

## Movement Practice

We explore 'Movement' as a subject of physical practice, without location in any single art, discipline, or sport. Working through 2-3 month-long 'epochs' with focus on 2-3 interconnected movement-concepts, we dig deeply into our themes through a range of individual, partner, and group work. Wednesday/Saturday practices each focus on DIFFERENT subjects, and classes are open & accessible to every body.



## Movement Practice

Wednesdays: 19-21h

[Health Centre Kirchenfeld, 3005](#)

Saturdays: 12-14h

[Rope Fitness, 3005](#)

## Handstand & Mobility

Mondays: 19-21h

Thurs/Fri: 19-21h

(day alternates weekly)

[Studio Wildstrasse 8, 3005](#)

## 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 of individuals connecting in Bern, CH, through a mutual interest of 'Movement', moving, practice & learning. We have been established since 2019.

We have weekly classes & also workshop events in the Swiss capital, coordinated by movement practitioner & teacher, Jason Round ([movemoremp.com](http://movemoremp.com))

### \*Participation:

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

\*Participation & class is confirmed in the WhatsApp group (contact Jason to join): +41 78 656 16 42 / [info@movemoremp.com](mailto:info@movemoremp.com)