



SEVERIN BERZ
THÉRAPIE



25

01.2020

Kashmiri Shivaism

Evening

January 25 | 11:30-13:00



Hong Kong

Price: 200 HKD

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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