MOVEMENT PRACTICE BERN

Indoor season
Autumn / Winter '25-26

	MON	TUES	WED	THU	FRI	SAT
CLASS 1 TIME	HS 19:30-20:30	MP Leslie 20:00-21:00	MP 18:30-19:30	MP 17:30-18:30	HS 17:30-19:00	PP 12:00-13:00
CLASS 2 TIME	MP 20:30-21:30			MP 18:30-19:30		PP 13:00-14:00
LOCATION	Yoga Erleben	Yoga Erleben	Online class	Tanzhaus Bern	Atelier Wildstrasse	Rope Fitness

Cost:

Single class: CHF 30.-
Double class: CHF 45.-
12er abo: CHF 250.-
(6 month expiry)

TWINT: +41 78 656 16 42

Ready to join a class?

Sign-in via our WhatsApp group

Contact Jason:
+41 78 656 16 42

And Join the **WhatsApp group** here

Classes:

*MP / Movement Practice

- Each class focuses on different subjects of Movement practice to broaden, deepen, and develop physical literacy & awareness.

*PP / Physical preparedness

- Each class develops different physical capacities & qualities in the context of fully scalable, skills-based learning.

*See weekly schedule for specific subjects in current cycle.

HS / Handstand practice

- Suitable for complete beginner to advanced-level practitioners. Learn balance, forms & more on 2 hands.

MOVEMENT PRACTICE BERN

Indoor season
Autumn / Winter '25-26

MON	TUES	WED	THU	FRI	SAT
HS All levels		MP Subtle-body	MP Floorwork	HS All levels	PP Strength-skills
MP Ground acrobatics	MP Locomotion		MP Dance & Open-form		PP 'Heavy' mobility

MP / Ground acrobatics: principle-based systems for changing the configuration & orientation of your body in space, keeping hands firmly rooted to the ground.

MP / Locomotion: learn vocabularies of patterns – crawls, walks, supports & more – exploring the complexity of human movement through space whilst conditioning & building physical capacities.

*MP / Subtle-body: cultivate awareness, vitality, and resilience with guided breathwork, energy-balancing, and interoception, to release tension, regulate the nervous system and supporting fluid, responsive embodiment.

*Link to Online class is shared in WhatsApp group.

MP / Floorwork: "be water, my friend". Learn bodies of patterns to enter, exit, and traverse the floor with ease & grace

MP / Dance & Open-form (DOF): develop coordination relative to space, time, the body, and approach the expressive layer. We practice frameworks for musical dance & concepts for solo, partner & group 'Open-form' work.

PP / Strength-skills: learn clear & progressive processes to unlock foundational-to-advanced upper & lower-bodyweight strength-skills. Receive personalised protocols for home practice & 'milestones' for achievement.

PP / 'Heavy' mobility: remodelling the body is no light work. We use the most effective tools for mobility-development in the context of stands, sits, bends & folding forms, guided by a "usability" & sustainability perspective.