



SEVERIN BERZ  
THÉRAPIE



30

01.2020

## Kashmiri Shivaism

Evening

January 30 | 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.

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