

# ENJOY YOURSELF

MOVEMENT CONNECTION FLOW



JULY 1st + 2nd, 2023  
AUSTRIA

ENJOY YOURSELF organizes another BODY MOVEMENT EVENT in Austria. The event brings together different art forms such as DANCE, CAPOEIRA, MUSIC and much more. Our goal is to connect people and support them to break free through the art of movement and music.

MESTRE XUXO believes that movement and music have the power to change people and people have the power to change the world. Therefore he developed a method called MOVEMENT CONNECTION FLOW, with which people rediscover their natural movement, release stress from the body and reconnect with the earth.

**This event is for people who want to work on their BODY STRENGTH, FLEXIBILITY, ENDURANCE, BALANCE and BREATHING and rediscover their own FLOW and integrate it into their daily lives.**

## HIGHLIGHTS:

- Movement Connection Flow
- Afro Dance
- Capoeira
- Jaw Yoga
- Color Flow Classes
- Childcare
- African Dinner

REGISTRATION 9–10 am

WORKSHOPS 10 am – 6 pm

SALSA-PARTY 8 pm Saturday

## EARLY BIRD UNTIL MAY 31st, 2023

2-day ticket € 130,- breakfast /Sunday included

1-day ticket € 90,- breakfast /Sunday included



**LOCATION:** Da Vinci Akademie | Leonardo-  
Da-Vinci-Weg 1 | 4600 Wels | OÖ

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**REGISTRATION:** [www.jawyoga-academy.com/event](http://www.jawyoga-academy.com/event)

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**Kieferfreund**  
Take care of your smile

