

Tabelle 1

| Kursplan: GIECHBURG YOGA FESTIVAL 2026     |                                        |                                        |                                             |  |                                                |                            |                                      |
|--------------------------------------------|----------------------------------------|----------------------------------------|---------------------------------------------|--|------------------------------------------------|----------------------------|--------------------------------------|
|                                            | Samstag 26.09.2026                     |                                        |                                             |  | Sonntag 27.09.2026                             |                            |                                      |
| Uhrzeit                                    | SCHEUNE                                | RITTERSAAL                             | TURM                                        |  | SCHEUNE                                        | RITTERSAAL                 | TURM                                 |
| 09:00                                      | SunLight Vinyasa Yoga                  | Mantra Sonnengrüße                     | Achtsamer Morgen mit Pranayama & Meditation |  | Cacao Zeremonie                                |                            | Easy Surya Namaskar Sonnengruß       |
| 09:15                                      | Virginia Winsemann                     | Irina Wambach                          | Catharina Bonk                              |  | Irina Wambach                                  |                            | Anna Stöcklein                       |
| 09:30                                      | Virginia Winsemann                     | Irina Wambach                          |                                             |  | Irina Wambach                                  |                            |                                      |
| 09:45                                      | Virginia Winsemann                     |                                        |                                             |  |                                                |                            |                                      |
| 10:00                                      |                                        | Qi Gong                                | Yoga Power & Relax                          |  | Vinyasa Power Yoga - inspired by Ashtanga Yoga | Chakra Meditation          | Yoga Moves meets Bodyworkout & Beats |
| 10:15                                      | BODEGA moves - Bodywork meets Yoga     | Jessie Jamez                           | Elena Wambach                               |  | Virginia Winsemann                             | Katrina Stenson            | Stephanie Rebentsich                 |
| 10:30                                      | Christin Hebach                        | Jessie Jamez                           | Elena Wambach                               |  | Virginia Winsemann                             |                            | Stephanie Rebentsich                 |
| 10:45                                      | Christin Hebach                        |                                        | Elena Wambach                               |  | Virginia Winsemann                             | Chakra Yoga Flow           | Stephanie Rebentsich                 |
| 11:00                                      | Christin Hebach                        | Spinefitter Faszien Release            |                                             |  |                                                | Katrina Stenson            |                                      |
| 11:15                                      |                                        | Petra Havelkova                        | Yoga Alignment                              |  | Sammolahari                                    | Katrina Stenson            | Warrior Yoga                         |
| 11:30                                      | Yoga open your Heart                   | Petra Havelkova                        | Verena Teuber                               |  | Christin Hebach                                | Katrina Stenson            | Irina Wambach                        |
| 11:45                                      | Irina Wambach                          | Petra Havelkova                        | Verena Teuber                               |  | Christin Hebach                                |                            | Irina Wambach                        |
| 12:00                                      | Irina Wambach                          |                                        | Verena Teuber                               |  | Christin Hebach                                | Yoga Nidra                 | Irina Wambach                        |
| 12:15                                      | Irina Wambach                          | Vagus Vortrag                          |                                             |  |                                                | Anne Kaya                  |                                      |
| 12:30                                      |                                        | Dominik                                | Handpan Workshop*                           |  | DAYO - Dance Yoga                              | Anne Kaya                  | Handpan Workshop*                    |
| 12:45                                      | Silent Yin Yoga                        | Dominik                                | Christian Gies                              |  | Petra Havelkova                                | Anne Kaya                  | Christian Gies                       |
| 13:00                                      | Virginia Winsemann                     |                                        | Christian Gies                              |  | Petra Havelkova                                |                            | Christian Gies                       |
| 13:15                                      | Virginia Winsemann                     | Thai Yoga Massage Workshop             | Christian Gies                              |  | Petra Havelkova                                | Shake the Dust             | Christian Gies                       |
| 13:30                                      | Virginia Winsemann                     | Simone Albert                          | Christian Gies                              |  |                                                | Christina Then             | Christian Gies                       |
| 13:45                                      |                                        | Simone Albert                          | Christian Gies                              |  | BODEGA reflow                                  | Christina Then             | Christian Gies                       |
| 14:00                                      | Sammolahari                            | Simone Albert                          |                                             |  | Christin Hebach                                |                            |                                      |
| 14:15                                      | Christin Hebach                        |                                        | Yogilates                                   |  | Christin Hebach                                |                            | Somatisches Yoga                     |
| 14:30                                      | Christin Hebach                        |                                        | Verena Teuber                               |  | Christin Hebach                                | Handpan Klangreise         | Anne Kaya                            |
| 14:45                                      | Christin Hebach                        | Klangbad                               | Verena Teuber                               |  |                                                | Christian Gies             | Anne Kaya                            |
| 15:00                                      |                                        | Lorraine Montag & Elena Wambach        | Verena Teuber                               |  | Pranayama Circle 20 Min. Katrina Stenson       | Christian Gies             | Anne Kaya                            |
| 15:15                                      | DAYO - Dance Yoga                      | Lorraine Montag & Elena Wambach        |                                             |  |                                                |                            |                                      |
| 15:30                                      | Petra Havelkova                        |                                        | Vini-Yoga: Atem und Bewegung verbinden      |  | Somatic Yoga Hip Release                       | Aroma Stretch Yoga         | Easy Inside Flow                     |
| 15:45                                      | Petra Havelkova                        | Relax Yoga                             | Susanne Wenke                               |  | Katrina Stenson                                | Elena Wambach              | Saskia Hofmann                       |
| 16:00                                      | Petra Havelkova                        | Lorraine Montag                        | Susanne Wenke                               |  | Katrina Stenson                                | Elena Wambach              | Saskia Hofmann                       |
| 16:15                                      |                                        | Lorraine Montag                        | Susanne Wenke                               |  | Katrina Stenson                                |                            | Saskia Hofmann                       |
| 16:30                                      | Piano Yoga                             |                                        |                                             |  |                                                | Thai Yoga Massage Workshop |                                      |
| 16:45                                      | Irina Wambach mit Lea Gorbatenk        | Pranayama mit Reggeasounds in Bewegung |                                             |  | Inside Flow Mittelstufe                        | Simone Albert              | Fly & Flow Vinyasa Yoga              |
| 17:00                                      | Irina Wambach mit Lea Gorbatenk        | Anni Eckert                            |                                             |  | Saskia Hofmann                                 | Simone Albert              | Virginia Winsemann                   |
| 17:15                                      | Irina Wambach mit Lea Gorbatenk        |                                        |                                             |  | Saskia Hofmann                                 | Simone Albert              | Virginia Winsemann                   |
| 17:30                                      |                                        | Yoga & Reggae                          |                                             |  | Saskia Hofmann                                 |                            | Virginia Winsemann                   |
| 17:45                                      | Prosecco Zeremonie                     | Anni Eckert                            | Mala Meditation                             |  |                                                | Feel Yoga                  |                                      |
| 18:00                                      | Prosecco-Yogis mit Marcel Scharfenberg | Anni Eckert                            | Irene Lindner                               |  | Klangbad                                       | Jessie Jamez               | Faszien Release                      |
| 18:15                                      | Prosecco-Yogis mit Marcel Scharfenberg | Anni Eckert                            | Irene Lindner                               |  | Lorraine Montag                                | Jessie Jamez               | Anna Stöcklein                       |
| 18:30                                      |                                        |                                        |                                             |  | Lorraine Montag                                | Jessie Jamez               | Anna Stöcklein                       |
| 18:45                                      |                                        |                                        | Mantra singen                               |  |                                                |                            |                                      |
| 19:00                                      | Techno Yoga                            |                                        | Jessie Jamez & Thomas Lechner               |  | Herzens meditation                             |                            |                                      |
| 19:15                                      | Stephanie Rebentsich mit DJ Anjah      |                                        | Jessie Jamez & Thomas Lechner               |  | Irina Wambach                                  |                            |                                      |
| 19:30                                      | Stephanie Rebentsich mit DJ Anjah      |                                        |                                             |  |                                                |                            |                                      |
| 19:45                                      | Stephanie Rebentsich mit DJ Anjah      |                                        |                                             |  |                                                |                            |                                      |
| * zusätzlich buchbar: 30€ Workshop-Beitrag |                                        |                                        |                                             |  |                                                |                            |                                      |
| Programmänderungen vorbehalten             |                                        |                                        |                                             |  |                                                |                            |                                      |