



SEVERIN BERZ

## Body & Energy Alignment

### Participants Feedbacks:

*«Severin has a gift to transform people! His workshops are engaging and very insightful! He's a global healer who can change your life»*

**--- Raf Adams, author of «The Suited Monk»**

*«This is my third time participating in Severin's Kashmiri Yoga workshop, and each time has been an amazing experience! It was a little difficult at first leaving my baggage at the door and getting to a more total and unified awareness of my body, but at some point my mind became calmer and the chatter silenced. My movements had no agenda, and my body just swayed to the music. Of course as a beginner, I was not able to maintain that state, but only have pockets every now and then. This is where Severin came in and pushed my movements to find new space and balance within myself. What gave even more benefit was the conversation about the experience and the philosophy after. I was able to find like a key to a lock, new ways of perception about spiritual practices... Thank you Severin and Beijing Mindfulness Centre!!»*

**---- Nataly**

### Vitality Retrieval: Body & Energy Alignment

Author: Dalida Turkovic, Executive coach & Founder of Beijing Mindfulness Centre  
[www.beijingmindfulness.com](http://www.beijingmindfulness.com)

Body and Energy Alignment sounds like a very abstract concept until you participate Severin Berz's energy therapy sessions. Severin's work cannot be explained in one sentence. One of his signature sessions --Sound Meditation is based on meditation as he lets the sound play with the perception of participants by gently stroking Hang with the tips of his fingers. At the very end of the session, as the moment of silence strikes the cord, one sits silently and observes.

He also takes us on for a journey through movement, fluidity and flexibility with Tandava, the Sacred Dance of Shiva which belongs to an ancient tradition of Kashmiri Yoga. The instructions are simple: notice how music flows and let your body move, begin while sitting and then stand up. The first time I did it I was so shy and was secretly peeking to see if anybody was aware that I was experiencing my body as a stiff, rigid board. With each session of Kashmiri Yoga I was able to go deeper, let go of more tension and connect with my body in a more compassionate way. To be honest, I still peek but every time I sense the urge to do that I also smile and then observe how body relaxes.

For those who have taken Severin's individual sessions or participated in his retreats, you have seen Severin acting out how emotions impact bodies. Kashmiri Yoga helped me to be more aware of how I was blocking the emotional processes and how much life emotions bring to my being.

For the end, like a cherry on the cake, Severin does work with the mind. These are his individual and group sessions when the work goes to the depth of understanding how our perceptions create behavioural structures. As we become aware of these structures we are able to let go, release, become more flexible and connected with the present moment so we can surrender to the vibration of the sounds during the meditation, allow our body to move fluidly and deepen the awareness of how mental patterns impact our behaviours. And the circle of Sound Meditation, Kashmiri Yoga and Body & Energy Alignment continues...

