

# CAMERON SHAYNE



25. 05.  
bis 27. 05.  
2018

## **A BDK 3-DAY MIXED MOVEMENT ARTS METAMORPHOSIS WITH CAMERON & MELAYNE SHAYNE**

An exclusive opportunity to work directly with the renown Budokon creator Cameron Shayne and movement artist Melayne Shayne, in one of the most stunning locations in Austria. Cameron and Melayne have designed a 3-day program integrating yoga, martial arts, calisthenics, animal locomotion, meditation and mind science designed to challenge and transform you forever.



## Programm

FR, 25. MAI

**17:00 – 20:00**

### **MOBILITY & FREE FORM MOVEMENT**

Budokon is one of the most unique contemporary movement systems in the world. A BDK mixed movement artist studies yoga, calisthenics, martial arts and animal locomotion, creating flow within structure. Our first workshop is a dynamic body/mind connection of human awareness and free from movement. It is primal, liberating and inspiring. Movers will discover more about themselves. It will open up your bodies and minds for a weekend of deep exploration and growth.

SA, 26. MAI

**10:30 – 13:00**

### **BUDOKON CALISTHENICS & THE ART OF INVERSIONS**

The word calisthenics comes from the ancient Greek words kalos (κάλος), which means „beauty“, and sthenos (σθένος), meaning „strength“. It is the art of using ones body weight and qualities of inertia as a means to develop ones physique. This workshop combines Budokon's innovative animal locomotive transitions as well as functional strength training. The result is incredible power from deep and unusual ranges of motion necessary to take your individual inversion practice to the next level.

**16:00 – 18:300**

### **BUDOKON YOGA**

Learn how Budokon combines martial arts and yogic principals taught in the tradition of Budokon. As warriors we cultivate the courage and heart to change what we can. As Yogis we cultivate an understanding and acceptance of what we cannot. As Humans we learn to discern the difference between the two. Through Budokon we learn to hold space for long lasting love as yogis, warriors and human beings.

During this workshop Cameron and Melayne will guide you through a flow of the Budokon Yoga Primary and 2nd Series, combining strong and circular sequence of asanas, martial arts transitions, zen meditation and restorative poses to increase your muscular strength, flexibility, concentration, and the cultivation of pure witness state.

SO, 27. MAI

**11:00 – 14:00**

### **BUDOKON – THE WARRIOR YOGI**

A BDK mixed movement artist is a true warrior yogi - studying striking, grappling, yoga, calisthenics and animal locomotion. During this last workshop Cameron and Melayne will introduce you to the world of modern martial arts and it's influence into our yogic art form which will change the way you move in the body and through life.

## Preise

439,- p.P. im DZ und 539,- p.P. im EZ inkludiert:

- Übernachtung im DZ Superior
- Teilnahme an allen BDK Workshops
- Halbpension im Restaurant Streif
- Getränke aus der Minibar
- Zutritt zum 3.000 m<sup>2</sup> SPA-Rosa

200,-

inkludiert: alle Workshops – ohne Hotelaufenthalt

**Anmeldung:**

Tania Wimmer

+43 664 4090542

tania@omandco.at

