


PROGRAM – TALLINN 5-6-7 September 2025

	SESSIONS	START	END	TOPICS	
				GROUP 1	GROUP 2
Friday 5th September	Greetings and opening of the works	13.00	14.15	Introduction <i>Presentation of the EG TC GfA and of the experts</i> History and events of GfA GYM – BODY & MIND	
		14.15	14.30	Warm up (Ruslan)	
	Session 1	14.35	15.35	Philosophy of activity for elderly in gymnastics for all (theory Zlatka) GYM – BODY & MIND	
	Session 2	15.40	16.40	Choreography with large group (practice Tamara) GYM – SUUR SAAL	How to create a choreography for adults and elderly people (theory and practice) Virginia GYM – BODY & MIND
				Coffee break	
	Session 3	17.00	18.00	How to create a choreography for adults and elderly people (theory and practice) Virginia GYM – BODY & MIND	Choreography with large group (practice Tamara) GYM – SUUR SAAL
	Session 4	18.05	18.30	Laughter Yoga (Zlatka) GYM – BODY & MIND	
		18.30	18.50	Bye bye with ELW Flashmob (Ruslan) GYM – BODY & MIND	

House guide

DRESSING ROOMS	On 2 floor, info from the administrator
GYM BODY&MIND	On 2 floor, follow the signs on the wall
GYM SUUR SAAL	Through the  se in the right wing of the building
GYM PALLI SAAL	Through the cafe Bravo in the left wing of the building
GYM FITNESS SAAL	Through the house in the right wing of the building
COFFE BREACK AND LUNCH	In Cafe Bravo at Reval Sports Club first floor

To safely store our personal belongings and move around the building, we all get wristbands.

EG – 4th Educational Long Weekend



				TOPICS	
SESSIONS	START	END	GROUP 1	GROUP 2	
Saturday 6th September	Warming-up	8.30	8.55	Good morning with Estonian Traditional Dance GYM – BODY & MIND	
	Session 5	9.00	10.00	The Golden Age Gym Festival (theory) Regina Beeler + Experience in GAGF about Estonian groups (Heili Parras) GYM – BODY & MIND	
	Session 6	10.05	11.05	Reformer Pilates® (Kirill) GYM – FITNESS SAAL	Choreography with large group (Virginia) GYM – BODY & MIND
	Coffee break	11.05	11.30		
	Session 7	11.30	12.30	Choreography with large group (practice Tamara) GYM – BODY & MIND	Reformer Pilates® (Kirill) GYM – FITNESS SAAL
	Lunch break	12.30	14.00		
	Session 8	14.00	14.30	How to involve golden age groups (Zlatka) GYM – BODY & MIND	Choreography with large group (practice Tamara) GYM – SUUR SAAL
		14.30	15.00	Round Table: experience of activities for elders in different cultures (Zlatka – Ricardo - Lasse) GYM – BODY & MIND	
	Session 9	15.10	15.40	Choreography with large group (Virginia) GYM – SUUR SAAL	How to involve golden age groups (Zlatka) GYM – BODY & MIND
		15.40	16.10		Round Table: experience of activities for elders in different cultures (Zlatka – Ricardo - Lasse) GYM – BODY & MIND
	Coffee break	16.10	16.40		
	Session 10	16.45	17.45	Evaluation and Feedback in GfA (Emiliana and Agnes) GYM – BODY & MIND	
	Session 11	17.50	18.05	Golden Estonian groups Performance GYM- PALLI SAAL	
		18.05	18.20	Bye bye with ELW Flashmob (Ruslan) GYM- PALLI SAAL	

EG – 4th Educational Long Weekend



				TOPICS	
SESSIONS	START	END	GROUP 1	GROUP 2	
Sunday 7th September	Warming-up	8.30	8.50	Good morning with Estonian Traditional Dance	
	Session 12	9.00	10.30	Team work: Create Group Choreo Group 1 with Zlatka	
				GYM – BODY&MIND	
				Group 2 with Tamara	
			GYM – SUUR SAAL		
			Group 3 with Gina		
			GYM – PALLI SAAL		
Coffee break	10.30	10.55			
Session 13	11.00	11.45	Team work: Perform Group Choreo of session 12 with evaluation and feedback		
		GYM – SUUR SAAL			
Greetings and closing of the works	11.50	12.00	Bye bye with ELW Flashmob (Ruslan)		
			GYM – SUUR SAAL		
	12.05	12.30	Wrap-up by the EG TC GfA		
		GYM – SUUR SAAL			