

## Movement Practice

We explore 'Movement' as a subject of physical practice, without location in any single art, discipline, or sport. This is structured in 2-3 month-long 'epochs' focusing on 2-3 movement subjects, allowing us to dig deeply into our chosen themes through a range of individual, partner, and group work.

Classes is open to all - material is scalable according to all levels.



## Handstand & Mobility

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

Beginners are very welcome, as well as intermediate-to-advanced practitioners. You will work in pairs & individually according to your experience and current projects.



## Movement Practice

Wednesdays: 19-21h

Saturdays: 10-12h

\*Location: Outdoors

\*Participation:

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

## Handstand & Mobility

Mondays: 19-21h

Thursdays: 19-21h

\*Location: Outdoors

\*Confirmed in our WhatsApp group  
(contact Jason to join): +41 78 656 16 42  
[info@movemoremp.com](mailto:info@movemoremp.com)

## About

We are a small, open, & welcoming group of individuals connecting in Bern, CH, through a mutual interest of 'Movement', moving, practice & learning, 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))