

1ST EDITION · OCTOBER 2025

■ EYA SARDINIA ACRO FEST — Schedule

Thursday — Arrival Day | Registrations, opening circle & first workshops

TIME	ACTIVITY	OPEN	INT	INT	INT/ADV	ADV
10:00–14:00	REGISTRATIONS					
14:00–14:30	TEACHER MEETING					
14:45–15:15	GROUP WARM UP					
15:15–15:45	■ Opening Circle					
15:45–16:00	DEMO					
16:00–17:45	Afternoon WS 1h 45'	Acronary Coco & Mar @acroyogistar @mar.acroyoga Flow with shoulder stands No pre-reqs	Falling Asleep Flow Rita Gala & Tim @gala.acro.yoga @acrocelt Flow with creative spiral transitions Pre-reqs: Familiar with F2H and basic WM	Intro to Reverse H2H Ely & Bagaz @elii_lizz_ @acrobagaz Approaching standing reverse H2H with focus on communication Pre-reqs: 2 High, 10s handstand w/ spotter & L-base reverse F2H	Front Tuck Acrolinks @acrolinks @la_je.pi @acrocuz_ Acrobatic progression to Icarian front tuck Pre-reqs: Castaway w/ ninja spotter, good am. chair straight throw	Whip-Pop Twist & Fish Pri & Anna @pri_prix @palouanna Mortalitos to lateral chairs & fish whip-pops Pre-reqs: Mortalitos
17:45 →	■ ■ Jam · Beach · Free Time					

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Friday — Full Day | 3 rounds of workshops + yoga & handstands at sunrise

TIME	ACTIVITY	OPEN	INT	INT	INT/ADV	ADV
7:30–8:30	BREAKFAST					
8:15–8:45	■ Handstand with Adrian			■ Yoga with Matteo		
8:45–9:00	GROUP WARM UP					
9:00–9:15	DEMO					
9:15–10:45	Morning WS Round 1 · 1h 30'	Let's Counter Balance Ely & Bagaz Flow with standing counter balances	Cala Ballerina Fluyenduo Pre-reqs: Solid side stars, familiar with Ninja & basic WM	Acrodance — Soft Acro Adrian Sequence mixing solo & partner movements Pre-reqs: Some Contact Improv experience	Pirouette to Bed Luca & Laura @acro.with.luca @lauravolando Pre-reqs: Am. throne to Bed & spinning icarians	Full Castaway Tuck Pri & Anna Castaway tuck variations to throne and front plank Pre-reqs: Castaway experience
10:45–11:15	BREAK · DEMO					
11:15–12:45	Morning WS Round 2 · 1h 30'	Up the Hill Coco & Mar Slakro fun flow No pre-reqs	Fundamental Pops Acrolinks Pops from star, rev star, front bird, bat Pre-reqs: Transitions from star, rev star, front plank	Dancing Queen Rita Gala & Tim Flow with fluid & creative transitions Pre-reqs: Solid side star & pop experience	Thigh Throws Adrian From simple lifts to passing to flips Pre-reqs: Confidence catching flyers in cradle	Whicarian Sequence Pri & Anna Mixing Icarians and whip-pops Pre-reqs: Tarzan to throne, Icarian front plank to throne
12:45–15:45	■■■ Lunch · Beach · Nap · Swimming · Jam ■■■					
15:45–16:00	DEMO					
16:00–18:00	Afternoon WS 2h	Roll da Panna Checco & Coco Flow with Star as peak theme No pre-reqs	Reverse Whip-Pop Sequence Pri & Anna Pre-reqs: Solid side stars, Ninja & basic WM	Intro to Icarians Acrolinks First approach to basic icarians, technical POV Pre-reqs: WM experience and basic pops	Standing F2H & Extended Ely & Bagaz Standing F2H, reverse F2H (+ extended) Pre-reqs: L-basing F2H, 2 high, 20s handstand w/ spotter	Whipcream Sequence Luca & Laura Whicarian sequence Pre-reqs: Tarzan to throne & F2F icarian
18:00 →	■ Jam · Aperitivo on the Beach					

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Saturday — Full Day + Beach Party | 3 rounds of workshops + the legendary EYA beach party

TIME	ACTIVITY	OPEN	INT	INT	INT/ADV	INT/ADV
7:30–8:30	BREAKFAST					
8:15–8:45	■ Handstand with Jessica			■ Yoga with Carola		
8:45–9:15	GROUP WARM UP · DEMO					
9:15–10:45	Morning WS Round 1 · 1h 30'	The Side Effect Pura Vida Carola & Teo Flow with Tik Tok and side star fundamentals	Acrodance — Spinning Star Adrian Sequences around lifts with dynamic exits Pre-reqs: High Bird, Standing F2H	Turkish Flow Pri & Anna Let's flow your whips Pre-reqs: Stability in the main WM	Castaway & Variations Acrolinks Refining castaway with variations in grip and landing Pre-reqs: Castaway with spotters	Mortalito & Full Mortalito Luca & Eliana Pre-reqs: Rising Whip & chair to plank icarian
10:45–11:15	BREAK · DEMO					
11:15–12:45	Morning WS Round 2 · 1h 30'	Dream Flow Rita Gala & Teo Flow with couch, side star and shin to hand	Intro to Pitching Ely & Bagaz Build up to pitch to reverse F2H Pre-reqs: 2 high & having tried high bird	Varial Luca & Tania Foot juggling till Varial Pre-reqs: Some experience with log 180°	Porto Whippollo Acroyoga on the Road Tarzan to things Pre-reqs: Solid and clean Tarzan to throne	F2F Icarians Acrolinks Build confidence in F2F icarian training Pre-reqs: F2F confidence & basic icarians from am. chair and front plank
12:45–15:45	■■■ Lunch · Beach · Nap · Surfing · Jam ■■■					
15:45–16:00	DEMO					
16:00–18:00	Afternoon WS 2h	Acrodance Ely & Bagaz Flow with dance lifts	Menisco Flow 2.0 Carola & Diego Slakro flow with reverse handspring Pre-reqs: Straight throw, star, side star	Intro to Whipops Luca & Laura Tarzan to throne & Forbidden Whipop Pre-reqs: Shitty Tarzan	Funky Flow 4.0 Rita Gala & Teo Tornado & Gran Torino through unusual transitions Pre-reqs: Pick Pocket and pop experience	Unusual Icarian Flow Acrolinks Flow with unusual pops and icarians Pre-reqs: Pops and straight icarian throws
18:00 →	■ Jam · Dinner · Beach Party! ■					

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Sunday — Last Day | One final round + closing circle

TIME	ACTIVITY	OPEN	OPEN	INT	INT	INT/ADV	ADV
Before 10	CHECK OUT						
10:00–10:15	GROUP WARM UP						
10:15–10:30	DEMO						
10:30–12:15	Final Round 1h 45'	Unconventional Flow Carola & Kilian Flow with F2H and one pop	Thai Massage Erika Guided Thai Yoga Massage	La Dolce Vita Flow Rita Gala & Teo Sophisticated flow with Tiramisù & Dizzy Doozy Pre-reqs: Solid Reverse Star	My First Courbette Checco & Mar Pre-reqs: Some icarian experience, solid star	Reverse Morthighlito Acroyoga on the Road Reverse mortalito new recipe Pre-reqs: Reverse Tarzan	Martini Acrolinks Acrobatic progression to approach the Martini Pre-reqs: Perfect straight throw, castaway w/ ninja, icarian front plank to am. chair
12:15–13:45	■ Closing Circle						
13:45 →	■ Lunch · Beach · Jam · See you next year!						

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