



BODY & ENERGY ALIGNMENT

by Severin Berz

INTRODUCTORY LECTURE

Evening, 2 hours

During this session, Severin Berz will provide you with an overview of fifteen years of exploration and training in relation to the body, energy, psychology, and the emotions.

He will introduce the various seminars he will be hosting during his visit to Beijing, focusing on the central theme: body, energy and alignment.

You will learn about the principles of vital energy, effortless movement, presence, non-intention, and emotions as a doorway to spatiality. These principles will be addressed through various types of practice: therapy, music, meditation, yoga, dance and movement.



SOUND MEDITATION

Evening, 2 hours

In this session, you will discover the Hang, a unique instrument invented in Switzerland at the turn of the century. It produces gentle, subtle and, at the same time, rhythmic and intense sounds, which help people to fall naturally into a state of relaxation.

As you adopt a comfortable position, the music will carry you into a meditative state. It will gradually relax your mind, releasing physical and emotional tension, and drawing you into a deep and vibrant silence.

Listening to music naturally makes us more alert and helps us to achieve this joyful, meditative state, even at the first attempt. More experienced practitioners will learn to discover hitherto unknown dimensions of meditative practice.

BIODYNAMIC CRANIOSACRAL THERAPY

Workshop, 2 days

This seminar will enable participants to acquire the basic skills of biodynamic craniosacral therapy. All such skills may then be used to complement the other forms of therapy with which you are already familiar.

Craniosacral therapy is a manipulative therapy that draws upon the body's inherent, self-regulatory powers. The practitioner supports, assists, and triggers the release of subtle, corrective movements that occur naturally within body tissues. This allows a gentle rebalancing process to take place within the joints and dynamics of muscle and fasciae tensions, enabling the smooth and natural functioning of the nervous, circulatory, respiratory, hormonal, and other systems.

You will learn to feel and to assist the subtle movements and rhythms that organize and regulate the body. You will discover how to be more present for others, how to negotiate contact with patients, and how to maintain the right distance in order to avoid triggering the body's defensive reflexes, and to enable patients to relax.



KASHMIR YOGA

Workshop, 1 day

This age-old tradition, closely linked to the shivaism of the Indus valley, teaches a form of yoga which has now virtually disappeared. It is a practice in three parts, which unites sitting meditation with movement. It is not traditional hatha or asana based yoga.

In the first stage, the practitioner learns to meditate by allowing the body to be present in space, using gentle free and non-directed movements, which are connected to abdominal breathing, and which follow the pattern of infinity. In the second stage, the practitioner allows the arms to discover the spherical space surrounding the body, which also participates fully and fluidly. In the third stage, the practitioner stands and begins the sacred dance of Shiva, known as Tandava.

This is a dance with free and extremely slow movements, which gradually lose any muscular tension and sense of volition. In this way, the practitioner discovers his original capacity for freedom in space.

Severin Berz will give an introduction to Daniel Odier's teachings of Kashmir Shivaism from the Kaula tradition in accordance with the transmission Daniel received from his master, the yogi Lalita Devi.

BODY EXPLORATION

Workshop, 2 days

This seminar will help you to achieve greater body or bodyline awareness, strengthening your ability to perceive subtle changes in your energy and emotions. You will develop a heightened awareness of yourself and your environment, enabling you to express life's rhythms more harmoniously.

You will learn to be more acutely aware of your body, of the way in which you perceive it and move it through space. You will learn to feel spontaneous body movements and the energy that lies behind all movement and action.

You will also acquire the tools to perceive energy and subtle bodies. By developing a keener awareness of the subtlest parts of your being, you will be better equipped to fulfill your potential, as well as to find your optimal place in relationships, either in personal or professional life.



INDIVIDUAL SESSIONS

Morning sessions, 90 minutes

How, through the bond established with a therapist, and in the safe environment provided by that relationship, you can get in touch with your body's experience, exploring your 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, you can recover lost energy and recreate a livelier and more fluid body space. As a result, you find yourselves once again, or for the very first time, able to experience your emotions through subtle body sensations.

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 you to develop a new sense of your body, emotions, and position in everyday life.

Sessions are tailored to individual needs, as more emphasis can be put on physical therapy, in case of injury, chronic or acute disease or, alternatively, on spoken exchanges to address emotional difficulties.

BIOGRAPHY

Severin Berz has a special and innovative approach to the body, our emotions, and our vital energy, which he offers to share through a profound but subtle form of therapy, designed to build greater bodily awareness, acquire emotional fluidity and live the subtlest dimensions of experience to the full.

Over the years, his training has taken in various forms of therapy: the physical body, in Biodynamic Craniosacral Therapy (IS-BC-Kiental; CTET-London), bodies as energy fields, in Auras (Sophie Mégard, Geneva), and psychology, in Archetypal Constellations (Georges Didier, Lyon). From this wealth of training, he has developed a solid theoretical background, which has helped to guide his personal experience and to develop the foundations of his own method.

Through a range of artistic pursuits, such as music, dance, and martial arts, he has acquired, explored, developed, and deepened an awareness of his own sensibility. In each of these fields, he has found the same underlying principles, and these constitute a common thread to his regular involvement in these various forms of artistic expression. This continues to influence his approach to the body and to our emotions.

For the past 10 years, he has also followed the teachings of Daniel Odier and Eric Baret in the tradition of Kashmir Shivaism. Years of practice have brought a new dimension to his personal experience of subtle bodies and managing emotions. Most importantly, he has developed an everyday spiritual dimension that has come to form the basis of his approach.

He is currently giving a series of conferences and seminars in various places in Europe and China, where he talks about his experiences and explains the method he has developed as a therapist.



| EVENT | VENUE | DATE | TIME | PRICE |
|----------------------|--|--|-------------------|--------------------|
| INTRODUCTORY LECTURE | 北京, 东城区 前永康胡同44号 Small Steps Office - Qian Yongkang Hutong 44 | 7th April 2015 & 8th April 2015 | 7 pm - 9 pm | free |
| SOUND MEDITATION | 北京, 东城区 前永康胡同44号 Small Steps Office - Qian Yongkang Hutong 44 | 9th April 2015 13th April 2015 16th April 2015 23th April 2015 30th April 2015 7th May 2015 | 7 pm - 9 pm | 100 ¥ / evening |
| CRANIOSACRAL THERAPY | 北京, 东城区 前永康胡同44号 Small Steps Office - Qian Yongkang Hutong 44 | 18-19th April 2015 | 9 am - 6 pm | 800 ¥ / 2 days |
| KASHMIR YOGA | 北京, 东城区 前永康胡同44号 Small Steps Office - Qian Yongkang Hutong 44 | 11-12th April 2015 | 9 am - 6 pm | 2500 ¥ / 2 days |
| BODY EXPLORATION | 北京, 东城区 前永康胡同44号 Small Steps Office - Qian Yongkang Hutong 44 | 25-26th April 2015 | 9 am - 6 pm | 2500 ¥ / 2 days |
| INDIVIDUAL SESSIONS | 北京, 东城区 前永康胡同44号 Small Steps Office - Qian Yongkang Hutong 44 | 6th April 2015 to 7th May 2015 | Mornings sessions | |

ORGANISATOR :

Dalida Turkovic
+86064166125
Skype: NeijiaCoach
dalida@small-steps-coaching.com
www.small-steps-coaching.com

OFFICE :

Small Steps
Qian Yongkang Hutong 44
Dongcheng District
100007 Beijing
北京, 东城区 前永康胡同44号

INSTRUCTOR :

Severin Berz
WeChat id: doulo
info@severinberz.ch
www.severinberz.ch
www.bodyalignment.ch

For questions about workshops content, you can contact Severin

For questions about organisation and subscriptions, please contact Dalida