

7 Body RHYTHM Festival 2022

Friday, 3 June 2022

20:00 - 22:00 **Opening Concert**

Saturday, 4 June 2022

	Studio 1	Studio 2	Studio 3	Studio 4	Baladin
8:30 - 9:50	Arrival & Check-In				
10:00 - 11:30	Welcome!				
Lesson A	by all Artists (Studio 1)				
11:50 - 13:20	Introduction to Body Percussion ♡ by Charles	Choreographies for schools by Santi	Heartbeat Grooves ↗ by Anita	Sing and blend by Merel	Kids-Workshop by Sarah / Estêvão
Lesson B					
13:20 - 15:00	Lunch Break				
15:00 - 16:30	Snap Clap Boom Ungh Zib by Rune	Batucada song by Estêvão	Play the Festival Songs ↗ by Ben	Move & groove in polyrhythms by Esther	Jam-Lab
Lesson C		Body Drum&Dance ↗ by Sarah	Rhythm Pedagogy by Santi	Vocal Painting by Merel	
16:50 - 18:20					
Lesson D					
20:30 - 23:00	Open Stage Party				

Sunday, 5 June 2022

	Studio 1	Studio 2	Studio 3	Studio 4	Baladin
8:30 - 9:20	Arrival & Check-In				
8:45 - 9:15	Warm-up, Stretching, Yoga				
Pre-Lesson I	by Ana (Studio 4)				
9:20 - 9:50	Wake-Up Circle Music				
Pre-Lesson II	by Merel (Studio 1)				
10:00 - 11:30	Brazilian Rhythm, Dance & Song by Charles	Composing in the moment ↗ by Merel	Games & Gumbot Grooves by Rune	Introduction to Body Percussion ♡ by Ben	Kids-Workshop by Anita / Estêvão
Lesson A	Games & Gumbot Grooves by Rune		Music Games by Estêvão	The Player in Movement by Will	
11:50 - 13:20					
Lesson B					
13:20 - 15:00	Lunch Break (and picture!)				
15:00 - 16:30	Improvisation Games by Charles	Body Drum&Dance ↗ by Sarah	Batucada song by Estêvão	Panel-Talk (Rhythm Pedagogy) with Santi, Anita, Rune, Esther	Jam-Lab
Lesson C	Stage Performance by Sarah	Choreographies for schools by Santi	Heartbeat Grooves ↗ by Anita	Flow in odd meters by Esther	
16:50 - 18:20					
Lesson D					
21:00 - 23:00	Body Rhythm Night (Festival Show)				

Monday, 6 June 2022

	Studio 1	Studio 2	Studio 3	Studio 4	Baladin
8:30 - 9:50	Coffee & Tea				
9:10 - 9:50	Arrival & Check-In				
9:20 - 9:50	Warm-up, Stretching, Yoga				
Pre-Lesson	by Ana (Studio 4)				
10:00 - 11:30	Music Games ♡ by Estêvão	Brazilian Rhythm, Dance & Song by Charles	Introduction to Body Percussion ♡ by Rune	Choreographies for schools by Santi	Kids-Workshop by Anita
Lesson A		Rhythm Pedagogy by Santi	Claves! by Anita	Play the Festival Songs ↗ by Ben	Jam-Lab
11:50 - 13:20					
Lesson B					
13:20 - 15:00	Lunch Break				
15:00 - 16:30	Rhythm Mandala by Charles & Ben	Sing and blend by Merel	Body Drum&Dance ↗ by Sarah	Move & groove in polyrhythms by Esther	Jam-Lab
Lesson C					
16:50 - 18:20					
Lesson D	Closing Circle Jam by all Artists (Studio 1)				

○ Open ♡ Beginner ↗ Intermediate/ Advanced

Mit der Einteilung in drei Level möchten wir Dir eine Hilfestellung zur Einschätzung des Schwierigkeitsniveaus geben. Du kannst aber selbst entscheiden, welche Kurse Du besuchen möchtest.
With the division into three levels we would like to help you to estimate the level of difficulty. However, you can decide for yourself which course you want to attend.