



SEVERIN BERZ  
THÉRAPIE



19

12.2021

## Body Energy Alignment - Practice

**Workshop**

December 19 | 10:00-18:00

 **Vevey**

Price: 150 CHF

From sensation to movement

A seminar to get back to our fundamental connection to space.

Insert into the flow of life, body and environment. Trust and let the body and energy unfold in space through movement, breathing, walking.

To find spontaneous movements, free from tension and intention. Tame slowness and continuity. Let the listening become again the center and thus allow the calm to reveal itself behind the movement.

We will explore these principles through meditative practices inspired by different bodily practices and spiritual paths such as Kashmiri Shivaïsm, Chan (Chinese zen), Yoga, Martial arts etc ...

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