



SEVERIN BERZ
THÉRAPIE



31

01.2020

Kashmiri Shivaism

Evening

January 31 | 10:00-10:01



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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