

# Sit Down to Wellness

The Beijing Mindfulness Center (BMC) is currently hosting Severin Berz, an eclectic teacher who offers personal and group therapy for those interested in improving awareness of their physical and emotional state. I recently tried out a personal session with Berz-and though I made no specific requests, he intuited (probably by observing my rather poor posture) that bettering my physical awareness would benefit me. We began by a short discussion on my life;as usual, the conversation turned to how stressed I felt.. Turns out, even how you sit can affect how stressed out and overwhelmed you feel. This was a revelation for me, as my usual way of sitting only allowed for shallow breathing. As soon as Berz pointed that out and showed me how to correct it, I felt myself become more relaxed as I settled into a deeper Breathing pattern.

Another sticking point was my hunched shoulders, no doubt a result from sitting over a computer all day. While I generally fight to keep my shoulders back, Berz taught me a gentler technique that was far easier. One week following my session, I still employed those techniques to keep myself calm and productive in the office. While my session focused on physical aspects, those interested in more emotional/spiritual aspects will obviously have a different experience. A 90-minute private session with Berz costs ¥1200; a full week-end group session on May 14-16 is ¥2500. Berz is also teaching Kashmiri yoga (¥800/fullday workshop) and sound meditation (¥200/class). Berz will be available for private and group sessions until May16. **Lisa Gay**



📍 **Find it:** 44 Qianyongkang Hutong, 前永康胡同44