



SEVERIN BERZ
THÉRAPIE



18

10.2017

Kashmiri Shivaism

Evening

October 18 | 20:00-21:30



Vevey

Price: 30.- paiement sur place

Also called Tandava, or the dance of Shiva, this form of yoga is based on minimal effort, spontaneous movement, a connection with space, and emotional fluidity.

There are three parts to each practical session, including both seated meditation and movement. It is a form of yoga without poses.

**Centre Terre d'éveil
Avenue de Corsier 6,
1800 Vevey,
Suisse**

www.midline.ch | +41 76 465 03 38