



SEVERIN BERZ
THÉRAPIE



07

12.2017

Kashmiri Shivaism

Evening

December 7 | 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.

Pratibha
Rue de la Faucille 12,
1201 Genève,
Suisse

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