



Sylvie Biodanza Workshop Schedule

	Fri April 8	Sat April 9	Sun April 10	Mon April 11	Tues April 12
08:30		Light Breakfast	Light Breakfast	Light Breakfast	
09:15 – 09:45		Tao's Morning Meditation	Tao's Morning Meditation	Tao's Morning Meditation	
10:00 – 13:00		Vivenzia Session	Vivenzia Session	Short Vivenzia Session	Free morning & Departure
13:30		Lunch	Lunch	Organized Island Trip	
18:00 – 20:00	Intro tour, registration & Vivenzia Opening Session	Creative Writing Session	Awareness (by cards) Session		
20:00	Dinner			Dinner	
21:00				Vivenzia Closing Party	