

Saturday, October 6th, 2018 LIDAYS CONGRESS CONGRESS

Time	Room 1	Room 2	Room 3
10:00 - 11:00	Art of Breathing / Flow / Connection Shanie Ram Israel	Volcadas, off axis movements and Enganchos and Tango elements Julia & Jonathan Argentina	Greek Traditional Dance Hasapiko
11:15 - 12:15	Different forms of Lead and Follow	Snakes and Locks	Zouk Fundamentals Flow with strong basics
	Xandy / Judit <i>Spain</i>	Dadinho <i>Brazil</i>	Petter / Theresa <i>Norway / Austria</i>
	Connecting static tilts	Head Movements	How to start to feel connection in couples
12:30 - 13:30	Michael / Aline <i>Bazi</i> l	Bruno / Raiza <i>Brazi</i> l	Walter / Oksana <i>Brazil / Russia</i>
13:30 - 15:00		BREAK	
15:00 - 16:00	Playing with the music	Contact points, frames and flow	Bachata Sensual
13.00 - 10.00	Bruno / Raiza <i>Brazi</i> l	Xandy / Judit Spain	Alexandr / Anna <i>Ukraine</i>
	Contemporary Zouk Dynamic Equilibrium	Empathic Connection	West Cost Swing
16:15 - 17:15	Anastasiia Nedobytkina <i>Ukraine</i>	Kris / Rebekah <i>Poland / UK</i>	Kakah <i>Brazil</i>
	Lead and follow	How to improve balance during the dance	Fundamental bases of Zouk
17:30 - 18:30	Dadinho <i>Brazil</i>	Walter / Oksana <i>Brazil / Russia</i>	Michael / Aline <i>Brazi</i> l

Sunday, October 7th, 2018

Time	Room 1	Room 2	Room 3
10:30 - 11:30	Lift and Deeps from Tango to enrich your dance vocabulary	7 Micromoves to Spice up your Social Dancing	Dembow
	Julia / Jonathan <i>Argentina</i>	Kris / Rebekah <i>Poland / UK</i>	Guseppe <i>Italy</i>
	Dynamic & Musicality	Zouk Counterbalance	Fun & Simple
11:45 - 12:45	Walter / Oksana <i>Brazil / Russia</i>	Alexandr / Anna <i>Ukraine</i>	Bruno / Raiza <i>Brazi</i> l
13:00 - 14:00	Sequence with inverse system of head movements	Body isolation and head movement	Technique and Concept of Traditional Zouk
13.00 - 14.00	Michael / Aline <i>Brazi</i> l	Dadinho <i>Brazi</i> l	Xandy / Judit <i>Spain</i>
14:00 - 15:30		BREAK	
	Playing with dynamics in basics	Head movements variations	Bachata Sensual
15:30 - 16:30	Bruno / Raiza <i>Brazil</i>	Alexandr / Anna <i>Ukraine</i>	Domenic / Maria <i>Italy</i>
	Playful Moves	Favorite Tricks	Zouk R&B
16:45 - 17:45	Petter / Theresa <i>Norway / Austria</i>	Bruno / Raiza <i>Brazi</i> l	Dadinho <i>Brazil</i>
	Touch versus Visual and Creativity	Effects & Pressure Control	Resistance and natural way of following
18:00 - 19:00	Xandy / Judit Spain	Michael / Aline <i>Brazil</i>	Walter / Oksana <i>Brazil / Russia</i>

Legend:

beginners

intermediate

advanced

all levels

Friday, October 5th, 2018						
Time	Room 1	Room 2				
18:00 - 19:00	Balance & technique for head movements Anna Russa <i>Russia</i>					
18:30 - 19:30		Multiple rotation solo techniques & types with different axes Anastasiia Nedobytkina <i>Ukraine</i>				

Parties

- Thursday, October 4th pre-party with stars @Colambia Beach 21:00 till late (free entrance)
- Friday, October 5th @Eleven Club 22:00 till late (entrance 25 EUR, except full / party pass)
- Saturday, October 6th @Eleven Club 22:00 till late (entrance 25 EUR, except full / party pass)
- Sunday, October 7th @Eleven Club 22:00 till late (entrance 25 EUR, except full / party pass)
- Monday, October 8th, Sensual party with stars @Da Franco 22:00 till late (entrance 10 EUR)