

Kick-off Summer/ing: Vibrant Week

27.07. – 31.07.2026

MONTAG	DIENTAG	MITTWOCH	DONNERSTAG	FREITAG
10:00 - 11:30 TK Vibrant Morning SEBASTIAN ABARBANELL KREUZBERG 1 EN	10:00 - 11:30 TK Vibrant Morning SOROA LEAR KREUZBERG 1 EN	10:00 - 11:30 TK Vibrant Morning SARA LU KREUZBERG 1 EN	10:00 - 11:30 TK Vibrant Morning SEBASTIAN ABARBANELL KREUZBERG 1 EN	10:00 - 11:30 TK Vibrant Morning SOROA LEAR KREUZBERG 1 EN
12:00 - 15:00 WS Durational Bodies SARA LU KREUZBERG 1 EN	12:00 - 15:00 WS Durational Bodies SARA LU KREUZBERG 1 EN	12:00 - 15:00 WS Durational Bodies SARA LU KREUZBERG 1 EN	12:00 - 15:00 WS Durational Bodies SARA LU KREUZBERG 1 EN	12:00 - 15:00 WS Durational Bodies SARA LU KREUZBERG 1 EN
12:00 - 15:00 WS Sense Memory SABINA MOE KREUZBERG 3 EN	12:00 - 14:00 WS Vibrant Body for BIPOC only SOROA LEAR KREUZBERG 3 EN	12:00 - 15:00 WS Pleasure in Limitation SOROA LEAR KREUZBERG 3 EN	12:00 - 15:00 WS The Playful Body TUAN LY KREUZBERG 3 EN	
16:00 - 19:00 WS Vibrant Practice: Embodied Senses SEBASTIAN ABARBANELL KREUZBERG 1 EN	16:00 - 19:00 WS Vibrant Practice: Embodied Elements SEBASTIAN ABARBANELL KREUZBERG 1 EN	16:00 - 19:00 WS Vibrant Practice: Embodied Voice SEBASTIAN ABARBANELL KREUZBERG 1 EN	16:00 - 19:00 WS Vibrant Practice: Embodied Listening SEBASTIAN ABARBANELL & SOROA LEAR KREUZBERG 1 EN	16:00 - 17:00 TK Vibrant Body for Kids & Parents SARA LU & SEBASTIAN ABARBANELL KREUZBERG 1 EN + DE
				16:00 - 19:00 WS Groove Decomposition RUBEN NSUE KREUZBERG 3 EN
		19:00 - 20:00 Politics of Pleasure in Dance Study Group SOROA LEAR KREUZBERG 2 EN	19:00 - 20:00 Queerness in Vibrant Body Study Group SEBASTIAN ABARBANELL KREUZBERG 2 EN	19:00 - 20:00 Closing Dialogue SARA LU, SOROA LEAR & SEBASTIAN ABARBANELL KREUZBERG 3 EN
20:15 - 21:30 TK Closing Practice: Recovery SHANNON LEYPOLDT KREUZBERG 1 EN	20:15 - 21:30 TK Closing Practice: Revibe – JOY JAM SHANNON LEYPOLDT KREUZBERG 1 EN	20:15 - 21:30 TK Closing Practice: Recovery SHANNON LEYPOLDT KREUZBERG 1 EN	20:15 - 21:30 TK Closing Practice: Revibe – JOY JAM SHANNON LEYPOLDT KREUZBERG 1 EN	20:00 - 21:30 TK Final Closing Practice SARA LU, SOROA LEAR & SEBASTIAN ABARBANELL KREUZBERG 1 EN

TK
Tanzklassen
Dance Classes

WS
Workshops
Workshops

EN
auf Englisch
in English

DE
auf Deutsch
in German

OPEN LEVEL
Das gesamte Programm der *Vibrant Week* ist für alle offen, unabhängig von Vorkenntnissen im Tanz.
Anfänger*innen sind herzlich willkommen.
The entire *Vibrant Week* program is open level and welcomes participants of all experience levels. Beginners are very welcome.

