



SEVERIN BERZ
THÉRAPIE



16

11.2017

Kashmiri Shivaism

Evening

November 16 | 20:00-21:30



Genève

Price: 200 CHF les 8 soirées ou 30 CHF 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.

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