

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/Kebab, 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.

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Steering the Wheels

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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.

Saturday Morning: Fundamentals and the First Whirling Kiss

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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.