



SEVERIN BERZ
THÉRAPIE



20

03.2020

Hang Music

Evening

March 20 | 20:00-21:30

 **Lausanne**

Price: 30 CHF

The Hang is an exceptional sound sculpture invented in Switzerland at the turn of the century. It emits sounds that are both soft and rhythmic, invigorating and soothing by mixing deep bass and subtle airy notes.

This subtle atmosphere produced by the instrument, the attention of the musician to the present moment and the energy of the participants naturally induce a state of meditation.

With a freer body, music is experienced in an increasingly sensory way and the body relaxes even more in a continuous circle like the rhythm of music

Procedure:

We will begin with some explanations, then a moment of silence, to feel the body and let relaxation settle down. Then you can let the magic sounds of Hang gently guide you. The music will encompass you for 40 minutes ending with a vibrant ending silence. You can then ask questions about the meditation or the instrument or the way of playing.

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