



SEVERIN BERZ  
THÉRAPIE



01

04.2023

## Tuishou

### Workshop

April 1-2 | 13:30-17:00

**Belfort**

Price: 100 ₣

Tui Shou, also called "sticky hands", is traditionally used in Taiji and other martial arts. It is used to explore the principles learned in the form in application with a partner.

This practice for two allows us to discover how we occupy space with our body, how we manage our energy and what reflexes the dynamic sharing of a space with the partner awakens in us. It also allows us to discover how our perception works, our balance and how we can massively reduce our energy expenditure.

Thanks to the benevolent help of our partner, we can become aware of our bad habits and anchor in the body a different sensory experience. For example, we can have an excessively passive attitude by letting the partner occupy our space and ceding our physical and structural integrity to him. Or on the contrary too active, making us too rigid, resulting in a great loss of energy and great vulnerability because a rigid attitude no longer allows us to adapt to change. Being overly active blocks feeling and being too passive blocks action.

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