

17.
18.

Sat/Sun
Equation

JAN

Saturday Morning: Fundamentals and the First Whirling Kiss

Every workshop in our Vienna Whirling Hub begins in the same welcoming way for newcomers and for those who wish to refresh their core understanding of whirling. We start by introducing the essential principles of the whirling world. Participants learn how friction, inner pressure, gravity, and the strongly felt centrifugal effect shape the environment in which whirling becomes possible. After understanding these principles, newcomers are gently guided into their first whirling experience, which we call the *first whirling kiss*. Advanced participants observe this learning process and discover new layers in their own practice.

Saturday Afternoon: DIP Whirling Session

With the basics refreshed, the afternoon session opens into a long whirling practice. Participants experience the three essential elements of bodily implementation: wings, the open arms that create the whirling engine; elevator, the soft vertical suspension; and axis/Kebap, the body standing upright in harmony with gravity. Through guided preparation, breath work, and take-off exercises, the body becomes organized for safe, steady, and spacious whirling. The long session begins with *DIPup* (a warm-up combining *body check, stretching & take-off exercises*) to activate coordination and awareness. After *DIPup*, we enter whirling, starting slowly and rising through different tempos until reaching a physical, mental, and emotional peak (*the journey*), then moving into slowdown (*landing & restart*), where the body rests and resets. This full cycle forms the DIP Whirling Session, practiced in the Whirling Hub with a depth rarely possible before.

Sunday Morning: Deepening the Equation

Sunday morning is dedicated to the first deepening of the core *DIP terminology*. The subject is *Equation*. This session takes the form of a lecture presentation with Q&A, followed by implementations and exercises needed. The aim is to detail the entire Equation more thoroughly than in any previous workshops, exploring gathering data, bodily implementation, and increasing efficiency. Participants embody the theory through structured practice, reflecting the purpose of the Whirling Hub: to offer clarity, continuity, and depth.

Sunday Afternoon: Integration Through Whirling

The weekend closes with a second extended whirling session. With the knowledge and sensations of *Equation* now embodied, movement becomes lighter, steadier, and clearer. The aim is presence discovering how the body and awareness expand together. Each Sunday afternoon session begins with *DIPup* to reawaken coordination and awareness. After *DIPup*, we return to whirling, starting slowly and moving through gentle tempo changes, allowing the weekend's theme to settle in the body. The session builds to a final soft peak and then shifts into a slowdown, where the body rests and integrates. This cycle completes the DIP Whirling Session and supports the assimilation of the weekend's experience.

Participation: Who Can Join

This program is open to everyone aged sixteen and above. No experience is required. The only true requirement is the wish to explore this world of whirling with curiosity and courage.

21.
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Sat/Sun

Steering the Wheels

FEB

Saturday Morning: Fundamentals and the First Whirling Kiss

As in every workshop, we begin by welcoming newcomers and those refreshing their understanding of whirling. We again introduce the essential physics friction, inner pressure, gravity, and the centrifugal effect. After this, newcomers enter their first whirling experience, the *first whirling kiss*, which helps them understand whirling directly through sensation. Advanced participants observe others learning, which enriches their clarity and compassion.

Saturday Afternoon: DIP Whirling Session

With the basics refreshed, the afternoon session opens into the theme of the workshop *Steering the Wheels*. Participants begin to feel how the body, emotions, and mind each form their own wheel during whirling. They discover the *body wheel*, where breath, energy, and warmth increase, the *emotion wheel*, where feelings rise and move, and the early signs of the *mind wheel*. Through practice, they learn to stay present inside rising energy steering rather than being carried away. The long session begins with *DIPup* (a warm-up combining *body check*, *stretching & take-off exercises*) to activate coordination and awareness. After *DIPup*, we enter whirling, starting slowly and rising through different tempos until reaching a physical, mental, and emotional peak (*the journey*), then moving into slowdown (*landing & restart*), where the body rests and resets. This full cycle forms the DIP Whirling Session, practiced in the Whirling Hub with a depth rarely possible before.

Sunday Morning: Deepening Steering the Wheels

Sunday morning is dedicated to the headline subject, *Steering the Wheels*. This session takes the form of a lecture-presentation, combined with Q&A and detailed practical guidance. We explore the *body wheel*, the *emotion wheel*, and the *mind wheel* in fuller detail than in previous years, clarifying how these internal systems activate, influence, and support one other. Participants receive needed implementations and exercises to apply these principles directly, deepening sensitivity, stability, and awareness.

Sunday Afternoon: Integration Through Whirling

The weekend closes with a second extended whirling session where all three wheels, body, emotion, and mind, move together. With a clearer understanding, movement becomes steadier, more intuitive, and more harmonious. Each long session begins with *DIPup*, a short warm-up combining *body check*, *stretching*, and *take-off exercises* to activate coordination and awareness. After *DIPup*, we enter whirling, starting slowly and rising through different tempos until reaching a physical and emotional peak, then moving into slowdown, where the body rests and resets. This full cycle forms the DIP Whirling Session, practiced in the Whirling Hub with a depth rarely possible before.

Participation: Who Can Join

This program is open to everyone aged sixteen and above. No experience is required. The only real condition is the desire to explore whirling and to meet the body, emotions, and mind in a new way.

14.
15.

Sat/Sun

Body Analysis I

MAR

Saturday Morning: Fundamentals and the First Whirling Kiss

As in every workshop, we begin by welcoming newcomers and those refreshing their understanding of whirling. We again introduce the essential physics friction, inner pressure, gravity, and the centrifugal effect. After this, newcomers enter their first whirling experience, the *first whirling kiss*, which helps them understand whirling directly through sensation. Advanced participants observe others learning, which enriches their clarity and compassion.

Saturday Afternoon: DIP Whirling Session

The afternoon opens into a long whirling session with special attention to *body architecture*. Participants explore how the feet distribute weight, how the knees provide suspension, how the belly and butt lift inward and upward, how the spine lengthens, how the torso lowers, widens, and softens, how the arms create outward expansion, and how the head elevates gently. Through guided exercises, movement, and breath, the body is recognized as a coordinated system rather than a single object. The long session begins with *DIPup* (a warm-up combining body check, stretching & take-off exercises) to activate coordination and awareness. After *DIPup*, we enter whirling, starting slowly and rising through different tempos until reaching a physical, mental, and emotional peak (*the journey*), then moving into slowdown (*landing & restart*), where the body rests and resets. This full cycle forms the DIP Whirling Session, practiced in the Whirling Hub with a depth rarely possible before.

Sunday Morning: Deepening Body Architecture & Complementaries

Sunday morning is dedicated to a detailed lecture-presentation, Q&A, and practice session on *body architecture and complementaries*. We examine the aware principles of each body part and their complementaries, including the density scale, active and passive transitions, three-dimensional movement and breathing, and the three liberations: ocular focus, vestibular system, and vocal cords. Participants embody these principles through specific implementations and exercises, achieving a new level of structural clarity and efficiency.

Sunday Afternoon: Integration Through Whirling

The weekend closes with a second extended whirling session where all elements explored in *Body Analysis I* come alive. Movement becomes more stable, open, and effortless as participants discover harmony in their bodily architecture. The long session begins with *DIPup*, a short warm-up, combining body check, stretching, and take-off exercises to activate coordination and awareness. After *DIPup*, we enter whirling, starting slowly and rising through different tempos until reaching a physical and emotional peak, then moving into slowdown, landing, and restart, where the body rests and resets. This full cycle forms the DIP Whirling Session, practiced in the Whirling Hub with a depth rarely possible before.

Participation: Who Can Join

This program is open to everyone aged sixteen and above. No experience is required. The only real condition is the desire to explore whirling with curiosity, commitment, and openness.

25.
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Sat/Sun

Body Analysis II

APR

Saturday Morning: Fundamentals and the First Whirling Kiss

As in every workshop, we begin by welcoming newcomers and those refreshing their understanding of whirling. We again introduce the essential physics friction, inner pressure, gravity, and the centrifugal effect. After that, newcomers enter their first whirling experience, the *first whirling kiss*, which helps them understand whirling directly through sensation. Advanced participants observe others learning, which enriches their clarity and compassion.

Saturday Afternoon: DIP Whirling Session

The afternoon opens into a long whirling session guided by the theme of *focalizations*. Participants learn how attention can be shaped through the five external senses (ocular, nasal, aural, gustative, and sensual) and through the internal systems, which include proprioception, interoception, and the vestibular system. They discover how these inner and outer focal directions influence clarity, ease, and stability while whirling. The session highlights focalization as one of the most powerful tools in *DIP* organizing perception while staying grounded in motion. The long session begins with DIPup (a warm-up combining *body-check, stretching & take-off exercises*) to activate coordination and awareness. After DIPup, we enter whirling, starting slowly and rising through different tempos until reaching a physical, mental and emotional peak (*the journey*), then moving into slow down (*landing & restart*), where the body rests and resets. This full cycle forms the DIP Whirling Session, practiced in the Whirling Hub with a depth rarely possible before.

Sunday Morning: Deepening Focalizations with Lecture and Exercises

Sunday morning is dedicated to a detailed lecture and Q&A on *focalizations*. We explore the *five external senses* and the *three internal systems* (proprioception, interoception, and the vestibular system). Participants learn how proprioception helps them sense their physical, mental, and emotional state, how interoception reflects the autonomic responses of the body, and how the vestibular system guides direction, speed, and balance. Through short, clear explanations and targeted exercises, participants deepen their perceptive awareness by learning to understand who they are, where they are, and how they feel in space and time.

Sunday Afternoon: Integration Through Whirling

The weekend closes with a second extended whirling session in which all aspects of *Body Analysis II* come alive. Movement becomes more grounded and clear as participants learn to guide their perception consciously. Focalization merges with architecture, creating harmony between body and awareness. The long session begins with DIPup, a short warm-up combining body check, stretching, and take-off exercises to activate coordination and awareness. After DIPup, we enter whirling, starting slowly and rising through different tempos until reaching a physical and emotional peak, then moving into slow-down, landing and restart, where the body rests and resets. This full cycle forms the DIP whirling session, practiced in the whirling hub with a depth rarely possible before.

Participation: Who Can Join

This program is open to everyone aged sixteen and above. No experience is required. The only real requirement is the desire to explore whirling with curiosity, openness, and dedication.

The Session I

Saturday Morning: Fundamentals and the First Whirling Kiss

As in every workshop, we begin by welcoming newcomers and those refreshing their understanding of whirling. We again introduce the essential physics friction, inner pressure, gravity, and the centrifugal effect. After this, newcomers enter their first whirling experience, the *first whirling kiss*, which helps them understand whirling directly through sensation. Advanced participants observe others learning, which enriches their clarity and compassion.

Saturday Afternoon: DIP Whirling Session

With the basics refreshed, the afternoon moves into a long DIP whirling session shaped by this month's theme. Participants explore the first three elements of the DIP Session – warm-up, stretching, and take-off. The Warm-up activates the body through extension, compression, and articulation. Stretching opens mobility across six planes while maintaining full respiration and minimal stress. Take-off prepares coordination and structure through the thirteen dots and the roles of workers and presenters. The long session begins with *DIPup* (a warm-up combining *body-check*, *stretching & take-off* exercises) to activate coordination and awareness. After *DIPup*, we enter whirling, starting slowly and rising through different tempos until reaching a physical, mental, and emotional peak (*the journey*), then moving into slow-down (*landing & restart*), where the body rests and resets. This full cycle forms the DIP Whirling Session, practiced in the whirling hub with a depth rarely possible before.

Sunday Morning: Deepening The Session I

Sunday morning is dedicated to deepening the first half of the *DIP session* structure warm-up, stretching, and take-off. This session takes the form of a lecture with Q&A, followed by necessary implementations and exercises. We study warm-up in detail: maximum extension and inhalation, maximum compression and exhalation, articulations, shaking, running, jumping, releasing the vocal tract, and awakening internal space. Then we explore stretching across the six movement planes, understanding how maximum extension, minimum stress and maximum respiration support stable whirling. We also introduce DIP boundary rules and continuous micro corrections that create bodily clarity. Finally, we clarify take-off, the thirteen dots, the roles of density scale, workers and presenters, and the first spinning intention. Participants embody each concept through guided practical tasks, offering a level of precision and depth rarely possible in shorter workshops.

Sunday Afternoon: Integration Through Whirling

The weekend closes with a second extended whirling session. With the morning's insights now embodied, movement becomes more coherent, open, and grounded. Each Sunday afternoon session begins with *DIPup* to reawaken coordination and awareness. After *DIPup*, we return to whirling, starting slowly and moving through gentle tempo changes, allowing the weekend's theme to settle in the body. The session builds to a final soft peak and then shifts into slow-down where the body rests and integrates. This cycle completes the DIP whirling session and supports the assimilation of the weekend's experience.

Participation: Who Can Join

This program is open to everyone aged sixteen and above. No previous experience is required. The only true requirement is the wish to explore this world of whirling with curiosity, openness, and courage.

27.
28.

Sat/Sun

The Session II

JUN

Saturday Morning: Fundamentals and the First Whirling Kiss

As in every workshop, we begin by welcoming newcomers and those refreshing their understanding of whirling. We again introduce the essential physics friction, inner pressure, gravity, and the centrifugal effect. After this, newcomers enter their first whirling experience, the *first whirling kiss*, which helps them understand whirling directly through sensation. Advanced participants observe others learning, which enriches their clarity and compassion.

Saturday Afternoon: DIP Whirling Session

With the basics refreshed, the afternoon moves into a long DIP whirling session shaped by the theme of The Session II. While Month 5 focused on warm-up, stretching, and take-off, Month 6 explores the second half of the Session structure, including dynamic transitions, acceleration logic, the emotional arc, and principles of landing. Participants experience how acceleration grows, how momentum interacts with structure, and how emotional tone rises and shifts during the whirling journey. The long session begins with *DIPup* (a warm-up combining *body-check*, *stretching & take-off* exercises) to activate coordination and awareness. After *DIPup*, we enter whirling, starting slowly and rising through different tempos until reaching a physical, mental, and emotional peak (*the journey*), then moving into slow-down (*landing & restart*), where the body rests and resets. This full cycle forms the DIP whirling session, practiced in the whirling hub with a depth rarely possible before.

Sunday Morning: Deepening The Session II

Sunday morning is dedicated to detailing the second half of *The Session* structure, acceleration, dynamic transitions, the emotional arc, and landing principles. This session takes the form of a lecture with Q&A, followed by implementations and exercises needed. We explore the acceleration logic, recognizing how speed builds through breath, grounding, and subtle placement of weight. We examine dynamic transitions moving between slow, medium, and fast states without force. We discuss the emotional arc of whirling, understanding how emotions rise, transform, and release. Finally, we study the landing principles, learning how to slow down safely, manage dizziness, and enter rest with clarity. Participants practice these elements through structured exercises, gaining sensitivity, knowledge, and confidence in navigating the full journey of whirling.

Sunday Afternoon: Integration Through Whirling

The weekend closes with a second extended whirling session, allowing participants to embody the principles studied in the morning. Each Sunday afternoon begins with *DIPup* to reawaken coordination and awareness. After *DIPup*, we return to whirling, moving gradually through tempo changes that help integrate the understanding of acceleration transitions and landing. The session rises to a soft, meaningful peak before slowing down into landing and restart, where the system rests and assimilates the weekend's work, completing the DIP whirling session.

Participation: Who Can Join

This program is open to everyone aged sixteen and above. No previous experience is required. The only requirement is the wish to explore whirling with curiosity, openness, and commitment.