



SEVERIN BERZ  
THÉRAPIE



30

03.2023

## Tuishou

Evening

Every Thursday | 18:30-18:31



Vevey

Price: 30.-

Explore the principles of Taiji with a partner through Tuishou. Learn to find your space in the relationship, to manage the invading energies of your partner by learning to recycle them to increase your own energy.

Rediscover the pleasure of playing with your body, gravity and space. Discover that the intentions, wishes and requests of your partner will no longer be a source of stress, defense and oppression but an offering of energy for the benefit of your space and balance and integrity.

In practice, two people stand face to face with their hands in constant contact, testing and exploring each other's balance.

Although finding its origins in the martial arts, with a notion of combat at the base, the way in which this practice is proposed here, emphasizes the awareness and the subtlety of the movement of course its martial effectiveness remains intact.

**Severin Berz**  
**Rue des Bosquets 33,**  
**1800 Vevey,**  
**Suisse**

[www.midline.ch](http://www.midline.ch) | [+41 76 465 03 38](tel:+41764650338)