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# Body Rhythm Festival 2023

Friday, 26 May 2023					
20:00	Opening Concert @ Hebebühne				
Saturday, 27 May 2023					
	Studio 1	Studio 2	Luftraum	Studio 4	Baladin
8:30 - 9:45	Arrival & Check-In				
10:00 - 11:30	Welcome Session with all Artists (Studio 1)				
11:50 - 13:20 Lesson B	Introduction to Body Percussion ♡ by Estêvão	Vocal Games 2.0 by Merel	Bodydrum & Dance ♡ by Sarah	Beatbox: A Drumset in your mouth ♡ by Julian	Brazilian Rhythms and Dances ♣ by Charles
13:20 - 15:00	Lunch Break				
15:00 - 16:30 Lesson C	Grooving in odd meters ♣ by Johannes	Circu-Tribe by Guillermo	TaKeTiNa: Polyrhythms ♡ by Esther	The Festival Songs ♣ by Ben	*incl. Lunch Break
16:50 - 18:20 Lesson D		Vocal Painting by Merel	Konnakol: Solkattu & Sarvalaghu ♡ by Claudio	Beatbox: A Drumset in your mouth ♣ by Julian	Play with music by Estêvão
20:30	Open Stage Party				
Sunday, 28 May 2023					
	Studio 1	Studio 2	Luftraum	Studio 4	Baladin
8:30 - 9:45	Arrival & Check-In				
8:45 - 9:15 Pre-Lesson I				Warm-up, Stretching, Yoga by Ana	
9:20 - 9:50 Pre-Lesson II	Wake-Up Circle Music by Merel (Studio 1) ⓘ				
10:00 - 11:30 Lesson A	Plakspoon by Estêvão	Circulecongs con sabor! ♣ by Guillermo	Introduction to Body Percussion ♡ by Ben	TaKeTiNa: Flow in odd meters ♣ by Esther	Funky Pieces ♡ by Johannes
11:50 - 13:20 Lesson B		Vocal Painting by Merel	Konnakol: Korvai & Arudi ♣ by Claudio	Polyrhythmic Walking Meditation by Johannes	Stage/ Performance ♣ by Sarah
13:20 - 15:00	Lunch Break (group picture!) 📷				
15:00 - 16:30 Lesson C	Brazilian Rhythms and Dances ♣ by Charles	Konnakol: Solkattu & Sarvalaghu ♡ by Claudio	Beatbox: A Drumset in your mouth ♡ by Julian	Panel Talk with Estêvão, Esther, Johannes, Merel	Circu-Tribe by Guillermo
16:50 - 18:20 Lesson D	Bodydrum & Dance ♣ by Sarah	Repertoire: Guilty Pleasures by Merel	Beatbox: A Drumset in your mouth ♣ by Julian	TaKeTiNa: Polyrhythms ♡ by Esther	Brazilian Rhythms and Dances by Charles
21:00	Body Rhythm Night @ JazzHall				
Monday, 29 May 2023					
	Studio 1	Studio 2	Luftraum	Studio 4	Baladin
8:30 - 9:45	Coffee & Tea				
9:00 - 9:45	Arrival & Check-In				
9:00 - 9:50 Warm-up				Warm-up, Stretching, Yoga independent	
10:00 - 11:30 Lesson A	Vocal Games 2.0 by Merel	Circu-Lab ♣ by Guillermo	Introduction to Body Percussion ♡ by Charles	Konnakol: Korvai & Arudi ♣ by Claudio	Play with music by Estêvão
11:50 - 13:20 Lesson B	Play with music by Estêvão		Capoeira Special by Joel	The Festival Songs ♣ by Ben	Stage/ Performance by Sarah
13:20 - 15:00	Lunch Break				
15:00 - 16:30 Lesson C	Brazilian Rhythms and Dances ♣ by Charles & Ben	Funky Pieces ♣ by Johannes	TaKeTiNa: Flow in odd meters ♣ by Esther	Beatbox: A Drumset in your mouth ♡ by Julian	Bodydrum & Dance ♡ by Sarah
16:50 - 18:20 Lesson D	Closing Circle Jam with all Artists (Studio 1)				

Open Level

♡ Basic

♣ 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.