



SEVERIN BERZ
THÉRAPIE



11

12.2019

Hang Music

Evening

December 11 | 19:30-21:00



Vevey

Price: 30 CHF

Free of any intention, the musical experience with the sounds of the Hang, allows you to touch bodily sensations and emotions hitherto undisclosed. The subtle atmosphere produced by the instrument, the attention of the musician to the present moment and the energy of the participants naturally induce a state of relaxation.

The Hang is an exceptional Swiss instrument, invented about twenty years ago. This sound sculpture creates sounds that are both soft and rhythmic, invigorating and soothing by mixing deep bass and subtle airy notes.

Procedure:

We will begin with some explanations, then a moment of silence, to feel the body and let relaxation settle down. Then you can let the magic sounds of Hang gently guide you. The music will encompass you for 40 minutes ending with a vibrant ending silence. You can then ask questions about the meditation or the instrument or the way of playing.

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