

A THERAPIST PRESENTS ITSELF

TUI SHOU – relational freedom by Severin Berz



What does Tui Shou mean ?

Tui Shou is used in various traditional Chinese martial arts - including Tai Chi - and means «pushing hands». In Tai Chi, it is used primarily to explore the martial effectiveness of techniques.

The way I teach emphasizes exploring the quality of our axis, the relationship to space and to the other. The experience then makes it easier to transpose the acquired principles to relational situations of daily life.

What is this practice for ?

It is used to concretely and sensorially explore our relational habits. It allows us to discover how we occupy space with our body, how we manage our energy and what reflexes the dynamic sharing of space with the partner awakens in us. It also allows us to discover how our perception works, our balance and how we can massively reduce our energy expenditure. Thanks to the benevolent help of our partner, we can become aware of our bad habits and anchor in the body a different relational and sensory experience.

For example, we can have an excessively passive attitude by letting the partner occupy our space and ceding our physical and structural integrity to them. Or, on the contrary, too active, by rigidifying us excessively, resulting in a great loss of energy and great vulnerability because a rigid attitude no longer allows for adaptation. Being overly active blocks the feeling and being too passive blocks the action. Relational balance is a fluid dance between these two polarities.

Who is this practice for ?

To anyone wishing to:

- To regain self-confidence
- To find spontaneity in relationships
- To relate in a playful and energetic manner
- To be in touch with respect for its space, its axis and its integrity
- Firmly anchor psychological understandings
- To better understand how your body and balance work
- To explore martial skills gently and with respect for the body

How does a session take place ?

We start with some explanations, a practice to slow down and regain a state of consciousness facilitating the feeling of the body and subtle internal movements.

Then, I help everyone to become aware of their axis, sitting or standing. We then practice in pairs, standing face to face and maintaining a point of contact with one or both hands. I help everyone feel and improve the quality of their touch and maintain a structural integrity that draws energy from the soil while remaining flexible, available and connected with the partner. By gently pushing each other, partners discover how to absorb and give back energy in motion - in a playful exchange - while honing awareness of the principles cited above.



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