

Core Practice

Deep Practice Lab

Sa. 11. / So. 12.2.



Kunstquartier Bethanien - Studio 2 / Berlin Kreuzberg

SA. 10-12h	CARPE DIEM
SA. 19.30-21.30h	CARPE NOCTEM
22-23h	<i>Meditation (optional)</i>
SO. 10-12.30h	CARPE VITAM (which is life ;-)

- to deepen presence, body-mind-balance & focus
- to open the body, relax the mind, move into the rhythm of the breath.

An individual practice in a vivid group to do next steps and inspired action.

Contribution:

Please register with a short e-mail to: info@themovingacademy.com for the following rates: - Single session: students 6€, others 12€
- All 3: students 15€, others 30€

Drop-in without registration: 15€ per session

**** The sessions can be chosen singular or in total - please note that each attended session needs full- time presence (from begin to end ;-)). Danke! ****