



SEVERIN BERZ
THÉRAPIE



17

10.2019

Kashmiri Shivaism

Evening

October 17 | 19:30-21:30



Vevey

Price: 30 chf / 1 soirée, 135 chf / 5 soirées, 250 chf / 10 soirées

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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