



SEVERIN BERZ  
THÉRAPIE



03

06.2023

## From sensation to movement

### Workshop

June 3-4 | 09:30-17:30



Vevey

Price: 300 CHF

A workshop to get back to core. Feel the fundamental link to space. Rediscover the rhythm of life, body and environment. Trust and let the body unfold in spatiality through movement.

Refine your body awareness and find spontaneous movements, free of tension and intentions. Let the listening become the focus again and allow the stillness to reveal itself behind the movement.

We will practice various principles of effortless movement, energy recycling, in exercises alone and then in pairs. All the principles explored can be applied in everyday life as well as in your practice of Taiji, Yoga, dance or other martial arts and body practices.

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