

# **Workshop Overview**

All workshops listed here are part of the Superior Family Days program.

As spots are limited, we kindly ask you to register in advance for the workshops you wish to attend.

## Offer for adults: \*

	Sunday, February 15	Monday, February 16	Tuesday, February 17	Wednesday, February 18
10:00 AM - 12:30 PM	Art Escape	Outdoor Bootcamp	Art Escape	Macramé Jewelry Workshop
2:00 PM - 4:00 PM	Art Escape	Art Escape	Disco Fox Workshop	Yoga



#### **ART Escape - Your Creative Retreat!**

Dive into the captivating world of colors and techniques! Across four guided sessions, you'll unleash your creativity under professional instruction, discover new painting methods, refine your personal style, and create your own masterpiece. To complete the full workshop experience, attendance at all four sessions is required.

What you need: clothes that can get messy



#### **Outdoor Fitness Bootcamp at Europa-Park!**

Experience an energizing workout in a unique setting! Our Outdoor Fitness Bootcamp at Europa-Park combines effective training with loads of fun—featuring functional exercises, cardio workouts, and team challenges.

What you need: outdoor sportswear & athletic shoes, water bottle Note: In case of bad weather, an alternative program will be offered.





## Disco Fox Workshop - Dance Fun for an Afternoon!

Dive into the world of Disco Fox! Whether you're a beginner or more advanced, you'll learn turns and steps and enjoy an upbeat session on the dance floor. Join with a partner or find one on site.

What you need: comfortable clothing & sport or dance shoes, water bottle



## Macramé Jewelry Workshop

Create Your Own Unique Pieces!

Learn the art of delicate macramé jewelry and knot beautiful bracelets from fine cords and beads. Step by step, we'll guide you through various techniques so you can craft personalized accessories that reflect your own style.



### Chakra Yoga Workshop - Balance for Body & Mind

In this workshop, you'll explore the seven energy centers of your body and learn how to activate them with asanas, breathing techniques, and meditation. Whether you're opening the heart chakra, grounding the root chakra, or sharpening the third eye, this session offers you deep insights and a nurturing practice for greater balance.

What you need: sportswear, water bottle