

Movement Practice

We explore 'Movement' as a subject for physical practice without being fixed within any single art, discipline, or sport. Our projects range from physical development to tension-management, play & dance to fight & tactical games, object-interaction to environmental communication & more, with practice framed withing a range of individual, partner, and group work. Classes are open to and accessible to every body.



Movement Practice

Thursdays: 17:30-19:30

📍 [Tanzhaus Bern, 3005](#)

Saturdays: 12:00-14:00

📍 [Rope Fitness, Bern, 3005](#)

Participation:

Per class: 35.- / 10x classes: 300.-

Handstand & Mobility

Upcoming classes & workshops TBA

Classes are confirmed in the WhatsApp group

Join classes in the WhatsApp group (contact Jason to join): [+41 78 656 16 42](#)

Handstand & Mobility

We follow a progressive & sustainable process toward **building your two-arm handstand** from the ground, up. Practice is combined with complementary **mobility-development** to support your ongoing journey.

Beginners are welcome (no experience is required), as well as intermediate-to-advanced practitioners. We work both in pairs and individually, according to your experience & current projects.



About

We are a small, open, & welcoming group connecting in Bern, CH, through a mutual interest of moving, practice & learning. We started our group in 2019.

We have weekly classes & also workshops in the Swiss capital, coordinated by Jason Round ([movemoremp.com](#)) & supported by Leslie Nydegger ([morerompractice.com](#))