



SEVERIN BERZ
THÉRAPIE



18

12.2021

Tui shou class

Workshop

December 18 | 10:00-18:00



Vevey

Price: 125 CHF

Tui Shou, also called "pushing hands", is used traditionally in Tai Chi and other martial arts. It promotes anchoring, listening and self-awareness in the relationship to the other and to space.

This practice helps to learn to maintain the link and movement while remaining relaxed and in balance. It allows you to manage your own energy more efficiently, to maintain the right distance, to understand the forces exercised by everyone and to use them to your advantage. The acquired principles are transposable to any situation of everyday life as well as to various bodily or therapeutic practices.

In practice, two people standing face to face with their hands in permanent contact, test and explore each other's balance. Although having its origins in the martial arts, with a notion of combat at the base, the way this practice is proposed here, emphasizes the consciousness and subtlety of the movement although its martial effectiveness remains intact.

Subscription is mandatory

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