



SEVERIN BERZ
THÉRAPIE



28

01.2020

Talk

Evening

January 28 | 19:30-21:00



Beijing

Severin Berz demonstrates his experience based on more than 15 years of personal exploration and therapeutic practice. With his method "Body, Energy, Alignment" he gives us his synthesis of different models dealing with the psyche, the body, energy and emotions.

His presentation allows us to better understand the links between perception, body and energy. It invites us to realize the importance of the awareness of ourselves, of our posture, of our psychological and relational structures, to find the free and spontaneous movement and thus to liberate our full creative potential. He also offers us a different way of approaching our emotions.

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