SKIING ON SKIN SCHEDULE 9.
-15.2.2024

time	sunday 9.2.	monday 10.2.	tuesday 11.2.	wednesday 12.2.	thursday 13.2.	friday 14.2.	saturday 15.2.
8-9		Yoga	Yoga	morning activity	morning activity	Feldenkrais	morning activity
8-9.45		Breakfast					
10-12.30							
		Details in Small Dance/Ville	**Contemplative Contact improvisation/Petri**	**Underscore JAM**	**Contemplative Contact improvisation/Petri**	**Letting anatomy serve the dance/Jarno**	Ending Jam and Ritual 9-11
		Rooting Earth&Reaching Sky / Iiris & Vega	**Trio exploration/Terhi, Annukka**		**Large dance dynamics/Ville**	**Playground/ Samuli**	
		Languages of Sensation – Somatic approaches to contact improvisation/Malcolm	**Horizontal Falling / Mirva (both sessions on tuesday)**		**Poetic scores for CI/Kaisa & Otto**	**Free space / Lab Space / Participant offering**	
12.30-14		Lunch					
13.30-14		Restorative activities, (lullaby singing circle, breathing, feldenkrais, centering the heart)					
14.30-17	Arriving to Vierumäki	**Fluid Elevations/Panu**	**Tuning and connecting/Ilona**	**JAM + music**	**Varying Pathways/Ulla**	**Trio exploration/Terhi, Annukka**	
		Rooting Earth&Reaching Sky / Iiris & Vega	**Fluid Elevations/Panu**		**Finding way/Ilona**	**Body Work/Ulla**	Leaving Vierumäki
	Tuning into listening/Linda	**Languages of Sensation – Somatic approaches to contact improvisation/Malcolm**	**Horizontal Falling / Mirva**		**Poetic scores for CI/Kaisa & Otto**	**Free space / Lab Space / Participant offering**	
17-19	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
18.30-19.30		Restorative activities, (singing circle, breathing, feldenkrais, centering the heart)					
	Opening circle	Consent&CI Talk	Underscore Talk		Heart Circle	History Talk	
19.30-24	JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM JAM						Note that changes are possible!
				Sauna		Sauna	