



SEVERIN BERZ
THÉRAPIE



09

07.2016

Private sessions

Sessions

July 9 | 09:00-18:00

 **Le Locle**

How, through the bond established with a therapist, and in the safe environment provided by that relationship, we can get in touch with our body's experience, exploring our limits and routines, and discover how such established patterns lead to wasted energy.

Thanks to this heightened awareness of the self, and with the therapist's support, we can recover lost energy and recreate a livelier and more fluid body space. As a result, we find ourselves once again, or for the very first time, able to experience our emotions through a sense of touch.

Throughout this process, our relationship to the other, body posture, and waves of emotion are explored and experienced in conjunction with the therapist.

This subtle but intense experience during therapy enables us to develop a new sense of our body, emotions, and position in everyday life.

For people seeking to understand themselves more deeply, this therapy is designed to support them in exploring the different facets of their being.

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