



bodyArt energy flow with sports teacher Iris Mahler

Thursday, 13. till Sunday, 16. October 2022 at the Löwen Hotel Montafon

The units are offered on the following days:

Thu:	13.10.2022,	8:30 a.m. - 9:30 a.m.	4:00 p.m. - 5:00 p.m.	5:15 p.m. - 5:45 p.m.
Fri:	14.10.2022,	8:30 a.m. - 9:30 a.m.	4:00 p.m. - 5:00 p.m.	5:15 p.m. - 5:45 p.m.
Sa:	15.10.2022,	8:30 a.m. - 9:30 a.m.	4:00 p.m. - 5:00 p.m.	5:15 p.m. - 5:45 p.m.
Sun:	16.10.2022,	8:30 a.m. - 9:30 a.m.		

Thursday, 13.10.2022:

8:30 - 9:30 a.m. bodyART energy flow

The gentle warm-up turns into a harmonious full-body workout. One movement flows into the next. Feel the synergy from the areas of pilates, yoga, functional training and mental relaxation. A nice start into the day (slightly strengthening, mobilizing).
Duration: 60 minutes

4:00 - 5:00 p.m. bodyART back functional

Smart power for everyday muscles - bodyART functional relies on free exercises to stabilize and maintain health (holistic, strengthening, mobilizing).
Duration: 60 minutes

5:15 - 5:45 p.m. Stretch & Relax

Duration: 30 minutes



Friday, 14.10.2022:

8:30 - 9:30 a.m. bodyART energy flow

The gentle warming turns into a harmonious full-body workout. One movement flows into another one. Feel the synergy from the areas of Pilates, yoga, functional training and mental relaxation. A nice start into the day (slightly strengthening, mobilizing).
Duration: 60 minutes

4:00 - 5:00 p.m. bodyART yoga inspired

Various elements from the field of yoga are harmoniously integrated into the bodyART training. The effect is mobilizing and slightly invigorating. The final relaxation phase is beneficial for body, mind and soul.
Duration: 60 minutes

5:15 p.m. - 5:45 p.m. Stretch & Relax

Duration: 30 minutes

Saturday, 15.10.2022:

8:30 - 9:30 a.m. bodyART energy flow

The gentle warming turns into a harmonious full-body workout. One movement flows into another one. Feel the synergy from the areas of Pilates, yoga, functional training and mental relaxation. A nice start to the day (slightly strengthening, mobilizing).
Duration: 60 minutes

4:00 - 5:00 p.m. bodyART pure

Experience the 5 elements in bodyART with a holistic and functional awareness and body training. All exercises combine strength, flexibility, balance and breathing in a special way. A classic bodyART lesson with intensive energy phases (strengthening, mobilizing).
Duration: 60 minutes

5:15 - 5:45 p.m. Stretch & Relax

Duration: 30 minutes



Sunday, 16.10.2022:

8:30 - 9:30 a.m. bodyART energy flow

The gentle warming turns into a harmonious full-body workout. One movement flows into another one. Feel the synergy from the areas of Pilates, yoga, functional training and mental relaxation.

A nice start to the day (slightly strengthening, mobilizing).

Duration: 60 minutes

About bodyART

bodyART is a modern and health-oriented type of full-body training. The gentle warm-up turns into a harmonious full-body workout. The synergy from the areas of functional training, pilates, yoga and mental relaxation makes this training a "gourmet training".

The goal of bodyART® is to go beyond the physical workout to more health, well-being and vitality. It is trained in different levels, so that everyone is challenged according to their level. Therefore it is equally suitable for women and men as well as for beginners and advanced users.

Look forward to an intensive, functional workout for body, mind AND soul, that trains the "body" in its entirety and at the same time ensures noticeably more serenity and well-being.

About Iris Mahler:

- Academic sports pedagogue M. A. / University of Stuttgart with a focus on "Functional Training Communication".
- Co-author of the book "Home Fitness", published in 2002 at Droemer Knauer Verlag.
- Nordic walking instructor NWU
- Certification Flexi-Bar Groupfitness
- Qigong - Basic Certification
- Certification Kinesis Instructor / Life Fitness
- International bodyART instructor since 2014
- New back school, KddR certified / 2020

Iris Mahler about her program: "My intention is for people to stay mobile. The motivation to exercise may be different for everyone. Last but not least, a mobile and vital body is simply fun and eases many small everyday hurdles such as climbing stairs or tying shoes. In this sense - always keep moving ☺. "