



SEVERIN BERZ
THÉRAPIE



30

05.2020

Body, Energy, Alignment - Academics

Workshop

May 30-June 1 | 09:30-17:30



Vevey

Price: 400 CHF

A workshop to acquire the therapeutic principles of "Body, Energy, Alignment".

We will discuss the faculties necessary to promote a therapeutic relationship through speech or touch. We will learn to listen to body rhythms and how to support the body's self-regulating impulses. We will explore perception and its stakes on posture, the circulation of vital energy and emotions. We will see that emotions are often frozen in their bodily journey and how to support the movement.

All these principles can be used directly or be integrated into an already acquired method. This workshop is open to everyone, both for people with no training in the field as well as for accomplished professionals.

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