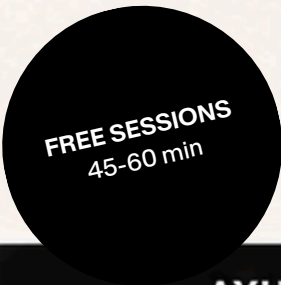


YOGA FESTIVAL ANTWERP



Saturday 4 July 2026

TIMETABLE – 3 LOCATIONS

TIME	ADM SHALA 1 Happaertstraat 26, 2000 Antwerp	AYU x ADM SHALA 2 Happaertstraat 26, 2000 Antwerp	STUDIO SURYA Maarschalk Gérardstraat 4, 2000 Antwerp
7.30 – 8.30	Opening ceremony X Lululemon (SPECIAL LOCATION! Cockerillkaai 1) Laurenz Verkrusysse & David Somers		
9.00 – 9.45	Mandala flow Nele Van Poucke	Mobiliteit voor iedereen Matthias Brammer	The anatomy of strength Oona De Vos
9.00 – 10.10			
10.30 – 11.15	Handstand play Sepp Breesch	De kracht van voeding Jashan Sippy	Vinyasa masterclass Bess Prescott
10.30 – 11.40			
12.00 – 12.45	Awakening yoga Juliane Pollheide	Hoe reguleer ik het zenuwstelsel? Saskia Haudenhuyse	Intro into Zenthai Benjamin Mewis
12.00 – 13.10			
13.30 – 14.15	Inside flow vinyasa on beats Elena Gaita	Talk: wat is yoga? Nele Van Poucke	Kundalini embodiment Kelly Russ
13.30 – 14.40			
15.00 – 16.00	Nervous system reset Charlotte Schoeters	Ayurvedische gezichtsmassage workshop Helena Eeckeleers	Hatha yoga masterclass David Somers
15.00 – 16.10			
16.30 – 17.15	Yin, energy & acupressure Tine Sneyers	Familie yoga Laurenz Verkrusysse	Calligraphy health Jan Spicher
16.30 – 17.40			
18.00 – 18.45	Solar into Lunar movement Angie De Feber	Leven volgens de 5 elementen Tine Sneyers	Momentum: the way opens as you move Kim De Becker
18.00 – 19.10			
19.30 – 20.40	Rest & Reset x Pierre Sports Saskia Haudenhuyse		Yoga nidra & soundbath Sophie Pelsmaekers