




















Workshop schedule

Friday 1 May

TIME	BALL ROOM TRACK	JUKE JOINT TRACK
07:30–09:00	 Breakfast	
09:00–09:30	Big Break	
09:30–10:00	 Yogilates (Oli · 60 min, 09:30–10:30)	 Humming – Wake up our voice (Janise · 30 min)
10:00–10:30		 Mindful Movement (Katharina · 30 min · outside)
10:30–11:00	 Big Break	
11:00–12:00	 DNS 1 – Fundamentals (Alexander · 60 min)	 Iyengar yoga – open the space (Antje · 60 min)
12:00–13:00	 Lunch	
13:00–13:15	 small break	
13:15–14:15	 Funky solo blues (Hanne · 60 min)	 Laughter workshop (host TBC)
14:15–14:30	small break	
14:30–15:30	 Piedmont Blues Taster (Asrar & Uschi · 60 min)	 Collage workshop with playing cards (Viola · 60 min)
15:30–16:00	 Big Break	
16:00–17:00	 Con-sensual Connection: Sharing the Dance (Friederike · 60 min)	
17:00–18:00	Big Break	
18:00–19:00	 Dinner	
19:00–20:00	 Flower Full Moon (Margaux · 60 min)	
20:00–21:00		 Juke Joint Party
21:00–	 Ball Room Party	

Saturday 2 May

TIME	BALL ROOM TRACK	JUKE JOINT TRACK
07:30–09:00	🍳 <i>Breakfast</i>	
09:00–09:30	<i>Big Break</i>	
09:30–10:30	🧘 Qi Gong & Yoga – a relaxed mix (Janise · 60 min · outside if nice)	👉 Contact improv (Paul · 60 min)
10:30–11:00	☕ <i>Big Break</i>	☕ <i>Big Break</i>
11:00–12:00	🧘 Sound Vibrations (Valentina · 45 min)	🧘 DNS 2 – Progressions (Alexander · 60 min)
12:00–13:00	🍽️ <i>Lunch</i>	
13:00–13:15	☕ <i>small break</i>	
13:15–14:15	🗣️ Yes, and... (Katharina · 60 min)	
14:15–14:30	<i>small break</i>	
14:30–15:30	🕺 Dancing in the Dark: The Art of Less (Friederike · 60 min)	
15:30–16:00	☕ <i>Big Break</i>	
16:00–17:00	🕺 Struttin' Blues (Oli · 60 min)	🕺 Microblues (Paul · 60 min)
17:00–18:00	<i>Big Break</i>	🗣️ Round Table on Community Growing (Sergio · 30 min)
18:00–19:00	🍽️ <i>Dinner</i>	
19:00–20:00	🎬 Blues on Screen (Sergio · 1 h) — projection lead-up to party	🗣️ Empathy / Reflection — playful improv theatre/dance (Paul · 60 min)
20:00–21:00		🎉 <i>Juke Joint Party</i>
21:00–	🎉 <i>Ball Room Party</i>	

Sunday 3 May

TIME	BALL ROOM TRACK	JUKE JOINT TRACK
07:30–09:00	🍳 <i>Breakfast (check-out by 9:30)</i>	
09:00–09:30	<i>Big Break</i>	
09:30–10:30	🧘 Inspiration from Tai Ji (Sarah · 60 min)	👉 Morning hike (Dimitre · 60 min)
10:30–11:00	👉 Embodied Connection: Breath, Boundaries & Touch	🕺 Movement & shape discovery (Lieke · 90 min, 10:30–12:00)
11:00–12:00	(Stephanie · 90 min, 10:30–12:00)	
12:00–13:00	🍽️ <i>Lunch</i>	
13:00–15:00	<i>Clean up and bringing things in order</i>	
15:00–17:00	<i>Closing circle, goodbyes, chill-out</i>	

Workshop descriptions

Humming – Wake up our voice

Janise Bunting · 30 min

Wake Up Your Voice

We'll begin by humming together — softly, simply — tuning into our own voice and body.

From there, we'll explore how our sound can expand, connect, and flow within the group.

No experience needed. No right or wrong. Feel your voice and the flow.

Just come as you are.

I bring my guitar with me to play in the background while we are humming.

Inspiration from Tai Ji

Sarah De Coninck · 60 min

I'll go through some of the relaxation exercises and partner exercises from Tai Ji.

Tai Ji is a martial art in which slow movement, moving from your center and body awareness are central.

DNS 1 – Fundamentals

Alexander Warkotsch · 60 min · max 10

Dynamic Neuromuscular Stabilization (DNS) represents a unique approach to the human movement system integrating developmental kinesiology. DNS utilizes natural movement patterns established during early development and reactivates them where they have been disrupted. The result is improved stability, coordination and efficient movement without overload or pain.

The workshop will cover a 360-degree breathing technique to bring the pelvis in a more neutral position (in contrast to the widely spread anterior pelvis tilt) and some basic movement patterns on the ground — yoga mats are recommended because the exercises will be mostly done in supine position.

Iyengar yoga – open the space

Antje Düsseldorf · 60 min · max 15

We will practice easy yoga postures with props like a stool/chair and a mat and a wall.

Iyengar yoga is a more static way of yoga which allows a precise alignment and helps to handle back pain, neck or hip pain. Please bring a towel or cloth and a chair/stool and a mat.

Mindful Movement Session

Katharina Kunz · 30 min · outside

A mindful movement session in the morning or after lunch to revive and wake up your body. I will guide you through a flow of stretching, fascial release, and breathing exercises. Your body will feel revitalised and ready to keep on dancing!

Funky solo blues

Hanne Swerts · 60 min

Let's groove together on some funky blues tunes! In this workshop you'll learn a small, nice but easy solo blues choreo. Ready to spice up those funky moves for the parties? Join and enjoy!

Collage workshop with playing cards

Viola Kügler · 60 min · max 10

Turn the Ace of Hearts into a playground for your visual blues ideas!

Together we'll redesign Skat cards, painting and decorating them. We can replace the heads of the iconic figures with our own, or with portraits of famous blues musicians or dancers. We can give them a lower body and make them dance — or free them from the loneliness of their playing card existence and add a dance partner.

Bring small photos of yourselves or your favourite blues musicians, or use the materials I'll be bringing along. A pair of nail scissors and reading glasses will help with the finer details. I'll have scissors, glue, acrylic paints, magazines and printouts with images. If you can cut, you can make a collage. Come along.

Con-sensual Connection: Sharing the Dance

Friederike Reif · 60 min

We explore Blues Dancing through the lens of the senses — primarily sight and touch — and how they shape connection, communication, and comfort.

Rather than relying on fixed roles like lead and follow, we approach the dance as a dialogue: a continuous, mutual exchange between two entities of body and soul.

Through guided exercises and playful exploration (rooted in Blues Dancing aesthetics), we'll investigate how to create a dance that feels intimate, responsive, and alive.

How can we co-create a space for agency, comfort, and curiosity?

Whether you're new to Blues Dancing or have been dancing for years, this workshop invites you to rethink and explore possibilities of the shared dance.

Piedmont Blues Taster

Asrar Ali Khan & Uschi · 60 min · role-balanced

Piedmont Blues is a style of blues music characterised by intricate fingerpicking guitar that blends ragtime rhythms with blues melodies. It originated in the southeastern United States during the 1920s and is often called "East Coast blues" or "Southeastern blues."

In this taster, we will show some easy ways to dance to this genre of Blues. We taught this class in our local scene and would love to share it with the Blues Playground community.

Blues on Screen

Sergio Castro · 1 h

Grab a seat for a screening of documentaries and films that dive into the world of blues: its history, its people, and the music that keeps it alive. Projection lead-up to the Saturday party.

Flower Full Moon

Margaux Huvelle · 60 min · max 10

The next full moon is on May 1st. The Flower Full Moon brings emotional awareness, depth and celebration of what is already there.

I would like to offer a moment to pause. A moment to look inward and connect to the body and soul.

Imagine a small circle.

Gentle movement.

Meditation, Sound and Voice. Softness.

Radical softness. 🌕🌸

Yogilates

Oli Ustyuzhanina · 60 min

Let's do something really good to our bodies thanks to a mix of yoga and pilates!

Sound Vibrations

Valentina Reitenbach · 45 min

Calm down, energise, and connect through the sound vibrations of OM. (Inspired from OM meditation; bring a yoga mat and/or cushion to have it comfy.)

Embodied Connection: Breath, Boundaries & Touch

Stephanie (aka Peppi) Felske-Müller · 90 min

A guided 90-minute journey into embodied awareness and authentic connection. Through breathwork, a playful consent practice, and mindful touch in small groups, we explore how to listen to our bodies, communicate boundaries, and connect with others in a grounded, respectful way.

No prior experience needed. All touch is non-sexual, and participation is always optional.

Yes, and...

Katharina Kunz · 60 min

Dancing blues is always a conversation, created in motion and in community (between dance partners, a group of dancers, musicians and dancers). We will go through some exercises from improv theatre to make you more aware and hopefully more comfortable in this fluid improvised process. We will then move from words to embodied and finally to dancing exercises.

Dancing in the Dark: The Art of Less

Friederike Reif · 60 min

We explore Blues dancing with blindfolds, shifting our focus to touch and deepened awareness. Moving through handhold, closed position, and close embrace with elements of Slow Drag, we discover how connection changes when we "see" with the body.

Developed with and for people with visual impairments, this diversity-sensitive format emphasizes mindful slowness and clear, attentive communication.

How little is needed to connect?

An invitation to an intimate encounter — grounded in Blues Dancing Aesthetics, comfort, and mindfulness. No prior experience needed.

Contact improv

Paul Stone · 60 min

A contact improv session — a movement practice exploring connection, weight-sharing, and improvised dance through points of contact between bodies. Open to all levels; no prior experience needed.

Empathy / Reflection — playful improv theatre/dance

Paul Stone · 60 min

This session is about using improv theatre as empathy to playfully re-create scenarios from people's lives for fun and for healing. I discovered this when experimenting with Non-Violent Communication and empathetic listening where you repeat back a summary of what you heard someone say, but instead of repeating something back in words, we act out the scenario in a playful way and add in some dancing elements if inspired. It is a totally different way of experiencing being heard/seen and can be fun or even therapeutic in helping things to get unstuck or to process things.

Everyone is welcome to bring scenarios in your life (recommended of an intensity level between 3–7, but it's flexible) that we can explore together in a playful way.

Imagine seeing someone acting out or dancing out a situation in your life — that's what we will do.

Struttin' Blues

Oli Ustyuzhanina · 60 min · role-balanced

Do you love Jookin' and wanna become a better fast blues dancer? Then this workshop is definitely for you!

Struttin' is a partnered dance, developed from 1930s–1950s in Memphis, often danced to uptempo blues music with a unique closed hold. You will dive into Struttin' history, posture and footwork and explore your personal creativity and musical expression.

Microblues

Paul Stone · 60 min

We will explore 'microblues' and dancing with the most subtle movements possible, sometimes blurring the line between being still and moving — which can sometimes feel like floating, other times practicing leading and listening for very subtle movements.

This is a space where we give full freedom around 'less is more' dancing and tuning in to subtle movements. This will involve close, full-body contact and sensing each other's breathing rhythm as part of the dance.

Qi Gong & Yoga – a relaxed mix

Janise Bünting · 60 min · outside if nice

Let's wake up our body gently with slow movement from Yoga and Qi Gong.

If the weather is nice we can go outside in the sun.

If we are inside in the room we will end with savasana (lying on the mat) with some koshi sounds and meditation.

DNS 2 – Progressions

Alexander Warkotsch · 60 min · max 10

We will further dive into more demanding movement patterns established during (early) childhood development stages and will not only concentrate on proper breathing technique stabilizing pelvis and lower spine (see Workshop DNS 1 – Fundamentals), but will also focus on joint centralisation using bodyweight exercises.

To challenge our neural system and coordination skills we will use some mobility exercises originating in the science of DNS, martial arts like Aikido & BJJ and functional fitness. Hopefully you will improve the quality of your posture and movement habits to stay flexible and healthy even when your hair turns grey :) — yoga mats are required.

Movement & shape discovery

Lieke Brouwer · 90 min

Step outside your usual blues vocabulary and explore bold new shapes and movements. Through solo play on unexpected music, we'll spark creativity and improvisation — then transform it into expressive partnered blues dancing.

Experiment, connect to the music, and leave with fresh moves you didn't know you had.

Blindfolded Blues

Veerle · 60 min

Blues dancing with blindfolds — closing the eyes to open the other senses. We'll explore connection, listening through touch, and trust through partnered movement. A gentle, intimate way to wind down the weekend.

Morning hike

Dimitre · 60 min · outside





A gentle morning hike to start the final day of the festival together. Meet at the venue entrance; dress for the weather and bring sturdy shoes.

Round Table on Community Growing

Sergio Castro · 30 min

What's working in our Blues communities, and what isn't? Pull up a chair and let's share ideas, swap experiences, and figure out together how to help our scenes thrive.

This mainly targets community organizers and facilitators, but everyone is welcome.

Follow us on  Facebook <<https://www.facebook.com/events/1953380348584518/>>,  Instagram <<https://www.instagram.com/blues.playground.festival/>>,  YouTube <https://www.youtube.com/playlist?list=PLS6LPqf_uFNJmRbfSeGs1lwVxiHziA-p4> and  WhatsApp <<https://chat.whatsapp.com/JwZbvJM7677aY92kTZ6E7>>