



SEVERIN BERZ  
THÉRAPIE



29

01.2020

## Kashmiri Shivaism

Evening

January 29 | 10:00-11:30



Beijing

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.

**Beijing Mindfulness Center**  
**Qian Yongkang Hutong 44,**  
**100007 Beijing,**  
**China**

[www.midline.ch](http://www.midline.ch) | [+41 76 465 03 38](tel:+41764650338)