



SEVERIN BERZ
THÉRAPIE



11

06.2022

Taiji

Workshop

June 11 | 10:00-12:00



Vevey

Contribution: Taiji 40.- | Taiji & Tuishou 90.-

By learning this traditional choreography of 108 movements, you will be able to discover a new sensory world through slow body movements.

You will practice moving without any voluntary effort by the simple game of successive relaxations allowing the vitality and the force of gravity to express themselves in a game of reciprocity. You will refine your overall body awareness and maintain your axis in all circumstances. With the energy thus gained, you will be more aware and will be able to let the energies circulate even more subtly for a more vibrant and intense life.

So you will always have with you a playground to play with the fundamental principles of Taiji and life.

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