pilates
Regula Calloni & Nicole Pfister



14h30-17h* - WS3

Workshop Functional Core & Pelvic Floor
Béatrice Eggimann

DIMANCHE 29 août Online



8h30-10h30* - WS1

Workshop Fascia, force transmission
and automatic activation
Karin Locher



14h30-16h30* - WS3

Workshop Grounding to expand
Cassia Frade



17h-19h* - WS5

Workshop Spirals in Ayama
Cassia Frade



11h-13h* - WS2

Workshop The Polyvagal theory
in training, coaching and therapy
Karin Locher



14h30-16h30* - WS4

Workshop Fascia connector applied
to Pilates and yoga
Ana Outsubo



17h-19h* - WS6

Workshop Fascia connector
& Biotensegrity
Ana Outsubo

* Le workshop est en anglais et traduit en simultané en français.

MOVELAB 2021

AUGUST 28 & 29

PROGRAM (Zürich Time)

The 28th and the 29th August Presential & Online



Some workshops are held at the same time.
Be careful when choosing your program.

SATURDAY August 28th Presential



am 8h30 - 10h30 - WS1

Workshop Fascia training
Regula Calloni & Nicole Pfister



am 11h-13h - WS2

Workshop Fascia & Pilates
Regula Calloni & Nicole Pfister



pm 2h30-5h* - WS3

Workshop Functional Core & Pelvic Floor
Béatrice Eggimann

SUNDAY August 29th Online



am 8h30-10h30* - WS1

Workshop Fascia, force transmission
and automatic activation
Karin Locher



pm 2h30-4h30* - WS3

Workshop Grounding to expand
Cassia Frade



pm 5h-7h* - WS5

Workshop Spirals in Ayama
Cassia Frade



am 11h-13h* - WS2

Workshop The Polyvagal theory
in training, coaching and therapy
Karin Locher



pm 2h30-4h30* - WS4

Workshop Fascia connector applied
to Pilates and yoga
Ana Outsubo



pm 5h-7h* - WS6

Workshop Fascia connector
& Biotensegrity
Ana Outsubo

* The workshop is in English with simultaneous translation into French.