

55th International Sportsfestival BLUME GRAN CANARIA  
Maspalomas, Gran Canaria - 30.11. bis 04.12.2015

## **WORKSHOP Programm 2015**

### **Internationales Gymnastik Festival 50plus**



| Workshop Programm geordnet nach Bereichen |             |                                              |                           | Sprachen in den WS          |     | Wann finden die WS statt? |     | Wo? |     | Wann startet mein Bus?     |   |   |   |   |               |                                          |       |       |               |       |
|-------------------------------------------|-------------|----------------------------------------------|---------------------------|-----------------------------|-----|---------------------------|-----|-----|-----|----------------------------|---|---|---|---|---------------|------------------------------------------|-------|-------|---------------|-------|
|                                           |             |                                              |                           | Workshop Sprachen-Languages |     |                           |     |     |     | Wochentage-dias de la sema |   |   |   |   |               | BUS ⇄ PSF                                |       |       | BUS ⇄ HBP/HLU |       |
| WS Code                                   | Area        | Workshop - Taller                            | Instructor                | ESP                         | GER | ENG                       | DEN | RUS | FRA | L                          | M | X | J | V | Zeit/Hora     | Lugar / Ort                              | HBP   | HLU   | PSF           | PSF   |
| 1.1. - 3.                                 | Aqua        | AquaGym                                      | Luis Miguel Diez          |                             |     |                           |     |     |     |                            |   |   |   |   | 09:00 - 09:45 | Schwimmbad San Fernando                  | 8:30  | 8:35  | 8:45          | 11:00 |
| 2.1. - 3.                                 | Aqua        | AquaGym                                      | Luis Miguel Diez          |                             |     |                           |     |     |     |                            |   |   |   |   | 10:00 - 10:45 | Schwimmbad San Fernando                  | 9:30  | 9:35  | 9:45          | 11:00 |
| 3                                         | Gym & dance | Happy Gym Choreografin für Auftritt - Abends | Jane Sørensen             |                             |     |                           |     |     |     |                            |   |   |   |   | 09:00 - 10:30 | Centro del Mayor, Salón de Actos         | 8:30  | 8:35  | 8:45          | 11:00 |
| 4.1.                                      | Gym & dance | Senior Dance 1                               | Eva Schmidt & Margit Batz |                             |     |                           |     |     |     |                            |   |   |   |   | 11:00 - 12:30 | CD David Jiménez Silva - Arguineguin     | 10:30 | 10:35 | 10:45         | 13:00 |
| 4.2.                                      | Gym & dance | Senior Dance 2                               | Eva Schmidt & Margit Batz |                             |     |                           |     |     |     |                            |   |   |   |   | 11:00 - 12:30 | Centro del Mayor, Gimnasio               | 10:30 | 10:35 | 10:45         | 13:00 |
| 5.1.                                      | Gym & dance | Fit-Fetzig-Fantasievoll mit Tüten            | Christiane Kleinke        |                             |     |                           |     |     |     |                            |   |   |   |   | 09:00 - 10:30 | Pista Patinaje                           | 8:30  | 8:35  | 8:45          | 11:00 |
| 5.2.                                      | Gym & dance | Fit-Fetzig-Fantasievoll with Gym. Matten     | Christiane Kleinke        |                             |     |                           |     |     |     |                            |   |   |   |   | 09:00 - 10:30 | Centro del Mayor, Salón de Actos         | 8:30  | 8:35  | 8:45          | 11:00 |
| 6.                                        | Gym & dance | Dance - Mix                                  | Christiane Kleinke        |                             |     |                           |     |     |     |                            |   |   |   |   | 11:00 - 12:30 | Polideportivo San Fernando               | 10:30 | 10:35 | 10:45         | 12:45 |
| 7.                                        | Gym & dance | „Laufen wie Michael Jackson - Moonwalk“      | Claus Grosser             |                             |     |                           |     |     |     |                            |   |   |   |   | 11:00 - 12:30 | Polideportivo San Fernando (Ballet hall) | 10:30 | 10:35 | 10:45         | 12:45 |
| 8.                                        | Gym & dance | Fiesta Latina & Zumba                        | Angela Orozco             |                             |     |                           |     |     |     |                            |   |   |   |   | 11:00 - 12:30 | Agüimes                                  | 10:30 | 10:35 | 10:45         | 12:45 |
| 9.1.                                      | Gym & dance | Zumba 1                                      | Angela Orozco             |                             |     |                           |     |     |     |                            |   |   |   |   | 09:00 - 10:30 | Centro del Mayor, Salón de Actos         | 8:30  | 8:35  | 8:45          | 11:00 |
| 9.2.                                      | Gym & dance | Zumba 2                                      | Angela Orozco             |                             |     |                           |     |     |     |                            |   |   |   |   | 11:00 - 12:30 | Pista Patinaje                           | 10:30 | 10:35 | 10:45         | 12:45 |
| 10.                                       | Gym & dance | Latino Tänze                                 | Tomas Cabrera             |                             |     |                           |     |     |     |                            |   |   |   |   | 11:00 - 12:30 | Centro del Mayor, Salón de Actos         | 10:30 | 10:35 | 10:45         | 12:45 |
| 11.1.                                     | Gym & dance | MEDAU Rhythmical                             | Margaret Charlwood        |                             |     |                           |     |     |     |                            |   |   |   |   | 09:00 - 10:30 | Centro del Mayor, Gimnasio               | 8:30  | 8:35  | 8:45          | 11:00 |
| 11.2.                                     | Gym & dance | MEDAU with apparatus                         | Margaret Charlwood        |                             |     |                           |     |     |     |                            |   |   |   |   | 09:00 - 10:30 | Polideportivo San Fernando (Ballet hall) | 8:30  | 8:35  | 8:45          | 11:00 |
| 11.3.                                     | Gym & dance | MEDAU & relaxation                           | Margaret Charlwood        |                             |     |                           |     |     |     |                            |   |   |   |   | 11:00 - 12:30 | Polideportivo San Fernando (Ballet hall) | 10:30 | 10:35 | 10:45         | 12:45 |
| 12.                                       | Gym & dance | Rock'n Roll                                  | Richard Wieser            |                             |     |                           |     |     |     |                            |   |   |   |   | 18:00 - 19:30 | San Fernando                             | 17:30 | 17:35 | 17:45         | 19:30 |
| 13.                                       | Gym & dance | Fitness mit dem Handtuch                     | Richard Wieser            |                             |     |                           |     |     |     |                            |   |   |   |   | 09:00 - 10:30 | Polideportivo San Fernando               | 8:30  | 8:35  | 8:45          | 11:00 |
| 14.                                       | Gym & dance | DrumsGym with Pezzi balls                    | Hildegard Blumenberg      |                             |     |                           |     |     |     |                            |   |   |   |   | 09:00 - 10:30 | Polideportivo San Fernando               | 8:30  | 8:35  | 8:45          | 11:00 |
| 15.                                       | Gym & dance | Orientalischer Tanz                          | Hildegard Blumenberg      |                             |     |                           |     |     |     |                            |   |   |   |   | 09:00 - 10:30 | Centro del Mayor, Gimnasio               | 8:30  | 8:35  | 8:45          | 11:00 |
| 16.1. - 5.                                | Body & Mind | Fit in den Morgen mit Qigong                 | Emmy & Otto Fischer       |                             |     |                           |     |     |     |                            |   |   |   |   | 07:20 - 07:40 | Strand Aserradero vor H. Beverly Park    |       |       |               |       |
| 17.                                       | Body & Mind | Qigong „Sehnen und Knochen“                  | Emmy & Otto Fischer       |                             |     |                           |     |     |     |                            |   |   |   |   | 11:00 - 12:30 | Centro del Mayor, Salón de Actos         | 10:30 | 10:35 | 10:45         | 12:45 |
| 18.                                       | Body & Mind | Qigong Gesundheitsbewahrende Methode         | Emmy & Otto Fischer       |                             |     |                           |     |     |     |                            |   |   |   |   | 11:00 - 12:30 | Centro del Mayor, Salón de Actos         | 10:30 | 10:35 | 10:45         | 12:45 |
| 19.1. - 3.                                | Body & Mind | Pilates Spirals                              | Åsa Roos                  |                             |     |                           |     |     |     |                            |   |   |   |   | 07:00 - 07:45 | H. Beverly Park                          |       |       |               |       |
| 20.                                       | Body & Mind | Yoga: Atem und Bewegung                      | Ute Messer-Zingler        |                             |     |                           |     |     |     |                            |   |   |   |   | 11:00 - 12:30 | Centro del Mayor, Gimnasio               | 10:30 | 10:35 | 10:45         | 12:45 |
| 21.                                       | Body & Mind | Yoga: Hund, Katz, Kamel etc.                 | Ute Messer-Zingler        |                             |     |                           |     |     |     |                            |   |   |   |   | 11:00 - 12:30 | Centro del Mayor, Gimnasio               | 10:30 | 10:35 | 10:45         | 12:45 |
| 22.                                       | Body & Mind | Balance mit Hilfsmittel - Sturzprävention    | Marie Skopová             |                             |     |                           |     |     |     |                            |   |   |   |   | 09:00 - 10:30 | Centro del Mayor, Gimnasio               | 8:30  | 8:35  | 8:45          | 11:00 |
| 23.1.                                     | Body & Mind | AROHA 1                                      | Gudrun Fischer            |                             |     |                           |     |     |     |                            |   |   |   |   | 09:00 - 10:30 | Pista Patinaje                           | 8:30  | 8:35  | 8:45          | 11:00 |
| 23.2.                                     | Body & Mind | AROHA 2                                      | Gudrun Fischer            |                             |     |                           |     |     |     |                            |   |   |   |   | 11:00 - 12:30 | Pista Patinaje                           | 10:30 | 10:35 | 10:45         | 12:45 |
| 24.1. - 2.                                | Walking     | Yoga + Walken am Strand                      | Ute Messer-Zingler        |                             |     |                           |     |     |     |                            |   |   |   |   | 09:00 - 10:30 | Hotel Beverly Park                       |       |       |               |       |
| 25.                                       | Walking     | Weinroute                                    | Veronica Alemán           |                             |     |                           |     |     |     |                            |   |   |   |   | 09:00 - 14:00 | Hotel Beverly Park                       | 9:00  | 9:05  |               | 14:00 |
| 26.                                       | Walking     | Käseroute                                    | Veronica Alemán           |                             |     |                           |     |     |     |                            |   |   |   |   | 09:00 - 14:00 | Hotel Beverly Park                       | 9:00  | 9:05  |               | 14:00 |
| 27.                                       | Walking     | Panorama Roque Nublo                         | Veronica Alemán           |                             |     |                           |     |     |     |                            |   |   |   |   | 09:00 - 14:00 | Hotel Beverly Park                       | 9:00  | 9:05  |               | 14:00 |
| 28.                                       | Spiele      | Mölkky                                       | Miroslav Kopriva          |                             |     |                           |     |     |     |                            |   |   |   |   | 09:00 - 13:00 | Cancha Baloncesto                        | 8:30  | 8:35  | 8:45          | 11:00 |
| 29.1-3.                                   | Spiele      | Boule, Petanca                               | David Ruiz                |                             |     |                           |     |     |     |                            |   |   |   |   | 17:00 - 18:30 | Hotel Beverly Park                       |       |       |               |       |

|                    |
|--------------------|
| AquaGym            |
| Body & Mind        |
| Gymnastics & Dance |
| Walking & Spiele   |

Centro del Mayor, Salón de Actos Erdgeschoss - Ground floor  
 Centro del Mayor, Gimnasio Untergeschoss - basement  
 Cancha Balonceto - Basketball field - Basketball Feld

|           |     |                                            |
|-----------|-----|--------------------------------------------|
| Bus Stops | HBP | Hotel Beverly Park                         |
|           | HLU | Hotel Lucana                               |
|           | PSF | Polideportivo San Fernando, Agüimes, Mogán |

| Workshop Programm geordnet nach Tagen |             |                                         |                     | Sprachen in den WS            |     |     | Wann und Wo finden die WS statt? |     | Wann startet mein Bus? |               |                                          |               |       |       |       |
|---------------------------------------|-------------|-----------------------------------------|---------------------|-------------------------------|-----|-----|----------------------------------|-----|------------------------|---------------|------------------------------------------|---------------|-------|-------|-------|
| Montag - Lunes- Monday, 30.11.2015    |             |                                         |                     | Workshop Sprachen - Languages |     |     |                                  |     | BUS ⇄ PSF              |               |                                          | BUS ⇄ HBP/HLU |       |       |       |
| WS Code                               | Area        | Workshop - Taller                       | Instructor          | ESP                           | GER | ENG | DEN                              | RUS | FRA                    | Zeit/Hora     | Lugar / Ort                              | HBP           | HLU   | PSF   | PSF   |
| 19.1.                                 | Body & Mind | Pilates Spirals                         | Asa Roos            |                               |     |     |                                  |     |                        | 07:00 - 07:45 | H. Beverly Park                          |               |       |       |       |
| 16.1.                                 | Body & Mind | Fit in den Morgen mit Qigong            | Emmy & Otto Fischer |                               |     |     |                                  |     |                        | 07:20 - 07:40 | Strand Aserradero vor H. Beverly Park    |               |       |       |       |
| 1.1.                                  | Aqua        | AquaGym                                 | Luis Miguel Diez    |                               |     |     |                                  |     |                        | 09:00 - 09:45 | Schwimmbad San Fernando                  |               |       |       |       |
| 28.1.                                 | Spiele      | Mölkky                                  | Miroslav Kopriva    |                               |     |     |                                  |     |                        | 09:00 - 10:30 | Cancha de baloncesto                     |               |       |       |       |
| 11.1.                                 | Gym & dance | MEDAU Rhythmical                        | Margaret Charlwood  |                               |     |     |                                  |     |                        | 09:00 - 10:30 | Centro del Mayor, Gimnasio               | 8:30          | 8:35  | 8:45  | 11:00 |
| 13.                                   | Gym & dance | Fitness mit dem Handtuch                | Richard Wieser      |                               |     |     |                                  |     |                        | 09:00 - 10:30 | Polideportivo San Fernando               |               |       |       |       |
| 5.1.                                  | Gym & dance | Fit-Fetzig-Fantasievoll mit Tüten       | Christiane Kleinke  |                               |     |     |                                  |     |                        | 09:00 - 10:30 | Pista Patinaje                           |               |       |       |       |
| 9.1.                                  | Gym & dance | Zumba 1                                 | Angela Orozco       |                               |     |     |                                  |     |                        | 09:00 - 10:30 | Centro del Mayor, Salón de Actos         |               |       |       |       |
| 2.1.                                  | Aqua        | AquaGym                                 | Luis Miguel Diez    |                               |     |     |                                  |     |                        | 10:00 - 10:45 | Schwimmbad San Fernando                  | 9:30          | 9:35  | 9:45  | 11:00 |
| 10.                                   | Gym & dance | Latin dances                            | Tomas Cabrera       |                               |     |     |                                  |     |                        | 11:00 - 12:30 | Centro del Mayor, Salón de Actos         |               |       |       |       |
| 20.                                   | Body & Mind | Yoga: Atem und Bewegung                 | Ute Messer-Zingler  |                               |     |     |                                  |     |                        | 11:00 - 12:30 | Centro del Mayor, Gimnasio               | 10:30         | 10:35 | 10:45 | 12:45 |
| 9.2.                                  | Gym & dance | Zumba 2                                 | Angela Orozco       |                               |     |     |                                  |     |                        | 11:00 - 12:30 | Pista Patinaje                           |               |       |       |       |
| 7.                                    | Gym & dance | „Laufen wie Michael Jackson - Moonwalk“ | Claus Grosser       |                               |     |     |                                  |     |                        | 11:00 - 12:30 | Polideportivo San Fernando (Ballet hall) |               |       |       |       |
| 29.1                                  | Spiele      | Boule, Petanca                          | David Ruiz          |                               |     |     |                                  |     |                        | 17:00 - 18:30 | Hotel Beverly Park                       |               |       |       |       |
| 12.                                   | Gym & dance | Rock'n Roll                             | Richard Wieser      |                               |     |     |                                  |     |                        | 18:00 - 19:30 | San Fernando                             | 17:30         | 17:35 | 17:45 | 19:30 |

| Dienstag - Martes - Tuesday, 01.12.2015 |             |                                          |                           | Workshop Sprachen - Languages |     |     |     |     |     | BUS ⇄ PSF     |                                          |       | BUS ⇄ HBP/HLU |       |       |
|-----------------------------------------|-------------|------------------------------------------|---------------------------|-------------------------------|-----|-----|-----|-----|-----|---------------|------------------------------------------|-------|---------------|-------|-------|
| WS Code                                 | Area        | Workshop - Taller                        | Instructor                | ESP                           | GER | ENG | DEN | RUS | FRA | Zeit/Hora     | Lugar / Ort                              | HBP   | HLU           | PSF   | PSF   |
| 19.2.                                   | Body & Mind | Pilates Spirals                          | Asa Roos                  |                               |     |     |     |     |     | 07:00 - 07:45 | H. Beverly Park                          |       |               |       |       |
| 16.2.                                   | Body & Mind | Fit in den Morgen mit Qigong             | Emmy & Otto Fischer       |                               |     |     |     |     |     | 07:20 - 07:40 | Strand Aserradero vor H. Beverly Park    |       |               |       |       |
| 1.2.                                    | Aqua        | AquaGym                                  | Luis Miguel Diez          |                               |     |     |     |     |     | 09:00 - 09:45 | Schwimmbad San Fernando                  |       |               |       |       |
| 28.2.                                   | Spiele      | Mölkky                                   | Miroslav Kopriva          |                               |     |     |     |     |     | 09:00 - 10:30 | Cancha de baloncesto                     |       |               |       |       |
| 5.2.                                    | Gym & dance | Fit-Fetzig-Fantasievoll with Gym. Matten | Christiane Kleinke        |                               |     |     |     |     |     | 09:00 - 10:30 | Centro del Mayor, Salón de Actos         | 8:30  | 8:35          | 8:45  | 11:00 |
| 15.                                     | Body & Mind | Orientalischer Tanz                      | Hildegard Blumenberg      |                               |     |     |     |     |     | 09:00 - 10:30 | Centro del Mayor, Gimnasio               |       |               |       |       |
| 11.2.                                   | Gym & dance | MEDAU with apparatus                     | Margaret Charlwood        |                               |     |     |     |     |     | 09:00 - 10:30 | Polideportivo San Fernando (Ballet hall) |       |               |       |       |
| 23.1.                                   | Body & Mind | AROHA 1                                  | Gudrun Fischer            |                               |     |     |     |     |     | 09:00 - 10:30 | Pista Patinaje                           |       |               |       |       |
| 2.2.                                    | Aqua        | AquaGym                                  | Luis Miguel Diez          |                               |     |     |     |     |     | 10:00 - 10:45 | Schwimmbad San Fernando                  | 9:30  | 9:35          | 9:45  | 11:00 |
| 23.2.                                   | Body & Mind | AROHA 2                                  | Gudrun Fischer            |                               |     |     |     |     |     | 11:00 - 12:30 | Pista Patinaje                           |       |               |       |       |
| 17.                                     | Body & Mind | Qigong „Sehnen und Knochen“              | Emmy & Otto Fischer       |                               |     |     |     |     |     | 11:00 - 12:30 | Centro del Mayor, Salón de Actos         | 10:30 | 10:35         | 10:45 | 12:45 |
| 6.                                      | Gym & dance | Dance - Mix                              | Christiane Kleinke        |                               |     |     |     |     |     | 11:00 - 12:30 | Polideportivo San Fernando               |       |               |       |       |
| 21.                                     | Body & Mind | Yoga: Hund, Katz, Kamel etc.             | Ute Messer-Zingler        |                               |     |     |     |     |     | 11:00 - 12:30 | Centro del Mayor, Gimnasio               |       |               |       |       |
| 4.1.                                    | Gym & dance | Senior Dance 1                           | Eva Schmidt & Margit Batz |                               |     |     |     |     |     | 11:00 - 12:30 | CD David Jiménez Silva - Arguineguin     | 10:30 | 10:35         | 10:45 | 13:00 |
| 29.2                                    | Spiele      | Boule, Petanca                           | David Ruiz                |                               |     |     |     |     |     | 17:00 - 18:30 | Hotel Beverly Park                       |       |               |       |       |

| Mittwoch - Miércoles - Wednesday 02.12.2015 |             |                                           |                           | Workshop Sprachen - Languages |     |     |     |     |     |               | BUS ⇄ PSF                                |       |       | BUS ⇄ HBP/HLU |       |
|---------------------------------------------|-------------|-------------------------------------------|---------------------------|-------------------------------|-----|-----|-----|-----|-----|---------------|------------------------------------------|-------|-------|---------------|-------|
| WS Code                                     | Area        | Workshop - Taller                         | Instructor                | ESP                           | GER | ENG | DEN | RUS | FRA | Zeit/Hora     | Lugar / Ort                              | HBP   | HLU   | PSF           | PSF   |
| 19.3.                                       | Body & Mind | Pilates Spirals                           | Asa Roos                  |                               |     |     |     |     |     | 07:00 - 07:45 | H. Beverly Park                          |       |       |               |       |
| 16.3.                                       | Body & Mind | Fit in den Morgen mit Qigong              | Emmy & Otto Fischer       |                               |     |     |     |     |     | 07:20 - 07:40 | Strand Aserradero vor H. Beverly Park    |       |       |               |       |
| 25.                                         | Walking     | Weinroute                                 | Veronica Alemán           |                               |     |     |     |     |     | 09:00 - 14:00 | Hotel Beverly Park                       | 9:00  | 9:05  |               | 14:00 |
| 1.3.                                        | Aqua        | AquaGym                                   | Luis Miguel Diez          |                               |     |     |     |     |     | 09:00 - 09:45 | Schwimmbad San Fernando                  |       |       |               |       |
| 3.                                          | Gym & dance | Happy Gym coreografie                     | Jane Sorensen             |                               |     |     |     |     |     | 09:00 - 10:30 | Centro del Mayor, Salón de Actos         | 8:30  | 8:35  | 8:45          | 11:00 |
| 14.                                         | Gym & dance | DrumsGym with Pezzi balls                 | Hildegard Blumenberg      |                               |     |     |     |     |     | 09:00 - 10:30 | Polideportivo San Fernando               |       |       |               |       |
| 22.                                         | Body & Mind | Balance mit Hilfsmittel - Sturzprävention | Marie Skopová             |                               |     |     |     |     |     | 09:00 - 10:30 | Centro del Mayor, Gimnasio               |       |       |               |       |
| 2.3.                                        | Aqua        | AquaGym                                   | Luis Miguel Diez          |                               |     |     |     |     |     | 10:00 - 10:45 | Schwimmbad San Fernando                  | 9:30  | 9:35  | 9:45          | 11:00 |
| 4.2.                                        | Gym & dance | Senior Dance 2                            | Eva Schmidt & Margit Batz |                               |     |     |     |     |     | 11:00 - 12:30 | Centro del Mayor, Gimnasio               |       |       |               |       |
| 18.                                         | Body & Mind | Qigong Gesundheitsbewahrende Methode      | Emmy & Otto Fischer       |                               |     |     |     |     |     | 11:00 - 12:30 | Centro del Mayor, Salón de Actos         | 10:30 | 10:35 | 10:45         | 12:45 |
| 11.3.                                       | Gym & dance | MEDAU & relaxation                        | Margaret Charlwood        |                               |     |     |     |     |     | 11:00 - 12:30 | Polideportivo San Fernando (Ballet hall) |       |       |               |       |
| 8.                                          | Gym & dance | Zumba 2                                   | Angela Orozco             |                               |     |     |     |     |     | 11:00 - 12:30 | Agüimes                                  | 10:30 | 10:35 | 10:45         | 13:00 |
| 29.3                                        | Spiele      | Boule, Petanca                            | David Ruiz                |                               |     |     |     |     |     | 17:00 - 18:30 | Hotel Beverly Park                       |       |       |               |       |

| Donnerstag - Jueves - Thursday, 03.12.2015 |             |                              |                     | Workshop Sprachen - Languages |     |     |     |     |     |               | BUS ⇄ PSF                             |      |      | BUS ⇄ HBP/HLU |       |
|--------------------------------------------|-------------|------------------------------|---------------------|-------------------------------|-----|-----|-----|-----|-----|---------------|---------------------------------------|------|------|---------------|-------|
| WS Code                                    | Area        | Workshop - Taller            | Instructor          | ESP                           | GER | ENG | DEN | RUS | FRA | Zeit/Hora     | Lugar / Ort                           | HBP  | HLU  | PSF           | PSF   |
| 16.4.                                      | Body & Mind | Fit in den Morgen mit Qigong | Emmy & Otto Fischer |                               |     |     |     |     |     | 07:20 - 07:40 | Strand Aserradero vor H. Beverly Park |      |      |               |       |
| 26.                                        | Walking     | Käseroute                    | Veronica Alemán     |                               |     |     |     |     |     | 09:00 - 14:00 | Hotel Beverly Park                    | 9:00 | 9:05 |               | 14:00 |
| 24.1.                                      | Walking     | Walken am Strand mit Yoga    | Ute Messer-Zingler  |                               |     |     |     |     |     | 09:00 - 10:30 | Hotel Beverly Park                    |      |      |               |       |

| Freitag - Viernes - Friday, 04.12.2015 |             |                              |                     | Workshop Sprachen - Languages |     |     |     |     |     |               | BUS ⇄ PSF                             |      |      | BUS ⇄ HBP/HLU |       |
|----------------------------------------|-------------|------------------------------|---------------------|-------------------------------|-----|-----|-----|-----|-----|---------------|---------------------------------------|------|------|---------------|-------|
| WS Code                                | Area        | Workshop - Taller            | Instructor          | ESP                           | GER | ENG | DEN | RUS | FRA | Zeit/Hora     | Lugar / Ort                           | HBP  | HLU  | PSF           | PSF   |
| 16.5.                                  | Body & Mind | Fit in den Morgen mit Qigong | Emmy & Otto Fischer |                               |     |     |     |     |     | 07:20 - 07:40 | Strand Aserradero vor H. Beverly Park |      |      |               |       |
| 24.2.                                  | Walking     | Walken am Strand mit Yoga    | Ute Messer-Zingler  |                               |     |     |     |     |     | 09:00 - 10:30 | Hotel Beverly Park                    |      |      |               |       |
| 27.                                    | Walking     | Panaorama Roque Nublo        | Veronica Alemán     |                               |     |     |     |     |     | 09:00 - 14:00 | Hotel Beverly Park                    | 9:00 | 9:05 |               | 14:00 |

|                    |
|--------------------|
| AquaGym            |
| Body & Mind        |
| Gymnastics & Dance |
| Walking & Spiele   |

Centro del Mayor, Salón de Actos Erdgeschoss - Ground floor  
Centro del Mayor, Gimnasio Untergeschoss - basement  
Cancha Balonceto - Basketball field - Basketball Feld

|           |     |                                            |
|-----------|-----|--------------------------------------------|
| Bus Stops | HBP | Hotel Beverly Park                         |
|           | HLU | Hotel Lucana                               |
|           | PSF | Polideportivo San Fernando, Agüimes, Mogán |



# 55th International Sportsfestival BLUME GRAN CANARIA

Maspalomas, Gran Canaria - 30.11. bis 4.12.2015

## Internationales Gymnastik Festival 50plus

### WORKSHOP Referentinnen & Referenten / Instructors 2015

|                       |                                                                                                                                                |
|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| Inscription deadline  | 1.09.2015                                                                                                                                      |
| OC BGC Organization   | BLUME GRAN CANARIA<br>Tel/Fax: +34 928 261346<br>E-Mail: office@blumegrancanaria.com                                                           |
| OC BGC Contact Person | Traude Kell<br>Schulstr. 27<br>D-29339 Wathlingen<br>Tel: +49 5144 493849<br>Handy: +49 172 4626036<br>E-Mail: traudekell@blumegrancanaria.com |

## 55. International Sportfestival BLUME GRAN CANARIA

Maspalomas, Gran Canaria - 30.11. bis 4.12.2015

|                                    |                                                                                                                                                                                                                                                          |
|------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of the workshop               | WS 01.1 - 3 & 02.1 - 3 Aqua Gym - Gimnasia acuática (water-gym)                                                                                                                                                                                          |
| Workshop area                      | Water - swimmingpool                                                                                                                                                                                                                                     |
| Workshop description               | Aerobic and gymnastics movements practiced in the water. Come and try this effective workout and have fun while enjoying the water as well! Water supports your movements and makes them more effective. Don't miss the chance to workout under the sun! |
| Workshop instructor (name)         |  Luis Miguel Díez Garcia                                                                                                                                                |
| Workshop languages                 | <b>Spanish</b> , English                                                                                                                                                                                                                                 |
| Target group (age)                 | 50plus                                                                                                                                                                                                                                                   |
| Workshop units (45 min.)           | 4 x 45 min.                                                                                                                                                                                                                                              |
| Date                               | Mo (30.11), Tu (1.12), Wed (2.12)                                                                                                                                                                                                                        |
| Workshop location (indoor/outdoor) | outdoor / San Fernando                                                                                                                                                                                                                                   |
| Workshop equipment                 | yes                                                                                                                                                                                                                                                      |
| Workshop music (YES/NO)            | yes                                                                                                                                                                                                                                                      |



Luis Miguel Díez Garcia

Foto Workshop

## 55. International Sportfestival BLUME GRAN CANARIA

Maspalomas, Gran Canaria - 30.11. bis 4.12.2015

|                            |                                                                                                                                                                                                                                                                                                         |
|----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Workshop instructor (name) |  Jane Sørensen, Dinamarca                                                                                                                                                                                              |
| Workshop languages         | Danish, English                                                                                                                                                                                                                                                                                         |
| Target group (age)         | 50plus                                                                                                                                                                                                                                                                                                  |
| Workshop instructor CV     | I have teached gymnastic for adults in 38 years. Educated through DGI and supplemented with lot of different course through DGF and in foreign countries. WS instructor in Blume Festival since 2004 and Golden Age 2005-2008-2010. I have my own club - Randers Seniorgym - where I now teach seniors. |



Jane Sørensen



Foto Workshop

|                                    |                                                                                                                                                                                         |
|------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of the workshop               | WS 03 Happy Gym & Coreografie                                                                                                                                                           |
| Workshop area                      | Gymnastics                                                                                                                                                                              |
| Workshop description               | Warm up with movements of the body and listen good music.<br>Preparing different exercises together for a light coreografie that we will show in the Yumbo Centre on Wednesday evening. |
| Workshop units                     | 1 x 90 min                                                                                                                                                                              |
| Date                               | Wednesday 02.12.2015                                                                                                                                                                    |
| Workshop location (indoor/outdoor) | indoor / Centro del Mayor, Salón de Actos                                                                                                                                               |
| Workshop equipment                 | NO                                                                                                                                                                                      |
| Workshop music (YES/NO)            | YES / CD                                                                                                                                                                                |

## 55. International Sportfestival BLUME GRAN CANARIA

Maspalomas, Gran Canaria - 30.11. bis 4.12.2015

|                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Workshop instructor (name) |  Eva Schmidt & Margit Batz, Dinamarca                                                                                                                                                                                                                                                                                                                                                                                          |
| Workshop languages         | Danish, English                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Target group (age)         | 50plus                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Workshop instructor CV     | <p><b>Eva Schmidt</b>_Education as Senior Dance instructor 1988 - 1989 and she have been instructor since 1990. Actually she instructs 5 teams in and around Århus.</p> <p>She is member of the Danish National Association and Region Århus, attending the domestic and international areas. She is responsible for the instruction of new senior dance teachers.</p> <p><b>Margit Batz</b>_Senior Dance instructor since 2008 in the region Århus, taking parting in all Nordic and International events.</p> |



Eva Schmidt & Margit Batz



Foto Workshop

|                                    |                                                                                                                                                   |
|------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of the workshop               | WS 4.1. + 4.2. Senior Dance                                                                                                                       |
| Workshop area                      | Gymnastics & Dance                                                                                                                                |
| Workshop description               | Senior Dance for everyone who wants to dance to good music.<br>Strengthens the heart, brain, health and good mood.<br>Try it - you will be happy. |
| Workshop units (a 90 min.)         | 1 x 90 min                                                                                                                                        |
| Date                               | 4.1. Tuesday, 1.12.2015<br>4.2. Wednesday, 2.12.2015                                                                                              |
| Workshop location (indoor/outdoor) | 4.1. indoor / CD David Jiménez Silva - Arguineguin<br>4.2. indoor / Centro del Mayor, Gimnasio                                                    |
| Workshop equipment                 | no                                                                                                                                                |
| Workshop music (YES/NO)            | YES / CD                                                                                                                                          |

## 55. International Sportfestival BLUME GRAN CANARIA

Maspalomas, Gran Canaria - 30.11. bis 4.12.2015

|                            |                                                                                                                                                                                                                                                                 |
|----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Workshop instructor (name) |  Christiane Kleinke, Germany                                                                                                                                                   |
| Workshop instructor CV     | Sport and gymnastic - instructor during 1968 and 2000 at the sportschool of the NTB-Gymnastik- Federation in Melle. Responsible for the dance- and gymnastics group of NTB, teacher for gymnastics and sport, representing in national and international events |
| Workshop languages         | German, English, Spanish                                                                                                                                                                                                                                        |
| Target group (age)         | 50plus                                                                                                                                                                                                                                                          |



Christiane Kleinke



Foto Workshop

|                                    |                                                                                                                                                                                                                              |
|------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of the workshop               | <b>WS 5.1. Fit - Fetzig - Fantasiereich mit Plastiktüten</b>                                                                                                                                                                 |
| Workshop area                      | Gymnastics & Dance                                                                                                                                                                                                           |
| Workshop description               | It is an actual, very interesting equipment to use it in another way than known. Warm up with fun and new ideas, body-work out with small and easy combinations and all together with music. Come and try with the Fly-Flap! |
| Workshop units (a 90 min.)         | 1 x 90 min                                                                                                                                                                                                                   |
| Date                               | Monday, 30.11.2015                                                                                                                                                                                                           |
| Workshop location (indoor/outdoor) | indoor / Pista de Patinaje                                                                                                                                                                                                   |
| Workshop equipment                 | no                                                                                                                                                                                                                           |
| Workshop music (YES/NO)            | YES / CD                                                                                                                                                                                                                     |

|                                    |                                                                                                                                       |
|------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
| Name of the workshop               | <b>WS 5.2. Fit - Fetzig - Fantasiereich mit Gymnastik Matten</b>                                                                      |
| Workshop area                      | Gymnastics & Dance                                                                                                                    |
| Workshop description               | A special equipment dance workout. You'll engage all muscle groups whilst improving coordination, balance, flexibility and endurance. |
| Workshop units (90 min.)           | 1 x 90 min                                                                                                                            |
| Date                               | Tuesday, 01.12.2015                                                                                                                   |
| Workshop location (indoor/outdoor) | indoor / Centro del Mayor, Salón de Actos                                                                                             |
| Workshop equipment                 | no                                                                                                                                    |
| Workshop music (YES/NO)            | YES / CD                                                                                                                              |

|                                    |                                                                                                                                                            |
|------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of the workshop               | <b>WS 6 Dance - Mix</b>                                                                                                                                    |
| Workshop area                      | Gymnastics & Dance                                                                                                                                         |
| Workshop description               | Move with different kinds of music (Western, Latin, Pop). With easy steps and variations of them. Feel the rhythm, the music! Body and soul goes together. |
| Workshop units (90 min.)           | 1 x 90 min                                                                                                                                                 |
| Date                               | Tuesday, 01.12.2015                                                                                                                                        |
| Workshop location (indoor/outdoor) | indoor / Polideportivo San Fernando                                                                                                                        |
| Workshop equipment                 | no                                                                                                                                                         |
| Workshop music (YES/NO)            | YES / CD                                                                                                                                                   |



## 55. International Sportfestival BLUME GRAN CANARIA

Maspalomas, Gran Canaria - 30.11. bis 4.12.2015

|                            |                                                                                                                                                                                                                                                                                       |
|----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Workshop instructor (name) |  Claus Grosser, Germany                                                                                                                                                                              |
| Workshop instructor CV     | Dozent an der Theaterhochschule Leipzig in den Fächern Akrobatik, Bewegung, Bühnenfechten. Berater für akrobatische Aufgaben und Fechtchoreograph an verschiedenen Theatern. Fechtmeister der Akademie der Fechtkunst Deutschlands, Leiter der dortigen Ausbildung für Bühnenfechten. |
| Workshop languages         | German, English                                                                                                                                                                                                                                                                       |
| Target group (age)         | 50plus                                                                                                                                                                                                                                                                                |



Claus Grosser



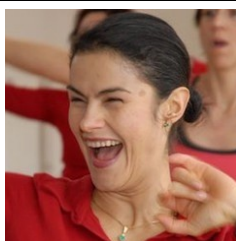
Foto Workshop

|                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of the workshop               | WS 7. Laufen wie Michael Jackson - Moonwalk                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Workshop area                      | Gymnastics & Dance                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Workshop description               | <p>The program focuses on the core postural muscles which help keep the body balanced and which are essential to providing support for the body. In particular, exercises teach awareness of breath and alignment of the body and aim to strengthen the muscles.</p> <p>It is important to think about what you are feeling, how it feels, and why you are doing this exercises. Nice music from Michael Jackson let you enhance the experience of the lesson. Enjoy us!</p> |
| Workshop units (a 90 min.)         | 1 x 90 min                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Date                               | Monday, 30.11.2015                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Workshop location (indoor/outdoor) | indoor / Polideportivo San Fernando (Ballet hall)                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Workshop equipment                 | no                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Workshop music (YES/NO)            | YES / CD                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |

## 55. International Sportfestival BLUME GRAN CANARIA

Maspalomas, Gran Canaria - 30.11. bis 4.12.2015

|                            |                                                                                                                                                                                                                                                                                                                                            |
|----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Workshop instructor (name) |  Angela Orozco, Colombia                                                                                                                                                                                                                                  |
| Workshop instructor CV     | Angela has been born in Columbian. There she studied science of sport, paedagogic of outward bound and recreation. In Germany she started 1992 her studies at the German University of Sport (Deutsche Sporthochschule Köln). Since 1982 she is working in the fitness areas, prevention, rehabilitation and as licensed ZUMBA-Instructor. |
| Workshop languages         | Spanish, German, English                                                                                                                                                                                                                                                                                                                   |
| Target group (age)         | 50plus + Jugend                                                                                                                                                                                                                                                                                                                            |



Angela Orozco



Foto Workshop

|                                    |                                                                             |
|------------------------------------|-----------------------------------------------------------------------------|
| Name of the workshop               | WS 8., Fiesta Latina & Zumba                                                |
| Workshop area                      | Gymnastics & Dance                                                          |
| Workshop description               | Dance fitness course, respiration elements surrounded by a party atmosphere |
| Workshop units (90 min.)           | 1 x 90 min                                                                  |
| Date                               | Wednesday, 02.12.2015                                                       |
| Workshop location (indoor/outdoor) | indoor / Agüimes                                                            |
| Workshop equipment                 | no                                                                          |
| Workshop music (YES/NO)            | YES / CD                                                                    |

|                                    |                                                                                                                                                                                                                                                                                                                      |
|------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of the workshop               | WS 9.1 Zumba 1<br>WS 9.2 Zumba 2                                                                                                                                                                                                                                                                                     |
| Workshop area                      | Gymnastics & Dance                                                                                                                                                                                                                                                                                                   |
| Workshop description               | The Zumba program fuses hypnotic Latin rhythms like Salsa, Merengue, Cumbia & Co. and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. We adapt the moves and tempo to the 50plus needs combining the respiration technique and activating the respiration muscles and areas. |
| Workshop units (a 90 min.)         | 1 x 90 min                                                                                                                                                                                                                                                                                                           |
| Date                               | 9.1 Monday, 30.11.2015<br>9.2. Monday, 30.11.2015                                                                                                                                                                                                                                                                    |
| Workshop location (indoor/outdoor) | 9.1 indoor / Centro del Mayor, Salón de Actos<br>9.2 indoor / Pista Patinaje                                                                                                                                                                                                                                         |
| Workshop equipment                 | NO                                                                                                                                                                                                                                                                                                                   |
| Workshop music (YES/NO)            | YES / CD                                                                                                                                                                                                                                                                                                             |

## 55. International Sportfestival BLUME GRAN CANARIA

Maspalomas, Gran Canaria - 30.11. bis 4.12.2015

|                                    |                                                                                                                                                                                                                                                                    |
|------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of the workshop               | WS 10 Latin dances                                                                                                                                                                                                                                                 |
| Workshop area                      | Dance                                                                                                                                                                                                                                                              |
| Workshop description               | Latin dances is a workout session based on movements of salsa, bachata, mambo, cha cha chá where we create simple coreographies and we have fun with latin music.                                                                                                  |
| Workshop instructor (name)         |  Tomás Hernández Cabrera, España                                                                                                                                                  |
| Workshop instructor CV             | Master in Physical Education in the Faculty of Physical Education in the University Las Palmas de Gran Canaria. Instructor for special Physical Education in the Ocupacional Center in Mogán and city coordinator of the City Council for Social Politics of Mogán |
| Workshop languages                 | Spanish, English                                                                                                                                                                                                                                                   |
| Target group (age)                 | 50plus                                                                                                                                                                                                                                                             |
| Workshop units (a 90 min.)         | 1 x 90 min                                                                                                                                                                                                                                                         |
| Date                               | Monday, 30.11.2015                                                                                                                                                                                                                                                 |
| Workshop location (indoor/outdoor) | indoor / Centro del Mayor, Salón de Actos                                                                                                                                                                                                                          |
| Workshop equipment                 | no                                                                                                                                                                                                                                                                 |
| Workshop music (YES/NO)            | YES / CD                                                                                                                                                                                                                                                           |



Tomás Hernández Cabrera



Foto Workshop

## 55. International Sportfestival BLUME GRAN CANARIA

Maspalomas, Gran Canaria - 30.11. bis 5.12.2015

|                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Workshop instructor (name) |  Margaret Charlwood, Great Britain                                                                                                                                                                                                                                                                                                                               |
| Workshop instructor CV     | 77-year-old fitness trainer has been recognised with a British Empire Medal for services to exercise. Margaret Charlwood, of Westleas in Horley, has been teaching medau exercise classes for nearly 50 years and still teaches in Horley, Redhill and Merstham.<br>Five years ago she received an exceptional achievement award from the Register of Exercise Professionals and in 2000 she was handed an inspiration award by the Sunday Times. |
| Workshop languages         | English                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Target group (age)         | 30 - 60 plus                                                                                                                                                                                                                                                                                                                                                                                                                                      |



Margaret Charlwood



Foto Workshop

|                                    |                                                                                                                                                                                                                                                                                                                                   |
|------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of the workshop               | WS 11.1 MEDAU Rhythmical                                                                                                                                                                                                                                                                                                          |
| Workshop area                      | Gymnastics & Dance                                                                                                                                                                                                                                                                                                                |
| Workshop description               | In the workout you will try basic exercises for balance, stability and strength using the exercise ball. You will notice the challenge on your balance and the effect on your core muscles, those muscles that are essential for stability and good posture but are often overlooked with fixed position equipment as in the gym. |
| Workshop units (a 90 min.)         | 2 x 45 min                                                                                                                                                                                                                                                                                                                        |
| Date                               | Monday, 30.11.2015                                                                                                                                                                                                                                                                                                                |
| Workshop location (indoor/outdoor) | indoor / Centro del Mayor, Gimnasio                                                                                                                                                                                                                                                                                               |
| Workshop equipment                 | no                                                                                                                                                                                                                                                                                                                                |
| Workshop music (YES/NO)            | YES / Ipod                                                                                                                                                                                                                                                                                                                        |

|                                    |                                                                                                                                                                                                                                                                                              |
|------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of workshop:                  | WS 11.2 MEDAU with apparatus                                                                                                                                                                                                                                                                 |
| Workshop area                      | Gymnastics & Dance                                                                                                                                                                                                                                                                           |
| Workshop description               | In the workout you will try basic exercises for Body and soul.<br>Functional workout is not only for the young people, all test results show effect and that seniors benefit from more effective and harder workout.<br><i>In this workshop we will mix the functional training with fun</i> |
| Workshop units (a 90 min.)         | 2 x 45 min                                                                                                                                                                                                                                                                                   |
| Date                               | Tuesday, 01.12.2015                                                                                                                                                                                                                                                                          |
| Workshop location (indoor/outdoor) | indoor / Polideportivo San Fernando (Ballet hall)                                                                                                                                                                                                                                            |
| Workshop equipment                 | no                                                                                                                                                                                                                                                                                           |
| Workshop music (YES/NO)            | YES / Ipod                                                                                                                                                                                                                                                                                   |

|                                    |                                                                                                                                                                                                                                                                                              |
|------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of workshop:                  | WS 11.3 MEDAU relaxation                                                                                                                                                                                                                                                                     |
| Workshop area                      | Gymnastics & Dance                                                                                                                                                                                                                                                                           |
| Workshop description               | In the workout you will try basic exercises for Body and soul.<br>Functional workout is not only for the young people, all test results show effect and that seniors benefit from more effective and harder workout.<br><i>In this workshop we will mix the functional training with fun</i> |
| Workshop units (a 90 min.)         | 2 x 45 min                                                                                                                                                                                                                                                                                   |
| Date                               | Wednesday, 02.12.2015                                                                                                                                                                                                                                                                        |
| Workshop location (indoor/outdoor) | indoor / Polideportivo San Fernando (Ballet hall)                                                                                                                                                                                                                                            |
| Workshop equipment                 | no                                                                                                                                                                                                                                                                                           |
| Workshop music (YES/NO)            | YES / Ipod                                                                                                                                                                                                                                                                                   |

## 55. International Sportfestival BLUME GRAN CANARIA

Maspalomas, Gran Canaria - 30.11. bis 4.12.2015

|                            |                                                                                                           |
|----------------------------|-----------------------------------------------------------------------------------------------------------|
| Workshop instructor (name) |  Richard Wieser, Germany |
| Workshop instructor CV     | Mitglied Projektleitung Rendezvous der Besten beim DTB                                                    |
| Workshop languages         | German, English                                                                                           |
| Target group (age)         | 50plus                                                                                                    |



Richard Wieser



Foto Workshop

|                                    |                                                                                                                                                    |
|------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of the workshop               | WS 12 Rock´n Roll                                                                                                                                  |
| Workshop area                      | Gymnastics & Dance                                                                                                                                 |
| Workshop description               | Ihr liebt den alten Swing/Lindy Hop? Stil der 50er/60er? Dann seid ihr genau richtig. Figuren, verrückte Turns, Grundschrirte und einfache Drehung |
| Workshop units (a 90 min.)         | 1 x 90 min                                                                                                                                         |
| Date                               | Monday, 30.11.2015                                                                                                                                 |
| Workshop location (indoor/outdoor) | indoor / Centro del Mayor, Salón de Actos                                                                                                          |
| Workshop equipment                 | no                                                                                                                                                 |
| Workshop music (YES/NO)            | YES / CD                                                                                                                                           |

|                                    |                                                                                                                                                    |
|------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of the workshop               | WS 13 Fitness mit dem Handtuch                                                                                                                     |
| Workshop area                      | Gymnastics & Dance                                                                                                                                 |
| Workshop description               | Ihr liebt den alten Swing/Lindy Hop? Stil der 50er/60er? Dann seid ihr genau richtig. Figuren, verrückte Turns, Grundschrirte und einfache Drehung |
| Workshop units (a 90 min.)         | 1 x 90 min                                                                                                                                         |
| Date                               | Monday, 30.11.2015                                                                                                                                 |
| Workshop location (indoor/outdoor) | indoor / Polideportivo San Fernando                                                                                                                |
| Workshop equipment                 | no                                                                                                                                                 |
| Workshop music (YES/NO)            | YES / CD                                                                                                                                           |

## 55. International Sportfestival BLUME GRAN CANARIA

Maspalomas, Gran Canaria - 30.11. bis 4.12.2015

|                            |                                                                                                                                                             |
|----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Workshop instructor (name) |  Hildegard Blumenberg, Germany                                             |
| Workshop instructor CV     | Ausgebildet im orientalischen Tanz, klass. Tanz, Tapdance, Jazzdance, Trainerlizenz A, B<br>Unterrichtsfächer: Orientalischer Tanz, klass. ägyptischer Stil |
| Workshop languages         | German, English                                                                                                                                             |
| Target group (age)         | 50plus                                                                                                                                                      |



Hildegard Blumenberg



Foto Workshop

|                                    |                                                                                                                                                                                                                                                                                          |
|------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of the workshop               | WS 14 DrumsGym with Pezzi balls                                                                                                                                                                                                                                                          |
| Workshop area                      | Gymnastics & Dance                                                                                                                                                                                                                                                                       |
| Workshop description               | für Körper, Geist und Seele. Einfache aber sehr dynamische Bewegungen werden mit pulsierendem Trommeln verbunden. Neben den klassischen Effekten wie Steigerung der Herzfrequenz und Verbesserung der Durchblutung wirkt sich Fit-Ball-Drums positiv auf die Hirnleistungsfähigkeit aus. |
| Workshop units (a 90 min.)         | 1 x 90 min                                                                                                                                                                                                                                                                               |
| Date                               | Wednesday, 02.12.2015                                                                                                                                                                                                                                                                    |
| Workshop location (indoor/outdoor) | indoor / Polideportivo San Fernando                                                                                                                                                                                                                                                      |
| Workshop equipment                 | no                                                                                                                                                                                                                                                                                       |
| Workshop music (YES/NO)            | YES / CD                                                                                                                                                                                                                                                                                 |

|                                    |                                                                                                                                                                                                                                                                                                                |
|------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of the workshop               | WS 15 Orientalischer Tanz                                                                                                                                                                                                                                                                                      |
| Workshop area                      | Gymnastics & Dance                                                                                                                                                                                                                                                                                             |
| Workshop description               | Kultur bereichern kann. Das Augenmerk wird von der Kopplastigkeit auf die Bauchmitte konzentriert. Es wird ein Gleichgewicht hergestellt zwischen Geist und Körper, Kopf und Bauch. Durch die stolz aufgerichtete Körperhaltung wird eine Stärkung des Selbstbewusstseins von innen als auch von außen bewirkt |
| Workshop units (a 90 min.)         | 1 x 90 min                                                                                                                                                                                                                                                                                                     |
| Date                               | Tuesday, 01.12.2015                                                                                                                                                                                                                                                                                            |
| Workshop location (indoor/outdoor) | indoor / Centro del Mayor, Gimnasio                                                                                                                                                                                                                                                                            |
| Workshop equipment                 | no                                                                                                                                                                                                                                                                                                             |
| Workshop music (YES/NO)            | YES / CD                                                                                                                                                                                                                                                                                                       |



## 55. International Sportfestival BLUME GRAN CANARIA

Maspalomas, Gran Canaria - 30.11. bis 4.12.2015

|                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Workshop instructor (name) |  Emmy + Otto Fischer, Germany                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Workshop instructor CV     | <p>Since 1988 Qigong - trainings at the universities in Bremen, Hamburg and Oldenburg.</p> <p>Since 1999 Qigong teachers after a check in theory and practise.</p> <p>In 1998 and 2000 advanced trainings in the Xiang Shan sanatorium and in a hospital for traditional Chinese medicine (TCM) in Peking.</p> <p>In 2006 advanced training in the Hebei Medical Qigong hospital in Beidaihe, China (state education centre for Taiji and Qigong).</p> <p>In 2005 also recognition as Qigong teachers by the "Taijiquan and Qigong network Germany e. V."</p> |
| Workshop languages         | German, English                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Target group (age)         | 50plus                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |



Emmy + Otto Fischer



|                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of the workshop               | <b>WS 16.1 - 16.5 "Fit in the morning with Qigong"</b><br><b>Chinese exercises for the health</b><br><b>"Exercise - Breathing - Energy - Relaxation"</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Workshop area                      | QiGong                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Workshop description               | cures of the traditional Chinese medicine [TCM]. The purpose of Qigong is to promote a long life with good health. Qigong exercises enclose softly, slowly practised movements, invigorating postures, breath exercises, as well as techniques of the concentration and imagination. Qigong practise means to work with the Qi, the life energy. The life energy will get activated she strengthens body, soul and mind, mobilizes protection against illnesses. But also with already existing troubles recovery can be reached. Qigong can be learned and practised at every age, regardless of every physical constitution or restriction |
| Workshop units                     | 5 x 20 min, monday - friday, 7:20 - 7:40                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Date                               | Mo (30.11), Tu (01.12), Wed (02.12) + Thu (03.12) + Fr (04.12)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Workshop location (indoor/outdoor) | outdoor / Strand Aserradero vor Hotel Beverly Park                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Workshop equipment                 | NO                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Workshop music (YES/NO)            | YES / CD                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |

|                                    |                                                                                                                                                                                                                                                                                                                                                                                                                               |
|------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of the workshop               | <b>WS 17. "Sinews and bone-Qigong" the medical Qigong from</b><br><b>Prof. Zhang Guangde, Beijing sport University, China</b>                                                                                                                                                                                                                                                                                                 |
| Workshop area                      | QiGong                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Workshop description               | <p>This form was mainly created for people with less mobility. What is the effect of the sinews- and bone-Qigong? This form can</p> <ul style="list-style-type: none"> <li>♦ improve the mobility</li> <li>♦ loosen the muscles, especially in the neck - shoulder-area and in the spine-area</li> <li>♦ promote mobility of the joints and sinews</li> <li>♦ promote the concentration- and coordination-ability.</li> </ul> |
| Workshop units                     | 1 x 90 min                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Date                               | Tuesday, 01/12/2015                                                                                                                                                                                                                                                                                                                                                                                                           |
| Workshop location (indoor/outdoor) | indoor / Centro del Mayor, Salón de Actos                                                                                                                                                                                                                                                                                                                                                                                     |
| Workshop equipment                 | NO                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Workshop music (YES/NO)            | YES / CD                                                                                                                                                                                                                                                                                                                                                                                                                      |

|                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of the workshop               | <b>WS 18. Biyun Yangsheng method according to the</b><br><b>Mrs. Prof. Fan Xiulan The health-preserving method</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Workshop area                      | QiGong                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Workshop description               | <p>The Biyun Yangsheng method is a medical Qigong method, which combines movement and rest. It is a self-help method, she strengthens the different body functions and organs.</p> <ol style="list-style-type: none"> <li>1. She strengthens the blood circulation system. She stimulates the blood flow and strengthens the heart musculature, protects against high blood pressure.</li> <li>2. She regulates and stabilises the nervous system.</li> <li>3. She improves the respiration and increases the vital lung capacity.</li> <li>4. She strengthens the digestive system, accelerates the digestive process. The metabolism is positively influenced.</li> <li>5. She protects against rheumatism and trains the joints.</li> </ol> |
| Workshop units                     | 1 x 90 min                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Date                               | Wednesday, 02/12/2015                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Workshop location (indoor/outdoor) | indoor / Centro del Mayor, Salón de Actos                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Workshop equipment                 | NO                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Workshop music (YES/NO)            | YES / CD                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |

## 55. International Sportfestival BLUME GRAN CANARIA

Maspalomas, Gran Canaria - 30.11. bis 4.12.2015

|                            |                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Workshop instructor (name) |  Åsa Roos, Sweden                                                                                                                                                                                                                                                                                                                               |
| Workshop instructor CV     | I've taught gymnastic, dance, aerobic for 35 years children and adults. I have worked as an PE teacher in 25 years and nowadays I'm running a gym, with individual training and groups for all ages. Educated through the Swedish gymnastic federation and other courses/schools in Sweden and other countries. I am the leader and the choreograph for the Golden Ladies Sweden and been participated Blume festival since 2005 |
| Workshop languages         | Swedish, English, Danish, German                                                                                                                                                                                                                                                                                                                                                                                                 |
| Target group (age)         | 30 - 60 plus                                                                                                                                                                                                                                                                                                                                                                                                                     |



Åsa Roos



Foto Workshop

|                                    |                                                                                                                                                                                                                                |
|------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of the workshop               | WS 19.1 - 3 Pilates Spirals                                                                                                                                                                                                    |
| Workshop area                      | Gymnastics & Dance                                                                                                                                                                                                             |
| Workshop description               | This is an exciting choreographed class with music.<br>The focus is dynamic stretching movement, but we also target balance and strength.<br>To music we do soft and pleasant moves, standing, sitting and laying on the floor |
| Workshop units                     | 3 x 45 min - 07:00 - 07:45                                                                                                                                                                                                     |
| Date                               | Mo. 30.11.2015, Tu. 01.12.2015, We. 02.12.2015                                                                                                                                                                                 |
| Workshop location (indoor/outdoor) | indoor / Hotel Beverly Park                                                                                                                                                                                                    |
| Workshop equipment                 | small matt or a towel                                                                                                                                                                                                          |
| Workshop music (YES/NO)            | YES; CD / itunes                                                                                                                                                                                                               |



## 55. International Sportfestival BLUME GRAN CANARIA

Maspalomas, Gran Canaria - 30.11. bis 4.12.2015

|                            |                                                                                                                                                                                                                                                                                                          |
|----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Workshop instructor (name) |  Ute Messer-Zingler, Germany                                                                                                                                                                                            |
| Workshop instructor CV     | Jahrgang 1951, Lehrerin (tätig bis 2012), Ausbildung Rhythmik (1996), Ausbildung Yogalehrerin (1999), tätig in der Lehrerfortbildung Musik, Lernen in Bewegung, Yoga in der Schule, seit 1999 Yoga-Kurse im TuS Jork für Erw. u. Kinder, ÜL B Lizenzen, Walking - Instruktor, diverse Yogafortbildungen. |
| Workshop languages         | German, English, French                                                                                                                                                                                                                                                                                  |
| Target group (age)         | 50plus                                                                                                                                                                                                                                                                                                   |



Ute Messer-Zingler

Foto Workshop

|                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of the workshop               | <b>WS 20 Yoga: Atem und Bewegung / Transpiration &amp; Movement</b>                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Workshop area                      | Entspannung (Relaxation)                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Workshop description               | Kreislauftraining schon manchmal außer Atem ist, passt man im Yoga die Bewegung dem Atem an! Bewegung und Atem werden in Einklang gebracht. Dabei übt man Achtsamkeit und Selbstwahrnehmung, sich soweit zu bewegen, wie es jedem persönlich guttut, indem man sich seiner Grenzen und Möglichkeiten bewusst wird. Mit den einfachen Übungen (Asanas) werden die Atemräume gedehnt und die Beweglichkeit gefördert. Kleine Atemübungen (Pranayama) und eine Schlussentspannung runden den Workshop ab. |
| Workshop units (a 90 min.)         | 1 x 90 min                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Date                               | Monday, 30.11.2015                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Workshop location (indoor/outdoor) | indoor / Centro del Mayor, Gimnasio                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Workshop equipment                 | bewegungsfreundliche Kleidung, warme Socken, barfuß sein, Handtuch (leichte Decke), Matten                                                                                                                                                                                                                                                                                                                                                                                                             |
| Workshop music (YES/NO)            | YES / CD                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |

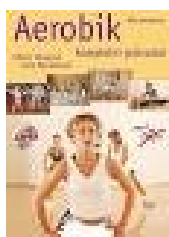
|                                    |                                                                                                                                                                                                                                                                                                                                                               |
|------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of the workshop               | <b>WS 21 Yoga: Hund, Katze, Kamel, Kobra und andere Tiere</b>                                                                                                                                                                                                                                                                                                 |
| Workshop area                      | Entspannung (Relaxation)                                                                                                                                                                                                                                                                                                                                      |
| Workshop description               | Viele Übungen und Haltungen im Yoga wurden vor über 2000 Jahren aus der Natur entwickelt. Dabei hat die Geschmeidigkeit und Beweglichkeit von Tieren eine große Rolle gespielt. In diesem Workshop werden verschiedene wohltuende Asanas aus der Tierwelt vorgestellt, geübt und deren Wirkung erprobt und erfahren. Eine Entspannung rundet den Workshop ab. |
| Workshop units (a 90 min.)         | 1 x 90 min                                                                                                                                                                                                                                                                                                                                                    |
| Date                               | Tuesday, 01.12.2015                                                                                                                                                                                                                                                                                                                                           |
| Workshop location (indoor/outdoor) | indoor / Centro del Mayor, Gimnasio                                                                                                                                                                                                                                                                                                                           |
| Workshop equipment                 | Raum: Matten / Stühle<br>TN: bewegungsfreundliche Kleidung, warme Socken, barfuß sein, Handtuch (leichte Decke)                                                                                                                                                                                                                                               |
| Workshop music (YES/NO)            | YES / CD                                                                                                                                                                                                                                                                                                                                                      |

|                                    |                                                                                                                                                                                                                                                                                                                                                                    |
|------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of the workshop               | <b>WS 24.1-2., Yoga &amp; Walking am Strand</b>                                                                                                                                                                                                                                                                                                                    |
| Workshop area                      | Walking & Games                                                                                                                                                                                                                                                                                                                                                    |
| Workshop description               | Lockern, kräftigen und bewusstes, zügiges Gehen sind Elemente aus dem Walkprogramm, Wahrnehmungs- und Dehnübungen, sowie eine kleine Entspannung kommen aus dem Yoga. Beides an frischer Luft in der herrlichen Landschaft von Maspalomas ergänzt sich perfekt. Die Teilnehmenden sollten möglichst Walkschuhe und eventuell auch Stöcke, (für Geübte) mitbringen. |
| Workshop units (a 90 min.)         | 1 x 90 min                                                                                                                                                                                                                                                                                                                                                         |
| Date                               | 24.1 Thursday, 03.12.2015<br>24.2 Friday, 04.12.2015                                                                                                                                                                                                                                                                                                               |
| Workshop location (indoor/outdoor) | outdoor / Hotel Beverly Park                                                                                                                                                                                                                                                                                                                                       |
| Workshop equipment                 | no                                                                                                                                                                                                                                                                                                                                                                 |
| Workshop music (YES/NO)            | no                                                                                                                                                                                                                                                                                                                                                                 |

## 55. International Sportfestival BLUME GRAN CANARIA

Maspalomas, Gran Canaria - 30.11. bis 4.12.2015

|                            |                                                                                                                                                                                                                                                                                                                                                                                                   |
|----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Workshop instructor (name) |  Marie Skopová, Czech Republic                                                                                                                                                                                                                                                                                   |
| Workshop instructor CV     | Ausbildung: Karl´s Universität in Prag, Sport-Fakultät (FTVS UK)<br>Qualifikation: Phdr., Asistent-professor, Lehrstuhl für Gymnastik (FTVS UK)<br>Praxis: aktiv Lektor für Gymnastik - CASPV, FISAF (Aerobik), Kampfrichter für Aerobic und die Bewegungskompositionen, Autor von vielen Metodikmaterialien und Monografien, Autor und Choreograf von Kompositionen, jetzt auch für die Senioren |
| Workshop languages         | Czech, Russian, French, German                                                                                                                                                                                                                                                                                                                                                                    |
| Target group (age)         | 50plus                                                                                                                                                                                                                                                                                                                                                                                            |



Marie Skopová



|                                    |                                                                           |
|------------------------------------|---------------------------------------------------------------------------|
| Name of the workshop               | WS 22 Balance (Sturzprävention)                                           |
| Workshop area                      | Entspannung (Relaxation)                                                  |
| Workshop description               | Balance - Gleichgewichtsübungen mit Balance Hilfsmittel (Sturzprävention) |
| Workshop units (a 90 min.)         | 1 x 90 min                                                                |
| Date                               | Wednesday, 02.12.2015                                                     |
| Workshop location (indoor/outdoor) | indoor / Centro del Mayor, Gimnasio                                       |
| Workshop equipment                 | NO                                                                        |
| Workshop music (YES/NO)            | YES / CD                                                                  |

## 55. International Sportfestival BLUME GRAN CANARIA

Maspalomas, Gran Canaria - 30.11. bis 4.12.2015

|                             |                                                                                                           |
|-----------------------------|-----------------------------------------------------------------------------------------------------------|
| Workshop instructor (name)  |  Gudrun Fischer, Germany |
| Workshop instructor CV      | Ergotherapeutin - Rückenschullehrerin<br>Fitness, - u. Entspannungstrainerin                              |
| Workshop languages (native) | German, English                                                                                           |
| Target group (age)          | 50plus                                                                                                    |



Gudrun Fischer



Foto Workshop (DPA Fotografin Waltraut Grubitzsch)

|                                    |                                                                                                                                                                                                                                                                                                                                                                                                                          |
|------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of the workshop               | WS 23.1.+ 2. AROHA                                                                                                                                                                                                                                                                                                                                                                                                       |
| Workshop area                      | Body & Mind                                                                                                                                                                                                                                                                                                                                                                                                              |
| Workshop description               | AROHA ist ein effektives Training, dass sich harmonisierend auf Körper Geist und Seele auswirkt und zu innerer Ausgeglichenheit führt. Das Herz - Kreislaufsystem wird genauso angeregt wie die Muskulatur, vor allem in den Bereichen Beine Gesäß und Oberkörper. AROHA ist ein Mix aus : Haka (neuseeländischer Kriegstanz der Maoris), Elementen aus Kung Fu, Boxing, Tai Chi und anderen fernöstlichen Kampfkünsten. |
| Workshop units (a 90 min.)         | 1 x 90 min                                                                                                                                                                                                                                                                                                                                                                                                               |
| Date                               | 23.1 Tuesday, 01.12.2015<br>23.2 Tuesday, 01.12.2015                                                                                                                                                                                                                                                                                                                                                                     |
| Workshop location (indoor/outdoor) | 23.1 indoor / Pista de Patinaje<br>23.2 indoor / Pista de Patinaje                                                                                                                                                                                                                                                                                                                                                       |
| Workshop equipment                 | no                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Workshop music (YES/NO)            | YES / CD                                                                                                                                                                                                                                                                                                                                                                                                                 |

## 55. International Sportfestival BLUME GRAN CANARIA

Maspalomas, Gran Canaria - 30.11. bis 4.12.2015

|                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|--------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of the workshop                             | WS 25. + 26 + 27., Walking (Wandern)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Workshop area                                    | Natural Sports (Natur Sportarten)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Workshop 25 "wine route" description             |  <p><b>Kanarische Wein Route Wanderung</b><br/>(Meldung über Workshopangebote; Mi. / Wedn., 2.12.2015)<br/>Neben Strand, Museen und Wandern, bietet Gran Canaria Besuchern eine Auswahl an Freizeit mit dem Besuch von Weingütern. 60 Winzer laden uns ein, seine Weinberge zu erkunden. Wir starten dieses Mal beim Pico de las Nieves und von dort wandern wir Richtung Utiaca zum Ort Las Lechuzas</p>  <p>Medium- Niedrig</p>  <p>2:30 / 3:00</p>  <p>ca. 7,5 km</p>  <p>Max. Höhe: 1.920 m<br/>Min. Höhe: 1.016 m</p>                                                                                                                    |
| Workshop 26 "Cheese route" description           |  <p><b>Kanarische Käse Route Wanderung</b><br/>(Meldung über Workshopangebote; Donnerstag, 3.12.2015)<br/>Unser erstes Ziel ist La Caldera de los Pinos im Norden der Insel beim schönen Dorf Galdar. Die Strecke ist mit Schluchten, Hänge, Wiesen und ländlichen Siedlungen übersät. Und wenn spektakulär ist das Aroma von Käse aus roher Schafmilch hergestellt, ist es nicht weniger die Herden aus seinem Schafen und Ziegen. Wir beenden unsere Wanderung bei Montaña Alta und besuchen das Haus des Käse auf Gran Canaria.</p>  <p>Medium</p>  <p>3:30 / 4:00</p>  <p>ca. 12 km</p>  <p>Max. Höhe: 1.700 m<br/>Min. Höhe: 868 m</p> |
| Workshop 27 "Roque Nublo - Panorama" description |  <p><b>885 Panorama Wanderung</b><br/>(Meldung über Workshopangebote; Freitag / Friday, 4.12.2015)<br/>Ein wahrer Leckerbissen für jeden Berg- und Naturfreund ist die Fataga - Landschaft. Die Fahrt führt zu den schönsten Bergseegebieten der Insel und durch das zentrale Bergland Gran Canarias. Wir besuchen die höchsten Erhebungen, wie zum Beispiel den Pico de las Nieves (1.949 m hoch), die Vulkanfelsen des Roque Bentaga und des Roque Nublo, die das Wahrzeichen sind.</p>  <p>Medium - Hoch</p>  <p>3:00 / 3:30</p>  <p>ca. 8,5 km</p>  <p>Max. Höhe: 1.749 m<br/>Min. Höhe: 1.552 m</p>                            |
| Workshop instructor (name)                       |  Veronica Aleman, Spain                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Workshop instructor CV                           | Since 2008 responsible in OC BLUME GRAN CANARIA<br>Development of the performance for Natural Sports - Walking                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Workshop languages                               | German, English, Spanish                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Target group (age)                               | 50plus                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Workshop units (half day)                        | 3 (50+)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Date                                             | WS 25. Wednesday, 02.12.2015 (half day)<br>WS 26. Thursday, 03.12.2015 (half day)<br>WS 27. Friday, 04.12.2015 (half day)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Walking difficulty                               | WS 25. Wednesday, 02.12.2015 (easy)<br>WS 26. Thursday, 03.12.2015 (medium)<br>WS 27. Friday, 04.12.2015 (medium-high)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Workshop location (indoor/outdoor)               | outdoor / Hotel Beverly Park (starting point / Treffpunkt)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Workshop equipment                               | feste Schuhe, walking shoes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Workshop music (YES/NO)                          | no                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |



Veronica Aleman

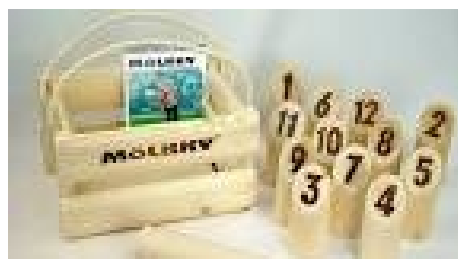


Foto Workshop

# 55th International Sportsfestival BLUME GRAN CANARIA

Maspalomas, Gran Canaria - 30.11. bis 04.12.2015

|                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of the workshop               | WS 28.1. + 2. Mölkky                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Workshop area                      | Games                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Workshop description               | <p>Mölkky ist ein finnisches Wurfspiel, es kommt ursprünglich aus Süd West Finnland. Das Mölkky Spiel ist ein Spiel für jedermann, ohne Alterbegrenzung und man benötigt auch keine besondere Kondition.</p> <p>Um Gesellschaften zusammen zu halten (bringen) und um Spaß zu haben ist Mölkky genau das Richtige.</p> <p>Die Idee des Mölkky Spiels ist es mit dem Mölkky 12 nummerierte Stifte (Kegel) umzuwerfen. Nach speziellen Regeln gibt es Punkte für den Spieler (oder die Mannschaft). Der Spieler (oder die Mannschaft) die als erste genau 50 Punkte erreicht gewinnt.</p> |
| Workshop instructor (name)         |  Miroslav Kopriva, Tschechische Republik                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Workshop instructor CV             | <p>Ausbildung: Technische Universität Prag (CVUT)</p> <p>Kurses: CASPV (Tschechische Association Sport für Alle)</p> <p>Trainer der Gymnastics for All</p> <p>Ausbilder für Senioren</p>                                                                                                                                                                                                                                                                                                                                                                                                |
| Workshop languages                 | Czech, German, English                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Target group (age)                 | 50plus                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Workshop units (a 90 min.)         | 1 x 90 min                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Date                               | Monday, 30.11.2015<br>Tuesday, 01.12.2015                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Workshop location (indoor/outdoor) | outdoor / Cancha de baloncesto                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Workshop equipment                 | no                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Workshop music (YES/NO)            | no                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |



Miroslav Kopriva

Foto Workshop

## 55. International Sportfestival BLUME GRAN CANARIA

Maspalomas, Gran Canaria - 30.11. bis 4.12.2015

|                                    |                                                                                                                                                                |
|------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of the workshop               | WS 29.1 - 29.3 Boule / Petanque                                                                                                                                |
| Workshop area                      | Games                                                                                                                                                          |
| Workshop description               | There will not be a special time to practice it. Everybody which like to practice it, please ask at the office.                                                |
| Workshop instructor (name)         |  Students of the University de Las Palmas will organize it during the morning |
| Workshop contact                   | at the Office                                                                                                                                                  |
| Workshop instructor CV             |                                                                                                                                                                |
| Workshop languages                 | Spanish, English                                                                                                                                               |
| Target group (age)                 | Seniors                                                                                                                                                        |
| Workshop units                     | 90 min                                                                                                                                                         |
| Date                               | Monday, 30.11.2015, Tuesday, 01.12.2015 + Wednesday, 02.12.2015                                                                                                |
| Workshop location (indoor/outdoor) | Outdoor / Hotel Beverly Park + San Fernando                                                                                                                    |
| Workshop equipment                 | YES                                                                                                                                                            |
| Workshop music (YES/NO)            | No                                                                                                                                                             |



David Rodriguez Ruiz



Foto Workshop