



SEVERIN BERZ
THÉRAPIE



30

11.2019

Body & Energy Alignment

Workshop

November 30-December 1 | 09:30-18:30

 **Vevey**

Price: 350 CHF

This seminar will help you to achieve greater body or bodyline awareness, strengthening your ability to perceive subtle changes in your energy and emotions. You will develop a heightened awareness of yourself and your environment, enabling you to express life's rhythms more harmoniously.

You will learn to be more acutely aware of your body, of the way in which you perceive it and move it through space. You will learn to feel spontaneous body movements and the energy that lies behind all movement and action.

You will also acquire the tools to perceive energy and subtle bodies. By developing a keener awareness of the subtlest parts of your being, you will be better equipped to fulfill your potential, as well as to find your optimal place in relationships, either in personal or professional life.

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